

PUTTING YOUR GAME TO BETTER SCORES

Putting can be 40% or more of the golf game, which makes it the vital to low scores. Putting takes the least amount of strength of any of the different strokes in golf, so with proper technique and practice anyone can become a better putter.

The Basic Grip

1. Place your hands on the grip so the palms face each other. (you will find that your grip will be more in the palms than the fingers)
2. Thumbs will be positioned on top of the putter grip.
3. The pressure on the grip should be gentle, but firm enough to have control of the club.

The Basic Putting Set-Up

1. Identify the line (target line) you want to roll the ball along.
2. Set your putter face on the target line so the leading edge (face) of the putter is perpendicular to the target line.
3. Have your eyes over the target line
4. Ball position will be just forward of center. (you want to impact the ball at the bottom point of the arc)
5. Shoulders square to your target line.
6. Shoulder width stance.
7. Upper part of arms slightly touching the ribcage (both arms slightly bent).
8. Weight slightly to target side foot or equal.

Having the correct length and lie helps you achieve a better set-up.

Note: Do not have the shaft of the putter leaning away from the target. Keep your hands (handle of club) equal or ahead of the ball position.

When Making Your Stroke

FEEL; quiet wrist, smooth stroke, back and through, feel the rolling of the ball to the hole.

Move the forearms and shaft back and through together with a slight acceleration through the ball (A pendulum movement.)

Use your Shoulders and Ribcage in the Putting Stroke.

Focus in on the use of your *oblique muscles* during the putting stroke. This will take the focus off the hands/wrists and reduce the focus on them, thus minimizing the impulse of a hit or slap to move the ball. Freedom of your putting stroke will also be determined in the mobility of the area in your spine (thoracic) between the shoulder blades.

- Remember to stroke through the ball not too the ball.
- This is a stroking action, not a hitting action.
- Try to make the back and fore swing equal with a slight acceleration on the forward movement of the putter.

Distance will be judged by:

1. The length of your swing
2. Speed of your swing
3. Contacting the sweet spot of the putter (off center contact will result in loss of distance and control)
4. Green conditions (length of cut, dry, wet and slope)

When stroking a putt, it is very important to keep your HEAD, HIPS and LEGS as immobile as possible. Practice a count to one, after the finish of the stroke and then look towards the hole.

A goal for putts per round: Between 26 – 32 putts for 18 holes and 13 – 16 for 9 holes.

Being more efficient in putting will help you with achieving your scoring goal.

REMEMBER!!! Putting is the great equalizer to this game.