

Expert Putting: The Science Behind the Stroke

By [Author's Name]

Putting is the most important stroke in golf. It accounts for more than 40% of all strokes taken in a round, and it can be the difference between winning and losing a tournament. Yet, putting is often the most neglected aspect of the game. Many golfers spend hours practicing their drives and irons, but they only spend a few minutes practicing their putting.

Expert Putting: The Science Behind the Stroke is a comprehensive guide to putting, written by a team of experts in the field. The book covers everything from the basics of putting to advanced techniques, and it is packed with illustrations and diagrams that help to explain the concepts clearly. Whether you are a beginner or a seasoned pro, Expert Putting will help you improve your putting stroke and lower your scores.



Expert Putting: The science behind the stroke

by Chris Riddoch

★★★★☆ 4.4 out of 5

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Screen Reader : Supported
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The Basics of Putting

The first step to becoming a better putter is to understand the basics of the stroke. This includes learning how to grip the club, how to address the ball, and how to make a smooth, consistent swing. Expert Putting provides detailed instructions on all of these aspects of the game, and it also includes a number of drills that can help you to improve your technique.

Grip

The way you grip the club has a significant impact on your putting stroke. There are a number of different grips that you can use, but the most common is the "claw" grip. To use the claw grip, place your left hand on the club as you would normally do, but then curl your fingers around the club so that your index finger and middle finger are touching the shaft. Your right hand should then grip the club in a similar fashion, with your index finger and middle finger touching the shaft.

The claw grip helps to keep your hands stable and prevents you from gripping the club too tightly. This can lead to a smoother, more consistent swing.

Address

The way you address the ball also has a significant impact on your putting stroke. When you address the ball, you should stand with your feet shoulder-width apart and your knees slightly bent. Your head should be down and your eyes should be focused on the back of the ball. Your hands should be positioned so that the clubface is square to the target line.

It is important to take a comfortable stance that allows you to make a smooth, consistent swing. You should also make sure that your feet are

planted firmly on the ground and that your body is balanced.

Swing

The putting swing should be smooth and consistent. You should start by taking the club back slowly and then swinging it through the ball with a slight arc. Your follow-through should be just as long as your backswing. It is important to keep your head down and your eyes focused on the back of the ball throughout the stroke.

The speed of your swing will vary depending on the distance of the putt. For short putts, you will want to use a slower swing speed. For longer putts, you will need to use a faster swing speed.

Advanced Putting Techniques

Once you have mastered the basics of putting, you can start to learn some of the more advanced techniques. These techniques can help you to improve your accuracy, distance control, and overall consistency.

Lag putting

Lag putting is a technique that is used to control the distance of your putts. To lag putt, you will need to make a smooth, consistent swing with a slight arc. You should focus on hitting the ball in the center of the face and rolling it towards the hole with a consistent speed.

Lag putting is a valuable technique that can help you to make more putts from long distances.

Draw and fade putts

Draw and fade putts are techniques that are used to control the direction of your putts. To draw a putt, you will need to swing the club from the inside out and hit the ball on the toe. To fade a putt, you will need to swing the club from the outside in and hit the ball on the heel.

Draw and fade putts can be used to avoid obstacles or to make the ball follow a certain line. These techniques can be very effective when used correctly.

Green reading

Green reading is the ability to read the slope and grain of the putting green. This is a valuable skill that can help you to make more putts. To read the green, you will need to pay attention to the way the grass is growing and to the way that the ball rolls on the green.

Green reading is a skill that takes time and practice to develop. However, it is a skill that can help you to lower your scores.

Putting is an essential part of the game of golf. If you want to improve your scores, it is important to spend time practicing your putting stroke. *Expert Putting: The Science Behind the Stroke* is a comprehensive guide to putting that can help you to improve your technique and lower your scores.

Whether you are a beginner or a seasoned pro, *Expert Putting* has something to offer you. The book is packed with illustrations and diagrams that help to explain the concepts clearly, and it also includes a number of drills that can help you to improve your game.

If you are serious about improving your putting, then Expert Putting is the book for you.

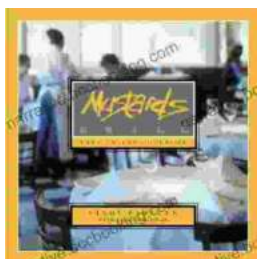


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