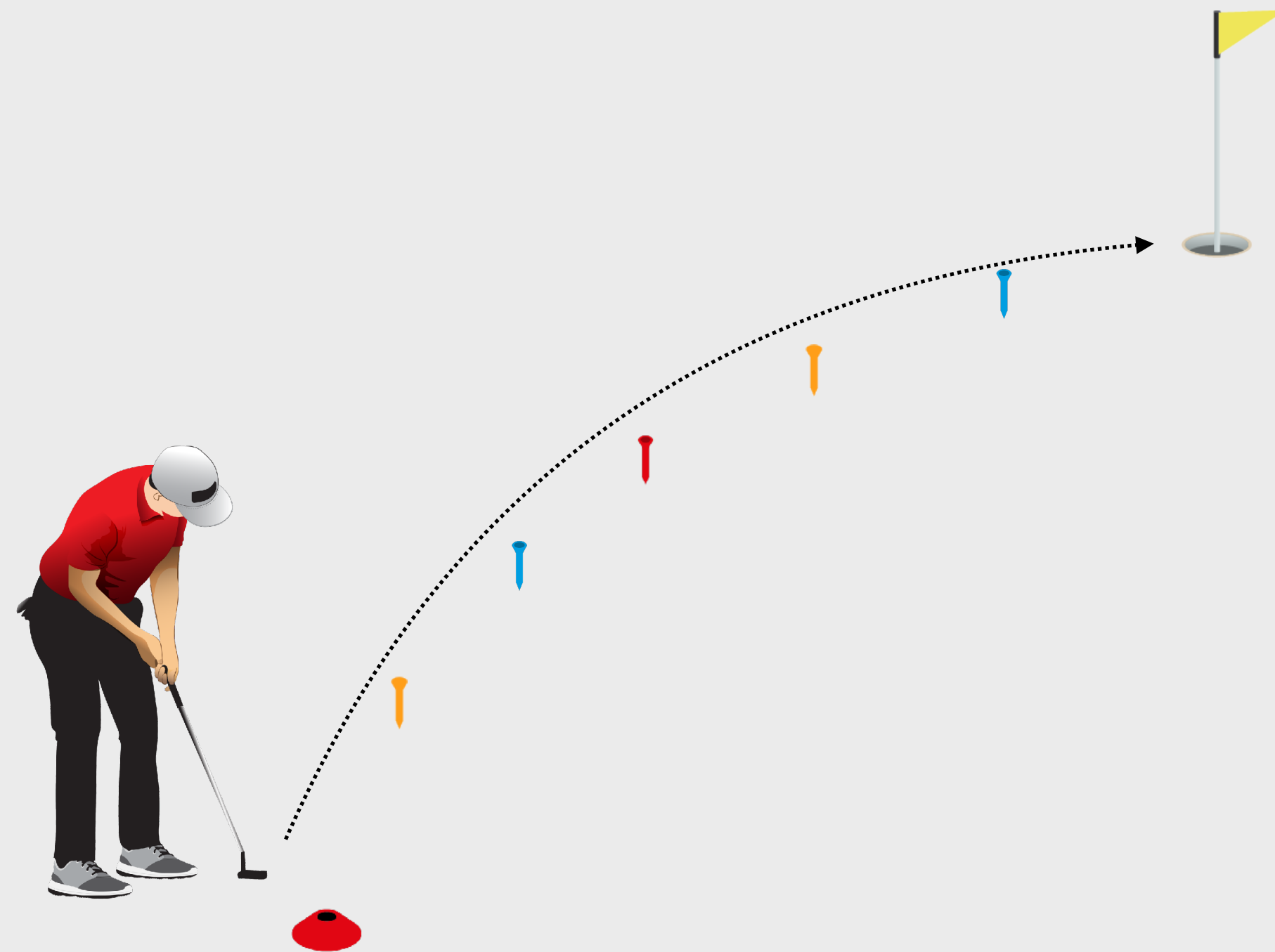


Putting Practice Stations



All the Way



Equipment Needed

- Putter
- 5x Tee Pegs
- Cone

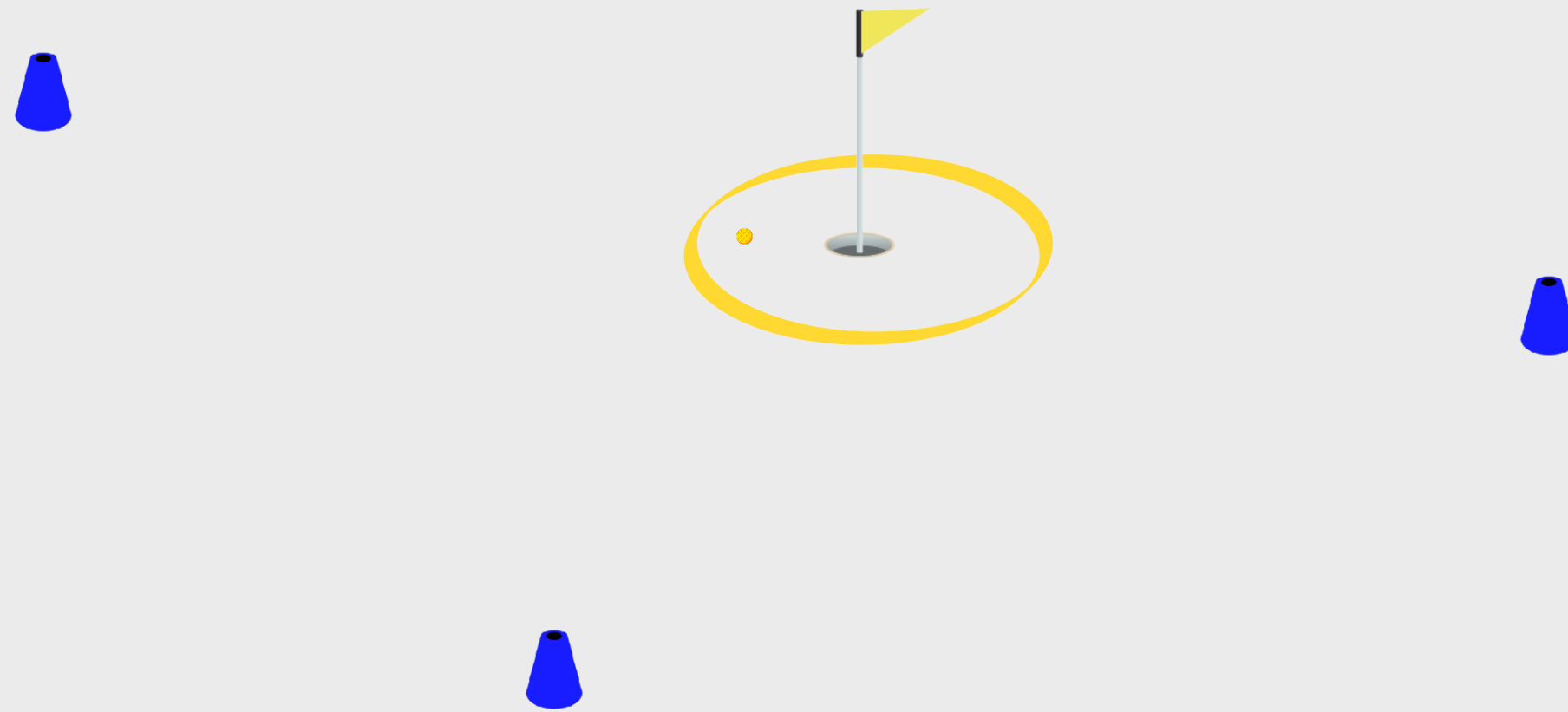
How to Practice

- Set the student up to a hole with a gentle slope
- Ask them to take a read of the green and mark out the line to the hole using tee pegs
- After this they must attempt putts to the hole using the tee pegs as intermediate targets and a visual aid
- If the student is missing the putts they must work out if it is their read and the tee pegs need adjusting or whether it is a fault in their technique

Technical Link

- This activity will help the student to closely understand their misses and whether they are down to green reading ability or a technical aspect
- This will focus the student on the line of the putt the whole way and not just a distant point

Routine Effect



Pre-Shot Routine Checklist

- | |
|--|
| • Put their bag down |
| • Walk up to the ball and check it's lie |
| • Scan for environmental factors such as wind or hazards |
| • Pick an intimidate target between the ball and final target |
| • Select a club and line the ball up to that intermediate target |
| • Take a practice swing |
| • Set up to the ball |
| • Hit the shot |

Equipment Needed

- Putter
- 4x Cones
- 6 foot target circle

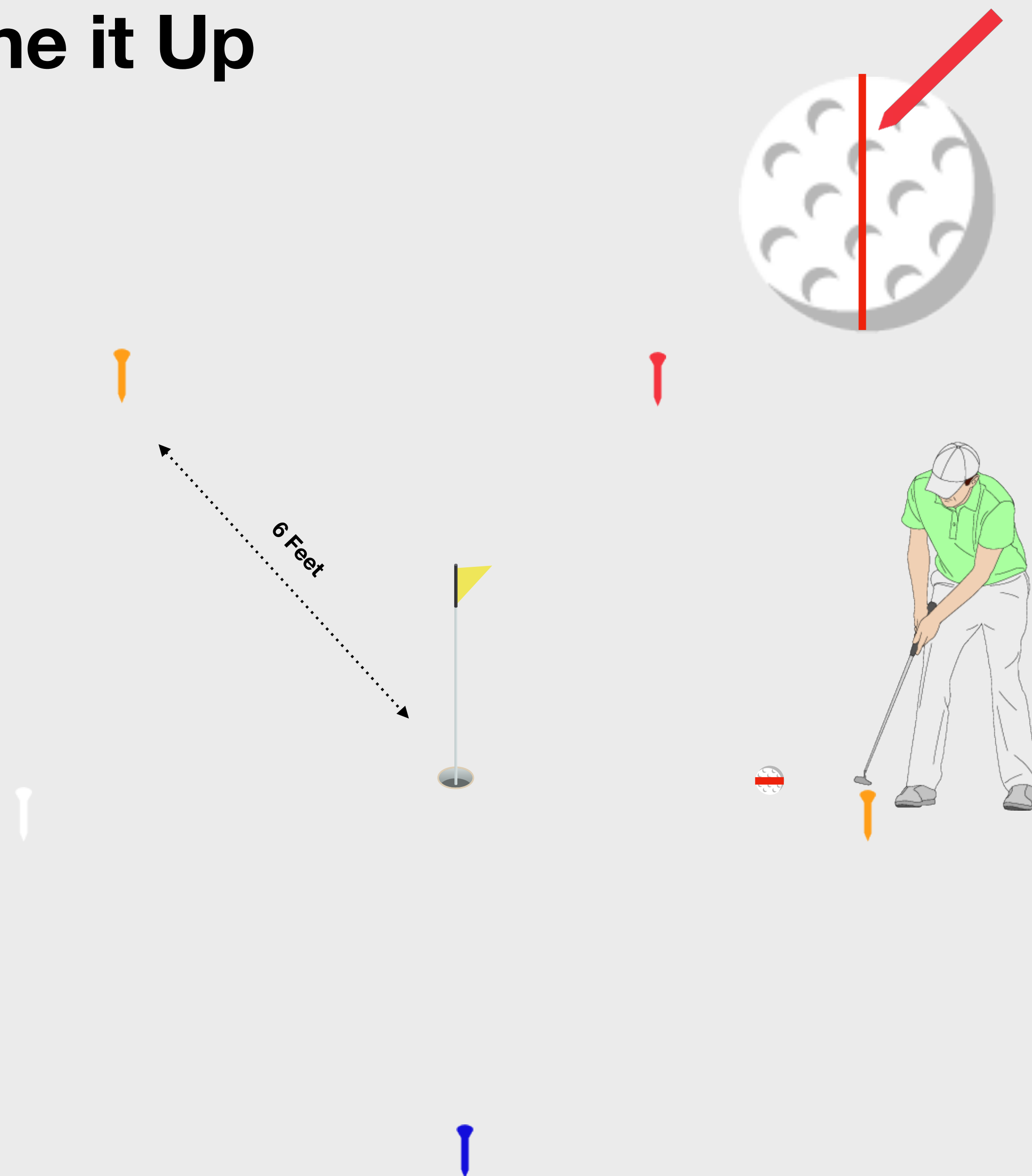
How to Practice

- Set up the student around a hole with a 6 foot diameter circle target around it and place 4 cones at varying distances and angles
- During this activity they should practice using a pre-shot routine for their putts compared to not using one
- For every other putt the student must perform their pre-shot routine they have developed, which should follow the checklist provided
- On the other putts they are not allowed to use any of these methods and must just walk up to the putt and hit it
- Students should take note of the proximity of their pre-shot routine putts and their non pre-shot routine putts

Technical Link

- Performing this activity should highlight to the student the effectiveness of a pre-shot routine and how it can improve the accuracy, decrease the proximity of second putts from longer range and avoid 3 putts
- Should inspire them to create their own checklist

Line it Up



Equipment Needed

- Putter
- Marker
- 5 x Tee Pegs

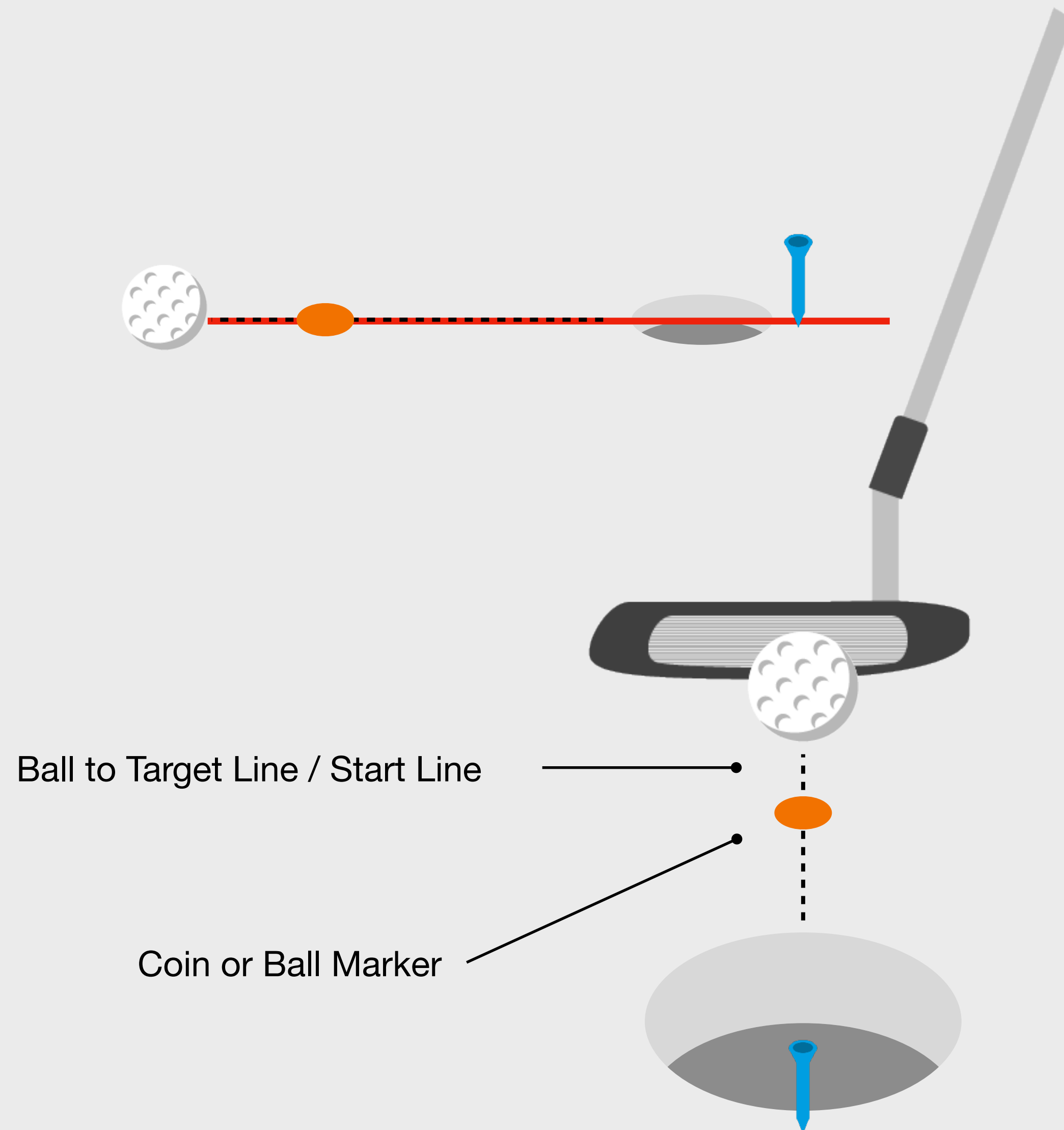
How to Practice

- Tell the student to mark a straight line around the middle of a ball
- Set them up to a hole and surround the hole with 5 tee pegs marking distances of 6 feet from various angles
- The student before each putt must stand behind and take a green read before aiming the line on the ball towards the target
- Once the line on the ball is aimed at the target they must set up their putter to align with this and then take the putt
- After attempting all 5 putts using the aim strategy, the student can analyse the pattern and make any necessary adjustments to their alignment

Technical Link

- This activity is good practice of an effective aiming strategy that is simple, easy to replicate and can be used for all putts
- The line around the ball gives the student a visual aid to line the club face up to and gives a more accurate perspective than you can get from your eye over the ball

In Front or Beyond



Equipment Needed

- Alignment Stick
- Putter
- Coin / Ball Marker
- Tee Peg

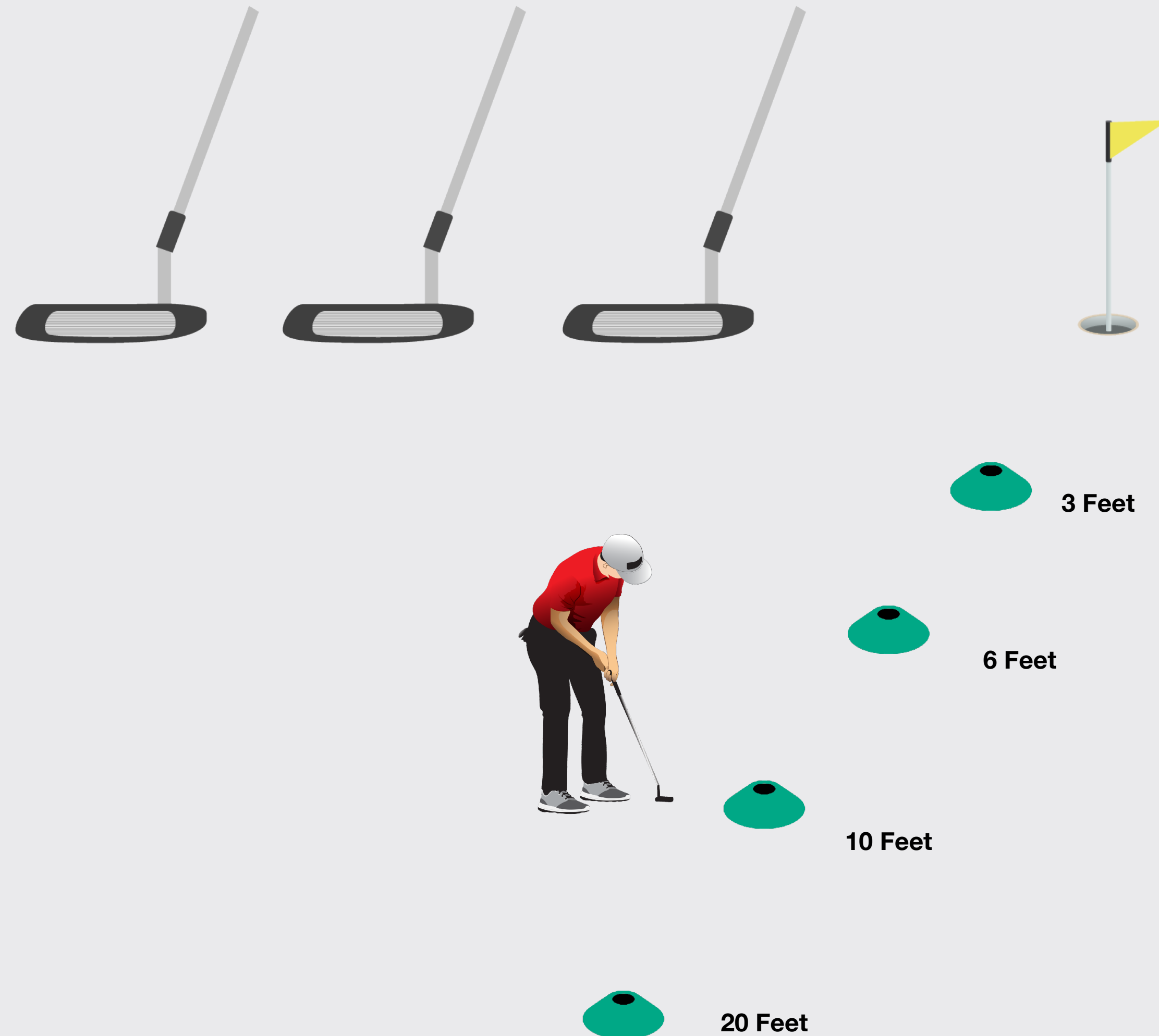
How to Practice

- Get the student to putt from a maximum of 10 feet from the hole
- Ask them to place a ball marker on the ground, which will indicate where the putter head will be placed on each attempt
- Place an alignment stick running between the ball marker and the centre of the hole. This is the ball to target line.
- Place a coin on the ground on the intended start line (underneath the alignment stick) no more than 6 inches in front of the golf ball
- Place a tee peg behind the centre of the hole and remove the alignment stick
- Place the golf ball in front of the ball marker and position the putter head on the marker on each attempt
- The idea is that the student practices developing a strategy of where to aim the putt head either in front of the putt or behind the hole

Technical Link

- It will help the student to learn an effective aiming strategy
- They will understand where to focus during their pre-shot routine and setup
- They will get feedback on how effective their start line control is

Find a Match



Equipment Needed

- 4 x Cones
- Selection of Putters

How to Practice

- Set up 4 cones at different distances from the hole to simulate common lengths of putts that would occur on the course
- Now present the student with a selection of putters that have different styles of head to them, which should consist of various forms of Blades and Mallets
- Each putter will have a different alignment, weight, neck and shape, which will affect how they feel and work
- The aim of the activity is for the student to experiment with these different designs and find what works for them most effectively
- Get the students to attempt making the putts from the various distances and switch putters regularly through the activity

Technical Link

- Using the right equipment is an important factor for optimising the ability level of the students
- The putter is the most used club in the bag and so finding the right match for their stroke and feel is a key element for improvement in putting

Line the Feet

Equipment Needed

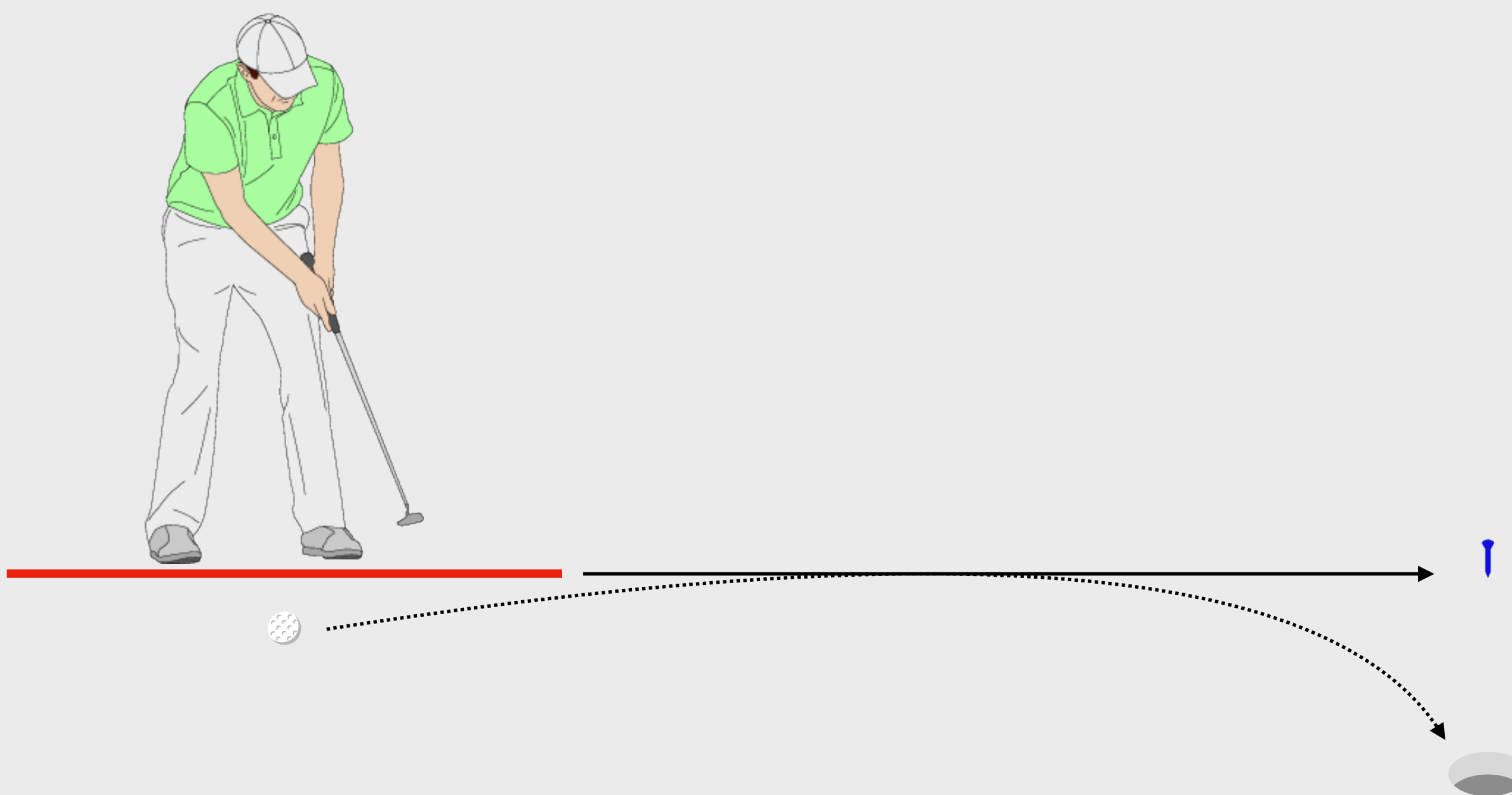
- Putter
- Alignment Stick
- Tee peg

How to Practice

- This activity requires the student to set themselves up to various holes on the green with a slope and distance themselves around 10-15 feet from those holes
- During the setup phase they should mark the ball to target line with a tee after reading the green for the slope
- Ask them to point the alignment stick at the bottom of their feet towards the tee
- Once they are comfortable with their alignment and green read they can attempt to hole the putt, but if they miss they should still try to get it down in 2
- Students must only attempt each putt once before switching to a new target and restarting the setup phase

Technical Link

- This activity will help the student to practice their green reading skills and notice if there are any patterns with their misses
- It should also highlight the importance of feet alignment



Start with String



Equipment Needed

- Tee Peg
- String
- Putter

How to Practice

- Set up the student with a 10 foot putt on a sloped surface
- Use a piece of string to mark a straight start line that stretches to just past the break point on the putt
- At the end of the line use a tee to secure the line in position
- Ask the student to ensure their putter face is at a right angle to the string start line
- The student must attempt to putt the ball along the start line with the right pace so that it catches the break at the right point and drops in the hole at the intended entry point
- After they feel comfortable with this, they can move onto a sloped surface for increased difficulty

Technical Link

- This activity uses a visual aid to help students visualise their start line better
- It also demonstrates the relationship between speed and start line because the students will notice different break points when they putt at different speeds

Down the Fairway



Equipment Needed

- 6 Tee Pegs
- Putter

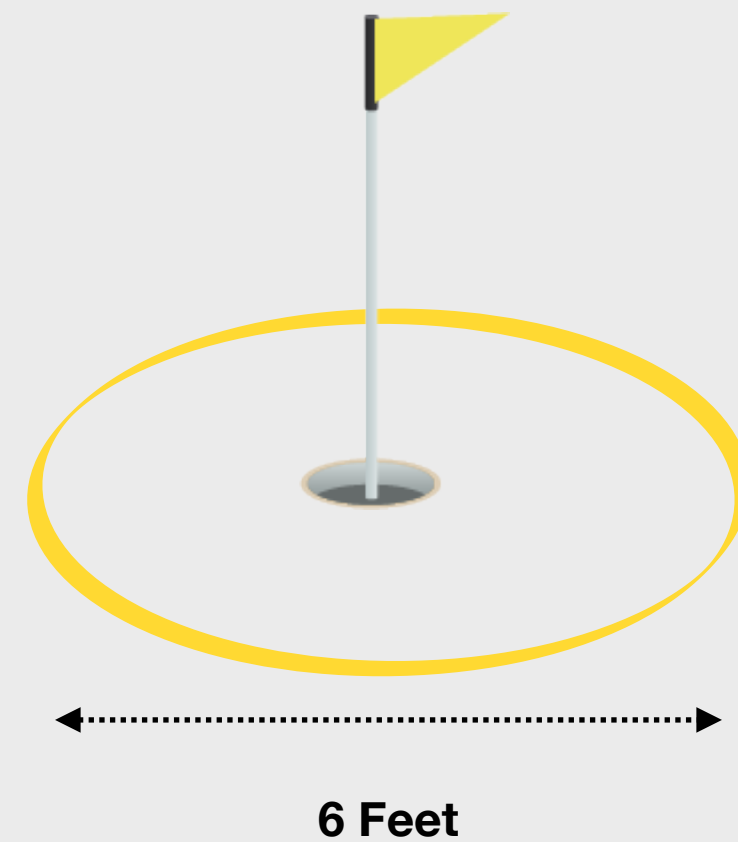
How to Practice

- Set up the student to a downhill 20-30 foot putt sloping left or right
- An alignment stick should be placed aiming between two additional alignment sticks that mark the path to the hole
- The student should stand parallel to this alignment stick and their putter must be at a right angle to it
- The aim is to putt between these two alignment sticks and into or as close to the hole as possible
- All alignment sticks can be adjusted after feedback from initial attempts

Technical Link

- This activity will help the student to understand and visualise start lines better for long putts
- It is also a test of speed control for downhill putts and how they can affect the roll of the ball

Dead Hands



Equipment Needed

- Putter
- 6 foot diameter hoop

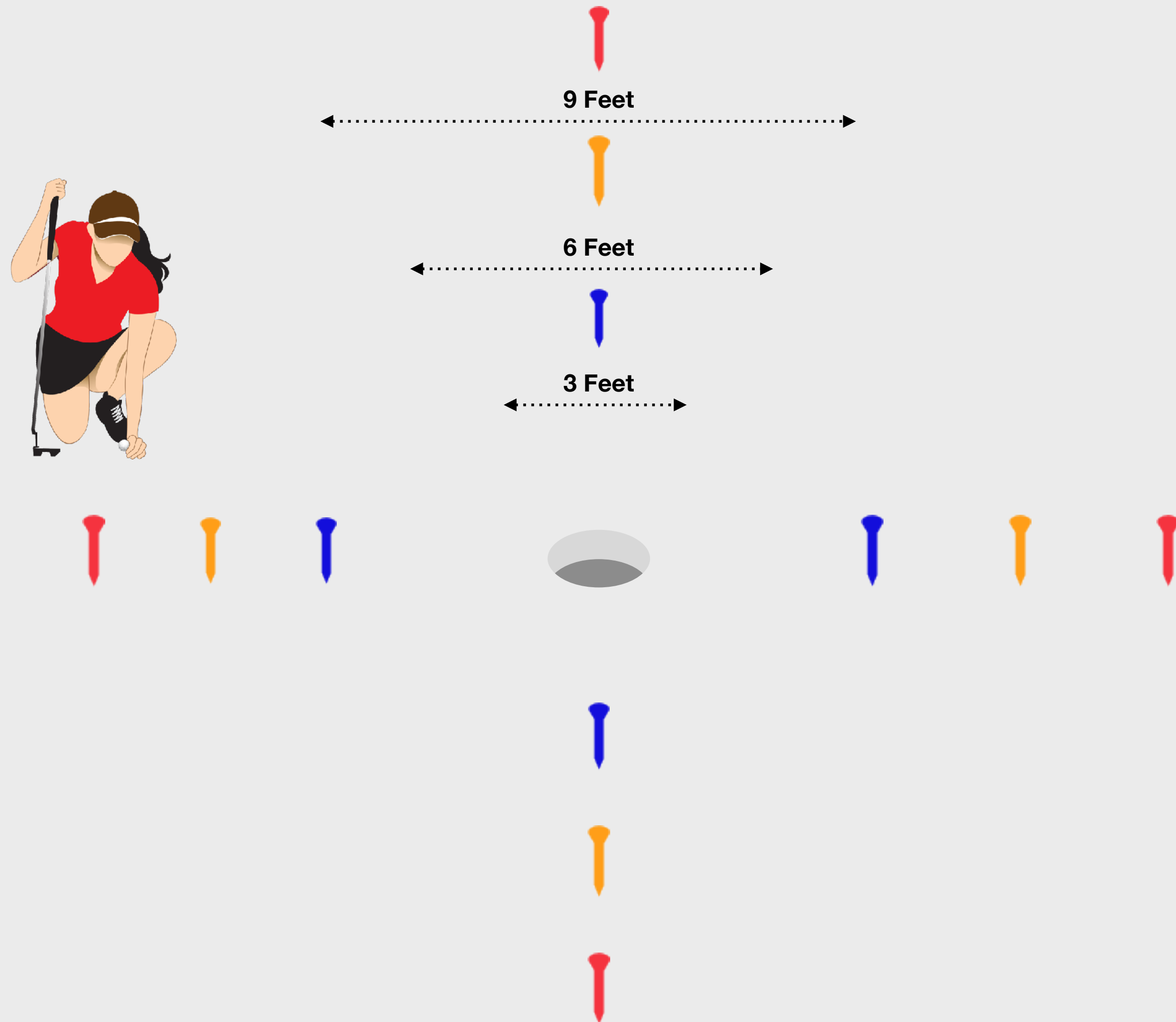
How to Practice

- Set up a cone 20 feet from the hole with a 6 foot diameter target circle surrounding it
- The aim of this activity is to give the student a better feel when lag putting by exploring methods of holding the putter including:
 - Putt 1 = normal
 - Putt 2 = use more wrist action and less arm action
 - Putt 3 = use dead hands (less wrist action, more arm action)
 - Putt 4 = grip the club as tight as possible
 - Putt 5 = grip the club as loose as possible
- Students should attempt to hole the putt or finish the ball within the target circle
- Encourage the student to reflect after each putt on the result and the difference in feel

Technical Link

- By experimenting with these feels for putting, the student should gain a greater understanding of the correct grip pressure and the benefit of using larger levers for the stroke motion and not wrists
- Great drill for learning effective lag putting

Become a Star



Equipment Needed

- 12 x Tee Pegs
- Putter

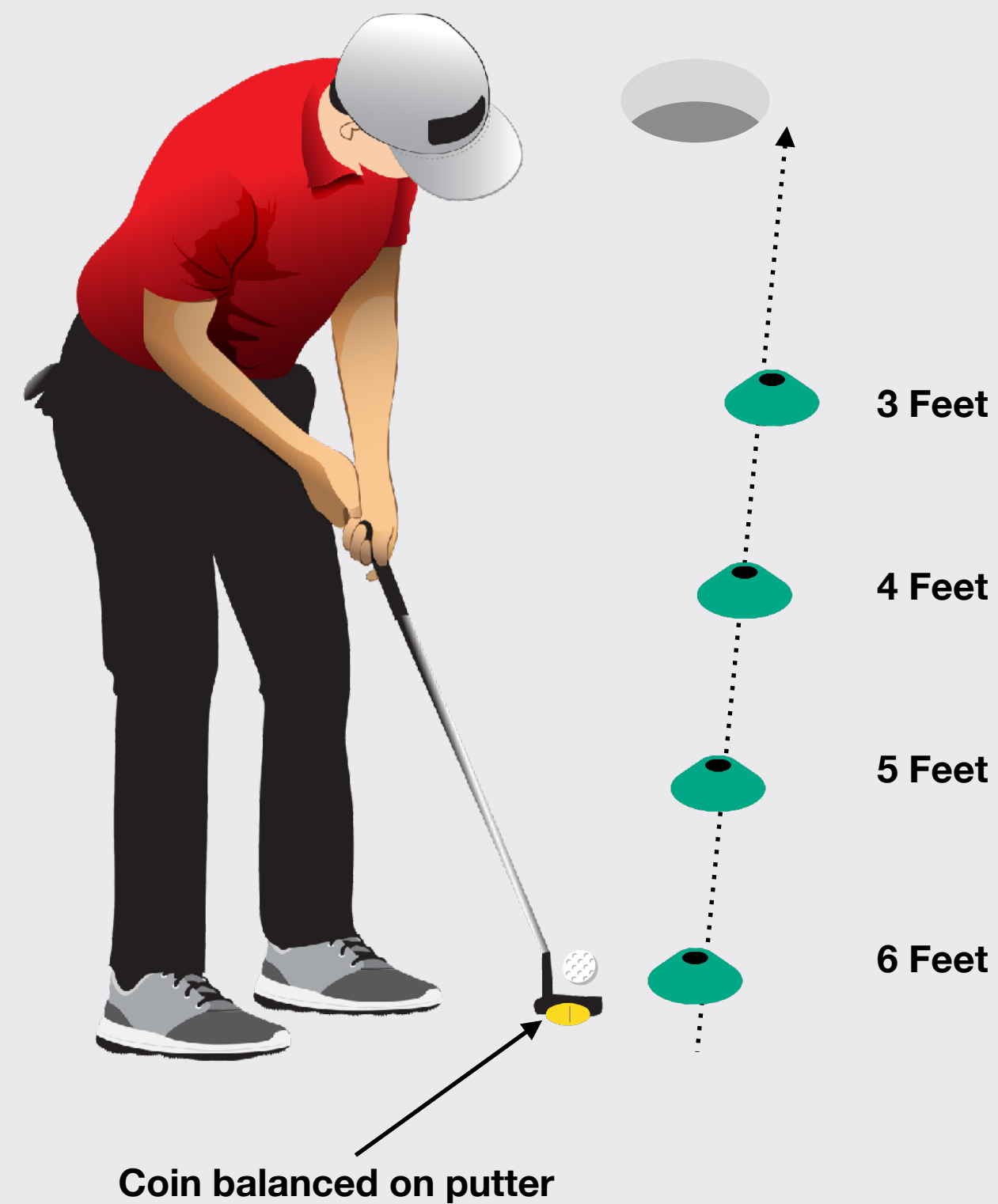
How to Practice

- Set up a star shape of tees ranging at 3-9 feet from the hole
- A student attempts one putt from the shortest peg putt
- The student then progresses around the star with the 3 foot putts first, then moving to the 6 foot putts and finally the 9 foot putts
- If the student misses they go back to the start
- The purpose is to ingrain a consistency in all areas of their putting from short-mid range putts
- A consistent pre-putt routine can help them handle the pressure and consequence associated with each putt

Technical Link

- The practice challenge will show the student to maintain a consistent technique as the putt length changes
- The practice station also enables the student to play under pressure in order to maintain their progress around the star

Money Magic



Equipment Needed

- Coin
- Putter
- 4x Cones

How to Practice

- Set up 3 feet from the hole and place a coin on the back or top of the putter depending on the design
- The purpose is to keep a smooth tempo in transition in order to produce enough speed for the putt, but keep the coin balanced on the putter
- Once the putt has been holed the first time, the student can move on to the next cone one foot further away

Technical Link

- This activity should promote a smoother and slower tempo, as well as a controlled arc or straight back and forth path
- The further back they can get the greater their control

One Hand Challenge



Equipment Needed

- 2 x Alignment Sticks
- Putter

How to Practice

- Set up the student around 6 feet from a hole and lay 2 alignment sticks down to make train tracks for the club path to follow
- The student must putt with only one hand and keep the club face within the alignment sticks during the stroke
- They can start with their lead hand and then swap to their trail hand once they have holed a putt
- They continue this pattern throughout the activity in order to get a feel for how to control their putt with either hand

Technical Link

- This activity should give the student a good feel for the release phase of the putt

Five Feet Further



Equipment Needed

- Putter
- Cones
- Various sizes of hoops

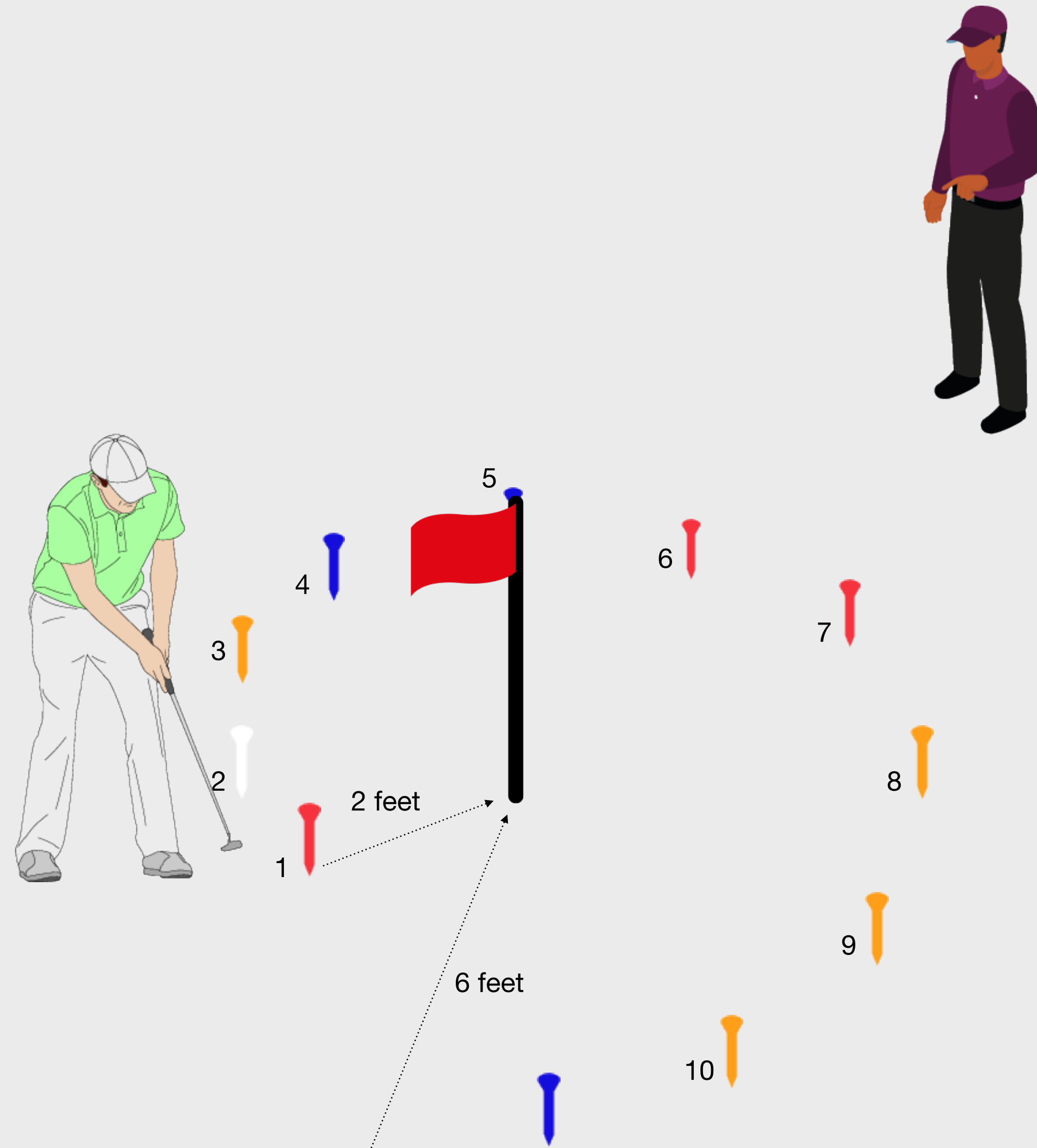
How to Practice

- Students attempt to putt the ball into the 6 foot circle from each distance
- Once the student has gained some confidence, allow them to play a competitive game in order to challenge their skills
- The challenge is to putt a ball from 15, 20 and 25 feet into the 6 foot circle, without missing
- If the students complete this then reduce the size of the circle to make it more difficult

Technical Link

- This activity will help the student to improve the pace and accuracy of their medium to long range putting and appreciate the challenge of having to do this under pressure

Spiral



Equipment Needed

- Tee pegs to mark the 12 points on a clock ranging from 2 to 10 feet from the hole on a sloped part of the green

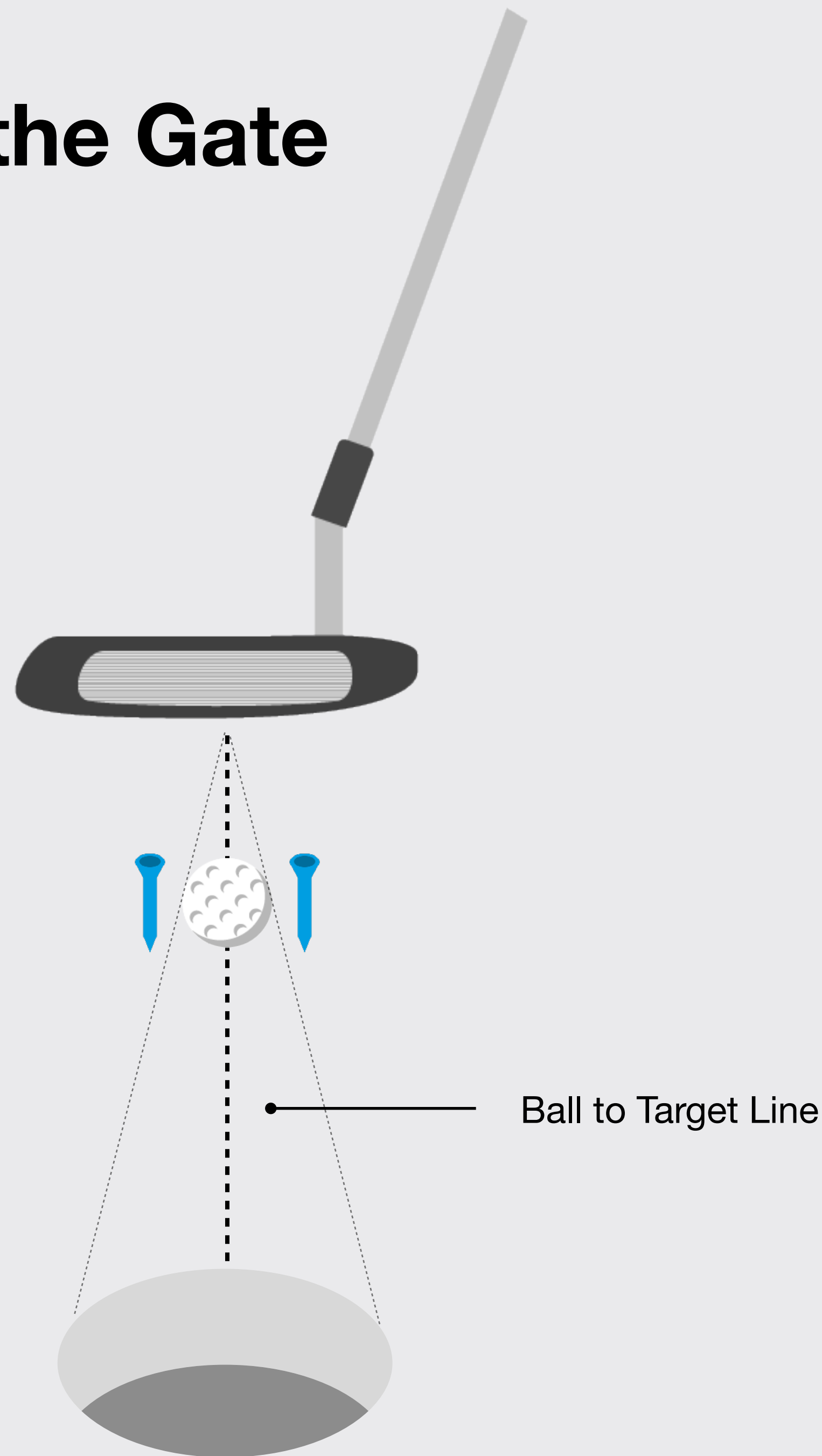
How to Practice

- A student attempts one putt from the shortest peg putt
- The student then progresses around the spiral as the putts get gradually longer through the 12 rounds
- If the student misses they go back to the start
- The purpose is to note how the slope changes around the hole and therefore the student needs to adapt where they are aiming
- We suggest framing this as an opportunity to develop a consistent pre-putt routine to help handle the pressure and consequence associated with each putt

Technical Link

- The practice challenge will show the student to maintain a consistent technique as the putt length and slope changes
- The practice station also enables the student to play under pressure in order to maintain their progress around the spiral

Through the Gate



Equipment Needed

- 2 x Tee Pegs
- Alignment stick / Chalk
- Putter

How to Practice

- Get the student to putt from a maximum of 10 feet from the hole on a flat surface
- Firstly create ball to target line using an alignment stick or chalk
- Depending on the length of the putt and the skill of the student, place a golf ball on the intended target line around 12 inches in front of the golf ball
- Place a tee peg either side of the golf ball to create a gate and remove the golf ball
- The idea is that the student practices attempting to put the ball through the gate and create an effective aiming strategy to control the putter face
- The length of the putt and width of the gate should be adjusted based on the skill of the student

Technical Link

- This exercise will improve the students face control
- It will reinforce effective aiming strategies and pre-putt routine

Only 'IN' Will Do!



Equipment Needed

- Putter
- Cones

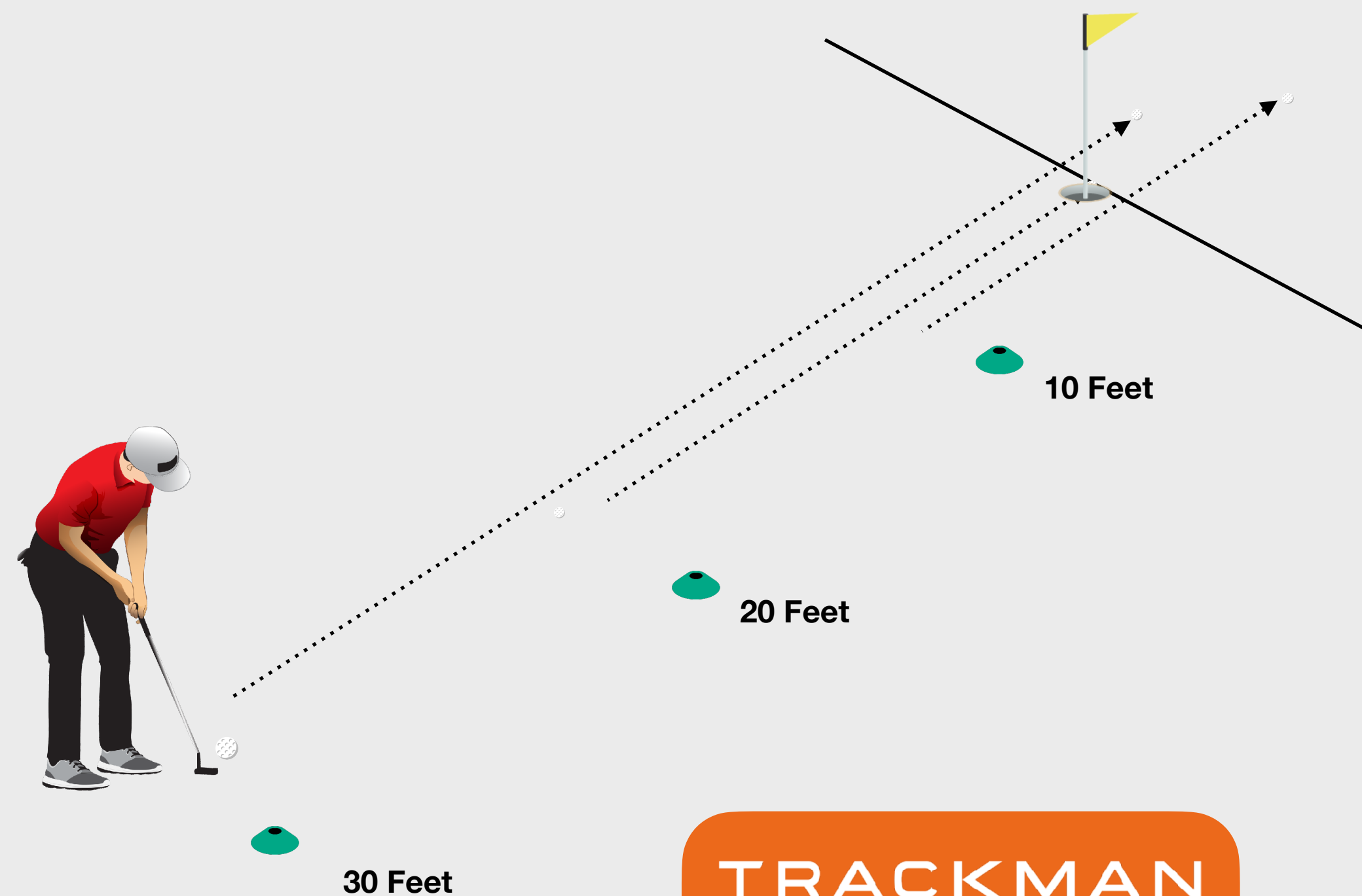
How to Practice

- Students should attempt to putt the ball into the hole from each distance
- Despite the unlikelihood of holing the putt, the student should approach each putt within the intention to hole it
- Allow students to practice from each distance whilst providing technical guidance to improve their distance control
- Once the student has gained some confidence, allow them to play a competitive game in order to challenge their skills
- The challenge is to putt a ball from 15, 30 and 50 feet and try and hole it
- The students can play in pairs or groups, and the first person to hole from each distance, wins the cone

Technical Link

- This activity will help the student to improve the likely hood of holing a long putt by setting high expectations

Long Cliffhanger HOLE IT!



TRACKMAN

Use the 'BACK SWING TIME' and 'FORWARD SWING TIME' features to enhance the students experience and give some additional feedback.

Equipment Needed

- Putter
- Cones
- Target line (string, alignment stick)
- Hole and flag

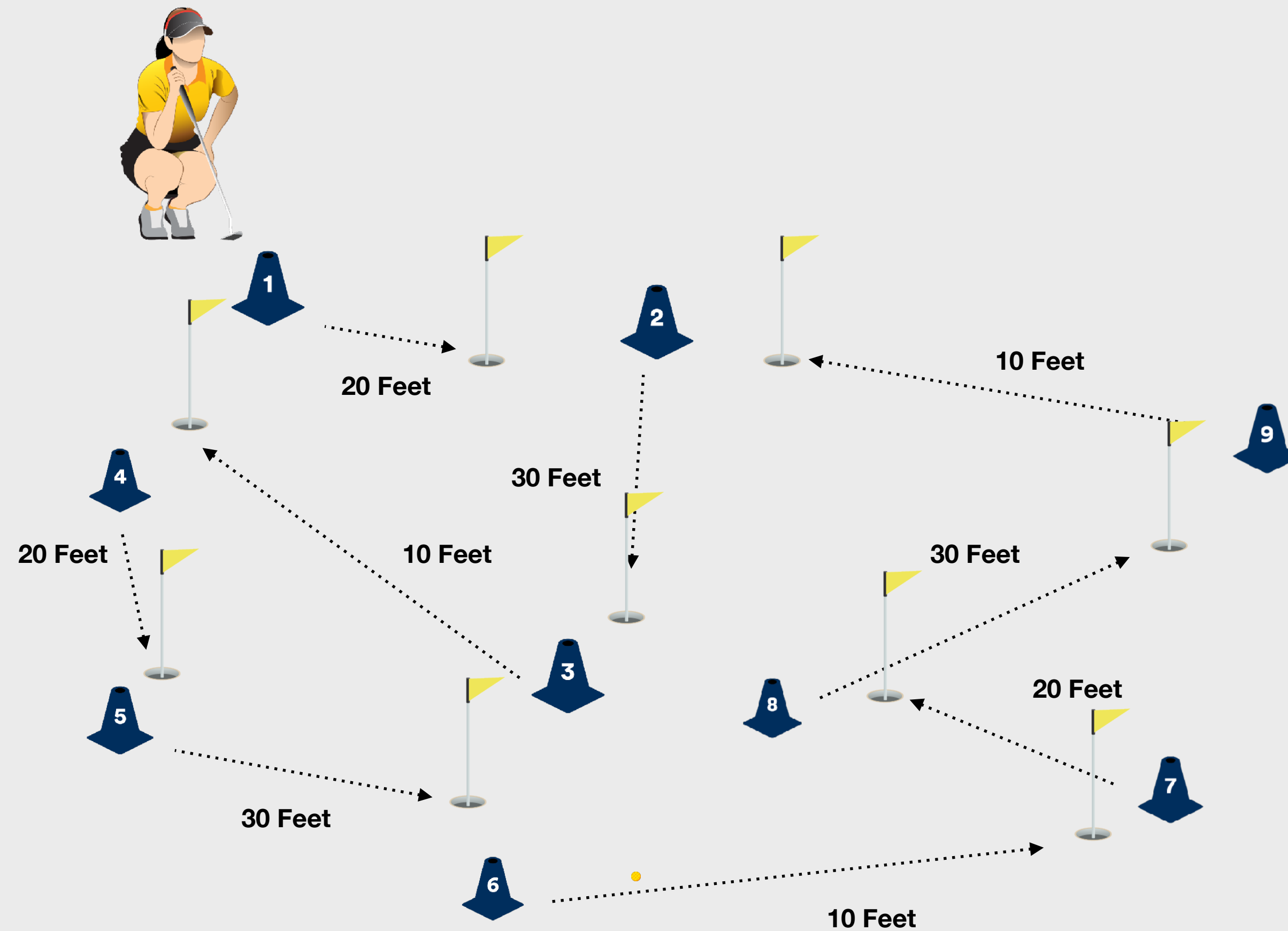
How to Practice

- Students should putt from the three different start points
- Randomise the cone that the student starts from
- The student is trying to putt the ball as close to the line as they can without going over it. Or better still hole the putt dead weight
- They can play against other students and the ball that is closest to the line without going over it is the winner. Award minus points for parts that go over the line. If they hole the putt the win the round automatically

Technical Link

- This activity will help the student to improve their distance control on long putts as well as adding on direction with the attempt to hole the putt dead weight

Ryder / Solheim Cup Putting



Equipment Needed

- Putter
- Cones

How to Practice

- Using the 9 hole challenge layout create two competitive teams within the group 'USA' and 'Europe'
- Pair up the individuals within each team and get them to play the 3 formats of the team competitions including:
 - Fourball Better Ball, Foresomes and Singles
- The winning pair will win 1 point with a halve worth 0.5 points.
- The team with the most points wins

Technical Link

- This activity will help the students to create and competitive environment to putt under pressure

Putt up Your Stats

Equipment Needed

- Phone
- 6x Marker Cones

How to Practice

- Ask the students to download a stat recording app from the many that are available
- Ask students to record their stats as they putt around a putting course of 6 holes no longer than 10 feet per hole
- Analyse the data at the end of each set of 6 putting holes providing feedback to the students of how they can use this information to influence future putting practice

Technical Link

- This activity promotes an understanding of strengths and weaknesses within the students shot putting under 10 feet



Understanding Slope

TRACKMAN

Use the 'LAUNCH DIRECTION' and 'BALL SPEED' features to enhance the students experience and give some additional feedback.



Equipment Needed

- Putter

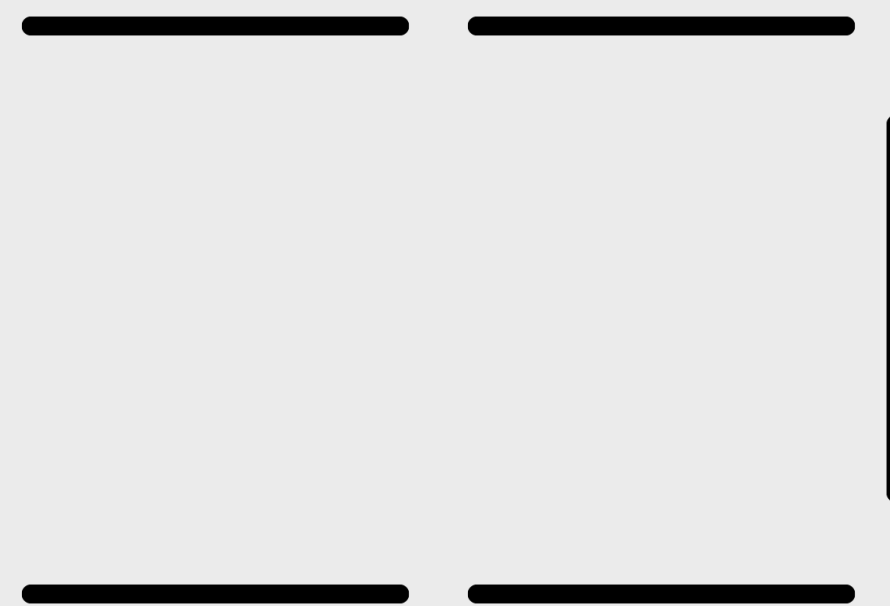
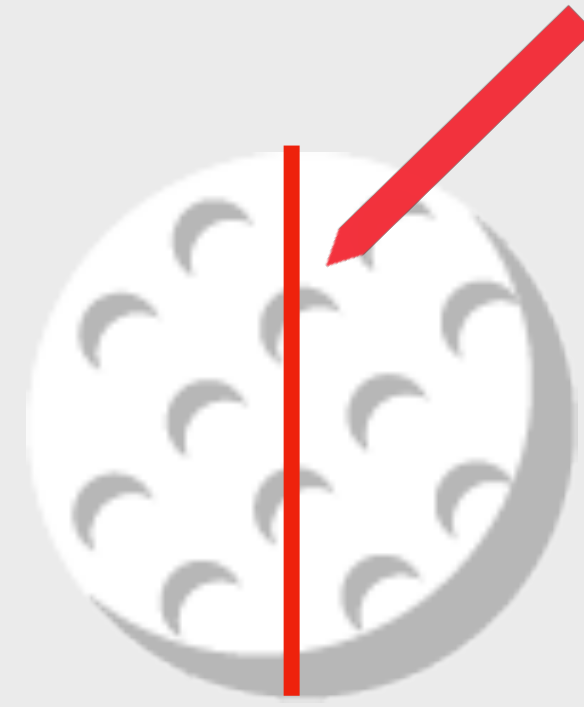
How to Practice

- Ask the students to choose a random putt on the green
- Before taking their putt they should take the time to walk around the green to find the lowest point
- The student should be able to more easily determine the slope of the putt once they have found the lowest point on the putting surface
- Encourage working in pairs so that students can openly discuss and help each other learn how to accurately read the slope on the green

Technical Link

- This activity will help the student to understand how to read the slope on a green
- This activity will provide feedback to the student about how much or little a slope can affect the break on a putt

Finishing Line



Equipment Needed

- 5 x Alignment sticks
- Putter
- Marker Pen
- Marked Golf Ball

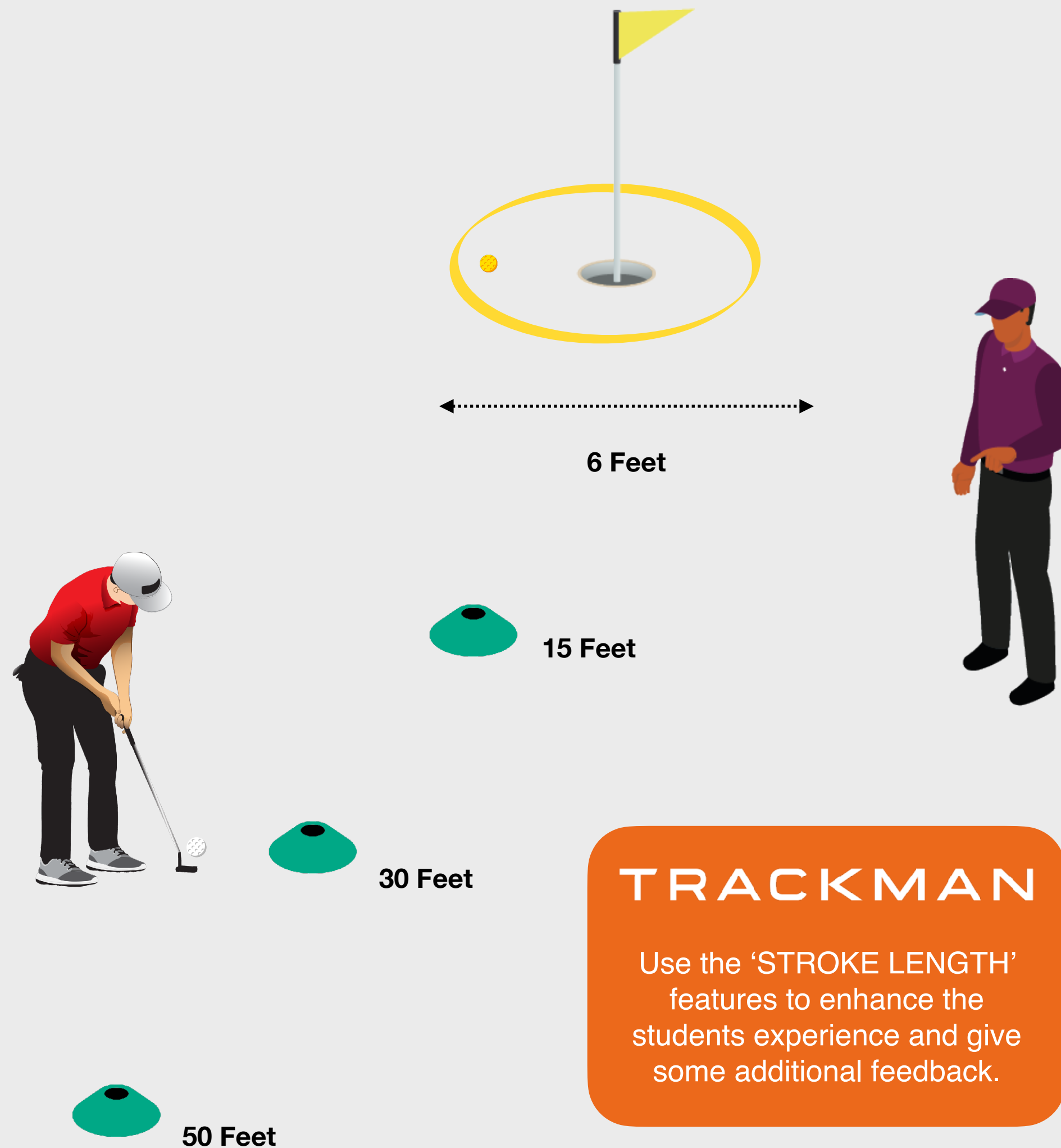
How to Practice

- Get the student to mark a straight line around the middle of a ball
- They must putt from the starter cone to the end alignment stick with the marked ball (on a flat part of the green)
- The main aim is for the line marked on the ball to finish as straight as possible once the ball has stopped
- The student must simultaneously try to get the ball as close to the alignment stick as possible without hitting it
- This can also be played in pairs as a game where a point is given for the marked ball that ends with the straightest trajectory
- A point is then also given for the closest ball to the end alignment stick

Technical Link

- An optimal roll from a putt will mean the ball revolves around that straight line and this requires a small upwards angle of attack on impact and square club face
- Any deviance to this is a sign of a sub optimal attack angle, or misalignment of the club face at impact, and that can result in unwanted spin on the ball

15, 30 and 50 Feet



Equipment Needed

- Putter
- Cones
- 4 feet diameter hoop

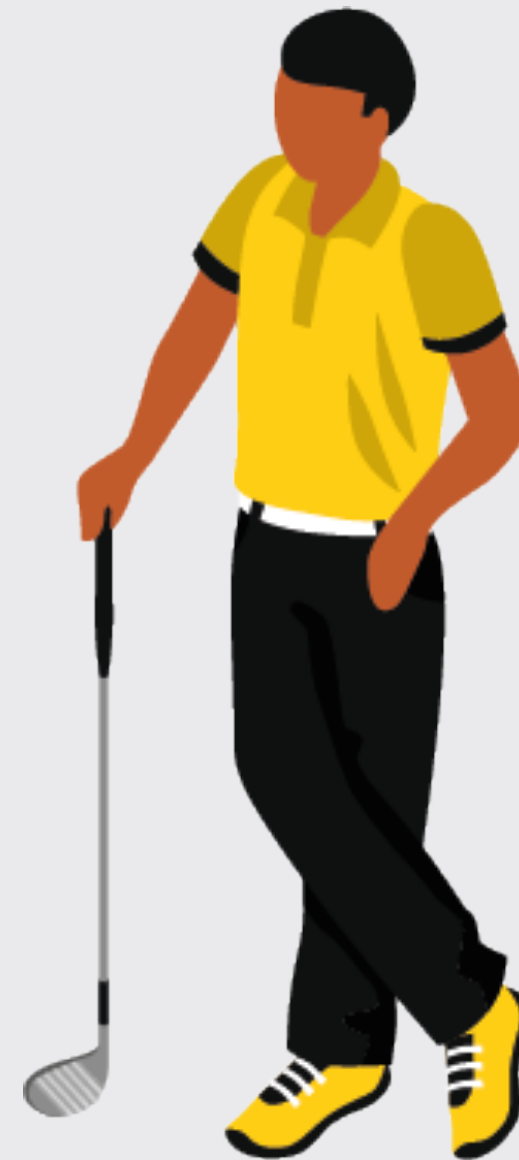
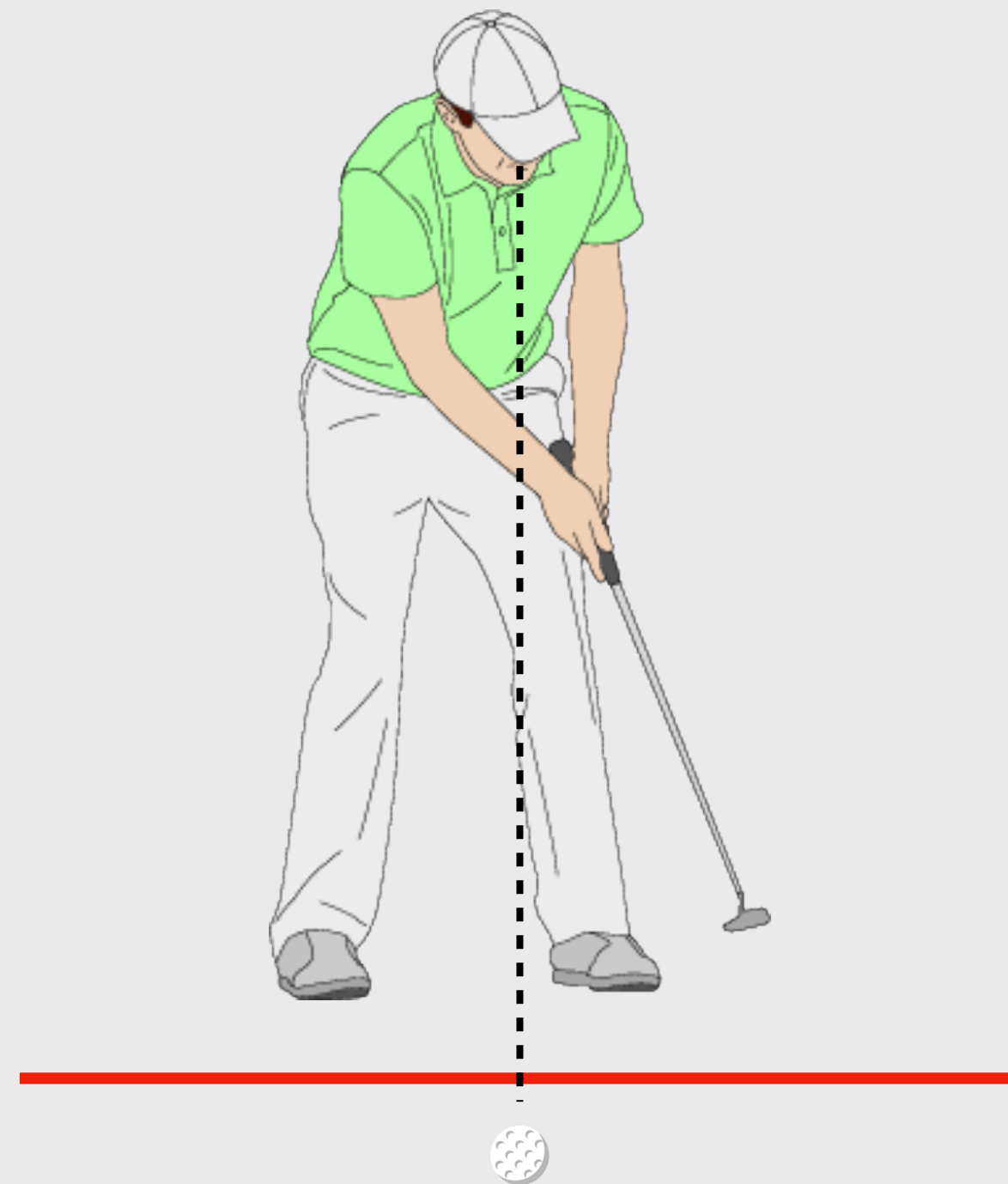
How to Practice

- Students should attempt to putt the ball into the 4 feet circle from each distance
- Allow students to practice from each distance whilst providing technical guidance to improve their distance control
- Once the student has gained some confidence, allow them to play a competitive game in order to challenge their skills
- The challenge is to putt a ball from 15, 30 and 50 feet into the 6 foot circle, without missing

Technical Link

- This activity will help the student to improve their long putting skills and appreciate the challenge of having to do this under pressure

Tear Drop



Equipment Needed

- Alignment Stick
- Putter

How to Practice

- Place a ball in front of an alignment stick
- Ask the student to align themselves to the ball with feet behind the alignment stick and shoulder width apart
- Hold a ball just below their left eye (for a right handed player) and then drop it when the student is happy it's blocking their vision of the original golf ball
- If they are set up correctly when this ball is dropped it should come into contact with the stationary ball on the ground
- Repeat this exercise until the student sets up naturally in the right position with eye directly over the ball and following this allow them to take some putts in this optimal position

Technical Link

- The demonstration of this correct set up is essential for optimising the attack angle on the ball for all putts
- This optimal attack angle allows the student to produce a slightly upwards strike, which creates a more consistent roll and greater speed control
- Correct application of this technique is under the assumption that the students head is neutral and not ahead or behind the ball

T Setup



Equipment Needed

- 2 x Alignment Stick
- Putter
- Hoop or tee pegs around the hole

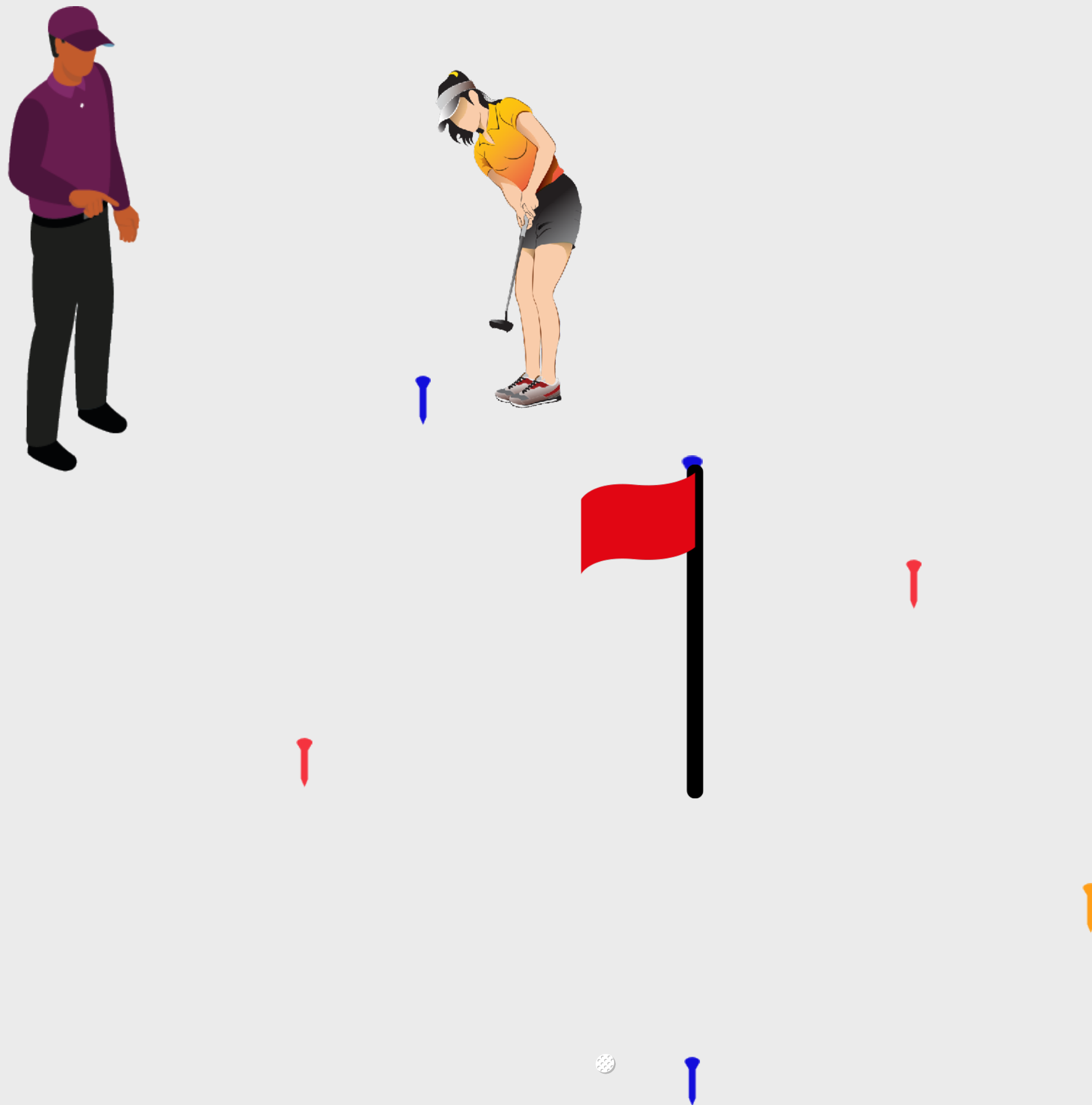
How to Practice

- Get the student to putt from a maximum of 30 feet from the hole on a flat surface depending on their skill level
- Place an alignment stick parallel to a line running between the golf ball and the centre of the hole (Ball to Target Line)
- Place the second alignment at 90 degrees to the first alignment stick therefore making a T-shape
- Get the student to place their feet comfortably either side of the alignment stick and assume their setup position
- Get the student to observe where stick is relative to the front and rear feet
- Outline to the students what the optimal position is of the feet and golf ball relative to the alignment stick
- Get the student to hit putts with the alignment stick excessively forward or backwards relative to their feet and observe the resulting ball roll and outcome
- Get the student to find the optimal position for them

Technical Link

- The demonstration of this correct set up is essential for optimising the attack angle on the ball for all putts
- This optimal attack angle allows the student to produce a slightly upwards strike, which creates a more consistent roll and greater speed control
- Correct application of this technique is under the assumption that the students head is neutral and not ahead or behind the ball

See it, Feel it, Make it



Equipment Needed

- 5 x Tee Pegs
- Putter

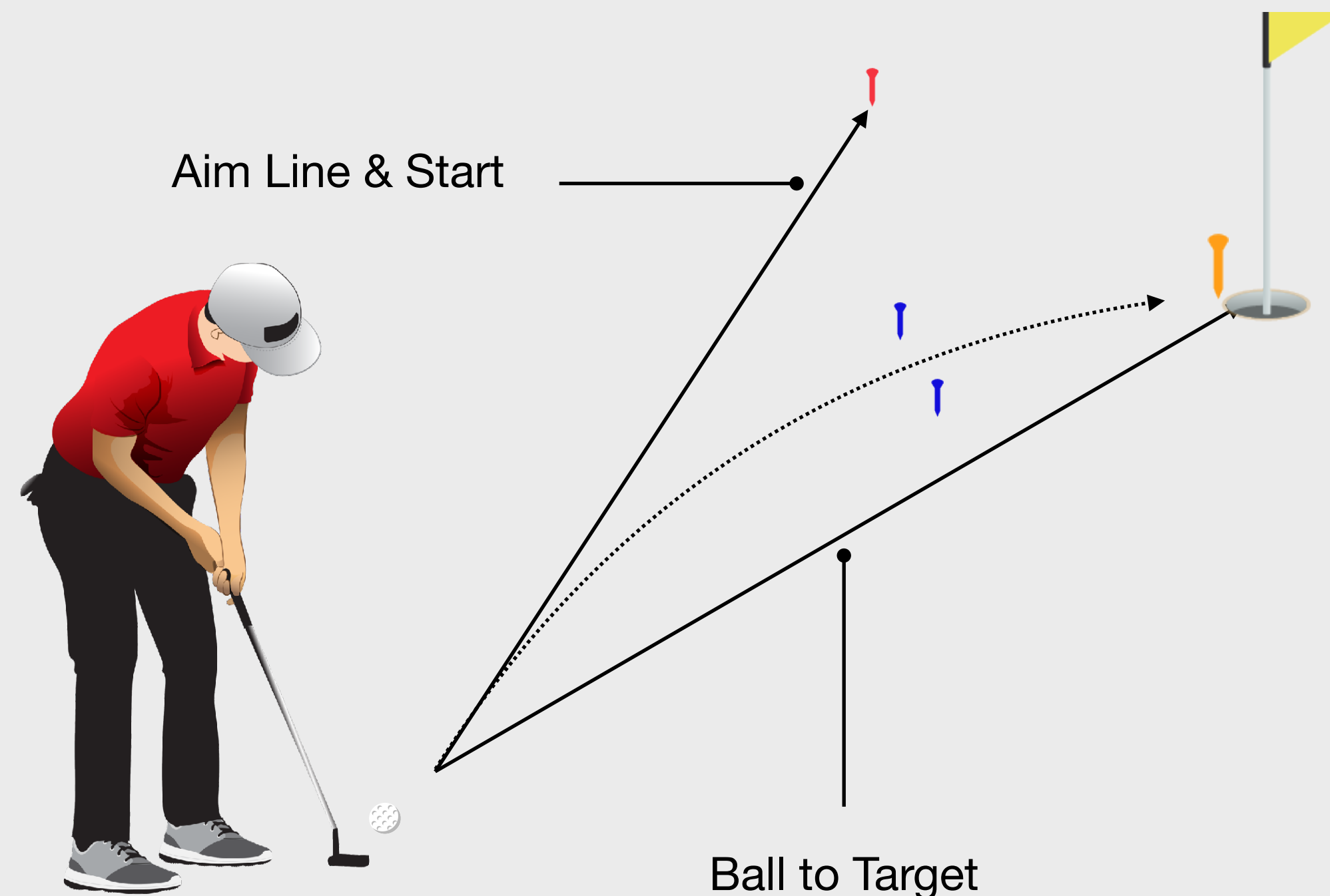
How to Practice

- Choose a hole with a sloped surface around it
- Set up 5 tee pegs around the hole at varying distances
- For each putt the student must perform the 3 steps
- Firstly, read the green and visualise the putt
- Secondly, perform 1-2 practice strokes whilst looking the hole to gain an idea of the right length and speed for the specific putt
- Lastly, attempt to the hole the putt

Technical Link

- This practice drill will reinforce good habits to have on the course
- The visualisation and green reading will create a more positive and focused mindset
- The practice strokes taken are all about gaining a rhythm and tempo to recreate for the actual shot

Map the Putt



TRACKMAN

Use the 'LAUNCH DIRECTION' and 'BALL SPEED' features to enhance the students experience and give some additional feedback.

Equipment Needed

- 4 Tee Pegs
- Putter

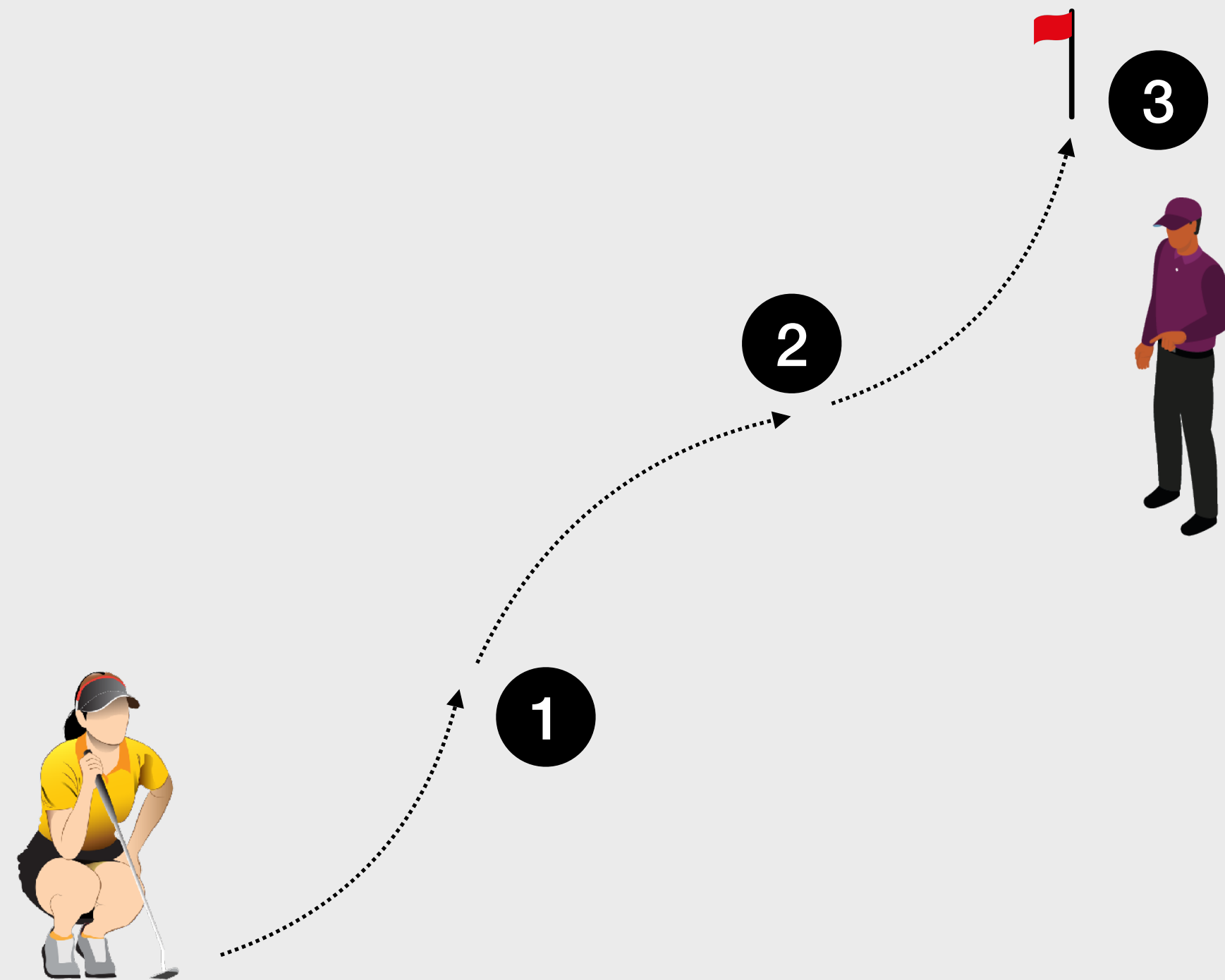
How to Practice

- Set this activity up on a sloped surface
- The student should attempt to read the putt and place a tee peg adjacent to the hole where the putt this should be aimed for it's intended start line
- Get the student to place another tee peg where they think the ball will enter the hole
- Ask the student to place a gate created with the remaining two tee pegs in the final third of the putt (the ball should travel through this gate)
- The student should attempt the putt and based on the feedback as to where the ball was in different segments, attempt the putt again

Technical Link

- This activity will help the student to understand how to aim effectively on a sloped surface and include this in their pre putt routine
- The speed of the putt will have an effect on how soon the putt breaks, and therefore this should be taken into account when aiming

Complexed Reads



TRACKMAN

Use the 'LAUNCH DIRECTION' features to enhance the students experience and give some additional feedback.

Equipment Needed

- Putter

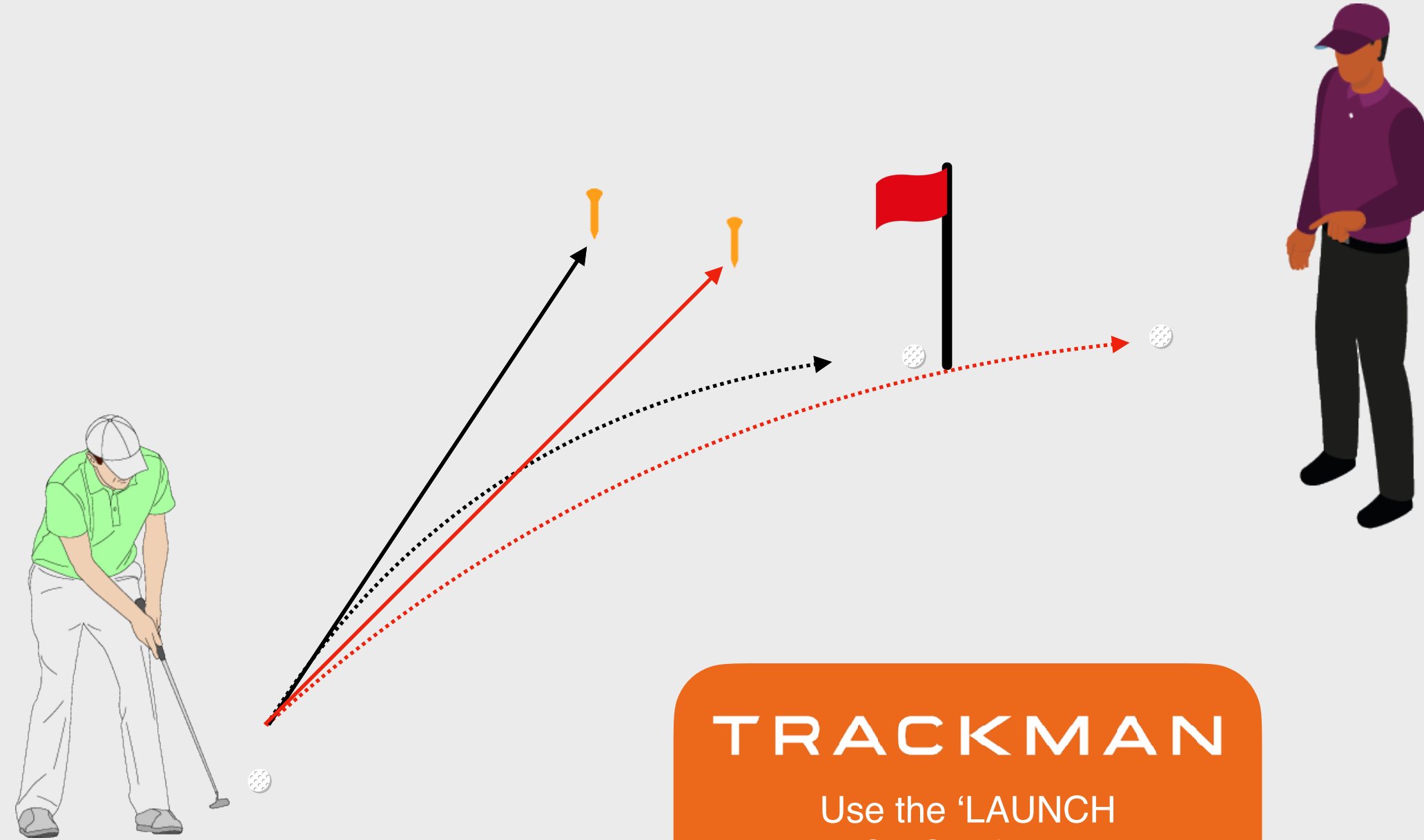
How to Practice

- Ask the students to choose a putt on the green with multiple breaks
- Before taking their putt they should take the time to walk around the green to find the various breaks on the putt
- The student to build the putt in sections and imagine the ball taking the various slopes
- Ask the student to execute the pop and provide feedback and conduct another attempt

Technical Link

- This activity will help the student to understand how to read the slope on a green in sections and build an approach to a challenging putt

Pick a Point - Speed



TRACKMAN

Use the 'LAUNCH DIRECTION' features to enhance the students experience and give some additional feedback.

Equipment Needed

- 3 Tee Pegs
- Putter

How to Practice

- Set this activity up on a sloped surface with a tee peg where the ball should be placed
- Get the student to place another tee in a straight line to where they think that they should aim in order to get the putt to then hole side
- Place another tee where the student thinks the ball should start if they want to ball to finish 3 feet past the hole
- The student should attempt the putts and based on the feedback of whether the ball missed high or low should adjust their aim (and the tee position) accordingly

Technical Link

- This activity will help the student to understand how to aim effectively on a sloped surface and simplify the process with respect to sloping putts
- It will show them how the speed up the putt they want to hit will dictate the start line of the putt

Pick a Point



Equipment Needed

- 2 Tee Pegs
- Putter

How to Practice

- Set this activity up on a sloped surface with a tee peg where the ball should be placed
- Get the student to place another tee in a straight line to where they think that they should aim in order to hole the putt
- The student should attempt the putt and based on the feedback of whether the ball missed high or low should adjust their aim (and the tee position) accordingly
- Be sure to help the student understand that speed of putt will have an effect on how soon the putt breaks, and therefore this should be taken into account when choosing the position to aim at
- Encourage the students to work in pairs here and discuss why a certain position is correct or not

Technical Link

- This activity will help the student to understand how to aim effectively on a sloped surface and simplify the process with respect to sloping putts

Pressure Putt



Equipment Needed

- 3 x Cones
- Putter

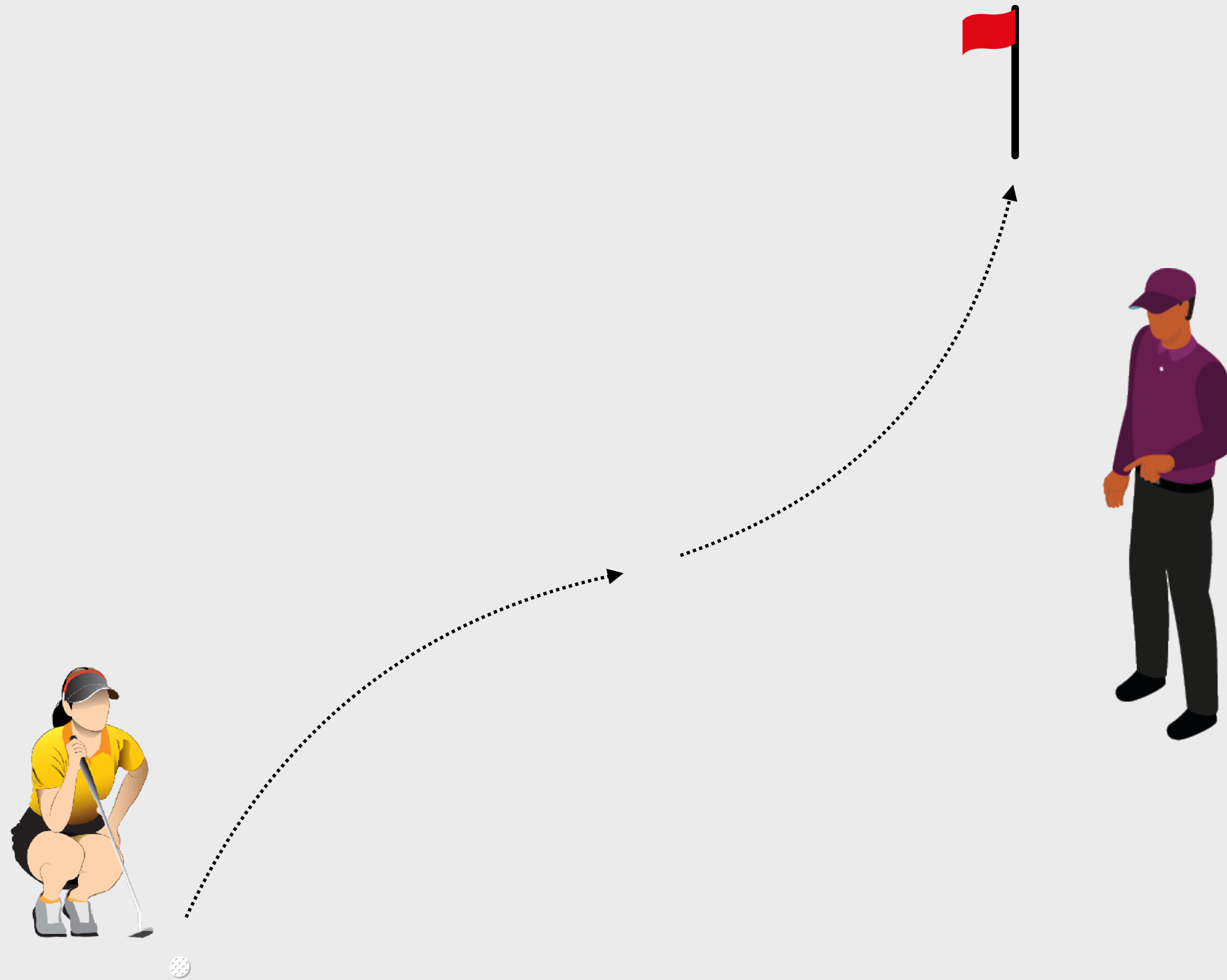
How to Practice

- Ask the students to putt from 3, 6 and 10 feet whilst the group observes
- Set a scoring target for the putts and rank the students based on the scoring performance
- Create a pressure environment by allowing the students to take it in turns so the wider group can observe

Technical Link

- This activity promotes a competitive mental toughness in short putting
- Putting in front of a group allows the student to experience a pressure environment in a controlled manner

Understanding Slopes



Equipment Needed

- Putter

How to Practice

- Help students to choose a putt with multiple break
- Before taking their putt they should split the putt into sections and be able to tell you or their partner the break of each section of the putt
- The student should be able to more easily determine the starting line of the putt once they have worked out the different slopes that are having an impact on the line of the putt
- Encourage working in pairs so that students can openly discuss and help each other learn how to accurately read the slope on the green

Technical Link

- This activity will help the student to understand how to read a green that has multiple break

Pick a Point



Equipment Needed

- 3 Tee Pegs
- 3 Cones
- Putter

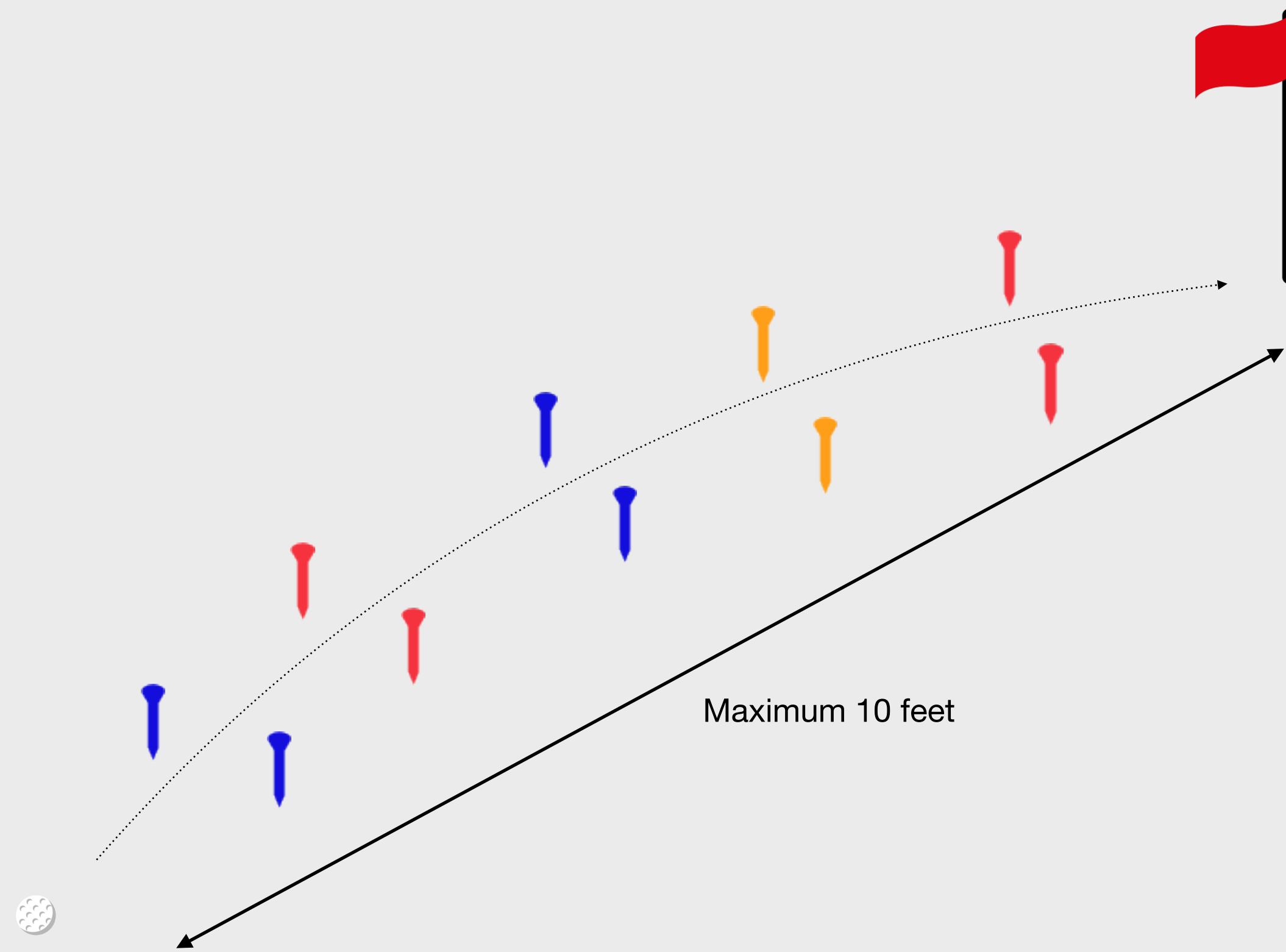
How to Practice

- Set this activity up on a sloped surface with 3 cones placed at 10, 20 and 30 feet from the hole
- Get the student to place the corresponding tees level with the hole, and explain how even though the putt is the same direction there are differing amounts of break due to the length of the putt
- The student should attempt the putts and based on the feedback of whether the ball missed high or low they should adjust their aim (and the tee position) accordingly
- Be sure to help the student understand that speed of putt will have an effect on how soon the putt breaks, and therefore this should be taken into account when choosing where to aim
- Encourage the students to work in pairs here to ensure correct aim at the start and to notice if a putt was just misaligned or mis-hit

Technical Link

- This activity will help the student to understand how to aim effectively on a sloped surface, especially with respect to longer putts

Gate Challenge



Equipment Needed

- 10 Tee Pegs
- Putter

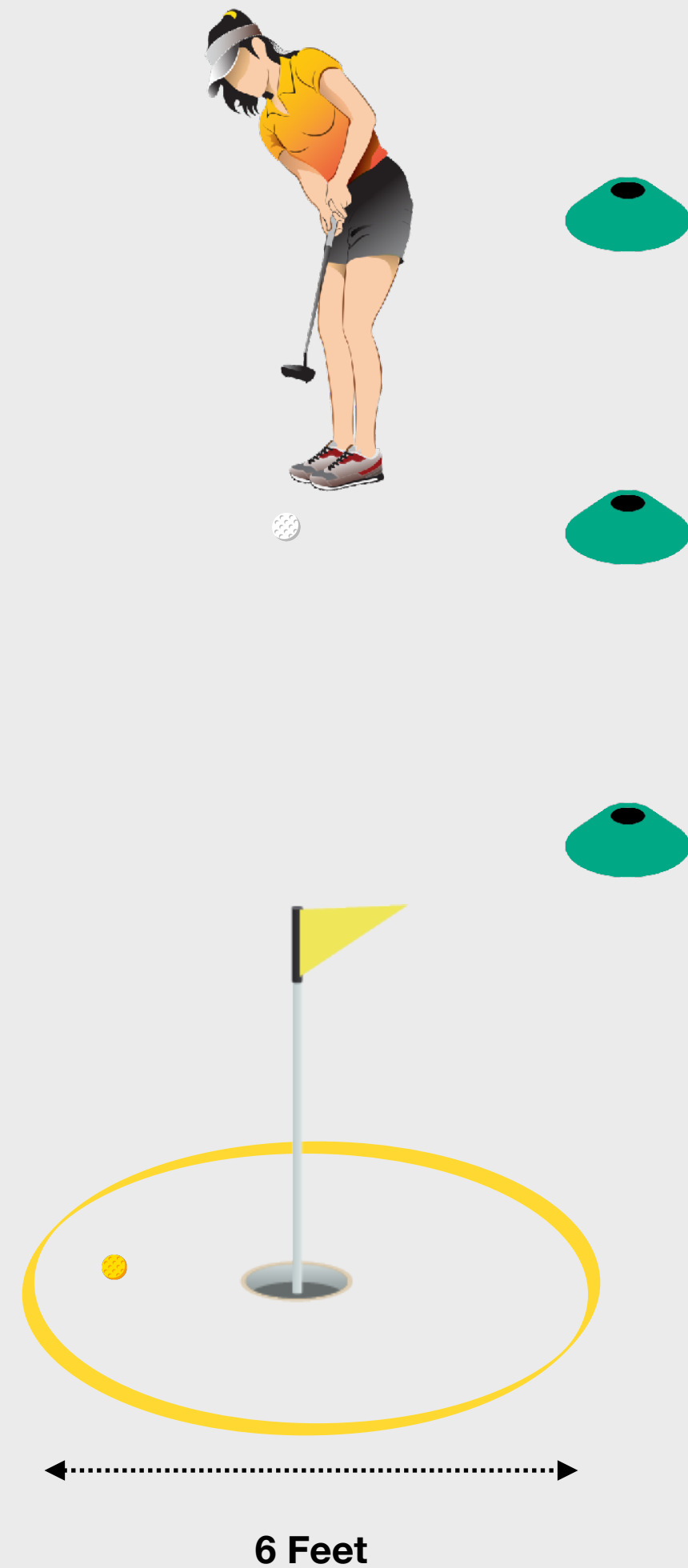
How to Practice

- Set up the tee pegs on a slope as gates for the students to try and hit the putt through at the appropriate pace for the ball to miss the tees
- As the student improves, narrow the size of the gates, or increase the number of gates

Technical Link

- This activity will help the student to understand the break of a putt over the length of the putt as a whole
- It will help them to understand how length of putt affects the break and how to aim appropriately

10, 20 and 30 Feet



Equipment Needed

- Putter
- Cones
- 6 fee diameter hoop

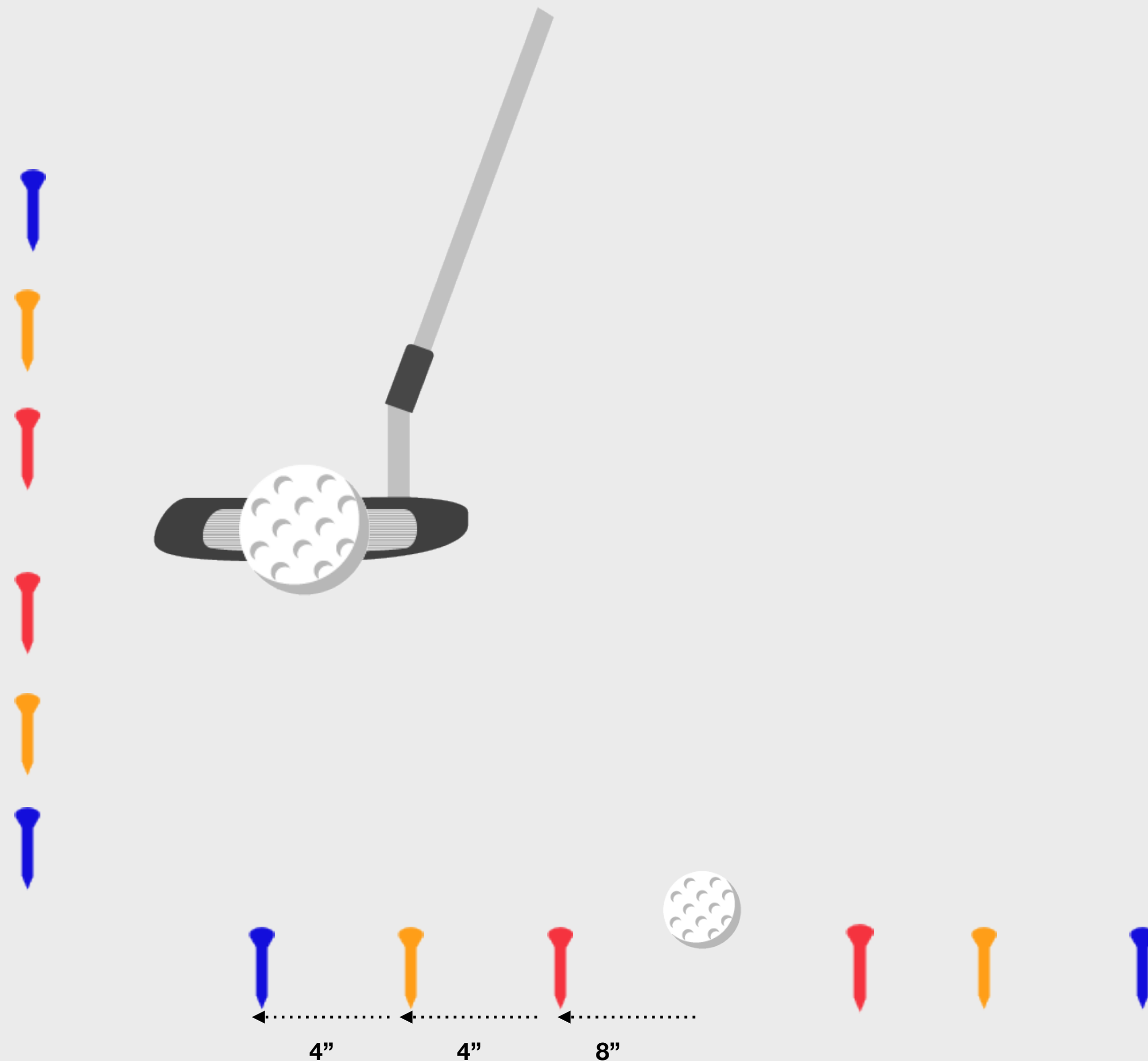
How to Practice

- Students should attempt to putt the ball into the 6 feet circle from each distance
- Allow students to practice from each distance whilst providing technical guidance to improve their distance control
- Once the student has gained some confidence, allow them to play a competitive game in order to challenge their skills
- The challenge is to putt a ball from 10, 20 and 30 feet into the 6 foot circle, without missing

Technical Link

- This activity will help the student to improve their long putting skills and appreciate the challenge of having to do this under pressure

Swing Length Ladder



Equipment Needed

- 6 Tee Pegs
- Putting

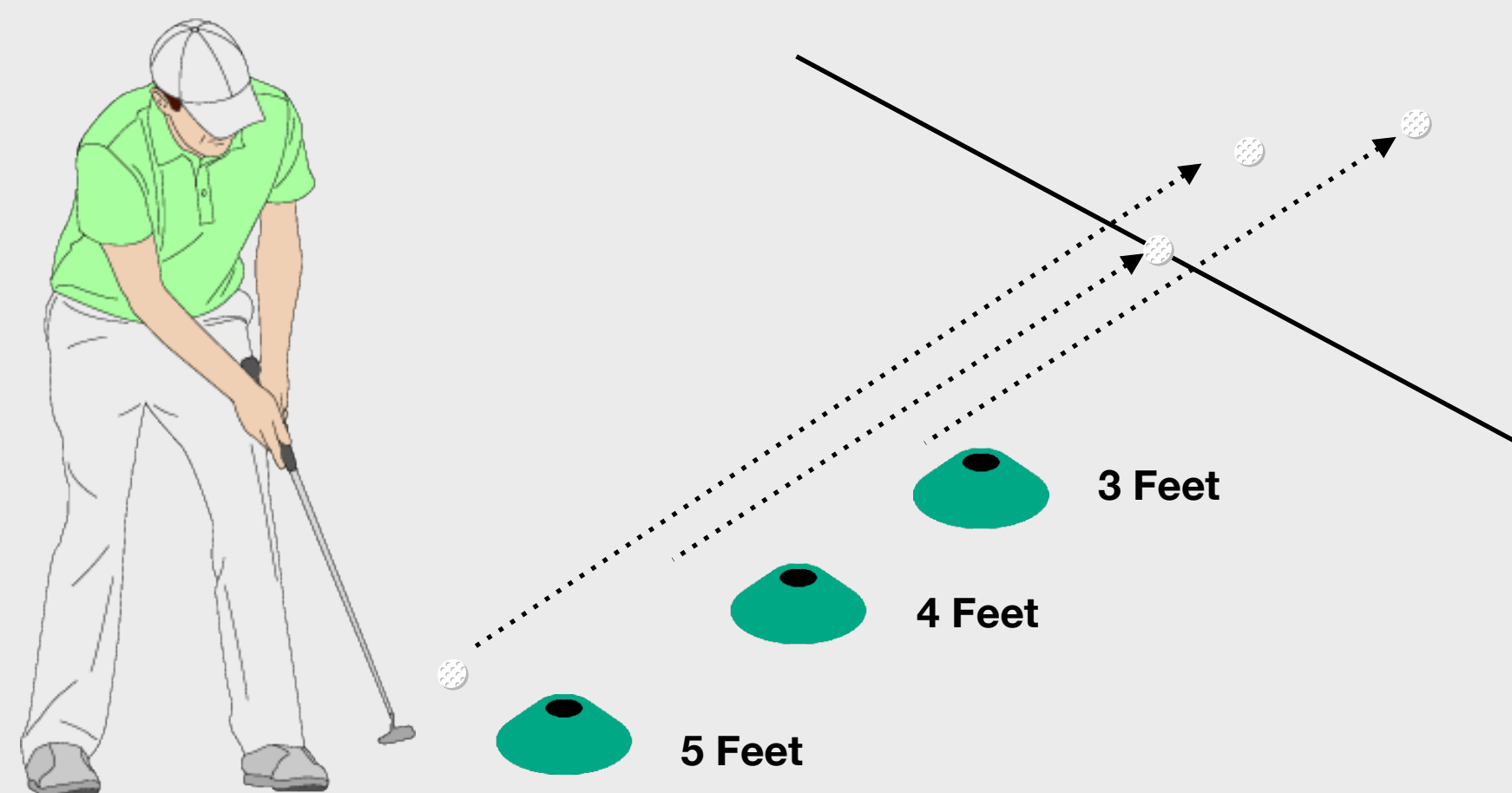
How to Practice

- Get the student to practice swinging the putter from and to the first tee pegs either side of the ball (red)
- As they practice, get them to count 1, 2. They should time the end of the backstroke with the the one count and the end of the through stroke with the two count
- Get them to hit a few putts and see how far the ball travels
- Next, get the student to swinging the putter from and to the second tee pegs either side of the ball (red). Again they should reproduce the count of 1, 2
- Get them to hit a few putts and see how the ball travels further
- Finally, replicate for the final set of tee pegs

Technical Link

- This activity will help the student to understand the concept of Swing Length, Rhythm and Tempo
- It will help the student to understand that as swing length changes, the distance the ball travels changes
- It will help them to understand how length of swing transfers to distance

Cliffhanger



Equipment Needed

- Putter
- Cones
- Target line (string, alignment stick)

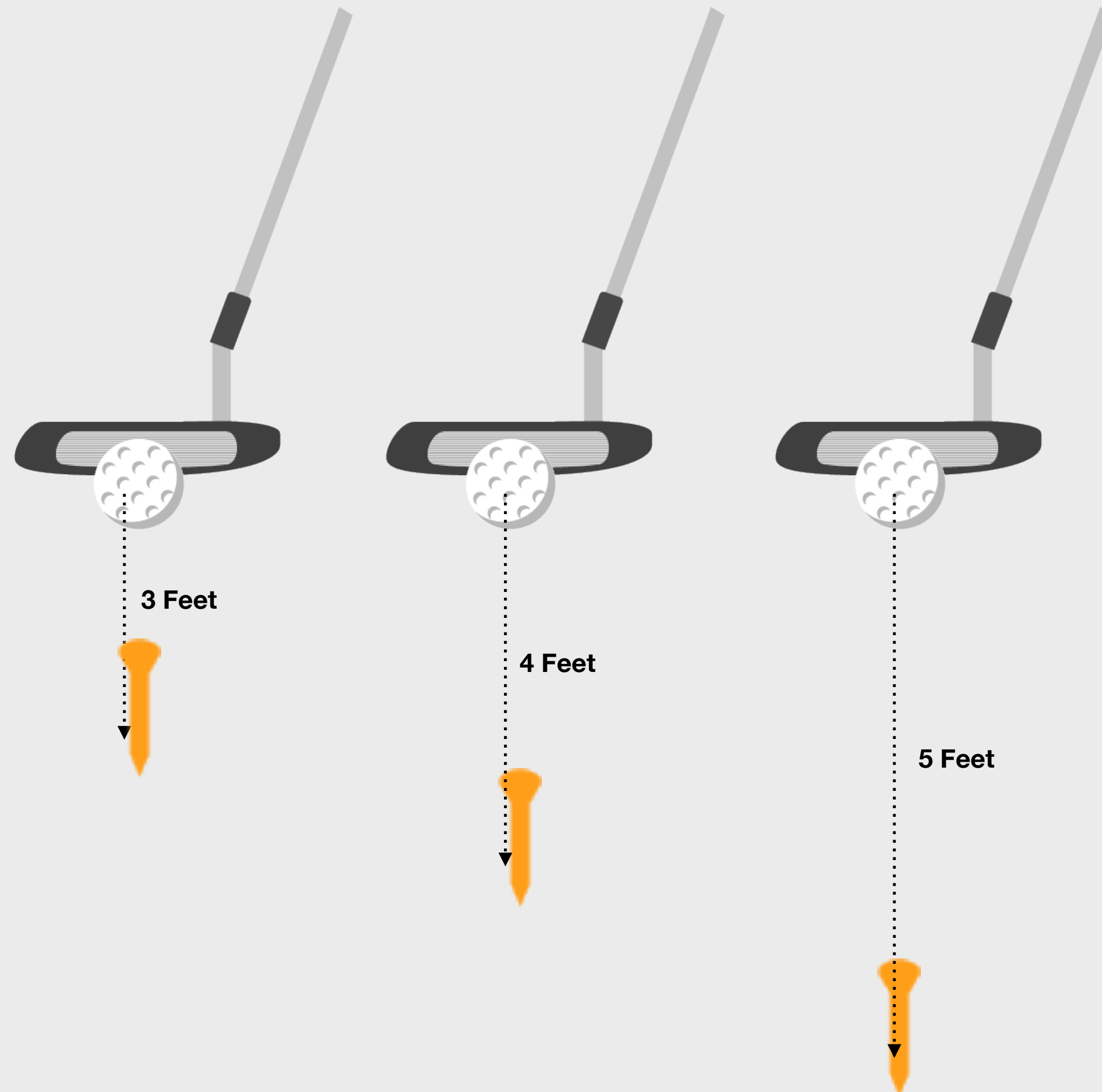
How to Practice

- Students should part from the three different start points
- Randomise the cone that the student starts from
- The student is trying to pop the ball as close to the line as they can without going over it
- They can play against other students and the ball that is closest to the line without going over it is the winner. Award minus points for parts that go over the line

Technical Link

- This activity will help the student to improve their distance control on short putting
- Explain to the student that the weight of a short putt is very important and that having the correct weight of putt makes the hole bigger

Putt of tee?



Equipment Needed

- 6 Tee Pegs
- Putter

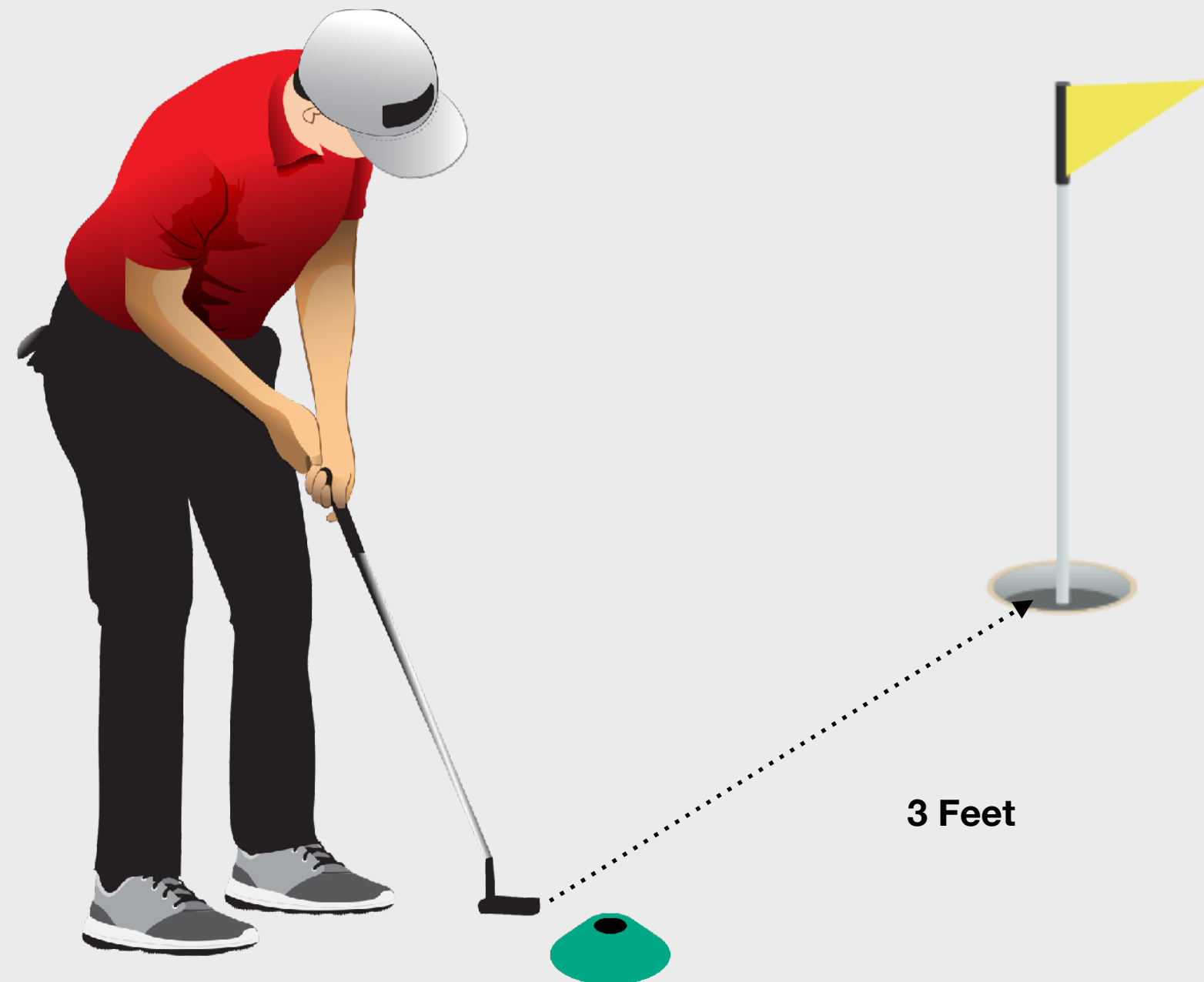
How to Practice

- Get the student to putt from 3, 4 and 5 feet
- Place of golf tee at 3, 4 and 5 feet from the student
- Allow the student to put at the three different length practice drills.
- The idea is that the student tries to hit the golf tee instead of the hole

Technical Link

- Because the golf tee is much smaller it focuses their attention on the very centre of the golf hole when they move back to putting to a hole
- Reinforce the following technical elements;
 - Face angle impact
 - Centered strike on the putter face
 - Rhythm and tempo of the putting stroke

How many in a row?



Equipment Needed

- Cones
- Putter

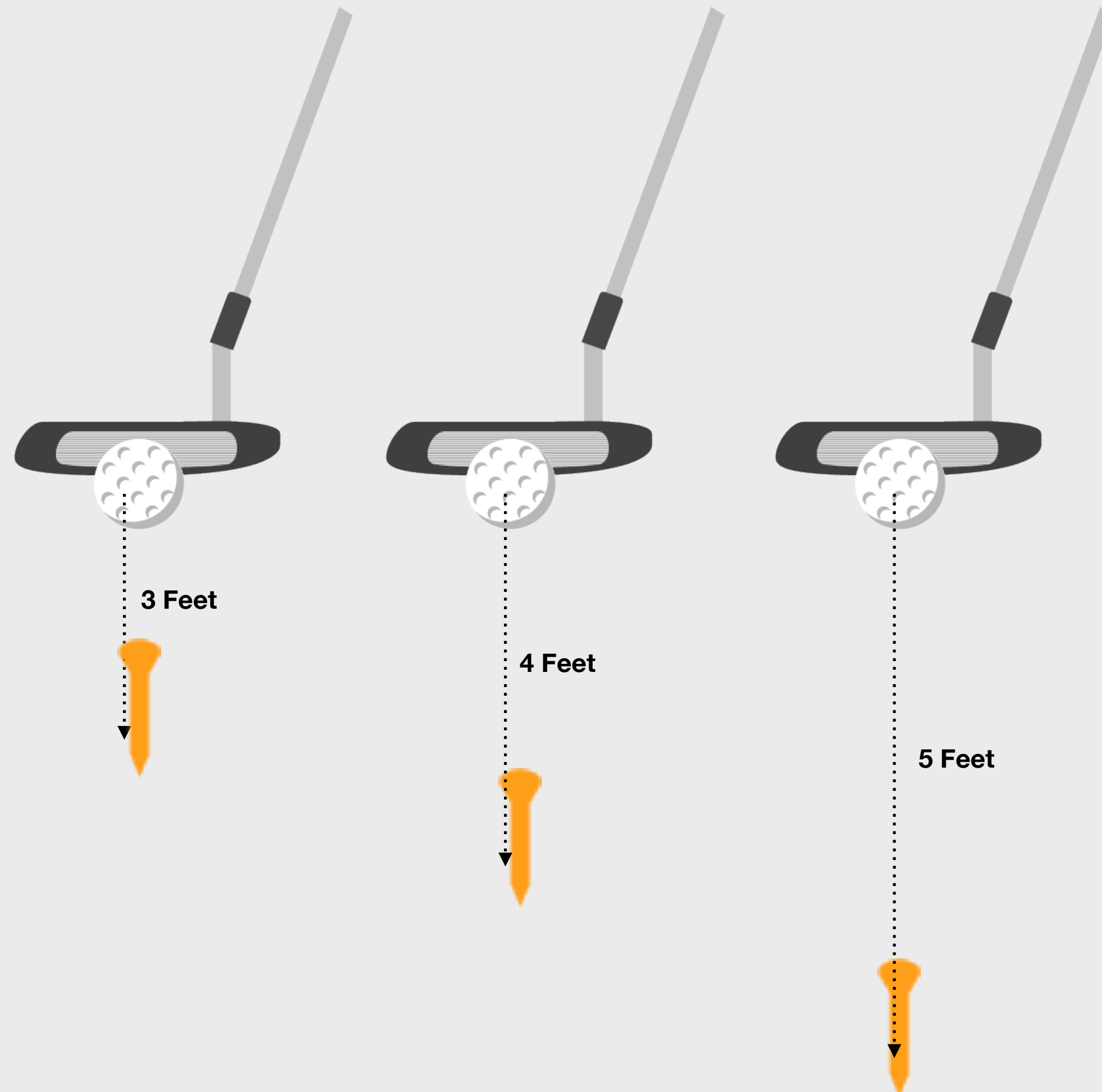
How to Practice

- Set this activity up with a cone 3 feet away from a hole
- Give the student five balls
- See how many parts in a row the student can hole from 3 feet
- If they miss they have to start back at zero
- Set the student a concentration drill and see how many they can get in a row

Technical Link

- This activity will help the student to improve their consistency and concentration on short putts
- Repetition of technique and concentration is the technical skill for this activity

Coconut Shy



Equipment Needed

- 6 Tee Pegs
- Putting

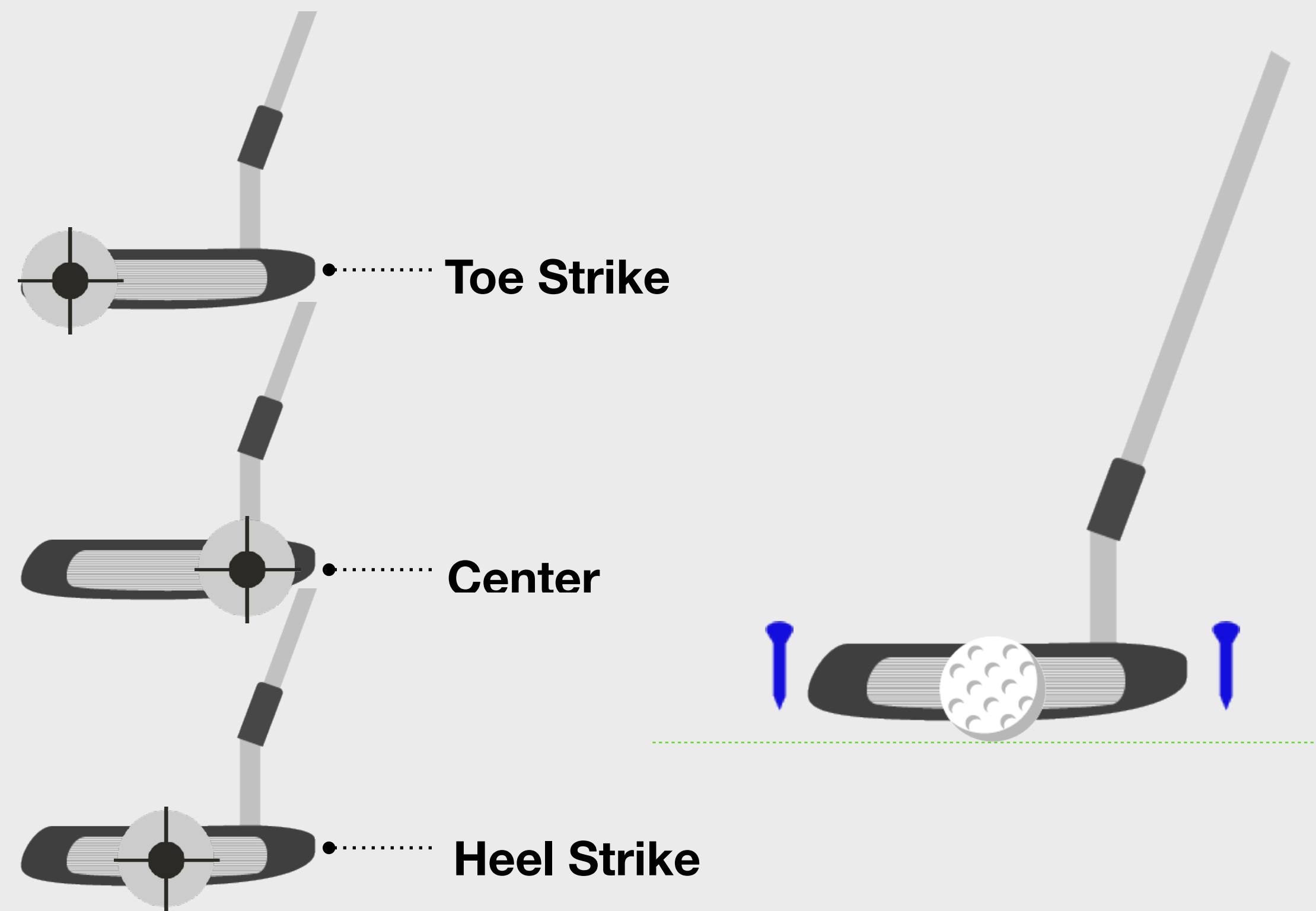
How to Practice

- Have the student putt from distances of 3, 4, and 5 feet.
- Position a golf tee at each distance from the student.
- Allow the student to putt at these three different lengths during practice drills.
- Encourage the student to aim for the golf tee instead of the hole.

Technical Link

- Because the golf tee is much smaller it focuses their attention on the very centre of the golf hole when aligning the putting face
- Reinforce the following technical elements;
 - Face angle dress
 - Face angle at impact
 - Centered strike on the putter face

Clubface Impact Activity



Equipment Needed

- 2 Tee Pegs
- Putter

How to Practice

- Set this activity up on flat green surface with a tee peg, ball marker or coins on the ground where the putter should be placed
- Get the student to place the centre of the putter on the ground onto of the marker, tee peg or coin
- Place two tee pegs either side of the putter head, one outside of the toe of the putter and one outside the heel
- Get the student to attempt the swing the putter head between the tee pegs with and without the ball
- Get them to engaging in error full practice whereby they deliberately strike either tee to understand the impact of an off centre strike
- Get the to listen to the change in sound when they do this and the impact on the distance the ball travels

Technical Link

- This activity will help the student to understand how to get the centre of the putter head to sit properly on the ground
- This activity will help the student to understand the impact of an off centre strike on the sound of the ball off the putter
- This activity will help the student to understand the impact that strike has on the distance the ball travels

Alignment to a T

Equipment Needed

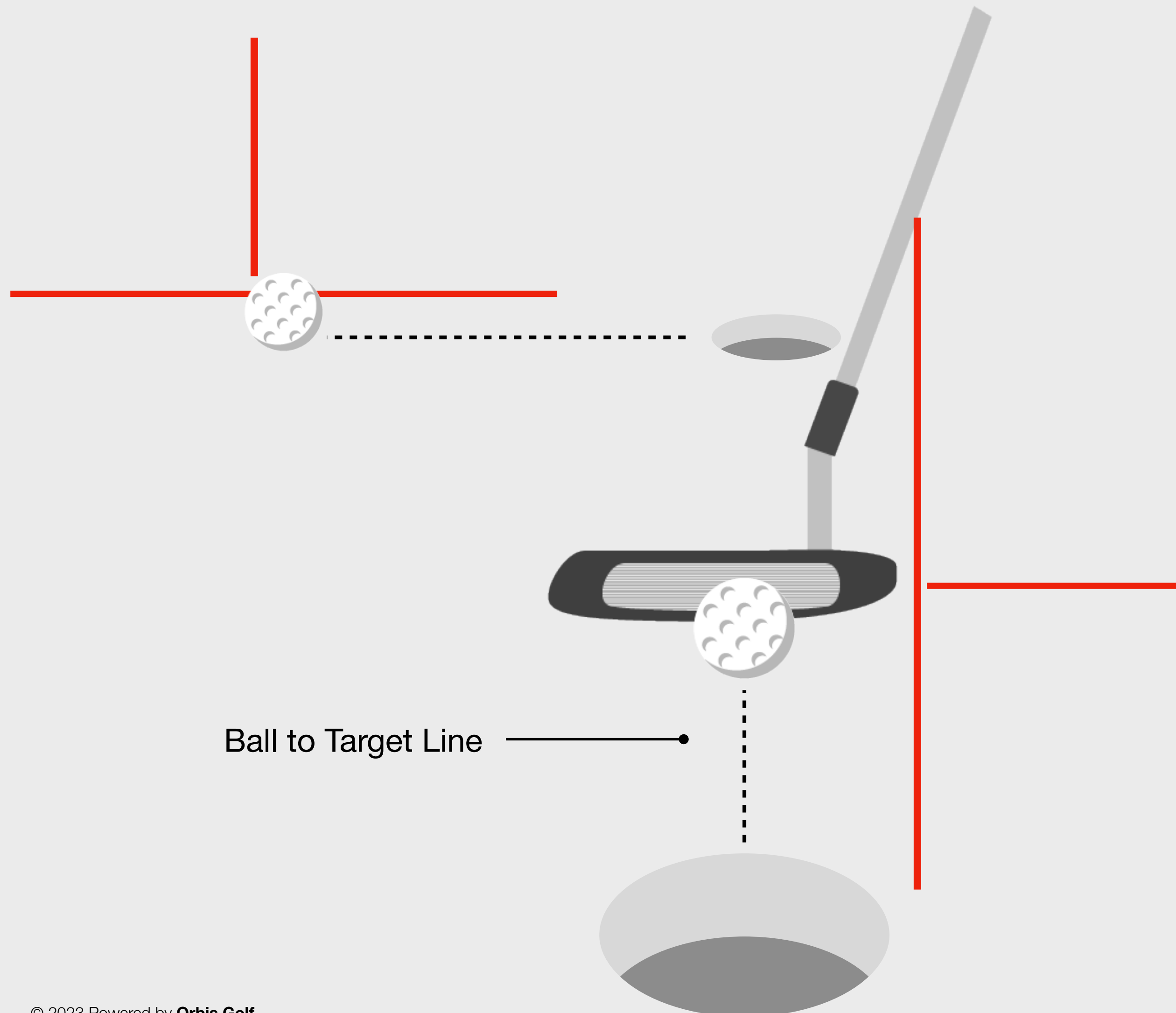
- 2 x Alignment Sticks
- Putter

How to Practice

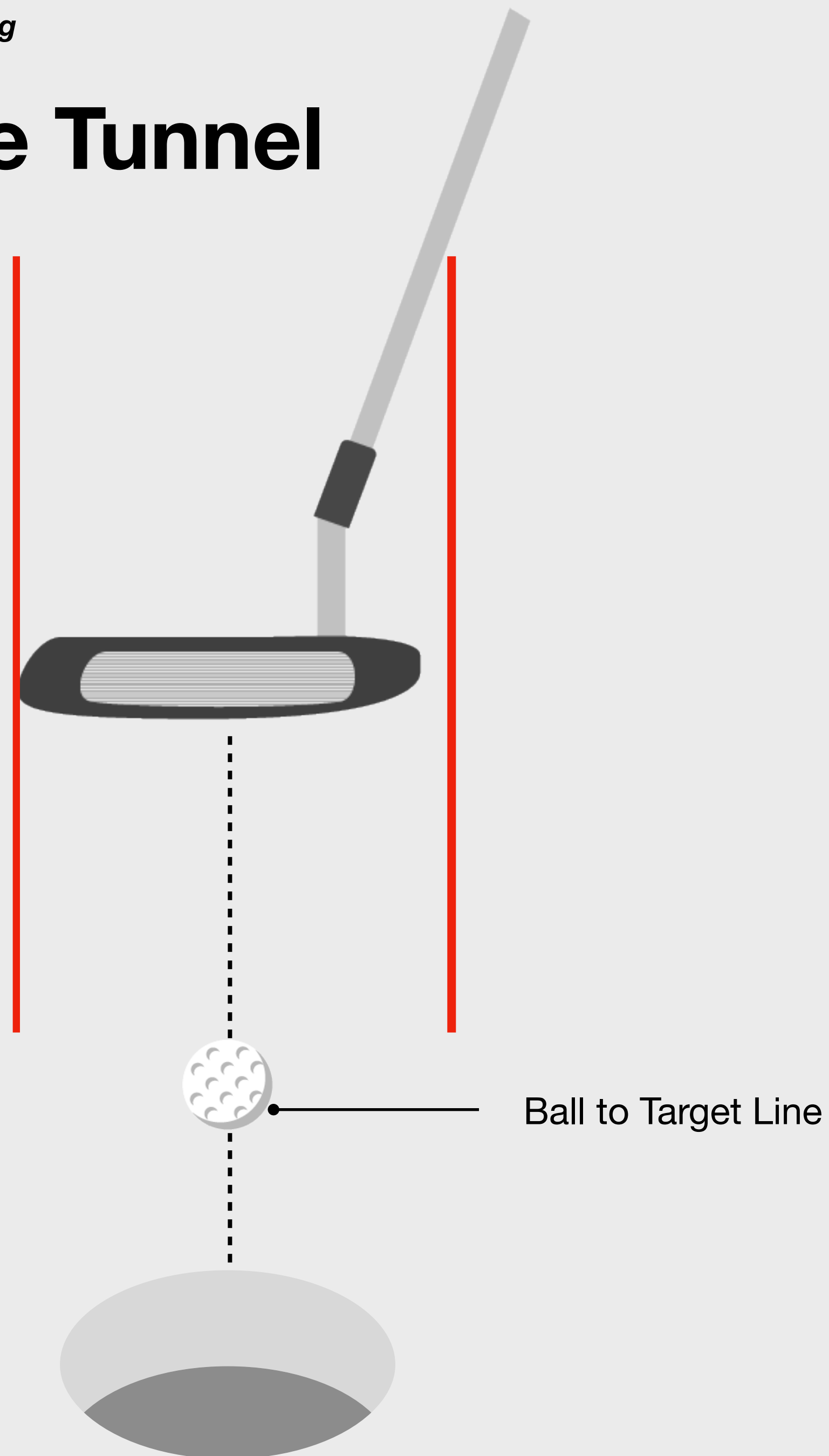
- Have the student putt from a maximum distance of 10 feet on a flat surface.
- Place a golf ball inside the heel of the putter. Align an alignment stick with the center of the golf ball, running parallel to the putter head's center line (ball-to-target line).
- Remove the golf ball.
- Create a T-shape by placing a second alignment stick at a 90-degree angle to the first one.
- Align the putter head with the second alignment stick.
- The goal is for the student to practice both with and without the golf ball, developing a sense of square alignment for the putter head.
- This exercise can be combined with other aids like string lines or chalk lines.

Technical Link

- This exercise will help the student to learn when the putter face is square at address
- Additionally, it will help the student to learn effective aiming strategies for their own game



Down the Tunnel



Equipment Needed

- 2 x Alignment Sticks
- Putter

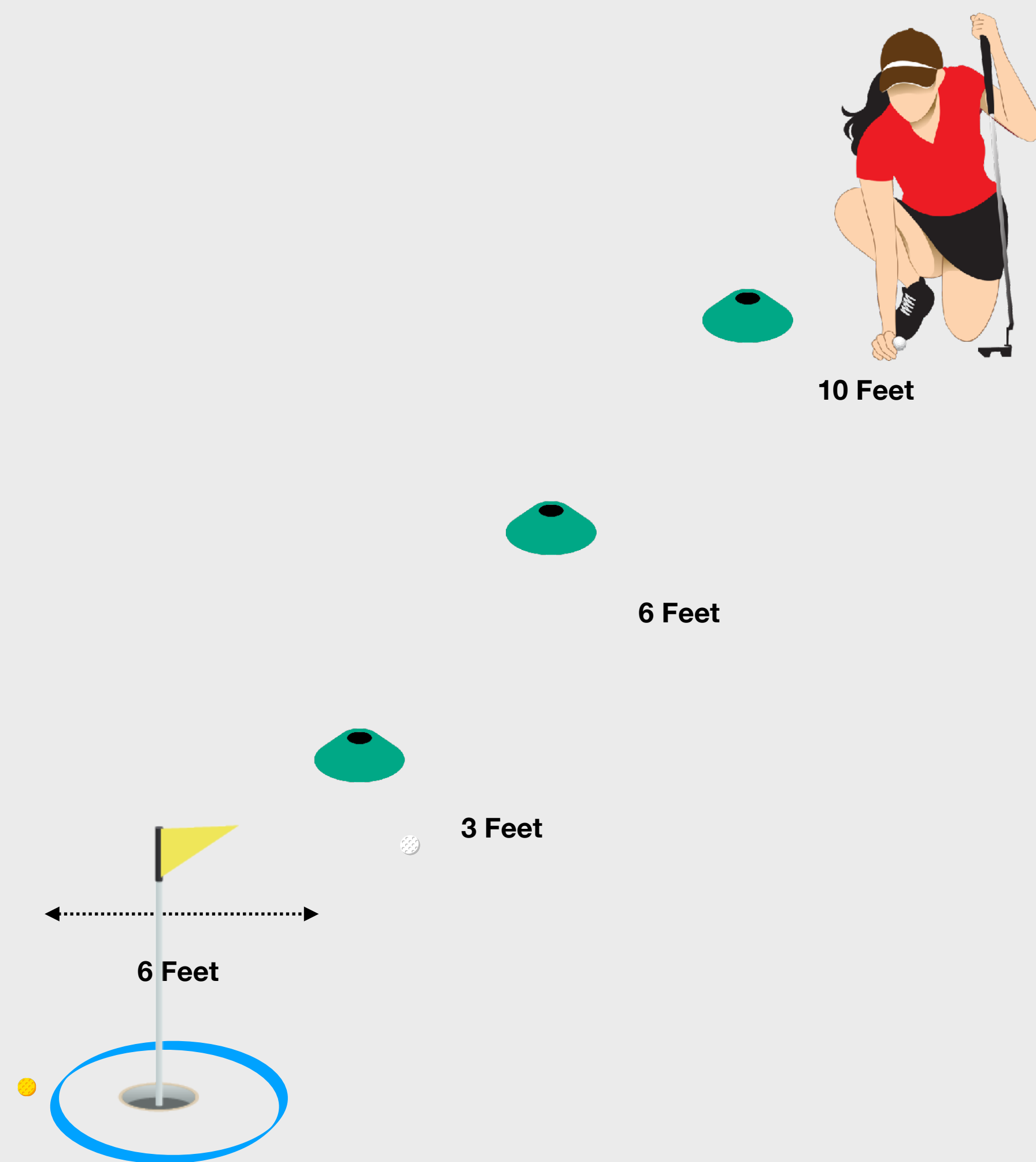
How to Practice

- Have the student putt from a maximum of 10 feet on a flat surface.
- Place a golf ball inside the putter's heel. Align an alignment stick with the center of the golf ball, running parallel to the putter head's center line (ball-to-target line).
- Remove the golf ball.
- Place a second alignment stick outside the putter's toe, parallel to the first alignment stick.
- The goal is for the student to practice both with and without the golf ball, developing a sense of the stroke's shape on a short putt.

Technical Link

- This exercise will help the student learn the path of the putter during the stroke on short putts
- It reinforces the concept that the putter should stay within a defined tunnel during the stroke, but allows for a slight arc movement on either side of the golf ball

3, 6 and 10 Feet



Equipment Needed

- Putter
- 3x Cones
- Various sizes of hoops

How to Practice

- Initially the students should attempt to putt the ball into the 6 foot circle from each distance
- Allow students to practice from each distance whilst providing technical guidance to improve their distance control
- Once the student has gained some confidence, allow them to play a competitive game in order to challenge their skills
- The challenge is to putt a ball from 3, 6 and 10 feet into the 6 foot circle, without missing
- If the students miss the circle reduce the size of the circle to make it more difficult

Technical Link

- This activity will help the student to improve the pace of their short putting skills and appreciate the challenge of having to do this under pressure

Putting Game Stations



Dominoes



Equipment Needed

- Putter
- 9x Cones or Tee Pegs

How to Play

- A student attempts to put the ball into the hole from each starting distance
- The student should start at the 2 feet cone or tee peg. If they hole the putt they should move to the next starting position
- If the student misses a putt they should move back a step or go back to the start. You should tailor the consequence for each student
- The student should focus on a consistent pre-putt routine on each attempt
- An alternative option is to count the total number of putts to reach the final distance (10 feet)

Technical Link

- This activity tests the students ability to keep the club face aim stable and only change the length of stroke to hole the putts
- It also challenges the student to putt under pressure because they must start again if they miss

Round the Clock



Equipment Needed

- Tee pegs to mark the 12 points on a clock at least 10 feet from the hole on a sloped part of the green

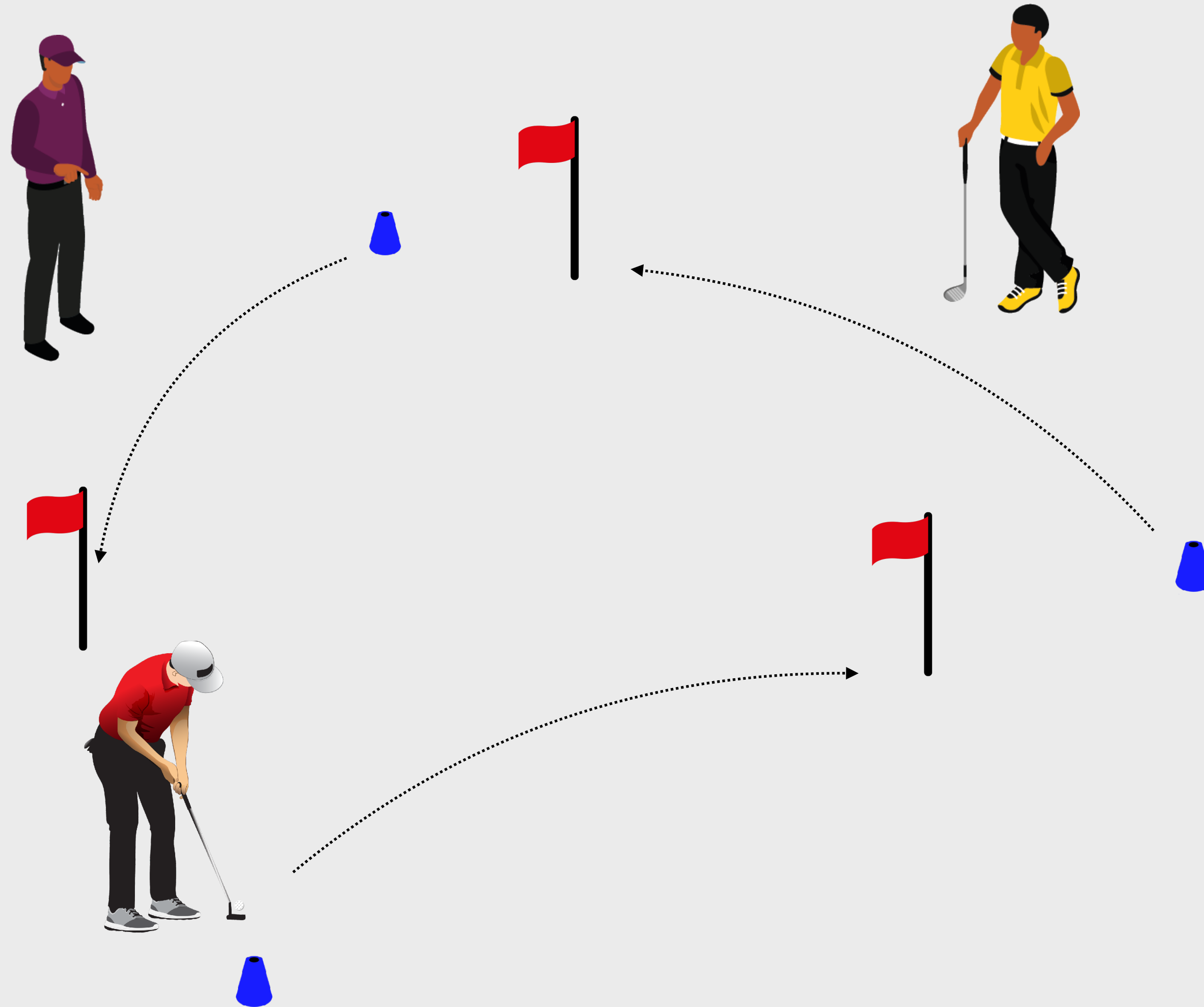
How to Play

- A student attempts one putt from each tee peg
- The purpose is to note how the slope changes around the hole and therefore the student needs to adapt where they are aiming
- We suggest framing this as an opportunity to learn the slope on a green, although it can be played competitively, seeing how many putts each student can hole
- This game can be played individually, in pairs or small groups

Technical Link

- The practice challenge will show the student to maintain a consistent technique as the putt length and slope changes
- The practice station also enables the student to play under pressure in order to maintain their progress around the clock

Scoring



Equipment Needed

- Putter
- 3x Marker Cones

How to Play

- A student attempts to play three holes in the fewest number of putts possible
- The holes should be 10 feet to 30 feet in length and on a gently sloping part of the green
- We suggest providing some context to the scores, indicating that to complete level 1 of the program students need to score 24 over 6 holes
- This game can be played individually, in pairs or small groups

Technical Link

- This game simulates course conditions for putting and places greater pressure on the student to complete the circuit in a target score

Guess the Break

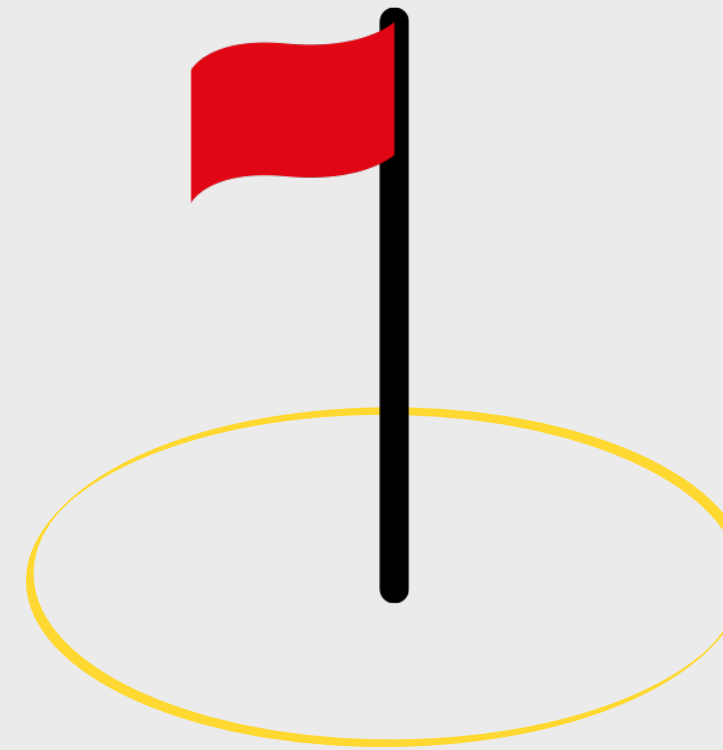


Equipment Needed

- A coin or ball marker
- Putter

How to Play

- A student predicts the half-way point of the putt
- The purpose is to note how the slope changes around the hole and therefore the student needs to adapt where they are aiming
- We suggest framing this as an opportunity to learn the slope on a green, although it can be played competitively, seeing how many putts each student can hole
- This game can be played individually, in pairs or small groups



Technical Link

- This activity will help the student to understand how to read the slope on a green
- This activity will provide feedback to the student about how much or little a slope can affect the break on a putt

Long Putts Ladder

Equipment Needed

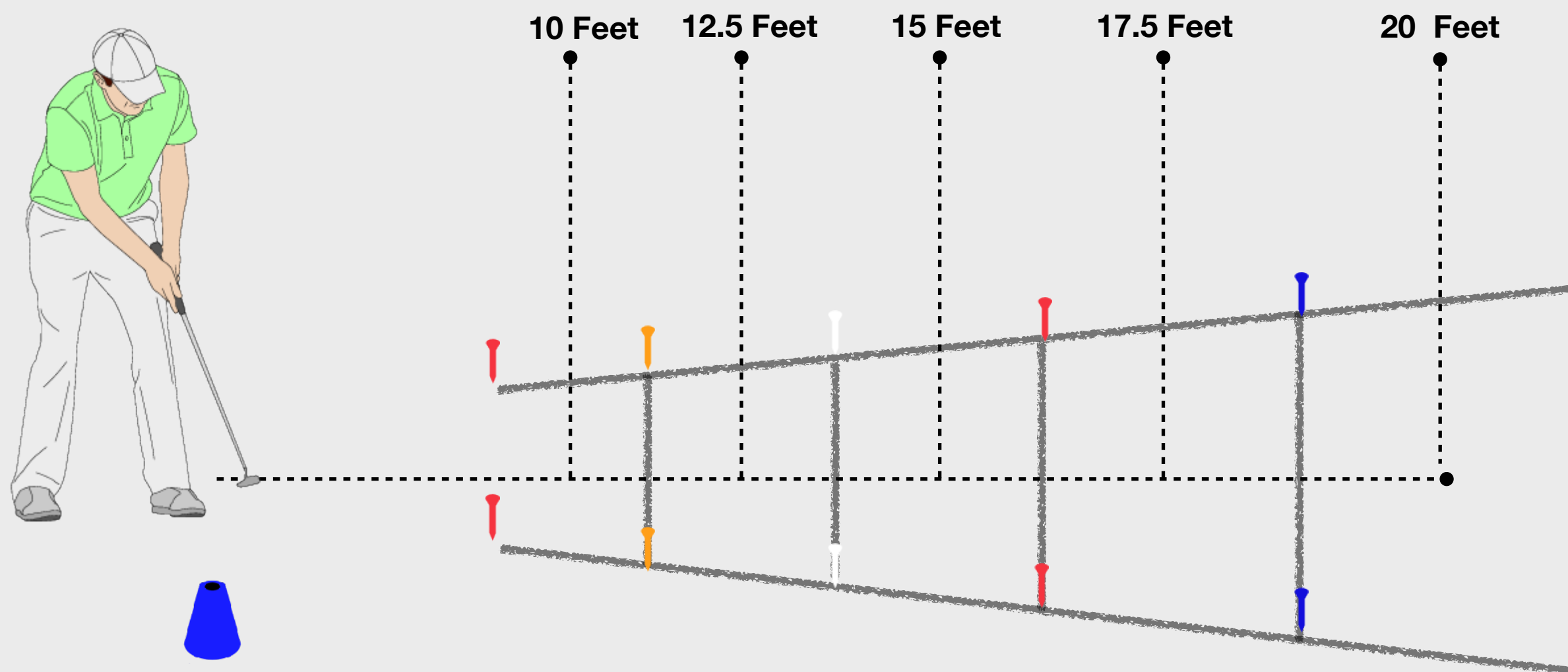
- String for the target boxes
- 12 tee pegs cones to mark the edge of the boxes
- A single cone to represent the starting position

How to Play

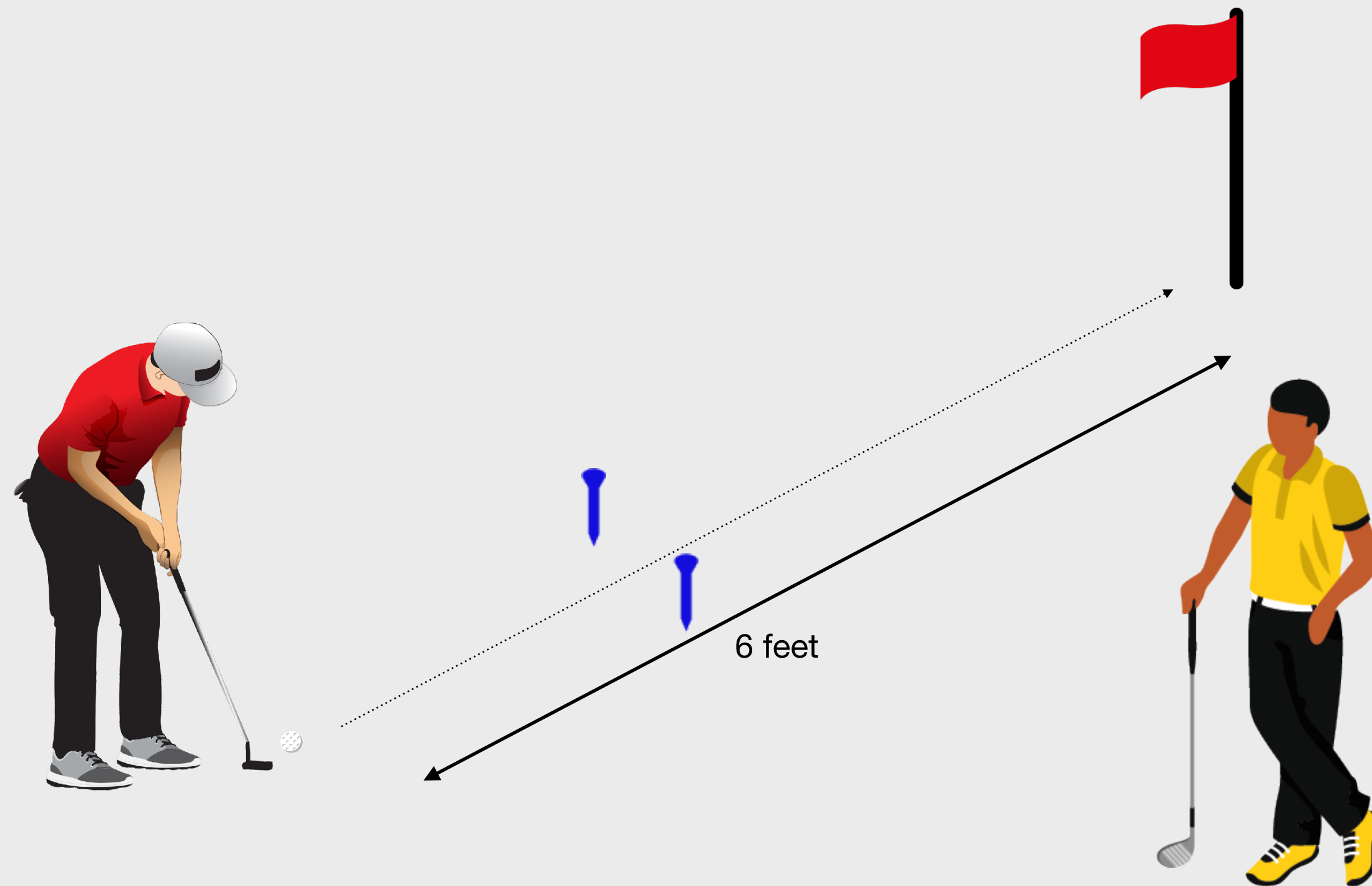
- A student starts by attempting to putt their ball into the first and smallest box on the ladder
- If they are successful, they return to the starting position and attempt their next go to the second box
- If unsuccessful they repeat their attempt to the first box
- The student's attempts to complete all steps on the ladder to complete the game
- This game can be played individually, in pairs or groups

Technical Link

- This activity will improve the student's ability to control distance for a variety of common, but different length putts
- To complete this they will have to putt the ball with a consistent roll and vary the length of stroke



Croquet



Equipment Needed

- 2 Tee Pegs
- Putter

How to Play

- Set up your ball for a 6 foot putt that is fairly straight.
- Halfway between your ball and the hole, place two tees just wide enough apart for a ball to roll through.
- Attempt with your putts to roll the ball between the markers and into the hole.
- The game can be played with others on a point system, with 1 point for making it through the markers and 2 points for also sinking the putt.

Technical Link

- This game will help you align putts.
- This game helps with visualizing your putts.
- This game will improve your accuracy from focusing on a smaller target.

21



Equipment Needed

- 2 Putters
- 2 Golf balls
- 2 Golf holes

How to Play

- Pick two holes on the practice green and each stand at one hole aiming at the other hole.
- Putts made on the first shot are worth three points, a lip out on the first putt is worth 2 points, 2 putts are worth one point and a 3-putt is -1 point.
- After each golfer sinks their putt, turn around and putt for the opposite hole.
- The winner is the first person to make it to exactly 21 points.

Technical Link

- This activity will help the student to improve their consistency and their repetition of a skill.

Waterfall



Equipment Needed

- Cones
- Putter

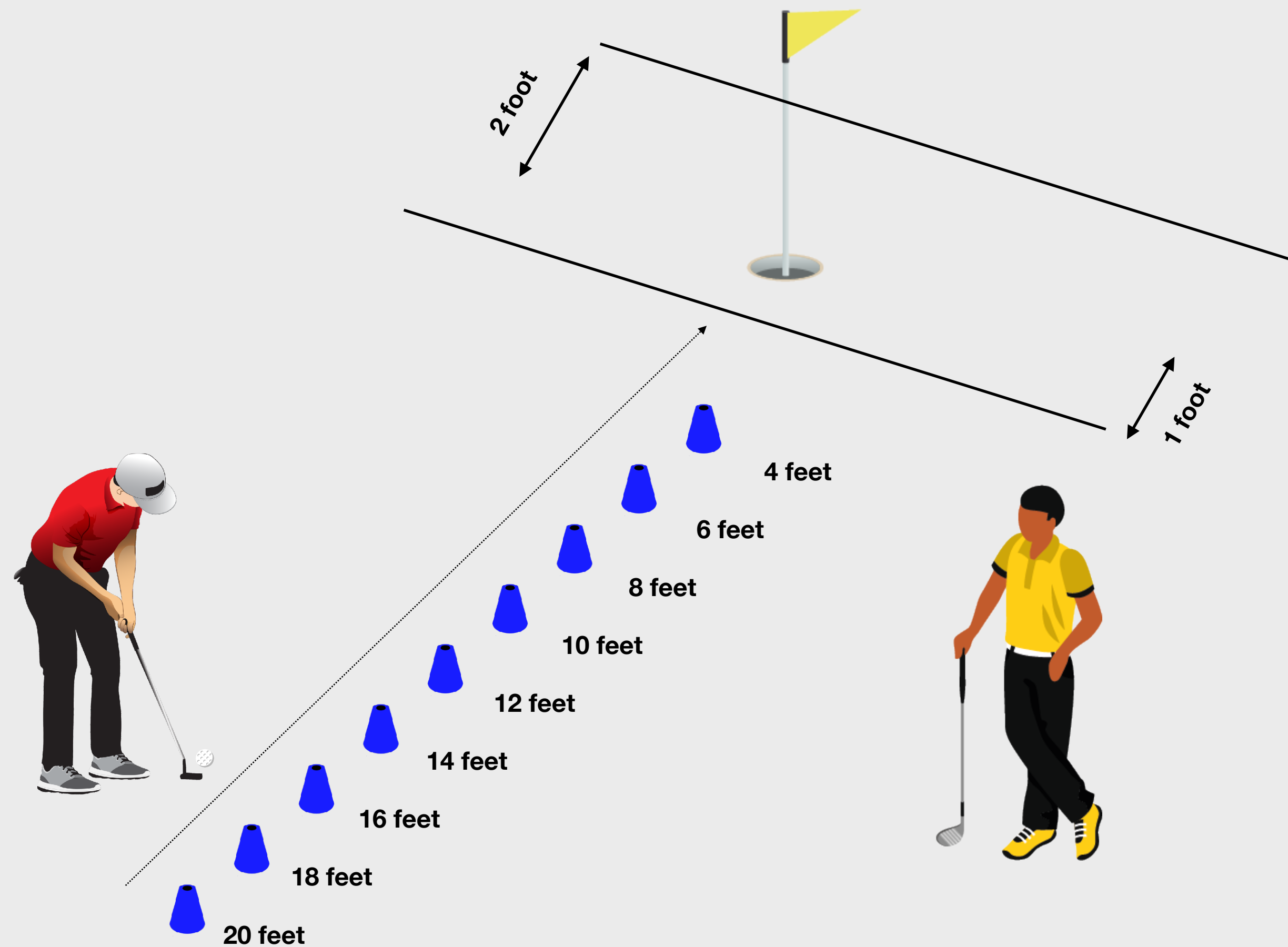
How to Play

- Set this activity up with the cones 10 feet and 30 feet away
- The aim of the game is to get as many balls between the cones as possible
- The student always starts from the blue cone and should attempt to putt their first ball just past the first cone, 10 feet away
- If successful the student then attempts to putt their second ball just past their first ball but not too far as this would reduce the space they have to aim for their next ball
- The student continues until either they fail to get their ball past their previous attempt, or they putt it past the furthest cone
- Their partner then does the same and the player with the most balls within the cones is the winner.

Technical Link

- This activity will help the student to improve their distance control, as it requires a small, incremental difference in each putt

Gimme Zone



Scoring system:

PAR = Putts finishing inside the target zone

BIRDIE = Make the putt

BOGEY = Putts finishing outside the target zone

Equipment Needed

- Putter
- 9x Marker Cones
- Target line (string, alignment stick)

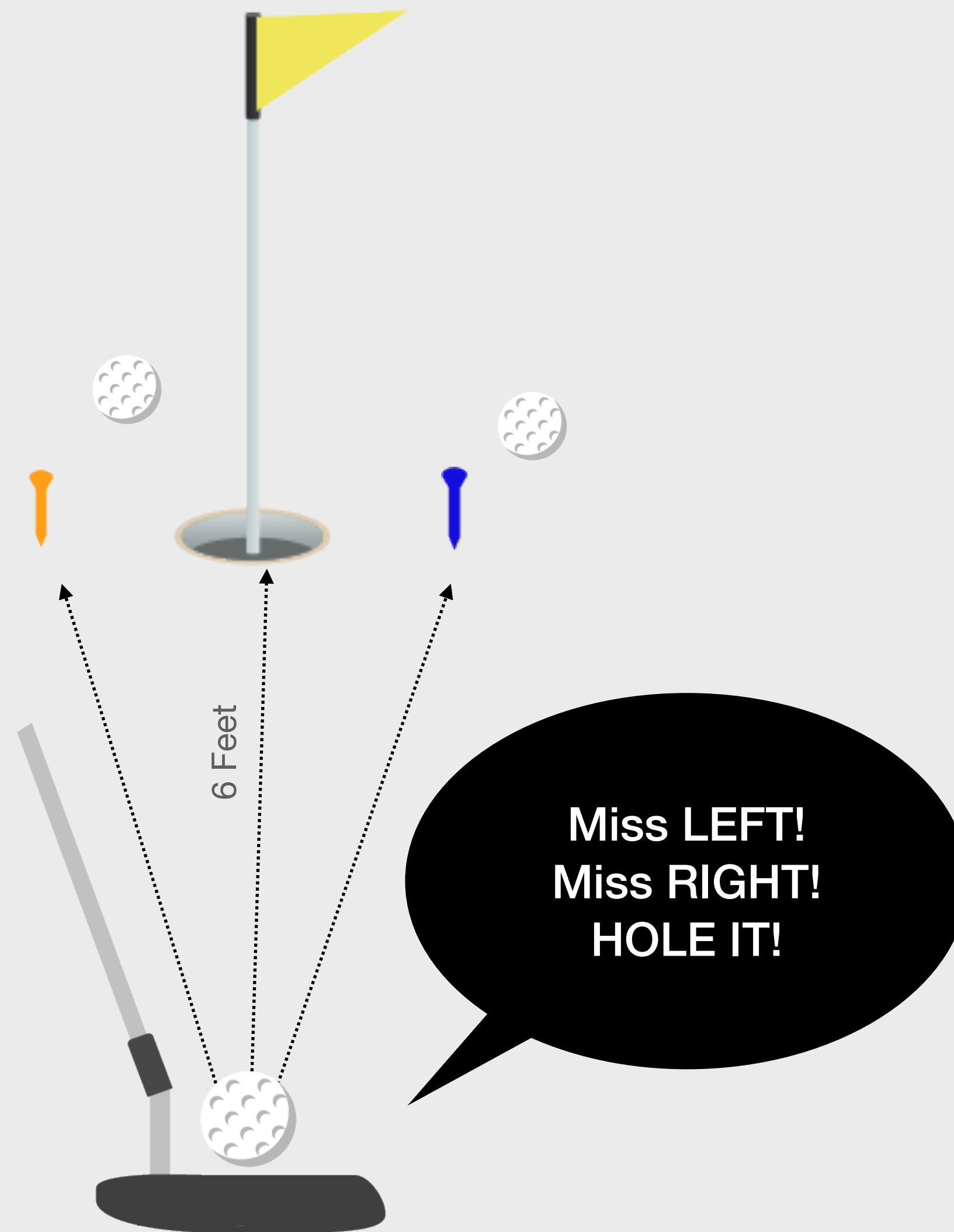
How to Play

- Students must perform 2 putts from each station placed at distances of 4 feet away from the hole, then every 2 feet back up to 20 feet in a straight line.
- This totals 18 putts from 9 stations.
- They are attempting to hole or get within the target zone as many as they can to get the best score.

Technical Link

- This activity will help the student to improve their distance control from a variety of distances

Can you Miss?



Equipment Needed

- Tee pegs to mark the 2 miss points left and right of the hole
- Putter
- Hole and flag (optional)

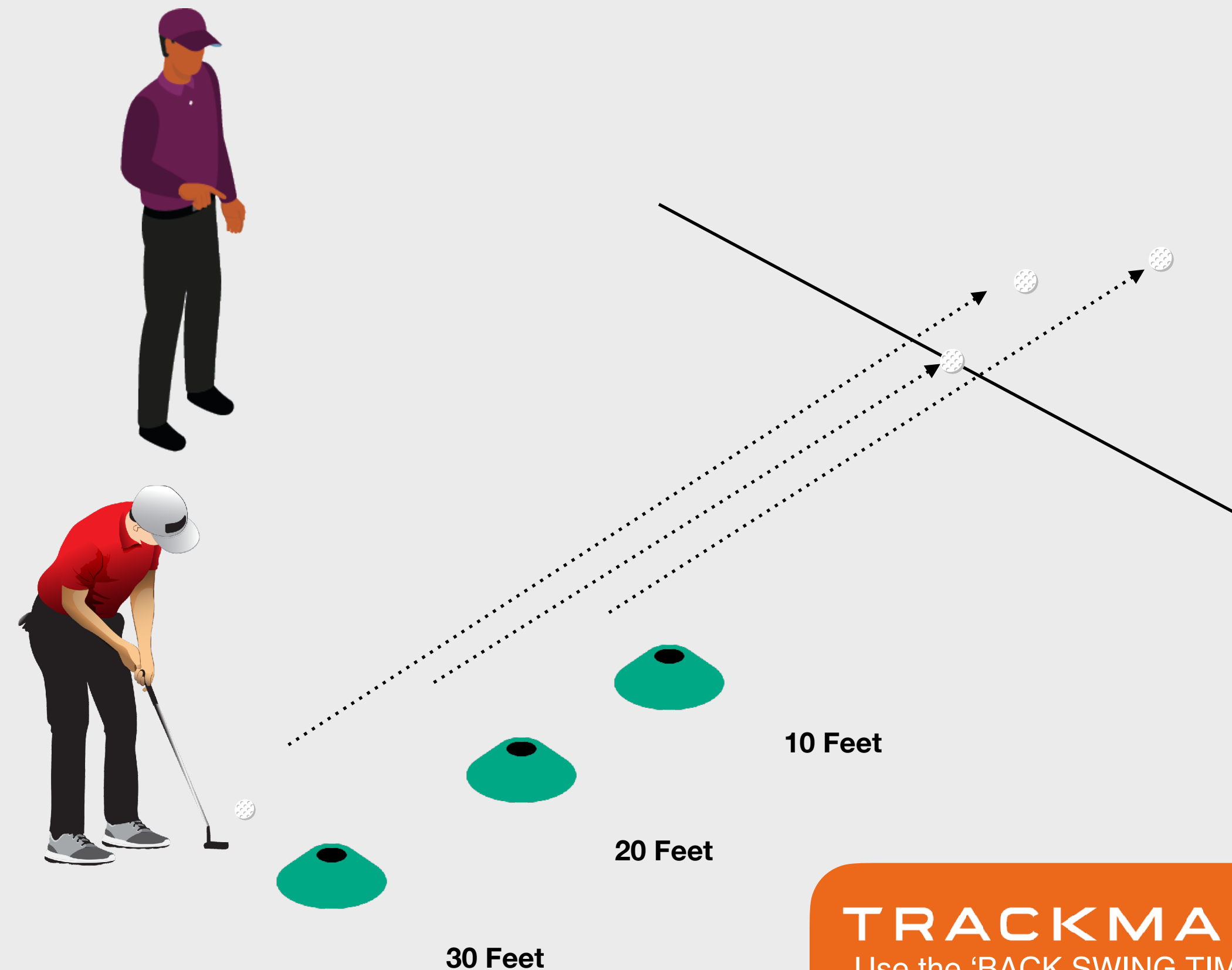
How to Play

- This game can be played individually, in pairs, or small groups.
- Position the golf ball 6 feet from the hole. The coach or partner will shout "Miss left," "Miss right," or "Hole it!"
- The student must then attempt to carry out the command by turning just the putter face.
- Emphasize the importance of the student maintaining their body position and focusing solely on turning the club face.
- The objective of the game is to help the student understand the proper position of the club face at address.

Technical Link

- This activity will test the students ability to control the direction of the ball from only changing the face alignment and keeping everything else the same

Long Cliffhanger



TRACKMAN

Use the 'BACK SWING TIME' and 'FORWARD SWING TIME' features to enhance the students experience and give some additional feedback.

Equipment Needed

- Putter
- Cones
- Target line (string, alignment stick)

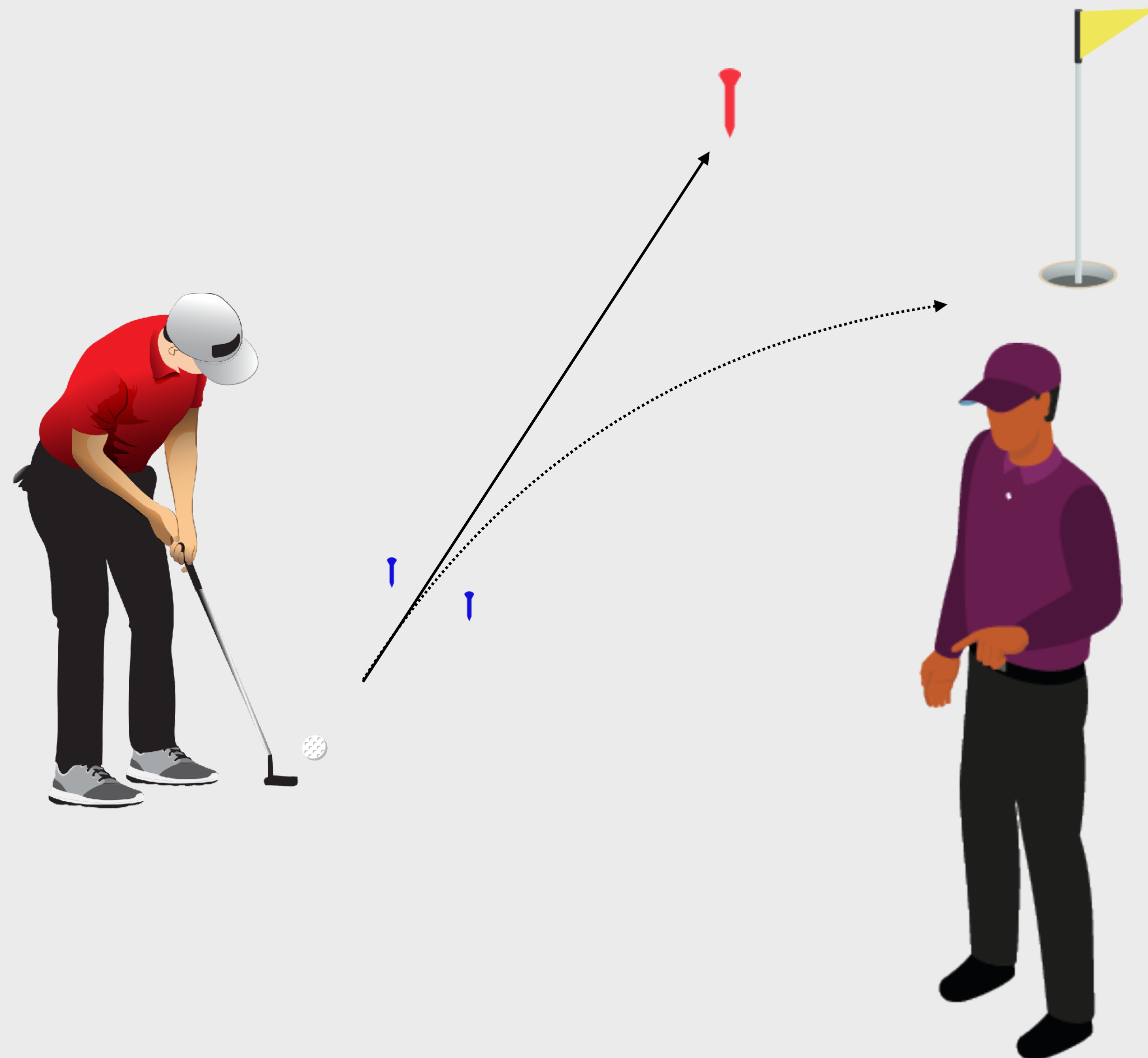
How to Play

- Students should part from the three different start points
- Randomise the cone that the student starts from
- The student is trying to pop the ball as close to the line as they can without going over it
- They can play against other students and the ball that is closest to the line without going over wins a point
- Award a minus point for balls that go over the line

Technical Link

- This activity will help the student to improve their distance control on short putting
- Explain to the student that getting the pace of a putt correct will help them lag it closer and avoid three putting, which will improve their scores on the course

Through the Gate



Equipment Needed

- Three Tee Pegs
- Putter

How to Play

- The student should attempt to find a putt on a sloped surface and no more than 10 feet from the hole
- They should read the putt and place a tee peg adjacent to the hole to represent their intended target line
- They should place a gate made up from the tee pegs in the first third of the putt. The ball to target line should go directly through the middle of the gate
- The student should attempt the putt and notice if the ball travelled through the gate and where the ball finished in relation to the hole
- This student should re-attempt the putt either amending the start line and go, improve the start or match up the speed of the putt to their intended distance
- This game can be played individually, in pairs or small groups

Technical Link

- This activity will improve the students face control and start line
- It will reinforce effective aiming strategies and pre-putt routine

Don't Leave it Short!



Equipment Needed

- Putter
- 9 Holes on the Green
- Tee Peg or Ball Marker

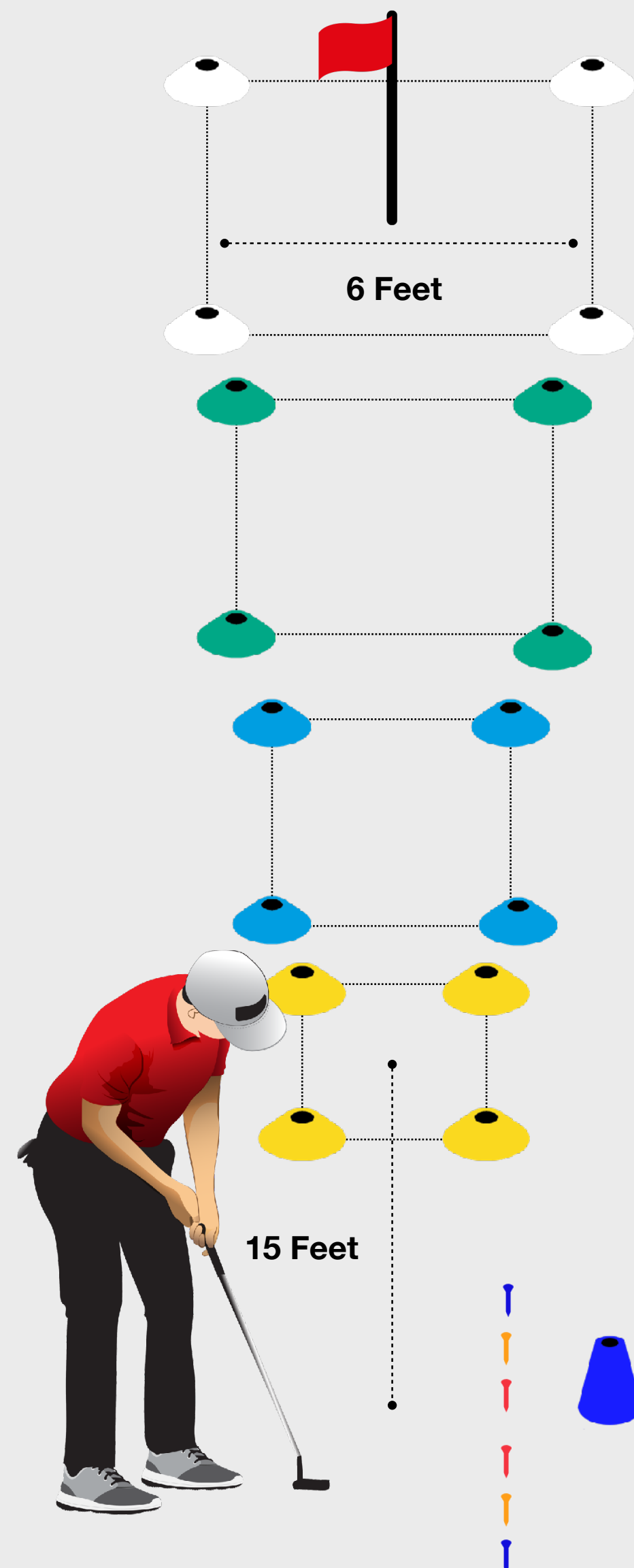
How to Play

- This game can only be played in pairs or groups but is played individually
- Pick 9 holes on the putting green and if required using combinations of the same holes in the example on the left three holes repeated three times
- The aim of the game is complete 9 holes without leaving the ball short of the hole or three putting
- The player attempts their first putt and the ball need to finish past the hole to attempt the next putt. If the ball finishes short the player picks their ball up and starts again
- If the ball finishes past the hole and the students misses the second putt, they again for back to the start
- If they hole the putt, they move to the next hole
- The student should place a marker in the ground at the furthest point they reach on the course

Technical Link

- This activity will help the student to experience competitive pressure when they are putting, which will be a test for their technique and skill by placing consequence on each putt that they hit
- When completing this activity you should place the important an a consistent pre-putt routine

Up the Ladder



Equipment Needed

- Putter
- Tee Pegs
- Sting
- Cones

How to Play

- A student attempts to move up the ladder of boxes from the same starting position marked by the single cone
- The first putt is to the box 15 feet away from the starting position
- After the student putts the ball into the box, they attempt to putt their ball into the second box which is 5 more feet away
- If the student misses they should move back to the start or back a box
- The student should attempt each putt and focus on building an effective pre-shot routine

Technical Link

- This activity will improve the students ability to control distance for a variety of common, but different length putts
- To complete this they will have to putt the ball with a consistent roll and a vary the length of stroke

Pace and Line



TRACKMAN

Use the 'STROKE LENGTH' and 'TEMPO' features to enhance the students experience and give some additional feedback.

Equipment Needed

- 2 Tee Pegs
- 2 Cones
- Coin
- Putter

How to Play

- Set this activity up on a sloped surface with 2 cones placed at 5 and 10 feet from the hole
- Place two tees level with the hole
- Explain how even though the putt is the same direction there are differing amounts of break due to the length of the putt
- The student must attempt the putts and adjust their aim based on the feedback of whether the ball missed high or low
- Vary the tee peg positions and explain how the pace they hit their putt at needs to match the intended start line
- Use a coin to help the student understand the start line of the putt as the break varies and how they can develop an appropriate routine

Technical Link

- This activity will help the student to understand start line corresponds with pace and how they must be matched for consistent results
- Understanding and mastering this technique is key to improving putting ability from all ranges and lowering scores

Two Putt Spiral Challenge



Equipment Needed

- Tee pegs
- Putter

How to Play

- Set up tee pegs surrounding a hole on a sloped surface ranging in distance from 10 feet to 20 feet
- A student attempts one putt from each tee peg and the aim is to two putt or hole out from each tee peg consecutively
- If it takes more than two putts they must start the spiral again
- Ask the students to note how the slope changes around the hole and therefore how they need to adapt their starting line
- This game can be played individually, in pairs or small groups

Technical Link

- This activity not only challenges the students lag putting ability, but also tests their ability to finish it off in two putts under pressure and this is a way of emulating an on course scenario
- This activity will also help the students to understand how a slope can affect the putt from different positions around the same hole and this should focus them on their start line and green reading

Pressure Build UP!



Equipment Needed

- Putter
- Cones or Tee Pegs

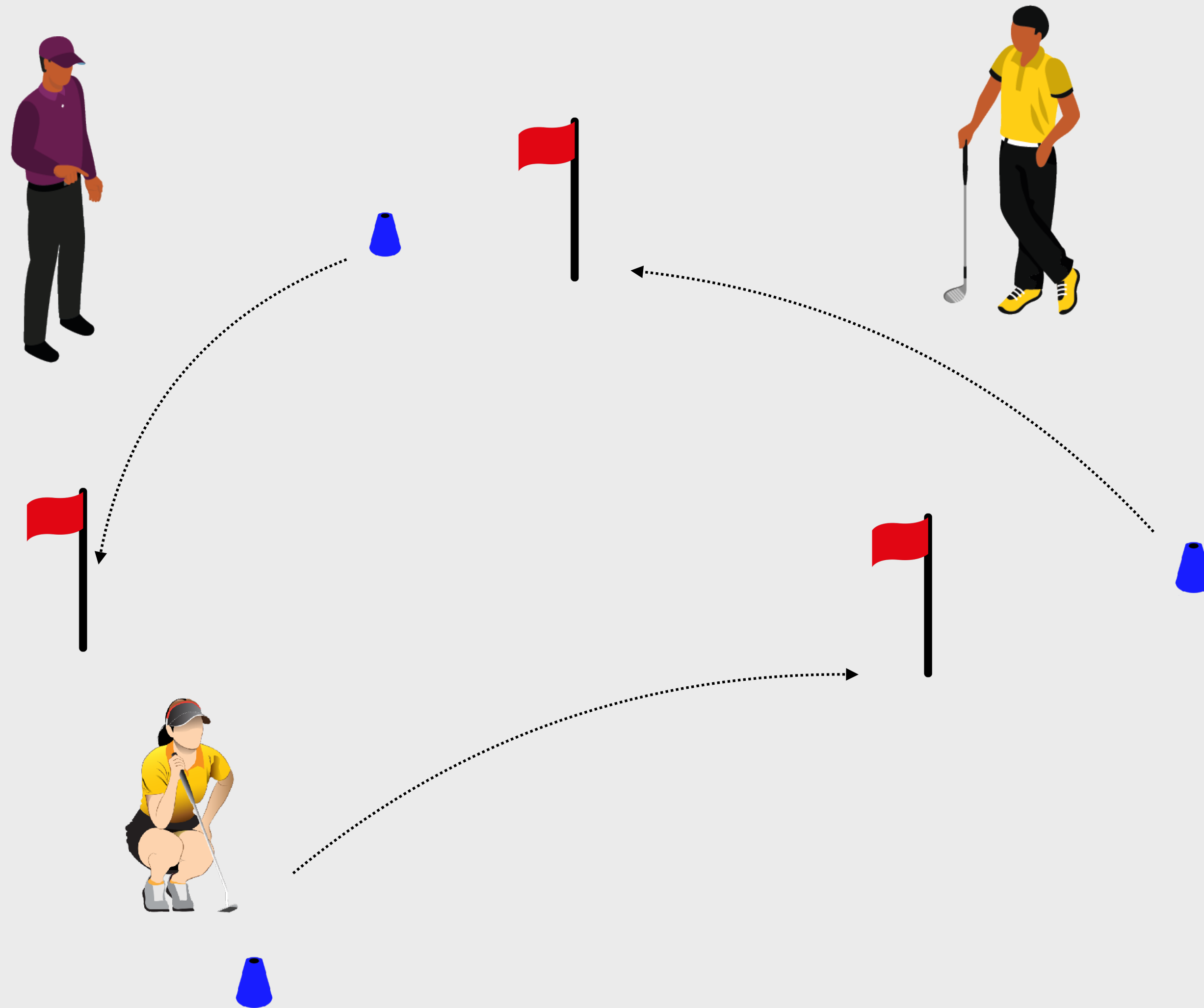
How to Play

- A student attempts to put the ball into the hole from each starting distance
- The student should start at the 2 feet cone or tee peg. If they hole the putt they should move to the next starting position
- If the student misses a putt they should go back to the start.
- The student should focus on a consistent pre-putt routine on each attempt
- An alternative option is to count the total number of putts to reach the final distance (10 feet)
- The outcome from the game is to create a pressure situation for the students to test the strength of their putting psychology and positive mental attitude

Technical Link

- This activity tests the students ability to keep the club face aim stable and only change the length of stroke to hole the putts
- It also challenges the student to putt under pressure because they must start again if they miss

Hole All 3!



Equipment Needed

- Putter
- Cones

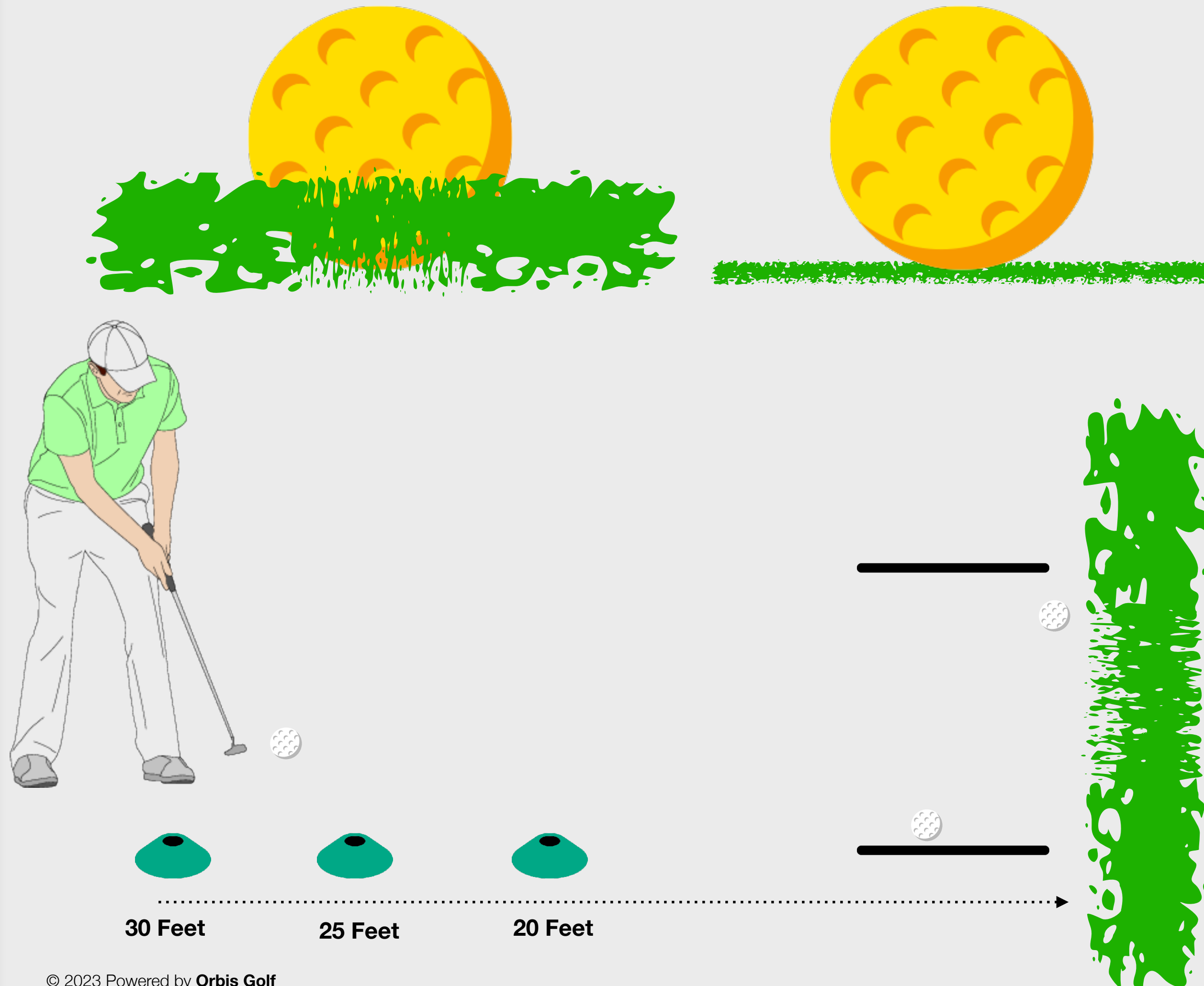
How to Play

- A student attempts to play three holes trying to hole all 3 long putts
- The holes should be 10 feet to 30 feet in length and on a gently sloping part of the green
- If the student holes the first putt, they can progress onto the second putt, if they miss a putt at any time, they start back on hole one
- This game can be played individually, in pairs or small groups

Technical Link

- This game is extremely challenging, but will focus the student on trying to hole longer putts rather than just getting them close
- Successfully completing the circuit will give the student extreme confidence when attempting longer putts on the course

Fringe Master



Equipment Needed

- 2 x Alignment sticks / Tee Pegs
- Putting
- Fringe

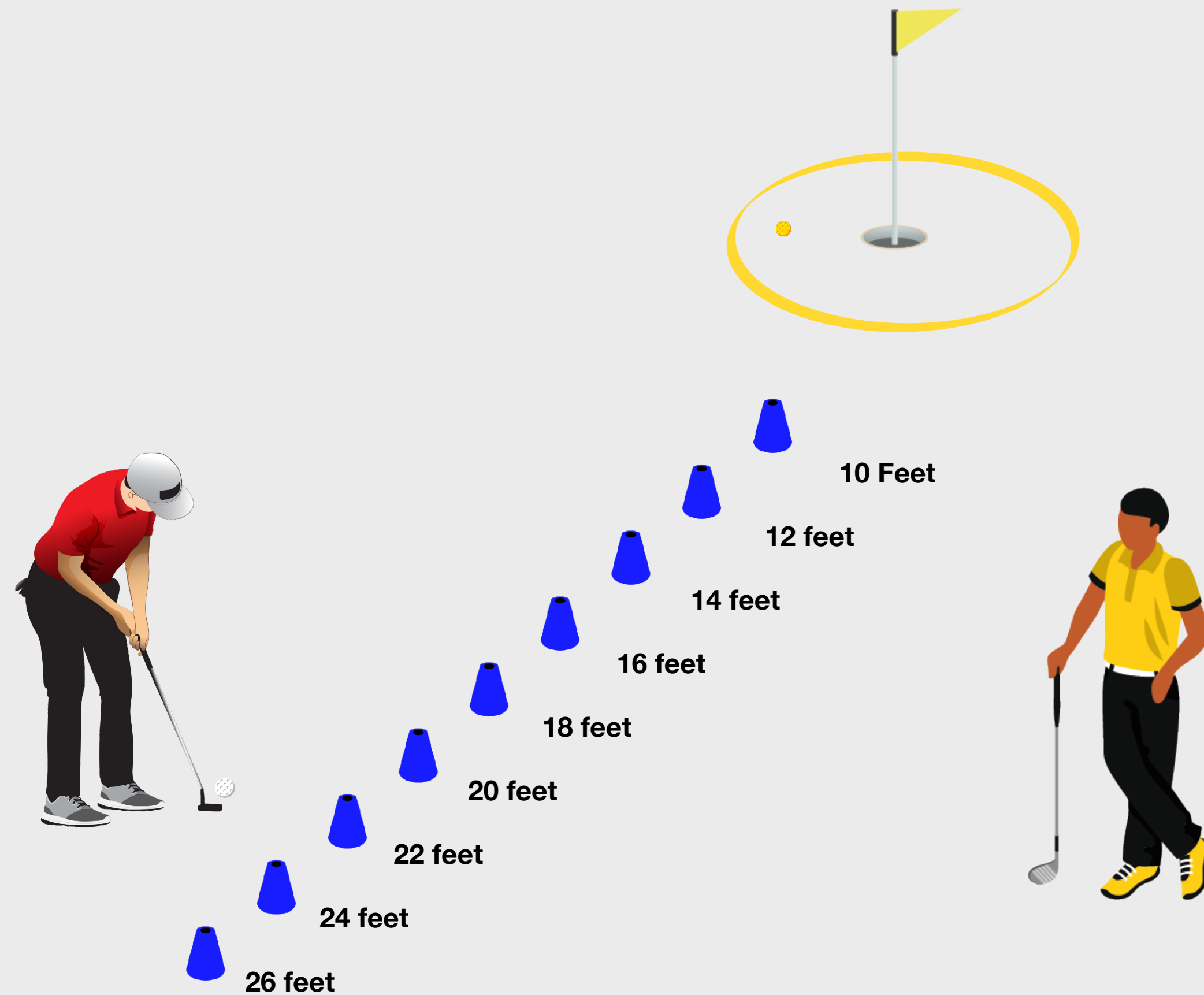
How to Play

- Set up two alignment sticks around 10 feet apart on the edge of the green
- Take 9 balls and place 3 at each starter cone
- Aim to putt the balls between the alignment sticks and stop as close to the fringe as possible
- Use this scoring system:
 - Ball touching the fringe = 5 points
 - Ball within 1ft = 3 points
 - Ball within 2ft = 2 points
 - Ball within 3ft = 1 point
 - Ball on the Fringe = -1 point

Technical Link

- This game should help the student to improve their distance control from a variety of distances and promote caution of putting into a specific area

Long Putt Dominoes



Equipment Needed

- Putter
- 9x Cones or Tee Pegs
- 6 foot Target circle

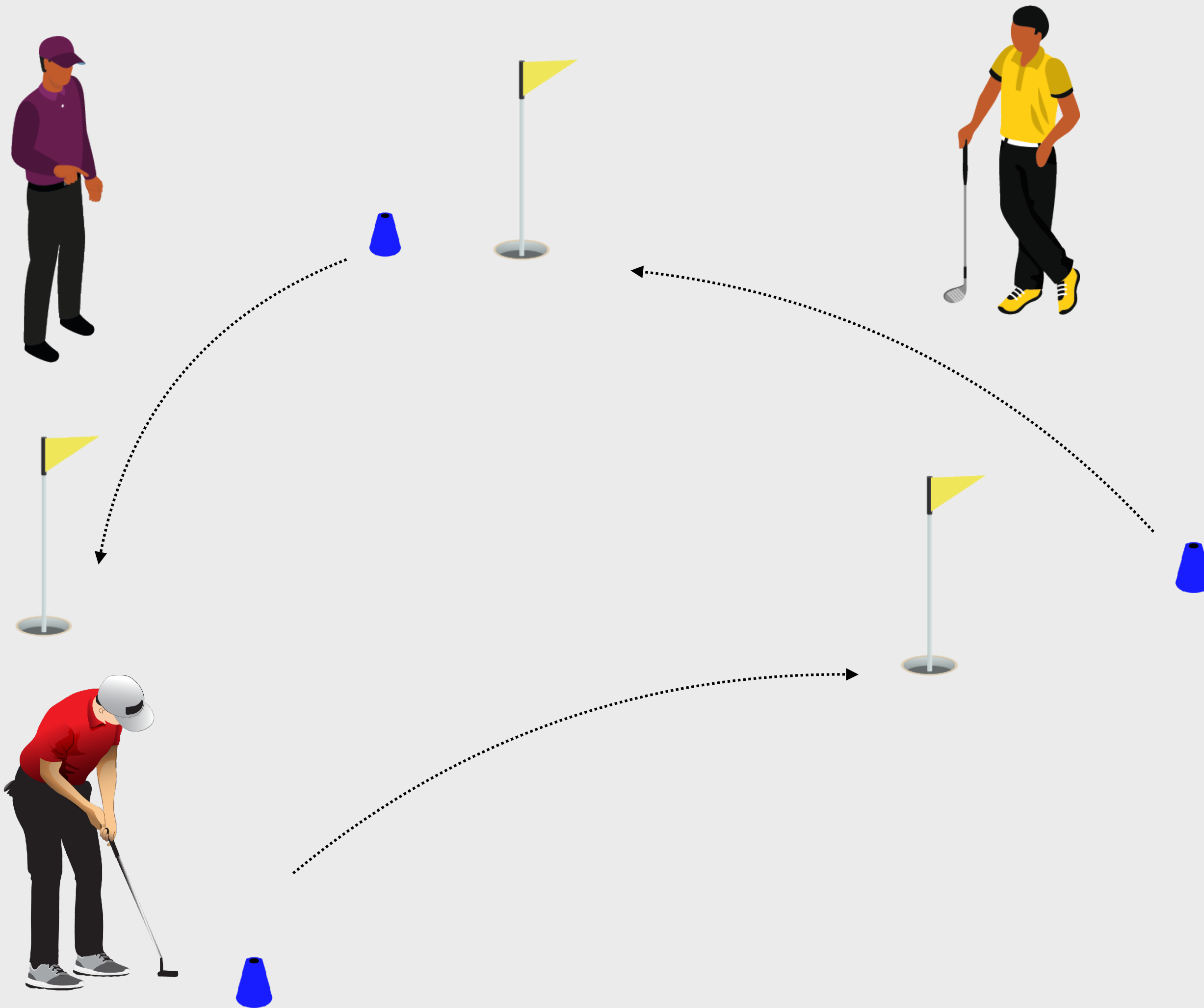
How to Play

- A student attempts to put the ball into the circle from each starting distance on a flat surface
- The student should start at the 10 feet cone or tee peg. If they putt the ball into the circle they should move to the next starting position
- If the student misses they should move back a step or go back to the start for added difficulty

Technical Link

- This game should give the student the chance to rehearse their stroke from different distances without having to adjust aim
- The student should focus on having a consistent stroke on each attempt and only altering the length of the stroke
- This will help the student to increase their skill and understand of how to improve the roll of the ball on long putts

Routine Repetition



Equipment Needed

- Putter
- 3 x Marker Cones

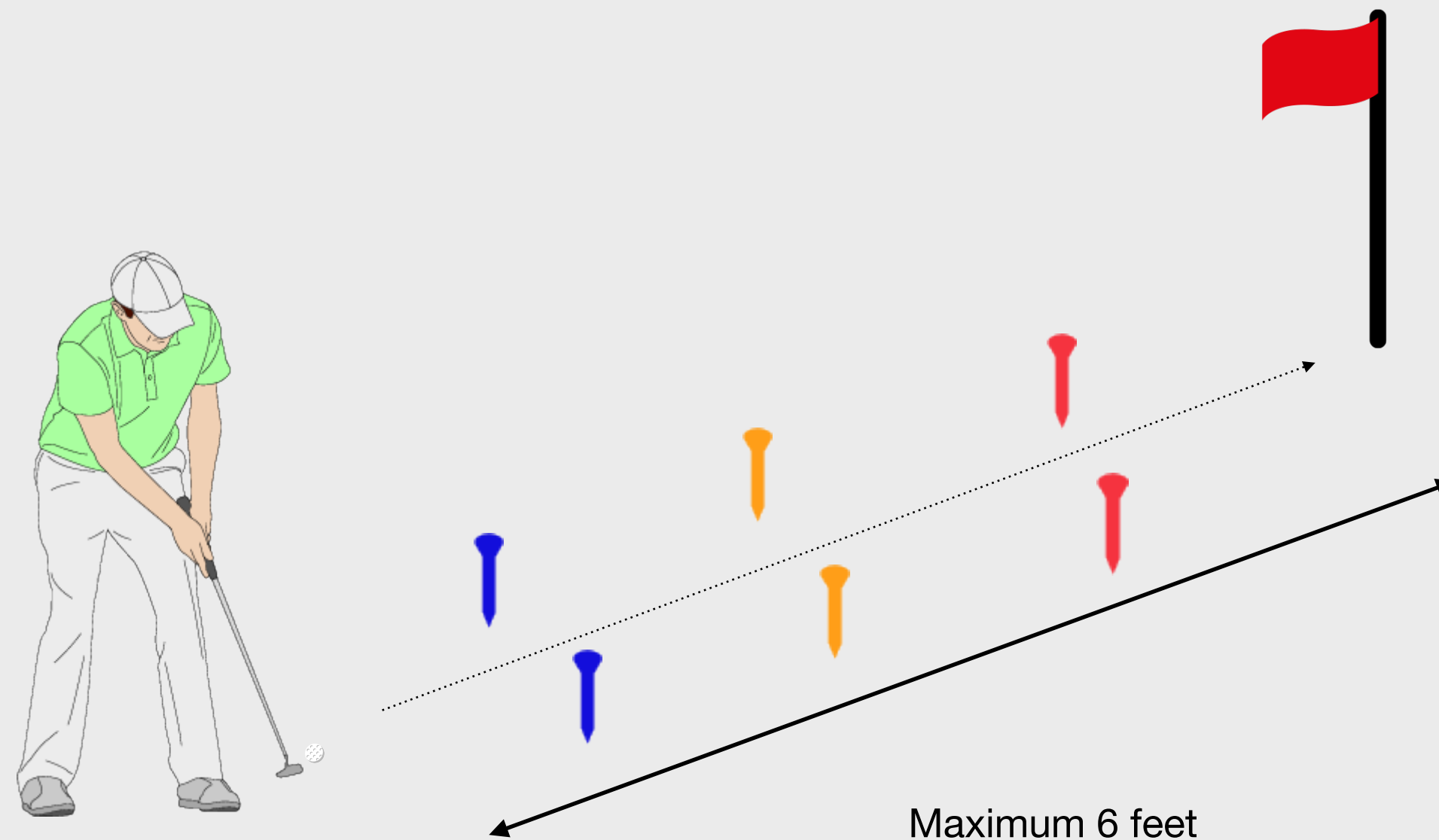
How to Play

- Ask the students to show their current pre-putt routine
- They then attempt to play three holes in the fewest number of putts possible
- The holes should be around 15 feet in length and on a gently sloping part of the green
- Students need to demonstrate an identical routine each time
- If they do not show an identical routine from the 'show' routine conducted before the game they are penalised 1 shot
- This game can be played individually, in pairs or small groups

Technical Link

- This activity will provide the opportunity for the student to practice their pre-putt routine
- The scoring target will provide added pressure to replicate an on course scenario

Shut the Gates



Equipment Needed

- 6 Tee Pegs
- Putter

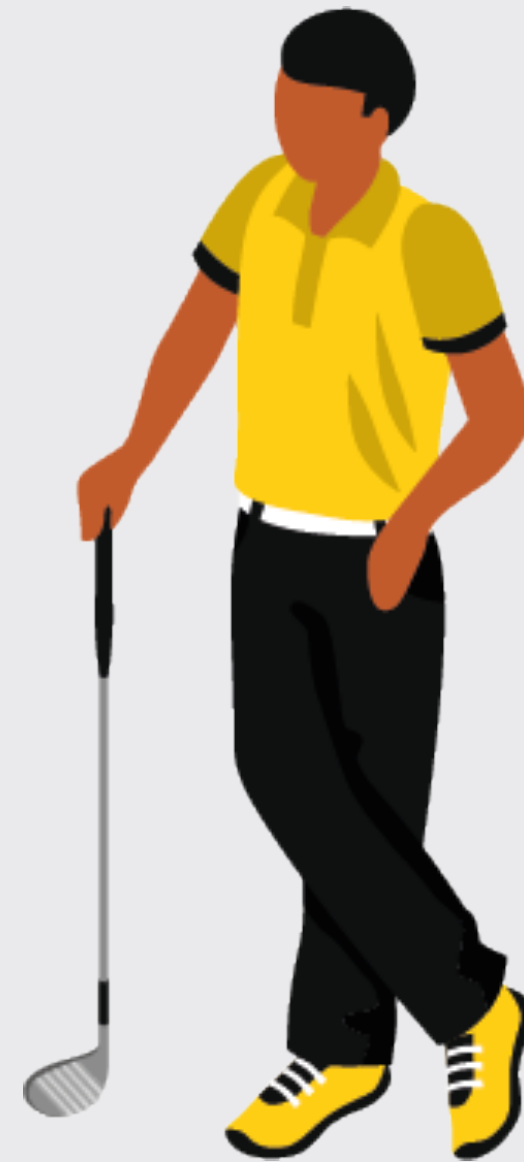
How to Play

- Set up the tee pegs as gates for the students to try and hit the putt through towards the hole
- Start with the widest gate first and decrease the size of gates as they get closer to the hole
- The aim is to hole a putt where the ball passes through all the gates
- Each time a putt is holed, the gates must be rearranged and the width of each gate decreased
- This can be played until the gates are just a ball width apart

Technical Link

- This activity will help the student to understand the importance of face aim on start line of a putt and end result
- It is also a test of speed control because the ball must have enough pace to surpass the gates and finish in the hole

Miss the Money



Equipment Needed

- Coin
- Putter

How to Play

- Set up around 5 feet from a hole and place a coin half an inch behind where the ball is going to be putt from
- The aim is to hole the putt, but without the putter touching/moving the coin behind it
- Once the putt has been holed the first time, see how many times in a row it is possible to repeat this

Technical Link

- This activity should promote an upwards attack angle on the ball and simultaneously the student will be rehearsing their short putting technique

Long Putts Ladder +

Equipment Needed

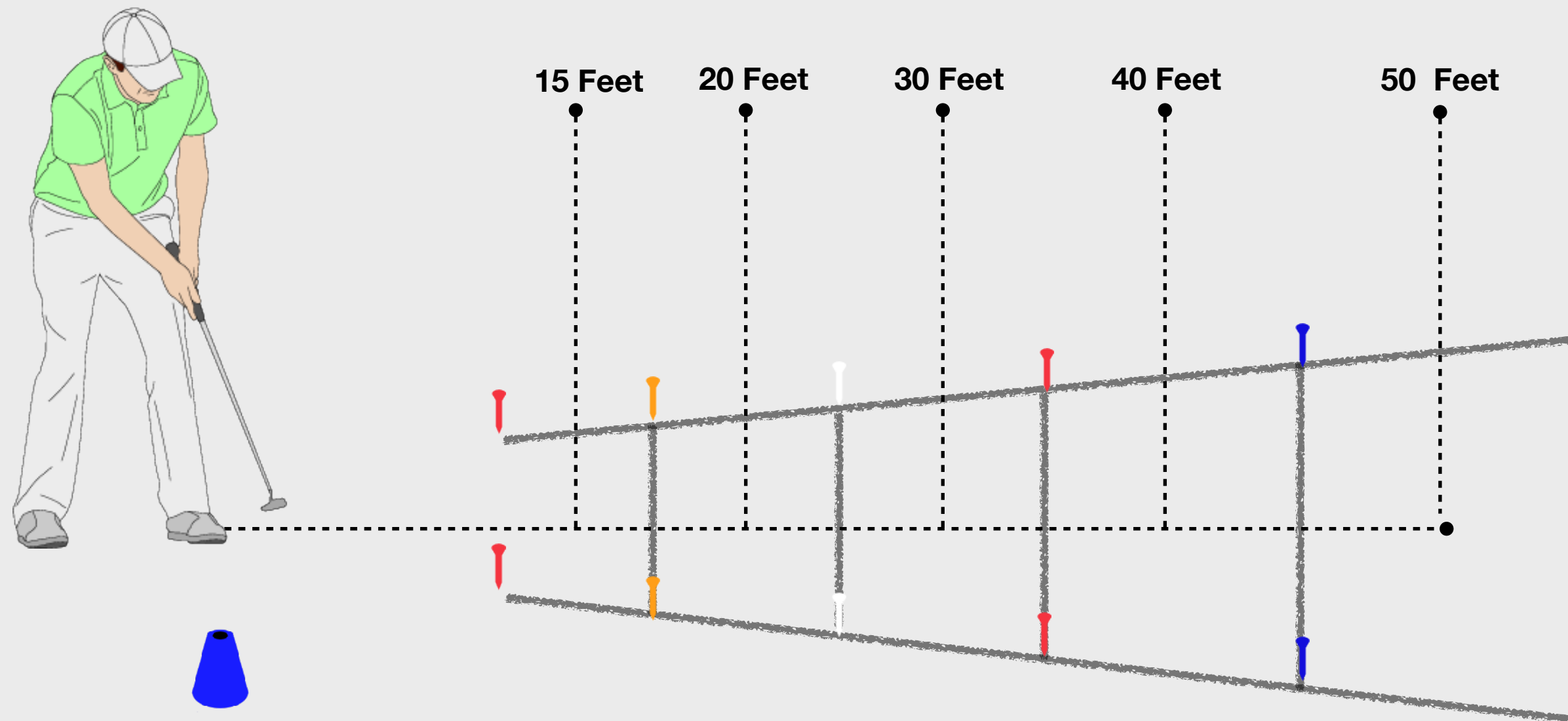
- String for the target boxes
- 12 tee pegs cones to mark the edge of the boxes
- A single cone to represent the starting position
- Putter

How to Play

- A student starts by attempting to putt their ball into the first and smallest box on the ladder
- If they are successful, they return to the starting position and attempt their next go to the second box
- If unsuccessful they repeat their attempt to the first box
- The student's attempts to complete all steps on the ladder to complete the game
- This game can be played individually, in pairs or groups

Technical Link

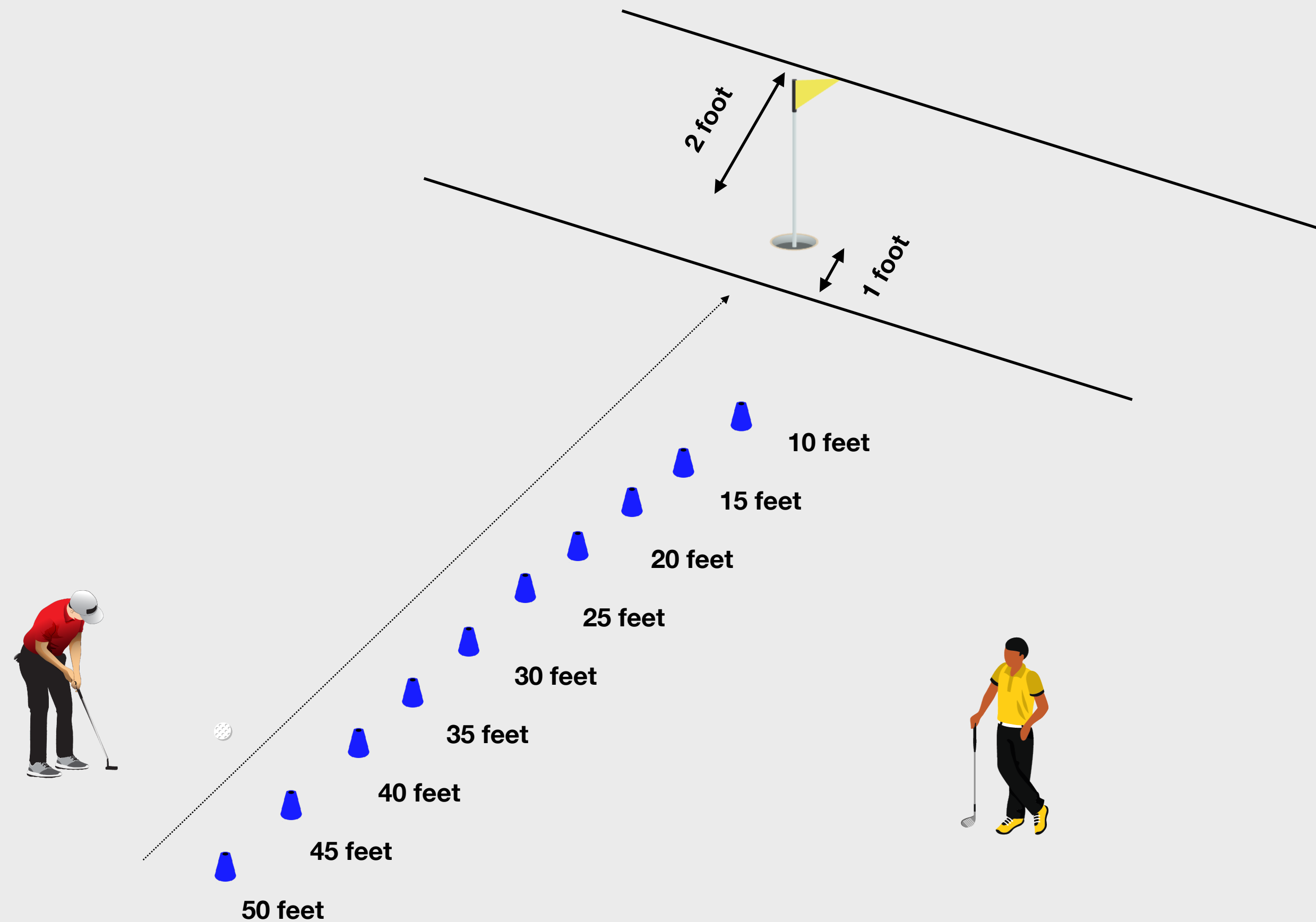
- This activity will improve the student's ability to control distance for a variety of less common, but different length putts
- To complete this they will have to putt the ball with a consistent roll and vary the length of stroke



TRACKMAN

Use the 'BACK SWING TIME' and 'FORWARD SWING TIME' features to enhance the student's experience and give some additional feedback.

Gimme Zone Long Putt



Scoring system:

PAR = Putts finishing inside the target zone

BIRDIE = Make the putt

BOGEY = Putts finishing outside the target zone

Equipment Needed

- Putter
- 9x Marker Cones
- Target line (string, alignment stick)

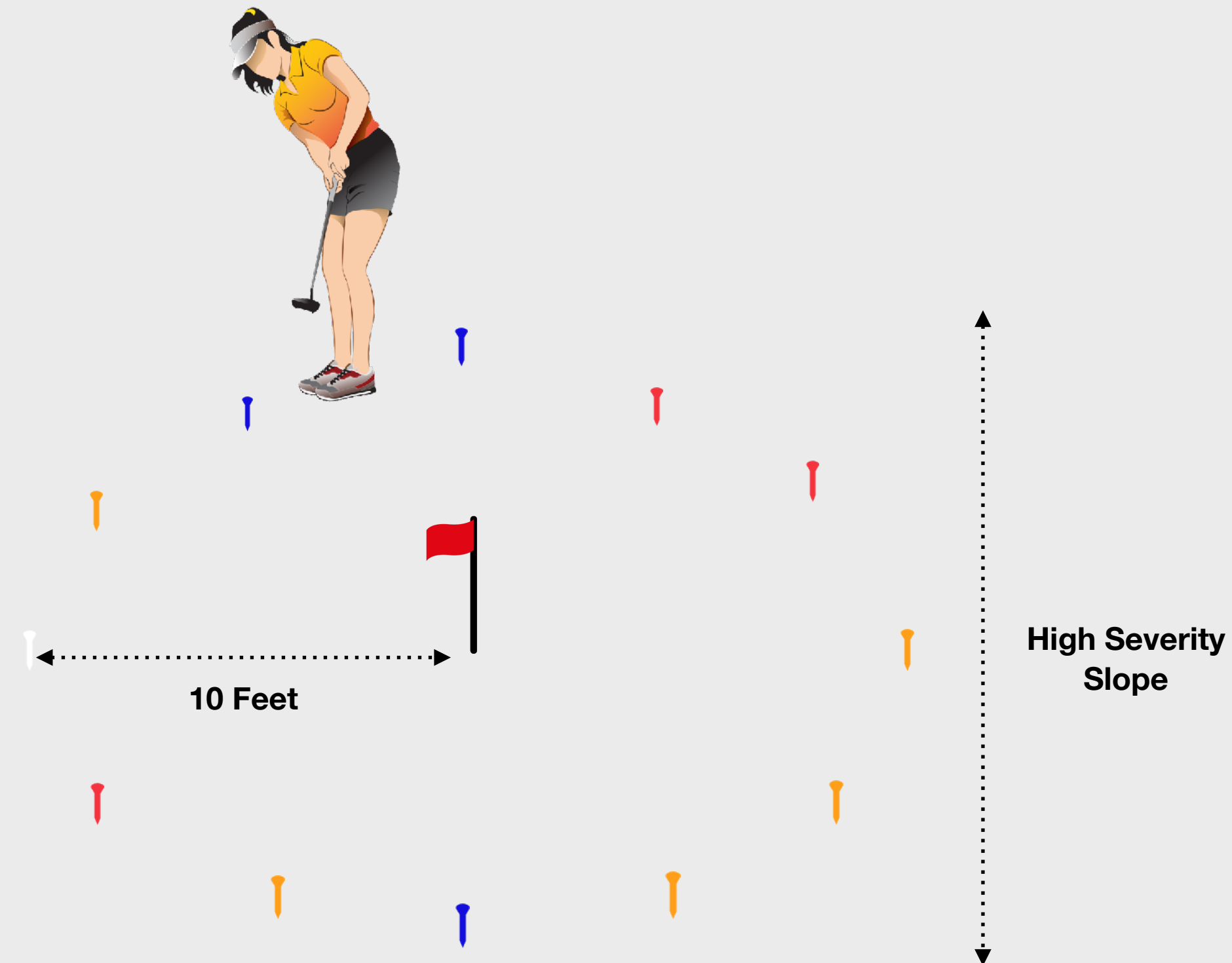
How to Play

- Students must perform 2 putts from each station placed at distances of 10 feet away from the hole, then every 5 feet back up to 50 feet in a straight line
- This totals 18 putts from 9 stations
- They are attempting to hole or get within the target zone as many as they can to get the best score

Technical Link

- This activity will help the student to improve their distance control from a variety of distances

Round the Clock +



Equipment Needed

- 12x Tee pegs to mark the points on a clock
- Putter

How to Play

- Set up the student on a sloped part of the green
- Place 12 tee pegs around the hole equally spaced and 10 feet away from the hole
- A student attempts one putt from each tee peg
- The aim is to focus the student on where they are aiming and encourage them to read the green before each putt
- After they have taken a putt from each tee position they will have a score of how many holed, which they can compare against their partners or their previous scores

Technical Link

- Putting on a severe slope to the same hole, but from different angles can really emphasise how much the slope can effect a putt
- This activity may identify a students weakness/strength for hitting putts with a certain break

Two Putt Slope Spiral



Equipment Needed

- 5 x Tee pegs
- Putter

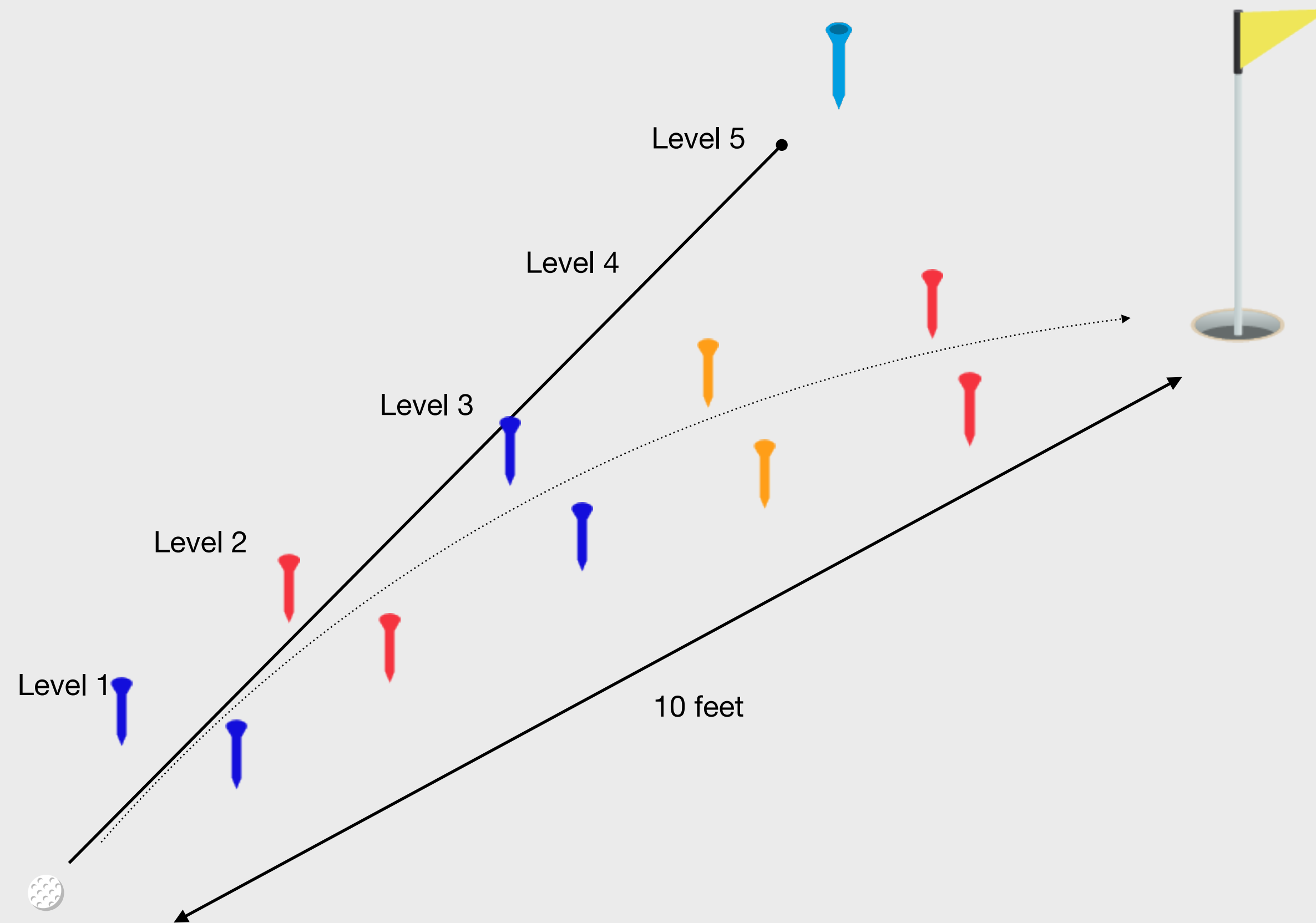
How to Play

- Set up 5 tee pegs surrounding a hole on a sloped surface ranging in distance from 10-20 feet
- A student attempts one putt from each tee peg and the aim is to two putt or hole out from each tee peg consecutively
- Before each putt they must rehearse their elected aiming strategy
- If it takes more than two putts they must start the spiral again
- This game can be played individually or in pairs

Technical Link

- This activity not only challenges the students lag putting ability, but also tests their ability to finish it off in two putts under pressure
- This activity will also help the students to understand how a slope can affect the putt from different positions around the same hole and this should focus them more sharply on their aim

Gate Game



Equipment Needed

- 10 Tee Pegs
- Putter

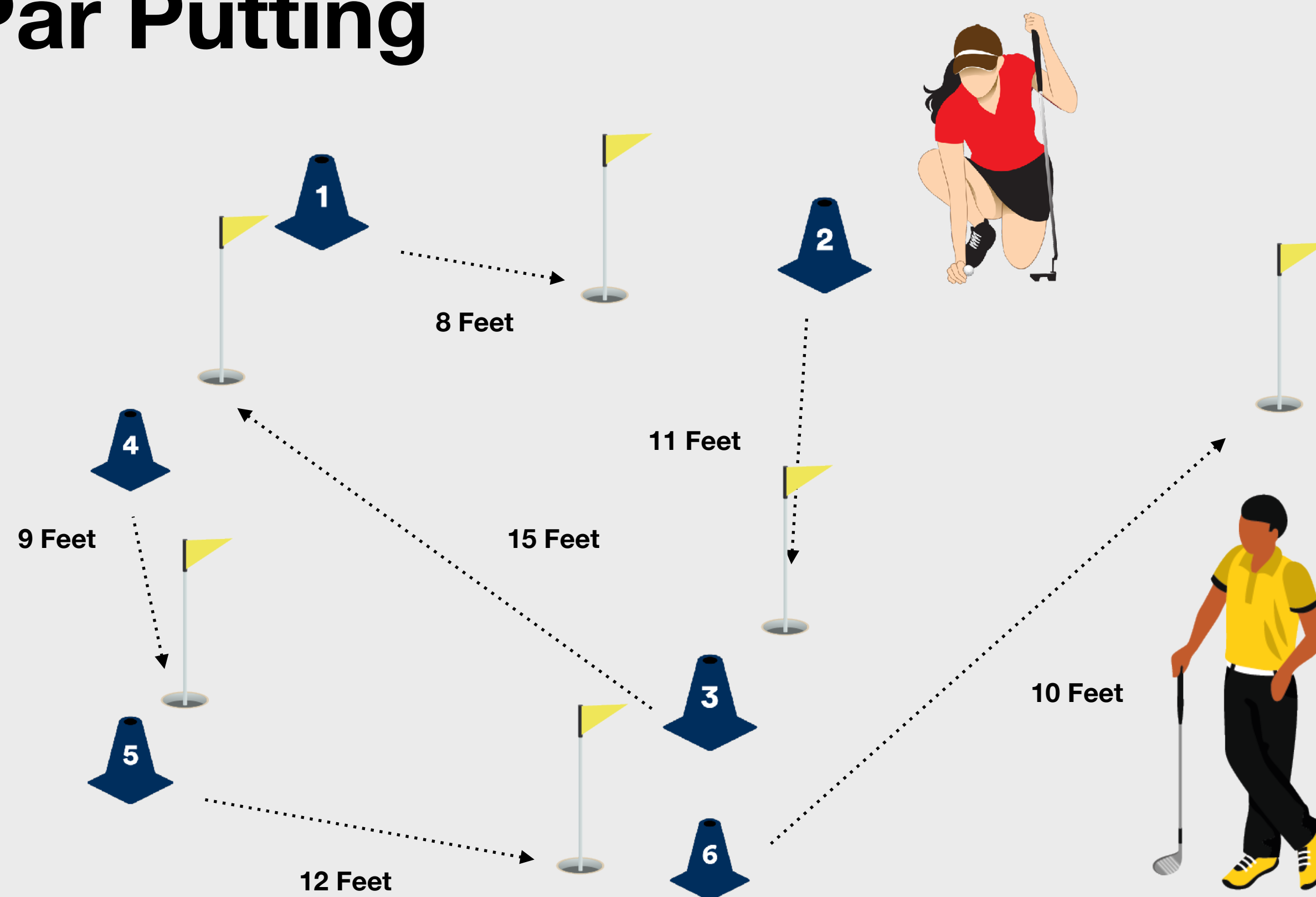
How to Play

- Set up the tee pegs on a slope as gates for the students to try and hit the putt through at the appropriate pace for the ball to miss the tees
- Set up 5 gates for the different levels for the students to try and achieve
- The further the ball travels through the gates without leaving a gate the higher they will score
- 1 point per gate up to a maximum of 5 point with a bonus point if the ball goes into the hole
- The students can play up to 10 rounds with the winner being the student with the most points

Technical Link

- This activity will help the student to understand how to aim effectively on a sloped surface and match the speed to break

Par Putting



Equipment Needed

- Putter
- 5 Holes
- Pad and Pen or Smartphone

How to Play

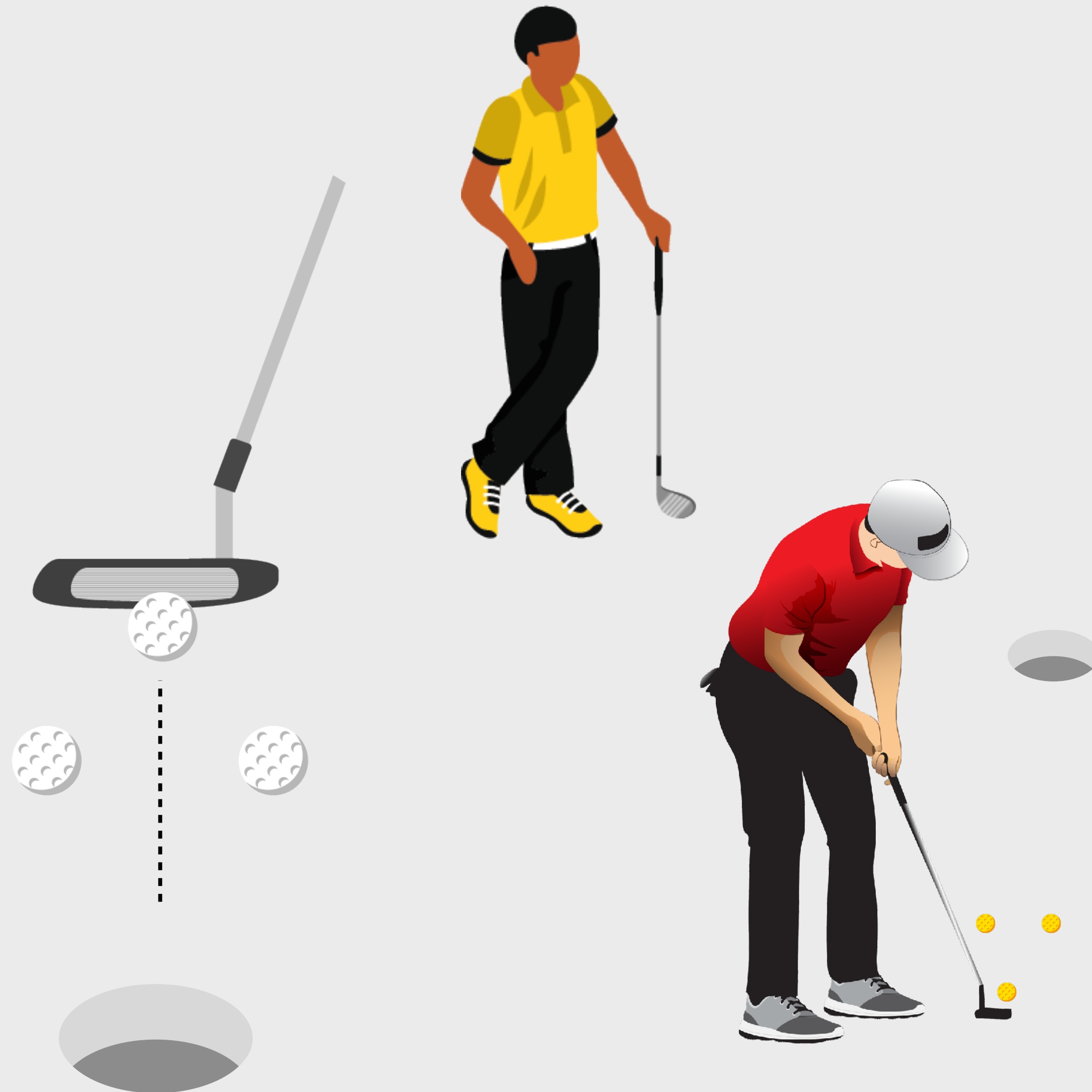
- Set the student up amongst 5 holes and challenge them to complete the 5 holes in as little putts as possible
- They can position themselves from 8-15 feet depending on chosen difficulty and skill level
- Vary the putts with downhill, uphill, left and right slopes
- To score this use the scoring system table

Technical Link

- This activity will simulate the course and be an effective practice method for putting under score pressure
- Will test the students ability to get it down in 2 through accurate lag putting

Putts	Score
1	-1
2	0
3	1
4	2
5	3

Snooker



Equipment Needed

- Putter

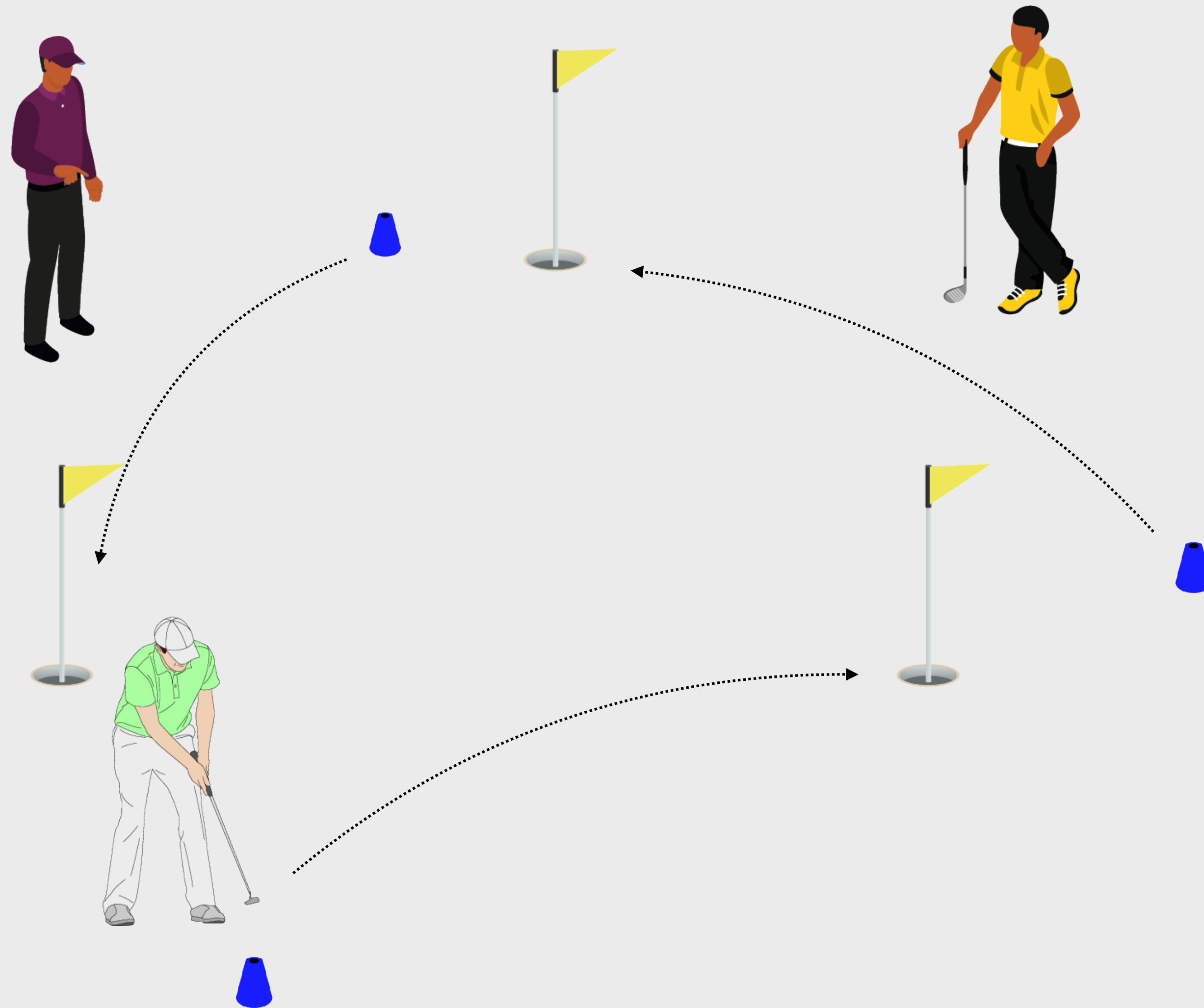
How to Play

- Set up the golf balls as a gate for the students to try and putt through towards the hole
- Start with the balls widest apart for the first gate and decrease the width they are apart after each successful hole out
- The student continues to putt with the same width gate until they are successful and they can move on
- The aim is to hole putts and decrease the width till the balls are just a ball width apart
- When playing, each putt is a round:
 - 3 points are awarded if the ball goes through and in the hole
 - 1 Point is awarded if it goes through the balls and misses
 - -1 Point is received if the balls are hit
- The winner at the end is the student with the highest score

Technical Link

- This game will improve the students ability to start the ball on the right line and keep a solid stroke under pressure

Scoring Wizard



Equipment Needed

- Putter
- 3x Marker Cones
- Pencil and Scorecard

How to Play

- A student attempts to play 6 holes in the fewest number of putts possible
- The holes should be 10 feet to 30 feet in length and include a mixture of flat and sloping surfaces
- We suggest providing some context to the scores, indicating that to achieve wizard status students need to score 12 over 6 holes or beat their partner for a more match play style pressure
- This game can be played individually or in pairs

Technical Link

- This game simulates course conditions for putting and places greater pressure on the student to complete the circuit in a target score