

Putting Training Guide

**Taylored Golfing,
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Putting Technique

Compact Pendulum Motion – Technique Drill (Normal or Cross-Handed)

- Hold the grip with both the left and right hand in the **palms**, not the fingers
- Ball position slightly inside the **left foot**
- Upper body more tilted forward
- **Left eye positioned directly over the ball**
- Upper arms – especially the right one – stay close to the body
→ *Creates a compact and connected feeling*
- The movement is initiated from the **shoulders and arms**, which form a triangle and move together
→ *The putting stroke comes from a shoulder rocking motion – not the wrists*
- **Drill suggestion:** Form a triangle with shoulders and arms, press the backs of the hands together and perform a compact pendulum motion

Putting Drills

Star Putting Drill

- 4 rounds at distances: **50 cm – 1 metre – 1.5 metres – 2 metres**
→ Start with short putts, progress to longer ones, then work your way back to the shorter ones
- Focus on aiming for the **back edge** of the hole and holing the putt
→ (*Don't just "try to get it close"*)
- Also try the drill **while looking at the hole** as you putt
- Also repeat the drill **using the cross-handed grip**

Star Putting Visual Guide

This training image serves as a helpful reference and shows the drill we went through together during your personal coaching session.

Use it as a guide to independently reinforce and deepen what you've learned.



Putting Drills

Up & Down

- 4 rounds from **1–8 metres** and back from **8–1 metres**
→ Focus on maintaining solid putting technique throughout
- For putts from **1–2 metres**: Aim for the **back edge** of the hole
- For putts from **3–8 metres**: Try to **hole the putt**, or leave it ideally within **50 cm** past the hole
- Perform all variations **using a cross-handed grip** as well



Max. 50 cm
hinter dem Loch

1 - 8 Meter

rauf und
runter putten

Up & Down

This training image serves as a helpful reference and illustrates the drill we practised together during personal coaching.

Use it as a guide to further deepen your skills through independent practice.



Putting Drills

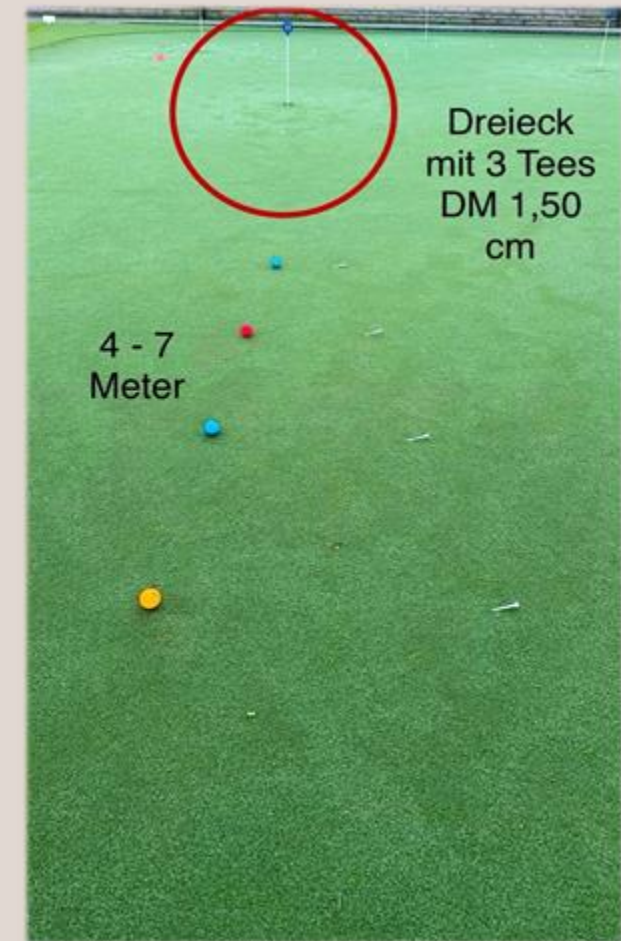
Triangle Putting Drill

- 2 rounds from **4–7 metres** and back from **7–4 metres**:
→ Putt normally into the triangle
- Final round: Try to leave the ball as close as possible to the hole, ideally no more than **50 cm past**
- 2 rounds (4–7m & 7–4m):
→ Alternate between **looking only at the hole while putting**
- 2 rounds (4–7m & 7–4m):
→ Alternate **blind putts**
(Repeat this version more frequently)
- 2 rounds (4–7m & 7–4m):
→ Putt **cross-handed**, with the **right hand on top** and the **left hand below** on the grip

Triangle Putting Visual Guide

This training image serves as a helpful reference and demonstrates the drill we practised together during your personal coaching.

Use it as a guide to independently reinforce the technique and build consistency.



Putting Drills

Training Creates Excellence - Distance Control & Double Ball Drill

Distance Control

- Mark **three targets** at **9 metres**, **15 metres**, and **22 metres** using tees
- Try to putt the ball as close as possible to each target tee

Double Ball Drill

- Mark **three targets** at **4 m**, **8 m**, and **10 m** using a target zone
→ Create a square target area (1 metre x 1 metre) using **4 tees**
- Goal: Putt **two balls** as close as possible into the target zone
→ The **distance difference** between the two balls should not exceed **70 cm**

Putting Drills

Training Creates Excellence

Short Putt Precision

- Place **12 balls** at distances of **50 cm**, **1 metre**, and **1.5 metres** on the green
- Hole out **every single ball without exception**
- Also practise by **alternating your focus** – try putting while **looking at the hole**

Putting Pre Shot Routine

(Thinking Box & Playing Box Concept)

In putting, there are two key zones:

- 1. The Thinking Box** – where you stand **behind the ball** and make all your decisions
- 2. The Playing Box** – where you commit to your decision and execute the putt **without any further thoughts**
 - → The clearer the separation between these two zones, the more focused and effective your putting routine will be.

Putting Pre Shot Routine

How to prevent distracting thoughts during your stroke or putt:

- Stand **behind the ball**
- **Scan the green** as a whole
- **Read the slopes, breaks, and grain** of the putting surface
- Go **down to eye level** behind the ball and place your palms on each side of your eyes (left and right)
- Look carefully at the **exact line** from the ball to the hole
→ *Visualise the path the ball should roll*

Putting Pre Shot Routine

How to prevent distracting thoughts during your stroke or putt:

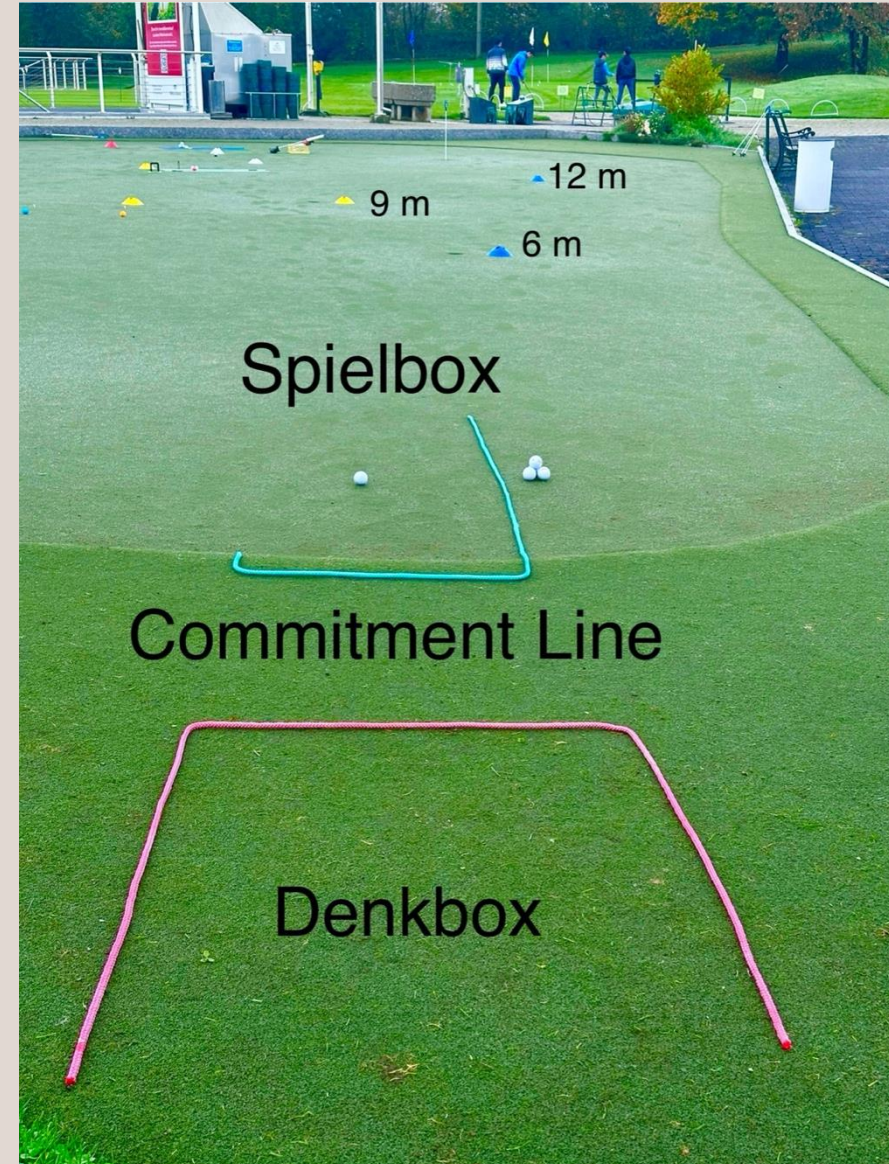
- Choose the exact **entry point** on the hole – left edge, centre, or right edge – based on the break
- Stay behind the ball and look directly at the hole
- Make **two practice strokes** while **looking at the hole**, not the ball
- Step into your **commitment line** and align the ball accordingly
- When addressing the ball, keep your focus **2/3 on the target** (flag or hole) and only **1/3 on the ball**
- Imagine the ball dropping into the hole
- Take only a quick final look at the ball and then **make the stroke immediately**, before new thoughts creep in

Pre Shot Routine

Pre-Shot Routine – Visual Support

This training image serves as a helpful reference and illustrates the routine we practised together during your personal coaching session.

Use it as a guide to strengthen your focus and confidence during your independent training.



Putting Drills

Direction Control – Stroke Path & Sweet Spot

5 Stations – 6 Balls per Station

1. Stroke Path

→ Use two clubs or slot sticks as tracks (width: putter head + one finger on each side)

- a) 3 putts from 3 metres
- b) 3 putts from 5 metres

• 2. Sweet Spot

→ Place one tee to the left and one to the right of the ball (same spacing: putter head + one finger)

- a) 3 putts from 3 metres
- b) 3 putts from 5 metres



Putting Drills

Direction Control – Aiming, Face Angle & Green Reading

5 Stations – 6 Balls per Station

3. Aiming

- Align your putter toward a hole with **a line of 6 tees placed behind it**
- Check your aim using a visual **target triangle**
 - a) 3 putts from 3 metres
 - b) 3 putts from 5 metres

4. Face Angle

- Putt **two balls simultaneously** into a target zone
- This reveals any twisting or misalignment of the putter face
 - a) 3 putts from 3 metres
 - b) 3 putts from 5 metres

• 5. Reading the Green

- At two different holes, read the break and note **how far left or right of the hole** you aim
 - a) 3 putts from 3 metres
 - b) 3 putts from 5 metres

Putting Drills

What to Expect When Practising Direction Control

1. Hitting the Tracks:

→ Practise along a straight line to the hole by laying down a club as a guide

2. Hitting the Tees:

→ Use two rubber bands attached to the putter face (left and right) – the ball must not touch them

3. Missing the Target Too Far:

→ Repeat the drill using a straight line reference (lay down a club)

4. Face Angle Errors:

→ Practise with two balls simultaneously to detect any twisting of the face

5. Misreading the Green:

→ Vary distances, read the green from behind the ball, and repeat from different break directions

Putting Direction Control – Test Sheet

- Putt two balls from **5 metres** with a **right-to-left break**
- Putt two balls from **5 metres** with a **left-to-right break**
- Then place a **tee next to the hole** at the spot you aimed for
- **Record the distance** between your target point and the hole edge

TAYLORED GOLFING

by L.M.



Putting Drills

Practising Distance Control – Sweet Spot & Touch

At 4 stations – 6 balls each:

1. Sweet Spot Contact

→ Putt the ball between **2 tees** (spacing: putter head + 1 cm)

a) 2 putts from 3 metres

b) 2 putts from 6 metres

c) 2 putts from 9 metres

→ Use a tee as the target each time

→ Record whether the **putter made contact with the tees**

• 2. Touch / Distance Control

→ Putt balls from a tee toward **various ball markers**

a) 2 putts from 3 metres

b) 2 putts from 6 metres

c) 2 putts from 9 metres

→ Record the **distance to each marker**



Putting Drills

Distance Control – Uphill & Downhill Touch

At 4 stations – 6 balls each:

3. Uphill Touch

→ Putt balls from a tee toward different ball markers **on an uphill slope**

a) 2 putts from 3 metres

b) 2 putts from 6 metres

c) 2 putts from 9 metres

→ Record the **distance to each marker**

• 4. Downhill Touch

→ Putt balls from a tee toward different ball markers **on a downhill slope**

a) 2 putts from 3 metres

b) 2 putts from 6 metres

c) 2 putts from 9 metres

→ Record the **distance to each marker**



Putting Drills

What to Expect When Practising Distance Control

What to watch out for:

1) Too many tee contacts (Sweet Spot drill):

→ Practise with two rubber bands on your putter face (left and right) – the ball should not touch them

2), 3) and 4) Too much variation in distance:

→ Target different zones depending on whether the putt is flat, uphill, or downhill

→ Regularly change positions and distances

→ Vary your swing size and practise by rolling balls around the hole in a **spiral/star pattern** (*Star Putting*)

• **For reference:**

Training videos on putting

[Trainingsvideos for Putting](#)

Putting Test

Putting Distance Control – Test Sheet

- Place a marker (tee or ball marker) at **3, 6, and 9 metres**
→ Putt the ball to that target from the respective distance
- Complete **5 rounds** in total
→ Record your **distance deviations** from the marker each time
- Under competition-like conditions, putt to **6 different holes** on the putting green using **impact tape**
→ Measure the **height and width** of each ball mark on the tape

Längenkontrolle beim Putten			
Iststandanalyse		Name:	
Dosierung:			
In 3, 6 und 9 Metern wird ein Ponyhole platziert. Zu diesem Ponyhole soll ein Ball gespielt werden. Es gibt insgesamt 5 Durchgänge. Die Längenabweichung wird notiert.			
3 Meter		6 Meter	
1. Versuch		1. Versuch	
2. Versuch		2. Versuch	
3. Versuch		3. Versuch	
4. Versuch		4. Versuch	
5. Versuch		5. Versuch	
Schnitt:		Schnitt:	
guter Schnitt: 30 cm.		guter Schnitt: 50 cm.	
		9 Meter	
		1. Versuch	
		2. Versuch	
		3. Versuch	
		4. Versuch	
		5. Versuch	
		Schnitt:	
		guter Schnitt: 70 cm.	
Sweetspot treffen:			
Unter Wettspielbedingungen sind 6 Löcher auf dem Puttinggrün mit Impacttape zu putten. Der Abdruck wird in Höhe und Breite gemessen.			
Höhe:		gut: 1	
Breite:		gut: < 1,8	
Kaderspieler:		1,8 cm bis 2,2 cm	
Tourpro:		1,4 cm	
Roboter:		1,0 cm	
		Impacttape:	

Putting Performance Test

Precision in Distance and Direction Control

This performance test assesses the key components of your putting:

- Face alignment
- Twisting of the clubface (face angle errors)
- Reading the green (breaks, slopes, grain)
- Distance control / touch
- Stroke path
- Sweet spot contact

Leistungstest	Name:		Datum:	
Ausrichten der Schlagfläche:	Hinter einem Loch werden einige Tees aufgestellt. Der Abstand zwischen den Tees beträgt 3 cm.			
	1,5 Meter		5 Meter	10 Meter
	1. Versuch		1. Versuch	1. Versuch
	2. Versuch		2. Versuch	2. Versuch
	3. Versuch		3. Versuch	3. Versuch
	4. Versuch		4. Versuch	4. Versuch
	5. Versuch		5. Versuch	5. Versuch
	Schnitt:		Schnitt:	Schnitt:
	guter Schnitt	< 2 Tee	guter Schnitt	< 3 Tees
			guter Schnitt	< 5 Tees
Verkanten der Schlagfläche:	2 Bälle werden nebeneinander gelegt. In 3 Meter Entfernung ist eine Linie auf dem Boden markiert. Beide Bälle werden gleichzeitig über die Linie geputzt. Nur wenn beide Bälle hinter der Linie liegen, wird der Abstand der Bälle gemessen (nur der Längenunterschied, keine seitliche Abweichung). Die Sicht des Spielers ist dabei verdeckt, damit nicht reagiert werden kann. Außerdem wird bei jedem Versuch L für nach links verkantet und R für nach rechts verkantet eingetragen.			
	1. Versuch		6. Versuch	Schnitt:
	2. Versuch		7. Versuch	
	3. Versuch		8. Versuch	guter Schnitt:
	4. Versuch		9. Versuch	< 50 cm.
	5. Versuch		10. Versuch	
Lesen des Grüns:	Zwei Putts aus 5 Metern mit rechtsbreak und zwei mit linksbreak sollen gelesen werden. Dann wird ein Tee neben das Loch gesteckt, an die Stelle, auf die der Spieler zielen möchte. Der Abstand vom Lochrand wird aufgeschrieben.			
	Linksbreak 1:		Tatsächliches Break:	Abweichung:
	Linksbreak 2:		Tatsächliches Break:	Abweichung:
	Rechtsbreak 1:		Tatsächliches Break:	Abweichung:
	Rechtsbreak 2:		Tatsächliches Break:	Abweichung:
	gutweicht im Schnitt weniger als 25 % ab.			Schnitt:
Dosierung:	In 3, 6 und 9 Metern wird ein Ponyhole platziert. Zu jedem dieser Ponyholes soll ein Ball gespielt werden. Es gibt insgesamt 5 Durchgänge. Die Längenabweichung wird notiert.			
	3 Meter		6 Meter	9 Meter
	1. Versuch		1. Versuch	1. Versuch
	2. Versuch		2. Versuch	2. Versuch
	3. Versuch		3. Versuch	3. Versuch
	4. Versuch		4. Versuch	4. Versuch
	5. Versuch		5. Versuch	5. Versuch
	Schnitt:		Schnitt:	Schnitt:
	guter Schnitt:	30 cm.	guter Schnitt:	50 cm.
			guter Schnitt:	70 cm.
Schwungrichtung:	Auf einer Markierung soll 10 Mal mindestens 3 Meter weit geputzt werden. 2 Linien bilden ein Fadenkreuz hinter dem Spieler. Zähler führt Strichliste!			
	innen-innen		außen-innen	
	innen-außen		außen-außen	
	neutral			
Sweetspot treffen:	Unter Wettspielbedingungen sind 6 Löcher auf dem Puttinggrün mit Impacttpe zu putzen. Der Abdruck wird in Höhe und Breite gemessen.			
	Höhe:		gut:	1
	Breite:		gut:	< 1,8