

Performance

CENTER

EDITED BY DAVID DeNUNZIO

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STROKE SECRETS

HOW TO DRAIN IT

If your putts-per-round stat is something you don't post on Facebook, it's all good. Honing a reliable stroke is actually easy. The secret? Eliminate excess hand movement, a feat that almost anyone (apart from the yip-afflicted) can achieve. Turn the page for three stroke-steadying tips. Quiet hands will help you bury putts from the all-important scoring zone of 10 feet and in. Get ready to go drain-o!

Photography by DAVE BREDESON

PLUMB THE DEPTHS

Reducing hand action is the secret to draining more birdies and pars.

37

Proven Ways to Shoot Your Best Score Ever!



DRAIN MORE PUTTS

You're three steps away from being a birdie machine

STROKE SECRETS

The best putting strokes are simple: uncomplicated and easy to repeat, just like the ones you see the pros make. Let's look at the 2015 Tour numbers from the all-important scoring zone of 10 feet and in.

DISTANCE	PGA TOUR MAKE %
<5FT	96.6
3-5FT	87.7
5-10FT	56.6

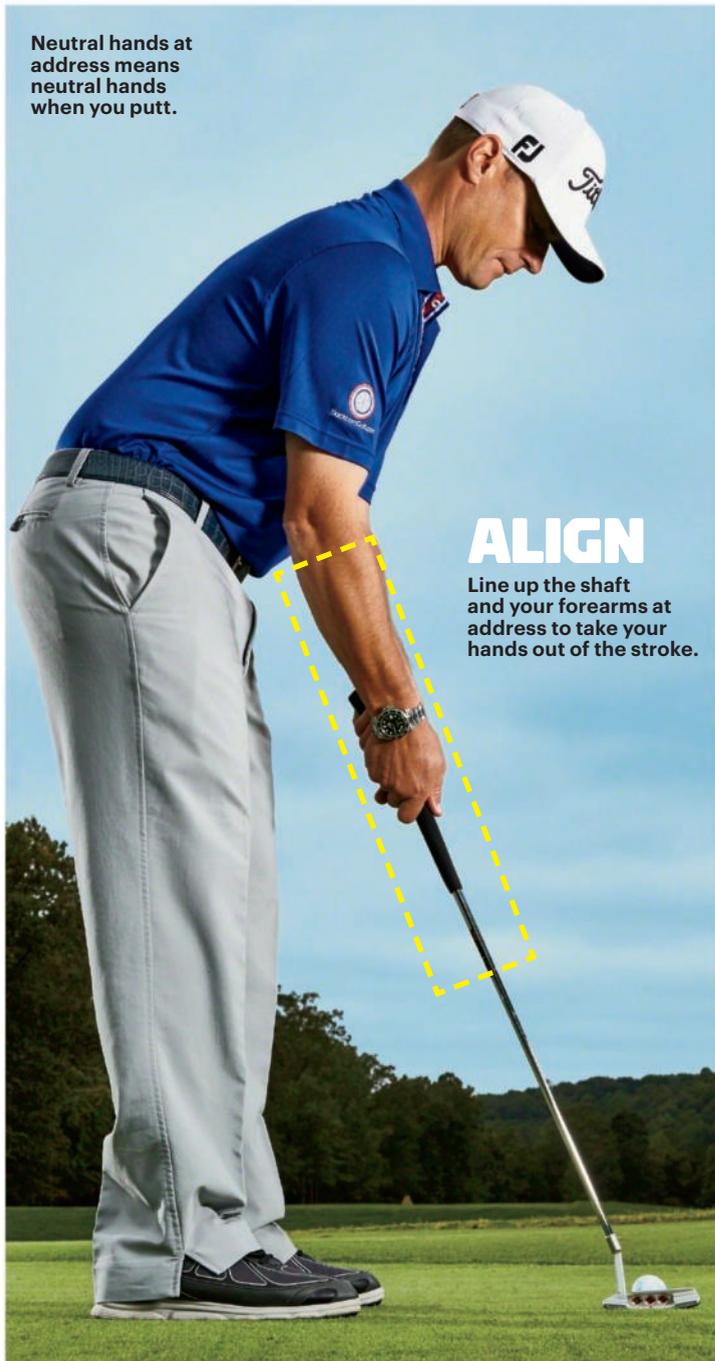
Sure, we're talking about the world's best players, but you—yes you—can put this well, too. It doesn't take crazy talent to stroke it pure from short range. Just tweak your technique and power your stroke with your body, not your hands. Copy the positions at right, and with some practice, you'll relegate your hands to a supporting role. Less hand action means less manipulation—and a lot more makes.

1

MAKE A SHAFT-FOREARM MATCH

As you set up to the ball, make sure the shaft and your forearms line up (photo below), and that your wrists are neither bowed nor cocked. To get it right, you may have to bend more at the hips or stand a bit taller. Do what it takes. With this arrangement, your hands are less likely to move independently of your arms, leading to a squarer clubface and putts that start on-target.

Neutral hands at address means neutral hands when you putt.



ALIGN

Line up the shaft and your forearms at address to take your hands out of the stroke.

2

TRIANGULATE YOUR STROKE

A final setup adjustment: Point your sternum directly at the ball. Together with the moves in Step 1, you're now set up to start back simply by moving the triangle that your shoulders and arms form. Your stroke has structure and integrity—and zero hand influence.

SHAZAM
This Photo
for a video lesson of this tip.
See page 14.

SWING

Point your sternum at the ball and move the putter with the triangle formed by your shoulders and arms.



Let your arms and the putter move as a single unit.

3

POINT THE GRIP AT YOUR GUT

Maintain your triangle and keep the butt end of the club pointing at the same spot on your torso from start to finish. This establishes a fulcrum, which is critical—it lets you deliver the putterhead to the ball on a consistent path and rise angle. You'll get reliable loft and rollout, too, giving you Tour-caliber distance control.

Ask your pro if you should try a "counter-balanced" putter, which makes it easier to maintain a fulcrum.

POINT

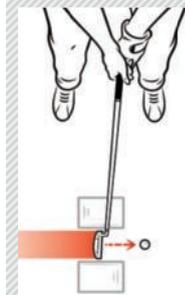
In a body-powered stroke, the grip points to the same spot on your torso from start to finish.



HOME SCHOOL

CAN'T GET TO THE RANGE? NO PROBLEM. ROLL IT BETTER WITH THESE AT-HOME PUTTING DRILLS

Improve your putting without leaving the comfort of your living room with these two easy drills. They teach you how to strike the ball with the putterhead traveling on the correct path and rise angle—secrets to a pure roll.



1. Make a putting "gate" with two books as shown (spines to the inside). Your goal? Stroke putts without contacting either book. This builds a neutral path through impact—ideal for starting the ball on line.



2. Stack three quarters in place of the ball. Try to displace the top two when you make your stroke. Mirror this move with a ball and you'll generate true, end-over-end roll.