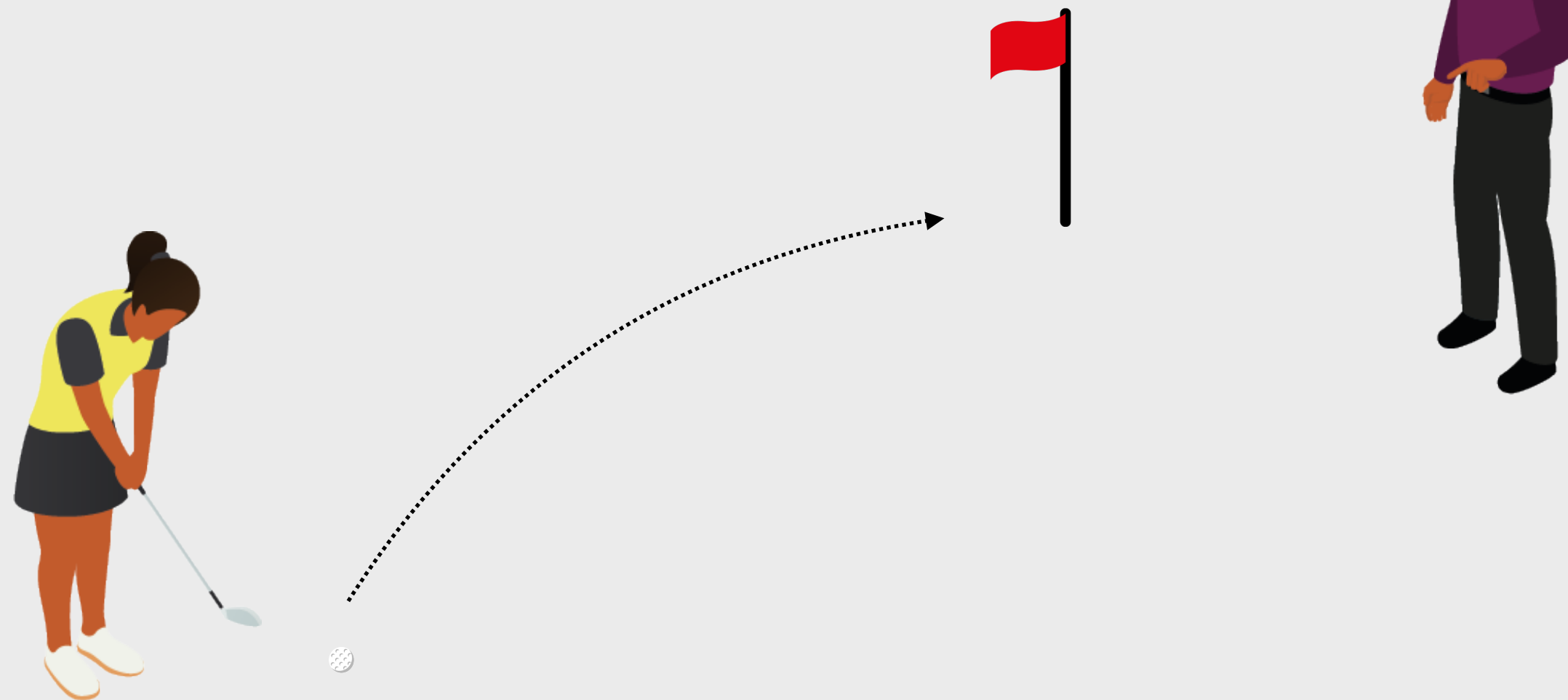


# Putting Practice Stations



# Understanding Slope



## Equipment Needed

- Putter
- Golf Ball

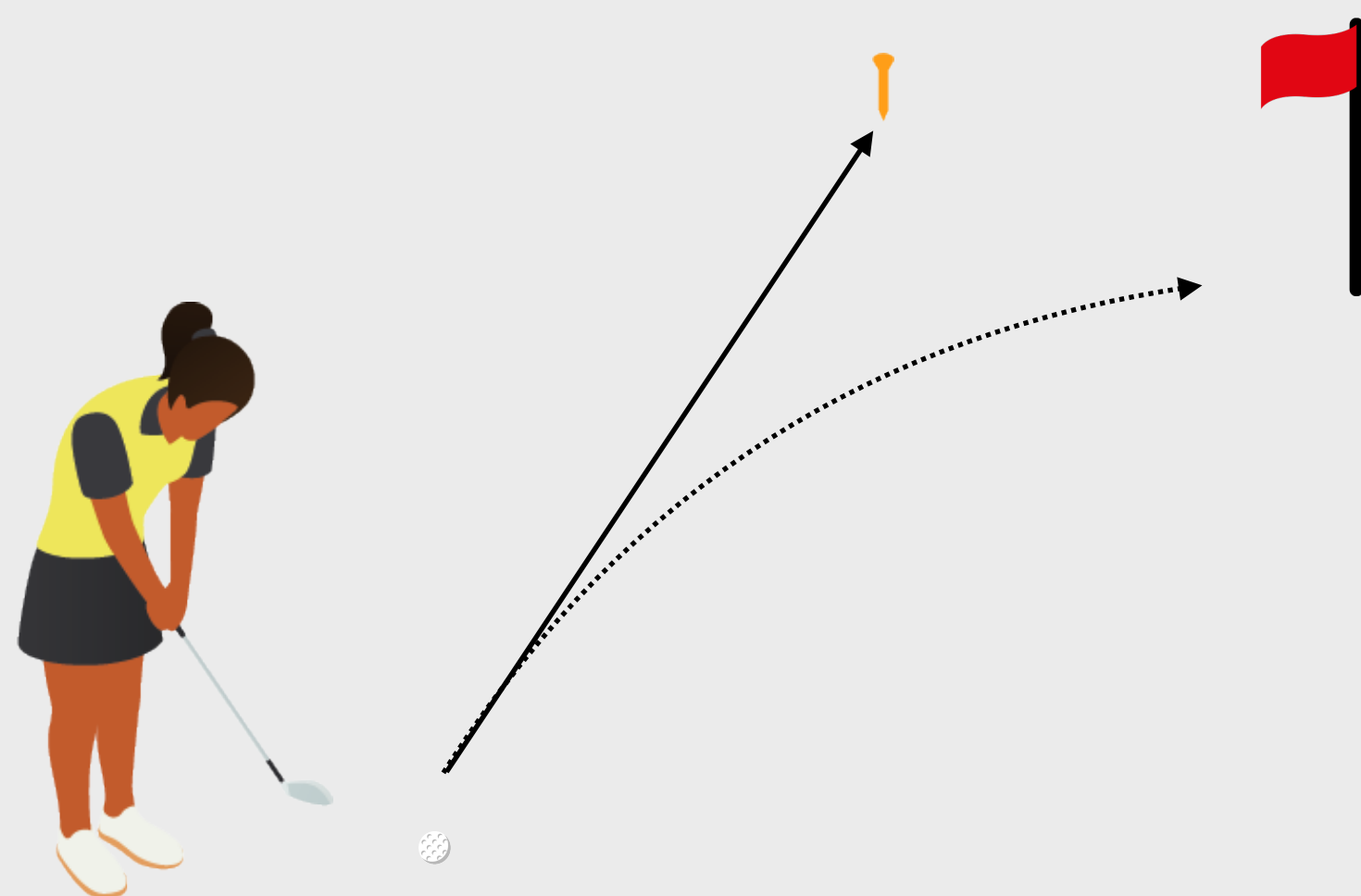
## How to Practice

- Ask the learners to choose a random putt on the green
- Before taking their putt they should take the time to walk around the green to find the lowest point
- The learner should be able to more easily determine the slope of the putt once they have found the lowest point on the putting surface
- Encourage working in pairs so that learners can openly discuss and help each other learn how to accurately read the slope on the green

## Technical Link

- This activity will help the learner to understand how to read the slope on a green
- This activity will provide feedback to the learner about how much or little a slope can affect the break on a putt

# Pick a Point



## Equipment Needed

- 2 Tee Pegs
- Putter
- Golf Ball

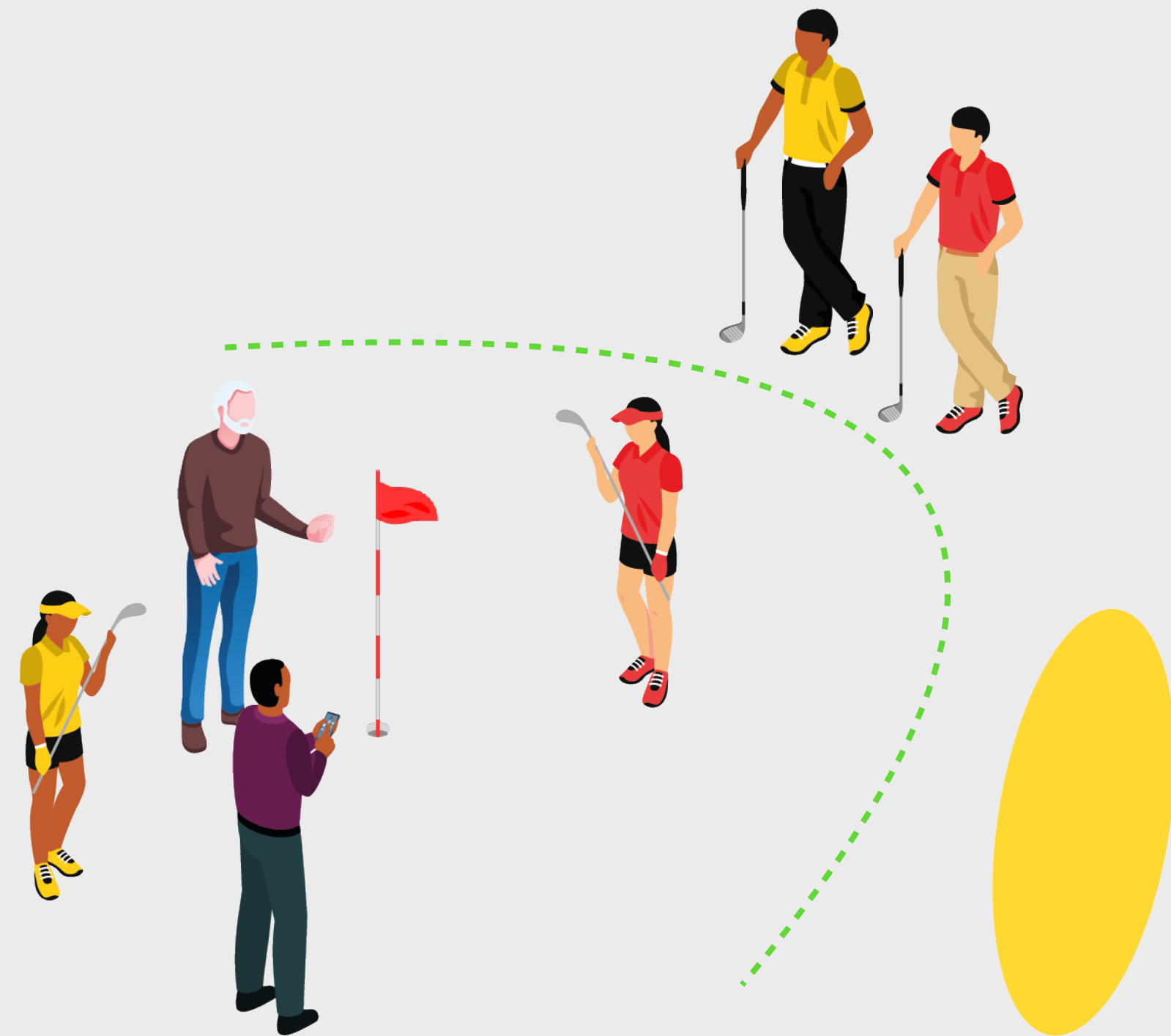
## How to Practice

- Set this activity up on a sloped surface with a tee peg where the ball should be placed
- Get the learner to place another tee in a straight line to where they think that they should aim in order to hole the putt
- The learner should attempt the putt and based on the feedback of whether the ball missed high or low should adjust their aim (and the tee position) accordingly
- Be sure to help the learner understand that speed of putt will have an effect on how soon the putt breaks, and therefore this should be taken into account when choosing the position to aim at
- Encourage the learners to work in pairs here and discuss why a certain position is correct or not

## Technical Link

- This activity will help the learner to understand how to aim effectively on a sloped surface and simplify the process with respect to sloping putts

# Pressure Putt



## Focus

- On the Green
- Dealing with Pressure
- Analysis of Process

## How to Practice

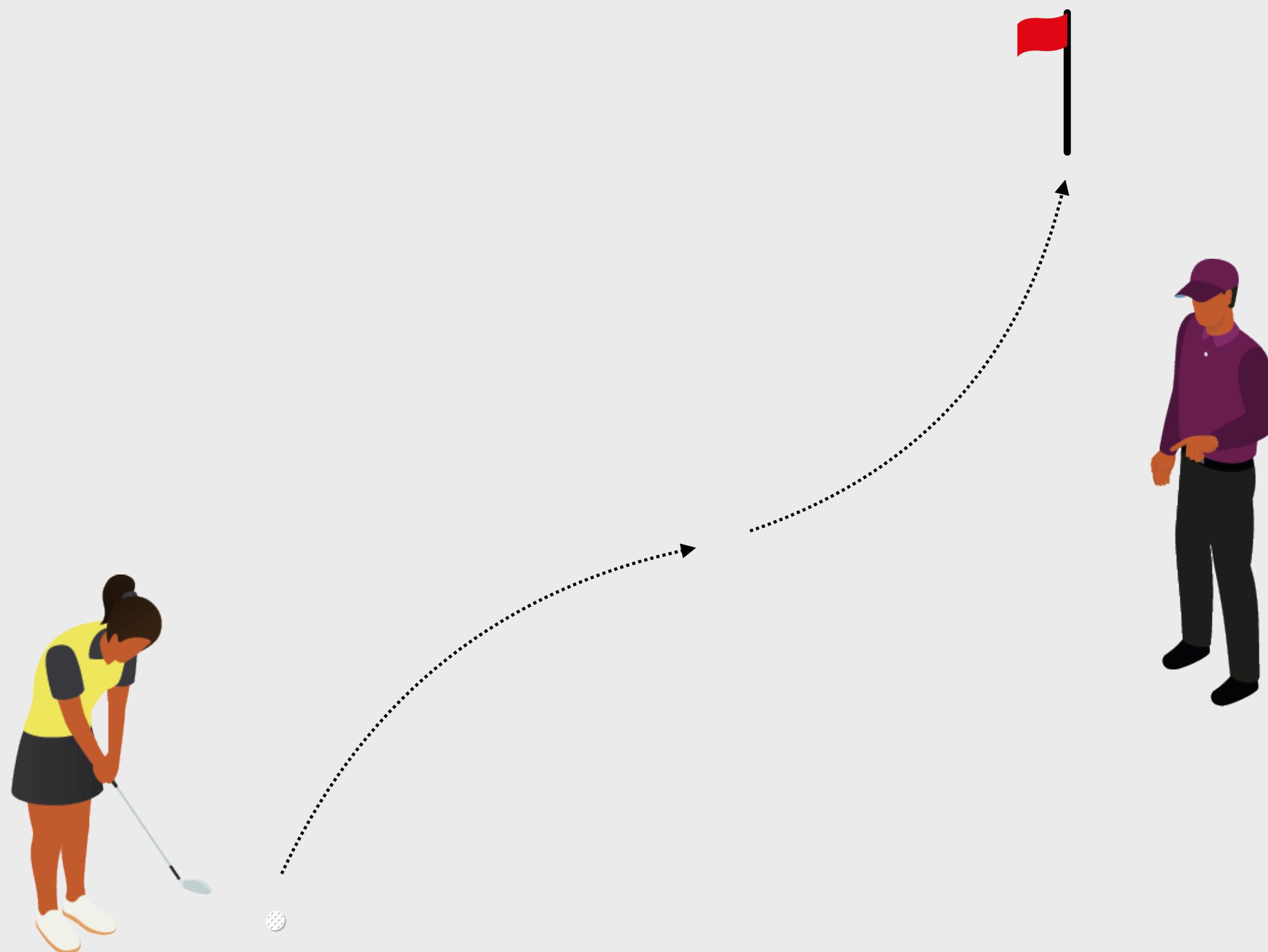
- Ask the students to putt from 3, 6 and 10 feet whilst the group observes
- Set a scoring target for the putts and rank the learners based on the scoring performance
- Create a pressure environment by allowing the learners to take it in turns so the wider group can observe

## Technical Link

- This activity promotes a competitive mental toughness in short putting
- Putting in front of a group allows the learner to experience a pressure environment in a controlled manner



# Understanding Slopes



## Equipment Needed

- Putter
- Golf Ball

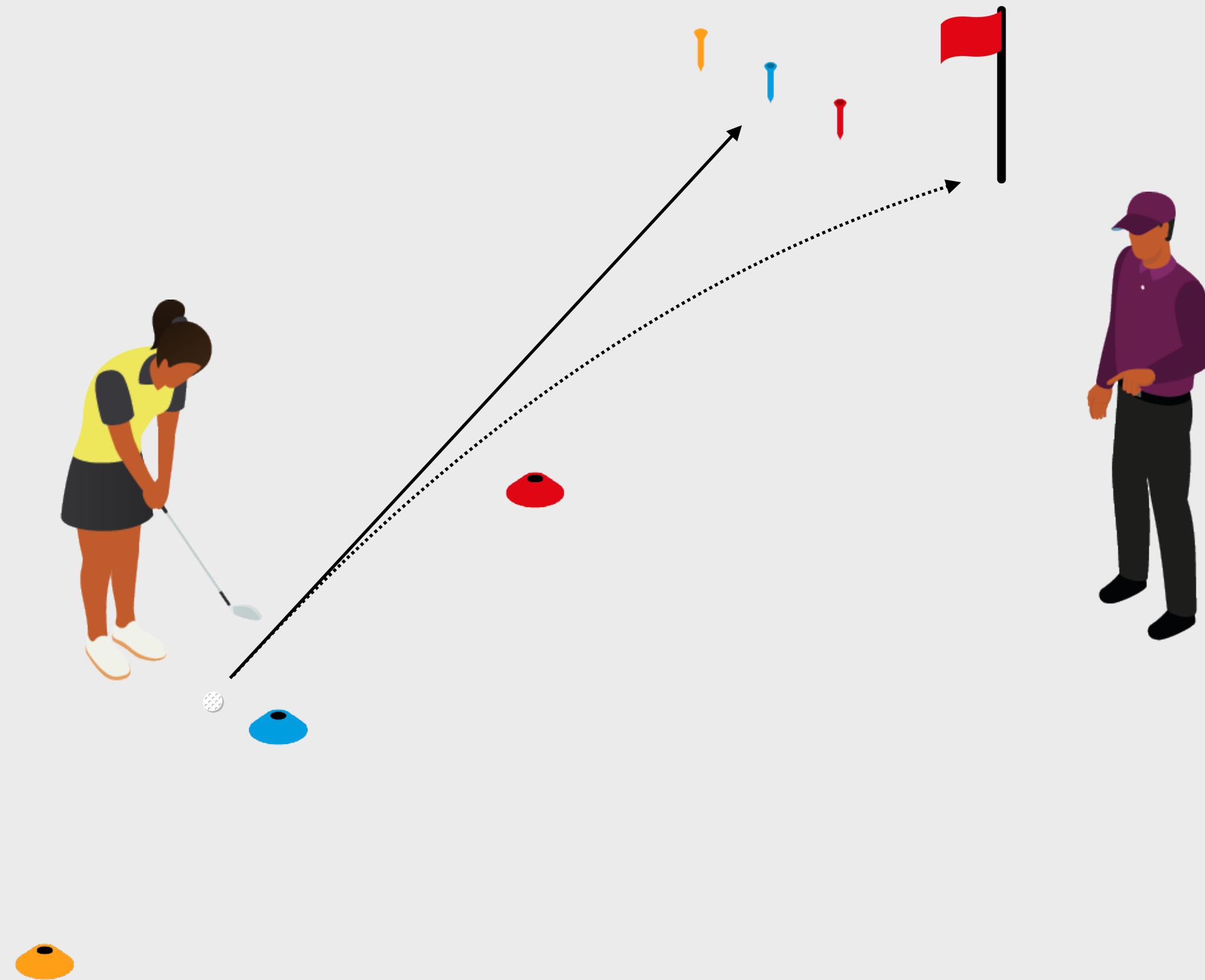
## How to Practice

- Help learners to choose a putt with multiple break
- Before taking their putt they should split the putt into sections and be able to tell you or their partner the break of each section of the putt
- The learner should be able to more easily determine the starting line of the putt once they have worked out the different slopes that are having an impact on the line of the putt
- Encourage working in pairs so that learners can openly discuss and help each other learn how to accurately read the slope on the green

## Technical Link

- This activity will help the learner to understand how to read a green that has multiple break

# Pick a Point



## Equipment Needed

- 3 Tee Pegs
- 3 Cones
- Putter
- Golf Ball

## How to Practice

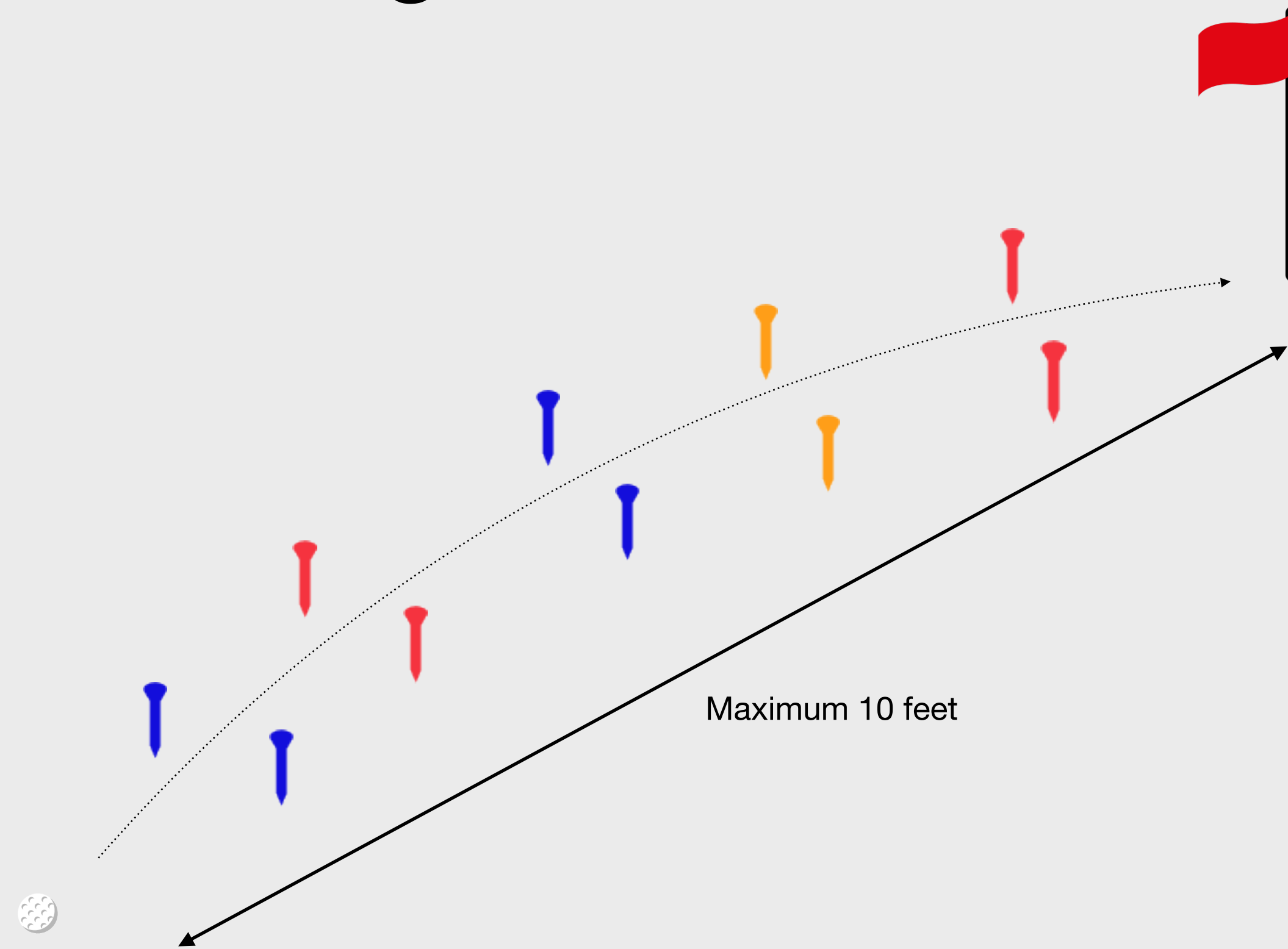
- Set this activity up on a sloped surface with 3 cones placed at 10, 20 and 30 feet from the hole
- Get the learner to place the corresponding tees level with the hole, and explain how even though the putt is the same direction there are differing amounts of break due to the length of the putt
- The learner should attempt the putts and based on the feedback of whether the ball missed high or low they should adjust their aim (and the tee position) accordingly
- Be sure to help the learner understand that speed of putt will have an effect on how soon the putt breaks, and therefore this should be taken into account when choosing where to aim
- Encourage the learners to work in pairs here to ensure correct aim at the start and to notice if a putt was just misaligned or mis-hit

## Technical Link

- This activity will help the learner to understand how to aim effectively on a sloped surface, especially with respect to longer putts

*Invited*

# Gate Challenge



## Equipment Needed

- 10 Tee Pegs
- Putter
- Golf Ball

## How to Practice

- Set up the tee pegs on a slope as gates for the learners to try and hit the putt through at the appropriate pace for the ball to miss the tees
- As the learner improves, narrow the size of the gates, or increase the number of gates

## Technical Link

- This activity will help the learner to understand the break of a putt over the length of the putt as a whole
- It will help them to understand how length of putt affects the break and how to aim appropriately

# 10, 20 and 30 Feet



## Equipment Needed

- Putter
- Cones
- 6 feet diameter hoop
- Golf ball

## How to Practice

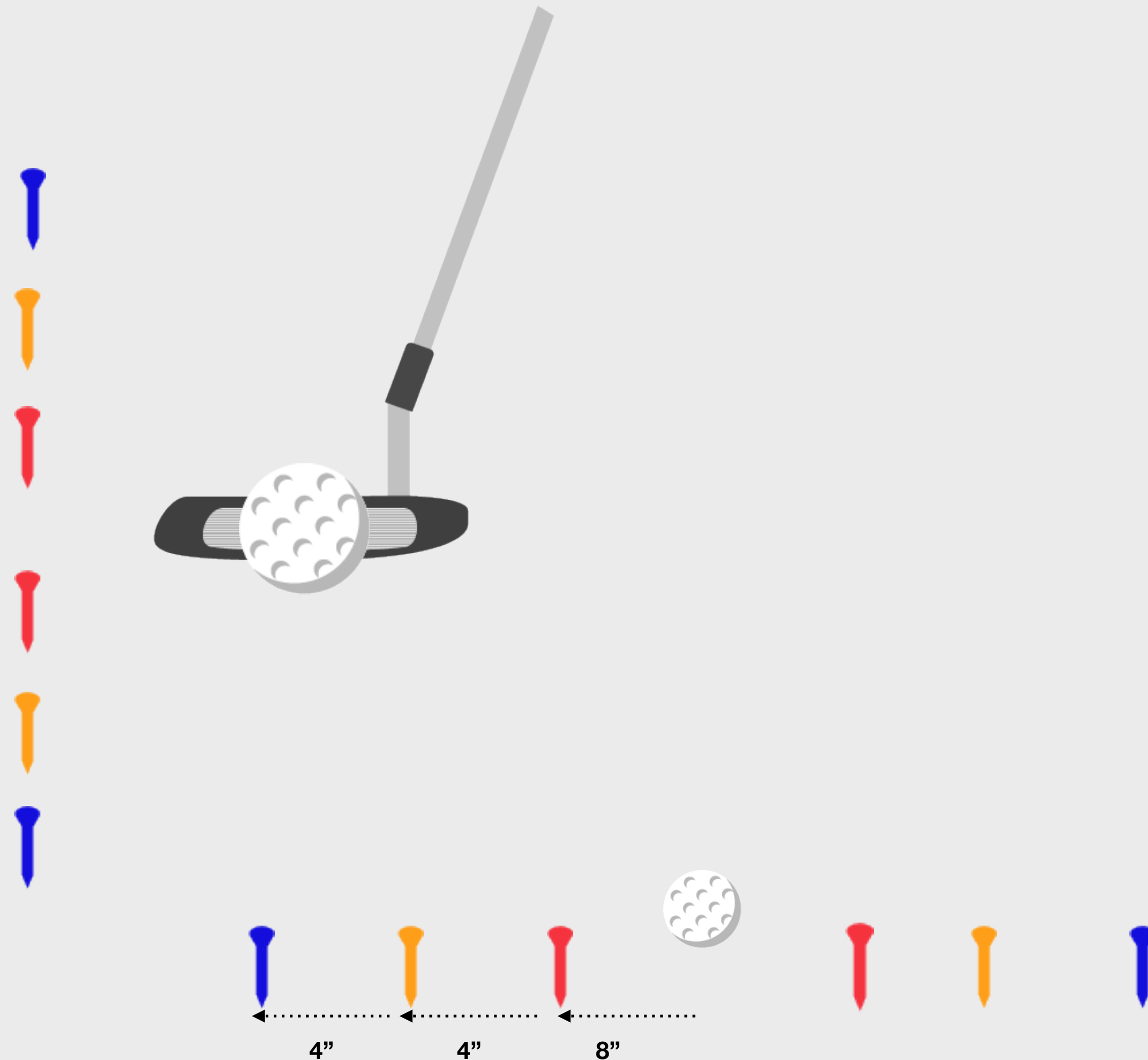
- Learners should attempt to putt the ball into the 6 feet circle from each distance
- Allow learners to practice from each distance whilst providing technical guidance to improve their distance control
- Once the learner has gained some confidence, allow them to play a competitive game in order to challenge their skills
- The challenge is to putt a ball from 10, 20 and 30 feet into the 6 foot circle, without missing

## Technical Link

- This activity will help the learner to improve their long putting skills and appreciate the challenge of having to do this under pressure



# Swing Length Ladder



## Equipment Needed

- 6 Tee Pegs
- Putting
- Golf Ball

## How to Practice

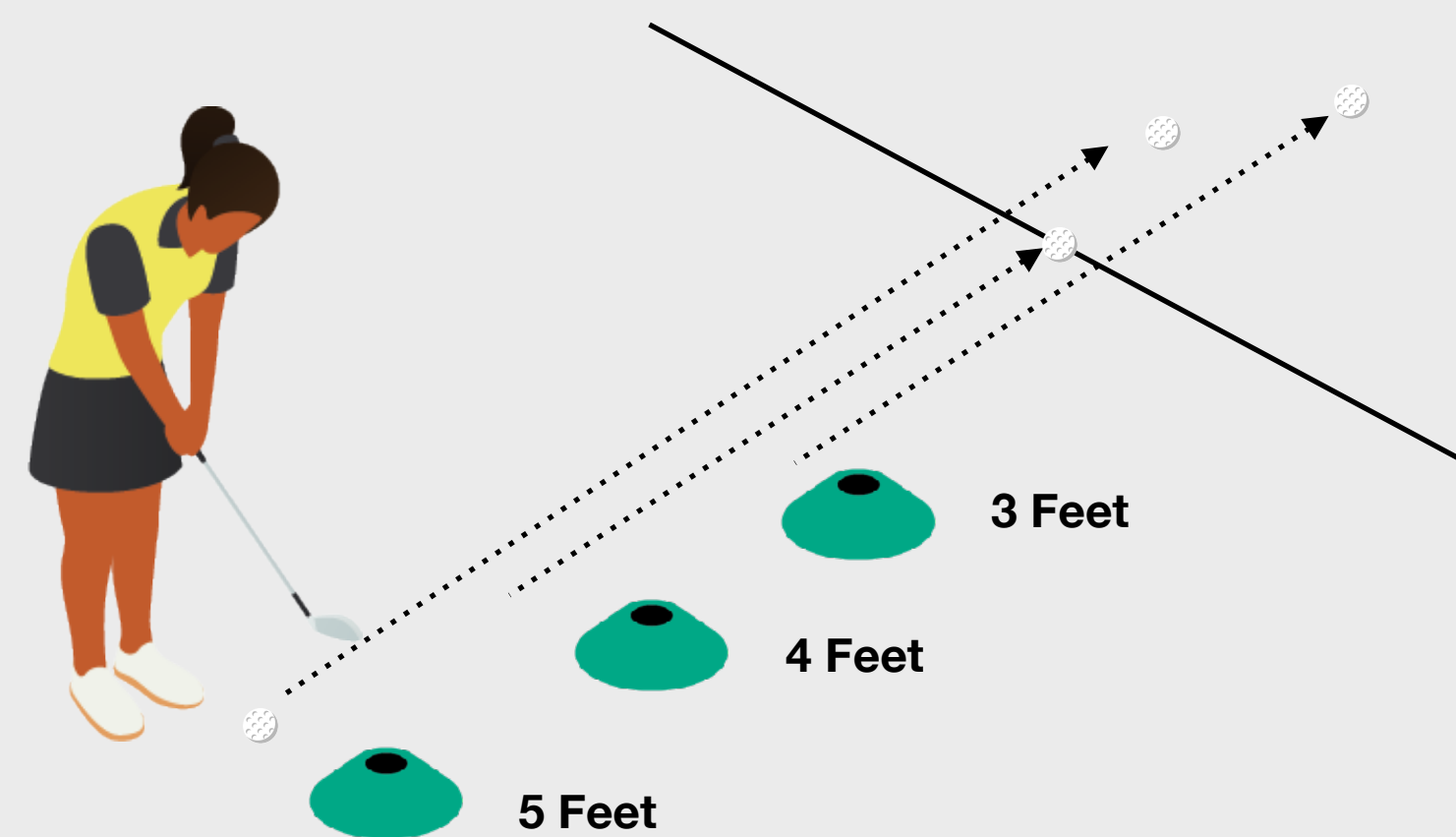
- Get the learner to practice swinging the putter from and to the first tee pegs either side of the ball (red)
- As they practice, get them to count 1, 2. They should time the end of the backstroke with the the one count and the end of the through stroke with the two count
- Get them to hit a few putts and see how far the ball travels
- Next, get the learner to swinging the putter from and to the second tee pegs either side of the ball (red). Again they should reproduce the count of 1, 2
- Get them to hit a few putts and see how the ball travels further
- Finally, replicate for the final set of tee pegs

## Technical Link

- This activity will help the learner to understand the concept of Swing Length, Rhythm and Tempo
- It will help the learner to understand that as swing length changes, the distance the ball travels changes
- It will help them to understand how length of swing transfers to distance

*Invited*

# Cliffhanger



## Equipment Needed

- Putter
- Cones
- Target line (string, alignment stick)
- Golf balls

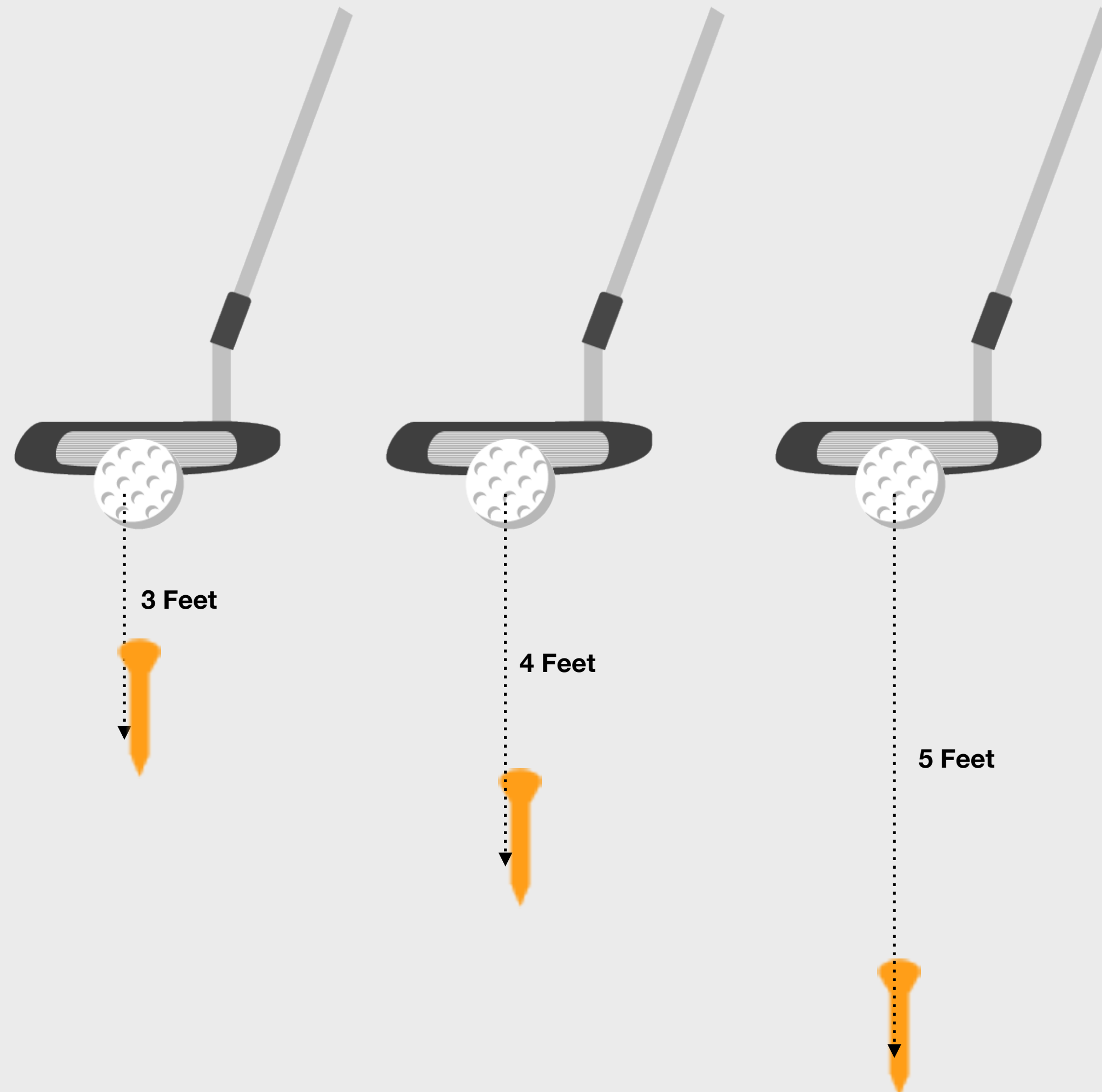
## How to Practice

- Learners should part from the three different start points
- Randomise the cone that the learner starts from
- The learner is trying to pop the ball as close to the line as they can without going over it
- They can play against other learners and the ball that is closest to the line without going over it is the winner. Award minus points for parts that go over the line

## Technical Link

- This activity will help the learner to improve their distance control on short putting
- Explain to the learner that the weight of a short putt is very important and that having the correct weight of putt makes the hole bigger

# Putt of tee?



## Equipment Needed

- 6 Tee Pegs
- Putting
- Golf Ball

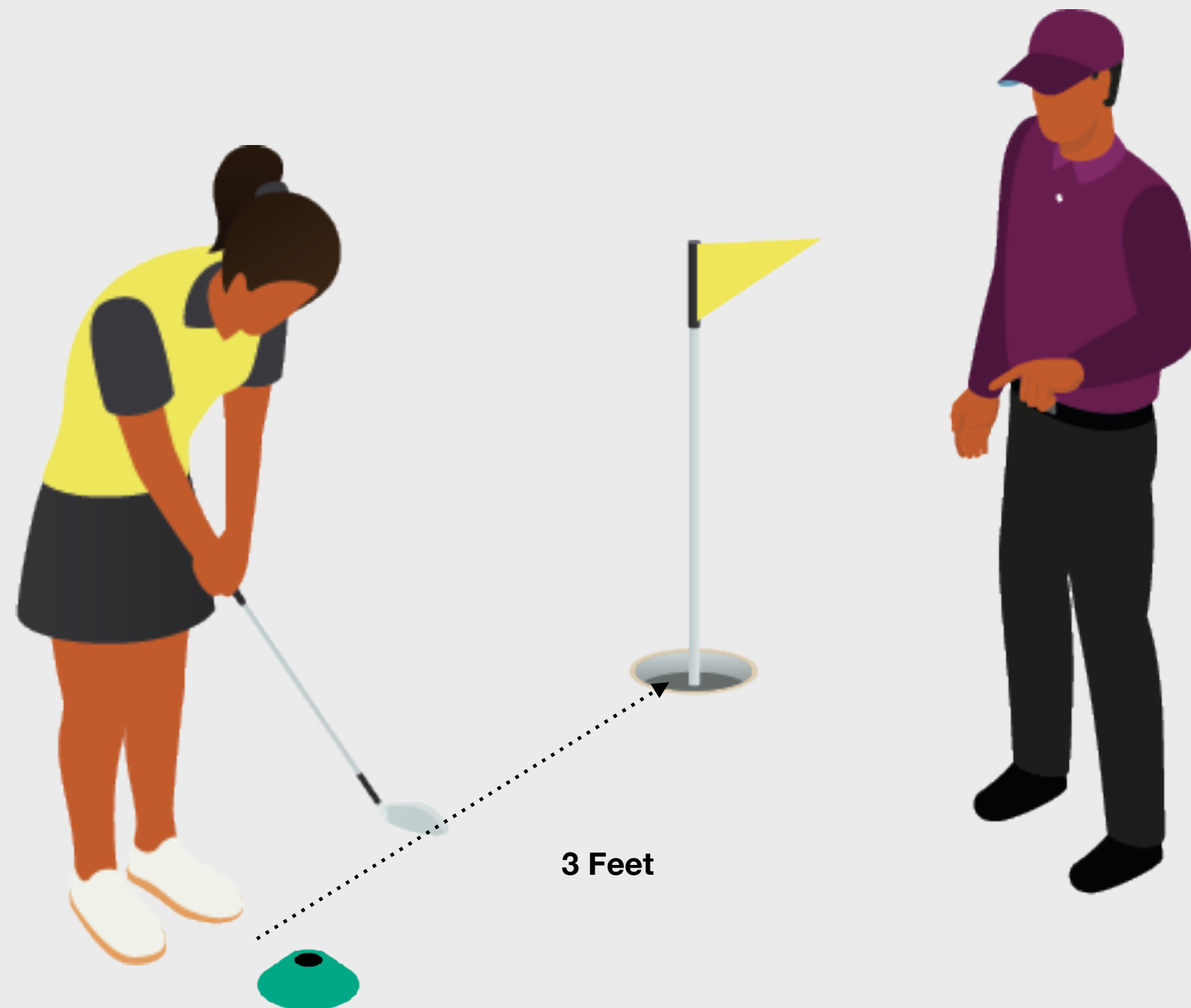
## How to Practice

- Get the learner to putt from 3, 4 and 5 feet
- Place of golf tee at 3, 4 and 5 feet from the learner
- Allow the learner to put at the three different length practice drills.
- The idea is that the learner tries to hit the golf tee instead of the hole

## Technical Link

- Because the golf tee is much smaller it focuses their attention on the very centre of the golf hole when they move back to putting to a hole
- Reinforce the following technical elements;
  - Face angle impact
  - Centered strike on the putter face
  - Rhythm and tempo of the putting stroke

# How many in a row?



## Equipment Needed

- Cones
- Putter
- Golf balls
- Golf hole

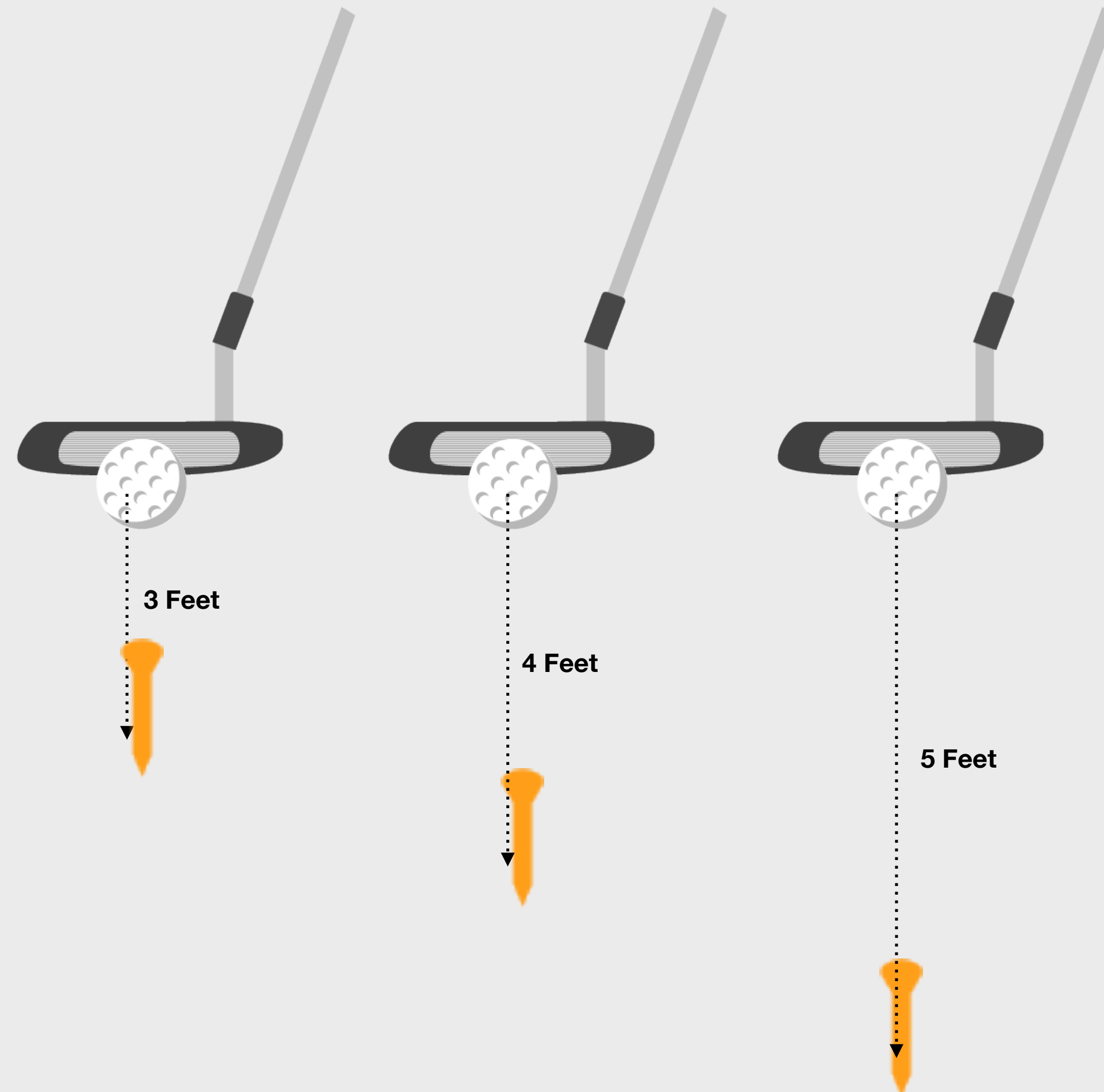
## How to Practice

- Set this activity up with a cone 3 feet away from a hole
- Give the learner five balls
- See how many parts in a row the learner can hole from 3 feet
- If they miss they have to start back at zero
- Set the learner a concentration drill and see how many they can get in a row

## Technical Link

- This activity will help the learner to improve their consistency and concentration on short putts
- Repetition of technique and concentration is the technical skill for this activity

# Coconut Shy



## Equipment Needed

- 6 Tee Pegs
- Putting
- Golf Ball

## How to Practice

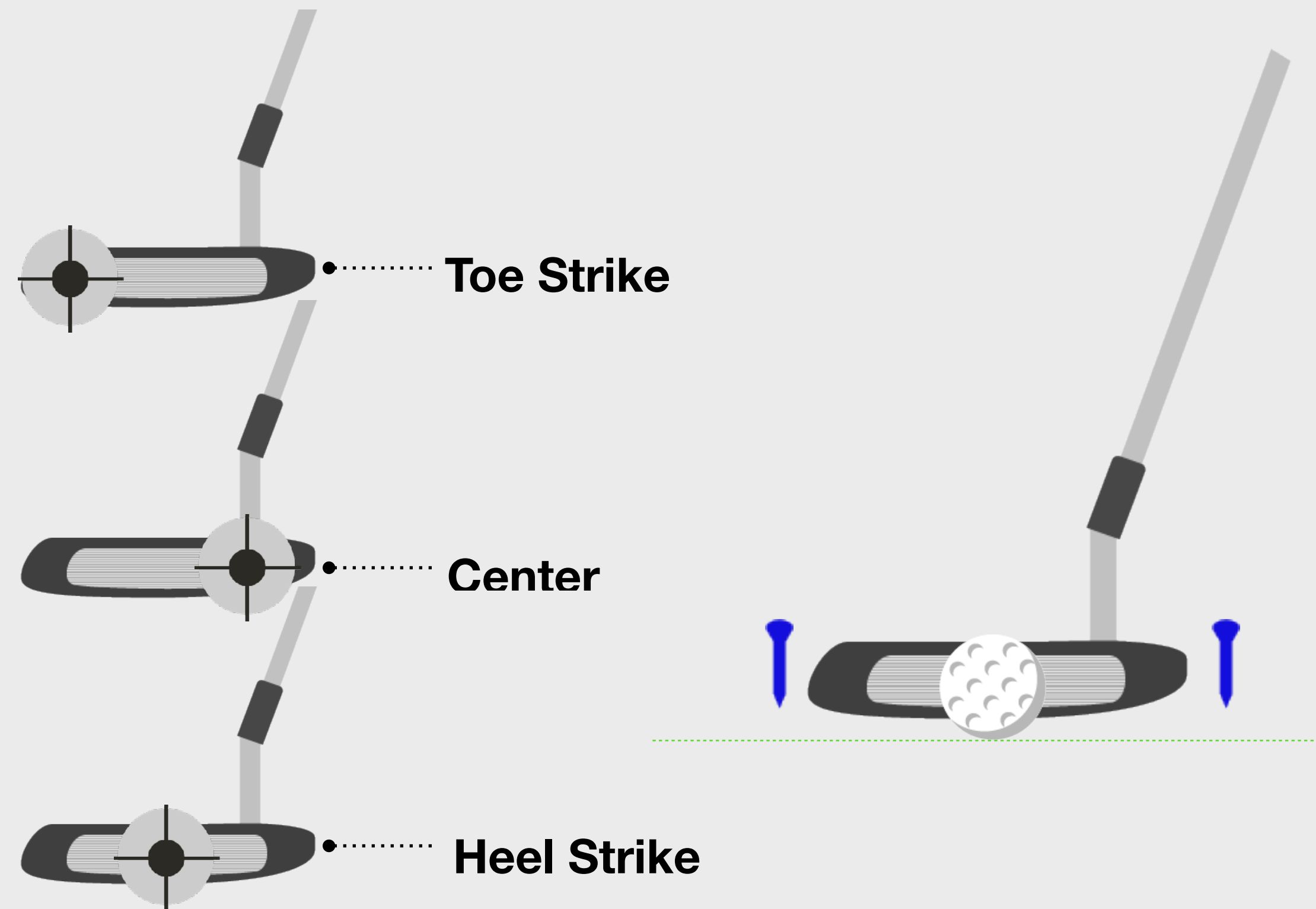
- Have the student putt from distances of 3, 4, and 5 feet.
- Position a golf tee at each distance from the student.
- Allow the student to putt at these three different lengths during practice drills.
- Encourage the student to aim for the golf tee instead of the hole.

## Technical Link

- Because the golf tee is much smaller it focuses their attention on the very centre of the golf hole when aligning the putting face
- Reinforce the following technical elements;
  - Face angle dress
  - Face angle at impact
  - Centered strike on the putter face



# Clubface Impact Activity



## About

This Practice Station Activity has been built to provide an engaging practice element to your Experience Day.

## Equipment Needed

- 2 Tee Pegs
- Putter
- Golf Ball

## How to Practice

- Set this activity up on flat green surface with a tee peg, ball marker or coins on the ground where the putter should be placed
- Get the learner to place the centre of the putter on the ground onto of the marker, tee peg or coin
- Place two tee pegs either side of the putter head, one outside of the toe of the putter and one outside the heel
- Get the learner to attempt the swing the putter head between the tee pegs with and without the ball
- Get them to engaging in errorful practice whereby they deliberately strike either tee to understand the impact of an off centre strike
- Get the to listen to the change in sound when they do this and the impact on the distance the ball travels

## Technical Link

- This activity will help the learner to understand how to get the centre of the putter head to sit properly on the ground
- This activity will help the learner to understand the impact of an off centre strike on the sound of the ball off the putter
- This activity will help the learner to understand the impact that strike has on the distance the ball travels

*Invited*

# Alignment to a T

## Equipment Needed

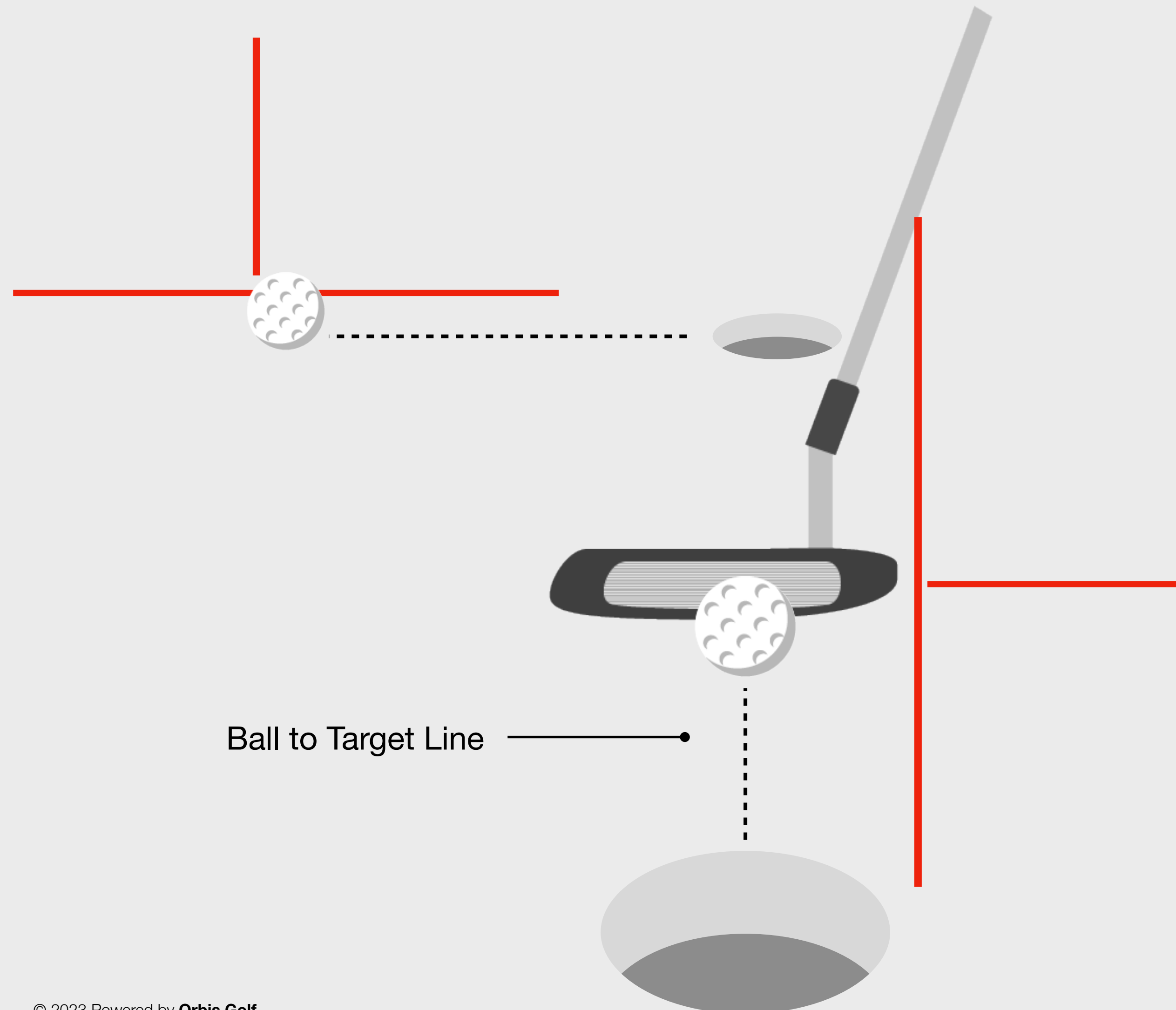
- 2 x Alignment Sticks
- Putter
- Golf Balls

## How to Practice

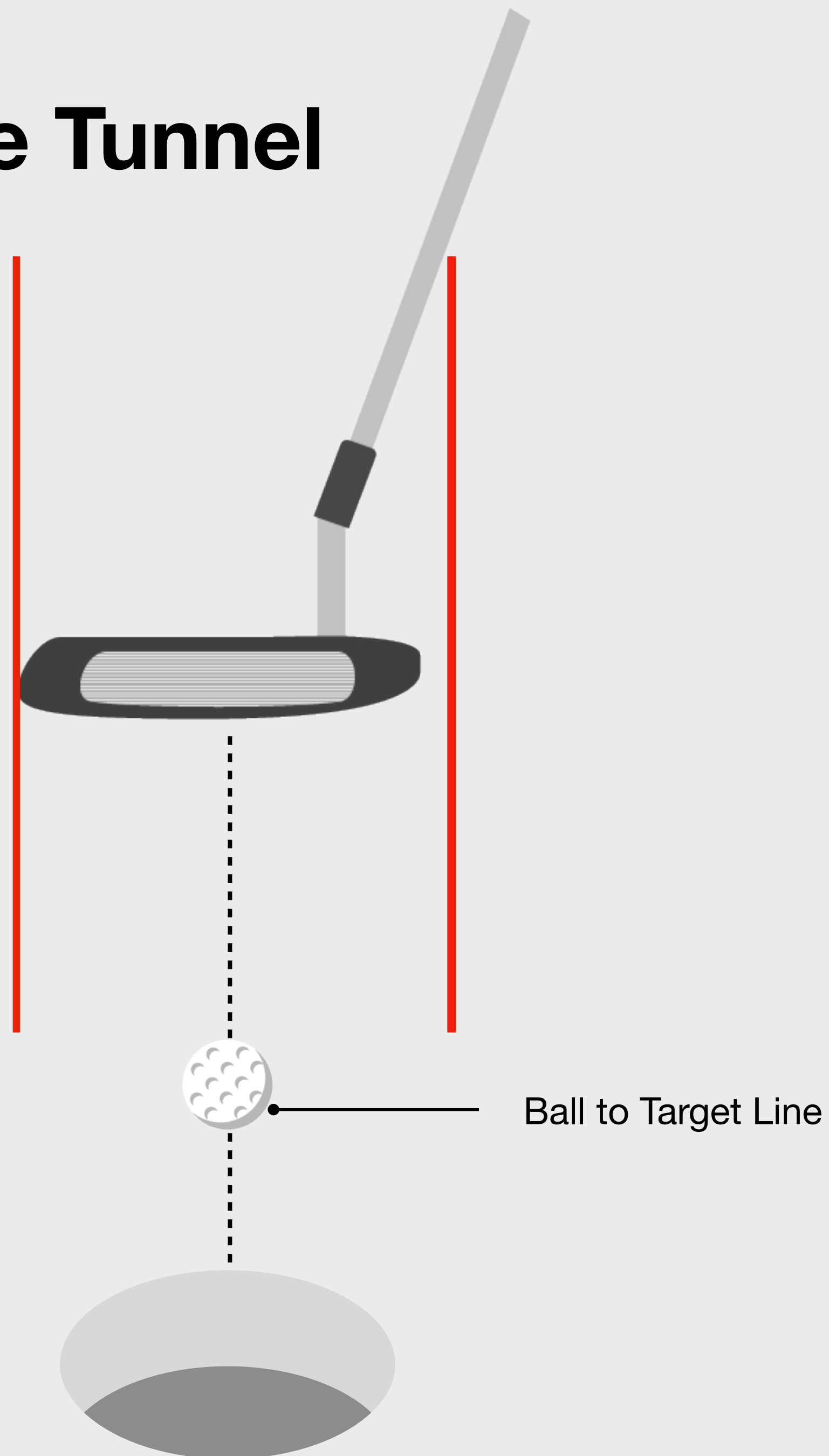
- Have the student putt from a maximum distance of 10 feet on a flat surface.
- Place a golf ball inside the heel of the putter. Align an alignment stick with the center of the golf ball, running parallel to the putter head's center line (ball-to-target line).
- Remove the golf ball.
- Create a T-shape by placing a second alignment stick at a 90-degree angle to the first one.
- Align the putter head with the second alignment stick.
- The goal is for the student to practice both with and without the golf ball, developing a sense of square alignment for the putter head.
- This exercise can be combined with other aids like string lines or chalk lines.

## Technical Link

- This exercise will help the student to learn when the putter face is square at address
- Additionally, it will help the student to learn effective aiming strategies for their own game



# Down the Tunnel



## Equipment Needed

- 2 x Alignment Sticks
- Putter
- Golf Balls

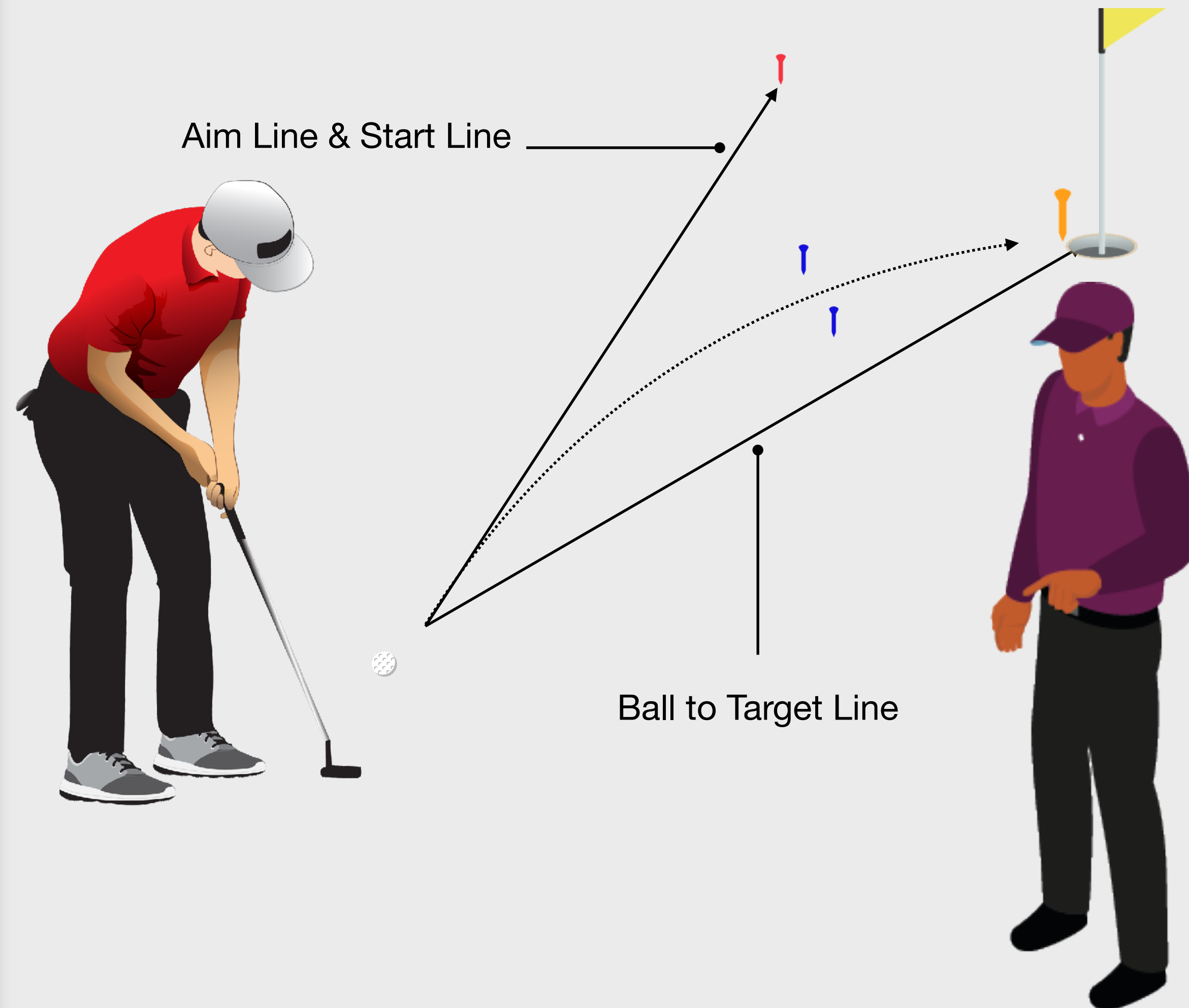
## How to Practice

- Have the student putt from a maximum of 10 feet on a flat surface.
- Place a golf ball inside the putter's heel. Align an alignment stick with the center of the golf ball, running parallel to the putter head's center line (ball-to-target line).
- Remove the golf ball.
- Place a second alignment stick outside the putter's toe, parallel to the first alignment stick.
- The goal is for the student to practice both with and without the golf ball, developing a sense of the stroke's shape on a short putt.

## Technical Link

- This exercise will help the student learn the path of the putter during the stroke on short putts
- It reinforces the concept that the putter should stay within a defined tunnel during the stroke, but allows for a slight arc movement on either side of the golf ball

# Map the Putt



## Equipment Needed

- 4 Tee Pegs
- Putter
- Golf Ball

## How to Practice

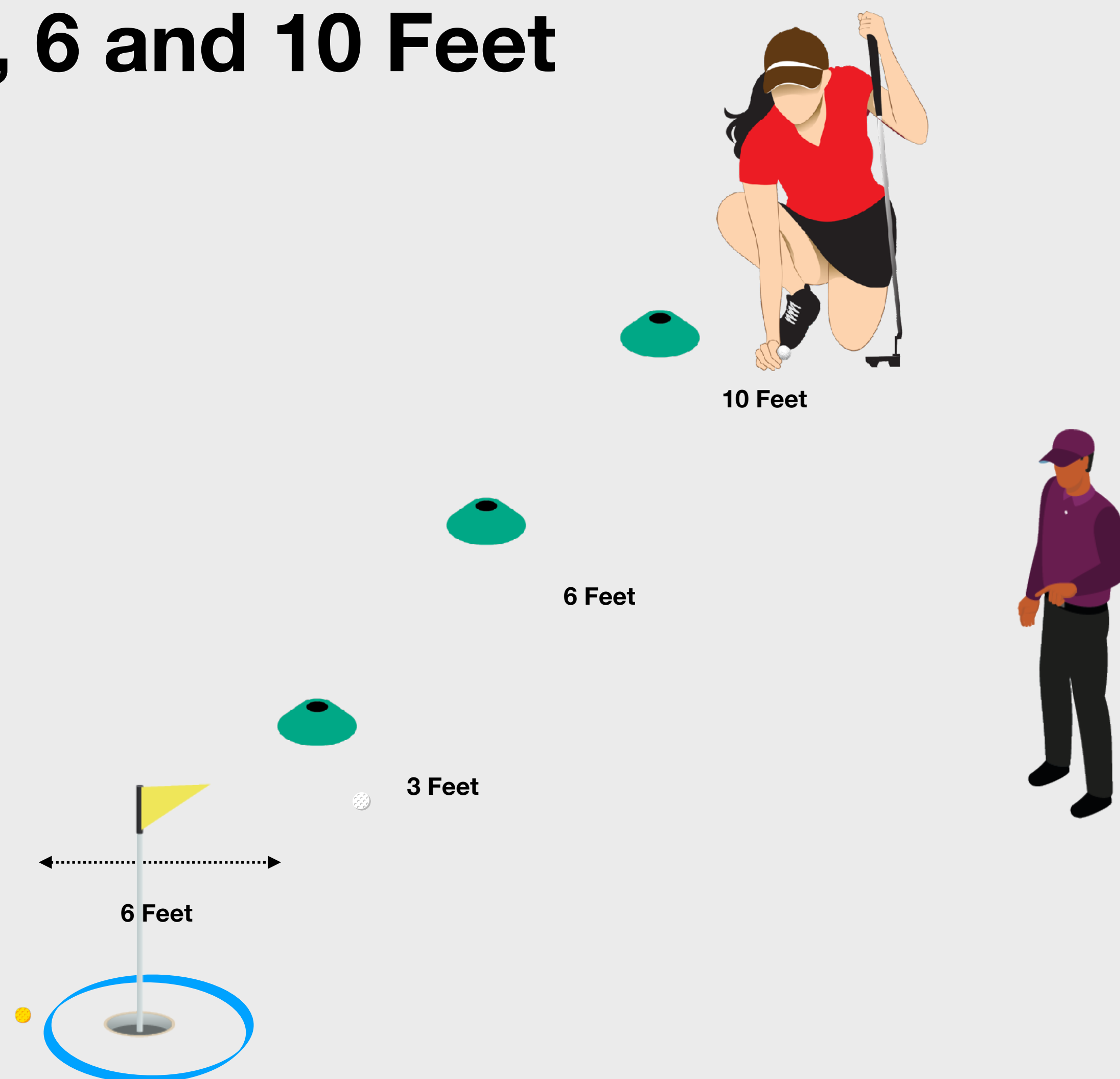
- Set this activity up on a sloped surface. The student, with your assistance should attempt to read the putt and place a tee peg adjacent to the hole where the putt this should be aimed. This is the balls intended start line
- Get the student to place another tee peg where they think the ball will enter the hole
- Get the student to place a gate created with the remaining two tee pegs in the final third of the putt. The ball should travel through this gate
- The student should attempt the putt and based on the feedback as to where the ball was in different segment's attempt the putt again
- Be sure to help the student understand that speed of putt will have an effect on how soon the putt breaks, and therefore this should be taken into account when choosing the position to aim at
- Encourage the students to work in pairs here and discuss why a certain position is correct or not

## Technical Link

- This activity will help the student to understand how to aim effectively on a sloped surface and simplify the process with respect to sloping putts



# 3, 6 and 10 Feet



## Equipment Needed

- Putter
- Cones
- Various sizes of hoops
- Golf ball

## How to Practice

- Initially the students should attempt to putt the ball into the 6 feet circle from each distance
- Allow students to practice from each distance whilst providing technical guidance to improve their distance control
- Once the student has gained some confidence, allow them to play a competitive game in order to challenge their skills
- The challenge is to putt a ball from 3, 6 and 10 feet into the 6 foot circle, without missing
- If the students miss the circle reduce the size of the circle to make it more difficult

## Technical Link

- This activity will help the student to improve the pace of their short putting skills and appreciate the challenge of having to do this under pressure



# Putting Game Stations



# Dominoes



## Equipment Needed

- Putter
- Cones or Tee Pegs
- Balls

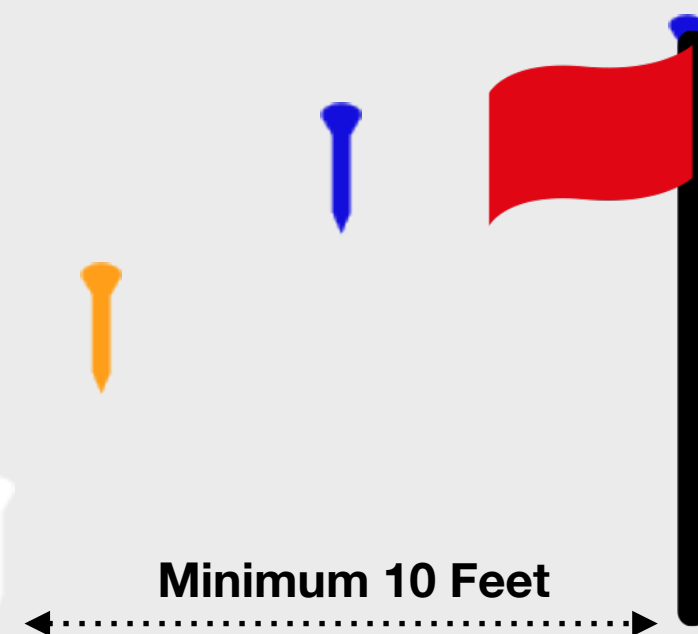
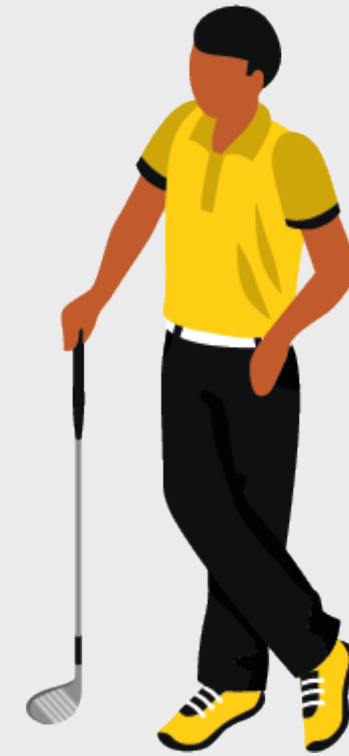
## How to Play

- A student attempts to put the ball into the hole from each starting distance
- The student should start at the 2 feet cone or tee peg. If they hole the putt they should move to the next starting position
- If the student misses a putt they should move back a step or go back to the start. You should tailor the consequence for each student
- The student should focus on a consistent pre-putt routine on each attempt
- An alternative option is to count the total number of putts to reach the final distance (10 feet)

## Progression Ideas

- Play on a more severely sloped surface
- Play on uphill and downhill slopes
- Remove or add starting positions depending on the students needs

# Round the Clock



Minimum 10 Feet

## Equipment Needed

- Tee pegs to mark the 12 points on a clock at least 10 feet from the hole on a sloped part of the green

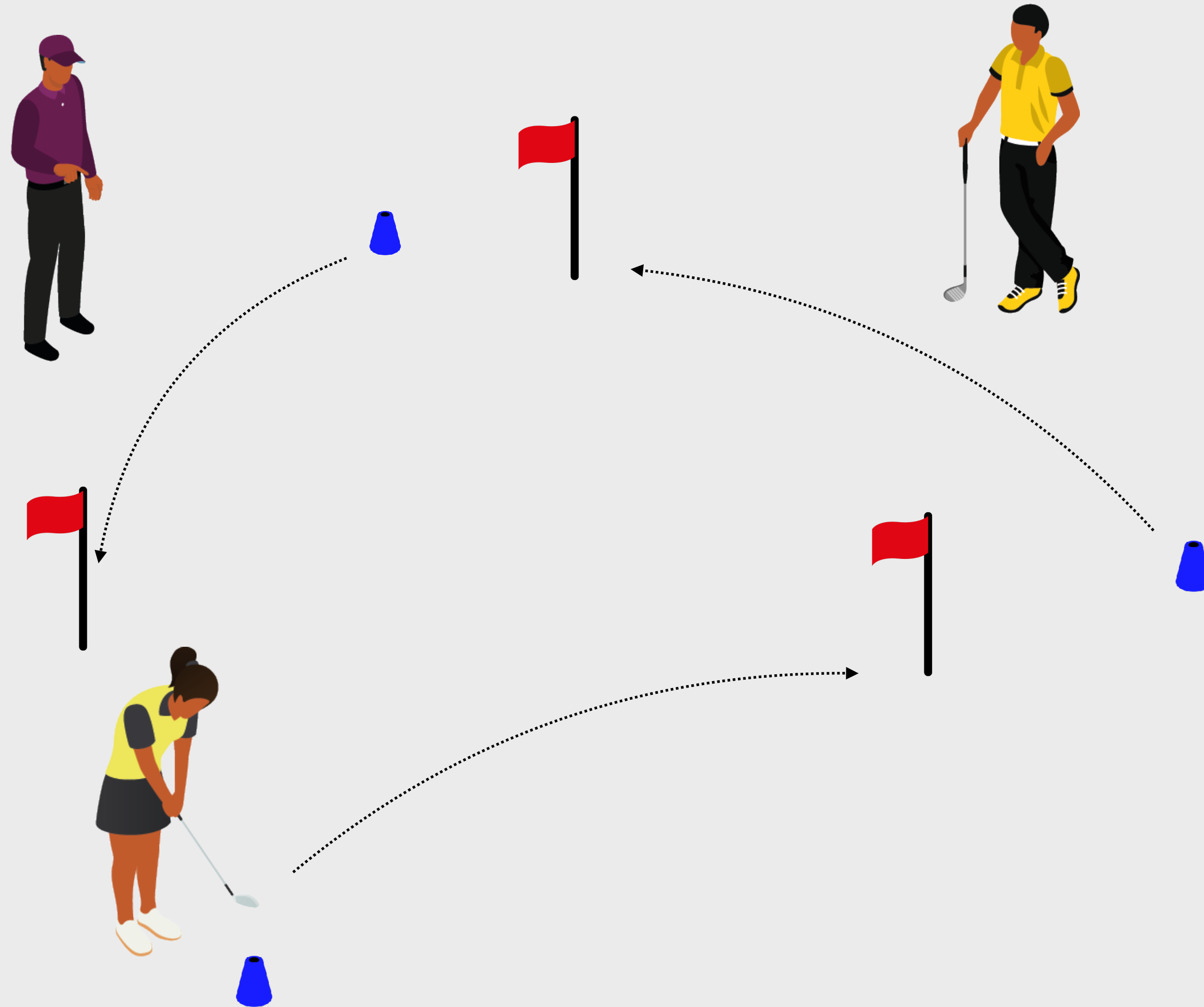
## How to Play

- A learner attempts one putt from each tee peg
- The purpose is to note how the slope changes around the hole and therefore the learner needs to adapt where they are aiming
- We suggest framing this as an opportunity to learn the slope on a green, although it can be played competitively, seeing how many putts each learner can hole
- This game can be played individually, in pairs or small groups

## Progression Ideas

- Play on a more severely sloped surface
- Introduce a competitive element
- Increase or decrease the length of the putts

# Scoring



## Equipment Needed

- Putter

## How to Play

- A learner attempts to play three holes in the fewest number of putts possible
- The holes should be 10 feet to 30 feet in length and on a gently sloping part of the green
- We suggest providing some context to the scores, indicating that to complete level 1 of the program learners need to score 24 over 6 holes
- This game can be played individually, in pairs or small groups

## Progression Ideas

- Play on a more severely sloped surface
- Increase or decrease the length of the putts



# Guess the Break

## Equipment Needed

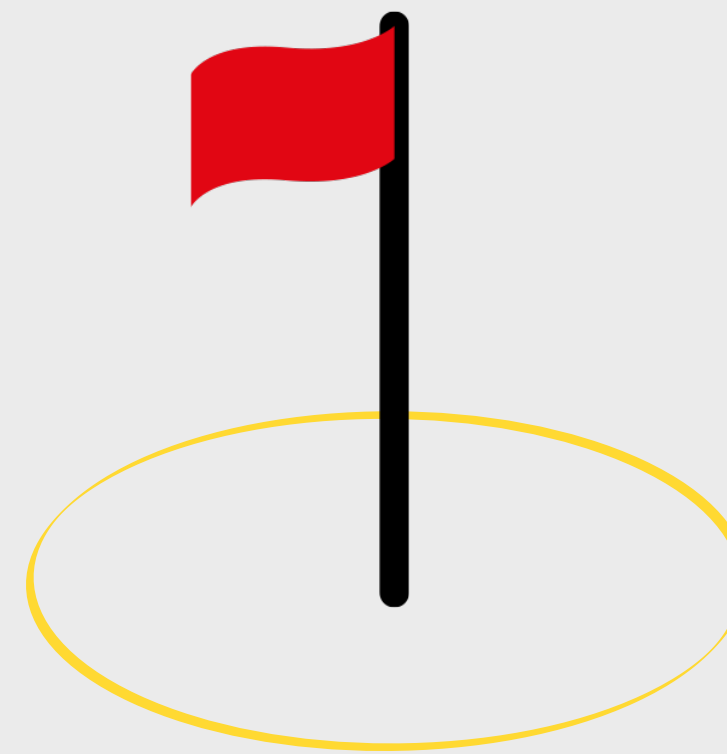
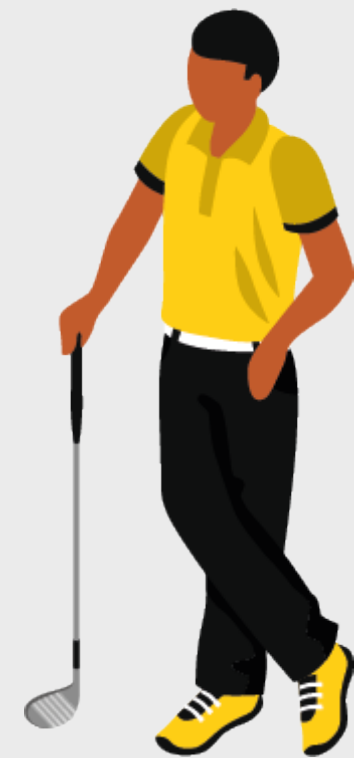
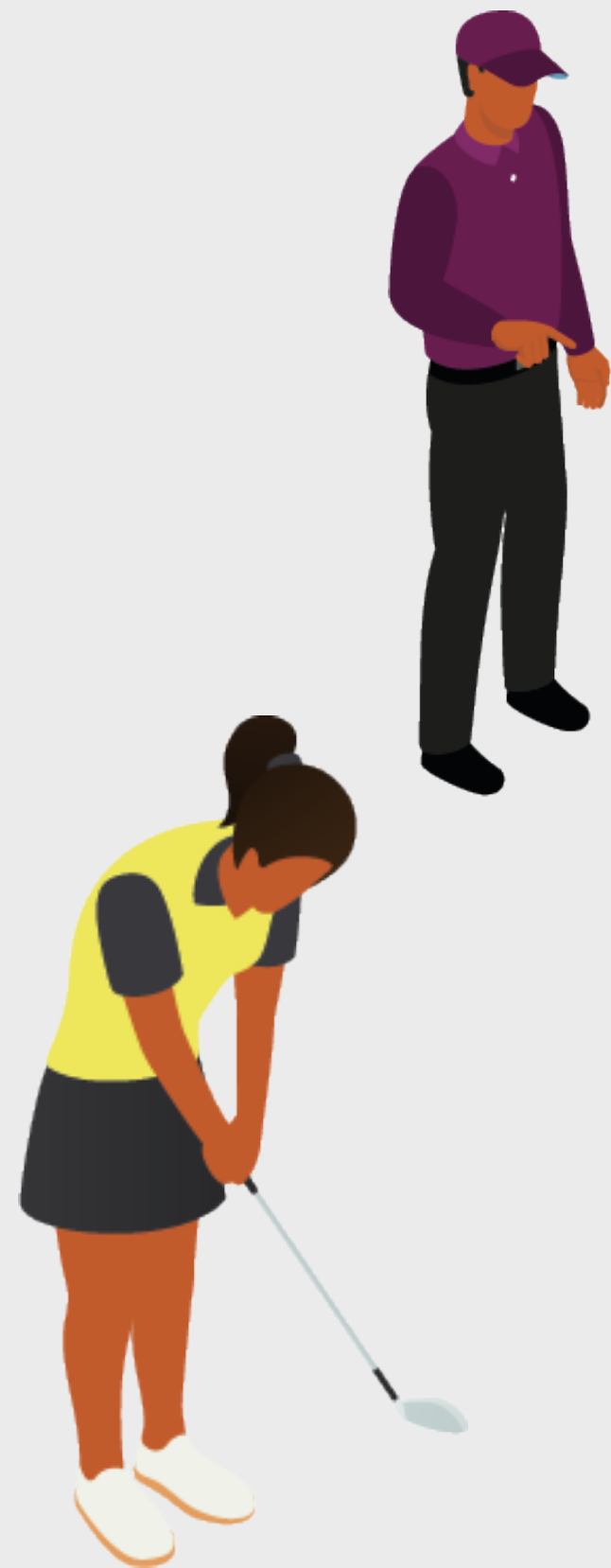
- A coin or ball marker

## How to Play

- A learner predicts the half-way point of the putt
- The purpose is to note how the slope changes around the hole and therefore the learner needs to adapt where they are aiming
- We suggest framing this as an opportunity to learn the slope on a green, although it can be played competitively, seeing how many putts each learner can hole
- This game can be played individually, in pairs or small groups

## Progression Ideas

- Play on a more severely sloped surface
- Introduce a competitive element
- Increase or decrease the length of the putts





# Long Putts Ladder

## Equipment Needed

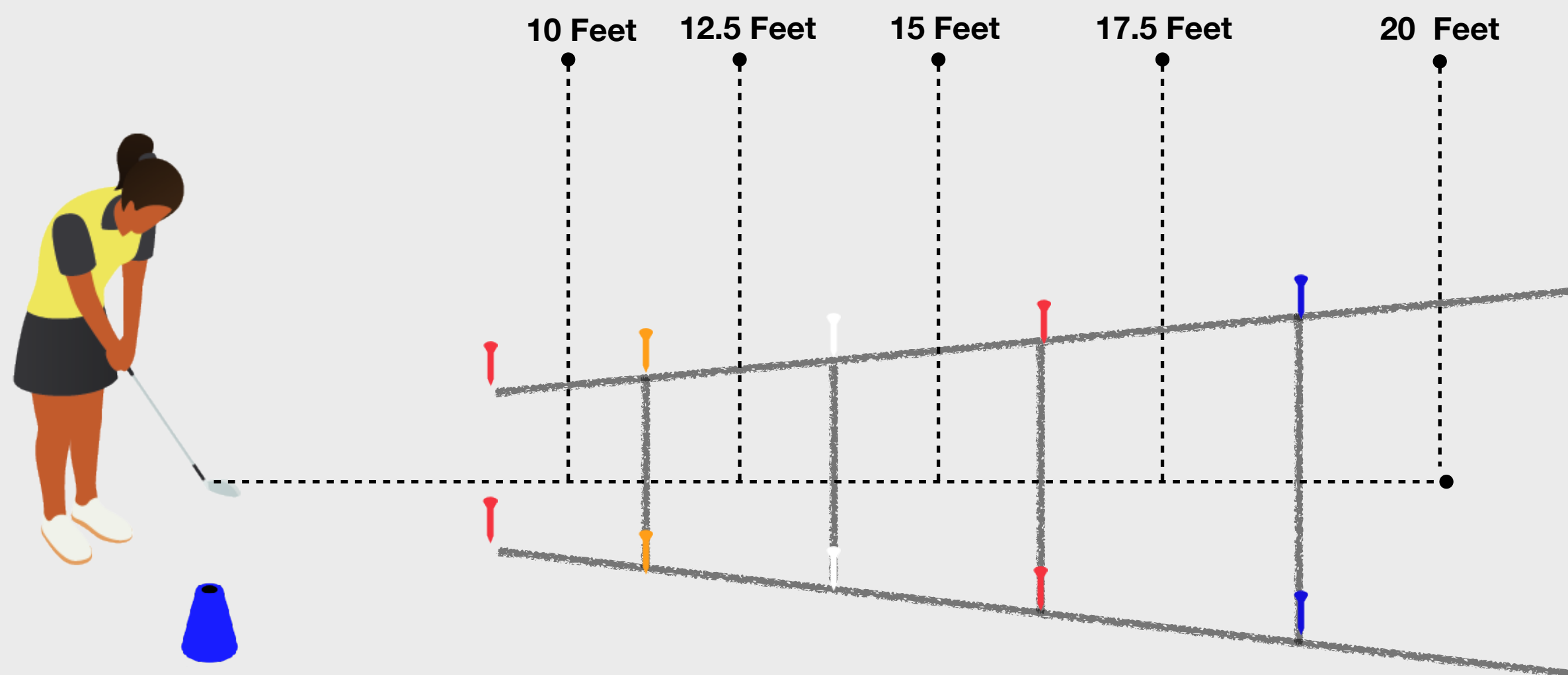
- String for the target boxes
- 12 tee pegs cones to mark the edge of the boxes
- A single cone to represent the starting position

## How to Play

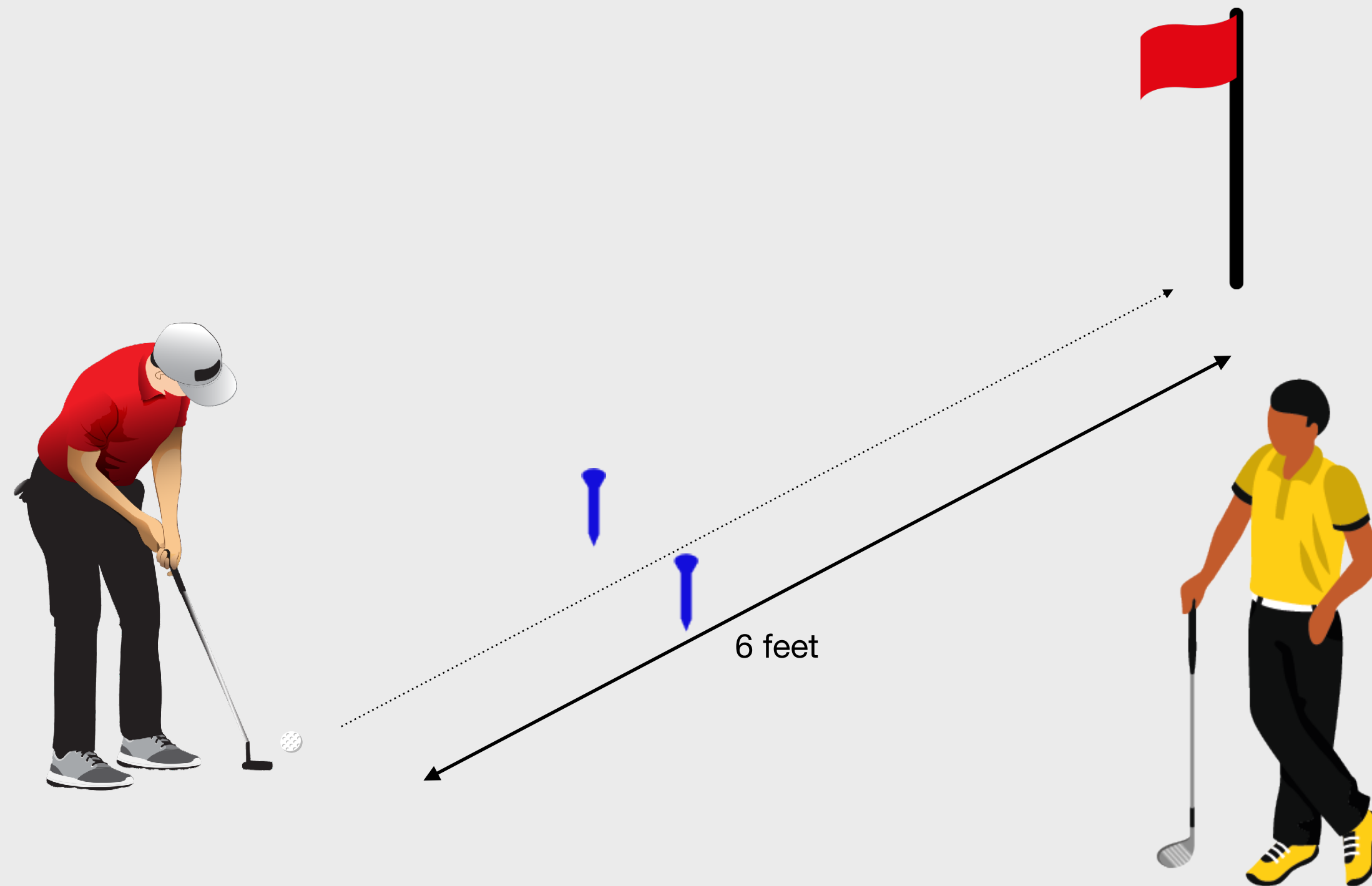
- A learner starts by attempting to putt their ball into the first and smallest box on the ladder
- If they are successful, they return to the starting position and attempt their next go to the second box
- If unsuccessful they repeat their attempt to the first box
- The learners attempts to complete all steps on the ladder to complete the game
- This game can be played individually, in pairs or groups

## Progression Ideas

- Vary the size of the boxes
- Vary the distance between the starting point around and the boxes
- Increase the number of shots that must go into the boxes before the box is completed
- Attempt the boxes in reverse
- Add a consequence to the game by limiting the number of attempts before moving back a box.



# Croquet



## Equipment Needed

- 2 Tee Pegs
- Putter
- Golf Ball

## How to Play

- Set up your ball for a 6 foot putt that is fairly straight.
- Halfway between your ball and the hole, place two tees just wide enough apart for a ball to roll through.
- Attempt with your putts to roll the ball between the markers and into the hole.
- The game can be played with others on a point system, with 1 point for making it through the markers and 2 points for also sinking the putt.

## Technical Link

- This game will help you align putts.
- This game helps with visualizing your putts.
- This game will improve your accuracy from focusing on a smaller target.

# 21



## Equipment Needed

- 2 Putters
- 2 Golf balls
- 2 Golf holes

## How to Play

- Pick two holes on the practice green and each stand at one hole aiming at the other hole.
- Putts made on the first shot are worth three points, a lip out on the first putt is worth 2 points, 2 putts are worth one point and a 3-putt is -1 point.
- After each golfer sinks their putt, turn around and putt for the opposite hole.
- The winner is the first person to make it to exactly 21 points.

## Technical Link

- This activity will help the learner to improve their consistency and their repetition of a skill.

# Waterfall



## Equipment Needed

- Cones
- Putter
- Golf balls

## How to Play

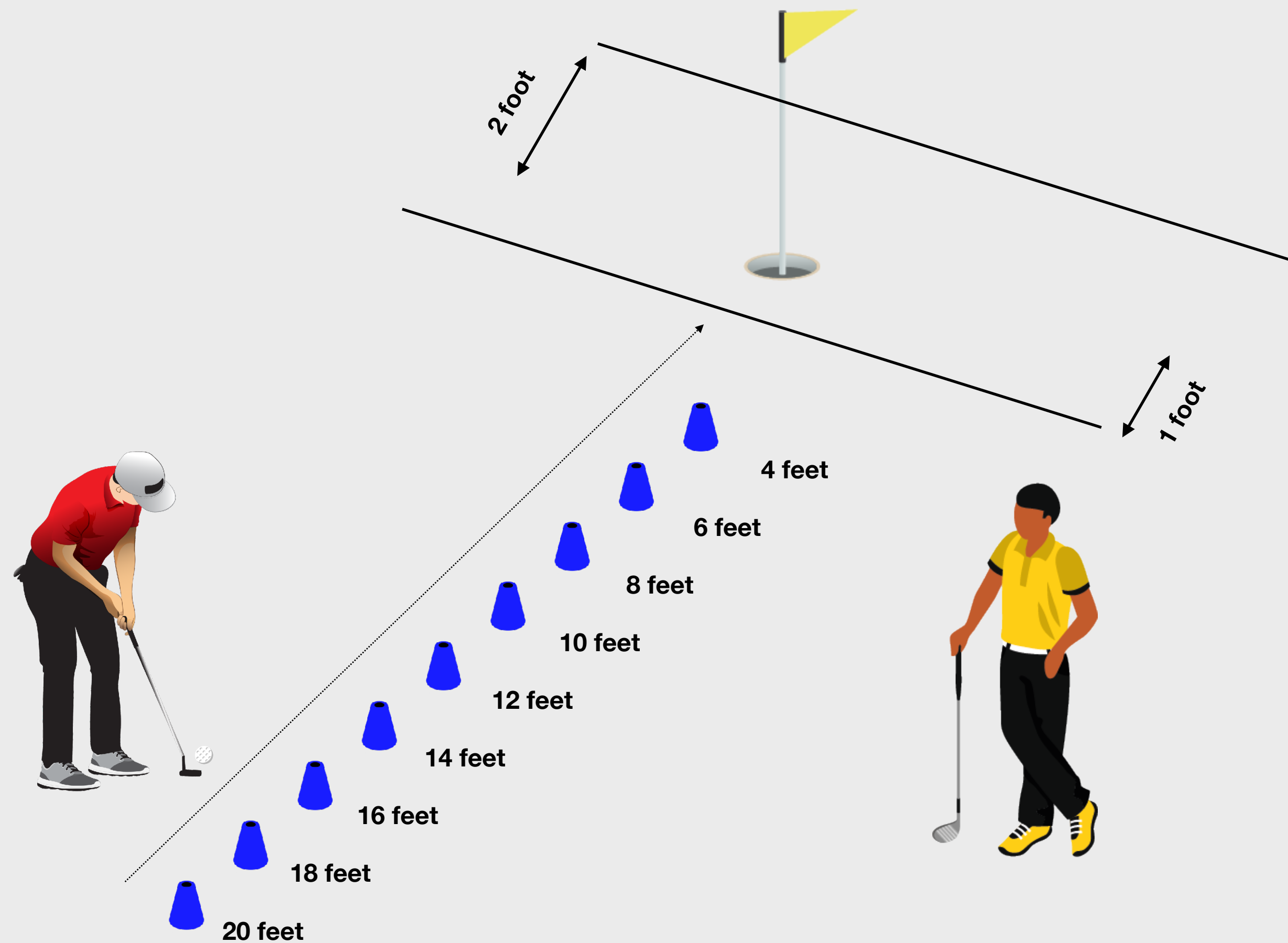
- Set this activity up with the cones 10 feet and 30 feet away
- The aim of the game is to get as many balls between the cones as possible
- The learner always starts from the blue cone and should attempt to putt their first ball just past the first cone, 10 feet away
- If successful the learner then attempts to putt their second ball just past their first ball but not too far as this would reduce the space they have to aim for their next ball
- The learner continues until either they fail to get their ball past their previous attempt, or they putt it past the furthest cone
- Their partner then does the same and the player with the most balls within the cones is the winner.

## Technical Link

- This activity will help the learner to improve their distance control, as it requires a small, incremental difference in each putt



# Gimme Zone



Scoring system:

PAR = Putts finishing inside the target zone

BIRDIE = Make the putt

BOGEY = Putts finishing outside the target zone

## Equipment Needed

- Putter
- Marker Cones
- Target line (string, alignment stick)
- Golf balls

## How to Play

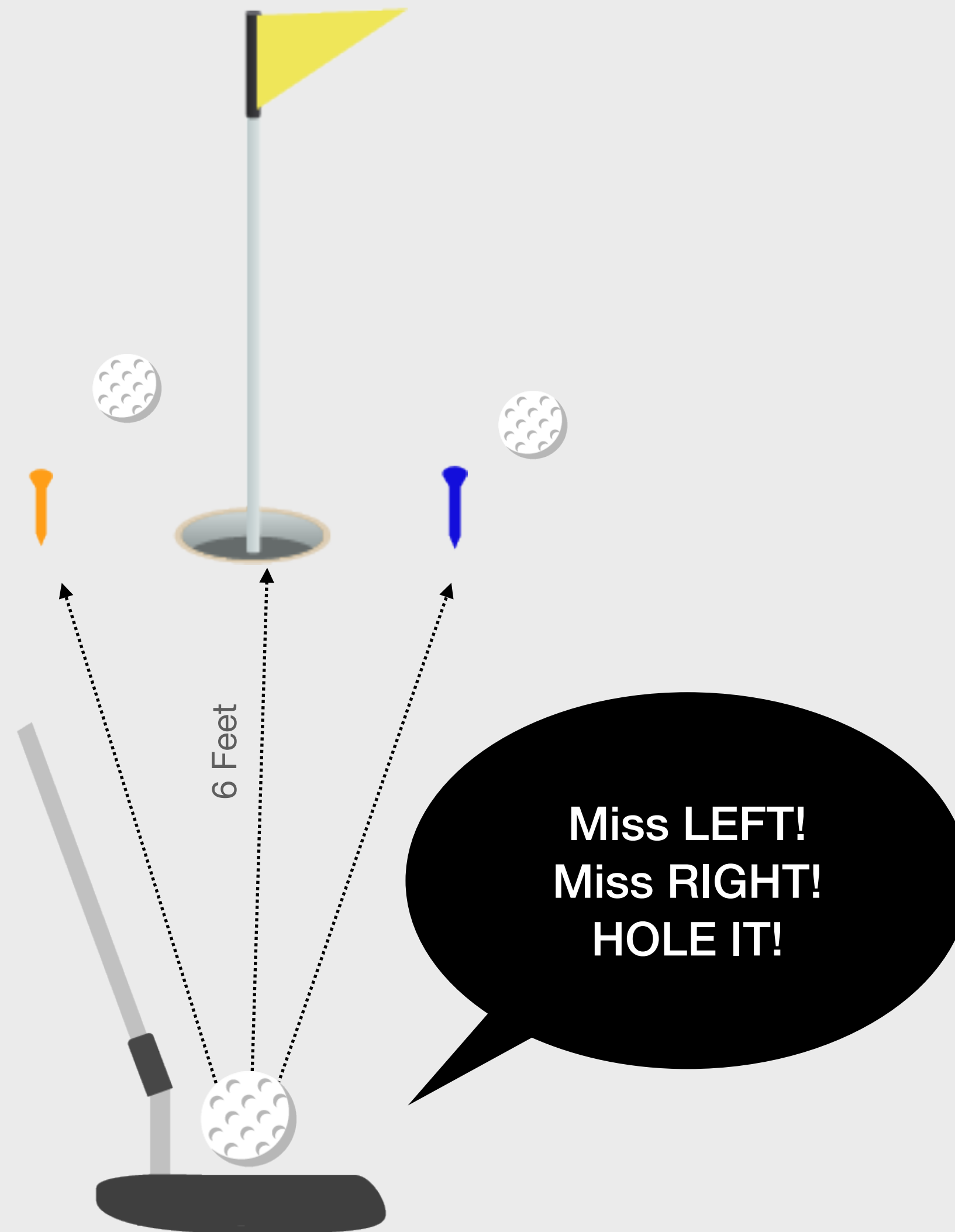
- Learners must perform 2 putts from each station placed at distances of 4 feet away from the hole, then every 2 feet back up to 20 feet in a straight line.
- This totals 18 putts from 9 stations.
- They are attempting to hole or get within the target zone as many as they can to get the best score.

## Technical Link

- This activity will help the learner to improve their distance control from a variety of distances



# Can you Miss?



## Equipment Needed

- Tee pegs to mark the 2 miss points left and right of the hole
- Putter
- Balls
- Hole and flag (optional)

## How to Play

- This game can be played individually, in pairs, or small groups.
- Position the golf ball 6 feet from the hole. The coach or partner will shout "Miss left," "Miss right," or "Hole it!"
- The student must then attempt to carry out the command by turning just the putter face.
- Emphasize the importance of the student maintaining their body position and focusing solely on turning the club face.
- The objective of the game is to help the student understand the proper position of the club face at address.

## Progression Ideas

- Play on a more severely sloped surface
- Introduce a competitive element
- Increase or decrease the length of the putts

# Round the Clock & Spiral



## Equipment Needed

- Tee pegs to mark the 12 points on a clock at least 6 feet from the hole on a sloped part of the green

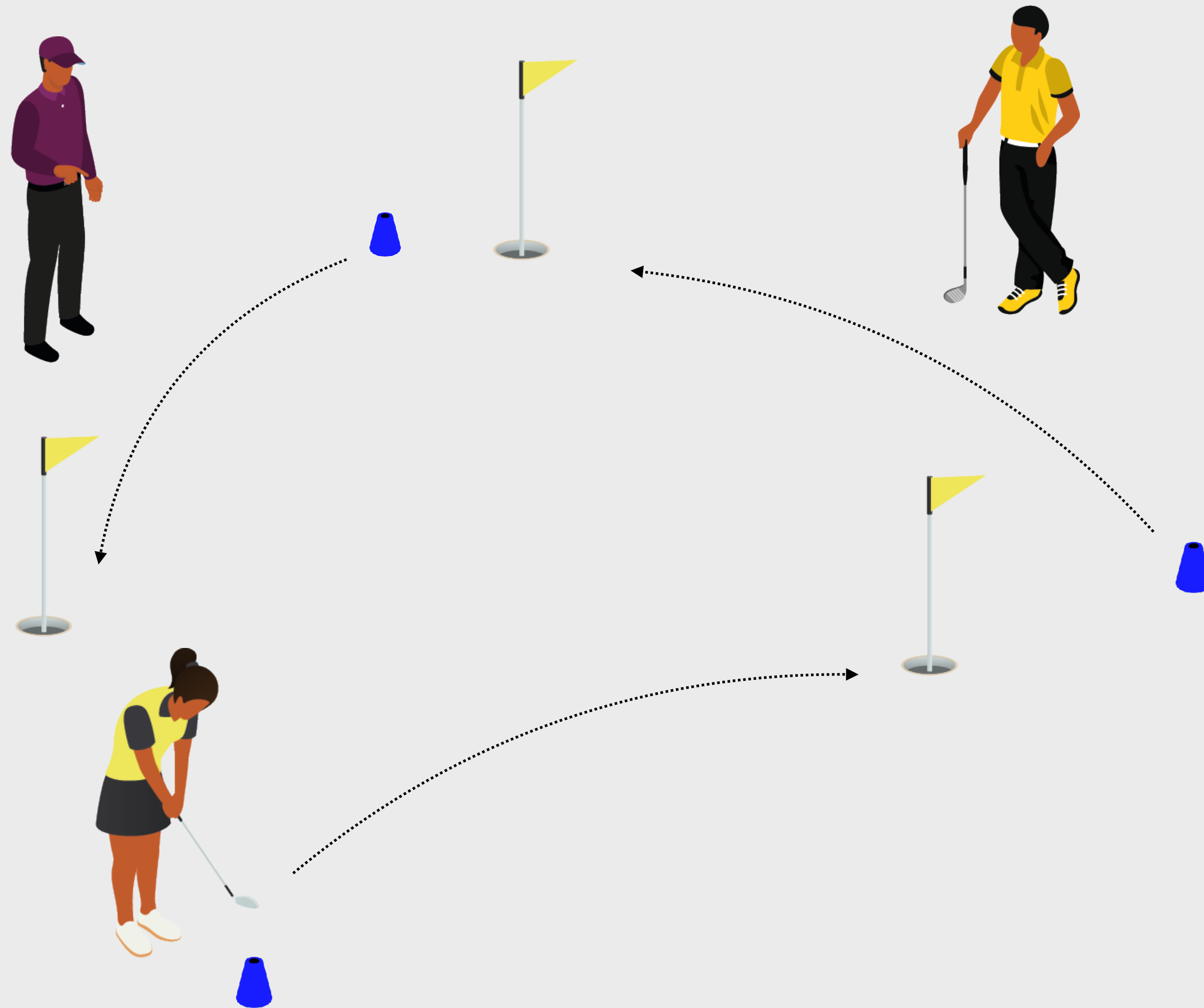
## How to Play

- The student attempts one putt from each tee peg.
- The purpose is to observe and adapt to the changing slope around the hole, requiring the student to adjust their aim accordingly.
- It is suggested to present this as an opportunity to learn about slope on a green. The game can also be played competitively to see how many putts each student can hole.
- This game can be played individually, in pairs, or small groups.

## Progression Ideas

- Play on a more severely sloped surface
- Introduce a competitive element
- Increase or decrease the length of the putts by creating a spiral around the hole

# Putting Shoot Out



## Equipment Needed

- Putter

## How to Play

- A student attempts to play three holes in the fewest number of putts possible
- The holes should be 10 feet in length and on a gently sloping part of the green
- We suggest providing some context to the scores using the scoring benchmarking for scoring goals
- This game can be played individually, in pairs or small groups

## Progression Ideas

- Play on a more severely sloped surface
- Increase or decrease the length of the putts

# Routine is Key



## Equipment Needed

- Putter
- Golf Ball

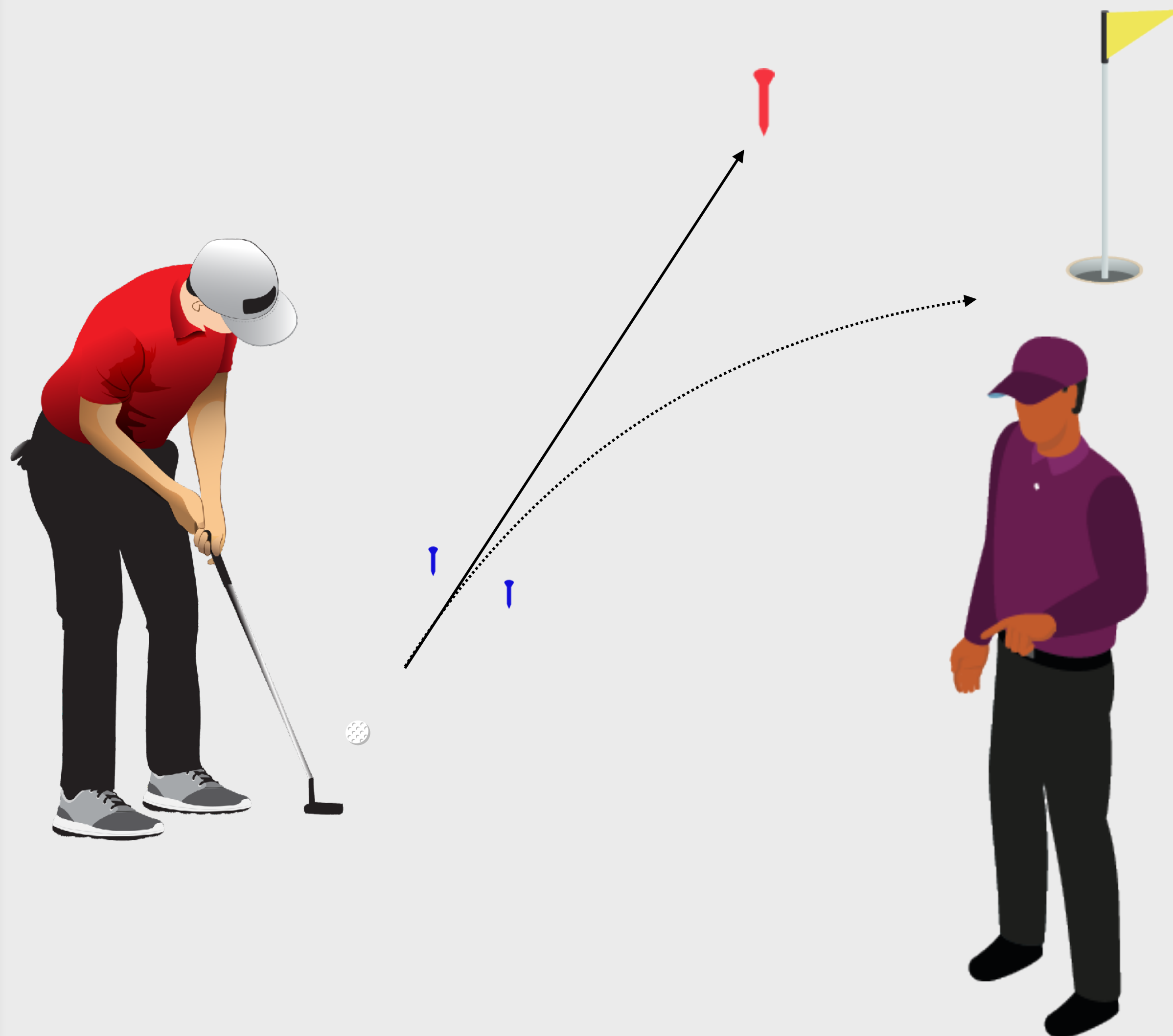
## How to Play

- Ask the students to develop or show their pre-putt routine
- The game can be played individually or in pairs
- Students play 10 rounds (1 putt per round) and they need to demonstrate an identical routine each time
- If they show an identical routine from the 'show' routine conducted before the game, they will win 1 point
- The winner is the player with the most points after 10 rounds

## Progression Ideas

- Ask the students to video each others routine and watch back to improve and test the similarities between the routines
- Ask the students to swap routines and copy each other to learn different styles

# Through the Gate



## Equipment Needed

- Three Tee Pegs
- Golf Ball
- Putter

## How to Play

- The student should attempt to find a putt on a sloped surface and no more than 10 feet from the hole
- They should read the putt and place a tee peg adjacent to the hole to represent their intended target line
- They should place a gate made up from the tee pegs in the first third of the putt. The ball to target line should go directly through the middle of the gate
- The student should attempt the putt and notice if the ball travelled through the gate and where the ball finished in relation to the hole
- This student should re-attempt the putt either amending the start line and go, improve the start or match up the speed of the putt to their intended distance
- This game can be played individually, in pairs or small groups

## Progression Ideas

- Play on a more severely sloped surface
- Introduce a competitive element
- Increase or decrease the length of the putts