

Tactile Coaching:
January 2024
Putting Manual

Putting Overview

- 3 Putting skills
 - Start Line
 - Speed
 - Read Green



Start with start Line



MORE VIDEOS

Then speed and read





Model of the stroke



**YOU NEED MORE THAN
NERVES OF STEEL
TO SINK THOSE THREE-FOOT PUTTS!**

“This is Perly™, my perfect putting robot. His precision is a result of much more than nerves of steel. His stroke consists of a perfect pendulum motion, perfect aim, perfect pace, perfect face angle and perfect impact, every time.”

PUTTING SESSION
Perly's proper putting mechanics are explained by our instructors. They will show you how to move your body to accomplish the most important swing in golf.

WEDGE SESSION
Learn to use proper set up positions and techniques to make injury, repeatable swing for distance wedges, chipping, and bunker shots. Your confidence will go up and your scores will go down.

Both three-hour sessions are included in each daily clinic.

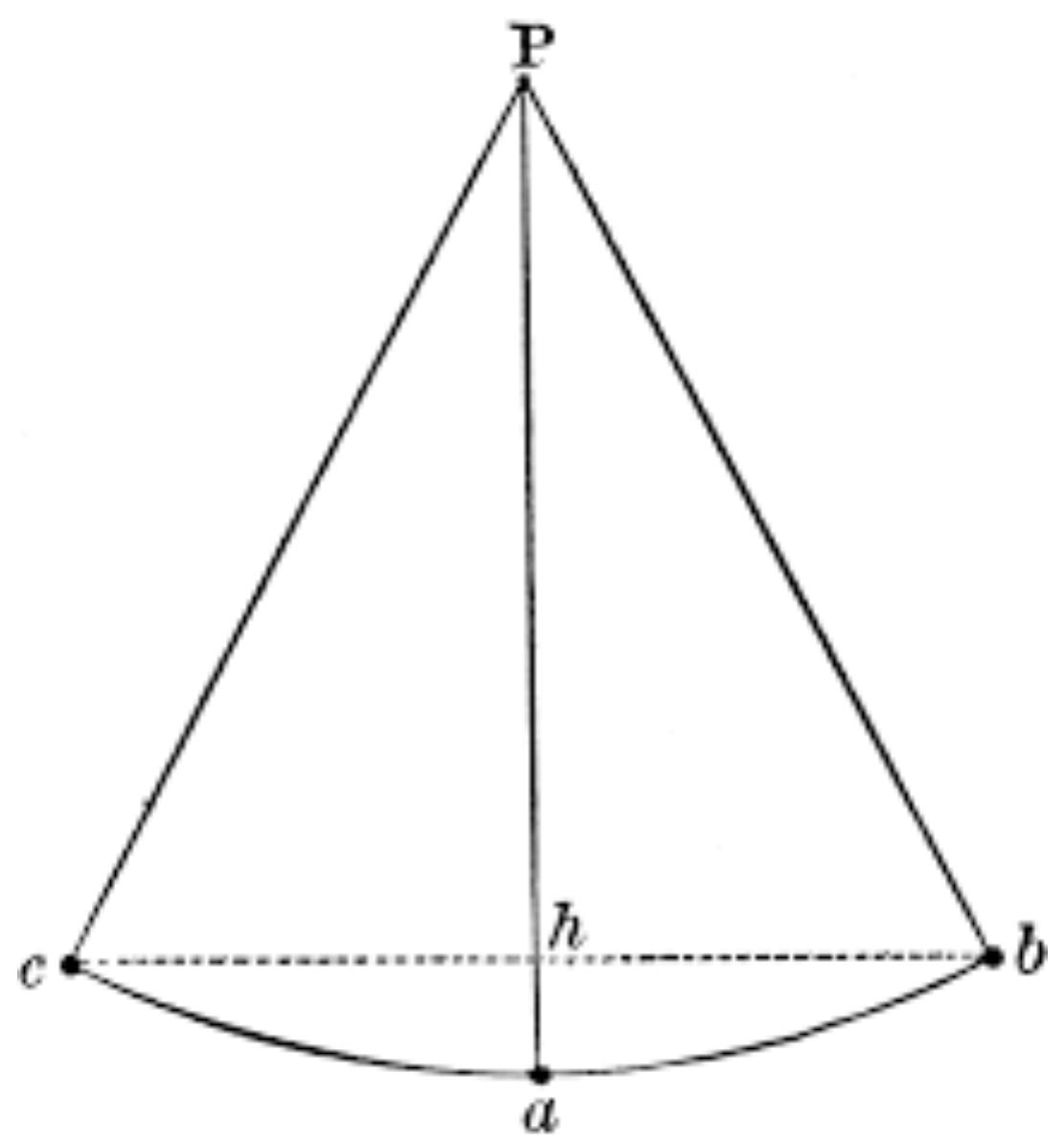
1996 TOUR CLINICS

Jan. 18 - 21	Phoenix, AZ
Jan. 24 - Feb. 4	San Diego, CA
Feb. 7 - 10	Los Angeles, CA
Feb. 29 - March 10	Sacramento, CA
March 13 - 31	Washington, DC
April 3 - 14	Dallas, TX
April 17 - 21	Jacksonville, FL
April 24 - 26	Orlando, FL
May 8 - 19	Rancho D.C.
May 22 - June 2	New York, NY
June 5 - 16	Long Island, NY
June 19 - 30	Hampton, CT
June 27 - 29	Chicago, IL
July 1 - 20	Philadelphia, PA
July 4 - 5	Winnipeg, MB
July 3 - 14	Portland, OR
July 3 - 14	Detroit, MI
July 10 - 18	Minneapolis, MN
July 17 - 28	Toronto, ONT
July 17 - 28	Seattle, WA
July 24 - Aug. 11	Edmonton, AB
July 23 - Aug. 11	Denver, CO
July 31 - Aug. 6	San Jose, CA
Aug. 7 - 25	San Francisco, CA
Aug. 14 - 20	Montreal, QC
Aug. 28 - Sept. 8	Las Vegas, NV
Sept. 11 - 14	San Antonio, TX
Sept. 11 - 14	Austin, TX
Sept. 25 - Oct. 2	Orlando, FL
Oct. 9 - 20	Tempe, AZ
Oct. 23 - Nov. 3	Maitland, FL
Nov. 8 - 17	Tucson, AZ

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SHORT GAME TOUR™**



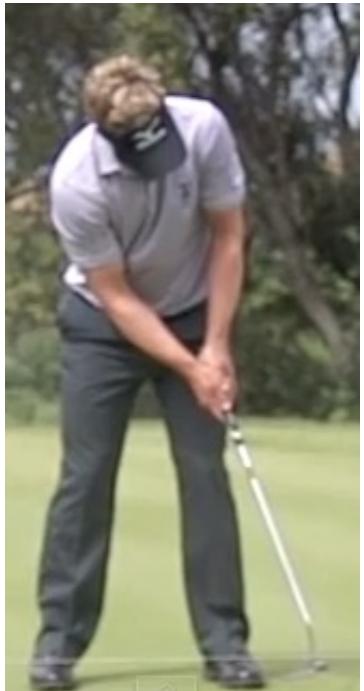




Video Analysis Overview – Pizza slice/Pendulum

Face On:

- Suspension point
- Length of stroke
- Acceleration rate
- Arm consistency
- Set Up/Ball Position
- Lower Body Stability



Overhead:

- Path
- Face rotation
- Length of stroke



Down the line:

- Posture
- Alignment
 - Posture Angle
 - Ball distance
 - Arm bend
- Stroke
 - Face rotation
 - Shaft angle to arms
 - Torso tilt vs turn



2 Start line goals:

1. Alignment
2. Rolling the ball end over end



Start Line

- Basic shape/Start line
 - Set up Posture
 - Grip fundamentals and options
 - Arm connection and consistency
 - Turn vs tilt



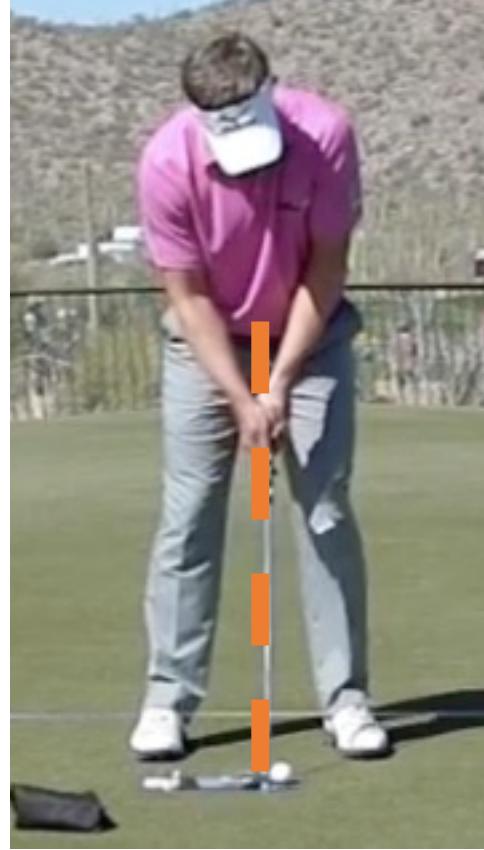
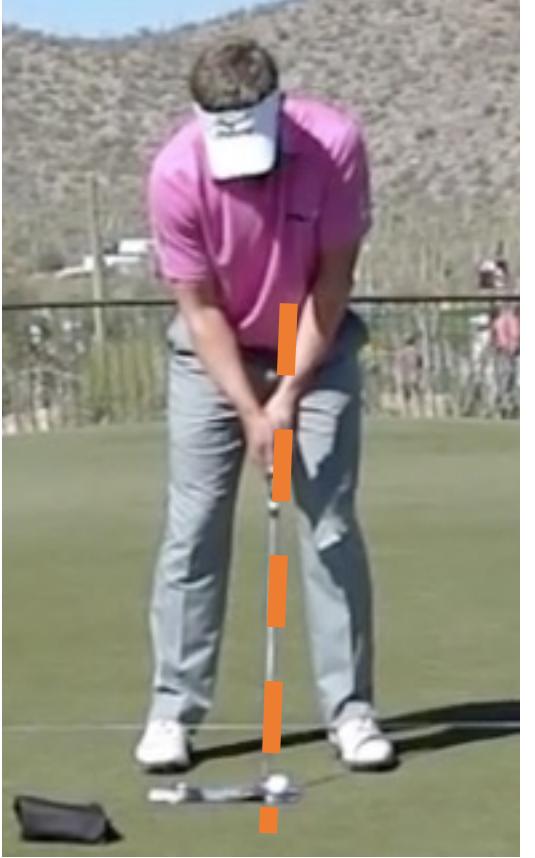


Basic Stroke/Start line – Video Analysis

Stable suspension point with no grip twist

1. Pie shape
2. Quiet legs/hips
3. Quiet wrists
4. Limited arm extension
5. Big muscle dominant swing

Video Analysis – Face On



Goals

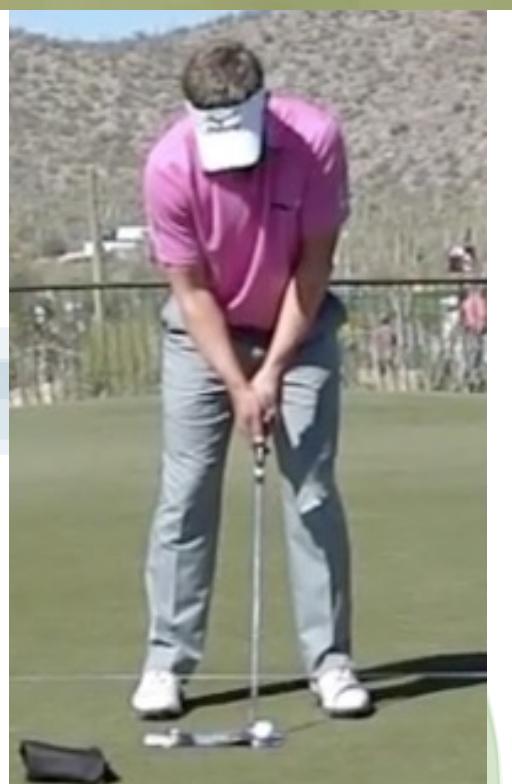
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Video Analysis – Down The Line



Down the line Goals:

- Alignment
 - Putter Face
 - Shoulder Alignment
 - Forearm Alignment
 - Arm bend (too straight)



Putting Stroke: Key Drills

Stable suspension point vs drag

1. String/Ruler/Chalk line – start line
2. Chop Sticks
3. Lower Body Stability (stick/towel)
4. Wrist - Ball/Tee/Putt Master
5. Doorway tilt (Merry go round)

6. Putter Drop
7. Length of backswing training
8. Metronome
9. Stock Stroke – Distance adjustment
10. Putting Zones or 30-40-50

String/Ruler/Chalk

Set up

String only if eyes are over the ball

Client Keys

Developing a visual for a straight start line

Coach Keys

Assist with feedback based on face and path

Primary Uses

Start line

Beads for length of swing

Factors of Progression (layers of detail)

Breaking putts – force student to commit to a start line



Chop Sticks

Set up

2 Alignment Sticks rubber band together. Place the open end high in the armpits. Place the connected end underneath the putter.

Putter on top of sticks, hands grip from underneath.

Client Keys

Developing a feel for a body connected stroke with less wrists.

Coach Keys

Watch for shoulder tilt alignment or wrists actively fighting the connection

Primary Uses

Building more of the putting robot/pendulum feel.

Factors of Progression (layers of detail)

Single arm strokes

Without putter, hands outside or inside the chopsticks.



Lower Body Stability

Primary Uses

Taking the hips and legs out of the stroke.

Set up

Alignment stick through the belt loops.

Client Keys

Developing a feel for lower body stability. No motion below the pelvis.

Coach Keys

Watch for adverse reactions to the stroke, such as using too much shoulders and wrists.



Quiet Wrists with Support

Set up

A golf ball, a tee, the Putt Master, or any aid can be used to fill the space between the grip and the arm.

Client Keys

Developing a feel for a stroke with more wrist stability during the strike.

Coach Keys

Watch for adverse reactions to the stroke, such as using too much shoulders or elbows.

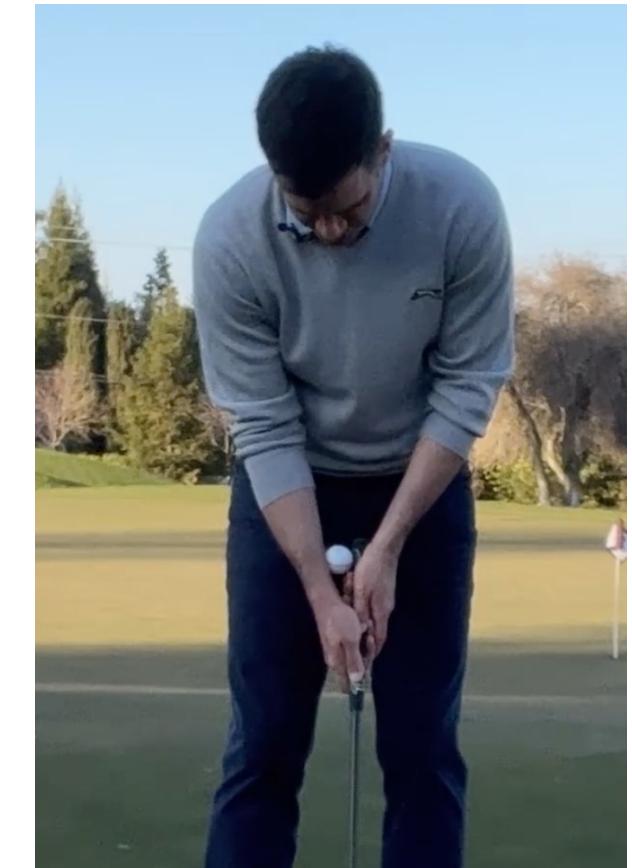
Primary Uses

Taking the wrists out of the stroke.

Factors of Progression (layers of detail)

Different length of swings

Single arm putts



Putting Merry Go Round

Set up

A club or stick across your shoulders and an alignment stick on the ground. (Can also use a doorway)

Client Keys

Practice moving the shoulders on a more vertical path, with lower body stability maintained.

Coach Keys

Watch for sway of the hips or knees. Also encourage small spine extension.

Primary Uses

Improving the angle of the pivot.

Factors of Progression (layers of detail)

In a doorway for added feedback
Extra focus on no hip motion



Putter Drop Catch

Set up

Hold the putter parallel to the ground with both palms facing up.

Client Keys

Toss the putter up and down, try and match the speed of the putter falling. Like catching an egg but trying not to break it.

Coach Keys

Demonstrate with them and encourage them to match the fall with their arms soft.

The only difference in the actual stroke is that your arms are part of the putter falling feel.

Primary Uses

Feel more of a gravity powered downswing
Improve tempo to help with distance control

Factors of Progression (layers of detail)

Higher tosses with softer catches
Match the tempo to your stroke.



Length of Backswing Training

Primary Uses

Working on length of stroke for distance control.

Set up

Use tees, ball marks, or a ruler to train specific length back strokes.

Client Keys

Try to keep the tempo consistent and use length of backswing to control distance. A rough starting goal is to have a stock putt around a 15 inch backswing that goes about 30 feet on a 10 stimp green.

Coach Keys

Provide feedback on length of swing and tempo. Help set up distances and monitor the length of stroke in sequential reps. Remind that most putters with poor distance control take the same length stroke for all putts and change tempo.



Factors of Progression (layers of detail)

Aim for more precise target distance control
Make longer strokes

Metronome for Tempo

Primary Uses

Working on stroke tempo for distance control.

Set up

Set a metronome to around 70 beats per minute. Adjust to personal preference as needed.

Client Keys

Keep the tempo smooth and try to time the stroke so that the putter starts and approaches impact on a beat.

Coach Keys

Provide visual keys with the hands. Repeat the two words, "Takeaway. Impact." on the beat. Adjust the metronome asking for feedback, does that feel too quick or too slow.

Factors of Progression (layers of detail)

Different length strokes

Repeat task without the metronome, but aim for same tempo. Compare with video if needed.



Stock Stroke

Set up

Pick a specific length backswing. Use tees, a ruler, or golf balls to help mark the length of swing.

Client Keys

The goal is to duplicate the putt two or three times and get the balls to finish within a foot or two at finish.

Coach Keys

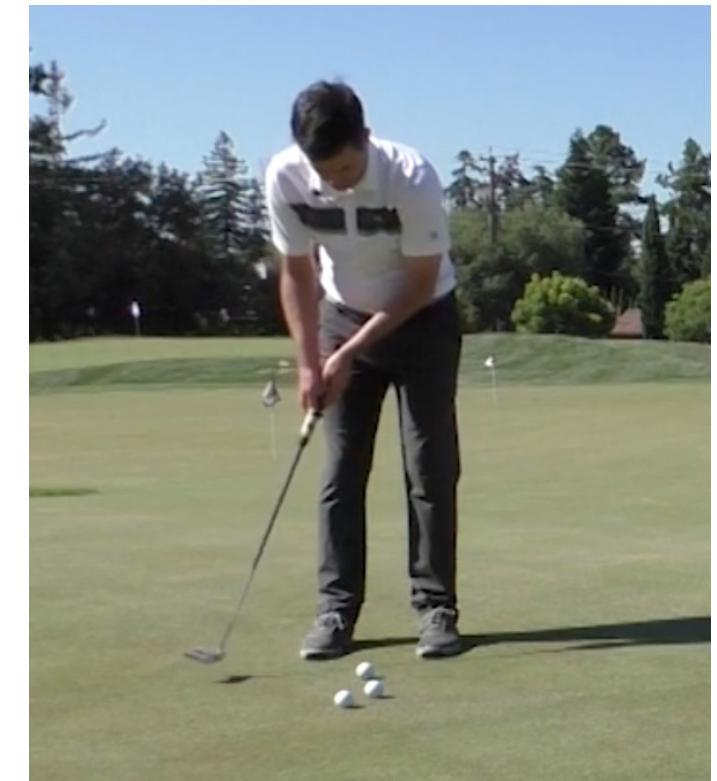
Provide feedback if stroke length changes, or if the tempo changes. Block vision and ask if a putt is shorter, longer, or about the same as previous stroke.

Primary Uses

Developing a stock putt of about 30-40 feet. This is the reference that the student can adjust off of.

Factors of Progression (layers of detail)

Adding a few extra length strokes (3 is ideal)
Alternate your 3 strokes.
Perform the task uphill and downhill.



30 – 40 – 50

Set up

Place tees at 30, 40, and 50 feet from a hole.

Client Keys

Get the golf ball to finish within a target zone distance from the hole. Alternate different piles.

Coach Keys

Help keep score of putts that finish in the zone or out of the zone. Provide feedback if tempo changes or length of stroke changes on failed attempts.

Primary Uses

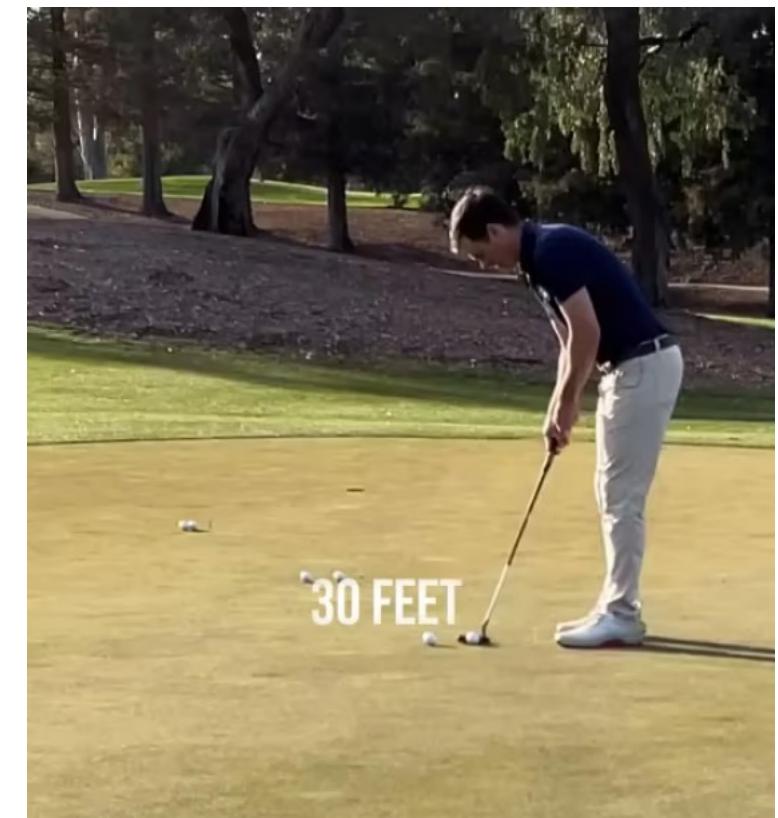
Train your ability to adjust your stroke for putts in the 30 to 40 feet range

Factors of Progression (layers of detail)

Try breaking putts

More severe uphill or downhill slopes

Place the piles on different lines





Hands On Stations

- Shoulder Tilt support (standing in front)
- Resisted Lower Body (standing behind)
- Shoulder blade/tricep feel – (standing behind)
- Elbow support (standing in front)
- Guided putter strike – (Standing straddle target line)

Shoulder Tilt

Set up

Stand in front or behind
Hands on deltoids

Client Keys

"Let me guide the stroke"
"Just hold on to the putter and keep your
arms quiet"

Coach Keys

Guide more of a tilting action with less
rotation



Wrist Guide (anti flip)

Set up

Stand in front with your fingers controlling the space between grip and forearm

Client Keys

Make a stroke and I'll help stabilize the wrist

Coach Keys

Use your fingers to help keep the handle moving with the clubhead and maintain the space between the wrist and grip



Elbow Guiding

Set up

Fingers locking angle of elbows

Client Keys

"Let me guide the stroke"

"Just hold on to the putter and keep your arms quiet"

Coach Keys

Use pressure to restrict arm straightening



Shoulder Blade Feels

Set up

Use fingers to feel shoulder blades

Client Keys

Just make a normal stroke

Coach Keys

Sense the shoulder blades. Aim to feel if the shoulder blades are elevated or if they don't move



Backside Armpit Guide

Set up

Use fingers to feel shoulder blades, tricep, and ribs

Client Keys

Just make a normal stroke

Coach Keys

Sense the ribs, shoulder blades, and triceps. When assisting the motion, make more of the motion happen from the ribs and shoulder blades while holding the deltoids more stable.



Guided Partner Stroke

Set up

Hold just below grip, straddle target line

Client Keys

Let me guide the stroke

Coach Keys

Control tempo, acceleration, path, and face



Green Reading Systems

Eyes

- Big hills/Small hills
- Chunk looks
- 3 Reads (behind ball/low side/behind hole)
- Last 4 feet

Feet

- Feel slope (1,2,3,4+)
- Finger guide
- Math (Geoff Magnum formula)
 - 10 Stimp
 - 1" per 24 inches per 1% of slope.
- Big slope/speed adjustments

Green reading training

Clocks – same distance but around the hole

Ladders – same line but different distances

String – commit to a line

Rope – Show me your read

Tee – high and low lines

Path gates

Alignment stick ramp green reads

Coins – roll over the coin and make it

Clocks and Ladders

Set up

Ladders = Balls incremental distances further from the hole on the same line.

Clocks = Balls the same distance, but in a circular pattern around the hole

Client Keys

Read each putt using the information from the previous putt.

Coach Keys

Watch for process and/or stroke errors.

Primary Uses

Start line

Green reading

Factors of Progression (layers of detail)

Greater slope

Greater distance putts



Rope Reads

Set up

Place a rope along the ground. Use a tee to hold down the far end and place the near end behind the hole

Client Keys

Shape the rope to match the read you see. Place a tee at the apex of the putt.

Coach Keys

Help the student with the process by encouraging feet or eye patterns of green reading.

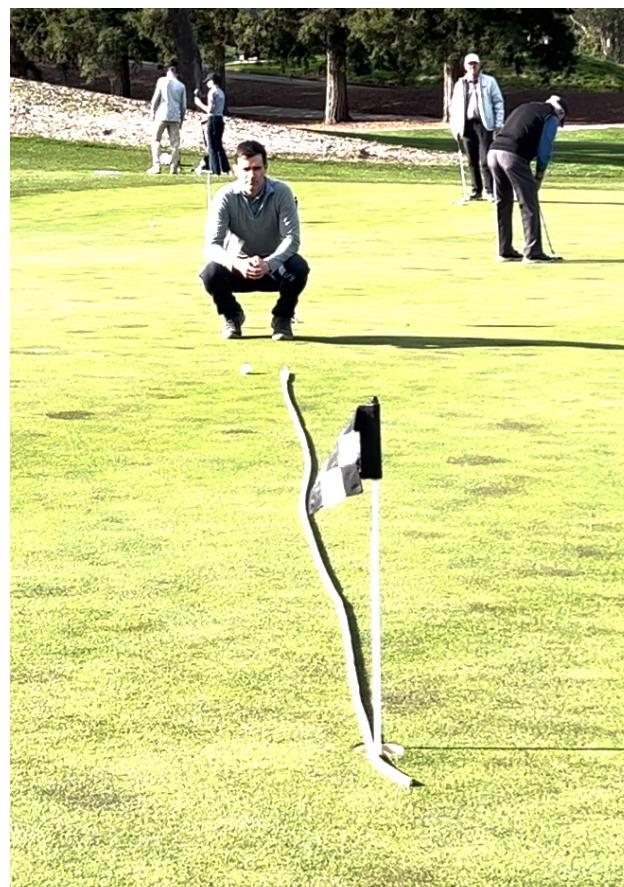
Primary Uses

Green Reading

Factors of Progression (layers of detail)

Greater Slope Putts

Double Breaking Putts



Alignment Stick Ramps

Set up

Hold two alignment sticks about 1-inch apart, spaced for the golf ball to roll down.

Client Keys

Hold the sticks level, pick your starting point and then try to infer how much speed it will need to get to the hole.

Coach Keys

Provide feedback on the read, speed, or if the ball doesn't roll off the track smoothly.

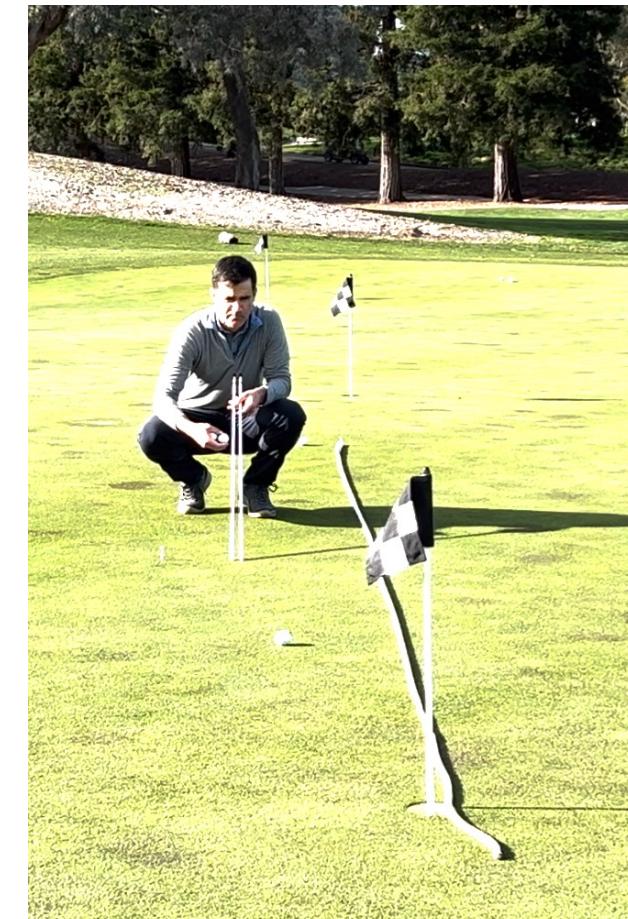
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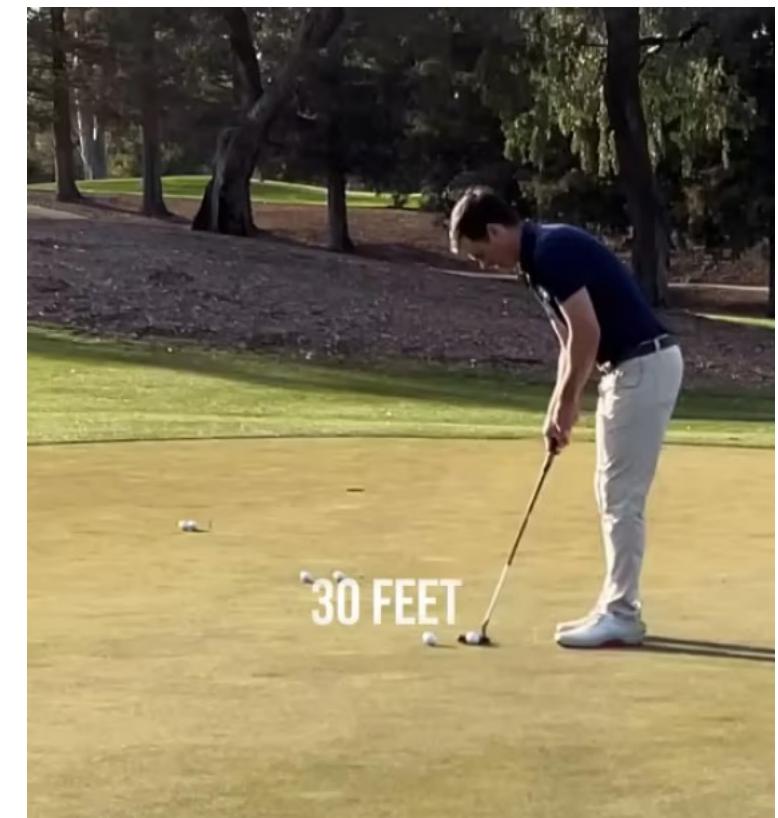
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Putting basic benchmarks

	Pro	80	90	100
Putts per round	29	34	36	38
Putts per hole	1.6	1.87	2.01	2.13
Pro Putting Benchmarks				
	Make	3 Putt	Average	
3 Feet	96 %	.1%	1.04	
4 Feet	88%	.3%	1.13	
5 Feet	77%	.4%	1.23	
6 Feet	66%	.4%	1.34	
7 Feet	58%	.5%	1.42	
8 Feet	50%	.6%	1.50	
9 Feet	45%	.7%	1.56	
10 Feet	40%	.7%	1.61	
15 Feet	23%	1.3%	1.78	
20 Feet	15%	2.2%	1.87	
30 Feet	7%	5%	1.98	
40 Feet	4%	10%	2.06	

Troubleshooting stroke

- Face control
 - Wrists
 - Hips
 - Shoulders
- Path control
 - Hips
 - Shoulders
 - Wrists
- Tempo/acceleration
 - Hips
 - Arm extension
 - Arm lengthening
backswing
- Grip
 - Pressure points/control
- Arm motion
 - Wrist spacing
 - Rotation
 - Extension
- Pivot drills
 - Shoulder tilt vs turn
 - Lower body stability

Troubleshooting each putt

Two questions:

- Did you hit the putt you wanted and it didn't go in? (read)
- Did you miss your start line or speed?

Did you miss your?

- Read
- Aim
- Stroke