

HOW TO PUTT ON FAST GREENS



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How to putt on fast greens



Squeeze the life out of your grip and you effectively squeeze the feel and rhythm out of your stroke

The main focus when playing on fast greens is to ensure you do all you can to take the 'hit' out of the stroke.

In preparation for the upcoming summer, the key to putting on fast greens is pace control. Pace control is the result of energy transfer from the body into the club. It is important to remember that 'swing' through the ball – the key is to let the ball get in the way of the putter, don't hit at it!

The images you see here were taken at Quintic, on their outdoor Huxley Professional green (stimp 11/12), which serves as an excellent practice facility for the European Tour professionals that we coach.

1. DON'T STRANGLE THE CLUB!

If you can see the whites of the knuckles when you take your grip, you're already in trouble (above). Too much pressure in the hands reduces the feel in the forearms and shoulders; you end up with a muscular 'grid-lock'. Here's a simple yet very effective drill to ensure you always have the create grip pressure during your stroke.

- Hold the club out in front of you horizontally using you normal grip
- Slowly relax the grip pressure in both hands until the toe of the club starts to drop slightly, as I am doing here (right). At the moment the putter-head begins to fall, you have found your ideal grip pressure

Once you have that sensation, take your putting posture. My guess is that your grip pressure is now lighter on the club than it is when you are getting ready to make a full swing! It should be. This lighter, more sensitive pressure will ensure that both hands work together. In the majority of cases (for right-handers), the right hand is the dominant hand with the putting stroke. That can lead to trouble and inconsistency. For a balanced and repeating stroke, they must work together!

Grip pressure and the symmetry of a pendulum motion are the keys to controlling pace of roll
By Dr Paul Hurrian



To establish the correct grip pressure, hold your putter out at arm's length and simply relax your hands until the putter-head begins to fall. At that moment you have found your ideal grip pressure. A light, sensitive grip will allow your hands to work together in balance.

2. EQUAL BACK, EQUAL THROUGH

Keep energy levels constant with a repeating pendulum-style stroke
The length of the backswing should equal the length of the through-swing. This will ensure that you have equal effort in taking the putter-head back and through. If the through-swing is more than 50% of the total length of the stroke, then, as a rule, more effort has been applied to the stroke on the downswing. As a result of the extra effort, ask yourself, where

has this extra effort come from? Do the shoulders open, do the wrists add more loft to the putter? There are any number of factors that could occur. As a putting coach, my job is to help you limit the amount of manipulation in the stroke, which is why I advocate that you develop a safe and repetitive pendulum-style stroke involving the arms and the shoulders..

Remember: You control the length of the putt, by controlling the length of your backswing



As you make your practice stroke, ask yourself how far the ball would have rolled. Do you feel that your energy level would have produced a 'dead-weight' putt, or would the ball have rolled four feet by? This is a time to feel and gauge distance



There should be no discernible difference between your practice stroke and your real stroke. There is no sense of 'hit' either; the ball simply gets in the way of the putter

ONE AND THE SAME: The whole purpose of a practice stroke (top) is that it should mirror your real stroke (above). Your short-term memory is very powerful. So use it to your best advantage. The body's instinct to gauge distance and pace is very good – so study the line to the hole and feel the energy needed to get the ball to the hole. Ask yourself during your practice stroke: "if I had a ball in the way of the putter as I made that stroke, would it get to the hole, or even worse, would I have hit it 6 foot by?". You should try and marry your practice stroke to the actual stroke. If I were to film you on a video camera – it should be possible to superimpose your practice stroke over the real stroke and detect no difference.