

THE TRUTH
ABOUT
PUTTING

by
ANTHONY PROCOPIS

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Anthony Procopis

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INTRODUCTION

By Anthony Procopis, owner and creator of The Truth About Putting

The information in this book has come from decades of playing, studying, practicing and competing at golf, and my original golf instruction website – The Truth About Putting – which has served up free and paid information, via books, email-lessons and video, to tens of thousands of club-golfers and many professionals.

The content has grown and improved in response to my obligation to better serve and communicate ideas to help club-golfers putt and play better.

Part of delivering better information, especially information that helps golfers shoot lower scores in competitions, comes from me testing, analyzing and reporting back to subscribers about what works and what doesn't. I believe it is best to learn by doing instead of simply theorizing. Practicing this belief over this period has also helped me shoot my lowest 18 hole score – a 9-birdie, 7-under par round of 65. The aha moments experienced during this round and others are dutifully reported back to subscribers!

On the subject of improving putting

In this information age, I believe that golfers are negatively influenced by many messages from different sources (television, magazines, the internet, and their playing partners) about new techniques, equipment and technique-tips. Much of this influence comes from what commentators – or the golfers themselves – can SEE. Unfortunately, seeing and copying the fact that a player uses xyz club or grip, or stands a certain way, takes the golfer away from the essence of golf; unfulfilled potential and inconsistent scores result.

The essence of golf of course is hitting a ball with a club to a target. The best way to achieve your potential is to have a putting system – a series of steps that you follow every time you putt.

Well-functioning systems and routines focus the mind on what needs to be done – instead of letting fear, doubt, too much analysis and technical commands diminish the natural reaction to the target.

[Rational thought through analysis, mathematics and technical commands are born in the neo cortex part of your brain. Action – like swinging a putter or golf club, is not thinking; it's a complex, synchronized series of movements. To play to your potential, you must not suffocate the pure reactionary swinging of the putter (or club) in response to the hitting the ball to the target. Good systems and routines help you achieve this optimal performance consistently.]

The upside to improving your putting is that the technique for putting is probably the simplest action in all of sports! So, improving is not hard if you mentally and physically follow the correct system. Solid, target-orientated systems/routines are what the best players follow. They have helped me to countless 23-to-26-putt rounds, and most importantly, they have helped club-golfer subscribers to my website take multiple shots off their average putts/round.

In this book you will learn a simple 4-step system that will help you become a better, more consistent putter.

Are you ready to learn more? Let's get to it.

Regards,

Anthony Procopis

Author – The Truth About Putting

Notes:

- I use plenty of stories to illustrate principles covered in the book. These stories include some reflections on putting in my own rounds, and also problems and breakthroughs my website subscribers have had. I'm sure you will identify with these stories – which will help your improvement.
- American English is used, so the verb, practice is used instead of practise, and centimeter instead of centimetre, etc.

WHAT IS THE TRUTH ABOUT PUTTING AND HOW WAS IT DISCOVERED?

The turning point for my putting was in 1997. Before this time, from 1986 to 1996 (age 10-20), I was solid from 8 feet in to the hole but never really holed anything long. In the early years, I was only a little guy (still am), so I never hit many greens in regulation – which meant I was left with more chip shots and shorter putts.

Another reason for not holing many long putts in my early years was the fact that I was always focused on never missing short-putts (and I didn't). I worked on my stroke and technique a lot as a kid. I didn't visualize from long range and knew nothing about pre-shot routines (although, looking back, I did indeed follow the same routine on every short putt, but I had not conceptualized the process).

In September 1997, during my second year as a trainee pro, I was exposed to two new books by Doctor Bob Rotella on golf psychology – *Golf is not a Game of Perfect* and *Golf is a Game of Confidence*. Absolutely great books and they were pivotal in my putting evolution.

I started using some of the principles from these books and combined them with plenty of practice and experimentation and the results were just amazing.

In essence, I started doing two things:

Firstly, I followed a specific physical and mental routine on every putt.

Secondly, I started focusing more on specific targets along a line to the hole and then reacted to this line by swinging the putter back with the feel I had built up pre-putt.

It was like I had just started to tap into a secret force – one that I had not been exposed to before. I was just so keen to get out onto the course, stick to my new routine on the greens and look on and enjoy. I think those last few words are important: look on and enjoy – like someone from the outside looking in. You're simply following a process and letting it happen; there is no trying really hard or obsessive desire to hole the putt (the outcome, of course, is that you make more putts!)

All that matters in your whole world right then when you are over the ball putting is keeping your mind quiet, going through your routine and giving in and letting the stroke and result unfold. One of the greatest putters of all time, South African Bobby Locke, answered after being questioned by a reporter about his practice of not looking up immediately after putting, "If I look up too early I miss, so why would I want to look up and see a missed putt, I hit and listen."

As I said, I putted solidly before 1997 and won two 36-hole trainee matches in the first five months as a trainee-professional, but I didn't experience making 4 to

5 birdies in 9 holes frequently – as can happen if you are good from short, medium and long distance.

In the next six months after adopting this new routine and focus, I had multiple rounds where I had four to six birdies in five to 10 holes. My “normal” putting had gone to another level. Experiencing this opened up a new window into what was possible on the greens.

You can consistently putt very well week in, week out

With practice and dedication to the Truth About Putting system, there is no reason why you cannot become an excellent putter (or improve if you are presently okay). It’s very rewarding to permanently improve a particular part of one’s game – to move up a level or two as a consequence of one’s effort. As stated in the introduction, club-golfers from around the world have achieved great improvement, and now it is your turn to learn and take advantage of the information.

Sections of this book

The book is broken into sections. Firstly, I will give you an overview of the system – the 4 R’s. Then, in section one, you’ll learn about how to be a better short-putter. Section two will be about how you can improve long putts so you have less work to do after the first putt. In section three, I give you the basics on technique, equipment, setup and practice (this is definitely NOT a book dedicated

to technique. As I have said, putting-technique is simple, and little time is needed on this subject). Finally, section four gives you stories that I have written about personal lessons learned and re-learned on the course, as well as questions subscribers have asked about how to improve specific parts of their putting. The answers to these questions let you revise principles learned in this book (mainly about the 4 R's of putting, and how they are applied to everyday situations out on the golf course that you will or have experienced).

THE 4 R'S OF PUTTING OVERVIEW

To consistently putt well in match conditions, you can't be predominately thinking about technique. You want to be focused on the four R's of putting, which are:

1. **Read** – determine your line and speed (long putts require much more reading than short ones)
2. **Routine** – follow the same mental and physical process when setting up to the ball
3. **React** – take one last look at the hole before putting, let the eyes and head come back to look at the ball, and then **react** without delay (on short-putts, you may include an anchor to keep your head down and mind occupied while you putt; we go into this in-depth later in the book)
4. **Review** – assess the outcome of the putt and the process (R's 1 to 3) that produced the result.


Let's now take a look at the #1 cause of missed short putts, and then we'll get straight into learning about the solution and the section on short-putting.

SECTION 1 – SHORT-PUTTING

THE #1 CONTRIBUTOR TO MISSED SHORT-PUTTS

We miss short-putts because we get anxious. The majority of short-putts are missed when we prematurely come up out of the putt and/or rush or slow down the stroke.

[Another cause – but not the most common cause – is not having the eyes positioned directly over the ball; if you don't, you may miss even if you have read the putt correctly and made a good stroke, so it's an important factor. See the chapters on technique which includes descriptions and photos of all parts of the setup.]

We swing the putter on an arc as shown here: . This is so because we stand on one side of the ball when we address it. The putter should follow a slightly inside-to-square to slightly inside arc/path. With the arc, there should be a slight opening and closing of the putter-face. The closing of the putter-face doesn't occur on a putt when one looks up prematurely (ball goes right), or if the player looks up and moves the entire shoulder region around (lead shoulder going around too much through impact) – the ball will be pulled. The perfect timing of the putter-face opening and closing is violated on short-putts that are missed.

The cause of a poor stroke

Anxiety increases the closer to the hole we attempt to putt the ball from. We expect to make short-putts, and we lose a full shot if we miss. I don't think making short-putts is about "making putts," it is more about doing "**less**" with the stroke and body, and letting the natural arc and opening and closing of the putter-face happen. Looking up prematurely and leaving the putter-face open, or letting your lead shoulder pull across, or releasing your bottom hand prematurely is DOING MORE. The solution to dependable short-putting is doing less.

A mental anchor helps players (the very best in the world) decrease anxiety; it keeps you from manipulating the putter-face or using your body too much. If you can adhere to the practice of focusing on an anchor as you putt, while reacting with a free flowing, natural motion, your body will do less and you will make nearly all of your short-putts.

Before we take a deep dive into the anchors on the following pages, let me tell you about a classic example of how important the opening and closing of the putter-face and perfect tempo/timing are.

A lady came to my website a couple of years ago. She had been told how unusual her action was, and was low on confidence. Her idiosyncrasy was that she aimed 20 degrees right of the hole with putter-face and body, and then pulled across her with her stroke and body to get the ball back rolling on the correct line – not textbook technique.

Many coaches would have immediately corrected her stroke and alignment – which would have shifted her focus onto technique and destroyed her tempo or disengaged her from the target; bad idea.

When I gave the lady an in-person lesson, what I saw was that she had excellent tempo and was not anxious or nervous. (The opening and closing of the putter-face was very good, and she wasn't anxious to look up too soon.) Once I got her into the habit of reading all her putts more – which got her orientated towards the target (R1 and R2 of the 4 R's of putting), she reacted with her pure tempo and putted beautifully.

She later contacted me to tell me she had great success with her putting, including winning her club championship by 20 shots. She had ten putts on the front nine in the last round of the club championship and 14 on the back nine for a 24 putt total for the round.

This proves how important tempo/timing and being orientated towards the target are.

If you do struggle with your short-putting often, or from time to time, a better routine and a mental anchor to keep the nerves away and the stroke flowing is what you need, this is all covered in this book.

Next up is the four R's of putting, and a little later we will learn more about mental anchors.

READING SHORT-PUTTS (R 1)

Try and make every putt a straight putt, left-to-right, right-to-left, or straight. Pick your line and hit the ball on that line, and let the ball bleed into the hole; the slower the ball rolls, the more break it will take.

Two ways to read putts

As shown in the Rock-Solid Short-Putting video that this chapter comes from, I read the entire putt and then focus on a specific mark on the line (can be anything: a pitch or spike mark or a discoloration) 1/4 to 1/3 of the distance from the hole. I then focus on putting the ball along the path, over the spot and into the hole. After the initial line and speed determination, my focus is on the last portion of the path from the apex/spot into the hole. We can call this **spot putting** (or path putting).

In the other method – I call it the **feel method** – you read the line and speed, pick out a spot just in front of the ball and/or align the ball-logo/line with the line/path. You then putt the ball along the path at the correct speed – trying to roll the ball-logo/line end over end at the correct speed. You are not specifically focusing on the spot/path close to the hole as in spot putting – you’re just “rolling the logo/line.”

Either way, you are reading the line and getting a feel for how hard you have to hit the ball; success comes down to staying down and hitting the ball on the line and speed you have selected.

Some short-putts will require more reading. For example, a fast putt downhill with a lot break may require you to look from the other side, or from below the hole back at the ball. I build feel for the speed and line looking at the putt this way; you get to see where the ball should bend into the hole from.

Do your homework on each putt but don't over read short-putts; do your reading then trust what you have read and hit the putt. There is a lot more reading involved in long putts. Making short-putts is about following your routine and being decisive; trust the line and speed you have chosen, and then hit the ball freely without fear.

Look at how the hole is sloping to determine the break

On putts with break, nearly all the time the hole will be higher on one side than the other, so you will see more of the dirt above the cup on the low side. This means that the ball will break in from the side where the hole is highest (this can differ on long putts where there is more than one break, but for short-putts, this is applicable nearly all of the time). Once you know which way the ball will break, it is up to your judgment to determine how much break there is (if any) and at what speed you will putt the ball.

READING GRAIN ON GREENS

The grain of the grass is important when you're putting on couch grass. You'll find this in Queensland, Australia, where I am, in Florida, U.S.A., Asia, and other tropical and sub-tropical places in the world where tough grass is used to handle the heat and humidity.

The grain of grass usually runs down towards the water – the lowest part of a green or slope. Wherever the slope of the green is, that's pretty much the direction the leaf of the grass is growing in. Be aware that nowadays greens can be made with different slopes all over the place, so grain can often be going different ways on a green if it has many different slopes on it.

You have to be mindful of this, but don't get too panicky and over read putts, just remember that the grain generally grows to where the water goes – to the low point. And when you're putting across the grain it extenuates the break. When you're going into the grain it slows the ball substantially. Conversely, when you're putting down-grain the putts are much faster because the grass-leaf is lying flatter and growing down the line you are putting on. Going down-grain, the grass can often look shiny and into the grain it looks darker.

It takes some practice on these greens to learn to see where the grain is. Don't complicate things; remember to read the slope and speed of the putt. [Take a look at the video on this chapter in the Rock-Solid Short-putting video series.]

YOUR PUTTING ROUTINE IS VITAL, AND SAMPLE PUTTING ROUTINES

When I refer to a putting routine, I'm referring to the setting up process when you are addressing the ball. There is also the routine of "reading" (R1), but for now, we will focus on the setup routine (R2).

The routine is very important, and a streamlined routine is better than a long routine where you're taking many practice strokes and looks at the hole before putting.

The routine includes: settling into your stance and positioning the ball correctly, aligning the putter-face and your eyes with the line you have chosen, and any practice strokes you take – if you take them at all. The eyes come back to the ball, then R3 (react) kicks in straight away, or after a couple of bumps of the putter, a forward press, or something similar to start the stroke.

I like to pick a path to the hole that includes a mark (discoloration, pitch mark, etc) that is 1/4 to 1/3 short of the hole. Picking this path and mark is part of my reading routine.

Keeping this path and mark (anchor) in my mind as I putt keeps my mind focused and my stroke free to react naturally.

Another positive part of being focused on your line and speed is that external or internal distractions have less chance of throwing you off course. Distractions such as doubt, the outcome of the putt, the score, and even playing partners or animals are less likely to distract you if you are locked into following your regular physical and mental routine.

When you're under pressure you produce adrenaline, which triggers the release of energy from our cells to help us fight or take flight – not what you want when you are putting.

To decrease anxiety so you can stroke the ball freely on your intended line at the correct speed, an anchor is a helpful tool to use. Adhering to your routine keeps you focused on the line and speed; the correct line and speed is your intention

When you are under pressure, you must resist the temptation to:

1. Take more practice putting strokes
2. Take more looks at the hole (more looks equals anxiety and tightness)
3. Spend more time over the ball
4. Rush and not go through the required reading and regular setup movements that you usually carry out

In the original Truth About Putting eBook/paperback book and various email lessons to subscribers, I give examples of how tweaking your routine mid-round can result in excellent putting for the rest of the round (happened to me many times). This is R4 (review) in action...looking over the result of a putt, and being

aware of slight deviations in time taken over the ball, looks at the hole, reading process, or practice strokes taken.

I have included an example of a how I deviated from my routine and missed a putt to go 6-under par, through 8 holes, and how I used this insight to help me shoot a career-low round. This story is at the end of this chapter on routines, it is there to help crystallize these concepts covered in this chapter and throughout the book.

In the example given in the end of this chapter, it was my review (R4) of the putt and the fact that I uncovered slight deviations from my routine (for example taking extra time between the last look at the hole and when I made my backswing), that helped me dedicate myself for the rest of the round to taking slightly less time over the ball, which freed me up to respond to the target better. In essence, **you are caring less about the putt**. Not easy to do, as you of course want to make each putt, but necessary if you want to play to your true potential. So much of golf is about recovering and playing better from the very next shot.

Sample routines

In the video Rock-Solid Short-Putting that this chapter comes from, I run through the exact setup process I take and give a couple examples of others. Try to watch those videos so you can see the actual physical process I take and the examples I give of other routines. I have included my routine below – as well as ideas and points to look out for in your routine).

My routine goes like this:

1. I start behind the ball and pick the line and speed.
2. I walk into the ball and get into my stance. I position the ball up opposite the toe of my shoe and have two quick alignment looks with my line/target (I have a small line on my putter).

[See the technique chapter for pictures of these positions.]

3. This process helps me get the club aligned correctly, my ball position correct in relation to how far up in the stance it is positioned, and it also sets me the same distance from the ball each time, which means my eyes are perfectly over the ball.

Warning: The steps above are done habitually. Do not use much conscious effort in lining up, you will be setting yourself up for failure – lining up too carefully is trying too much. Your mind should be focused on the line, speed, and staying quiet while you putt (use an anchor to achieve this quiet mind).

4. After my second alignment look at the hole with my feet together, my head and eyes come back to the ball and my feet spread into the final setup position.
5. I look up at my path deeply for my final look – taking a picture of my spot/path.
6. My head comes back and I think of my anchor and putt with it in my head. That anchor has historically been my spot and path or feeling a pendulum

stroke (at the same time I bump the putter on the ground subconsciously).

Note: Once the eyes come back to the ball for the last time, you want to either go straight away or think of your anchor and go; keep it fluid, react freely.

Remember, most of those movements are habitual, my mind is simply thinking about the line/path and speed over and over, then I putt with my anchor in my head – I putt blind (meaning I stay down and putt with the anchor).

Pick an anchor that is right for you. I detail them in the chapter on mental anchors.

Practice strokes

I don't take them anymore as I like to not let anything get in the way of the speed, line, and my anchor. Having said that, I used them as a kid and was a good short-putter.

If you use them, make sure you still concentrate on the line, speed, and anchor. In the video of this chapter, I also run through Tiger Woods's routine, which features two looks at the hole and two practice strokes – one made when he is looking at the hole. See the video for my demonstration.

The one look routine

The one look routine is extremely simple, and the less time you take over the ball the better (of course you must be aligned to your target first before you putt).

Basically, you come into the ball and line up as I do on my second alignment look, eyes come back to the ball as you spread the feet, and then you putt. You can putt with anchor or putt free. It works well if you putt while remembering where the target it is (remember it; don't look up to actually see it! Putt blind). I believe thinking of something as you putt is helpful in this streamline routine (a picture in your head of the line or hole – or some other anchor), otherwise you can tend to get too fast, and your head and focus will bounce around – you won't be centered and quiet, requirements to maintain solid short-putting.

Summary

That was a technical breakdown of the process, but it is not technical in reality. Remember, most of this is habitual and making putts will come down to picking your line, speed and an anchor, then relaxing and putting while you think of your anchor. Don't let your routine over the ball get slower; don't take more practice-strokes or less practice-strokes. Stick to thinking about your line, speed, and anchor, set up habitually, then fire.

FOCUS AND ELIMINATING DISTRACTIONS IN YOUR PRE-PUTT ROUTINE

Focus and eliminating distractions is a very important part of putting. Here is the putting process in order:

1. Start the pre-putt routine behind the ball, gauging the correct line and speed
2. Walk to the ball
3. Go through physical routine of getting into a putting body posture, and at the same time aligning out body and putter-face with the intended path
4. Hit the ball

If only it was that simple. If only we were robotic...were dumb, had no expectations, senses or emotions.

From the moment you walk towards the ball there are physical and mental distractions competing for your attention.

In the video this chapter is from, I give an example of these distractions by walking towards ball and getting set up to putt. As I do this I run through common distractions like these:

1. I look down at my foot position and ball and notice my shoes are in need of a polish.
2. "I missed that last putt on the last hole, oh no, I don't want to miss this one."
3. "What was that tip I heard the golf TV host talk about the other day?"

4. "Maybe this putt breaks more than I thought? Yes, no, not sure."
5. "What grips shall I try on this putt, regular or cross hand?"
6. "If I can just make a perfect stroke..."
7. "I'm not sure about the line."
8. "I don't want to hit this too hard and miss."
9. Playing partner moves and breaks my focus.

All these distractions affect you with indecision and take your mind off your predetermined line and speed and anchor. Sticking to your routine on EVERY short-putt keeps distractions to a minimum, and keeps you focused on carrying out your mission: your intension to strike the ball on the predetermined line at the correct speed into the hole.

In my case, thinking of my spot and path to the hole despite distractions faced when walking up to the ball and during the set up and alignment process has a hypnotic effect on me. A similar effect can be experienced while meditating. In meditation, mantra's are used to keep the mind from wondering, an anchor and a routine gets you focused in a similar way.

In the video I demonstrate my ideal routine and focus, here it is:

1. I'm going to line up my ball...got my line and speed, got my spot, got anchor [spot]...
2. ...I'm just going to roll it over the spot...
3. Spot, spot, putt...

I have narrowed my focus right down to the essentials; no room for distractions as detailed above. The future, past, nothing matters, do what you must, stick to line/speed and your anchor, react and putt the ball in.

I try to think of my apex/spot and the path of the hole as explained in the coming chapter on mental anchors. If there is no break I still pick out a spot on my path to the hole. The spot is 1/4 of the length of the putt out from the hole – so quite close to the hole. It becomes part of my path; I putt across the spot on my path into the hole.

By trying to think of the spot, line and hole through this entire time, I'm very orientated towards the target, and because of this focus, my physical set-up becomes a habit with very little conscious thought.

A lot of times in the past, I've written down what am I going to focus on for putting before going out on the course, and so many times it's been "spot." Writing down your anchor reinforces your mantra, your mission, your goal. It can be the same each time; it is simply an exercise to keep you focused on what you know works. Try it.

For me, that's my only focus: line it up...spot...path...putt while giving in to my anchor (it could be: see what is underneath the ball as you putt, putting to a picture of the path in your head).

Have a routine that is based around the line and speed, an anchor, and reacting without delay. When you can get that focus, self-doubt and other distractions do not surface to divert your focus.

USE A MENTAL ANCHOR FOR SHORT-PUTTING SUCCESS

Mental anchors are very important for short-putting when you get anxious. A mental anchor keeps your mind anchored (no unscripted thoughts come into your head), which physically anchors your head when you putt – which is what we want. I'm going to run through 10 of them for you on the next few pages. [See videos for demonstrations.]

Try to select one anchor and stick to it. I have included some from well-known players, coaches and even one of my successful students who wrote in and told me about his personal process.

Mental Anchor 1: Putt over mark along your path to the hole

The anchor I have used most over the last 15 years or so has been to putt over a spot which is about a quarter of the way out from the hole. I pick a mark on the green on my line. I take a mental picture of the spot and path in to the hole from the mark (can be a pitch or spike mark or a discoloration) – it's a general image that I putt to in my head in order to putt blind, no peeping up. When you trust your stroke, a good outcome always follows.

When I carry out the process and make a good stroke, I feel a pendulum-like stroke – as explained in mental anchor number three.

Mental Anchor 2: Putt like a robot

If you can have perfect tempo, are orientated towards the target, and stay down and trust your stroke, you won't miss. When I had my lowest round ever – a 9 birdie round of 7-under-par – I felt like a robot putting my putts under 10 feet.

When programmed, Robots react the same way every time. If you look up prematurely when you are putting, you'll carry out a non programmed move. If you decelerate on your stroke, or just as bad, rush your stroke, you'll be violating the perfect tempo that comes with a robotic like stroke, you'll be doing more. If you simply swing **and do less** at the change of direction, you'll have better tempo, your head will stay down, and the stroke will come back with the putter-face opening and closing at the perfect time. Be robotic when you are over the short-putts, putt the ball on the line, back and through with no extra movements.

Mental Anchor 3: Feel the pendulum

A swing thought that I used on short-putts for many years was "feel-the-pendulum" – a reminder to not rush, stay calm and feel (be conscious) of doing less in the stroke. The key part of this is the transition, where you do not add extra force/speed on the change of direction. There will be a natural uncoiling from backswing to downswing and through the ball that will provide all the force you need.

If the ball is rolling at a medium pace into the hole you are stroking well, if the ball speed is too slow or fast you may be adding or taking away force from the stroke.

You will also sense this pendulum-like feeling whenever you are anchored to something else when you putt, like looking to see what is under the ball, or as I favor, relaxing and thinking of a spot three quarters of the way to the hole and the path from that point into the hole.

When you are anchored you will feel a pure pendulum-stroke; conversely, if you don't stay down and trust, the stroke will be rushed or slowed and the pure stroke will be ruined.

Read more on the stroke in the technique chapter, I cover the pendulum-stroke versus a faster "pop-stroke".

Mental Anchor 4: Hit and listen

Another anchor to use to keep your mind occupied and to keep your stroke flowing is to hit and listen. This is something that one of the greatest players ever, Bobby Locke, used to do. He was asked by an interviewer, "What do you do when you putt? What's the secret to your great putting?" He replied, "I hit and listen." The great thing about that is that it keeps your head down, because you're waiting to hear the sound of the ball going in the hole – you're not allowed to hit and look, you must hit and listen only.

Another interviewer asked Bobby, "Then you won't see where the ball goes?" Bobby's philosophy was if he looked up to see where the ball goes, he wasn't going to sink the putt; he'd rather keep his head down and listen for it to go in. It's a great philosophy. Use it and you won't miss many short-putts.

Mental Anchor 5: Hit a spot on the ball and listen

I've kept in contact with a member of my website; he came on board four or five months ago on a 9.6 handicap. He's down to 7.1 now. His putting and scores have improved over time as he has dedicated to learning and practicing what he learns. The other day he recorded a 74 in competition, and then a 71 in social play with his friends. I questioned him about his putting process and what he focuses on when his putting. Apart from focusing more on feel, reading the greens, and routine, his anchor is focusing on a precise spot on the ball, hitting it, and then listening for the ball to go in the hole. He does not allow himself to look up until the ball is near or in the hole. If you can have that type of discipline to stay down, trust and listen, you will be rock-solid on short-putts.

Mental Anchor 6: Use your putting intention

Your putting intention can be used as an anchor. My definition of your putting intention is your line + your speed = putting intention.

If you don't carry out your intention, if you hit a putt short of the hole, you haven't applied what you saw before during the reading, have you? If you've seen

the line and imagined the speed you want to hit the ball at, that is your intention. If you hit your intention, the ball will go in the hole every time. If you don't hit your intention, if you hit too hard or too soft, if you look up prematurely as you putt, or if the ball rolls in slower than you intended, you have not applied your best intention.

It works great if you just walk up to the ball and apply it right away with very little care or focus on anything other than hitting the ball on the line at the speed you have predetermined.

Mental Anchor 7: Roll the ball-line or logo

Another popular anchor/alignment cue is to align the ball brand/logo up, or align a ball drawn on the line. If you align the line/logo up with your intended path, use feel to hit the ball at the correct speed, and stay down on the putt, the ball will go in. If you use this method, remember to not peep up, roll the line while staying down.

Mental Anchor 8: See what is underneath the ball after you putt

An excellent anchor to use is to see what is underneath the ball. Nick Faldo, an excellent putter and one of my idols growing up in the late 80s and early 90s, used this anchor. He was excellent on short-putts. I remember in a golf video (Nick Faldo's Golf Course) that I used to watch over and over (more so for his

swing tips), he said he'd try and pick out a speck underneath the ball AFTER he had putted before letting his head rise.

Further to that, I know the great Gary Player, one particular US Open that he was in, simply dedicated himself to not looking up on any short-putts for the tournament; that was his mission. I'm not sure if he did anything else apart from that, perhaps looking at a speck on the ground underneath the ball as Nick Faldo did. It was no surprise that he won that US open and didn't miss any short-putts. It is the most important thing to short-putting – if you can just stay down, and believe and trust, you're not going to miss many short-putts.

This is an excellent mental anchor to keep you focused and to keep your head down. Some of the greats of golf have used that anchor. If you apply that to your short-putting you're not going to miss many short-putts.

Mental Anchor 9: The reaction method

The pure reaction method isn't really an anchor. "React" is the third R in the 4 R's of putting. I had great success with this when I first started using it. It can get a bit loose because you're reacting as your eyes come back to the ball by swing back immediately, zero waiting over the ball. It can get a bit fast so you're not actually anchored down to anything, but if you can stay calm and keep your mind out of the putt, it can work very well.

Think of it this way: "I've lined up my putt, I go through my routine, take one last look at my path/hole, and I react by swinging as my head and eyes come back to the ball from looking that last time."

I found a long last look at the last part of the path builds energy – tension in your hands. You then release this tension by looking back and swinging. What you'll find is you'll start hitting the ball much firmer. Try it out; I'm sure you like how it feels.

Mental Anchor 10: Putt over a spot two inches in front of the ball

Another anchor that's become popular, that I've read about, and that I have researched for this book, is backed by Dave Stockton, a former Major Championship winner and coach to many of today's top tour pros.

I have not read his book, but what I understand about Stockton's philosophy is that, like me, he is more concerned with line, speed, and feel, versus a preoccupation with the mechanics of the putting stroke.

In Stockton's method, he picks out a spot two inches in front of the ball on his line and he then focuses on that as he putts. He calls it unconscious putting because he is not conscious of his stroke and line (at this point of the putt), he is simply focused on the spot and putting over it with the built up feel he has generated from the reading.

This has a great effect on keeping your head down. I tried it the other day for research purposes. It felt different but it felt very unconscious and carefree like I was putting to nowhere!

Mental Anchor 11: Say boom at impact

Another great golf teacher, Geoff Mangum, uses something similar: he says “boom” at impact. The word boom has two long vowels, so if you’re occupied with saying boom, your stroke will be over before you know it (this keeps other non-useful thoughts from entering your consciousness).

Both anchors are similar in that they help to get you stroking through the ball positively.

MENTAL ANCHORS SUMMARY AND WARNING

To summarize, those mental anchors are going to keep your conscious mind occupied so your body, arms and hands can react with a free flowing stroke. That’s what they’re designed to do. Don’t go overboard. Remember, you still have to look at the hole; your eyes and head have to come back to look down at the ball; you have to stay anchored, so keep it flowing.

If you can keep your mind occupied with something like looking under the ball or, looking at the spot or, feeling the tempo of the putt, you’re going to be an excellent short-putter. Just have the discipline to trust your read, line and anchor, keep your head down and putt.

REACT! – FOR NATURAL, FEEL-BASED PUTTING (R3)

Reacting to your line and speed is vital. It's the third part in the four R's of putting. What I mean by react is when you go through your immediate putting routine, you are over the ball setting up, aligning yourself. Once you take the last look at your line/hole, you want to then react by swinging the putter back as soon as your eyes and head have come back to look at the ball.

This is very important, because the more time you spend over the ball, the more time you have for external distractions and or internal doubt or anxiety to come into your head and screw up the putt.

I gave an in-person lesson to a man recently. He had troubles with his putting – he had no previous knowledge about The Truth About Putting principles. The initial lesson was conducted with his friend on the practice putting green. I was watching him putt from various lengths and angles. He had so much doubt in his head and a preoccupation with what grip to use and what his hands were doing. He was literally changing his grip (cross hand to regular) from putt to putt. He had so much focus on his grips and strokes that he was not reacting naturally to the target (which would sound crazy if you mentioned such a fact to a non golfer).

I just used my four R's checklist to access what was going on. After a while, I noticed that he was standing still for a long time after looking at the hole for the last time. I explained to him about how in sport and anything that involves reacting to a target, it is best to aim and fire.

I tested him by taking him well off the green – instructing him to read the line with more focus (picking markers on the intended line that the ball will travel over). This focused reading takes energy, but the result is a greater build-up of feel for the putt. I then instructed him to “react” with the built up feel as soon as his eyes returned to the ball.

He started hitting putts from way off the green up to tap-in distance. I took him closer to the hole, coaching him through the process. His golf balls started rolling in the center of the hole firmly. He was now taking advantage of his natural feel for the putt. Mental distractions that had caused a physically poor stroke and missed putts evaporated – his stroke was better as a result of not thinking about his stroke! His focus was diverted to the “things that matter” – line and speed – and the feel building process that is necessary on each putt. Instead of worrying about his grip and stroke – his stroke had become unconsciously competent, the ideal.

I explained to him and I say to you, humans hit the targets more often when we react by swinging/moving without delay – aim and react.

If you want to throw a ball, aim and throw. If you want to serve in tennis, throw the ball up and hit it. Don't get in the way of the natural order of things.

There are two ways to react when putting:

1. Look at the hole and then swing as soon the eyes get back to the ball (or even before)
2. Use an anchor. You set up and align yourself, keeping the speed and line in the forefront of your mind, then you pull the trigger while you thinking of your anchor.

When I'm using an anchor, my eyes come back to the ball, I have a couple of unconscious bumps of the putter on the ground that gets me going, and I react and give in to the anchor and putting freely. You'll have something similar at address – a forward press or a bump of the putter (not something you consciously want to engineer).

In summary, we want to be focused on picking the correct line and speed, and then reacting without delay by swinging back the putter and hitting the ball.

REVIEW COMMON REASONS FOR MISSING SHORT-PUTTS

In your review (R4), you want to question yourself about how you went about lining it up, how you dedicated yourself to trusting your line and trusting your anchor. Did you think about an anchor and make a free-flowing stroke? Did you commit to the line and speed chosen when you were standing behind the ball?

Here are the most common reasons for missing short-putts and what to look out for in your review:

1. Most people miss short-putts because they don't stay down and trust their strokes. So going through your routine and trusting your anchor as you putt is going to come up time and time again as the solution to the majority of missed short-putts. This solution will help you make a better stroke. Dedicate yourself to staying down and "trusting" for every short-putt – have faith and putt blind (meaning, don't look up, stay down and trust – it always works out well when you adhere to this discipline).
2. Obviously, reading putts is important, but it is not hard to select the correct line when we are close to the hole – success is more about trusting your read and making a natural stroke without delay. The ball doesn't have to be hit on the perfect line or with a perfect stroke. However, balls struck tentatively or in doubt, do not go in consistently.
3. **Taking enough time, but not too much**, is also important. It's lazy to not *do your homework* of reading on each putt. But if you spend too much time reading or over the ball, you build too much anxiety. Catch yourself when you violate the process and rededicate yourself to the correct process on the very next putt and putts thereafter. And taking too much time over the ball violates the one last look at the hole then REACT principle – the 3rd R.
4. **A technical aspect** that can be the cause of missed short-putts is not having your eyes directly over the ball. If you notice (in your review) a pattern of missed putts on the same side despite you being happy with your routine and your read, you may simply be putting along the wrong

line because you are not lined up correctly. Drop a ball on the green a couple of times when you are not putting from your setup position, and check where the ball is hitting the ground and where you have habitually been positioning the ball. Adjust accordingly and make the next short-putt you have. (See the chapter on setup and ball position for more on this – it also includes photos.)

FOLLOWING THE FIRST 3R'S SHOULD BE A FLUID PROCESS

It's a linear process; you go from reading to walking in to the ball from behind, you set up and align yourself (NOT too carefully), your eyes take one last look at the hole. At this point in the routine, you have the feel and the line, now you're not using your eyes; you keep the head down and swing (react). [Staying down and trusting is aided by using a mental anchor as mentioned previously.] That is the process to follow in order: see, feel, and swing/react.

What not to do: You don't read the putt, come in to your setup, and then say, "Oh, is it a bit more left to right," or "I can see something...I don't think it's going to break as much." That's not part of the process. That's a deviation, and you won't putt well if you do that. Pick your line and speed, get the feel, walk in, line up, and putt. That's the process, stick to it and catch yourself when you deviate.

Don't use external excuses for poor putting

Don't be a part of common poor thinking around why a putt is missed, like a putt not breaking, or the greens being slow or fast, or any other excuse. The truth

about why we hit good or bad putts comes down to how well we have carried out the reading, routine and reaction. If you are honest with yourself, the solution will appear and you will use it to consistently putt well.

(As I stated previously, a reason for missing putts despite carrying out your reading, routine and reacting without fault can be putting while not having the ball positioned correctly. Nearly all excellent putters putt best with their eyes positioned over the ball, so their eyes look straight down at the ball and the intended line. But, there are exceptions (players) to the rule. See chapter on setup and ball position for more on this.)

A REVIEW STORY: HOW A REVIEW AND THE 4 R'S HELPED ME SHOOT MY LOWEST SCORE

I was 5-under through seven holes and faced a simple 14 foot putt with a hint of right-to-left break for another birdie to go 6-under through eight holes. I hit this putt straight through the break and two feet past the hole! I actually had to work to make the comeback putt – a terrible first putt.

I walked off the green and quickly analyzed why I missed that putt. I try to do honest reviews of miss-shots soon after playing them (the walk to the next shot is a good time). I try and work out a reason for the miss so I can use the solution right away and in future games.

The solution I came up with was that I was simply trying too hard to make the putt. There is pressure placed on yourself when you are shooting a really good round. You want to go even lower and you don't want to drop shots. However, to keep making shots you have to – paradoxically – pull back, relax and **try less**.

I don't know the exact words I said to myself, but I did make a note to pick the line, step up and aim the putter – with my two look routine – and then putt freely with the feel I built up from the reading of the putt.

Treat putting as a game within a game. When playing you will make putts and miss putts, it's a constant struggle. After a missed short-putt or poor long-putt, go away and revise your 4 R's, and come up with a solution to the bad putt. Apply the solution for the coming holes. Keep playing this game within a game regardless of how you are scoring; a good putt that could spark a series of good putts and holes can be just around the corner – if you keep playing the game within a game.

Back to my round, on the next hole I hit a nice putt down the hill from just off the green for a good two putt.

I fired an eight-iron in to about 20 feet on the tenth and applied the solution straight away and **boom**, straight in the middle of the hole, the putt rolled at perfect speed. I did not hit a more pure putt that day.

I hit a terrible putt on 11, after a four-iron the late Ben Hogan would have been proud of. Was I concentrating too hard on the putt again? Maybe, I'm not sure. It is a constant struggle (or game) even when you are "going low." I had to constantly tell myself to relax, stay creative, to follow my routine and "let go" (don't over analyze the putt).

The pressure was on again on the twelfth green after another excellent short-iron to 10 feet. I wanted to make the putt, but I couldn't give in to anxiety or pressure by rushing, looking up early or taking too long over the putt. I stepped up to the ball, aimed the putter head, spread my feet whilst looking back and then putted

without delay – no extra looks, not too slow, not rushed. In she went and I was 7-under for the first time.

I distinctly remember this putt. I remember NOT taking extra time and carrying out my movements and stroke in a metronomic, predictable fashion; no waiting, not rushing and not taking too long. Not easy to do when you are putting to go 7-under through 12 holes.

Fortunately, on the next hole I hit my eight-iron, tee-shot to 68 centimeters (nearest to pin). Again, I was nervous. My hands felt terrible through the ball on the putt, but sure enough, the putt went in.

Over the next five holes I had a few short two to three foot putts that I negotiated; I was constantly talking to myself about routine and “letting go” when it was time putt.

I ended with a pleasing 9 birdie, 7-under par round of 65. I missed a couple of long-irons on 14 and 16 that resulted in bogies.

Anchor and routine during this round

I planned pre-round to reduce my looks at the hole to two looks from three – as I felt in previous weeks that I was not “reacting” fast enough. You want the middle ground – not fast and not slow – for time taken and your actual stroke tempo.

My anchor: I felt like a robot. I'd take my second look, eyes come back to ball and I would putt and do less – no looking or moving. My stroke-tempo was the same going back as it was going through, and I'd let the stroke happen right away.

Summary

When I missed that putt back on the 8th green, I didn't focus on the stroke as the reason I missed. My awareness picked up that I had taken too much time in the reading part of the putt – my routine had changed and that affected the stroke.

If you switch your focus to adhering to the 4 R's, you will:

1. Make more putts
2. Be able to diagnose why you missed or hit a bad putt and be able to apply the solution for the rest of the round

Be aware of why you missed the putt. Use it to go on and putt great!

PART 2: BUILD MENTAL STRENGTH FOR SHORT-PUTTING SUCCESS

MAKE SHORT-PUTTS — EVEN IF YOU’RE NOT CONFIDENT

Confidence is a little misunderstood in relation to playing good golf. I don’t feel an overwhelming feeling of confidence when putting short-putts. In fact, I remember just a couple of years ago when I shot my career best, 9 birdie round of 65, I was quite nervous on all short-putts, notably a two foot putt I had on the 6th hole.

I had made a tap-in birdie on the 2nd, a 20-foot birdie putt on the 3rd, two 10-foot birdie putts on 4 and 5. So, the little tiddler on the 6th was to go 5-under. I made the putt despite being very nervous. I was nervous on other short-putts on the back 9, like on 13th – a very short-putt for birdie to go 8-under par. And after a couple of bogies in the last 6 holes and one birdie, I had a 4-foot putt on 18 to save par.

I didn’t miss any of those putts. On this day, I was in fact 9 for 9 from 10 feet and into the hole – despite not having a lot of confidence on these short ones.

I wasn’t very confident, but importantly, not negative either – I was neutral. I was simply following something that is at the core of zoned-in putting.

What was I following?

My routine is the secret to consistent short-putting – regardless of the pressure – as you will or have read about in this book, others I have written, my emails lessons, and if you hear me speak on video.

In your routine you are focused on your line, speed, and anchor, and carrying out the mission without delay. It is NOT a question of being confident or negative. If you fill your mind with what you have to DO in that moment, you can make all your putts, chip it close, and drive up tight fairways when the pressure is on.

On the negative side of things, if you think about missing or have second thoughts about the line, past misses, or even making a controlling perfect stroke, your mind will not be focused on the line, speed, and making a natural stroke. Below is an example of overcoming negative thoughts and clear thinking.

Let's go back to my career low round for an example of overcoming negative thoughts.

I made pars from the 7th to the 9th and was 5-under at the halfway mark. One of those keen 16-year-old kids who can be seen playing heaps of golf and hanging around pro-shops came up to me at the halfway point and asked how I was going. I said I was 5-under. He looked a little shocked and blurted out, "You'll probably choke." No, I didn't punch the kid. Right then, I was thinking so clearly that it wouldn't have mattered what anyone would have said to me. It shouldn't bother you either, because all you have to do is divert any type of pressure, negative thoughts or feelings, by getting focused on the next shot. Practically,

getting focused again would include picking out a specific target, getting a feel for the shot and the swing you want to use before you use it, and then playing the shot.

For full shots, a simple key for me is to go through the process just explained, and then make a smooth transition from the top of my swing.

I proceeded to hit the par 4, 10th fairway with my tee shot, and hit onto the green with my approach shot. I then putted and made the longest putt of the day – a 30 footer to go 6-under par.

On my short-putts on this day, I kept to a modified routine of limiting myself to two looks at the hole before putting with pendulum-like tempo. I felt like a robot...back and through, not fast not slow, taking enough time to read putts but not too much.

Rock-Solid Putting is not about oozing with confidence. Making all of your short-putts comes down to staying in the moment, picking specific targets, following your routine and TRUSTING the line and speed you have chosen pre-putt. Good putters follow this simple process hole after hole, round after round; they become ignorant to what other players do (a positive thing), they stick to and trust their system for putting. This focus on these keys gives you solid results week after week, and it's what you should turn to when the pressure is on.

PUTTING YIPS ARE NOT PHYSICAL, AND THE MYTH OF THE OVERACTIVE BOTTOM HAND

Some golfers can get shaky on short-putts and they therefore try to control the stroke and their hands too much. The solution is not found in trying to isolate and perfect your bottom hand movements. The solution is to take your mind OFF that and think of other things so your action can respond naturally.

The putting stroke is very simple. It's not as complex as other parts of the game, and not as complex as other coordinated sporting skills. The best way for you to have a good action is to not think about it. I never think about directing my hands or stroke when putting, I think about the line, staying down and trusting my stroke.

Your hands and the stroke will work perfectly if you don't think about them. When you brush your teeth or sign your name you don't think about the action, yet you execute them perfectly every day.

In this book and in the video series, Rock-Solid Short-Putting, I give you keys and routines to occupy your mind so your body and your stroke can react without you consciously manipulating in attempt to make a perfect stroke and/or control your hands from misbehaving. If you know about and stick to a repeatable routine to go with using a mental anchor to keep the anxious controlling part of your brain out of the putt, your hands will react perfectly – all by themselves!

TRUST IS A MUST

Trust is a very important factor in putting. Once you've read your line and gauged your speed (speed + line = your intention), and you have an anchor to rely on to keep your mind focused and your stroke free, you must swing back and trust. Not trusting is looking up at the hole prematurely or putting too hard or soft. If your mind is anchored on something and you are swinging freely and putting blind – taking a leap of faith, trusting – you're not going to miss any short-putts. You never miss if you banish anxiety, give in, be strong, and stick to the process.

You have to be disciplined enough to let go and trust. Test yourself out. Take, for example, a putt that's four feet downhill, left to right...this is a moment where you must determine the speed and line you want to hit the ball at – your intention – then commit to rolling the ball at the correct speed with a positive stroke into the hole. At that moment, you must give in, be strong, stay down and trust your stroke and anchor, nothing else matters, not the future nor the past; trust and commit.

If you carry out this type of strong, disciplined routine, you'll be a rock-solid short-putter.

PART 3: OTHER FACTORS FOR SHORT- PUTTING SUCCESS

HOW TO PRACTICE YOUR SHORT-PUTTING EFFECTIVELY

I see a lot of club members pump out 3, 4, or even 5 balls from the same spot on the practice putting green. This does little to improve their putting because on the course, they are confronted with putts from all different angles, and importantly, they only get one chance to make each putt. On all of these putts out on the course you must read the line and speed, go through your routine and trust your anchor and stroke. You should practice what you do out on the course on the practice putting green.

I would categorize practice into these two styles:

1. **Grooving your stroke from the one spot.** This is where you can putt a few balls and work on the tempo of your stroke, keeping your anchor (or try different ones) in your mind as you putt and generally trusting your stroke. It's also good to work on reacting very soon after your eyes come back to the ball, the less time spent over the ball the better.
2. **Testing your playing routine.** My predominate practice style is with three balls spread around the hole in a circle the same distance from the hole with different breaks (left-to-right, right-to-left, and straight). It could be putts from 3, 5, or 7 feet – whatever. The rules are you get one try with each ball and you must go through your entire routine – as you would when you are playing competition golf. You must hole them consecutively, if you miss on ball 1, 2, or 3, start again. Once you have made three in a row, go further

back from the hole. Go through your routine with each putt; practice reading, reacting, using your anchor, and staying down on the putt. Once you are happy with holing a few rounds consecutively around the hole, move on to other length putts or leave. This takes more energy than standing in the one position pumping out balls like a robot, but if you put in the effort, you will be rewarded with better short-putting out on the golf course in competition play – where it counts most.

When and where to practice

1. **Pre-round** –try to practice for at least 15 minutes. Start with long putts to heighten your feel and also get a feel for the speed on the greens. Move in to 2 or 3 feet where you can do a little grooving and full routine putting. Don't test yourself too much from 6 to 12 feet as you will miss some, which doesn't help your confidence. Hit some putts from 15-20 feet which will help with feel – yet not damage confidence if you miss.
2. **Post round** – if you were not happy with your putting, go and practice.
3. **Between rounds on the practice putting green** – practice the aspects mentioned in this chapter and this book.
4. **At home or on nice carpet somewhere** – this can be good for grooving, but don't overdo it. In this "perfect, pressure free environment," it's a good time to practice your anchor and staying down on each putt (much easier to do than when you are out on the course where you have physical distractions and the mental pressure to perform). As with all practice, do so purposefully when you are inside, and don't overdo it as you will develop paralysis by analysis and get too focused on the stroke. And the more you practice, the more pressure put on yourself.

CORRECT BALL SPEED

Speed for short-putts can be put in three categories: slow, where the ball breaks a lot and just gets to the hole, a medium speed, and the third speed is fast where the ball hits the dirt in the back of the hole and then falls down into the metal part of the cup. I would suggest the middle or firm speed for most putts; vary it in response to what is needed on each putt. If for example you've got a three to four foot putt downhill, I think putting firmly is the best speed. Pick your line and speed and then commit to it.

Select your intention from behind the ball before you walk into the putt (remember, your intention is your line plus speed). You need to select something, whether it is slow, medium or fast paced, otherwise you will be open to external and internal distractions. Give yourself a plan to start with then deliver the ball on the line and at the speed selected.

One other thing I like to add is about left-to-right and right-to-left short-putts and ball speed is how the stroke changes slightly. Subconsciously, if I putt correctly on a short left-to-right putt I will release the club a bit more than normal; this has the effect of closing the putter-face a little, which helps to get the ball left and online. Vice versa on the right-to left-putt; I hold the putter-face through the ball more, hitting out towards the line. They're little things you don't have to worry about too much, but it's just something that I feel sometimes when I'm putting these different breaking short-putts.

The Truth About **Putting**

*A simple system for dependable short-putting and
feel-enhanced long-putting*

Remember, determine the line and speed, select your intention (line + speed), setup to the ball and line, think of your anchor, and putt.

SHORT-PUTTING CONCLUSION

Refer back to this book and videos on short-putting and stick to the 4 R's of putting and a mental anchor that you can focus on and trust while you react fluidly to make each short-putt. Once you put it all together – the routine, reading, reacting and making a good stroke because you are anchored (letting the stroke happen), embed these habits, make holing all your short-putts the norm. Knowing and applying your routine is what will help you be a consistent short-putter week in and week out, and importantly, let it be what you turn to when you are under pressure to record low scores.

SECTION 2 – LONG-PUTTING

OVERVIEW: THE 4 R'S OF LONG-PUTTING

Just as with short-putting, the 4 R's are an easy way for you to remember what you should be focusing on before, during, and after a putt. By keeping yourself focused on what you should be doing (reading, routine, reacting to what you have read, and reviewing of the putt), your mind won't wander on to things that can hinder your performance, such as negative or future thinking, or too many thoughts about technique.

A brief overview of the four R's of long-putting:

1. **Reading.** As you walk onto the green, try to determine where the high part of the green is and where the low part is – does the green slope back-to-front, front-to-back, or side-to-side? Then get into a more specific read about which way the putt will break; the breaks can sometimes even be different to the general slope of the green, not often, but sometimes. (I go into more specific reading practices for long-putting in the chapter exclusively on green reading.)
2. **Routine.** You've read the putt; you know the line and speed to hit the ball at, now you need to go through the physical processes of setting up your body and lining up the putter-face with the line you have chosen. Note: Do not line up the putter-face with a lot of conscious energy, very good long-putting requires you to see the line and feel the speed, and then react. You definitely DO NOT want to be too careful in lining up or second guessing your read/alignment.

3. **React.** The routine of setting up leads into reacting with the energy you have built up in the reading. The energy is expressed by you swinging your hands, arms and the putter.
4. **Review.** The review is a very important factor because reviewing our past performance is how we identify mistakes that can be used for better performance on the next green, the rest of the round, and in the future rounds.

Poor long putts come down to either not reacting to what you have read, or not having read the line and speed correctly, there is nothing else.

READING LONG PUTTS: “DO YOUR HOMEWORK”

Reading long putts well helps you do two things:

1. Pick the correct line
2. Pick the correct speed to putt the ball at

Long-putting results come from how well you have done points 1 and 2, and importantly, how well you react by swinging the putter with the built-up feel/energy you have generated from the reading process.

Doing your homework (points 1 and 2) takes effort. If you slack off and don't read the long, tough putts, you will 3-putt often. Show the putt respect – do your homework!

Pick your markers

When reading long putts, I like to break the putt into segments. First, I want to get a general overview of the putt. We have the ball, a hole, a break and the slope.

For long, fast putts, I get a good perspective on how fast it's going to be and how much slope there is from behind the hole looking back to the ball.

When you are down behind the hole looking back to the ball, you must imagine the ball rolling down the slope, coming in along the path and stopping in or near the hole. This is the point where the ball comes in slow and ends its journey.

The number one goal is to get the ball right next to or in the hole so we don't have much work to do for the second putt. The ball needs to take the slowest possible route to the hole, not the fast route straight (if the putt has break).

[Taking a quick look at the ball and hole from side on to the putt can also give you information on the slope of the putt which will help you judge how hard to hit the ball.]

From down below the hole I look to see the path into the hole, as well as parts of the putt that look steep. So I might have the steep part (segment A), another part (segment B) and the final slowest part of the putt (where the ball is slowing down and curling in). I keep these markers in my head as I go back to read the putt from behind the ball.

Breaking the putts into segments (you can use spots/markers on the green) helps you focus on the line, and it also creates a feeling inside you about how hard you need to stroke the ball.

Once you have done all this homework, you know how hard you need to hit the ball and on what line (and/or at what markers). It's time now to walk up to the

ball, line up, and hit without delay; no careful lining up or second guessing, putt with the built-up feel right away.

Watch my video series to get a visual perspective of this type of putt.

[For information on reading grain in greens, see the short-putting section of this book.]

THE PRE-PUTT ROUTINE FOR LONG-PUTTING

When I refer to a putting routine, I'm referring to the setting up process when you are addressing the ball. There is also the routine of reading (R1), but for now, we will focus on R2 – the setup routine.

The routine is very important, and a streamlined routine is better than a long routine where you're taking many practice strokes and looks at the hole before putting.

The routine includes: settling into your stance and positioning the ball correctly, aligning the putter-face and your eyes with the line you have chosen, and any practice strokes you take (if you take them at all). The eyes come back to the ball, then R3 (react) kicks in straight away, or after a couple of bumps of the putter, a forward press, or something similar to start the stroke.

For long putts, as mentioned in the reading chapter, I like to use markers or dots that I join to the hole (discolorations in the grass and pitch and spike marks). I try and keep this built-up feel in my mind as I'm setting up in my routine.

Another positive part of being focused on your line and speed is that external or internal distractions have less chance of throwing you off course. Distractions such as doubt, the outcome of the putt, the score, and even playing partners or animals are less likely to distract you if you are locked into following your regular physical and mental routines.

When you're under pressure you produce adrenaline, which triggers the release of energy from our cells to help us fight or take flight – not what you want when you are putting.

Adhering to your routine keeps you focused on the line and speed – your intention.

To decrease anxiety so you can stroke the ball freely on your intended line at the correct speed, an anchor is a helpful tool to use.

When you are under pressure, you must resist the temptation to:

1. Take more practice putting strokes
2. Take more looks at the hole (more looks equals anxiety and tightness)
3. Spend more time over the ball
4. Rush and not go through the required reading and regular setup movements that you usually carry out. (Having said that, if you have read the line and speed deeply on a long putts, and you are ready, go for it – unleash the feel as soon as possible.)

In the original Truth About Putting eBook, and in various email lessons to subscribers, I give examples of how tweaking your routine mid-round can result in excellent putting for the rest of the round (happened to me many times). This is R4 (review) in action – looking over the result of a putt, and being aware of slight deviations in time taken over the ball, looks at the hole, the reading process, or practice strokes taken.

For example, many years ago in a 6-birdie round of 66, it was my Review (R4) of the putt that I missed on the 6th green to go 2-under par that uncovered I wasn't reacting by swinging the putter as soon as my eyes returned to the ball.

After a good putt and a near miss on the 7th green, another solid putt was hit on the 8th green using this altered routine/reaction. The result this time was a birdie, to be followed by four more birdies between holes 12 to 17 – to go with no drop shots. This better putting was triggered by the awareness of my reaction (time between looking at the hole for the last time and taking the putter back) not being as free and natural as it could be, and then applying the solution to upcoming putts.

The steps in the routine

In the videos that go with this book, you will see my routine in action. It is worth seeing the theory from this book being demonstrated in action.

My physical routine for long putts after my reading process is:

1. I walk in to the ball with a built-up feel for the putt from the reading.

I position the ball up opposite the toe of my shoe and have two quick alignment looks with my line/target (I have a small line on my putter).

[See the technique chapter for pictures of these positions.]

The two quick alignment looks helps me get the club aligned correctly, my ball position correct in relation to how far up in the stance it is positioned, and also sets me the same distance from the ball each time which means my eyes are perfectly over the ball.

Warning: The steps above are done habitually. Do not use much conscious effort in lining up, you will be setting yourself up for failure – lining up too carefully is trying too much. Your mind should be focused on the line, speed, and staying quiet while you putt (use an anchor to achieve this quiet mind).

2. After my second alignment look at the hole with my feet together, my head and eyes come back to the ball and my feet spread into the final setup position.
3. I look up at the path deeply for my final look – taking a mental picture of the last part of the path from my marker not far from the hole, all the way up to the hole. At this point my hands WANT to move back and swing using the built-up energy/feel from the reading and then the target orientation during this pre-putt setup process.
4. My head comes back and I unleash the energy/feel by swinging my putter.

Anchoring on long putts

If you want to anchor this feel into your mind more, think of the path to the hole as you putt – take a mental picture and think of it as you putt. Experiment with taking a picture of the last part only (include the hole), or a picture of the entire putt (or glimpses of it – it won't be like a television quality picture!).

Once the eyes come back to the ball for the last time, straight away think of an anchor and putt; keep it fluid, react freely.

Remember, the movements should be habitual; my mind is simply thinking about the line/path and speed, over and over, and then I putt using the built-up feel/energy.

Practice strokes

I don't take practice strokes on short putts or long putts when I'm in my setup position. I don't want anything to get in the way of the built-up feel and have. Having said that, if you take them, just make sure you are orientated towards the target as I have mentioned.

BUILD THE ENERGY, AND THEN REACT!

You will read about this concept elsewhere in this and other eBooks by me, as well as see it featured in the videos because I believe it is crucial to better putting.

The pre-putt process: you're reading the putt, you've got your line and speed, and then it's a simple reaction by swinging your putter. That reaction is feel/energy. We go from reading with our eyes (seeing), to then reacting with the built-up energy (feel). There's no room in that process to be questioning your aim or line, or looking at the putter-face. The process is seeing, feeling, then reacting.

If you can tap in to that force, that energy, you can hit putts from 20, 50, or 80 feet next to the hole all the time, and you can do it from off the green.

I like to think of the lead up to the putt – all the reading and looking to a point before you hit – as a build-up of positive tension. After all the reading, setting up to the ball and looking at your line when over the ball is done, there is a build-up of energy/feel and now it's time to swing. Don't interrupt that pure feeling with thinking. Look, feel, react.

Be sure to be natural and free, but also be sure to swing and hit to something in particular!

STROKE-SPEED FOR LONG PUTTS

Keep your tempo brisk on medium and long putts. The distance on your putts comes from the length of stroke and speed of stroke. The stroke should begin right after your eyes come back to the ball after looking at the line/hole for the last time; it's the reaction part of the 4 R's.

When you react naturally to the distance you have to hit the ball, your stroke length and speed will change slightly to hit the ball various distances.

REVIEW YOUR LONG PUTTS

The review process is very important if you want to become an excellent putter. When you have finished on a green and you have not hit a long or medium length putt close to the hole, this is the time to conduct an honest review.

Questions to ask yourself after a poor long or medium length putt:

1. Did I do enough reading from different angles to judge the correct speed? (If you hit a poor 1st putt, go down to the hole and look back towards where you putted, you'll notice how much slope there was or wasn't and you can see clearly why you misjudged the speed. Do more reading from different angles – do your homework.)
2. Once you had built up the correct feel for the putt, did you react and swing right away?

A tribe member of The Truth About Putting told me the story of how his handicap blew out to a 15 from 10 because he basically had the yips, and he was ready to give up the game before stumbling across the website.

He had been accumulating different putters and trying fat and thin grips in a desperate search for the solution to his terrible putting. He watched my videos and started to hear the message about learning from his mistakes, not focusing on technique so much, focusing on line and speed, and reviewing why short and long putts were missed.

He started asking himself the right questions after each green, such as:

1. Did I do enough work on reading the line and speed? Did I do my homework?
2. Did I react to the target with the feel generated from the reading?

He turned his game around, and soon had a couple of scores in the seventies, including three birdies on one nine in one of those rounds. His handicap came back down, he stopped changing putters and grips, and he got into the habit of reviewing the first 3 R's after each hole (especially conducting a review after bad putts). He would then make adjustments and mental notes when necessary.

In summary, be honest with yourself, don't get angry after bad putts, do a review and learn from your mistakes so you can go and putt well on the very next green, for the rest of the round, and in the upcoming rounds.

PART 2: OTHER FACTORS FOR LONG- PUTTING

TECHNICAL THOUGHTS: ZERO!

Your technical thoughts for long-putting should be zero. If you want to get a ball from Point A down a slope to Point B, which might be 20 or 30 feet away, you have to get that line and speed worked out, and then you react to it with your feel and your swing. You can't be preoccupied with technique on long putts. It doesn't work.

I tell a story about an old golfer named Ray, who I played with when I was producing a putting report for the Truth About Putting website.

The story starts with Ray putting from 25 feet on a flat, medium paced green. Ray hit the ball 12 feet past the hole. I asked him what he was thinking about when he hit the putt, and he didn't really say much, so I kept asking him. He sheepishly relented and stated that he was trying to "hit up on the ball." He was trying to get over-spin on the ball, which you hear commentators and people talk about. This is a technical thought and it took the place of being engaged with putting the ball on the correct line at the correct speed.

A technical thought like this comes from the analytical side of your brain, the neo cortex. Mathematics, speech, and rational thought all start in the neo cortex. Too much rational thinking, like commanding your stroke or aligning yourself and or putter-face, STOPS optimum movement and feel from happening.

The limbic system is incapable of speech; it is responsible for feelings, emotions, ACTION (like the golf swing/stroke), trust and loyalty.

Commanding yourself technically to do something in particular will BLOCK your natural reaction to the target.

If you want to work on something technically, do it on the practice-green; train your new move on the practice green/tee then trust it out on the course.

When you are on the course you want to read the line and speed, then REACT with the built-up feel you have ready to release. You have to let your limbic system work without being strangled by fear, analysis (when you are over the ball) and commanding of your stroke.

Back to the story, I suggested to Ray after that hole to try and focus on reading each putt, then hitting each putt on the line selected at the correct speed. He putted wonderfully for the rest of the day, recording 6 one-putts in the final 10 holes. His "hit-up-on-the ball" focus was replaced with a focus on line, speed and simply putting along the line to the hole.

Most keen golfers who play every week are always looking to improve – to find the latest tips, techniques and new clubs to help them lower scores. Sometimes this enthusiasm blocks the simple, yet more important aspects of golf. In putting, the most important aspects can be found in the 4 R's of putting: Read, Routine, React, and Review.

PUTTING FROM OFF THE GREEN – A “FEEL” ENHANCER

Putting from off the green is a good skill to have when you have a tight or bare lie, or when hitting up a slope to a pin just on the green. It's an extremely low risk shot. As the saying goes, "Your worse putt will always be better than your worse chip."

The second benefit of putting from off the green is the excellent training it provides for regular long-putting. There is not much more to it than normal putting. Successful putting from off the green involves thorough reading of the line, slope, and also noticing whether the fringe grass is bare and fast, or longer and slow. Don't putt from off the green if the grass is very long, the shots risk profile will go up substantially if you do this.

I look at the putt generally – the length, slope and line – then it's time to really get the feel for the putt, which starts with me looking at the fringe or fairway grass I have to putt over (section 1), then the first part on the green (section 2), then from section 2 into the hole – the third section.

This marking of sections builds my feel up for the putt. Once I have done this reading (my homework), I set up and putt quite quickly. There is no careful lining up; I'm simply putting using the feel and energy built up from the reading. The stroke is free, reactive and brisk.

The Truth About **Putting**

*A simple system for dependable short-putting and
feel-enhanced long-putting*

Practice this shot when you are on the practice green or casually out on the golf course. You'll get better with more practice at judging the speed of the different length grasses, slopes, and stroke you need to use to hit the ball next to the hole each time.

PRACTICING MEDIUM AND LONG PUTTS

On the practice green, hitting from different points on the green is important. Challenge yourself; don't just hit from one spot (although hitting from one spot in different directions is okay). Hit putts right-to-left, left-to-right, uphill, downhill, across the slope, and practice medium and long length putts.

Practice the reading process discussed in this eBook and in the videos, because out on the course, you only get one putt from each spot, you don't get a second chance on each putt. Become a master at reading the slope, line, speed, and then reacting to the target with the built-up feel you have generated from the reading.

Practice with one to three balls only. If you practice with too many balls you'll get lazy and start hitting balls without going through the entire reading, routine, and reaction process. By practicing with fewer balls you will cherish each attempt more (because if you hit a poor putt, it's a long walk to retrieve the balls).

Practice at these times:

1. **Pre-round** – try and practice for at least 15 minutes. Start with long putts to heighten your touch and also get a feel for the speed on the greens, then go on to practice short putts.
2. **Post round** – if you were not happy with your putting, go and practice.
3. **Between rounds on the practice putting green** – practice the aspects mentioned in this chapter and this book.

LONG-PUTTING CONCLUSION

Improving your medium and long-putting comes down to:

1. **Better reading** of the line and slope of each putt (doing your homework)
2. Using a streamlined physical and mental **pre-putt routine**
3. **Reacting to the target** by swinging the putter with the built-up feel from the reading as soon as possible
4. **Honestly reviewing** R's 1, 2 and 3 when necessary to learn from past putts – this will help you putt better on the very next long putt in the round you are playing, on upcoming greens in the same round, and future rounds
5. **Use the 4 R's when you play and practice**

Enjoy your putting and golf, and let me know how you're putting progresses.

SECTION 3 – PRACTICE, TECHNIQUE, AND EQUIPMENT

TECHNIQUE

You don't have to worry much about technical aspects when long-putting, apart from having the ball positioned correctly (although, this setup point is more important in short-putting).

Long-putting, as discussed in this book extensively, is about building up the feel for the putt through reading, then unleashing that energy into the ball right away by swinging the putter back and through.

Putting stroke

From long range, it is definitely about feel and freeing up and rolling the putt along a pre-determined line into the hole.

Inside 15 feet from the hole: sometimes I make bad strokes, but most of those bad strokes are a consequence of me not going through my routines and not giving in and freeing up when I'm over the ball. I work on my feelings and my thoughts a lot when on the course and on the putting green as this greatly affects the stroke.

The pendulum-stroke and the reaction-stroke

Nearly all professional tour players today, and most high level amateurs, putt with a pendulum-stroke. I would recommend this action to anyone. Having said that, if you have a faster "pop" stroke, stay with it, don't mess with what is natural

to you. It is a basic rocking motion of the shoulders and a natural hinging of the wrists.

From time to time I have used a more poppy, wristier, quicker style stroke and this works fine too. If you have a naturally fast stroke, you won't be feeling a "pendulum," and that is absolutely fine. Great putters like Jack Nicklaus, Bobby Locke and Garry Player bent over and used wristy strokes; their mindsets were far more important than their strokes.

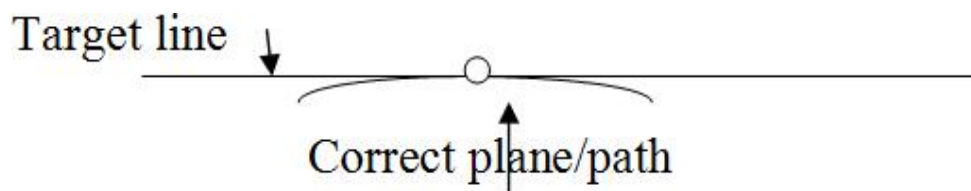
Think of a grandfather clock. The pendulum goes back and forth, back and forth – same tempo and on the same plane (arc). Long putts are different; one needs to swing faster to generate distance, so I don't think long-putting is very pendulum-like.

Short-putts are missed when this motion is corrupted by tension and too much movement. As we get nearer to the hole, the pressure to make the putt increases.

As with the full swing, most people would putt better and hit better shots if they just let the club move back from the end of the swing with no effort at all. This is a pure "pendulum" action. I call it a "gravity" stroke.

Try this if you do not already do it. Rock the shoulders and **do less**. Just let the putter come back and through with a silky smooth, relaxed transition. By doing this for both full shots and putts, the putter stays on the **same plane and path** (the same path is created by being on one side of the ball – see diagram

below). Tension pushes the club or putter off the plane and path and it also affects the way the putter head opens and closes. This opening and closing of the blade should occur naturally.



An anchor I use when over short-putts is “feeling the pendulum.” Once I have determined the line and speed, I putt and try and *feel the pendulum*.

So the process is I’m putting over a specific line to the hole whilst I **relax and feel-the-pendulum**. My mind is actually trying to sense the pure backwards and forwards motion, with me being very passive.

If you rush you will not “feel the pendulum,” and you will not feel the putter face open and close. The left shoulder moves first on the way back from the transition from backswing to downswing when using the putter. The shoulders coil, taking the putter back, and then recoil coming back to the ball. The club follows the left shoulder’s lead.



The pendulum-stroke

WARNING!

On short putts, you may get tentative if you always just think about feeling the pendulum – monitor your success. If you feel you are getting too tentative and conscious, do this:

1. React to the hole by taking the putter back before or when your eyes arrive back at the ball from looking at the hole/line for the last time.
2. Go into each putt with a definite speed you want to hit the ball at, and then hit the ball at that speed while you feel the pendulum – back and through.
3. If applicable for you, use a mental anchor.

TEMPO

The correct tempo for putting is using the same speed on the backswing as the downswing and through the ball. On short putts, I have used the concept of feeling *robotic* to achieve better tempo; using a setup that includes bending from the hips and keeping a relatively straight back aids this robotic, pendulum-like action and feeling.

Robots, like pendulums, do not get too quick or too slow (provided energy is continually supplied). They keep a constant speed; looking up too early and or hitting the ball too hard or soft when you are short-putting are all violations of the perfect tempo.

I have a saying in regards to tempo when you are in the act of short-putting – be ignorant and dumb like a robot. There should be no moving out of your setup posture with your body or head, look down and “trust the pendulum” (another mantra I have been known to privately repeat).

Your personal tempo maybe faster or slower than other players, this is unimportant – the constancy of the tempo throughout the stroke is the key. This constancy of tempo applies to every shot in golf, although the ratio of backswing to downswing time elapsed naturally increases for longer golf swings.

If you decelerate/interfere with the natural downswing tempo (looking up early is a common violation on short-putts), the ball won't be struck with the correct

speed and the putter-face will not have closed enough to meet the ball squarely. The result will be a push to the right (for right-handers).

Tempo violation, awareness, and correction (example)

Here is an example of 4 R's being aware of a problem and using review to correct it.

During a competition, I missed four putts from between 10 and 25 feet on the first five holes. These were not short-putts, but I should have at least holed one or two of them. What was causing this and what did I do about it?

As I missed putts three and four, I realized they were all missing to the right of the hole (pattern recognition is important in the review system). My review gave forth the idea that I was simply **trying too hard to hole these putts**. On the next hole I had a birdie putt from 13 feet. I decided to go through my routine as normal but with a slight change of thinking, I would try and relax and let the putter swing. The ball came up short by a centimeter – right in the middle (the greens were extremely slow from wet weather). "Aha! That was better." I viewed this as a positive – something to take into the following holes.

The very next hole I hit another solid putt from 25 feet that came close. My playing partner responded by saying it wasn't my day. I responded to that by saying it was not my day *so far*.

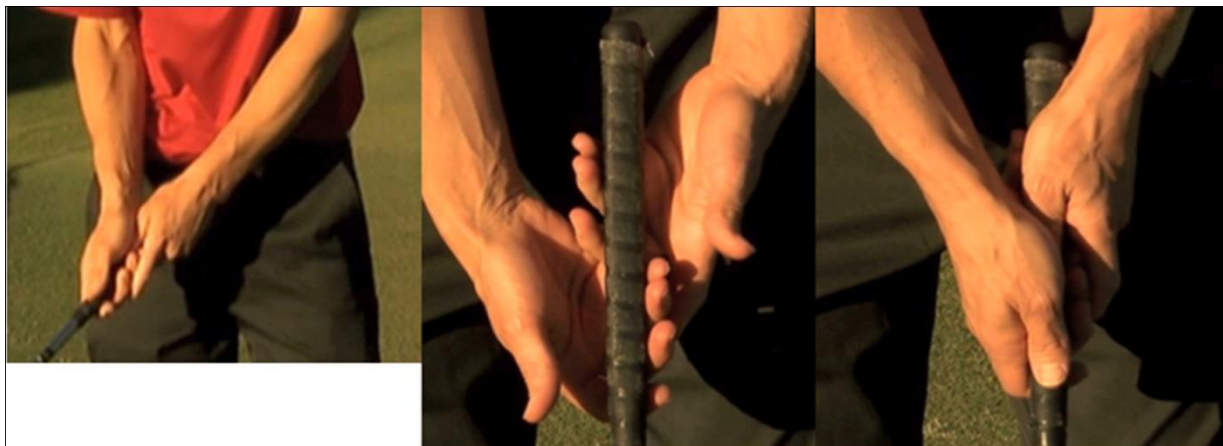
On the next hole, I hit a 20 foot putt that curled right into the middle. I then had two 2-putt greens from 30+ feet, and then three putts in a row rolled in the hole from 7, 35 and 20 feet.

The only thing I changed when I was over the ball and putting was to think, "Relax and swing". Of course, I was also working on reading the putts and going through my normal routine.

So by relaxing and **not trying** as hard, **my stroke** became smoother and the tempo improved. Better tempo let the putter-face close naturally on the way to and through the ball; this eliminated the putts going to the right (club-face not closing enough).

Did the stroke become mechanically better than earlier in the round? Yes. Was it because I started thinking technically about my stroke? No, I worked on relaxing and getting out of the stroke's way – letting it open and close naturally while I decreased the conscious effort I put into each putt.

GRIP



The standard reverse overlap putting grip

I use the standard reverse overlap putting grip as shown below. The two thumbs are placed directly down the putter grip, with the top thumb nestled under bottom hand pad. The index finger of the top hand simply points down over the fingers of the bottom hand.

Grip-pressure

I NEVER think about my grip-pressure, as this is a conscious thought and it inhibits good swinging, chipping, putting, kicking, serving, or any other motor skill. I do hold the putter lightly, but as I said, I don't consciously thinking about it.

Cross-hand, claw-grips and belly-putters

Use whatever works for you; these grips work well with a pendulum-stroke. Regardless of the grip used, following the 4 R's – which includes selecting the correct line, speed and an anchor for your short-putts – will help you make better strokes.

See chapters: *Technique: putting stroke, Mental Anchors, Trust, and #1 cause of missed short-putts* for useful tips on the pendulum-stroke and how to keep your mind (mentally) and head (physically) still.

STANCE, ALIGNMENT AND BALL POSITION

As you can see in photo #4 below, I make sure my eyes are over the ball by dropping a ball twice from my left eye socket. I only do this every now and then when I miss some putts or after I feel like I have done everything (routine, focus and stroke) correctly. Sometimes my ball position moves out from my eye line. My ball position is usually quite close to me.

The further you bend over with your spine, the further out your eye line will be and hence where the ball should be.



If I feel like I'm doing everything well and I'm missing putts to the right, the ball is too far away from me, and vice versa with putts missed left (ball too close). I confirm this by getting into my stance, then dropping the ball from my left eye socket.

Swivel your head when in your stance

In the end photo with the arrow, I'm showing you how you should swivel your head – not turn your body or raise out of your regular putting posture to look at your line. Turning your body or raising your head will distort your view of the real line. Notice my spine angle has not changed in the three photos.

Stance

My **stance** goes from square when I'm lining up, to a little open when my feet spread. I have my left foot open, which lets me release the putter freely without

my body getting in the way. This is important if you stand close to the ball as I do.

My stance is a little narrower than shoulder width (measured from the outside of my shoulders). You don't want to get any narrower than this. Wide is fine, but do not get too narrow. I have noticed other putters and I get too tentative when the stance gets narrow.

I like to have the ball positioned forwards of my heel. I couldn't have the ball this far forward if my stance was wide. Having the ball well forward in my stance helps me release the putter head through the ball – which suits my stroke style.

Lines on putters



I have a small black texta line in the middle of the putter (it rubs off every few months, so I mark it again when the line gets faint). I use it to line up the ball in the middle of the putter-face. However, this is a quick process; do not

get carried away with carefully lining up the ball, putter-face and line. You will engage the analytical part of your brain, and this will DESTROY your tempo and feel for the putt – tempo and feel/energy are born in the creative part of your brain. The lining up must be general, NEVER second guess your line or alignment when you are over the ball. Know the line and speed before you set up to the ball. That judgment is final (see the chapter *Focus and eliminating distractions* for

more on this). If you are set up to the ball and are questioning your line, walk away, settle on your line and speed again, then move in and execute.

Hand position

I keep my **hands high** as you can see in the photos. The putter should lie relatively flat, but if you address with the toe or heel, a little in the air is fine. Many great putters putted very well while having the toe of the putter lifted.

My **arms are bent**, not stretched out; meaning the length of my putter is standard length, which for a 170 centimeter guy is long.

I feel a bit wooden with short-putters and stretched out arms nowadays (I used very short-putters when I was young). I feel like I have more feel in my hands and wrists with the long putter and bent arms – do what feels good to you.

EQUIPMENT



The **least important** part of putting is definitely equipment. That being said, I would recommend a well weighted putter made in the past 20 years or so. Some older putters only had a small sweet spot and are were not well balanced – meaning an off centre hit would not go as

far as a centered hit.

I'm putting with a Ray Cook mallet-putter (see previous two pages and below – for a look at the old warrior), which I have had since the mid-1990s. I had a Ping Anser from about age 12-16 (as everyone did back then), and there was another mallet in there somewhere. I used a Ping style putter for a few years in the late 1990s, but have not changed this current putter for 13 years. How could I? It has done so many amazing things for me! However, I have putted great with the other putters that I have used. I would have no drama in using another putter because I know success on the greens is not down to the putter used. Whether you use a belly-putter, an old or a new putter, you want your stroke to be **joined** to a thorough reading of the greens, visualization and a relaxed yet attentive mind.

Putter-weight

I have always liked the putter to be relatively heavy. I have a few old ratty strips of weight on the back of my putter. The heavier you go, the more feel you lose as the ball comes off faster. The lighter you go, the more the blade flies around on the backswing. I think somewhere in between these two extremes works well.

Some professionals change putters because they play on a variety of grasses, which have different speeds and characteristics. Most club golfers play similar paced greens all the time and do not need to get too technical about the putter they use versus the greens they putt on.

Putter-length

For my first 15 years playing the game I used very short-putters, but my current one is around standard length for my below average height. (See *Stance and alignment* for an explanation as to why I use a relatively long putter with bent arms.)

Get something you are comfortable with and **forget** about it. Work on the **real** things that are going to help you make more putts, which are the 4 R's system and an anchor.

SECTION 4 BONUS: LESSONS FEATURING TRUTH ABOUT PUTTING CLUB-GOLFERS

BONUS: LESSONS FROM THE TRUTH ABOUT PUTTING WEBSITE (NOW, PART OF AP GOLF)

In this section you can see the principles covered in this book being applied to website-subscriber questions and illustrated in their transformative stories. (These lessons and questions were produced and answered before this new extended Truth About Putting book and videos were produced. The core putting philosophy has not changed over this time.)

LESSON 1 – SHELLEY’S STORY – A LESSON ON SHORT-PUTTING AND FINDING YOUR ANCHOR

This correspondence with Shelley, a Truth About Putting (TAP) Tribe member, can help everyone’s putting.

*I have thoroughly enjoyed your eBook and videos, and what I take most from it is how important the routine is. I play off 20 and could be closer to 15 if I could just improve my pitching and putt well under pressure. I go out and practice and go through all of the routine in practice, **have no nerves and all the putts go in.***

*But when I am in competition, and with certain people who I guess I am trying to impress, I am shaking and feel like I can’t even putt at all. I tell myself to think about my routine and **all I do is jab at the ball and not follow through, no pendulum, too quick etc.** Everything goes out the window – on the green for 3 for a par 5 and then 4-putt.*

I know it is the yips. I was playing in the mixed foursome championships with a 2 handicapper, and I was very nervous, played beautifully until I got to the green and completely lost it.

I haven't found any videos on your website to try and get over this problem.

Apart from putting everything out of my mind and focus on my routine, is there anything else I can do to get over this problem?

At the time that this customer's email and article were written, the detailed short-putting section in this book did not exist, nor did the 26 videos on short-putting in the Truth About Putting members' library. With that in mind, I responded with a written walk through for her to follow.

If you miss short-putts by slowing down the stroke, looking up, or dribbling the ball to the hole, you must get back to anchoring your mind on ONE thought throughout the ENTIRE putt (focus). You can't look up too early, slow down the blade or dribble the ball to the hole if you are anchored – the human brain can only think of one thing at once. The stroke and the speed of the ball is a reaction to the "reading" and your intention (line + speed).

What is your mental anchor when you are putting the ball?

You probably have one, or a feeling that you are using in practice – especially if you are putting fine in that environment. Try and monitor what you are consistently doing on the putting green and do it on the course every time you

have a short-putt. That is your number one priority when you are putting out on the course; follow your routine and “give in” to your anchor. If you can give in and not be preoccupied with making the putt, you will make a lot of putts.

What is your routine?

- How many looks at the hole?
- Do you take any practice swings? How many?
- What do you think about?

These are things that can sometimes take your mind off the feeling generated in the reading and your anchor. The less you do (of the above) – the better. Less looks, less practice swings, less thoughts; focus on line, speed and one anchor.

An anchor

You may have one; you may find it when you are knocking in putts on the practice-green. Where is your head at when you are knocking them in?

Try the “feel the pendulum” anchor – a perfect back and through stroke at the right tempo. If you look up or slow the blade down, you are not focused (anchored) on feeling the pendulum. If you are truly anchored/feeling (focused), you can’t do something else like looking up or thinking of missing – impossible.

When I shot that 9-birdie round about a year ago, **I felt like a robot on putts under 10 feet. A Robot programmed to hit the ball in the hole wouldn’t twist or turn its body to see if it had made the putt.** Anxiety and wanting to

hole the putt causes humans to prematurely look up to see the result, this corrupts the tempo of the stroke – including the natural opening and closing of the putter-face. The perfect putting Robot would setup, align, and stroke with a robotic pendulum action, the body is still, the head is down; the ball goes off at the perfect speed. Robots have no emotions, there is no good or bad, there is no making or missing, there are NO CONSEQUENCES (ideal). Our perfect putting Robot would aim, putt and listen.

Carry out the mission correctly and the positive results will take care of themselves

More anchors to consider when putting:

- You could “roll-the-logs” along your line at the right speed. **Keep your head down and give in to rolling the logs.** If you are struggling with staying down, use it as part of your whole routine.
- **Try to see what’s under the ball after putting the ball.** This helps you keep your head down and you focus on one thing.
- **Short-putts:** pick the line, a spot, and the path; imagine the speed, step up and putt.

I’m doing this without spreading my feet. I simply align the putter to my line once, look back and remember the line and speed. This becomes my anchor – the memory of the line and speed to the hole. I wrap the ball in along the line. Speed + Line = My Intention. **I putt my intention.**

Before I walk up to the ball (from behind), I have picked out the exact line and speed; I know where it's going. I then set up quickly and **apply my intention**. Try to knock that ball in firmly on those short-putts.

Have no fear, stick to your plan, be strong, and go for it!

Long putts: try and pick out a couple of break points to the hole, and roll the ball along the line into the hole, simple.

In summary, if you look up or slow the blade down, you are simply not being focused on line, speed and anchor like you need to be. Pick your speed and line and carry out your intention. If your mind wanders, pick out one of the anchors mentioned and think only of that AS YOU PUTT. I want to see you putt really well under all circumstances.

One week later, Shelley wrote to me to tell me she had made progress. She had played nine holes with a friend she tries to impress. In these nine holes she had a series of three to four foot putts. Shelley said she holed every one of them. What was her anchor? She was thinking about following through to the hole every time she would putt these short-putts. Shelley found something positive to focus on as she putted, she had found her anchor.

Whatever works, find what it is, and use it as an anchor every time you have a short-putt.

LESSON 2: READ AND REACT! — FOR BETTER LONG-PUTTING

I recently taught a series of in-person putting and playing lessons with Truth About Putting subscribers in Sydney and the Gold Coast here in Australia.

Nearly all students needed help with their long range putting and short putts. I covered long-putting, green reading, and how to generate the right feel for each putt – which is the #1 most important factor in excellent long-putting. The lessons I taught them will benefit you as well.

Green reading

Line and speed are crucial to consistent long-putting. And I'm glad to say everyone started hitting putts from long distance much closer to the hole once I went through the exact process for hitting these putts to within a few feet nearly every time.

Once they learned about a more focused, in-depth reading, they started reacting naturally, their strokes became more positive and their feel heightened. This kind of reading does not take much time at all – it simply requires a touch more focus on picking out a few markers along the line to the hole.

The students even started hitting long putts from 10 feet off the green on a 40 foot putt to within a few feet of the hole (an excellent exercise and shot to sharpen your feel). They started to tap in to their feel on a much deeper level – a level they had not been able to consistently reach in the past.

When reading the putt initially, break the putt into sections. The first section is near you (make a quick note to see if there is much break). Then there is a halfway marker, then the apex (on a double breaker you will have two apexes), and the last 1/4 section/path to the hole. On a single breaking putt (typical), the apex will be 1/4 to a 1/3 to the hole.

Many golfers I have given in-person lessons to recently have been generally reading right-to-left or left-to-left – this is NOT specific enough. Try to catch yourself out not reading and marking (R4 - Review), label yourself as lazy, and make a note of properly focusing and **doing your homework** for upcoming putts and rounds. You need to have more focus on all parts of the putt and then finally – and most importantly – the last quarter of the path into the hole.

This more focused approach takes more effort, but the return on this effort is a better build-up of feel. The outcome of being deeply orientated towards the target is that we stop questioning and analyzing and start reacting to the target with greater freedom and feel. The result is that the ball ends up close to – or in – the hole each time a long putt is struck.

Marking

On each long putt, pick several spike or pitch marks, loose dry grass, discolorations in the grass, or anything that is not moving.

After “marking,” you want to join all the spots (marks) into a general line. The marks have blended into a path to the hole.

Your switch from marking to blending the markers/spots into a path to follow has allowed you to build-up the feel from the marking and reading. Now, simply step up and deliver the feel/energy to the ball...**no eyes required!**

The feel wants to be released from your hands – use the feel/energy to swing the putter back and forth right away.

Distance and feel is more important than line. Generate the feel by marking and reading, and then release it by putting.

Straight long putts require less reading, it is about: ball, hole, react with correct feel. Remember, the vast majority of long putts will have break – which require reading and marking.

One sentence summary and warning

This is not a long process, it is focused yet not exact. If you are too exact you end up hitting to a spot nowhere near the hole. In general, you want to read the line and speed to build up the feel, then release the energy by swinging the putter.

Being too exact and focused breeds tightness and anxiety, not being focused enough breeds carelessness. Find the middle ground.

Sharpen up this part of your putting and you will hit more long putts up to a couple of feet from the hole, and you will also make more of them.

LESSON 3: USING AN HONEST REVIEW CAN SAVE YOUR GAME

Here is a simple example of the 4 R's in action. It's a very inspiring story. I love being part of helping someone like Michael – who you will meet below.

Michael had the dreaded “putting yips.” He had purchased four putters, fat putting-grips, and had tried countless different holds on the club...he had even tried putting left handed (he is right handed).

He got worse, blowing out from a 10 handicap to 13 (he was shooting in the high 80s). He started to hate the game.

Fortunately, he found The Truth About Putting. He stopped looking for a quick-fix in new putters, grips and styles, and instead worked on a **system** that he could follow every time he putted.

And MOST IMPORTANTLY, he used an honest **review** of each missed-putt4 R's.

Michael changed his mindset from blaming luck, the green and any other excuses, to focusing on the 4 R's of putting. His mindset and putting matured, and naturally, the results followed.

There have been a large number of putting success stories added here recently, but I think Michael's is hard to beat.

If you're putting well, keep "working the system," but if you are not, the answers to better putting are in the 4 R's...dig deeper in to one or all of them.

Below, is the Michaels testimonial/email to me.

G'day Anthony,

Well, time to give you some feedback about my putting, thanks to your eBook "The Truth About Putting"! I've been playing golf on & off for > 30 years, now semi-retired, age 56, and playing two comps a week at my local club, Palm Meadows on the Gold Coast. My current handicap is 10.

A couple of years ago I developed the dreaded putting yips & started averaging 36-40 putts per round (I even yipped & double hit a birdie putt from inside 2 feet last year) and actually started hating golf because the rest of my game was still OK; yet I still managed to have a couple of 3 putts per round!

My attitude had become worse as a result and I would simply give up and was lucky to break 30 stableford points each round; not surprisingly, my handicap went out to 13+. I had no idea where my putts where going, had poor distance control and kept fiddling with different putters, grips and routines during my rounds. My routine then was to quickly line up the putt, have 2-3 practice strokes, then putt. Of

course most times inside 8 feet my real stroke was never the same as my practice strokes and I'd miss; then often miss again.

So I tried different putters, changed to fat grips and tried many different putting grips, including left hand low techniques, but all to no avail...until I read your eBook & watched your videos. After going back to my original putter and putting grip, and giving up my routine of 2-3 practice strokes (which were useless anyway because I still managed to 'yip' the short ones), I started putting your 4 R's into practice. I'm pleased to say the results were almost immediate, and my game, particularly my putting confidence, has improved. I've even started making some putts again and it feels great! Even better, whenever I do 3-putt, rather than making excuses and whine, like the old days, I simply concentrate on Reviewing why I missed and press on.

Today was a fun round, I shot 37 on the front with 2 birdies, a few wobbles to start the back nine, hit it in 4 bunkers, but had an eagle on the 15th, my very first proper eagle, nailed a 12 foot uphill putt! I finished with 79 with 31 putts and nil 3-putts, and have never had 2 birdies and an eagle in the one round. I also just missed 2 other birdie putts inside 10ft as well; but actually felt great when I two-putted the last from about 40ft, a tough sliding, down-hill putt that I rolled 6ft past; I made the one coming back.

In summary, my putting has improved so much by simply following the four R's, thanks so much for making the game enjoyable again for me,

Cheers,

Mike

Note: Michael used the original Truth About Putting eBook, videos and email-lessons – the core philosophy has not changed, but, there is much more detail in the expanded short and long-putting books and videos that exist today.

LESSON 4: A STORY ABOUT LINES ON PUTTERS, AIMING THE PUTTER-FACE, AND HOW TO PUTT MORE FREELY

Below are some questions from a new Truth About Putting tribe member.

- You don't appear to use a stripe or the direction arrows on the ball as a guide. I have putted using a stripe on the ball that aligns with the starting path, and also without the stripe just eyeballing the starting path. What are your thoughts either way?*

Unfortunately, lines are creeping into putting everywhere, lines on balls and big lines on putters. It does more harm than good for many golfers.

You NEVER want to second guess where you are lining up.

Once I have selected my line and I feel the speed, all the lining up has **ended**; finished.

Now I take that feel and **I react with my hands and the putter as soon as my eyes get back to the ball**4 R's.

I have a tiny little texta mark that I draw onto the top of my putter, about two millimeters long, it helps me line the ball up in the center of the putter-face quickly (note, this alignment of the ball in the center of the face is done quickly with minimal conscious effort).

I place the ball so I can see NOTHING, no logo, no line. If you want to line it up on a dead-straight-putt that is okay.

Let's say you do line up your putt with a logo or line on the ball – like many good players do – once you have lined it up, the lining up has concluded. Now what gets the ball to the hole? Feel.

Lining up is in the first part of the putt; the putter-face is aimed at the apex. NOW, you REACT with FEEL (in your hands) and athleticism. At this point (after you have read and lined-up), you could throw your putter at the hole, or the ball, or a tee, or hit the ball to the hole with your putter; all of these actions will result in the object winding up at the hole – because of feel.

- **Subscribers Question:** *My last look at the cup is really at the spot left or right, at which I am aiming, trying to get the right speed so that if the ball doesn't go in, it is beyond the cup by no more than 1 to 2 feet. Are you saying your last look before putting is at the apex of the curve, or a visualization of the entire curve path?*

My Answer: It is a general look at the apex, path, hole - but more path than anything. Speed: just have the ball moving in there, not too fast, not too slow.

- **Subscribers Question:** *When your eyes come back to the ball, do you look at anything specifically – a laser eye on the back of the ball or a less specific, but general view of the ball?*

My Answer: It is definitely a general look at the ball. Don't concentrate on anything, you should be reacting to the path with the feel you have built-up from the reading.

At this point, once the eyes come back to the ball, **please understand this** – their job is done.

Now, it is over to feel; swing your arms and let your wrists hinge.

Use your eyes when reading the break before you set-up, and lining up the putt as part of your immediate setup-routine.

During your walk into the ball you should know exactly where the ball is going to break and at what speed. NEVER make you mind up about ANYTHING when you are OVER the ball, do this before you walk in to the ball and set up.

You have the last look at the path, eyes come back to ball, and you swing as your hands react to the path and your vision. But that last phase is fluid and it is NOT about vision, **it's about feel**. You can even close your eyes at this point because they should have nothing to do with hitting a good putt, it is all about feel.

A pre-putting routine, exercise to try

Stand up and get into your putting-address position, now look to your left and pick out a target (anything will do) at about 10-20 feet. Now look down at the ball, quickly look back at the target, and bring your eyes back to the ball. Swing your arms as soon as you're done with those looks.

This is the process you want. There is no waiting (or very little; maybe an unconscious bounce of the putter or forward press) between your last look at the target and when your eyes come back to the ball.

It should feel free and loose. If it feels as though you are not applying enough effort into the putt, IT'S CORRECT! You're now TRUSTING you read instead of analyzing and judging your alignment – which is a road to poor putting.

Practice this now to get comfortable with it, feel free, and feel like you are reacting (with your feel) to what you see.

Note: Feel free to take your putter back even as your eyes are coming back or as soon as they come back; the whole process should be fluid and the movements should blend.

Another analogy that might make sense is one that Davis Love, 111, used when he was playing his best golf. Imagine a clock with a pendulum...

It should be a tick, tock process, the head and eyes look at target (tick), head comes back (tock), arms swing back (tick), arms swing back at ball (tock).

- **Subscribers Question:** *When I am just trying to hone in my stroke on straight short putts, when I miss they are pulls to the left. What typically causes the head not to be square at impact that produces left misses?*

My Answer: Check your ball and eyes position. Get into your exact putting stance; hold a ball in front of your left eye socket (right handed player). Drop the ball – where it lands is where the ball should be positioned (it should be well forwards of center).

Do it a few times for an accurate result.

This can be done out on the course (while you wait to putt) as part of your review. If you are doing things well but consistently missing putts on a particular side of the hole, you're ball position may have moved in or out too far (eyes are not directly over the ball).

Apart from that, turning your body and looking up is going to corrupt your stroke. Stay down and tick, tock! Using a mental anchor will help with short-putting

Try this routine on the putting green under no pressure, start with long putts then work your way in, then go back to long putts, practice your feel and the tick-tock routine. Respond to the target without delay. Commit to it, be strong.

The ball will start going very close from ANY distance. You may start hitting your short putts firmer, this is a good indication that you are freeing up. Have the mindset that there are no consequences if you miss, react and swing freely.

Once you get this, you start tapping in to **how human's best respond to a target** – and that is magical, you will do amazing things when you start tapping into this force.

LESSON 5 – YOU DON'T NEED TO AIM AT THE HOLE TO HAVE 24 PUTTS FOR 18 HOLES

There are plenty of club golfers with not-so-perfect strokes, and there are excellent pros on P.G.A. Tours around the world and through the history of the game with “loopy” or “non-textbook” strokes.

I experienced a classic example of this during a recent in-person lesson with a woman named Joan, who had previously purchased The Truth About Putting System (online) and had success implementing some aspects into her game.

We started on the putting green. She had many doubts about her technique. Joan's alignment and stroke were not textbook; however, she did possess a few essential elements that all very good putters have.

Many golf instructors and most club-golfers who saw Joan putting would have told her what was wrong with what they saw (aesthetics), which was:

- She aimed the putter face way right – along with her foot alignment
- She pulled across the ball (because she was aiming right)

It seemed that there had been a few words said to Joan over time that dented her confidence.

Joan had been playing for 8 years and I was not going to tear apart her putting stroke and set-up and consequently – destroy her putting, I have seen this

happen. A straight-back-straight through stroke is not important at all when it comes to being an excellent putter. There are other more crucial elements that I will explain.

What did I instruct her to do?

I told her to stick to the Truth About Putting principles: Read, Routine, React, and Review.

Read: Joan wasn't reading all her putts from behind the ball.

Routine: She needed the discipline of going through her "reading routine" each time from behind the putt. She needed to do her **homework** before each putt. The amount of time over the ball and looks at the hole were all fine.

React: She didn't take too much time over the ball.

Review: Needed to improve on her discipline to review R1, R2 and R3 after each putt

Ultimately, Joan is a good putter from inside 15 feet; she made some nice putts out on the course. She has a little work to do on the long putts. Simply practicing long putts on the putting green would go a long way to help her feel.

Was I a bad coach for not changing her alignment and stroke?

Whenever she went through her routine and had an intention of where the putt should go at the correct speed, the ball went in. This is what I worked on with her.

The ball would go into the hole because she aimed the putt well with her eye, and because she had excellent tempo to her putting stroke. Excellent tempo is a result of the correct reading, **reaction, and free-flowing stroke**, and WAY more important than whether your putter-blade goes back on a straight path.

Her mind – her computer – was ORIENTATED towards the target. By focusing on “the things that matter,” she was NOT focused on useless technical, conscious mind-babble that is the downfall of so many well intended golfers.

Also, the correct tempo means the club-face opens and closes at the correct speed. If someone is nervy on a short-putt and slows the putter down on the way through, this happens:

1. The ball doesn't have the speed to stay on the intended line.
2. The blade and the stroke are “corrupted”, the putter-face does not close at the right speed.

It doesn't matter how neat or ugly your stroke looks, so long as you join good tempo up with the correct line and ball speed, there is only one place the ball will end up – underground!

A month or so later, Joan emailed me to tell me that she had won her grade club-championship by 20 shots including just 10 putts on the front nine holes in the

final round and a 24 putt total for the round. (This email is on the Truth About Putting website.)

Joan pulls across the ball with her stroke because of her right-of-hole physical aim. But that's okay because she knows and practices the 4 R's of putting – which are far more important than having a pretty stroke.

Remember, Joan won her club championship by 20 shots and had 24 putts in the final round – while not aiming her putter-face at the intended line. I think there may be a lesson there for all of us!

LESSON 6 – WHY SOME GOLFERS AVERAGE 28 PUTTS/ROUND WHILE OTHERS AVERAGE 33 OR MORE

Tribe Member Question/Problem

I am stroking the ball well with good speed. My problem is I just can't read greens. Working at it but that's my downfall.

Here is what stood out during a recent round that can maybe help you. I used multiple spots along my line to the hole.

Pick out the slope of the putt then focus more tightly on spots/marks along the line to the hole. We have the ball, we have spot 1, a discoloration or pitch/spike mark about 4 feet short of hole, then another 2 feet short of the hole we pick another one, and then the hole.

Join them together and they become a path. **Remember to putt along your path over the spots into the hole.**

No one ever holes every putt; the best putters simply keep reviewing and trying

There is another important point that I did not mention, and you won't hear about this in regular golf-instruction media – they like to talk about aesthetics – what they can observe and see: clubs, techniques, and grips – NOTHING that will take your game to a higher level PERMANENTLY.

That point is, I had 25 putts in the round I just played, and I had 25 putts when I shot a 9-birdie round of 65 a while ago. And, on that recent 25-putt/round, I had seven 2-putts. I missed a couple makeable putts from 10 to 12 feet during the middle of the round, and I had a few respectable 2-putts.

In both of those rounds, dozens in the past, and I'm sure, more in the future, I missed makeable putts. But, I kept trying, I kept REVIEWING.

If I didn't keep working and improving in-round, I may have had 3-4 shots more in both rounds.

In the Truth About Putting eBook I explained exactly what happened on the 8th green, after I missed an easy, flat, 12-foot putt to go 6-under par.

Yep, missed wide by a long way and it finished 3 feet past the hole – a terrible putt! But, because of my mindset on that day, I conducted my review, and quickly realized why I missed. I was simply trying too hard on the putt – as I wanted to go 6-under through 8 holes.

In reality, trying too hard may mean lining up the putt too much – taking too long, not pulling the putter back when your eyes have come back to the ball from looking at the hole one last time – deviating from your normal routine.

I wisely worked on pulling back my effort level slightly. On subsequent holes, I putted very well, adding another 4 birdies plus two 4-foot par saves.

This is not easy: to want to hole putts, but not try too hard in the process – a classic catch-22.

So, no person ever holes every putt they hit. The best putters just keep working, they turn 33 putts into 29, they turn 29 into 25 – they stick to their putting-system and keep working.

OTHER GOLF IMPROVEMENT COURSES

You can view the *Truth About Putting* video via your personal account on the *AP Golf* website. You can always log in or retrieve your password there.

To learn more about the other golf-improvement courses, go to: APGOLF.NET

Other Courses

Build a Better Shortgame – videos, eBooks and email-lessons covering the essential fundamentals of consistently solid chipping, pitching and bunker play.

The Automatic Golf System – Minimize technical swing thoughts and Improve your ball-striking and scoring now with the swing you already have. Great players play *feel-golf*. They “*look, see, feel, and swing.*”

The Adults Golf Swing and The Simple Swing – create a simpler, more repeatable golf swing.

On-Course Scoring/Play Smart Golf – countless on-course scoring tips that will help you maximize your scoring by navigating the every-round realities of playing from all sorts of lies, under various conditions, under pressure situations, and much more.

Recommend this book by:

To refer friends that you think would benefit from these teachings, send them to APGolf.Net.

Best Regards,

Anthony Procopis