

555 GOLF ACADEMY

'WHERE PASSION MEETS PERFORMANCE'

BULLET-PROOF SKILL DRILLS

BRACE FOOT BACK ALIGNMENT

You may recall the 'Pigeon Toed Putting Drill' that promotes 'Stability' in your 'Putting Stroke'. This '**STANCE Locks Out or Zeros Out Your Lower Body Machine**'.

We know that 'Motion' in the bottom end and a lack of '**Steady Head**' (see 'Basic Essentials') makes precise 'Putts' a fantasy! This 'STANCE', being 'Pigeon Toed', is a 'Body Component or Configuration' that enables your 'Procedure' to take place reliably. You may find it of interest and can read it directly via your '555golf.com WebSite' or obtain it through your 'Certified 555 Personal Master Teaching Professional'. You have one don't you?

The '**One Foot Back Putting Drill**' is also a 'LBM Stability Exercise'. This 'Discipline' is really about 'Putting From One Foot' with the other just producing a 'Un-Weighted Balance Point'. Its purpose is to produce 'Balance' and a quiet 'Lower Body'. Does a good job too!

Your 'Pre-Shot Routine' is always key! Don't leave home without it!

'BALL LOCATION' is key as well! Our preferred and promoted 'Ball Location' is always 'Forward', perhaps just off the 'Target Heel'. Reason 'Forward' is important? We want to strike the "Ball Topped" a little to produce 'Over-Spin or Top-Spin'. This, of course, makes the 'Ball' roll 'End Over End' ala John Daly. An 'End Over End Ball' will roll over slight imperfections with less adverse effect than one that is not. An 'End Over End Ball' holds its line better.

Remember, all our 'Primary SET-UP' for all standard shots is the same. You can read about this in your 'Golfmyth Collection' as '**JUST ASK US!**'

In summary ... Start with 'Clubface AIMED Squarely Down Your Ball Flight Line ('BFL') or Ball Rolling Line' ('BRL'). Match your 'Feet and Bodies Five Axes'. Then set your 'STANCE'.

In this 'One Foot Back Drill', you will, as in your 'Driver Set-Up Procedure', take 'NO STEP' with your 'Target Foot'. It does not move. Your 'Knees Can Be Touching' as

mine do before I set my 'STANCE'. Rather than produce the usual 'No Step – Step' laterally to establish your 'Standard Putting Width', in this 'B-P Putting Drill', I simply move my 'Brace Foot Back' so that its 'Toe' is comfortably about even with my 'Target Heel'. As stated, I leave my inner thighs and knees touching. I feel just a bit precarious but that is the purpose! My 'Pedestal' is very narrow and balanced. In this condition, the 'Shoulders' had better do the work or your 'BRL' 'Cooked'!

Now, following your 'Putting Pre-Shot Routine', 'Trigger Your Brace Hand Take-Away' to your '**Pre-Determined Inch Limit**' 'Brace Hand Travel Distance' ('BHTD') followed by a smooth 'Direction Change'. 'Dropping', and 'Brace Shoulder Power Delivery'.

You recall that the '**Secondary Golf Engine**' is the 'Motion' created by your 'Dropping Brace Shoulder Under Your Tallish Chin' for both 'Putting and Chipping'.

This 'Brace Foot Back' 'Bullet-Proof Putting Drill' is a great experience even if you do not adopt it or even use it regularly for real 'Putting' as you might do!

Stay in constant contact with your '555 TEAM'.

Best of luck!

... always!

“Welcome Aboard!”
“Enjoy The Ride!”

SATISFACTION GUARANTEED

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