

# **555 GOLF ACADEMY**

## **'WHERE PASSION MEETS PERFORMANCE'**

### **'SHORT GAME DRILL'**

#### **The 'STEPPING IT OFF' or 'YARDSTICK' DRILL** (Pre-Shot Routine)

We have carefully developed the 'One Inch Rule' so that we can control our 'Putting Energy' or become good at what we call 'Energy Management', so we can reliably control our 'Distance'. Good things! We call this 'Getting The Weight Right'!

Well, to 'Putt' well and control 'Ball Rolling Distance', we must firstly know precisely how far the 'Cup' is away from the 'Ball'! Keeping it simple? Striking a five footer is different than making a ten or fifteen footer. Agreed?

Might I suggest that, when you practise your 'Putting and Chipping', you stick tees in the ground at 5, 6, 12, 15, 18 and 21 feet, perhaps farther depending what your specific training session includes. In this manner you will not guess at the 'Distance Factor'. Cut down the 'Variables'. Eliminate any you can and do so early.

So how might we determine the 'Length Of The Putt', these 'Distances'?

Carry a 100 foot tape measure or bring a surveyor along for company! Right? Can't! He is too expensive and, besides, the 'USGA Rules Of Golf' do not allow it!

Now what?

Get ingenious! Especially at home!

Procure a yardstick! Your neighbourhood hardware store has them and your neighbour may as well. The 100 foot or 50 foot tape is very useful too. Get to know your neighbours.

Lay the yardstick or tape on the ground to your right. Place both your toes even with the 'Zero Inch End' and then take a normal step forward. Stop and hold that position. Where did your 'Leading Toe' end up relative to the far end of the yardstick? Short? Even? or Past? Do this 'Drill' along the tape. Mark your paces. A loving friend quickly placing tees at your toes during each step will add to the mix and pleasure of practice!

One must know how long one's strides are as this is likely the ONLY method of determining yardages or footage from the Ball to the Pin or Cup. Get so you can make

36” strides. You may have to shorten or lengthen your normal walking stride or gate but get this skill mastered soon. I is a poor combination when you caddie makes 38” strides and you make 35” strides! You will both think the other guy can’t read greens! Friction!

Again, if you have that 50 foot tape measure it will be very useful. Pull the tape out on the ground to 50 feet. It will help to stick some golf tees in the ground at 3, 6, 9, 12, 15, 18, 21, 24, 27 and 30 feet. Now do your **‘Stepping It Off Drill’** over and over until you ‘Learn The FEEL Of A 36” Stride’.

I want to tell you, my 36” Pace ‘FEELS’ like not too long and I put a gentle little ‘Foot Flick’ in at the end. If my ‘Stride Length’ is too long the ‘Flick’ is more difficult as the ‘Muscles and Ligaments’ are tighter.

This ‘Bullet-Proof Drill’ will help you grow into reliable or repeatable proficiency.

Be ‘Consistent’ by taking out as many **‘Variables’** as possible. Get to know your **‘Constants’**. Know your yardages or footage, especially in the ‘Short Game’ where you can be good easiest. Besides, only 75% of your ‘Strokes’ take place there! No big deal, right?

Have fun practising!

Enjoy!

**“Welcome Aboard!”**

**“Enjoy The Ride!”**

**SATISFACTION GUARANTEED**

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