

DRILL STICKS

MULTIPURPOSE PRACTICE RODS

Drill Stick #1

Two-sided design features different lines and markings useful for several types of practice drills; including Medicus® 5 Simple Keys™ training exercises.

Ball Placement Lines

Foot Position
Reference Lines

Drill Stick #2

Graduated lines provide precise reference for ball and set-up position. Develop a comfortable, consistent stance and learn which adjustments to make for different clubs.

EXAMPLE PRACTICE DRILLS

1 SWING PLANE



On an angle that matches the club shaft at address, insert Drill Stick in the ground approximately 3 feet behind the ball. Practice swinging club so it passes just above the stick.

2 STANCE & ALIGNMENT



Place Drill Stick #2 on the target line to reference stance alignment and width. Use a second stick perpendicular to the first, lay it over the ball position lines to assist with ball placement.

3 PUTTING STROKE



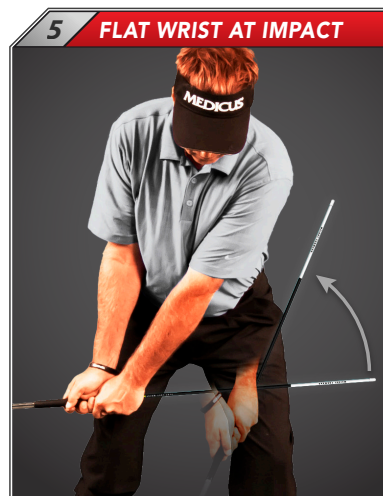
Practice a straight back/straight through putting stroke by using the Drill Sticks as guide rails.

4 FORWARD WEIGHT SHIFT



Use both Drill Sticks on the sides of your body (almost touching your hips). Practice shifting your weight so your hip makes contact with the stick in front.

5 FLAT WRIST AT IMPACT



Using Drill Stick #1, push the pointed end through the top of the club's grip until you reach the line labeled "Flat Left Wrist". Practice pitch & chip shots without allowing the stick to touch your body by keeping your top wrist flat.