

PERFECT PUTTING STROKE CHEAT SHEET

There are many types of putting strokes that work. I call this method the “Perfect Putting Stroke” because I’ve found it to be the easiest way for the most golfers to keep the putter face square, maintain a consistent path, hit the center of the club face and control speed. These 4 Body Mechanics Work.

1. Wrists

- A. Ulnar Deviate
- B. Gets grip in palms not fingers
- C. Limits Range of Motion/Flipping

2. Elbows

- A. Pits Up
- B. Points Down
- C. Connect of Elbow/Bicep to body
- D. Maintain This Position Throughout the Stroke

3. Stance, Posture and Ball Position

- A. Feet Slightly Wider Than Hips
- B. Ball 1/2 to 1 inch Forward of Center
- C. Hinge Thighs back to center weight over Ankles
- D. Knees slightly flexed
- E. Bend from Waist and Not Upper Back

4. Shoulders

- A. Hands Beneath Shoulders
- B. Engage Shoulder Blade to Center Shoulder’s in Sockets
- C. Power the Stroke by Rocking the Shoulders
- D. Squeeze or Move Shoulder Blade Towards Spine
- E. Release
- F. Longer Putts—Squeeze trail shoulder blade then squeeze lead shoulder blade
- G. Feels almost like shrugging shoulders one at a time.

BENEFITS

1. NO WRIST MOVEMENT UNTIL AFTER IMPACT
2. DONE PROPERLY SHOULDERS CAN ONLY MOVE THE PUTTER HEAD ON A SINGLE PATH
3. SQUARE FACE AT IMPACT & CENTER FACE STRIKES
4. ROLL INSTEAD OF SKID AND BOUNCE
5. PREDICTABLE CONSISTENT SPEED
6. EASY TO CONTROL SPEED BY VARYING HOW FAR YOU MOVE YOUR SHOULDERS. NO HANDS ARMS OR WRISTS MEANS NO VARIABLES.