

“Anchors Away”

Starting January 1, 2016 the USGA and R&A will no longer allow players to affix or “anchor” the putter to the body. Rule 14-1b will prohibit players from using the increasingly popular belly and broomstick models. While many players have been extremely vocal against the ban, the reality is they will have to turn to more traditional methods.

Many of my students have asked me “what am I going to do now?” Most players turned to the anchor methods because they suffered from overactive hands and wrists. In the putting stroke, the hands need to remain as passive as possible. Jordan Spieth, who putts cross-handed, is most noted for his dominance on the greens. When studying his stroke the first thing that jumps out to me is how there is no breakdown in the wrists. His stroke is done all with the rotation of his shoulders.

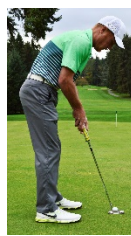
The cross-handed grip is what I believe you will see most players on tour turn to who will have to make this transition. The whole premise behind this method is to take the dominate hand (the right hand for right handed players) and put it in a submissive position. It is much easier to maintain a firm left wrist if you have set it at address. I have seen players such as Adam Scott recently experimenting with this approach.

Cross Handed Grip

This method had become increasingly more popular over the years. It is a very effective in restricting a breakdown in the wrists. The Cross-Handed Grip places the left hand below the right on the handle (for right handed players). If this is the method you choose, there is one common mistake you must avoid. That is to make sure the trail forearm doesn’t get underneath the lead forearm. This creates a stroke that works too far to the inside going back. The forearms must stay parallel to the toe line.



Incorrect



Correct

While transitioning from an anchored putter to a more traditional method may be keeping you up at night, there is no reason to lose any more sleep. Keep in mind that you probably began playing golf using a conventional method. Please visit www.brianflugstad.com to book a lesson and get help on making this transition before the new rule goes into effect.