



GOLF COACHING

Putting Practice Program

Deliberate practice is crucial to success. This must be structured and purposeful with the opportunity for feedback.

Practice Programme

Goal – What are you hoping to achieve?

Plan – How are you going to achieve this goal?

Practice – Using appropriate drills and training.

Test – Have you achieved your goal?

Reassess – What's next?

Practice Structure

My suggested practice structure would be to select 3 appropriate drills from the following pages and complete them in a circuit a set number of times. However, this is only a suggestion, you may wish to spend more time on one particular aspect or drill.

Internal Drills – Technique Based

Mirror work – checking fundamentals

- Ball position
- Eye position
- Body Alignment
- Putter face alignment

Perception putting – Changing perceived hole size

- Putt with a larger ball
- Putt with a smaller hole
- 3ft putts
- Looking to increase the perceived hole size.

String line work – Perception + Technique

- Measures starting line
- Stroke path
- Visual perception (ability to see straight)
- Ball breaks off this line (every putt is straight)

Own practice – Freedom to do own drills

External Practice

Pace control

Lag Drills– (10–30ft) Putt to a tee or hole. Get used to leaving the ball inside a box that is 1 putter length behind the hole and wide.

Leap Frog – Create a box that is 10ft in length from the desired distance. See how many balls you can leave in the box

in a row. It has to be ascending in distance.

Box putting – How many putts in a row can you leave inside a box (10 – 15 – 20ft).

Short is punished – Practice putting different lengths and holing out. If the putt finishes short move it back a putter length. Hole out.

Tempo putting – Practice keeping the stroke timings the same no matter the length. Use this to hit putts from 5, 10, 15, 20ft.

Hole Out Drills

6ft Ladder – Mark out 1 –6ft in 1ft increments. Then try to hole each putt consecutively. If you miss you start again.

Clock Face Drill – Place 4 tee pegs around the hole at 12, 3, 6 and 9 o'clock. Start at 3ft, if you hole each putt consecutively then increase the distance by 1ft.

Spiral Drill – Start from 1ft, build a spiral out to 12ft around the hole. 1 putt from each tee peg. Can you hole all of them in

a row? If you miss start again.

Aim Small– Putt to a tee peg from 3ft. Get used to hitting the smaller target, then return to the hole.

Short Slider – Putt from 3, 4, 5ft from left to right and right to left. Get used to trusting the line and pace. Try to hole each putt consecutively.

Tee Gate – Putt through a small tee gate roughly 1–2ft in front of the ball to measure starting line.

Matching Line and Pace

Drills and Testing

Scenario putting – Read it and roll it. Recreate moments from the past and create scenarios from the future. Treat each putt as if out on the golf course.

Worst putt – Take 2 balls, putt from distances around the green. You must play the ball that finishes furthest away from the hole.

5 under 5 over – Mark out 2 putts on the green. Par putt of 3–10ft. Birdie Putt of 10+ feet. You start at Level par stood over the par putt. Alternate between the par and birdie putt (1 putt from each). The aim is to get to –5, however if you go to +5 you lose.