

Putting Routines

	Step 1	Step 2	Step 3	Step 4	Step 5
Sample Routine #1	Walk the line, picking your turning point	Aim the line on your ball at the turning point	3 to 4 practice strokes looking at the hole and the turning point	Place the putter aimed at the line, step up with square feet	Look at the hole then slowly again from ball to turning point to hole, strike the putt
Sample Routine #2	Step the line counting approx feet and picking the turning point	Practice 3 to 4 putting strokes using the width of the swing based on feet to the hole	Step to the ball placing the putter square	Look at the hole one more time	Strike the putt
Sample Routine #3	Walk the line to the hole, then from behind the hole, then from the low side	Place the ball with the line aimed at the turning point	Standing back, hold the putter in the air with the shaft through the line on the ball to the turning point	Looking at the hole and turning point, make 3 practice swings	Step to the ball with putter line matching the ball line, look at the hole one more time, then strike the putt

Having a solid putting routine will help you gain consistency on the greens and confidence in your mental game.

Practice your putting routine often and always use the same putting routine.

If something stops working for you, practice a new routine before you play in competition.

When stress gets high and greens start frustrating you, put your mental energy into what you can control.

Take a deep breath and follow your routine.

	Putt #1	Putt #2	Putt #3	Putt #4	Putt #5
Time (sec)					
Routine Followed?	Y / N	Y / N	Y / N	Y / N	Y / N

	Putt #6	Putt #7	Putt #8	Putt #9	Putt #10
Time (sec)					
Routine Followed?	Y / N	Y / N	Y / N	Y / N	Y / N