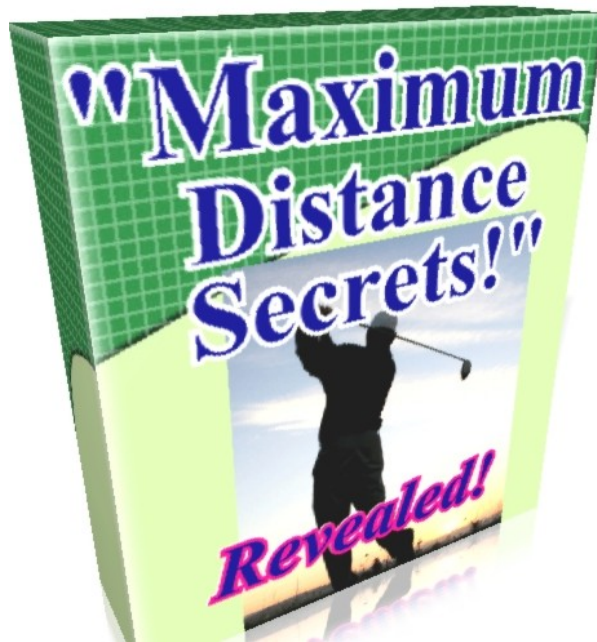


# ***Strictly Off The Record***

## **"Putting Like A Pro!"**

### **Mini-Report**



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## **I.Introduction**

Good putting can make or break a decent score. After all, we all want to get our score as low as possible. Let's run through some quick putting tips to get that score down ASAP!

## **II.The Way the Grass Grows**

Every golf shot combines two basic elements:

- 1.One is judging distance and the effects of the terrain and wind on the ball.
- 2.The other is a complete execution of your swing. (When it comes to putting, the mental gymnastics count more for this shot than any other one that you'll attempt).

There are ways to help you putt better. In fact, ways that your fellow players might not be aware of & that you can use to your advantage.

Many golfers simply pace the distance to the cup.

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Instead, try this:

1. Stand over the ball & look at the line heading straight towards the hole and...
2. At the same time measure the distance in 5 or 10 foot intervals.
3. Then check the texture of the grass.
4. Then, *Take notice of which direction the grass is growing!*

You obviously do not have to hit the ball as hard when the grass is growing *towards* the hole, as opposed to away from the hole. But, the trick is that the grain can be a little difficult to see unless you look closely.

So, take a moment and use the direction of the grass growth as a indicator to judge how much power you need in your putt.

And, don't tell the people you play with this tip either. You don't need the competition!

### **III. Clear Your Head**

Because the major contributors to the "yips" are tension, anxiety, and lack of confidence, one way to help rid yourself of the them is to empty your mind. ("Yips" are what golfers generally use to describe the twitches, staggers, jitters & jerks associated with putting.)

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Let the subconscious take over - forget about the stroke, forget about the results, and forget about the circumstances. Just play like a child would play. Forget the outcome. This is recreation after all, right?

Imagine it's a Friday afternoon. You step inside your local bar to shoot some pool. Do you worry about "technique" when you set up for your corner shot?

I sure don't. Why should golf be any different?

You may want to win the game, but the balance of the world isn't hanging on your shot, right? Shooting pool & playing golf shouldn't be all that different.

So what if you miss!

Try to put yourself into the same relaxed mindset when putting. Just let it happen. Let your instincts take over.

Trust in the hours of practice that you have put in so far.

Just step up & make the shot. Put in the "subconscious." Sounds hokey, doesn't it? I'd rather have a lower score and be hokey than be "too cool" to try.

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## **IV.Focus Your Eyes**

If you want a sure way to miss a putt, look up or peek to see if the ball goes into the hole before it does.

Don't do it.

Resist the temptation to watch the ball.

The best thing to do is keep your head still over the ball and just stare down at the empty spot the ball he used to occupy long before you hit the putt.

Use your ears instead. Listen to hear if the putt falls....

Don't allow your eyes to follow the putterhead during the stroke.

To help focus, pick a small, noticeable mark on the ball to focus upon. Keep your eyes fixated on the brand name, printed logo, a simple dimple, or an identification mark throughout your stroke.

If you are still having trouble, try to put your putterhead on the ball, stare at a spot on the ball, & then stand perfectly still for five seconds....

During these five seconds, let the gaze of your eyes slowly go out of focus. Your eyes will still be fixated on the spot of the ball you were staring at, but everything else will become fuzzy and soft.

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Go ahead and putt with your eyes and mind in this blurry, meditative state. Slip into an altered state & just let it happen.

## **V.Putt Better by Fixing Your Alignment**

Are you seeing too many angles when you stand over a putt?

Have you checked to ensure that you are lined up correctly? Your conscious alignment may be at war with your subconscious'. And your putt might be caught in the conflict between them both....

Sounds funny, doesn't it? Not really if you think about it...

Try this:

Pick a hole on a flat spot on the practice green and drop your ball a few feet from the hole. Stand behind the ball and line up the putt.

You are going to use the printed brand name on the ball as a guide, so make sure you can see it.

Position the ball so that the name is pointing straight toward the hole. When you get over the ball with your putter, match the line on top of your putter to the line on the ball's logo.

Put the putterhead flush behind the ball on this line. Now take notice of your feet. Are they perpendicular to the line created by the logo? How about your shoulders?

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Finally, are you taking the putter head straight back and straight through during the stroke?

*This will give you a very good indicator on how to adjust your alignment.*

## **VI. Buying Golf Putter**

It's time to invest in a new putter. If you are in this game for the long haul, it should go without saying that you should keep an eye out for the latest designs & technology offered by the big name golf equipment manufacturers.

Here are a couple for you to check out:

### **A. Tiger Shark**

Most golf putter manufacturers extend their alignment aids behind the golf ball. But, the Tiger Shark Optix golf putter maintains its alignment on top of it. Their Optix putter is precision milled of aluminum that provides an even density along with a well-balanced feel.

This new golf putter works best when used in conjunction with the “Line M Up” ball marking tool, which is a device that marks golf balls with a straight line.

The Tiger Shark Optix golf putter features the newest version of the company's signature jumbo sized grip. This new, over-sized grip

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model, is called the UltraTac. It's worth considering...

## **B.Barbados**

The Rife Putters company, formerly titled *Guerin Rife*, has created a brand-new golf putter called the “Barbados.” This is a tour driven golf putter.

This club has an elegant mallet design which is shaped to the preference of the pros, while at the same time offering plenty of alignment aids.

And like all golf putters designed by Rife, the Barbados comes complete with a RollGroove face. This face has small grooves that protrude instead of recess.

This design helps the new Barbados golf putter minimize any skidding that may occur while inducing a faster end-over-end roll. This new golf putter also comes with *LieAlign* technology. Take a look at it yourself.

BUT WAIT!....

There's more to golf than what was written here....:

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