

Wishing all the Lady Putterers a Happy New Year!!!

This months Putting Tip: Body motion when putting.

Body motion in putting is quite different from the rest of the game. The movement is so small that there is no need for the lower body to be moving.

It should feel like your body is frozen in ice from the hips down.

The putter swings from yours arms to the shoulder joints and with very little motion from the lower body, that little bit of motion takes place in the upper torso. but that only comes from swinging the arms and shoulders. You don't force it to happen.

Putts are missed because the upper torso is turning toward the hole, causing putts to be missed to the right or left of the hole. You don't want to turn your body to the target on the putting. When we have short putts there is a tendency to do this. We quickly want to turn to the hole to get the ball out before it even gets there.

When you make your stroke with the putter you want to be facing the ball and pretend or have the ball resting on a penny, once the ball is struck make sure you see the penny, after the stroke, then you can follow the ball.

Waiting to see the spot where the ball was resting keeps your body very quiet and prevents changing the direction of your stroke.

You can also just stay looking at the hole but keep your head turned while making your stroke, you don't want your head moving back to the ball, just stay focused on a part of the hole while making your stroke.

Happy New Year Everyone!!!

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