

555 GOLF EDITORIALS

'PERFORMANCE EXCELLENCE'

TROUBLE SHOTS

Being human, we all have 'Trouble Spots' somewhere in many if not all of our endeavours. Things are going to go wrongly, especially if they involve motion skills such as athletics.

If we break golf down into 'Zones or Aspects' ('Mind, Upper and Lower Bodies'), we shall be much better equipped to evaluate and improve our performance. That is what your '555 Team' has done since day one ... over 45 years ago!

Embrace our '5 Set-Ups' ('Posture, Grip, Stance, Ball Location and Alignment') and you shall be in good stead. Look at each one both separately and as a part of the 'Whole'.

'Master Golf Basics'. Pay particular attention to your 'Address Ready' ('Static') and even more importantly to your 'Impact Fix' ('Dynamic') preparation. If we prepare by getting into the optimal 'Strike Configuration', we shall be at a great advantage. The 'Back & Up Swing' shall logically be a dress rehearsal for the 'Down & Out Swing'.

'Lower Body Machine Stability' is a key goal. Good solid undercarriage is important. (see 'Heavy Footed' ... 'Anchored To The Ground')

'Upper Body Machine Stability' is another key. 'Lever Assembly' ... 'Hands Wrists and Arm Movements' control is imperative. (see 'Quiet Triangles')

Our 'Mental Management' can be testy. 'Knowledge and Experience' are mandatory aspects. Focus on your 'Process Golf' ('Comfort') and not on your 'Outcome Golf' ('Fear').

'Equipment Management' is important. Our equipment must fit and make us feel secure.

Cover all your bases in a logical manner.

Have FUN!

"Welcome Aboard!"
"Enjoy The Ride!"

SATISFACTION GUARANTEED

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