

Week 3 Putting -Holing Out

Following on from last week's putting drill on distance control, I am going to give you a few ideas on how to hole out from short distance with more regularity. There's one thing for certain and that is during a round of golf we are going to have some of these dreaded 3 footers. One of the reasons so many of us struggle with these is that we "expect" to knock them in.

By practicing the following drill we should increase our confidence of getting these shorter putts.

Firstly, place 8 golf balls around the hole in a 3ft. circle. We don't need a measuring tape, just make the circle a little wider than the length of our putter.(Pic.1)



Then, working in an anti-clockwise direction (for a right handed player), try to hole the 8 balls consecutively.

There are 5 key points that I like to see each golfer I work with doing when trying to execute the shorter putt.

1. In the set up try to keep your eyes over the ball. This helps with the ability to line up the putter head properly. It also helps to keep the path of the putter head more neutral during the stroke.
2. Place the ball slightly closer to the front leg. This will help to roll the ball better.(Pic.2)



3. In the putting stroke, work on the ratio of 1/3 backswing to 2/3 follow through. I like this as it encourages a positive contact with the ball. I see a lot of shorter putts missed through deceleration of the putter head. (Pic.3)



4. Keep the putter low to the ground through impact.
5. Keep your head still and listen for the ball going in. Again I see a lot of these missed by peeking too early and miss hitting the putt. (Pic. 4)



I like this drill as it gives us immediate feedback and it is measurable. If we are consistently missing the putt in a certain direction we must check our putter head aim at address and if we are maintaining that position through impact. Also, if we are counting, we should set our personal best. See how many of these we can get in a row and then try to beat it next time we practice.

If we can successfully practice this drill we should gain a lot of confidence in knocking in those nasty 3 footers when we get to the golf course.