

PUTTING

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Week 1

THE PLAYER SHOULD TRY TO ACHIEVE THE FOLLOWING:

- * **Accuracy** – hitting the ball straight to the target.
- * **Pace** – using appropriate power for the length of putt.
- * **Smooth Roll** - keep the ball rolling along the ground.
- * **Consistency** – repeatable technique.

SET UP

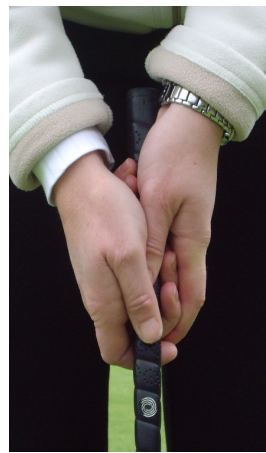
Clubface: Aim the clubface in the direction the ball is required to go - the clubface will determine the direction the ball will travel.



Grip there are several ways a player can hold the golf club. Two ways are shown below.



1. Ten finger grip.



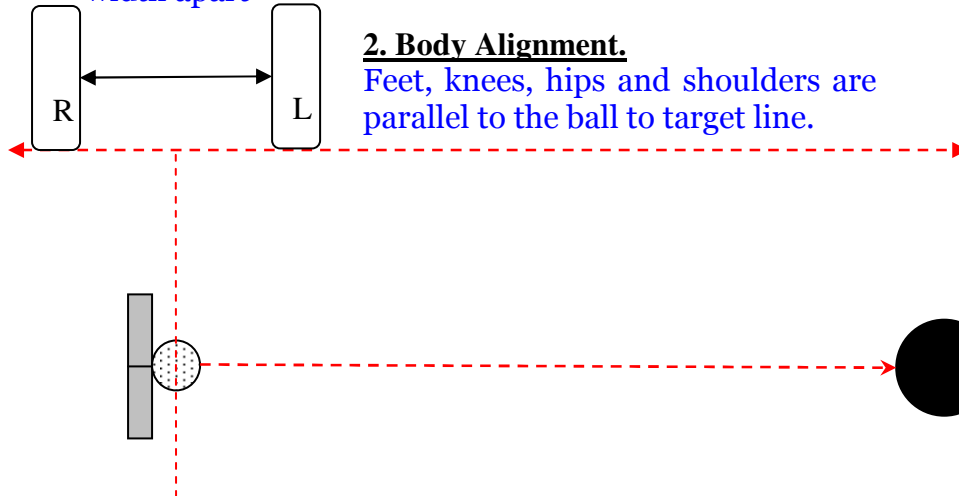
2. Overlap grip.

Grip pressure should not be too strong.

Stance / Body Alignment / Ball Position.

1. Stance

Feet approx shoulder width apart



2. Body Alignment.

Feet, knees, hips and shoulders are parallel to the ball to target line.

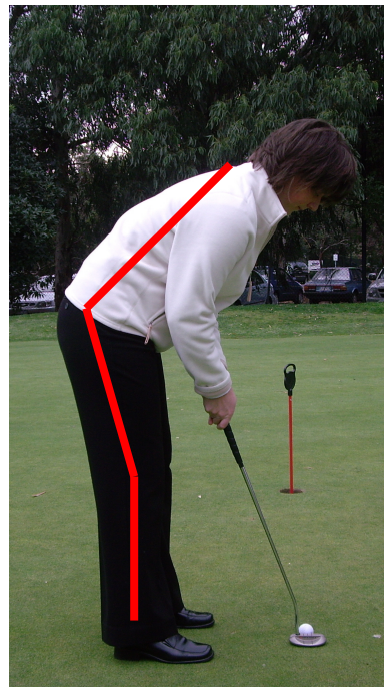
3. Ball Position

Ball positioned midway between feet.

Posture

1. Bend from the hips keeping the back straight. This allows the arms to hang down from the shoulders and for the hands to be a comfortable position to hold the club.

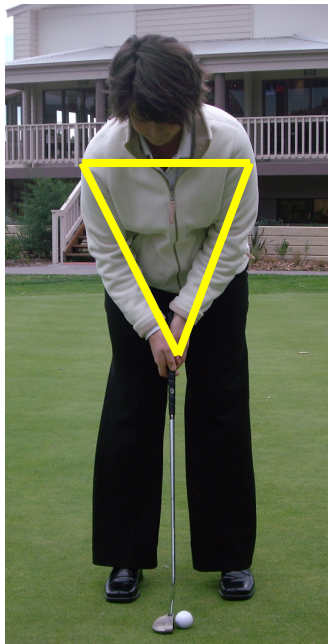
2. Slightly flex the knees.



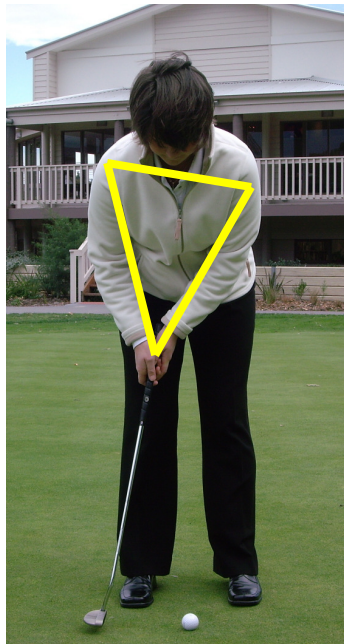
Swing Motion / Distance Control

See pic 1,2 & 3 – maintain the triangle of shoulder and arms throughout the stroke producing a pendulum like motion, keep the wrists passive and the rest of the body still.

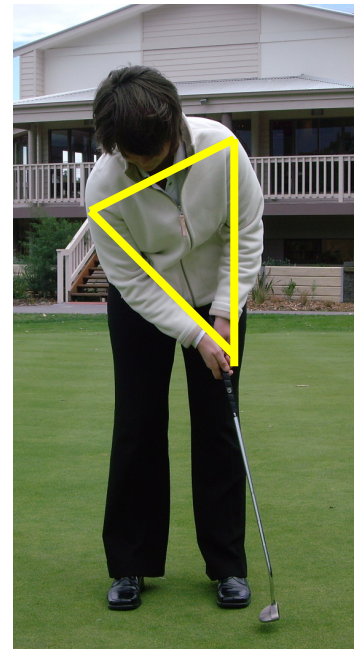
Pic 1



Pic 2



Pic 3



See pic 4 & 5 - Distance is controlled by the length of stroke, try to produce an equal distance on the backswing and follow through.

