

555 GOLF ACADEMY

'WHERE PASSION MEETS PERFORMANCE'

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!

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?

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

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!

Procure a yard stick. Your neighbourhood hardware store has them and your neighbour may as well. Get to know your neighbours.

Lay it on the ground to your right. Place both your toes even with the '1 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?

One must know how long his or her 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.

If you have a 25 or 50 foot tape measure it will be useful too. Pull the tape out on the ground to 25 feet or more. Take some golf tees and stick them in the ground at 3, 6, 9, 12, 15, 18, 21 and 24 feet. Now do your 'Stepping It Off Drill' over and over until you 'Learn The FEEL Of A 36" Stride'.

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

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

“Welcome Aboard!”
“Enjoy The Ride!”

SATISFACTION GUARANTEED

E-Mail: AskUs@555golf.com

WebSite: 555golf.com

Telephone: (817) 673-8888

24/7

