For this week’s Tip, I wanted to briefly touch on some putting fundamentals that often times go overlooked. As we all certainly know, putting can sometimes feel like a mystery! Some days we feel like we have found the secret and other days it seems as if the hole is smaller than the ball itself. Either way, it always seems to be a constant battle between love and hate that we must fight in our minds every time we step out on the course!  
  
The good news is that we can always rely on a few basic things that will help us to achieve a more consistent and reliable stroke, day in and day out.   
  
When you think about it, when we putt, all we are trying to do is make a very short stroke through a ball that is stationary on the ground. This being said, it so very important to make sure that our body stays extremely quiet in order for us to execute properly. A few things that will help you on your way:  
  
1. Feel as if your lower body from the waist down is stuck in a block of cement. We want absolutely ZERO lower body movement in our stroke.  
  
2. Make sure that our dominant eye is either directly over the ball at address or slightly inside and behind the ball, no more than 1 inch. This will allow us to optically zone in on the line properly and we will have a much better chance for success.  
  
3. Just as we keep our lower body still we must do the same with our head. I like to feel as if the back of my neck stays completely still through the stroke. Every time we look up to quickly, it causes a chain reaction throughout the body that makes it impossible to have a fundamentally sound putting stroke. I always say, LISTEN for the ball to going in, instead of LOOKING at the ball going in.  
  
4. Finally, I want you all to try and engage your core. At address, feel as if you pull your belly button in towards your spine and then up towards you chest. This will completely isolate the body to only feeling the rocking of the shoulders and the swinging of the arms and hands.  
  
Always work on your routine and practice these fundamentals and I promise you will be on your way to better golf! Have any questions, you know where to find us. Remember that Training Harder is Training Smarter!

All the best,

Tyler Hall, Director of Instruction