

DUTCH HOLLOW CC

LADIES GOLF ACADEMY 2019-NOVICE GROUP

Week 5



A NOT SO TRADITIONAL APPROACH TO PUTTING

Part of learning to play golf, and eventually keeping score, is to learn to get the ball into the hole in the fewest number of strokes. After teaching all levels of golfers for close to 30 years, I still believe that there is no one way to “get the job done on the putting green.” If you approach putting as a boxed set of individual preferences, you are sure to improve.

I used to tell my students that the only important thing in putting is making putts. And that if I could make more putts while stand on my head I would do it. If you pay attention to the way your mind and body operates, and the way you see things, you can easily develop a putting routine and stroke that will yield great results.

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.

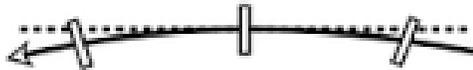
You first must understand a few things about putting. Then it is just focus on the greens practicing good techniques.

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

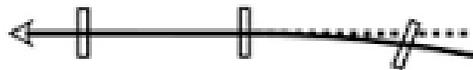




SQUARE TO SQUARE



INSIDE-SQUARE-INSIDE



INSIDE-SQUARE-SQUARE



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. Feel the distance!

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 total 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. Use 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 to the right intact. Kind of a "gentle rocking motion."

*Keeping your head steady and spine quiet is very important to a consistent putting stroke.

*Distance control is your 1st priority.

*Get a feel for *YOUR* putting stroke.



Putting Fundamentals: Even if you have perfect fundamentals, you will not make putts if you cannot see the line from the ball to the hole. As pictured below, there is a "Putting triangle involved in the process. First, from your setup position you must locate the hole in relation to your eyeline (red line). Then you must be able to locate and see that line in relation to the putter face and golf ball (yellow lines). This is called the eye | putter | ball | hole continuum.

It is a simple proposition. What it all boils down to being able to see your line to the hole, being able to aim your putter correctly, then executing the stroke.

Points to stress: seeing the line from your ball to the hole from the position you are in when you are going to execute your putting stroke. You must learn to aim the putter face correctly to make the ball go in the hole. Being able to see the line from ball to hole, once you are in your putting stance, is all that matters. Learn to use the "putting triangle".

