

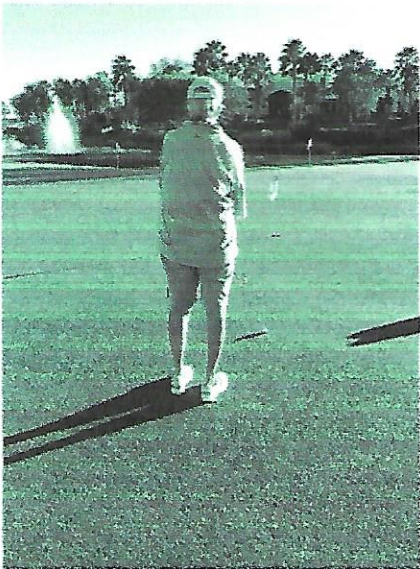
ENERGY FLOW PUTTING

Energy flow in putting is important as the student needs the mental confidence to perform under pressure when they are faced with a short putt. When the student is faced with a short or difficult putt, they tend to get slower, stab at it, get quick with the stroke and take too much time thinking it over and end up missing it anyway.

I like to have my students create a consistent pre shot routine that is short in preparation but taking the same amount of time when they are under pressure ,this way they can rely on the routine every single time they step up to the ball.

I like the student to stand behind the ball a few feet away and see the terrain and determine which way the putt is going, is it uphill,downhill,fast, slow,or a breaking putt.

Determine a target line and imagine the ball rolling on that line with the correct pace. Once you step up to the ball and take a practice stroke, look at the intended target, address the ball, take one more look at your target, breathe, exhale and then swing the putter.



Be consistent with preshot routine



Commit to your target