

Wanaki Golf League  
Putting Lesson - Brian Scrobel Brookfield Central



## GENERAL

- ✓ You are what you **BELIEVE** you are...**Believe** you are a good putter.
- ✓ **Putting generally accounts for 50% of your strokes, so you should allocate half of your practice time to putting.**

### Putter length and grip

- ✓ Average tour putter length is 32"
- ✓ Too long of a putter will align you too far behind the ball.
- ✓ Hands need to be at end of grip. This part of grip is designed to put your wrists in the proper position. Also allows for a full range of stroke movement.
- ✓ If you choke up on the grip, you lose that benefit and you have a more limited stroke range.
- ✓ **MOST JR. GOLFERS USE PUTTERS THAT ARE TOO LONG. Please see the pro shop (usually under \$10.00 to cut and re-grip a putter)**

### Ball Preparation

- ✓ Draw a line around the center of the ball
- ✓ **Non dominant eye is depth eye**

### Body Position:

- ✓ Eyes directly over the target line
- ✓ Hands must be hanging below your shoulders
- ✓ **The thumb on the grip is the face of the putter** - keep it flat and pointed directly down the shaft.
- ✓ If it rotates it will cause the face of the putter to be out of square.

### After Image The (YES SPOT):

- ✓ This is the dot that remains on the green in the spot vacated by the ball after it is putted.
- ✓ Focus on (the red dot) looking for the after image when putting - do not watch the putter or follow the ball. The red dot on the ball is a last second reminder to see the spot and look for the after image
- ✓ If you follow the ball, it tends to bring your eyes (and head) up. This causes the putter to decelerate and opens the face. Result: putt short & right of hole.

## PRE-SHOT ROUTINE

This develops consistency in tempo. Routine can also be used for all other shots on the course as well.

1. From behind the ball and using your dominant eye only, line up the line on the golf ball with the target line.
  - a. The read from behind the ball is more accurate.
  - b. The read from over the ball is an optical illusion.
  - c. The read from over the ball may not be as bad for left eye dominant people.
2. Perform the distance stroke (practice stroke) while looking at the hole. Visualize the ball going into the hole during the distance stroke.
  - a. Your mind will determine the amount of stroke necessary to get the ball to the hole.
  - b. **Slower greens**, or if you are consistently short: take the distance stroke a few feet behind the ball
  - c. **Faster greens**, or if you are consistently hitting too far past the hole: take the distance stroke in front of the ball (between the ball and the hole) off the target line (to avoid penalty stroke).
3. Approach the ball; square the putter to the line on the ball before fully gripping the putter. Grip the putter.
4. **Five Second Stroke:**
  - a. Look at the hole for 2 seconds (1<sup>st</sup> and 2<sup>nd</sup> second)
  - b. Eyes return to the red spot on the ball (3<sup>rd</sup> second)
  - c. Start the stroke (4<sup>th</sup> second)
  - d. See the "YES SPOT" (5<sup>th</sup> second)

### Practice putting tips:

#### 3 feet and in

- Use 3 balls
- Visualize each putt is needed to win the tourney

#### Long Putts

- Practice with 1 ball to simulate real golf situation

#### Ladder Drill

- 5 tees and 5 balls at 3, 6, 9, 12, and 15 feet
- Make (or hit 18" past the hole) in order 5 in a row