

# Matching Physique and Physical Characteristics – (to Putting Technique)

Different people have different swings and a wide variety of different putting techniques. Most golf-teaching professionals today recognise the need to match the unique physical characteristics of a person's body shape with a type of swing and putting technique best suited to that person. In the past, golf-teaching professionals have achieved this mainly through trial and error. That is, after giving thousands of lessons, they've learned which drills and swing types work best with their students.

## How we can improve our putting and what we should look for in a putter?

Well, let's start by looking at what makes a Tour professional a more consistent putter. The practicing drill below is one that a lot of professionals commonly use to fine-tune their technique. You can try this yourself at your local practice green by getting two large nails and running a piece of string from behind yourself to a position behind the hole along the line you feel the ball will need to travel to sink the putt.



First, you should ensure that your alignment is parallel to the string and that your posture feels athletic and balanced, with your eyes almost over the ball. (1) Good putting is about creating a pendulum effect (2) that sees the putter head returning to hit the ball in the middle of the putter face (3). Too frequently the social golfer sways during this movement and the ball does not come off the centre of the putter head which is the sweet spot designed to give the ball a consistent roll off the head of the putter. More often than not, this creates an errant shot in direction or length of putt unlike this one that has followed the string and is about to drop into the hole (4).

Recent research and advances in swing video analysis have allowed golf-teaching professionals to play a much more valuable role in helping us to choose what type of putter and putting action will help enhance our ability to reduce our golf scores.



A broomstick putter could help your putting action

Research has shown that most of the errors in putting come from our body swaying during the putting action. Improving our set-up posture, balance and core strength during the putting action can dramatically reduce this sway.

N.B — The length of your putter can help here, as people with poor balance or lack of strength (including tall people who tend to sway) may be better in a more upright position, e.g. a longer putter or broomstick putter.

If you have any uncertainty about your putter and putting action, please call Paul Hedger or ask your PGA Professional (Michael Faraone) for advice about whether it's appropriate to analyse your technique and putting swing mechanics.

A quick tip here is to ensure that you're doing the following:

- ❑ Aligning the putt correctly
- ❑ Getting into a balanced set-up posture
- ❑ Not swaying during the putting action
- ❑ Learning to tighten your tummy slightly (like one notch on a belt) will improve your core stomach muscle activation and help improve your balance.



Good putting mechanics need good body mechanics.  
No matter what your age or ability level, we can help you feel good ... play better