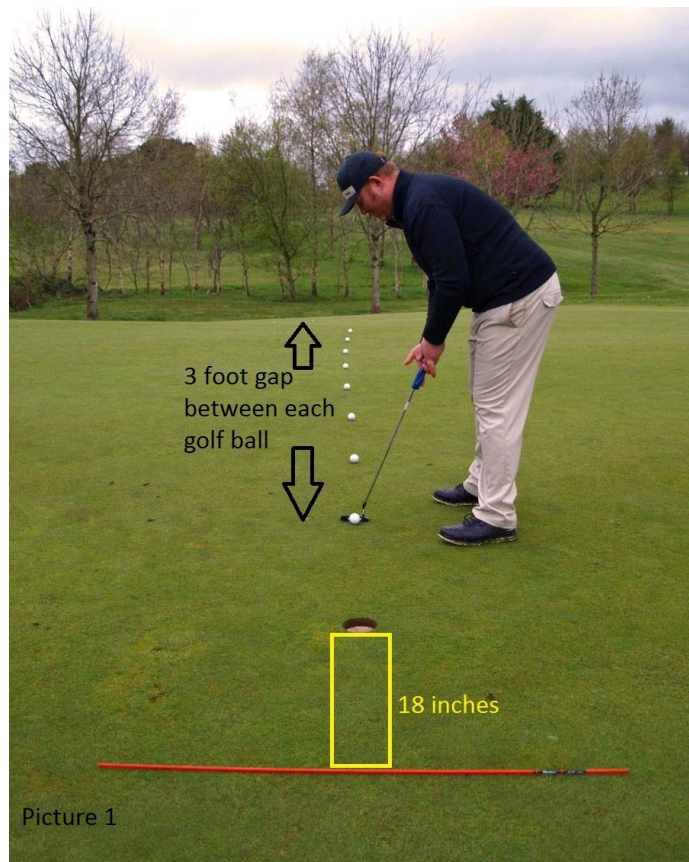


Week 2 Putting – Distance Control

Something I'm often asked for is a good practice drill for distance control when putting.

One of my favourite putting drills involves working on the correlation between the length and speed of the putting stroke relative to distance of putt required.

- For this drill all you need is eight golf balls, an alignment rod(the flagstick will suffice), your putter and a relatively flat area of the putting green.
- Place the alignment rod 18" behind the hole.
- Now walk in a straight line away from the hole dropping the first golf ball at two paces and each subsequent golf ball one pace further on until you have each of the eight golf balls in a straight line. (Picture 1.)



- The idea behind this drill is to help the player understand that if we can keep the pace of our putting stroke fairly constant (I like the idea of imagining the speed of a pendulum) , then, as long as we get a centred strike, we only need to concentrate on the length of our stroke in order to roll the ball the required distance.
- The object of this drill is to get each golf ball to the hole without reaching the alignment rod behind the hole. There are two reasons for this 1) If we get the golf ball to the hole at the right speed it has a chance of going in and 2) we are less likely to miss an eighteen inch putt that has travelled past the hole as we have seen how it breaks.
- We start at the first golf ball and work our way back. We are trying to keep the pace of the stroke smooth and even, slightly lengthening the stroke each time we move back to the next ball. (Picture 2)



- I really like this drill as the practice is measurable. After we have puttied the eight balls we should count how many have either finished in the hole or reached the hole and stayed short of the alignment rod. We can repeat this drill to the same hole from different directions or putting each of the eight golf balls in random order.
- This drill is particularly beneficial if we struggle with our pace on the greens or when the greens start to quicken up this time of the year.
- If you can't control the pace of the putter it's very difficult to control the pace of the golf ball!!

