

Spring into Action

Regardless of which hash tag you used, #snowmagedon or #snowpocalypse, February's historic snow fall may have put a damper on any thoughts of playing golf. I promise better weather is coming! While you may have been able to find a driving range to hit balls, the ability to keep your short game sharp was non-existent...or so you thought. Most players think the only way to get quality work in is to get to a course, but that is not the case. Some of the best practice you do during winter months is actually indoors. Especially when it comes to putting.

One of the biggest mistakes I see with students regarding putting is an over active lower body. They tend to have too much movement with their knees and hips, both on the backstroke and follow thru. This leads to poor contact which in turn leads to lack of distance control. In order to ensure solid contact between the putter face and ball, you need to make sure your base remains stable. The only movement should be the shoulders rocking back and thru. If you're lower body is moving, so is your upper body. You want to remain as still as possible while making the stroke.

One of my favorite drills when working on stabilizing the lower body when putting is "The Wall". The reason I recommend this drill is because it can be done inside your home or office. All you need is a putter, ball and wall.

The Flaw

Knees and hips shift backwards and forward during the putting stroke...



The Solution

Base stays motionless as the upper body does the work...



By securing your hips against a wall, it will stop the ability for your lower body to be engaged in the putting stroke. This drill will give you the sensation of what the body should feel like when making a proper stroke and ensure that when the weather improves your putting won't have suffered from lack of practice.

For help with getting ready to "Spring into Action" or any other areas of your game please visit www.brianflugstad.com to book your next lesson!