



South Western Golf Association - Women's Clinic Day 2024

Putting with Jay McKenzie from the GGA www.geelonggolfacademy.com.au

3 Areas of focus to improve your putting

1. Start Line Control

To improve your ability to start the ball on the line you intend, we focussed on ensuring we were doing the following:

- Eyes to be positioned over the ball or just inside the ball when setting up.
(This can be tested with a putting mirror or by dropping a ball from between your eyes at address and see where it lands)
- Ensure you have really soft grip pressure when holding the putter. We want to eliminate as much tension in your forearms and hands as possible.
- Soften your right elbow (for right handed golfers) so that it rests tucked in by your side, this ensures your forearms are aligned to match the rest of your body.

One of the best drills is to practice with the multi coloured golf balls, or with a ball with a straight line drawn on it.

Putting with one of these balls with clearly identify if you are hitting the putts with poor face control or with a less than ideal path.

2. Speed Control

One of the most important elements of putting to help eliminate 3 putts is improving your speed control.

To give yourself the best chance to control the speed of each putt, we want to try to maintain a consistent tempo and the same rate of acceleration regardless of the length of the putt.

- Aim to have your backswing and follow through the same length, this removes the need for any rapid acceleration off the putter head, or the need to slow the putter down through impact to avoid hitting the ball too hard.

One of the best drills to improve your speed control is to putt 3 balls with no target on the putting green.

- The first ball swing the putter head back and through to the outside of your right and left foot
- The second ball swing the putter a few inches further back and through
- With the 3rd ball you are trying to split the difference of the first two putts

If you manage to do so, whilst keeping the same tempo and rate of acceleration, the 3rd ball will finish somewhere between the first and second balls

3. Green Reading

The third key element to becoming a good putter is green reading

Having good control of the start line and great speed control is only beneficial if you can read the greens well.

Some techniques which can help improve your ability to predict the speed and the curve of a putt are:

- Look at the putt from multiple angles, try to determine from what angle are you looking uphill, and from which angle you are looking downhill.
- Imagine pouring a bucket of water onto the green or into the hole and visualise which way the water would flow.
- Look at the overall landscape that the green is built in, most greens will tend to be built to flow the same direction as the natural lay of the land.

One important thing to remember is that a putt will break different amounts depending on whether you are putting uphill or downhill. When putting downhill, the ball will be rolling slower allowing gravity/the slope of the green to impact the roll of the ball more so than putting uphill.