

PAUL HURRION

PLANETGOLF

2 minutes with Paul Hurrion...

Trust in the (biomechanical) appliance of science and you can be a tour-standard putter

Whether you are an aspiring young player hoping to one day make it on tour or a club golfer with ambition to cut the handicap and reach the elusive 'single figures', I can guarantee that improving your putting stroke – and then practising to maintain those skills – are key to the process. We work with a growing number of leading players at our Quintic HQ in Coventry, where state-of-the-art systems allow us to measure and record every single detail of a player's putting stroke. And when I say detail, I mean detail. We analyse the slightest adjustments in height, posture, weight distribution, the movement of the shoulders, arms, hands and putter throughout the entire stroke – not to mention the behaviour of the ball as it leaves the putter-face.

Based on this on-going research, I have identified what I believe to be the optimum putting method, one that sees the shoulders pivot around Cervical No. 7 at the top of the spine, the left hand directly beneath that pivot point and the left arm in line with the angle of the putter-shaft. So straight away you see the importance of a good set-up position (which can only be achieved with a putter custom-fit to suit your personal requirements).

In fact, a good putting stroke pretty much boils down to a player's ability to get into a consistent position at the set up that enables these elements to combine to produce a repeating action. Padraig Harrington is one of the best examples of a player who is utterly disciplined in the way he goes about preparing to make a stroke, so that when the time comes to set that stroke in motion it is virtually an automatic reaction. I advocate the left-below-right grip, which helps a



player to get the shoulders fairly level, and changing to this has certainly helped Padraig.

Posture and set-up is my first and my important keystone – I'd say it's 95% of putting. So, if you want to putt like a tour player, here are some bullet points to go out and work on:

- As you settle into your posture, hang your head so the top of back is flat, creating cervical No 7 as you pivot point
- Make sure that your left hand is directly underneath your pivot point

- The shaft angle should match the angle of your left arm – a custom-fit putter will help you to achieve this
- There is what I term 'knee-flexion', giving you balance and stability. Stick your rear-end out to act as a counter-balance as you drop your head forward
- Your weight should be split 45% right, 55% left
- The top of the shaft is directly over the ball
- Your sternum is directly over the leading edge of the putter

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The ProStance, above, has been designed to help golfers build stability in every aspect of their game – putting, chipping and full swing. It is one of a number of training products available at www.paulhurrion.com. Paul also designs putters exclusively for GEL Golf – visit www.gelgolf.co.uk