

# DUTCH HOLLOW CC

## LADIES GOLF ACADEMY 2018-NOVICE GROUP

### Week 5



Putting is an individual art form. While there are standard grip and stroke techniques as illustrated here, getting the golf ball in the hole is a unique combination of individual preferences.

The sight and sound of a ball going over the edge of the cup and falling into the hole never gets old.

Keep it in your golf memory bank.

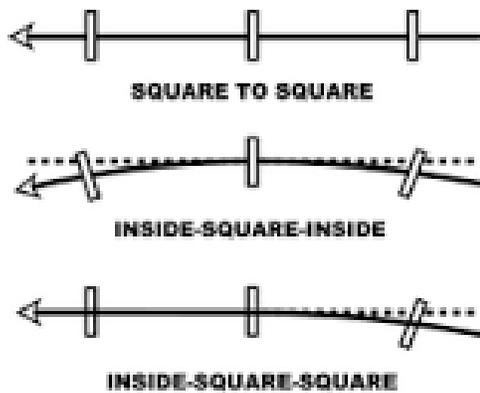
Visualizing the ball going into the hole before each putt can help. Learning to read greens also helps you make more putts.

You first have to understand a few things about putting. Then it is just focus on the greens practicing good techniques.

The rest is learning to repeat the fundamentals, and learning to get the ball into the hole.



Camillo Villegas uses the "snake technique" to read the break of his putts.



Roll the ball on its way to the hole.

Putting is a combination of feel, solid technique, visualization, and imagination.

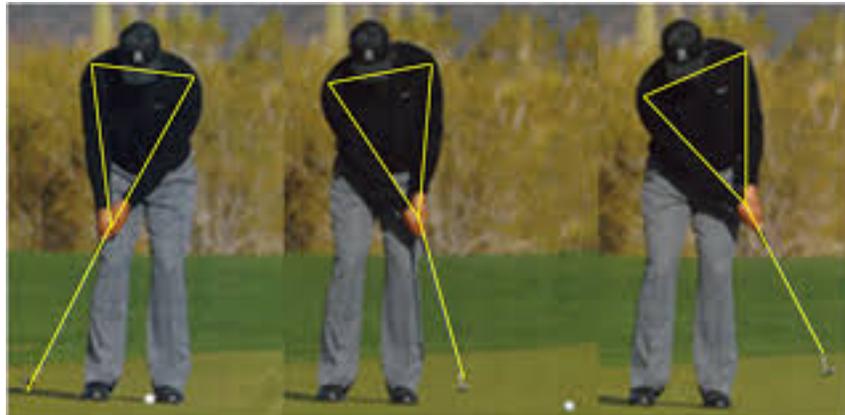
If you believe you will make a lot of putts, in the long run, you probably will.

Learning to putt the ball the correct distance will substantially cut down the number of putts you take per round.

Keep your head steady, use your arms and shoulders, and learn to roll the ball on the greens.

#### FULL SWING REMINDERS:

1. Keep the golf club in front of you during your swing.
2. Keep your arms connected to your chest as you swing back and through.
3. If you are having trouble, find the golf ball with your hands.
4. Try to feel your body swinging the golf club.
5. Remember what you did when you hit a good shot. Then go ahead and repeat it.
6. You need club head speed to move a golf ball. Remember the "whoosh drill".
7. Get your whole body involved in your golf swing. Let your muscles work for you.



\*When putting keep the triangle pictured above in tact.

\*Keeping your head steady and spine quiet is very important when you putt.

\*Distance control is your #1 concern. Practice learning to judge distance first.

\*Get a feel for YOUR putting stroke.