

# TODAY'S TIP... PUTTING



Everyone who has ever taken a putting lesson has heard in one phrase or another that they need to keep their wrist quiet. As soon as you break your wrist in the putting stroke, the putter head will accelerate. Once the putter head accelerates, it becomes difficult to control the distance and direction of a putt. A proper putting motion is simply a rocking of the shoulders. The rocking of your shoulders will create the pendulum motion

that is so important for a consistent putting stroke. In order to train your body to putt with a steady pendulum motion, practice 10- or 15-foot putts while holding a club shaft between your arms and your chest as pictured. You will quickly feel how your shoulders have to take over the putting stroke and force your wrist and elbow to remain passive throughout the stroke. This should lead to a more consistent strike of the ball and more putts holed.

*Email questions or suggestions for future columns to [thomasbrinson@brunswickcountryclub.com](mailto:thomasbrinson@brunswickcountryclub.com).*

