RIP IT WITH RYAN

Let’s Rock and Roll

With Ryan Fenwick

On average you use your putter over 28 times during a round of golf and your driver less than 18 times, but how much do you practise putting compared with driving? Golfers can find putting practice tedious, but here are some simple ways to make it fun, plus tips to help you roll the ball into the hole.
DON'T DO THE TWIST!

All good putters get a fantastic roll on the golf ball. They achieve this by keeping very still and solid from the waist down. The movement should come from your shoulders and arms. Lock your legs and rock your shoulders. Visualise your sternum staying in the same position at set-up and during the movement.

Any body movement during a putt is a BIG mistake.

It is difficult to achieve 'rock and roll' if you have poor posture. Keep your back nice and straight with a slight forward bend and slight knee flex.

Do not have too much flex or round your back as both will inhibit your ability to 'rock and roll'.

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Shot on location at Golf At Goodwood
www.goodwood.co.uk
READING GREENS

One of the most common mistakes an amateur golfer will make is under-reading their putts. This means they are likely to miss the putt on the low side of the hole.

TIP

- When reading your putt, imagine an ‘out of bounds line’ between you and the hole, the low side of the putt is out of bounds!

WHICH EYE IS DOMINANT?

- Find out which eye is dominant by making a circle with your thumb and index finger with both hands. Place both circles on top of each other and look at the ball with both eyes open. Close one eye and then the other. When you close one eye the ball will remain in the circle, when you close the other it will jump out of view. Whichever eye keeps the ball in view is your dominant eye.

PUTTING CHALLENGES

- Feel the break with your feet. Some players say, “I cannot see the break”. Stand near the line of your putt between the ball and the hole, close your eyes and see if you can feel where your weight is in your feet. If you feel more weight in your left foot then the ball will break this way.

- Read the putt from all angles, from behind the ball, behind the hole and side on to the putt. This will enhance your chances of a good read on your putts.

- N, S, E, W - Place a ball at these four points around the hole at approximately 3 feet away and see how many you can hole in a row. Create your personal best!
It is important to know which eye is dominant at set-up. If the ball is not positioned under your dominant eye, the line of the putt may appear distorted = missed putt. You might also be able to see the line of a putt better if you close your non-dominant eye when reading a green.

**PAR, BIRDIE GAME** - Measure out 12 putts in a spiral starting at 3 feet through to 14 feet. The first putt is for par, the next for birdie and so on. How many under par did you achieve?

**LAG PUTTING DRILL** - Create a 4 foot square around the hole, go back to approximately 25 feet and hit 12 putts. Award yourself a point for each putt that finishes in the square.