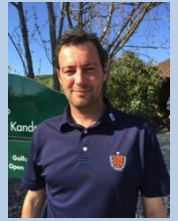


Quick Start Golf Tips – Putting

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Putting – POSTURE

1. Bend forward from the hips to create good posture
2. Feel your body weight under the middle of both feet
3. Allow your arms to hang down naturally in front of your body naturally

KEY – If your arms don't hang away from your body then your forward bend is too little, or you are not bending enough from the hips



Fig 1

Putting – SET -UP

1. Position the golf ball slightly left of the centre of your stance (to help you strike the ball on the upwards part of the arc) Fig1
2. The hands should be over the ball or slightly ahead of the ball. This enables you to strike the ball with the desired loft of the putter between 1 -2 ° (most putters have 4-6 ° loft as standard. Fig 1

Putting – SET -UP

1. Check that the hands are directly under your shoulders, this helps to produce a consistent pendulum swinging motion. Fig 2
2. Make sure the putter shaft lies directly between the forearms, this helps you to swing the putter in unison with the shoulders, hands and arms. Fig 3



Fig 2



Fig 3

Putting – HEAD MOVEMENT

During the entire putting stroke it is important that you keep your head stable. This improves ball striking and encourages the head, hips and shoulders to stay stable during the stroke.

Picture your head being placed inside a circle, swing the putter back and through keeping it inside the circle until the ball has gone.



Putting – Technique

Imagine the shape of a triangle formed by your hands, arms and shoulders at the set-up

To promote a consistent putting motion, try to maintain the shape of the triangle throughout the stroke

This will help reduce variations in the swing, like wrist hinge, clubface twist and poor contact





Putting – Technique

Another very helpful putting tip is to concentrate on the left wrist position during the putting stroke

Ideally the left wrist stays in the same position from set up to the end of the stroke. If the left wrist angle changes it influences the loft and clubface and promotes variable ball contact

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