



# “No Embarrassment” Ladies Golf Clinic

## Week One – Putting

❖ **Putting** – *The single most important aspect of the game*

➤ **Holding the Putter**

- Left hand near the TOP of the GRIP (RH Golfers)
- Thumbs on Top, Wrap rest of fingers around club
- (or) Interlock pointer finger of LH with little finger of RH
- (or) Overlap Pointer Finger of LH
- (or) Left Hand Lower than RH – thumbs still on top
- Can have pointer finger of RH along side of shaft for stability

➤ **Stance** –

- Feet slightly less than shoulder width apart
- Legs relatively Straight
- Arms hanging relaxed and fully extended
- (OR) Elbows Pointed Out to create room
- Ball in MIDDLE OF THE STANCE – under eyes

➤ **Swing** – *Think like a “Grandfather Clock” – Tick/Tock*

- Putt with large muscles of shoulders/arms, not hands & wrists
- short swing - short putts, longer as distance increases
- straight back and straight through

➤ **Aim** - *“Aligning the logo” – use letters and putter line to aim*

- What do we mean by “BREAK” ??
- Aiming at the hole versus aiming at a “spot” (Aim Line)

❖ **Practice Drills**

- **3 Tee Drill** – ball at middle tee, swing back and forth same distance to front & back tee – see how far ball goes – use as benchmark
- **Putt with EYES CLOSED** - check Path of SWING and create FEEL for DISTANCE
- **3 Foot drill** – “around the world – 6 in a row from 3 feet build confidence and repetition of stroke

❖ **Notes/Questions** -

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