

SKLZ

# PRO RODS™

3-ROD ALIGNMENT SET



DRILLS GUIDE



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**CAUTION**

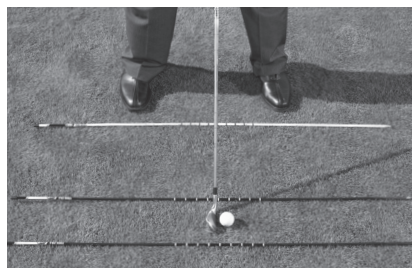
Pro Rods have pointed ends, please handle with care. Store out of reach of children under 12 years of age. Not intended for use other than instructed. Avoid contact with golf club to avoid damage to the SKLZ Pro Rods.

# PRACTICE DRILLS

SEE PRODUCT DEMO AT  
**SKLZ.COM**

## BASIC ALIGNMENT

Place two black rods on the ground parallel to each other and the target line. Use the Yellow rod to align the proper foot position to the target line. Place the ball between the black rods—use the line marks for precise ball and clubhead position. Swing naturally and utilize the two black rods to guide the proper swing path.



## PUTTING ALIGNMENT

Lay two rods on the green parallel to your putting line. Space the rods slightly wider than the width of the putter head. Use the line marks to place the ball in the center of the rods. Take a smooth stroke--use the rods to guide the putter head through impact.

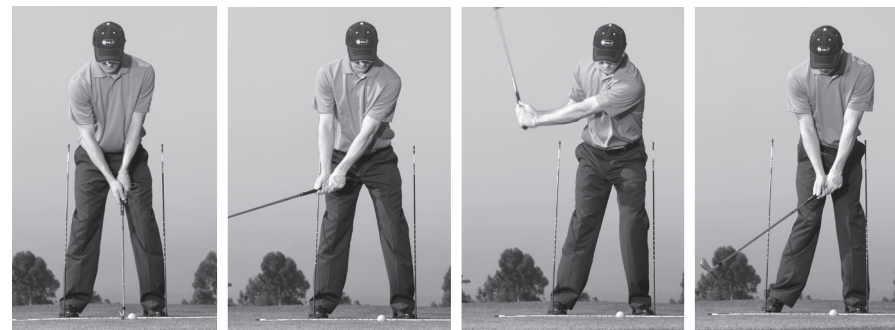


If a hole is unavailable, add the yellow rod for distance control. Place the yellow rod at the desired distance and perpendicular to the black rods. Use the 4 center lines to simulate the cup. Your putt should just touch and roll over the rod.



## ANTI-SWAY / PROPER COIL

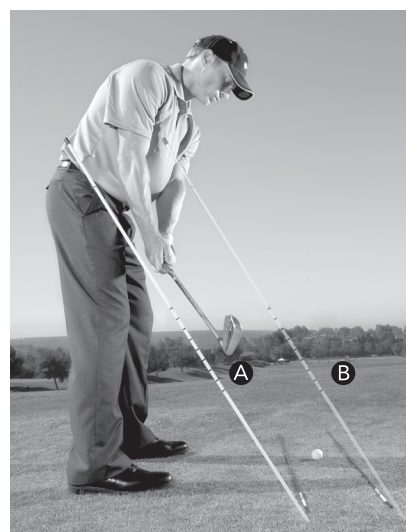
Insert one rod vertically into turf just off back hip to detect any sway and promote a proper coil. Vertical rod still allows golfer to load onto right side but to do so without shifting weight beyond back foot. The same can be done with the front leg to avoid sliding forward.



## SWING PLANE

Place the two black rods on the ground parallel to each other and the target line. Stick the yellow rod in the ground at an angle to guide the proper swing plane. Two primary positions shown below.

- A** Helps detect and prevent a very **flat** or **in-to-out** swing plane
- B** Helps detect and prevent a very **steep** or **out-to-in** swing plane



## POSTURE

Insert one rod into ground vertically and immediately behind backside. This will help to promote a desired and consistent posture throughout the swing.

