

## Putting Exercises with a purpose



## Putting Tools

Photo	Name	Description
	<p><b>Putting Balls</b></p>	<p>The putting balls offer a simple but effective way to get feedback on your stroke mechanics. You have 3 distinctly designed balls</p> <ul style="list-style-type: none"> <li>• Crosshair design</li> <li>• Triple line design</li> <li>• 50/50 black/white design</li> </ul> <p>Using the different designs and their unique alignment features you can assess the spin and launch of the ball. Feedback on the spin and launch will help you determine the impact conditions of your putt which in turn give you the feedback you need to help you improve your stroke.</p>
	<p><b>Mi Putting Template</b></p>	<p>The template provides visual references and markings to help you assess and practice the shape of your putting stroke, putterface control and it enables clear feedback on your ability to hit your start line. Next to the visual references, it comes with slots for tee pegs to create drills that train strike and guide the path.</p> <p>It delivers accurate feedback on the trajectory of the sweet spot (which determines the path and strike) and the face angle (which is the primary variable that controls direction). The key technical components of the putting stroke.</p> <p>Practicing with the Mi Putting Template will allow you to feel what good mechanics are and take them on the course to hole more putts. Suitable for right and left-handed golfers.</p>
	<p><b>Putting Mirror</b></p>	<p>The Putting Mirror provides feedback on a series of key parameters in your set-up and stroke that will help you groove a consistent and repeatable putting stroke.</p> <ul style="list-style-type: none"> <li>• A full and clear view of your shoulder alignment to assess body alignment at both set up position and during the stroke</li> <li>• A clear and full view of your head position for feedback on eye-line at set up and eye / head movement during the stroke</li> <li>• Clear face alignment markings to ensure square putter face alignment at set up</li> <li>• Slots for tee pegs to create drills that train strike and guide the stroke path</li> <li>• Slot widths that will accommodate various arc types</li> </ul>

	<p><b>T-Line</b></p>	<p>The T-Line enables you to test and improve your perception of straight, gain feedback on your putter face alignment and your ability to start the ball on your intended start line.</p>
	<p><b>Putting Gates</b></p>	<p>The Putting Gates give you instant feedback on your ability to hit your starting line. The Putting Gates come in a pack of 3 sizes (RED 60mm, SILVER 55mm and BLACK 50mm); it includes 1 x set of indoor feet attachments. A tape measure is also supplied to enable accurate measurement of specific distances for gate placement.</p>
	<p><b>Aimboard</b></p>	<p>The Aimboard is the perfect addition to a Putting Laser or T-Line. Designed to provide feedback on the degrees of error in your putting alignment at 3 known distances, the aim board is printed on 3 sides (5ft, 10ft, 15ft).</p>
	<p><b>String Line</b> (230cm length)</p>	<p>The String Line can be used in a variety of ways during practice, such as a reference for putt start line when green reading and putter face alignment at address relative to the putt start line.</p>
	<p><b>Phantom Holes</b></p>	<p>The Phantom Holes made from a flexible rubber material can be used both indoors &amp; outdoors to help practice to different hole locations or to help visualize the line of putt.</p>

## Ingredients of successful putting



**READ**



**SPEED**



**AIM**

Our ability to read the green must be matched with the correct image of pace (speed) therefore, it is fair to assume that the players ability to control speed is #1 as **pace determines line** and **pace determines capture size of hole**

The following exercise catalogue focuses on the fundamentals in Putting:  
**READ, SPEED** and **AIM**.

### **Please make sure that the players:**

- Understand the purpose of the exercise and its goal
- Are taking regular breaks while doing the exercises (i.e. walk around, stretch, ...)
- During the technical training: always add some putts without using the training aid/tool; ideally 5 balls with training aid/tool and then 5 balls without

Source: AimPoint

## Technical Training (Improve Mode / Learning)

\*Time to be defined depending on level and age of player

Time	Topic	Material	Exercise	Goal																									
*	Setup Check	Mirror 	Setup the mirror: <ul style="list-style-type: none"> <li>• Check alignment (eye position, shoulder, hips, feet, ...) → Make sure everything is parallel to the aim line</li> <li>→ Add Tees for advanced training</li> </ul>	Improve Putting Setup																									
*	Aim Check: "Eye Perception" 	Mirror 	Setup the mirror to a target (3m-5m): <ul style="list-style-type: none"> <li>• Line up 5-7 balls on the target line so that you can see visually a white line as a result</li> <li>• Proceed by positioning your eyes outside, inside and right over the ball</li> <li>• Find out which positions allows you to see a straight line</li> </ul> <p>→ ideally define putter length and lie angle at the right position (fitting)</p>	Figuring out the optimal eye position and get a feeling for it (eye perception)																									
*	Aim Check	Aimboard T-Line 	Put the aimboard at the chosen distance (5", 10" or 15") away from the setup position: <ul style="list-style-type: none"> <li>• Aim for the middle of the hole (on the aimboard)</li> <li>• Check your aiming with the T-Line (best to pair in teams): <ul style="list-style-type: none"> <li>○ Align 5 balls and recognise tendency</li> <li>○ Play 5 balls and recognise tendency</li> </ul> </li> </ul> <p>Check your result:</p> <table border="1"> <thead> <tr> <th>Distance / Error</th> <th>0.5°</th> <th>1.0°</th> <th>1.5°</th> <th>2.0°</th> </tr> </thead> <tbody> <tr> <td>5ft / 1.5 m</td> <td>IN</td> <td>IN</td> <td>Lip Out - Perfect Speed</td> <td>Lip Out - Perfect Speed</td> </tr> <tr> <td>10 ft / 3.0 m</td> <td>IN</td> <td>Lip Out - Perfect Speed</td> <td>MISS</td> <td>MISS</td> </tr> <tr> <td>15 ft / 4.5 m</td> <td>Lip Out - Perfect Speed</td> <td>MISS</td> <td>MISS</td> <td>MISS</td> </tr> <tr> <td>20 ft / 6.0 m</td> <td>Lip Out - Perfect Speed</td> <td>MISS</td> <td>MISS</td> <td>MISS</td> </tr> </tbody> </table>	Distance / Error	0.5°	1.0°	1.5°	2.0°	5ft / 1.5 m	IN	IN	Lip Out - Perfect Speed	Lip Out - Perfect Speed	10 ft / 3.0 m	IN	Lip Out - Perfect Speed	MISS	MISS	15 ft / 4.5 m	Lip Out - Perfect Speed	MISS	MISS	MISS	20 ft / 6.0 m	Lip Out - Perfect Speed	MISS	MISS	MISS	Improve aiming and learn margins of errors
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<p>★</p>	<p>Stroke Check</p>	<p>Template</p> 	<p><b>Setup the template:</b> Make sure that the template arc (1-5) matches the player's set up position. The more upright the player the more arc.</p> <ul style="list-style-type: none"> <li>• Make a stroke without ball and focus on your stroke back and through</li> <li>• Make a stroke with ball and check our position at the end of your backstroke (quick stop)</li> <li>• Make a stroke with ball and check your position at the finish position</li> <li>• Make a stroke with ball</li> <li>• Make a stroke without ball, only focus on your stroke</li> <li>• Make a stroke with ball, only focus on your stroke</li> <li>• Make a stroke and video your stroke</li> </ul>	<p>Improve stroke</p>
<p>★</p>	<p>Stroke Check</p>	<p>Template</p> 	<p>Setup the template and place tees in the pre-done holes for your stroke:</p> <ul style="list-style-type: none"> <li>• Make 5 strokes (no ball), without touching the plotted tees</li> <li>• Proceed to 5 strokes (with ball), without touching the plotted tees</li> <li>• Make 5 strokes (no ball) with closed eyes, without touching the plotted tees</li> <li>• Proceed to 5 strokes (with ball), without touching the plotted tees</li> </ul>	<p>Improve stroke and body feel</p>
<p>★</p>	<p>Starting Line Check</p>	<p>Template</p>  <p>Gates</p> 	<p>Setup the template and put the gate (or two tees) in the pre-done holes:</p> <ul style="list-style-type: none"> <li>• How many balls (in a row) can you get rolling through without being deflected by the gate (tees)? → Record your score</li> </ul> <p>Idea for advanced level:</p> <ul style="list-style-type: none"> <li>• Position your mobile phone with the camera in slow motion, that you can check the lines of the putter face to see if the rate of rotation is 90° to the path and the strokes matches the intended template line</li> </ul>	<p>Improve starting line and stroke</p>

<p>★</p>	<p>Starting Line Check</p>	<p>Gates</p> 	<p>Chose a straight Putt of 2 meters distance:</p> <ul style="list-style-type: none"> <li>Place the red gate (60 mm) app. 50cm away from the ball between the ball and the hole. Putt through the gate, the ball should not touch the gate and go in the hole</li> <li>→ Be sure that you place the ball always exactly on the same spot to putt from</li> <li>→ Adapt the gates accordingly to the level of the player</li> </ul> <p>Distance location of different gates for different degrees of error:</p> <table border="1" data-bbox="1182 395 1753 515"> <thead> <tr> <th>Error</th> <th>Black Gate: 50mm</th> <th>Silver Gate: 55mm</th> <th>Red Gate: 60mm</th> </tr> </thead> <tbody> <tr> <td>0.50°</td> <td>43 cm</td> <td>69 cm</td> <td>90 cm</td> </tr> <tr> <td>0.75°</td> <td>30 cm</td> <td>48 cm</td> <td>66 cm</td> </tr> <tr> <td>1.00°</td> <td>20 cm</td> <td>36 cm</td> <td>51 cm</td> </tr> </tbody> </table>	Error	Black Gate: 50mm	Silver Gate: 55mm	Red Gate: 60mm	0.50°	43 cm	69 cm	90 cm	0.75°	30 cm	48 cm	66 cm	1.00°	20 cm	36 cm	51 cm	<p>Improve starting line</p>
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<p>★</p>	<p>Ball Alignment  Side Spin Check</p>	<p>Putting Balls</p> 	<p>Try out the three different balls and check which alignments helps you best to align the ball to your target:</p> <ul style="list-style-type: none"> <li>Choose a putt &gt; 4 meters</li> <li>Align your ball to your aim line</li> <li>Make a couple of putts and check if there is "Side Spin"</li> </ul> <p>Result:</p> <ul style="list-style-type: none"> <li>The straighter the line stays during the roll of the ball, the less side spin and the straighter the club face at the impact</li> </ul>	<p>Find out which supporting lines help you the best</p>																
<p>★</p>	<p>Aim Check</p>	<p>T-Line</p> 	<p>Setup a putt of &gt; 4 meter with a big break:</p> <ul style="list-style-type: none"> <li>Read the putt and decide on your pace and aim line</li> <li>Mark your aim line with a tee/marker on the height of the hole</li> <li>Take your aim and check it with the T-Line</li> </ul> <p>Analysis:</p> <ul style="list-style-type: none"> <li>If your aiming was correct in regard with your aim line</li> <li>If your read was correct (ideally with a true roller or a perfect putt, or placing a gate and making putts through the gate observing the line and speed)</li> </ul>	<p>Improve your read and aim</p>																
<p>★</p>	<p>Aim Check</p>	<p>T-Line</p> 	<p>Aim check (2 players):</p> <ul style="list-style-type: none"> <li>Player 1 goes through his full routine and sets up to hit his putt. Before making the stroke Player 2 takes the ball away and places the T-Line against the clubface and leaves it there. Player one gets immediate feedback on his aiming</li> </ul>	<p>Improve and check your aim</p>																

<p>*</p>	<p>Setup, Stroke and Starting Line Check</p>	<p>Mirror Putting Gates String Line</p> 	<p>Setup a putt between 2-3 meters with a light break:</p> <ul style="list-style-type: none"> <li>• Setup the mirror to your target line</li> <li>• Setup the string line to the target line</li> <li>• Setup the gate app. 30cm away from the ball</li> <li>• Proceed to try and hole the ball passing through the gate</li> <li>• Keep checking your stroke through the string line and setup through the mirror</li> </ul>	<p>Improve read, starting line and stroke</p>
<p>*</p>	<p>Aiming and Starting Line Check</p>	<p>String Line</p> 	<p>Set up the string line on one side over the hole and find a complete straight putt with the other side of the string stretched out to 2-3 meters.</p> <ul style="list-style-type: none"> <li>• From one meter: focus on getting the face aligned with the string and starting the ball on the line. Continue with one eye closed and then the other eye closed. See where the alignment changes with different eyes on it</li> <li>• Secondly, same exercise with first the left hand only, then the right hand only, followed by both hands. → Find out which hand is more dominant</li> </ul>	<p>Improve aiming, starting line and body feeling</p>
<p>*</p>	<p>Centredness of hit</p>	<p>Tees</p> 	<p>Putt two tees on the ground (like in the picture), with just enough space for the putter to pass through, the aim is to hit balls without making contact with both tee's</p>	<p>Improve centredness of hit</p>
<p>*</p>	<p>Centredness of hit</p>	<p>Rubber band</p> 	<p>Wrap two rubber bands around the clubface (see picture), which makes the hitting area smaller. This drill can be made more demanding by reducing the size of the distance between the bands</p>	<p>Improve centredness of hit</p>
<p>*</p>	<p>Contact</p>	<p>Sandwedge</p> 	<p>Putt with your Sandwedge - try to make that leading edge of the Sandwedge strike the back middle of the ball – this will improve contact. Use your putter grip and setup to the ball like for a putt. The ball should roll and not jump.</p>	<p>Improve contact</p>

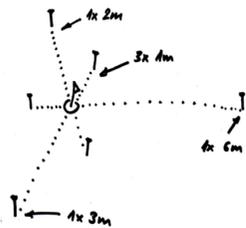
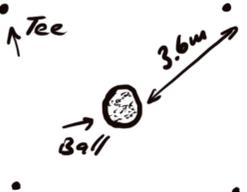
## Green Reading and Pace Training

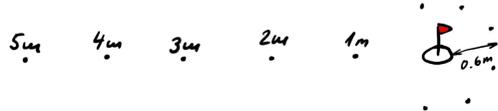
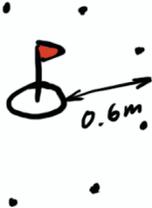
Time	Topic	Material	Exercise	Goal
*	Green-reading Skills  Visualisation Skills	Phantom Holes  	Choose a breaking putt between 2-6 meters: <ul style="list-style-type: none"> <li>Place the phantom holes on your line that they define the intended line of putt</li> <li>Try to hole the putt</li> <li>Visualize the line and adapt the phantom holes if needed</li> </ul>	Improve your visualization of the roll (Read)
*	Tempo Skills  Green-reading Skills		Setup a putt between 2-6 meters with a break of app. 2%-3%: <ul style="list-style-type: none"> <li>Mark the start position with tees</li> <li>Find the optimal pace (ideally with a true roller or True Putt)</li> <li>Mark that ideal line with tees or gates</li> <li>Adjust your pace and experience different possible lines:                             <ul style="list-style-type: none"> <li>Let the ball dye into the hole</li> <li>Regular pace</li> <li>Aggressive pace (hitting the back of the hole)</li> </ul> </li> </ul> <p>→ Experience different lines and paces and realize how the size of the hole depends on the pace of the ball</p>	Improve green-reading, pace control and tempo
*	Starting Line Check  Green-reading Skills	Gates  	Chose a breaking Putt between 2-6 meters distance: <ul style="list-style-type: none"> <li>Place the black gate (50 mm) between the ball and the hole. Place it 20 cm away from the ball. Putt through the gate, the ball should not touch the gate and go in the hole.</li> <li>Option to make exercise harder: Place a second gate in silver color (55 mm) another 20 cm away from the first gate, on the exact same line of the putt.</li> <li>Make it harder with placing a third gate in red color (60 mm) another 20 cm away from the second gate, on the exact same line of the putt.</li> </ul> <p>→ Be sure that you place the ball always exactly on the same spot to putt from.</p>	Improve green-reading, starting line and pace

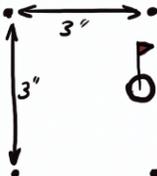
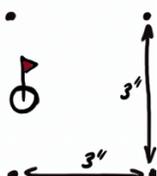
<p>★</p>	<p>Green-reading Skills  Visualization</p>	<p>Phantom Holes</p> 	<p>Setup a breaking putt:</p> <ul style="list-style-type: none"> <li>• Visualize the ball roll and set the phantom holes in the right line to roll the ball in the hole. This will take the focus of the hole itself away and will improves visualization skills.</li> </ul>	<p>Improve green-reading and visualization skills</p>
<p>★</p>	<p>Green-reading Skills  Speed Control</p>	<p>Phantom Holes</p> 	<p>Set up the phantom holes on various spots on the green:</p> <ul style="list-style-type: none"> <li>• try to roll the ball over these holes with the goal of stopping the ball as close as possible behind the holes. As the ball is not dropping into the hole, this exercise gives better feedback on the actual speed</li> </ul>	<p>Improve speed control</p>
<p>★</p>	<p>Green-reading Skills  Speed Control</p>		<p>Setup a breaking putt:</p> <ul style="list-style-type: none"> <li>• Read the putt</li> <li>• Define ideal pace of putt</li> <li>• Set a tee at the height of the hole defining starting/aim line</li> <li>• Hole out 3 putts</li> <li>• Experience different starting/aim line with different paces:             <ul style="list-style-type: none"> <li>○ Let the ball dye into the hole</li> <li>○ Regular pace</li> <li>○ Aggressive pace (hitting the back of the hole)</li> </ul> </li> </ul>	<p>Learn about pace and line options</p>

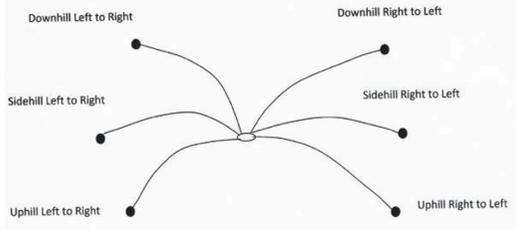
## Challenges (Win Mode / Playing)

Time	Topic	Setup	Exercise	Goal
20min +	Lag Putting		<p><b>Lag Putting:</b> get to 10 points</p> <ul style="list-style-type: none"> <li>Vary distances equally from 7-10 meters, move around an imaginary clockface so each putt has a different break. Every putt should be to a new hole (no repetition), keep count of the number of holes you play → Write down your score</li> </ul> <p><i>Scoring :</i>                      1 putt = 5 pts                      2 putt (inside 90cm) = 1pts / 2 putt (outside 90cm) = 0pt                      3 putts or more = -3 pts</p>	<p>Improve your lag putting and avoid 3 putts.</p> <p>How many tries did it take you to get 10 points?</p>
10min	Pace Control	Tees	<p><b>Pace Control:</b></p> <ul style="list-style-type: none"> <li>Setup different zones (marked by tees)                             <ul style="list-style-type: none"> <li>Zone 1: 3ft away and 1ft long</li> <li>Zone 2: 4ft away and 1ft long</li> <li>Zone 3: 5ft away and 1ft long</li> <li>Zone 4: 6ft away and .....</li> </ul> </li> </ul> <p>→ Play the Ladder Game, go up the ladder and back down. Record how many times you can let the ball end in the different "steps" of the ladder                      → Vary with different distances</p>	<p>Improve distance control and feel</p>
10min	Pace Control and holing putts		<p><b>Play 9 Holes:</b></p> <ul style="list-style-type: none"> <li>Play 3 x 3m, 3 x 6m, 3 x 9m Putts</li> </ul> <p>Play 9 holes with full routine                      → record your score</p>	<p>Goal: &lt;18</p> <p>Adapt Goal to different levels of players</p>

<p>20min</p>	<p>Saving Par Putts and making Birdie Putts</p>		<p><b>18 Putts Challenge:</b> Par Save/Birdie Chase</p> <ul style="list-style-type: none"> <li>• Setup: 3 different holes with each 6 putts (3x1m, 1x2m, 1x3m, 1x4m)                     <ul style="list-style-type: none"> <li>→ Your 1m Putts are your Par-Saves</li> <li>→ The 2m, 3m and 4m Putts are your Birdie Putts</li> </ul> </li> </ul> <p>Can you finish under Par? → Record your score</p>	<p>Goal: to finish under Par</p> <p>→ adapt setup and goal to different level of players</p>
<p>5min +</p>	<p>Hole out to a small target</p>	<p>Tees</p>	<p><b>Tee Drill:</b></p> <ul style="list-style-type: none"> <li>• Put a Tee one grip length away and putt to it</li> </ul> <p>→ When you hit the Tee 3 times in a row, move back 1 grip length → Keep moving back and record your score! → Set a time limit and see how far you can go!</p>	<p>Improve your preciseness in putting</p>
<p>10min +</p>	<p>Pace your putts to a small target</p>	<p>Tees</p> 	<p><b>Tee Drill:</b> 4m</p> <ul style="list-style-type: none"> <li>• Place four (4) tees approximately 4 paces (3.6m) away from your ball in a N-S-W-E set up.</li> </ul> <p>→ Goal is to hit each tee with 1 putt, if you do so you can take the tee out, if you 2 putt you leave the tee in, if you 3putt you have to move the tee 1 grip length further away → You are not allowed to try and hit the same tee twice in a row (unless it's your last tee) → Can you finish?</p>	<p>Improve distance control, concentration, routine, perseverance, ...</p>
<p>10min +</p>	<p>Have consistent pace control and hole out putts</p>		<p><b>Drawback:</b></p> <ul style="list-style-type: none"> <li>• Play 9 holes on the putting green (holes from 4 - 15m long) after each putt „Drawback“ the ball 1 putter length</li> </ul> <p>→ How many putts do you need for the 9 holes? → Record your score</p>	<p>Goal: &lt;21 Putts</p> <p>→ adapt setup and goal to different level of players</p>

<p>15min +</p>	<p>Have consistent pace control and hole out putts</p>	<p>Tees, Markers</p>	<p><b>Champions Drill:</b></p> <ul style="list-style-type: none"> <li>Set up a hole with a 2ft (0.6m) radius half circle around the hole. Place tees in a line at 1m, 2m, 3m, 4m and 5m away from the hole and put down one ball to each of the five tees.</li> </ul>  <p>→ From 1m you need to hole one ball          → From 2m you need to hole one ball and the other ball needs to be in the half circle          → From 3m you need to hole one ball and the other balls (2) need to be in the half circle          → From 4m you need to hole one ball and the other balls (3) need to be in the half circle          → From 5m you need to hole one ball and the other balls (4) need to be in the half circle</p> <p>Can you finish the drill within the time limit?</p>	<p>Improve distance control, concentration, routine, perseverance, ...</p>
<p>10min +</p>	<p>Have consistent pace control and hole out putts</p>	<p>Tees</p> 	<p><b>Gameboy:</b></p> <ul style="list-style-type: none"> <li>Set up a hole with a 2ft (60cm) radius half circle around the hole. Place a tee 1m away from the hole.</li> </ul> <p>→ You start with 1 life with the 1m putt. When you hole a putt, you get 2 extra lives, when you get the ball into the half circle you get 1 extra life, and you can move 1m further away. When you miss (the hole and half circle) you lose 1 life, but you stay at the same distance.</p> <p>→ Play until you have lost all your lives, how far did you come?          → Record the distance (m)</p>	<p>Improve distance control, concentration, routine, perseverance, ...</p>
<p>10min +</p>	<p>Distance Control: Uphill VS Downhill</p>	<p>Tees, Markers</p>	<p><b>Distance Control: Uphill VS Downhill</b></p> <ul style="list-style-type: none"> <li>Chose a part on the green where you can make an uphill as well as a downhill putt and make the following set up:</li> </ul>	<p>Improve distance control and get to know the pace of the greens</p>

	<p>Get used to the green speed</p> <p>Feel the pressure!</p>		 <p>Uphill Putt from 5 meters: → 3 balls in a row into the zone</p>  <p>Downhill Putt from 5 meters: → 3 balls in a row into the zone</p> <p><u>Rules:</u> Make 3 putts in a row on your Uphill Putt, followed by 3 putts in a row on your Downhill Putts and finish up by getting a 2-putt from a 12m putt.</p> <p>→ If you miss one putt: you get back to your first putt → Can you finish the task in the given time?</p>	
15min	Improve your putting from 4-8ft	Tees	<p><b>Luke Donald Drill:</b></p> <ul style="list-style-type: none"> <li>Place tees at 4ft, 5ft, 6ft, 7ft, 8ft randomly around 4 holes</li> <li>Play the 20 putts with full concentration and routine → Scoring: holed putt = 1 point → How many do you hole?</li> </ul> <p>Tour Average would be 14. Luke has been doing this weekly for 20 years, his best score is 18!</p>	<p>Goal: &gt;14</p> <p>→ adapt setup and goal to different level of players</p>
20min	All length of putts	Can be done on the putting green or during a round of golf on the course	<p><b>PGA Tour 70ft Challenge:</b></p> <ul style="list-style-type: none"> <li>Every putt is to a new hole and a different break</li> <li>Use full tournament routine</li> <li>Putt from each of the following distances twice (18 holes): 3ft, 6ft, 9ft, 12ft, 15ft, 18ft, 21ft, 24ft, 27ft</li> </ul> <p>→ Record the amount of DISTANCE holed</p> <p><u>Scoring</u> 1 Putt = Distance of Putt Holed 2 Putt = 0 3 Putt = DEDUCT the length of your 2<sup>nd</sup> putt from your Total</p>	<p>PGA Tour Average is 70ft for this Task</p>

<p>30+</p>	<p>Improve breaking putts and improve your mental toughness</p>	<p>Tees</p>	<p><b>Spider Drill:</b></p> <ul style="list-style-type: none"> <li>• Setup 6 x 6ft putt around a hole with a break (see picture)</li> </ul> <p><u>Scoring</u>          1 putt = 1 point          2 putts = 0 point          3 putts = -1 point          → Goal is to achieve 10 points</p>  <p>Repeat the exercise with 12ft putts.          Scoring: 1 putt = 2 points / 2 putts = 1 point / 3 putts = -1          → Goal is to achieve 20 points</p>	<p>The exercise is done when you achieve 10 points</p>
<p>10min +</p>	<p>Group Challenge for 5 Players</p>	<p>Green, Tees</p>	<p><b>„Beat“ the Drill / Ovomaltine Drill:</b></p> <p>Place 5 tees in a snail form around the hole from the following distances: 6ft, 7ft, 8ft, 9ft, 10ft (adapt distance to the level of play)</p> <p>All 5 players need to hole out their putt in a row to finish the task. If only 4 of the 5 players make their putt, they get the chance to hole out each a 1m putt around the hole after each other to finish the game.          After each round (try) players rotate their positions (putt distance)</p> <p>→ Can you finish the task?</p>	<p>One try, patience, focus, team work, pressure, perseverance, ...</p>
<p>10min</p>	<p>Strokes Gained – compare yourself to the PGA Tour</p>		<p><b>Strokes Gained:</b></p> <ul style="list-style-type: none"> <li>• Every putt is to a new hole and a different break</li> <li>• Use full tournament routine (one ball)</li> <li>• Putt from each of the following distances: 5ft, 6ft, 8ft, 10ft, 15ft, 21ft, 27ft, 51ft              → Record your score</li> </ul>	<p>PGA Tour Player averages a score of 15</p>
<p>2min +</p>	<p>Improve Lag Putting</p>		<p><b>“2 Putt” Ladder Drill</b>          Start with a 10m putt, if you 2-Putt then add 1m to the next putt, if you hole it add 2m to the next putt. If you 3 putt the exercise is over.</p> <p>Tour Players records range from 22m-32m, how far back can you get?</p>	<p>Record your longest 2-Putt distance          → adapt setup to different level of players</p>

<p>10min +</p>	<p>Improve holing out</p>		<p><b>4ft, 5ft, 6ft, 3m, 4m, 5m Putting Drill</b></p> <p>Place 6 tees around the hole from the following distances: 4ft, 5ft, 6ft, 3m, 4m, 5m</p> <p>Goal is to hole all 6 putts in as few tries as possible.</p> <p>Start at 4ft, 5ft, 6ft the rules are:</p> <ul style="list-style-type: none"> <li>• Hole Putt = move to next tee</li> <li>• Miss Putt = go back 1 position</li> </ul> <p>From 3m, 4m, 5m the rules are:</p> <ul style="list-style-type: none"> <li>• Hole Putt = move to next tee</li> <li>• Miss Putt = repeat this putt</li> </ul> <p>Typically, Tour Players need 10-12 putts to complete this task. &lt; 10 is "hot" ☺</p>	<p>Goal: &lt;12</p> <p>Record your result for each session</p> <p>→ adapt goal to different level of players</p>
<p>10min +</p>	<p>Improve holing out</p>		<p><b>Maja Stark Drill</b></p> <p>Start with a 3m putt, following the rules below putt until you make it (change slope and hole with each try). When you make it, you need to make a 4ft putt on your first attempt to move on. If you make the 4ft, you go to a 4m putt.</p> <p>Keep going, 3m, 4 ft, 4m, 5 ft, 5m, 6 ft, 6m, 7 ft, ...and so on!</p> <p>Rules for the "meter" putts:</p> <ul style="list-style-type: none"> <li>• You must go past the hole</li> <li>• no 3-putts</li> </ul> <p>→ If you end up short or 3-putt you go back to the start putt (3m putt)</p> <p>Rules for the "foot" putts:</p> <ul style="list-style-type: none"> <li>• one attempt only to make it</li> </ul> <p>→ if you miss you go back to the start (3m putt)</p> <p>Maja's record is 11m ☺</p>	<p>Goal: beat Maja's record</p> <p>Record your result for each session</p>

