

Instinctive Putting

If you are struggling with your putting, becoming too mechanical, then this may help.

One of the worst things a golfer can do is think too much about his or her putting. It's better to take one quick look at the line from behind the ball and another from beyond the hole and then hit the putt based on your first conclusion.

Too many golfers examine putts from all directions, and then they stand over the putt, staring at the line until they start seeing all manner of bumps and humps and breaks, and before they know it they're all but frozen stiff and incapable of putting a good roll on the ball.

Trust your instincts, instead - and your first impression usually is based on instinct. Addressing your ball and hitting it swiftly won't necessarily make you hole more putts, but you'll eliminate the mechanical thoughts and you'll also get into a good rhythm.

Also, when practicing on the putting green, try hitting putts while looking at the hole – that's right – remain looking at the hole, not your ball. You'll be amazed at how close you can get the ball to the hole, leaving a short tap in and so eliminating the dreaded "three putt". This will also let you trust your instincts, as your mind is simply adjusting to what your eye sees and allows you to perform the correct stroke.

So, relax before putting, let your golfing instinct guide the ball into the cup!