

LEARN THE

The Elbow Trick for Smoother Putts

The rule? Keep them a ruler's-width apart



Check This!

TAKE your putting address position and look down at your elbows. Are they more than or less than 12 inches apart? (Picture how a standard ruler would fit between your elbows.)

What You're Looking At

The distance between your elbows says a lot about your putting setup and your ability to start the ball on line. New studies using the SAM PuttLab and Advanced Motion Measurement's 3D Motion Analysis System show that when your elbows are 12 inches apart (with the "pockets" pointing almost straight up), they bend the right amount and put you in the best position to make a smooth stroke back and through on the correct path. **n**



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To see the entire test and learn more about how your elbows affect your putts, visit golf.com/instruction.

When Your Elbows are...

< 12" apart



✘ Your arms become too tight to make a fluid stroke and you have to raise up to keep your hands on the handle.

12" apart



✔ Your arms hang relaxed and tension-free while your shoulders square up to the target line.

> 12" apart



✘ Your posture becomes too hunched—you're likely to raise up during your stroke and push the ball to the right.

PHOTOGRAPH BY DON FENNY