

## **PUTTING TRAINING**

### **CAUSE AND EFFECT - DRILLS - TRANSFER TRAINING - PLAY**

#### **A. Cause and Effect-**

#1 breakdown of target wrist effects direction and speed of putt causing inconsistency. Compensations in aiming happen and you will have to swing harder. Breaking putts will be more difficult with this fault.

#2 Lower body movement/ eyes moving off ball early causes putt to go off target (to the right), and usually short in distance.

#### **Importance of proper putting grip.**

Review correct putting grip which helps to keep target wrist flat. See Home page pictures.

#### **B. Drills- Focus of attention on awareness of these 2 items only**

#1 Target arm only putting to fringe. Back of target wrist/ hand swing and finishes at target, clubhead remains low to ground. Lower body still like stuck in cement or tree trunk.

#2 Look for BURN, look for spot in front of ball see it roll over.

#### **C. Transfer Training-**

Game #1 - Lag putting must get 3 balls in red/yellow target circles from 2 different distances. Must compete against another person.

Game #2 - Donut drill 6 balls— Goal to make all consecutively. Must compete against another person.

Game #3— Wheel drill. Strive for a perfect score. Keep track of best score each time you play game. See improvement.

Game #4— Tree drill— 3,6,9,12 foot putts.

GOALS:

3 foot putts— 90%

6 foot putts— 50%

12 foot putts— 30%

#### **D. Play-**

Play in 2-some or 3-some with other friends. Make up a putting course - (3 hole course) Keep score with scorecard, follow rules flag out, mark ball, person away goes first, etiquette of putting green.

Play 9 holes. Goal Lowest score.