

Competitive Focus/Routine/Performance Drills

These are to completed with full routine and full intensity----or don't do them at all not half measures 100%

5ft 10ft 15ft Scoring Games

These are holing out drills where the focus is on performance not technique.

Change hole and angle so you always have a different putt each time. If you are doing the 5 ft drill then use 4 5 and 6 ft putts. 10 ft drill 9,10 and 11 ft. If you are doing the 15ft drill 14,15 and 16ft.

On each drill the challenge is see how many putts it takes you to reach a specific point total. Changing hole and putt on each attempt.

Scoring for each distance drill is as follows

2 if hole out 0 if 2 putt and 1st putt long

-1 if 2 putt and 1st putt short

-3 if 3 putt

Game Scoring

You loose the game if drop to -10

You win the game when you reach 5ft is 15 pts

10ft is 10 pts

15ft is 5 pts

Keep a track on how many holes it takes for each distance drill you do. For example you may do the 5ft drill say 5 times over a few days. You scoring could 10 holes, 11, 12,13,14,and then 15.

What we can then do is assess what your median number is. The median is the middle numbers. This will reflect you performance level in a way which we can compare it to the best putters in the works. On the above example your median would be 13.

Based on PGA tour putts gained ranking check out what the median numbers would be for different level of performers

Median holes required to win

	Best	Average	Worst
5ft	10	10	11
10 ft	11	14	17
15ft	11	14	18

What we can do is set a goal for us to always have our median below a certain level, then if you perform badly which as a

result shift the middle numbers higher you would have to do some drills again and get good scores to bring down the median/middle numbers.

Pace Performance Drills

5 different putts at 5 different distances. Measure the distance the ball finished from the hole. To effectively gain on your first putt (putts gained is based on proximity form the hole) your total distance needs to be less then 18ft from the hole. If it's not then do it again. See what you best score can be

- 30ft
- 40ft
- 50ft
- 60ft
- 70ft

Spiral Performance Drills

Set up a spiral (like a compass drill but where each putt is a different distance and angle from the hole)

For example find a constant slope and set up the 2ft on the downhill straight putt (0 degree) then the 3ft on the downhill right to left n(30 degrees) then the 4tf (60 degrees)on the downhill with greater right to left then 5 ft on the uphill right to left (12 degrees) and then 6 close to the uphill (near the 180 degrees) straight and so on and so on until you could be on the uphill left to right or downhill left to right

The goal is to complete the sequence of putts consecutively, if you miss one you start again

Spiral scoring comparing the PGA Tour best Putters

Median number of misses until win (completing all of them)

	2-6ft	2-7ft	2-8ft	2-9ft	2-10ft
Best.	0.	0.	1.	3.	7
Average.	0.	1.	2.	4.	12
Worst.	0.	1.	3.	8.	23

So for example start with the 2-8ft spiral. How many times does it take you to finish it in one go? Do this drill several times. If you score were 1,2,3,4,5 then the median would be 3. The best players the median is 1.

