



## Drills for Putting

Putting is such an important part of the game that we need to establish good practice drills.

Without working at all, take a look at your golf balls and in most cases you will find a directional arrow of some kind to assist with your alignment. Place the arrow in the direction you want the ball to roll and get your body aligned parallel with that line. You may also purchase for a minimal amount a device which will draw a line on your ball which will assist in lining up your putts!

When practicing here are a few more drills that will assist you.

### 1. Head Still

To keep the putter on path throughout the stroke, you should have someone hold your head while you swing your arms and putter back and through freely. Wait until after the strike of the ball to see where it ends up.

### 2. Eyes Closed

After you line up your putt have someone block your view of the ball or just close your eyes. This will encourage you to feel the movement of your arms and shoulders your swinging the putter. It will also take away the hit instinct and create a more fluid swing.

### 3. Legs locked

This drill helps in keeping your lower body still during the stroke. Take your stance and then place a rubber ball (volley ball size) between your knees. This will solidify your lower body to create more consistency in your putting stroke.

### 4. Distance Control

Work on taking the putter back and through different distances to create lengths. Example ( 1 inch back and through, then 2 inches back and through, then 3 inches back and through etc. ) Remember also putting has a tempo, do not force the stroke!

If you have questions concerning these drills or any other part of your game feel free to contact me at the San Vicente Golf Shop. (760) 789-3477

Enjoy the game,

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