



## **DRILL FORMAT: What To Look For**

Let me take just a moment to explain what I will be sharing with you for each drill.

### **Name**

With each drill you will get the Name of the drill. For instance, the name of the first drill you will see in the Balance section is what we call the “Tight Ankles” drill.

### **Purpose**

Next, I will tell you the Purpose of the drill: what you are trying to learn from that specific drill. Please note that the purpose of any given drill is NOT to hit perfect golf shots. As you read on, you'll get a clearer understanding of this. In the case of Tight Ankles, the Purpose is to learn to make a full weight shift while staying in balance.

### **Short Description**

You will then see a short description of the drill – a condensed version that will have all the key elements you need to remember for the drill without the philosophy and detailed discussion of the intent of the drill. The short descriptions will be grouped again at the end of the book so you can copy the pages and bring them with you to the range or paste them in a notebook (recommended!).

### **Swing Thought**

I will also give you a specific Swing Thought to use for focus on the drill. In the case of tight ankles, your Swing Thought will be “solid left side.” Keep this single swing thought running through your mind as you perform your drill. It will help you stay focused on what you are attempting to accomplish.

### **Detailed Drill Description**

After the short summary you will then get a much longer description with detailed instructions of how the drill should work and what you should be attempting to accomplish. The long description will contain technique and theory, as well as right ways and wrong ways to perform the drill.

### **Variations**

You will also get some variations on the drill to help you work on other aspects of your swing. These variations should be used once you have mastered the basic drill. They allow you to extend your repertoire and to combine elements to help groove the particular B.L.A.S.T. key the drill is reinforcing.

## **What The Drills Will – And Won't – Give You**

I've already mentioned that the purpose of any given drill is NOT to hit perfect golf shots. Let me explain.

By their nature, drills are designed to work on one particular aspect of the swing. They are to help you achieve a particular motion in the swing. They are also designed to help you increase your self-awareness and your feedback system.

Generally, they are not designed to be an exact replication of the swing. They are also generally not designed to help you hit perfect golf shots.

Rather, drills are an exaggeration of a component of the swing or of a movement. That exaggeration will make it easier for you to feel what you should be doing compared to what



you are currently doing. Once again, if you are not aware of what you are doing versus what you should be doing, you won't be able to make refinements.

The drill is not the swing. And it is not the way you will be making your normal golf swing. The way the drill *feels*, however, is something you want to incorporate into your swing.

Remember, your goal when you practice these drills is to improve your self-awareness and feedback system. Once you are aware of something, only then can you work to improve or refine a particular aspect of your swing.