

Putting Drills  
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Big focus during putting drills should be a solid foundation in the putting stroke before moving on to performance drills.

## **Alignment/Check Putting Stroke**

### **1. Mirror Drill/Chalk Line (3-4 foot putts)**

Purpose - check eyes over the ball, shoulder alignment, and putter face

- a. Set up mirror or chalk line on a straight putt
- b. Eyes over ball, square shoulders, and putter face
- c. 15-20 putts with correct form only

### **2. Putter Path Gate Drill**

- a. Place two tees just outside toe and heel of putter
- b. 10-15 putts without hitting the tees
- c. Focus on even tempo and a smooth takeaway

## **Performance Drills**

### **1. Circle Drill (Short Putts Under Pressure)**

Purpose - improve confidence and consistency on short putts

- a. Place 6-10 balls in a 3-foot circle around the hole
- b. Putt each ball without missing
- c. If you miss, start over
- d. Increase distance (4-5ft) as you improve

### **2. Clock Drill (Green Reading and Pressure)**

Purpose - practice breaking putts and pressure performance

- a. Place 8 balls at 3-6 feet from the hole at different angles (like numbers on a clock)
- b. Putt each one in a row without missing
- c. Focus on reading break and committing to a line

### 3. 3-6-9 Drill (Pressure)

Purpose - simulate pressure putts on the golf course

- a. Putt with 2 balls during this drill - if you make both balls in the hole it simulates a birdie, if you make 1 ball in the hole it simulates a par, and if you miss both balls it simulates a bogey.
- b. Start at 3 feet - work through putting both balls until you reach 6 under
- c. Move back to 6 feet - work through putting both balls until you reach 4 under
- d. Finish at 9 feet - work through putting both balls until you reach 2 under

### 4. Ladder Drill (Lag Putting)

Purpose - train distance control from different lengths

- a. Place 4 tees or markers at 10, 20, 30, and 40 feet
- b. Start at 10 feet and work your way up, trying to get each putt within a 3-foot circle of the hole
- c. Set a goal ( $\frac{7}{8}$  putts successfully in the 3 foot circle)
- d. Continue to move back to 20, 30, and 40 feet once your goal is reached

### 5. Leapfrog Drill

Purpose - learn touch/feel by intentionally varying distance

- a. Place a ball at your feet and hit the putt around 15 feet
- b. The next putt (from the same spot) must go past the last but not more than 3 feet beyond
- c. Repeat with 5+ balls, making sure each putt goes past the previous putt
- d. If you come up short or go too long, start over

### 6. One-Ball Game (Simulating On-Course Pressure)

Purpose - simulate real play conditions

- a. Play 9 or 18 holes on the practice green using just one ball - I like to do this drill with a partner as a competition
- b. Keep score (number of putts)
- c. Set a target score before beginning the drill

