



Session 3 - Putting

Objectives

- Understanding the importance of an effective pre-shot routine especially when working on trying to improve consistency when putting.
- Offer drills that will help improve pace putting or long putts.

Equipment Required

- Golf Balls, Putters, tees, paper and pencils to record points, cones

Main skill to be coached

Putting

- Pre-shot routine

Explanation/ Demonstration – Importance of an effective pre-shot routine and how that can help with consistency and a demonstration of the drills by the coach including pre-shot routine.

Have the players write down why they think their pre-shot routine consists of and then time them to measure consistency.

Game/ Drill

Ladder Drill

- Stations at 3, 6 and 9ft from the hole
- The aim is to try and hole from each station consecutively
- If the player misses a putt, they must go back to the 3ft putt and start again.
- This will be conducted 3 times

Clock Drill

- 12x putts from round one hole (like a clock face)
- How many putts in a row can the player hole in a minute period?

Strokeplay

- A 9-hole course will be set out on the putting green which will equate to a par
- Each player will be given a scorecard relative to the course set out, to record their score
- The lowest score over the week will win a prize (the number of attempts is unlimited)

Box Drill

- A 3x3ft box made of tees will surround a hole

- The players will putt from 10, 15 and 20ft from the hole and will try and accumulate as many points as possible*

*Points system – if the putt is holed from 10ft= 2 points, if the ball finishes inside the box from 10ft= 1 point, if the ball finishes short of the box from 10ft= -1 point and if the ball finishes long of the box from 10ft= 0 points, (these points are flexible dependant on the ability level).

Explanation/ Demonstration – of each task, (especially points system), observation of task and offer advice when required.

Recap of session/ Points gathering

- Collection of points
- Determine best scores

Explanation of the importance of a consistent pre-shot routine and the importance of being consistent in your practise.

Notes : -