



MY PUTTING BLUEPRINT TO HELP YOU SAVE SHOTS ON THE GREENS



DEVOTE TIME

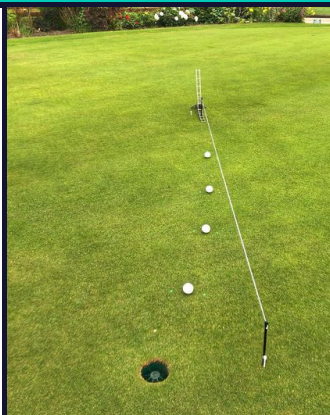
Putting practice is one of those things people will either love or hate. But, I can guarantee spending 2/3 times a week training the necessary areas will significantly reduce your score.

To be a great putter you need to excel in three main areas: Starting your ball online, Having good speed control and be a great green reader. These are the three main areas I structure my practice around

CREATE STRUCTURE AND GOALS

Each practice session needs to be tailored to a specific area and goal. Something I've always done, is keep record of your sessions to map areas of strength and weakness This creates long term improvement and builds a road map to success. A simple note book or phone can be useful for this.

Don't neglect your strengths, if not they will eventually turn into weaknesses

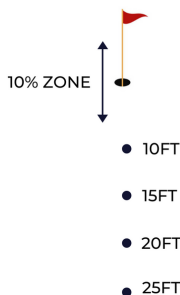


PRACTICE LIKE YOU WOULD PLAY

We've all been there, walk onto the green, drop a few balls down and hit putts everywhere. Practice sessions should follow the same structure as your on course routine. One thing I like to engrain into players I coach is the need to carry out a purposeful routine with every putt. This builds mental clarity and encourages good practice.



MY THREE FAVOURITE DRILLS



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CLUSTERS - SPEED CONTROL

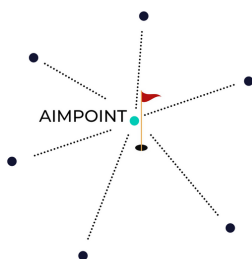
5 BALLS - ONE TEE / PHANTOM HOLE

Idea of this drill is to generate better speed control over various distances

Place a tee at your starting location and then a phantom hole/tee at distances of 10-15-20-25ft

Each ball has to finish within 10% of your specified target to move back.

In order to progress to the next distance all balls must finish within the 10% zone. If you find this too difficult, give yourself an extra life within each round



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SPIDER DRILL - GREEN READ

1 BALL - 7 TEES

Place each tee at a distance of 6ft around the hole. This drill has to be done on a planar slope. The great thing with this drill is that every putt that starts the small distance from the hole shares a common Aimpoint.

Use this point as a reference, apply the correct speed and every putt should drop

Superb drill for building visual awareness of breaks and helps players understand patterns between uphill and downhill putts.



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TEE GATE - START LINE

1 BALL - 2 TEES

One of the most used drills to date. The gate drill provides players information about their tendencies and enhances face control

Find a 6-8ft straight putt. Place 2 tees, either side of your start line at the distances provide below (depending on your skill level)

Beginner - 60mm apart / 20 inches from the ball

Intermediate - 55mm apart / 19 inches from the ball

Advanced - 50mm apart / 17 inches from the ball

As you can see each drill has been tailored to train one of the three most important aspects of putting. Remember with anything, be creative, have fun and challenge yourself.

"It's not necessarily the amount of time you spend at practice that counts; it's about what you put into the practice"

LETS GET YOU READY FOR THE GOLF COURSE

Whether your an amateur golfer or a full time playing professional, preparing for your round is something the best players in the world do. Each golfer will have their own unique way of doing things prior to their round. But I can assure you, every top golfer spends time on the putting green before teeing off

Here are some of my top tips to help you prepare in the correct manner...

FIND YOURSELF A 6-8FT STRAIGHT PUTT

Hitting putts from within this distance is a great way to generate a feel for your start line tendencies for the day and calibrate your setup. If you have a putting mirror or template this can be used. Make sure you stick to your routine with each putt. (8 - 10 putts)

LETS GET YOUR SPEED DIALED IN FOR THE DAY

Getting your speed dialed in for the day is very crucial and will help with your lag putting. Golfers should look to hit putts from 10-15-20-25-30ft, paying special attention to your finish location. Aim to get each putt within 10% of the distance. Practicing both uphill and downhill putts would be advisable.

NOW CALIBRATED, TIME TO MIX THINGS UP

Once your set with your speed control, mix things up and try putts across various distances and slopes. Keep things simple and only use one/two golf balls. Hole them perfect, if not, still play close attention to the speed.

TURN UP THE HEAT..

You're almost done, your tee time is less than 10 mins away. Now is the time to fine tune the mental side. Hit putts from inside 10ft, random distances/slopes and only one ball. Pay close attention to your routine. Hole as many putts as you can and stride to the tee with confidence.

AN IDEAL TIME FRAME FOR THIS WARM UP IS AROUND 30MINUTES, BUT FEEL FREE TO MOVE THINGS AROUND TO SUIT YOUR NEEDS

THANK YOU FOR TAKING THE TIME TO READ MY
PUTTING BLUEPRINT

WANT TO KNOW MORE, PLEASE FEEL FREE TO JOIN MY
COACHNOW COMMUNITY. A GREAT WAY TO MEET LIKE
MINDED PEOPLE WHO WANT TO IMPROVE THEIR PUTTING
AND SHARE IDEAS

I DONT LIKE GOODBYES, SO LETS JUST SAY ... SEE YOU
SOON

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