Tiger Woods

Make putting natural

Photo by Darren Carroll

Putting is an individual thing. Posture depends on your build; grip pressure varies from player to player (mine is fairly light); the shape of the stroke-path (rotational versus straight back and through) is another choice. The key is to find what works for you.

I've started to monitor my stroke on a computer to make sure my mechanics are in sync. I've learned that as a rotational putter (I swing on an arc with the face rotating open to closed), I'm most consistent when my stroke path is 1 degree in to out through impact, with the putterface releasing. Knowing that has helped me monitor myself.

To practice the release, I focus on my right hand. That feels most natural to me.

I often use a drill where I practice making a through-stroke with my right hand only without taking the putter back to isolate the release.