

Say goodbye to 3 putting

This great little putting game will test the quality of your putting swing motion, pre-shot routine, ability to perform under pressure & ultimately reflect how good your distance control and it can be done anywhere.

Pictures 01-03 explains how the game works, but essentially your objective is to reach 9 points and record how many attempts it took you reach this score of 9 points where we are trying to achieve this in as few attempts as possible.

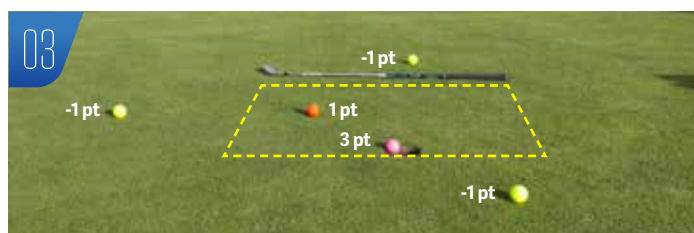
Executing this skill game on a regular basis and recording your scores has multiple benefits; makes your putting practice more interesting & engaging, has more purpose and creates a more pressurized atmosphere – just like you would experience out on the golf course, and probably the most important benefit of all is that you will start to see trends of performance which allows you change what you're doing either through simply spending more time on the game in practice sessions or seeking assistance from a NZPGA coach.

What's important is that you see self-improvement at a rate which you are comfortable with. To give you an idea on scoring, 8 or less attempts suggests you're putting well, 9-13 attempts suggests you're doing some good things but if you putt like this on the golf course you will be having a few 3 or 4 putts, and anything higher than 14 attempt's suggest you are either new to the game of golf, or have a few movement technique and/or pre-shot routine issues.

For some putting may not be the most exciting to practice & develop, however it can amount to 20-40% of your total score, by far the easiest way to get the fastest performance change.



01-02: Simply replace the above flags with a golf tee's to represent a couple of distances you will putt from – I use 4 & 8m.



03: The objective of the game is to get to 9 points. You accrue points based on how close your ball finishes to the hole for your

COACH



Adam Bonnar

NZPGA GOLF PRO

POSITION

- Coaches Inc. owner-operator
- SNAG & NIKE golf ambassador

SERVICES

- Individual & Shared learning programs
- Adults & children aged 3-17yrs
- On course training experiences
- Adult group clinics
- Junior School term/holiday programs
- Training Aid/tool sales
- Club fitting

LOCATION

- Takapuna Golf Course
- 27 Northcote Road, Takapuna, Auckland

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