

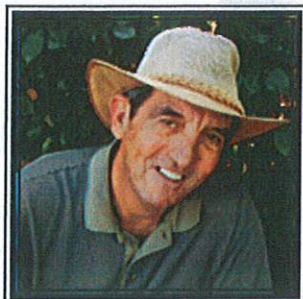


"Roll-it" with the 3 most important skills to lower your scores!

Meet your Coaches:



Gwen Hare



Ed Adams



Joe Lukawski

For the purpose of this guide, the following definitions are being used for the terms below:

Technical – Technical preparation is to create and improve movement skills. Like all sports, golf has a motor task involved in accordance with biomechanical and locomotive possibilities of the athlete. (i.e., how the club is swung, how we grip the club, the way our body moves within a golf swing, etc.)

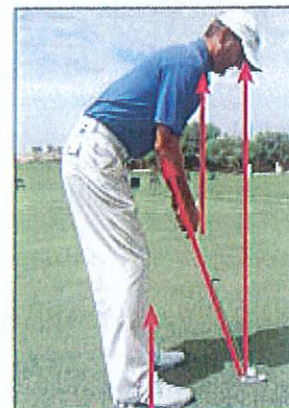
Tactical – These are skills required which allow a player to effectively use their technique to the best possible advantage. Ultimately, they are plans or strategies set up for a specific purpose to maximize performance. (i.e., structure of a pre/post shot routine, how we practice, knowing what club to use, how to read a green, awareness of conditions like wind, grass type, different lies, etc.)

Human Skills – These are skills such as awareness of your balance, tension and tempo, as well as the ability to control mental, emotional and social variables a golfer encounters while playing. The human skills of the game have great influence on a player's technique.

Station #1:

Technical Putting Concepts

- 1) Grip it correctly
- 2) Set up correctly
- 3) Swing the putter head, not the handle



Good putters often have a low, compact finish.

Station #2:

Tactical Putting Concepts

Have a routine focused on aim, speed and confidence



1. LINE FROM BEHIND



To fully gauge the slope of a putt, make sure you see the slope from all sides. This means, take a walk around the putt. Then, settle in behind the ball and pick your aiming spot along the line of the

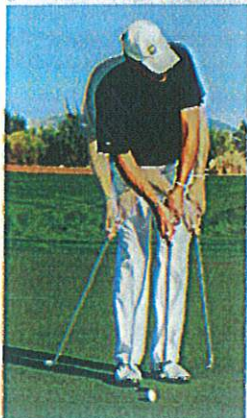
putt.

2. LINE ON THE BALL



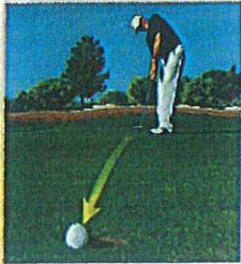
The marking on a golf ball, whether using the ball's graphics or a line with a pen, is a gift from the golfing gods. Use it as often as you can to line up your putts.

3. FORGET LINE, FOCUS ON SPEED



Now that you have the ball aimed with the line on the ball, you can think solely about speed and distance. Rehearse a couple strokes while looking at the target, since this will help you get a better feel

4. STROKE IT WITH CONFIDENCE



You have the direction figured out, and you know the right stroke length. Now's the time to be confident in your preputt routine! Often golfers miss putts because they aren't confident, which then leads to shaky, yippy strokes. Always trust your stroke and your routine!

**BELIEVE IN
POSSIBILITIES!**

Station #3:

Human Skills Putting

Concepts

- 1) Grip pressure (tension)
- 2) Stroke timing (a 2 to 1 ratio, backswing timing to through swing timing)
- 3) practice properly to build transfer performance to the golf course.

⇒ For tension work, hit 1 to 5 foot putts alternating grip pressure from light (barely holding on to the handle), medium and extremely firm (squeezing life out of the grip). Gather awareness from this exercise and see most likely the light and medium pressure will improve performance.

⇒ For swing tempo work, have the players hit 1 to 5 foot putts counting 1-2-3 during the stroke, with 1 – 2 coming on the backstroke and 3 landing as they impact the ball.

⇒ Here are some good quality drills to do in regard to sharpening performance for putting:

