

Putting Drill Library



Technical

Drill	Start Line
Type	Technique
Target	Develop ability to start your putt on-line
You'll Need	Golf balls you compete with Tees or Putting Gates Measuring Tape
Description	Find a straight putt Set up Visio Gates/ Tees If using tees use a measuring tape to create correct gate widths Roll 25 putts through the gates successfully
Notes	Difficulty Level Red Gates- 60mm at 20 inches- 1 deg of error White Gate- 55mm at 19inch- 0.75 deg of error Black Gates- 50mm at 17inches- .5 deg of error

Drill	String Line
Type	Technique
You'll Need	A string line training aid or a chalk line
Instructions	Use the string line or chalk line to build and maintain perception of aiming awareness of the body and putter face
Description	Set up a straight or breaking putt at various distances aiming the string line at your aimpoint. Roll 25 putts into the hole

Drill		Mirror Feedback	
Type		Technique	
You'll Need		A putting mirror training aid Golf Balls you compete with	
Target		Use the Mirror to build and maintain awareness of eye line and shoulder alignment at set up.	
Description		Set up a straight put or a breaking putt. Line up the mirror and roll 25 putts in building awareness of Eye line/ Shoulder alignment/ Head Movement throughout the stroke.	

Drill		Video Check Up	
Type		Technique	
You'll Need		Camera or Phone Tripod or playing partner to hold the phone	
Target		Review your set up, alignment and technique through video analysis.	
Description		Record your putting stroke from face on and down the line from the correct angles	
		If you're not sure what to look for use the 1-1 analysis session included in your membership to review.	

Skill Development

Drill	Putt to the Fringe
Type	Skill Development
Target	Develop Pace Control
Description	<p>Go to the middle of a putting green and hit putts as close as possible to the fringe of the green. Ball must come as close as possible to the fringe of the green but not pass it.</p> <p>Hit to various parts of the green. (This is a great 2 player game)</p>

Drill	Find the Sweet Spot
Type	Skill Development
Target	Develop the ability to hit the centre of the putter face consistently
Description	<p>Set up two tees the same width as your putter.</p> <p>Roll 25 putts without hitting either of the tees.</p>

Drill	Dial in your Pace
Type	Skill
Target	Develop speed control awareness
Description	<p>Set up markers at 20ft, 30ft, and 40ft and 50ft Roll 3 putts to each marker.</p> <p>Your target is to finish each putt in a radius that is 10% of the distance of the putt. e.g. 40ft putt- 4ft Radius</p> <p>Repeat this for slight uphill and downhill putts</p>

Drill	Around the clock green reading
Type	Skill/ Awareness
Target	Develop ability to Read the Green and judge the slope
Description	<p>Find a hole on a practice green that is cut on a medium to large slope</p> <p>Putt a tee in the ground at each of these locations 10ft from the hole.</p> <p>Find the straight up hill putt- 6 o'clock Find the straight Downhill Putt- 12 o'clock Find the left to right Putt- 9 o'clock Find the Right to left Putt- 3 o'clock</p> <p>Roll 5 putts in from each tee.</p> <p>Repeat this drill on different holes each time you practice.</p> <p>Use the same routine to find the slope next time you play.</p>

Drill	Gated Green Reading
Type	Develop Green reading visualization Skills
Target	Develop the skill to match the speed to the correct line on breaking putts
Description	<p>Find a hole that is cut on a medium to large slope</p> <p>Place 4 tees around the at 10ft from the hole</p> <p>Read the putt, then place two tees to create a gate halfway down the line of the putt where you believe the putt with travel through.</p> <p>Hit the putt and reflect whether you matched the line and speed correctly. Adjust and make the putt before moving on to the next one.</p>

Drill	Leap Frog
Type	Develop Speed Control
Target	Measure your ability to control pace under Pressure
Description	<p>Place a tee to hit from.</p> <p>Then set a tee at 5ft and 30ft from the tee you're hitting from</p> <p>Hit putts with the aim of getting as close as possible to the last tee and the next 1ft shorter then the previous until you reach the first tee at 5 ft</p> <p>Try to fit as many golf balls as possible within this area</p> <p>Scoring Intermediate- 12 putts within 25ft Advanced- 17 Putts within 25ft</p>

Performance/ Competitive

Drill	10ft 10 Points (From the book 'Every Shot Counts')
Type	Putting Performance/ Pressure/ Resilience
Target	Record the number of holes it takes you to score 10 points.
Description	<p>Drop a ball 10 ft from the hole, putt until you hole out, keep track of the number of holes played.</p> <p>Each hole should be started from a new location.</p> <p>Scoring: 2pts if you hole first putt. 0pts if it takes two putts to hole out, first is long. -1pts if it takes two to hole out, first is short. -3 pts if it takes three putts. If you go below minus 10 you Lose!</p> <p>What is a good score? The best Putter on tour will take 11 holes to reach 10 points, a golfer that shoots in the 90's will take 43 holes.</p>