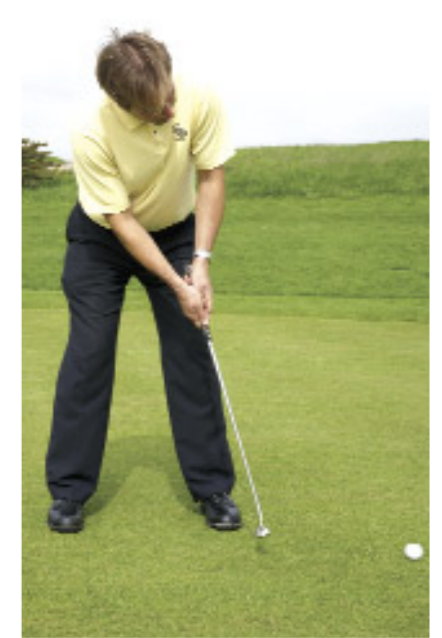
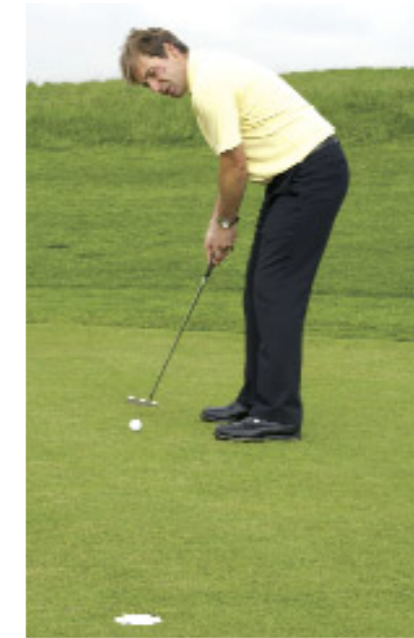




Visit www.cga-golf.com or call 0208 529 6961 for more details on Steven Orr, Cranfield Golf Academies and coaching programmes.

Eyes up, putts down

Convert more putts by keeping your eye on the hole – and not the ball



ONE of the biggest challenges we face in golf compared to other sports is that we look at the ball while playing instead of the target. If you think of a basketball player at the free-throw line, are his eyes aimed at the hoop or on the ball? It's the same in snooker and darts.

Studies have shown the effectiveness of the eyes looking at the target while putting instead of concentrating on keeping your head still over the ball.

So as a practice drill and possibly a new way to putt, practice striking putts while keeping your head and eyes fixed on the target, allow your eyes to take in the depth, etc, and translate this required information to your arms and body.

This drill will help to remove any tension and interference from your putting and promote a smoother, more free stroke. If you are struggling with the yips, this could well be the answer.

In some studies held at Cranfield Golf Academy, golfers have, on average, performed better looking at the hole compared to normal! Food for thought.



Sweet sensation

Learn to find the sweet spot every time

A SIMPLE mis-hit can make the difference between missing and holing a putt. To make sure you strike the centre of the putter face, set two tees up on the green just wider than the clubhead and practise from around six feet out. Place the ball in the middle of the two tees and practice striking the ball without touching the tees. If you can successfully carry this out it will guarantee less twist from off-centre hits. The more solid the strike, the more chance of sinking a putt.



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Reading between the lines

Hole more breaking putts by reading the greens better

MOST people don't allow for enough break on their putts and 90 per cent are missed on the low side. To improve, you must set specific targets and more importantly give yourself specific feedback on each putt. A

good drill is to be specific on a start point. Use a tee peg to represent this point when practising. This will ensure you are actually aiming where you want to. Our brains need precise feedback in order to learn. After each putt, ask yourself the following questions: Did I

miss on the high or low side? Was my speed good? Did the ball start on the line I wanted? Provide accurate responses to these questions and you'll soon have a better understanding of what you are actually doing on your putts. From there you can definitely improve.

