

555 GOLF EDITORIALS

‘PERFORMANCE EXCELLENCE’

WARM UP 4 A ROUND

There is no ‘One Way To Warm Up 4 A Round’, but let’s see if your ‘555 Team’ can contribute to your regimen?

Never go ‘Freeway To Fairway’! Get to the course at least 30 minutes before tee time. That is not enough for a relaxed and thorough preparation! If relaxed and thorough is what you desire, arrive an hour early!

‘Stretch Smart’ a little or more.

Review you ‘Set-Up Components & Procedures’ ... ‘Posture, Grip, Stance, Ball Location and Alignment’. Do this methodically using the list!

Start short and small and work up to longer and bigger swing ... putting and chipping first! Then ‘Bump & Run’ working to the ‘Knock Down or Punch Shot’. (see ‘Stage 3’)

Establish Tempo, Timing and Rhythm with some ‘Tick Tocks and ‘Putting’. The baseline aspect you MUST awaken is using the “&” word with every procedure.

You might make a few strokes just to get the feel you want, but, as soon as this is accomplished, select a precise target and never hit another ball except directly at one. Your swing must go ‘Through The Target’ and not ‘At The Ball’. (see ‘Ball Bound’)

Work on ‘Feeling That You Are Delivering Your Energy Directly THROUGH The Intermediate Target To The Far Target’, while ‘Breathing Out’.

Use this ‘Don’t Leave Home Without It’ discipline all day! If you feel short, take another club! “Keep It Stupid Simple!” No one cares what stick you use to make a ‘Hole-In-One’! Golf is all about constant adjustments and consistent procedures.

Success is in the ‘Simplicity’!

“Welcome Aboard!”

“Enjoy The Ride!”

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