

# **Bad Putter to Great Putter**

**The Simple Golf Putting System to Build Confidence,  
Master Distance Control, and Hole More Putts**

**Jeff Richmond – Director of Instruction  
ConsistentGolf.com – Est. 2004**

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**Cover design by Consistent Golf**

First edition, 2026

Printed in the United States of America

## Before We Begin... An Optional Free Add-On for your Long Game

This book is designed to help you become a **great putter** — building confidence, controlling distance, and developing a stroke you can trust under pressure.

Its focus is very clear: putting.

That said, many golfers don't want to work on just one part of their game at a time. They want to improve their putting *while also* making progress with the driver — especially when it comes to distance.



If that sounds like you, I've created a free, optional companion email series called **The Long Drive Manifesto**.

The Long Drive Manifesto focuses specifically on helping golfers hit the ball farther by identifying the most common ways distance is lost — and showing simple, practical adjustments that don't require swinging harder or rebuilding your entire swing.

While this book stays completely focused on putting, **The Long Drive Manifesto** gives you something productive to work on in parallel with your putting practice.

When you sign up, you'll receive Part 1 immediately, followed by short, easy-to-apply lessons delivered every few days. Each one is designed to fit naturally into your existing practice — without adding stress, tension, or extra time demands.

There's no cost, and nothing to buy. It's simply an optional resource for golfers who want to hit the ball farther while sharpening their short game at the same time.

→ Go here to sign up for free: <https://consistentgolf.com/long-drive-manifesto/>

Once you've grabbed that (if you choose to), come back here and we'll get to work on building a putting system you can rely on.

**Note:** *Signing up for **The Long Drive Manifesto** is entirely optional. It's offered separately from this book and is not required to understand or apply the putting system you're about to learn.*

## About The Author

Jeff Richmond is a golf coach and researcher with more than 25 years of experience helping golfers improve their performance.

Over the course of his coaching career, Jeff has worked with golfers of all levels, from beginners, elite amateurs to pros, and has observed the same frustrating pattern repeat itself over and over again on the greens: bad putters don't improve with small tips, technical band-aids, or endless drills.



They need a **radical shift in how they understand and approach putting.**

After watching thousands of golfer's struggle and after helping many of them finally break through — Jeff discovered that poor putting is rarely about touch or talent. It's about fear, tension, poor structure, and a lack of a simple system golfers can trust under pressure.

**Bad Putting to Great Putting** is the culmination of those 25 years.

Rather than offering a collection of quick fixes or style-based techniques, Jeff developed a clear, practical putting system designed to help golfers:

- rebuild confidence on the greens
- control distance without forcing feel
- remove unnecessary tension from the stroke
- and commit fully to every putt

His approach blends biomechanics, motor learning principles, and real-world coaching experience into a system that gives golfers something most bad putters have never had before: **clarity.**

At the core of Jeff's coaching philosophy is a simple belief:

Most bad putters don't need more practice.  
They need a better system.

When he's not coaching or writing, Jeff spends his time refining training systems, studying Tour putting patterns, and working with his son on the golf course — putting these principles into practice one putt at a time.

You can explore more of Jeff's work at **ConsistentGolf.com.**

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# Introduction – Bad Putter to Great Putter

There's a certain group of golfers who already know who they are.

They miss too many short putts.

They 3-putt far too often.

And every now and then... even a 4-putt shows up.

To fix it, they do what everyone tells them to do.

They try tip after tip.

They change their grip.

They change their stroke.

They work on technique

They buy a new putter.

And yet, nothing really changes.

The same poor results keep showing up, round after round.

This book was created *specifically* for those golfers.

Because here's the hard truth: **Nothing is going to change with your putting unless you're willing to do something radical.**

And this is where most putting advice goes wrong.

The pros you see on TV are already great putters.

The tips they share are usually tiny refinements — the kind that might take a great putter and turn them into an exceptional one.

But when a bad putter tries a random tip from a tour player, the best-case scenario is this: You go from being a bad putter... to a *slightly less bad* putter.

That's not transformation.

That's survival.

If you want to become a genuinely good — even great — putter, you don't need another tweak.

You need a **fresh start**.

A complete reset.

A new foundation.

A different way of approaching putting altogether.

That's exactly what this program is designed to give you.

Not more tips.

Not more confusion.

But a clear, structured system that allows you to start again — properly this time.

A new beginning.

And if you've been struggling on the greens for a long time, that idea alone should feel incredibly refreshing.

This is your chance to finally become a confident putter.

To enjoy standing over the ball.

And to trust your stroke when it matters most.

Give this program an honest go, follow it as intended, and I promise you'll improve your putting in a way you never thought possible.

Now... let's get started.

# Lesson 1 - New Putting Style & Putter (possibly)

If you want a genuine fresh start with your putting, you must do one very specific thing first:

**You must commit to a completely new style of putting.**

Not a tweak.

Not a slight adjustment.

Not a “this feels a bit better” change.

You need to choose **one putting method you’ve never seriously tried before** and commit to it for a meaningful period of time.

Why?

Because if you keep using the same putting style — even with small changes — you’ll keep triggering the same habits, the same tension, and the same poor results that made you a bad putter in the first place.

To break that cycle, the change has to be **radical enough** that your old putting patterns simply can’t come along for the ride.

That means switching to a putting style such as:

- a long or broomstick putter
- putting left-handed
- left-hand-low
- the claw grip
- arm-lock putting

In most cases, it also means using a **new putter** that matches the method you choose.

That’s a good thing.

A new putter reinforces the idea that this is a clean break from the past.

It removes emotional baggage.

It helps your brain accept: *this is a new start.*

In this lesson, I’m going to outline **11 proven alternative putting methods.**

Your job is simple but important:

## **Choose ONE method and commit to it for at least the next 12 months.**

No hopping around.

No second-guessing.

No abandoning it after a bad round.

These methods are intentionally different from conventional putting — and that’s exactly why they work so well for golfers who have struggled on the greens.

Let’s get started.

### **1. Arm lock putting. Matt Kuchar & Bryson DeChambeau**

Arm-lock putting is one of the closest alternatives to conventional putting — but don’t mistake that for being “minor.”

This method requires:

- an **arm-lock-specific putter**
- a **longer shaft than standard**
- the grip pressed firmly along the inside of your **lead forearm**

As shown by **Bryson DeChambeau**, the grip rests against the forearm, effectively taking excessive wrist movement out of the stroke.

This creates:

- a more stable stroke
- reduced hand manipulation
- improved face control

**Matt Kuchar** has used a similar arm-lock style with great success for years, proving this isn’t a gimmick — it’s a legitimate, tour-proven method.

For golfers who struggle with shaky hands, flipping wrists, or poor face control, arm-lock putting can feel like instant relief.



With this method, you're not forced into a single, conventional putting grip.

Any of the grip styles I'll be covering in the upcoming sections can be used with arm-lock putting. That flexibility is one of its strengths.

Two popular options are:

- the **claw grip**
- the **clamp grip**

Both work extremely well with an arm-lock setup because the forearm connection already stabilizes the stroke, allowing the hands to stay quiet and relaxed.

That completes the first putting style option. This approach is deliberately different from what most golfers are used to because small tweaks rarely turn a bad putter into a great one.

And that's exactly the point.

Next, we'll look at another radically different approach to putting, giving you even more ways to break free from old habits and start fresh on the greens.

## **2. Using a long putter.**

Using a long putter is one of the most **radical and effective** changes a struggling putter can make.

This style dramatically reduces wrist action, quiets the hands, and creates a much more stable, pendulum-like stroke which is exactly what most bad putters are missing.

One of the best examples of this method is **Bernhard Langer**.

Langer has used a long putter with incredible success for decades and continued to putt at an elite level **even after the anchoring ban**, adapting his technique while keeping the same basic method. His results alone are proof that long putting is not a loophole or a gimmick — it's a fundamentally sound way to putt.

Another excellent example is **Adam Scott**, who switched to a long putter later in his career and immediately saw improvements in consistency and confidence on the greens.

For golfers who struggle with:

- nervous hands
- decelerating through impact

- inconsistent face control
- fear on short putts

...the long putter can feel like an instant reset.

It looks different.

It feels different.

And most importantly — it **produces different results**.

Which is exactly what this program is about.





### 3. Using a claw/saw grip.

The claw — sometimes called the *saw grip* — has become increasingly popular among professional golfers, and for good reason.

This grip significantly reduces the influence of the dominant hand, which is one of the biggest causes of poor putting for struggling golfers. By neutralising excess hand and wrist action, the claw grip helps stabilise the putter face and promotes a smoother, more repeatable stroke.

One of the best-known examples of this method is **Justin Rose**, who has used the claw grip successfully at the highest level of the game.

For golfers who suffer from:

- a “hit” at the ball
- shaky hands on short putts
- pulling or pushing putts under pressure

...the claw grip can immediately calm the stroke and reduce tension.

While it may feel awkward at first, that's actually part of its strength. The unfamiliarity helps break old habits and forces a fresh motor pattern — exactly what a bad putter needs to start producing better results.

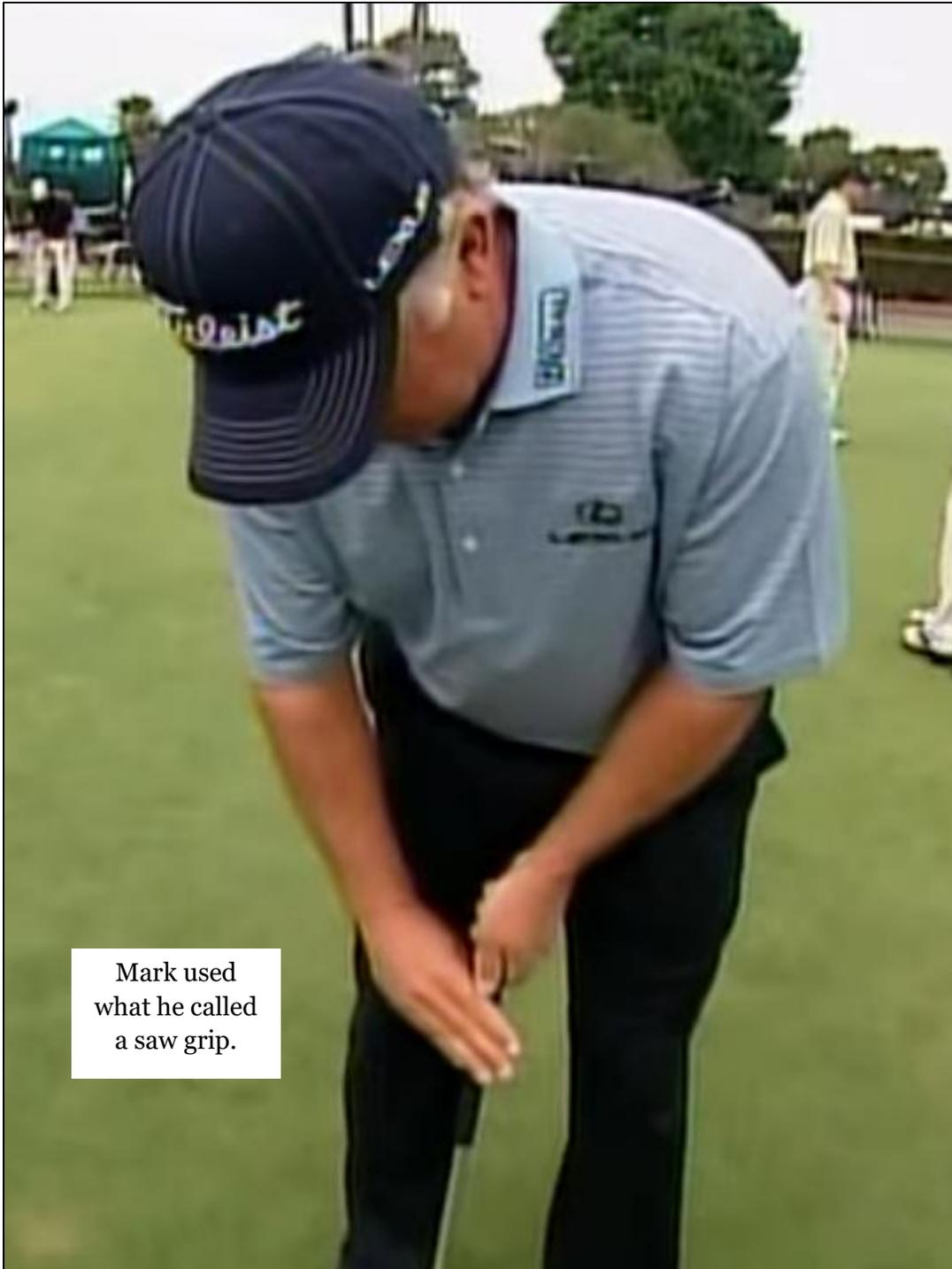


Another golfer who uses the claw grip is Colin Morikawa.



Colin has also  
successfully  
used the claw  
grip for years  
now.

And he incidentally talked to Mark O'Mera about this as he was making the transition. And Mark is very well known for using the saw putting grip...



Mark used what he called a saw grip.

To do this method you simply move your right hand to a position that is very different to the "normal" like is pictured above.

Scottie Scheffler is also now using this claw grip as is picture below...



Scottie Scheffler has switched to the claw grip and has improved his putting a lot.

Here's closeups of this grip and different ways you can place your right hand...





#### 4. Putting left hand low.

Putting left-hand-low — also known as *cross-handed* putting — is one of the simplest yet most effective changes a bad putter can make.

This method places the lead hand above the trail hand on the grip, which helps:

- stabilise the putter face
- reduce excessive wrist breakdown
- improve control of the putter through impact

For many golfers, this immediately eliminates the flipping or “hit” motion that causes missed short putts.

A well-known example of this style is **Jordan Spieth**, who has used left-hand-low putting successfully for years at the highest level of professional golf.

For golfers who struggle with:

- pulling short putts
- inconsistent face control
- tension in the trail hand

...left-hand-low putting can feel like a major relief — more solid, more controlled, and far less stressful under pressure.

It's a simple change, but don't mistake simple for small. For the right golfer, this can be the start of a completely different relationship with putting.

Jordan Spieth is one golfer that does this and has done so for years.



Jordan Spieth  
has used left  
hand low putting  
very successfully  
for years.

## **5. Putting left-handed if you're a right-handed putter and have always putted right-handed. Or vice versa if you're a left-handed golfer.**

If you're right-handed and have always putted right-handed — switching to putting left-handed can be one of the most powerful resets you can make.

And if you're left-handed?

The same logic applies in reverse.

This change works because it **completely disrupts old motor patterns**. Your brain can no longer rely on habits that were built during years of poor putting. Instead, it's forced to simplify the motion and focus on control rather than manipulation.

A well-known example is **Notah Begay**, who played golf right-handed but putted left-handed throughout his career.

Another great case is **Nick O'Hern**. O'Hern plays all of his full shots left-handed, but after the anchoring ban, he made the switch to putting right-handed — proving that handedness in the full swing does *not* have to dictate how you putt.

More recently, **Yani Tseng**, a former World No. 1, made a switch to putting left-handed and experienced a dramatic turnaround in confidence and results on the greens.

For golfers who:

- struggle with the yips
- feel their dominant hand “takes over”
- over-control the stroke

...this option can feel like hitting the reset button on your putting entirely.

It will feel strange at first.

That's a good sign.

Because strange means *new* — and new is exactly what a bad putter needs to finally start producing different results.

## 6. Putting face on.

Face-on putting is one of the most unconventional — and most underrated — putting styles available.

Instead of standing side-on to the target, you set up **facing the hole**, much like a lawn-bowls or croquet-style motion (without anchoring). This allows your eyes, shoulders, and chest to align directly with the target, dramatically simplifying aim and stroke direction.

In past years, **Bryson DeChambeau** has experimented with face-on putting using a clamp-style grip. His interest in the method highlights its biggest strength: it removes unnecessary complexity and hand manipulation from the stroke.



This style isn't new.

**Sam Snead**, one of the greatest ball-strikers in golf history, famously used a face-on style at times during his career — long before modern putting science caught up to explain *why* it works.



Sam Snead used the face on putting technique for years on tour.

Face-on putting can be especially effective for golfers who:

- struggle badly with alignment
- feel disconnected from the target
- get overly technical or “handsy” with the stroke

By facing the hole, the task becomes incredibly simple: **roll the ball toward the target.**

It may look unusual.  
It will definitely feel unfamiliar.

And once again — that’s exactly the point.

## 7. Clamp Grip.

The clamp grip is one of the most effective ways to **quiet the hands and wrists** in the putting stroke.

In this grip, the lead hand effectively “clamps” the grip while the trail hand supports the stroke rather than hitting at the ball. This greatly reduces hand dominance and helps the putter move as a single unit with the arms and shoulders.

One of the most famous examples of this grip is **Bernhard Langer**, who was well known for using a clamp-style grip when he won the **1993 Masters**.



Langer used this clamp putting grip to win the 1993 Masters!

Langer adopted this grip to remove excess wrist action and eliminate timing — and the results speak for themselves. Under the highest pressure, on the most demanding greens, his stroke held up.

For golfers who struggle with:

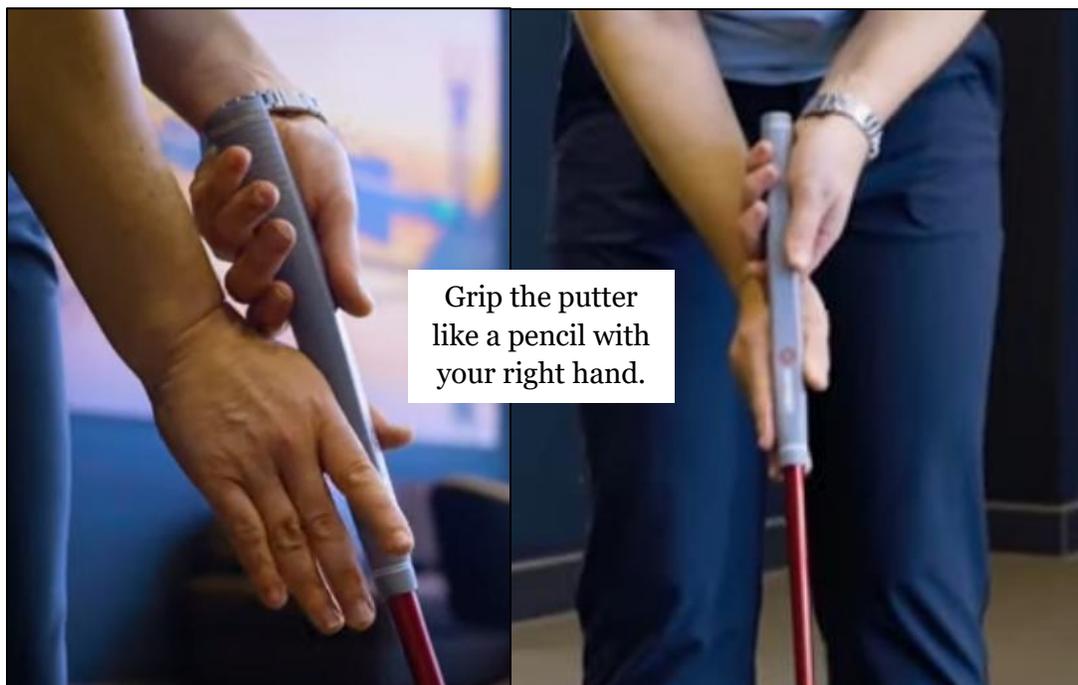
- yippy hands
- excessive wrist breakdown
- feeling “flippy” through impact

...the clamp grip can immediately make the stroke feel more secure and controlled.

It may not look traditional, but once again, that’s part of its strength. Unconventional grips often succeed because they solve problems that conventional putting never addressed.

## 8. Pencil Putting Grip

Just as the name suggests, the pencil grip involves holding the putter with the trail hand much like you would hold a pencil.



Instead of wrapping the hand fully around the grip, the fingers rest lightly along the side of the shaft or grip. This dramatically reduces tension and almost completely removes the urge to “hit” the putt with the dominant hand.

The lead hand continues to control the stroke, while the trail hand acts purely as a guide.

This grip is particularly effective because it:

- neutralises an overactive trail hand
- reduces wrist breakdown
- promotes a smoother, more pendulum-like motion

For golfers who struggle with:

- yippy hands
- stabbing or jabbing at short putts
- feeling too “handsy” through impact

...the pencil grip can feel instantly calmer and more controlled.

It often feels surprisingly natural — not because it’s familiar, but because it removes the very movements that have been causing problems for years.

Once again, the value here isn’t that it looks good or feels traditional. The value is that it **forces a new stroke pattern** — and new patterns produce new results.

## 9. Split handed putting.

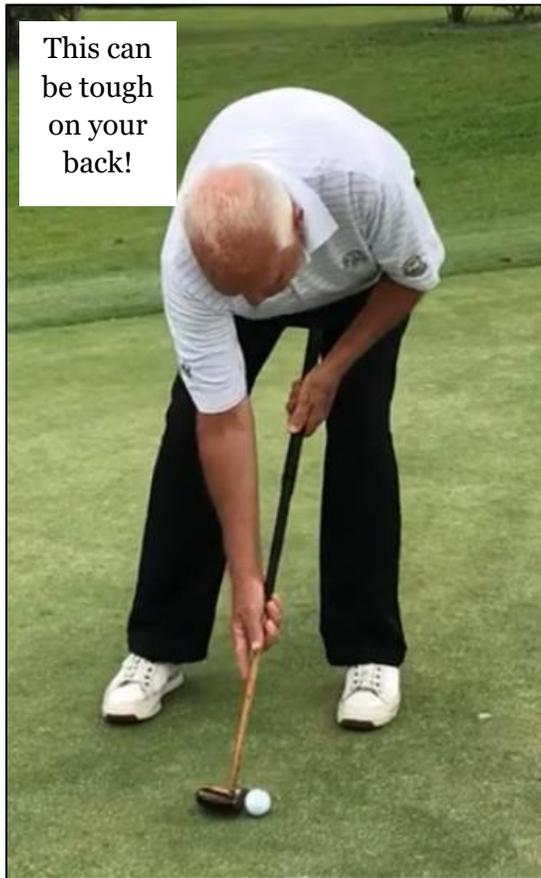
Split-handed putting is one of the most unconventional and fascinating putting methods ever proposed.

In the 1970s, **Paul Trevillion** claimed to have discovered what he believed was the *perfect* putting method.

His approach involved:

- using a **very short putter** (around 30 inches)
- placing the hands **far apart on the grip**
- bending over significantly at address

- moving the putter **straight back and straight through**, primarily with the trail hand



The idea was simple: remove complexity, eliminate wrist breakdown, and make the stroke as linear and repeatable as possible.

While this method never became mainstream, it's an excellent example of the kind of **radical thinking** this program encourages.

For golfers who:

- struggle badly with face control
- feel lost with conventional grips
- overcomplicate the putting stroke

..split-handed putting can strip the motion down to its bare essentials.

It will feel extreme.

It will look unusual.

And once again, that's exactly why it can work for the right golfer.

The goal here isn't to copy history. The goal is to find a method that **breaks your old habits completely** and allows you to start again with a clean slate.

## 10. Two Thumb Putting Method.

The two-thumb putting method is exactly what it sounds like.

Both hands are placed on the grip **facing each other**, with the thumbs running straight down the front of the grip. To do this properly, you'll need a **fatter-than-normal putter grip**, which makes the position comfortable and stable.



This grip is sometimes called the prayer grip.

This method works because it:

- keeps the putter face square
- reduces wrist breakdown
- encourages the hands to work together as a single unit

Instead of one hand dominating the stroke, both hands share control evenly. For many golfers, this immediately removes the urge to flick or manipulate the putter through impact.

This grip has become increasingly popular, and **tour professionals are now using variations of this method** with great success — especially on fast, pressure-packed greens where face control is critical.

For golfers who:

- struggle with alignment
- feel their hands fight each other
- want a simple, symmetrical setup

...the two-thumb method can feel incredibly solid and confidence-inspiring.

It's simple.

It's repeatable.

And once again, it forces a stroke that feels **very different** from traditional putting — which is exactly what this program is all about.

## 11. Ghost Grip

For most golfers who struggle with the yips, **one hand is usually the main troublemaker**.

And for the majority of right-handed golfers, that problem hand is the **right hand**.

The Ghost Grip is designed to expose — **and neutralise** — that problem.

The process is simple:

First, practice putting **one-handed** to discover which hand causes the breakdown in control or tension. Very quickly, most golfers feel which hand wants to jab, flick, or steer the putter.

Once you identify the problem hand, you then return to a two-handed setup — but with that hand placed on the grip **extremely lightly**, or in some cases barely touching the grip at all.

The goal is clear: Let the stable hand control the stroke and prevent the problem hand from interfering.

A well-known example of this approach is **Kevin Chappell**, who used a variation of this method by allowing his problem hand to rest very lightly on the grip rather than actively controlling the stroke.



If your **right hand** is the issue, this method immediately quiets it down. If your **left hand** is the issue, simply reverse the setup.

You can even combine this idea with grips like the **two-thumb method**, allowing the dominant hand to remain passive while still maintaining balance and structure.

Another interesting example is **Ollie Schniederjans**, who putted one-handed for a period of time, using a conventional grip but allowing the right hand to come completely off the club during the stroke.



Ollie would let his right hand come off the grip as he putted.

For golfers who:

- suffer from severe yips
- feel one hand “takes over” under pressure
- struggle most on short putts

...the Ghost Grip can be one of the most revealing and effective resets available.

It strips the stroke back to control.

It removes interference.

And it forces your putting motion to become calm, simple, and repeatable.

Unusual?

Yes.

Effective?

Absolutely — for the right golfer.

## Choosing Your Putting Style

So now you've seen all **11 different putting styles** you can choose from.

I've deliberately *not* gone into extreme technical detail on each one — and that's by design.

This program isn't about copying someone else's stroke perfectly. It's about finding a method that **breaks your old habits** and gives you a genuine fresh start.

Your next step is to:

- research the styles that interest you
- experiment with them
- and possibly even adapt or combine ideas

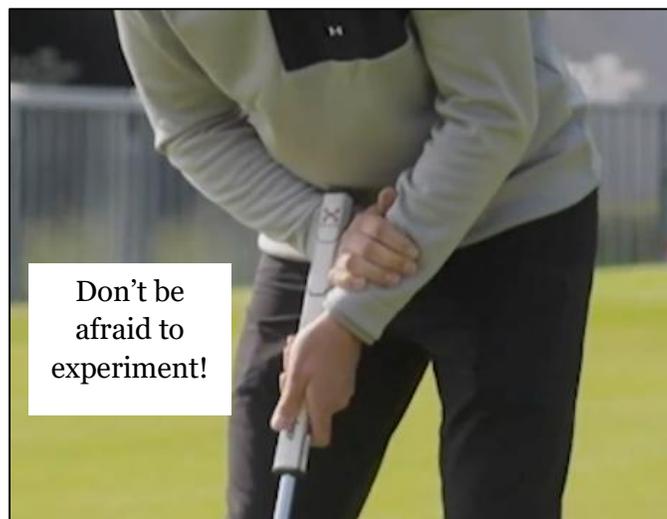
There is **no single perfect putting style**.

Many great putters combine methods.

For example, **Webb Simpson** won the **The Players Championship** using an **arm-lock putter combined with a claw-style grip** — a perfect example of blending techniques to suit your needs.



Here's another example of creative problem-solving on the greens — **Sven Maurits**, who developed a highly unique grip to suit his own tendencies rather than force himself into a traditional model.



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### **If You've Had the Yips — Read This Carefully**

If you've suffered from the yips in the past, I strongly recommend making a **radical change** to your putting style.

Small grip tweaks are rarely enough.

And to be clear — **missing short putts does NOT mean you have the yips**. Everyone misses short putts.

You have the yips if:

- your hands **involuntarily flinch, twitch, or freeze** just before impact
- you feel a loss of control you *cannot consciously stop*

If that's you, then you don't need refinement — you need **interruption**.

### **My Top Recommendations for Golfers with the Yips**

1. **Clamp grip (Bernhard Langer) with an arm-lock putter (Like Bryson uses)**
2. **Putting opposite-handed** (right-handed golfers putt left-handed, and vice versa)
3. **The Ghost Grip**
4. **The Claw Grip**

These methods work because they **remove hand dominance**, disrupt faulty motor patterns, and calm the stroke under pressure.

---

### **There Is No Perfect Putting Stroke**

Let me make this very clear:

There is **no perfect putting stroke** and if you chase one, you will not become a great putter.

As you'll see in the rest of this Fresh Start Putting program, there are only **two technical things** that truly matter in putting.

As long as you can do those two things consistently, it doesn't matter *how* your stroke looks.

That's why I cannot — and will not — tell you which putting style is best for you.

You must test, feel, and decide and then complete this next important step...

## Your First Putting Commitment

The most important step you can take right now is this:

**Commit to one putting style and  
one putter for the next 12 months.**

No bouncing around.

No constant changing.

No second-guessing after one bad round.

Start by researching and experimenting with the styles you're naturally drawn to — those instinct matters.

If you're unsure or stuck, email me and I'll help guide you.

Once you've chosen your style, turn the page.

Fill out the commitment page **by hand**. Sign it.

And only then should you move on to the next phase of this program — where we begin the process of turning that new putting style into a **confident, repeatable, pressure-proof stroke**.

# **Commitment To Stick to One Putter and One Putting Style for the Next 12 Months**

Today's Date Here: \_\_\_\_\_

Your Name Here: \_\_\_\_\_

Today I'm making a commitment for the next 12 months to use only this putter:

---

---

and this style/method only:

---

---

Sign here to make a real commitment to doing this and not change in the next 12 months:

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,

## Lesson 2 - Your New Putting Routine

If you want your putting to improve, you must give it a **fresh start**.

That begins with changing your putting style and then changing your **putting routine**.

Most bad putters keep missing with the *same routine* and expect different results. That doesn't work. A new routine creates a **clean mental break** from past failures and gives your brain something new to trust.

In this program, I'm going to give you **two putting routines** to choose from:

- A **short, simple routine**
- A **longer, more structured routine**

One will suit you better than the other and you'll know which one almost instantly.

### Which routine is right for you?

Ask yourself this:

- Do you **overthink your putting**, feel tense, or get "stuck" over the ball?  
→ Start with the **short routine**.
- Do you feel **undisciplined**, rushed, or unfocused on the greens?  
→ Try the **longer routine**.

That said, for **most bad putters**, I strongly recommend starting with the **short routine**. You can always experiment later, but at some point, you must **commit**. Constantly changing routines is just another form of doubt.

Let's look at both options.

---

### The Short Putting Routine (Recommended First)

This routine is based on how **Aaron Baddeley** putts.

Aaron's routine is **extremely simple**:

- He may take **one or two practice strokes behind the ball**
- He walks in and **sets the putter face where he wants the ball to start**
- He gets comfortable over the ball

- He **looks at the hole**
- He brings his eyes back to the ball
- **He putts almost immediately**

No practice strokes next to the ball.

No hovering.

No time for doubt to creep in.

### **Why this works for poor putters**

This routine works because it **removes thinking**.

When you look at the hole and then return your eyes to the ball and simply swing, your brain doesn't have time to interfere. There's no opportunity to analyze mechanics or replay past misses.

For golfers who struggle with tension, yips, or confidence, this kind of routine can be **liberating**.

If you're a bad putter, this is the first routine I want you to try.

Go here to see it in action: <https://consistentgolf.com/putting-routines/>

### **The Longer Putting Routine (Structure & Discipline)**

The second option is based on **Tiger Woods**.

If your current routine is already very quick—or if you feel careless on the greens—this routine adds **structure and intention**.

Tiger's routine typically looks like this:

1. **Reads the green carefully**, often from behind the hole
2. Walks to the ball and takes **two practice strokes beside it**
  - On the second practice stroke, he **looks at the hole**
3. Steps in and **sets up while looking at the hole**
4. Takes **one final look at the hole**
5. When his eyes return to the ball, **he putts**

Yes, it's more detailed than the short routine—but notice something important:

**Tiger still putts immediately when his eyes return to the ball.**

That is the key.

Go here to watch and listen to Tiger talk about his routine and then watch it in action:

<https://consistentgolf.com/putting-routines/>

---

### **The Rule That Matters Most**

You can use **any putting routine you want**. You can even create your own.

But two rules are non-negotiable:

1. **It must be different from your old routine**
2. **You must start the stroke as soon as your eyes return to the ball (or very close to it)**

I'll explain the exact timing in a later lesson but for now, understand this:

**The longer you stand over the ball, the more chance fear and control take over.**

---

### **Your Second Commitment**

I want you to **experiment**, choose one routine, and then **stick with it**.

Not for a week.

Not for a month.

**For the next 12 months.**

Consistency builds trust and trust is what great putting is built on.

To lock this in, I want you to complete the form on the next page after you have experimented and found a routine that is different. This is where you formally commit to your new putting routine along with putter and new putting style.

# Commitment To Stick to One Putting Style and One Routine for the Next 12 Months

Today's Date Here: \_\_\_\_\_

Your Name Here: \_\_\_\_\_

Today I'm making a commitment for the next 12 months to use only this putter:

---

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and this putting style/method only:

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Also, I commit to using the following pre-shot routine for every putt (except gimmes) for the next 12 months (write down a detailed description of the routine you're going to use):

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Sign here to make a real commitment to do this and not change in the next 12 months:

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# Prelude to Lesson 3 – The Skills That Turn Good Intentions into Holed Putts

So far, we've covered two of the most important steps in making a **positive, lasting change** with your putting.

First, you selected **one new putting style** and committed to it. That alone eliminates confusion, second-guessing, and the constant urge to keep searching for something “better.”

Second, you changed your **pre-putt routine**. This is where most bad putters get stuck—overthinking, hesitating, or freezing over the ball. By simplifying and committing to a new routine, you've already removed one of the biggest mental and mechanical obstacles to good putting.

Those two changes lay the foundation.

Now we move on to the **three core skills** that determine whether putts actually go in the hole.

In the next three lessons, we'll cover:

**Lesson 3 – Start Line**

**Lesson 4 – Distance Control**

**Lesson 5 – Green Reading**

These are the skills every great putter has mastered—regardless of grip, stance, or style.

You can have a repeatable stroke, but if the ball doesn't start on your intended line, it won't go in.

You can start the ball perfectly online, but without good distance control, you'll never hole enough putts.

And without accurate green reading, even a well-struck putt on the right speed has no chance.

The order matters.

We start with **start line**, because if you can't consistently start the ball where you intend, nothing else works.

Then we move to **distance control**, because speed determines how big the hole effectively becomes.

Finally, we cover **green reading**, so you can combine line and speed with the correct read.

Putting doesn't improve by chasing more technique.

It improves by mastering the few skills that actually matter.

These next lessons will show you exactly how to do that clearly, simply, and without overthinking.

Let's begin with the most fundamental skill of all: **start line**.

## Lesson 3 - Starting Line

By now, you've done two very important things.

First, you've **chosen a new putting style**.

Second, you've installed a **new putting routine** to give your putting a genuine fresh start.

That alone already puts you ahead of most bad putters.

Now we're going to look at the *technical* side of putting. And this is where most golfers get it completely wrong—because they overcomplicate it.

In reality, there are **only two technical skills you need to master to become a great putter**.

Before we go any further, however, we need to redefine what *great putting* actually means.

---

### What a Great Putter Really Is

Being a great putter has **nothing to do with the ball going in the hole**.

That might sound strange at first, but it's critical to understand.

You cannot control whether the ball goes in the hole. A lot of that comes down to **probability and luck**, even for the best players in the world.

Let's look at a 20-foot putt.

On a 20-footer, a PGA Tour professional holes the putt only about **15% of the time**—and that's on almost perfect greens.

If you had to bet on whether a tour pro would hole a 20-footer, you probably wouldn't risk much money.

A higher-handicap golfer—**someone who regularly shoots in the 90s**—holes that same putt only about **6% of the time**.

So, for every golfer, the chances of holing a 20-foot putt are low.

That means **holing putts is a terrible definition of success**. So, here's a good definition of a great putter...

*“A great putter is one that consistently starts the ball on the line they choose, and trusts their body to hit the ball with the best speed to give the ball the most chance of going in.”*

---

## **The Real Goal of Putting**

The real goal of a 20-foot putt is this:

- Give the ball a **chance** to go in
- And if it misses, have it finish **within about two feet of the hole**

That is great putting.

Not hope.

Not perfection.

Not emotional reactions to makes and misses.

Just outcomes you can actually control.

---

## **The Only Two Technical Skills That Matter**

Let's assume the putt is relatively straight. There are only **two technical variables** you need to control:

1. **Starting line** – where the ball begins its roll
2. **Distance control** – how far the ball travels

And that's it.

Those are the **only two technical aspects of putting** you need to focus on improving. To become a great putter, you must:

- Start the ball on the line you intend
- Control how far the ball rolls

Everything else is secondary.

---

## **The Correct Order: Line First, Then Distance**

We're going to improve these skills in the correct order.

First, you will learn to **consistently start the ball on your intended line**.

Only *after* you can do that will we layer in **distance control**.

Trying to improve both at the same time is one of the biggest mistakes golfers make.

So, for now, we simplify.

**Line first. Distance second.**

---

### **The Gate Drill: Your Foundation for Start Line Control**

To train starting line properly, you need a **gate**.

You can buy one, or you can make one.

I use gates with all of my students (<https://visioputting.com/>), but you don't need anything fancy to get started. At home, two books, tees, or any objects that create a narrow channel will work perfectly.

The purpose of the gate is simple: it tells you instantly whether you started the ball on the line you intended.

Different gate widths and distances create different levels of difficulty, which allows us to train this skill progressively instead of randomly.

---



### **Gate Sizes, Distances, and Error**

Based on gate width and distance from the ball, each setup allows for only a certain degree of error in your start line.

The further the gate is from the ball—and the narrower it is—the more precise your stroke must be.

Rather than guessing, we're going to follow a **structured progression** that gradually increases the challenge.

And Visio give you the measurements for the gates and how far away they should be from the ball. Here are those measurements:

50 mm Gate @ 17 inches requires 0.5 degree of error or less  
50mm Gate @ 11 inches requires less than 0.75 degree of error

55mm Gate @ 14 inches requires less than 1 degree of error  
55mm Gate @ 19 inches requires 0.75 degree of error or less

60mm Gate @ 40 inches requires less than 0.5 degrees of error  
60mm Gate @ 20 inches requires less than one degree of error

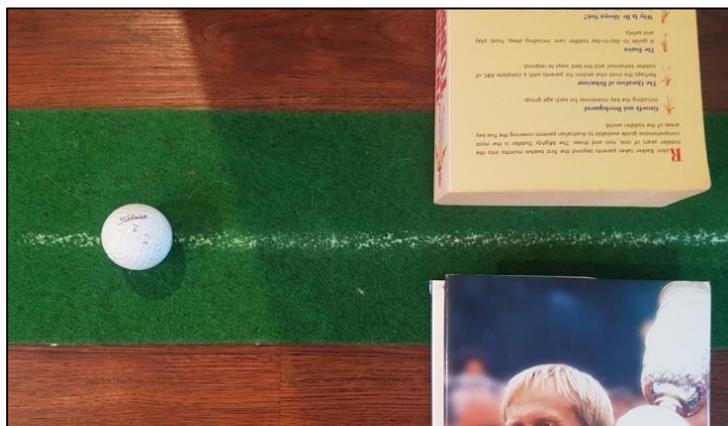
They also give you the degree of error for each size of gate. Here's that table...

Error	50mm	55mm	60mm
0.5	17 inches	27 inches	39 inches
0.75	12 inches	19 inches	26 inches
1	8 inches	14 inches	20 inches

I recommend you get the gates from Visio but to start with you don't need to. If you're at home, you can simply use big books as gates.

To practice this, you simply start with the 1-degree error table and hit balls through the gates. So, to do this you'd set up a gate that is 8 inches away from your ball and the gate is 50 mm in width.

Here's a picture of this with books.



Then your task is clear. Simply putt and try to hit the ball through the gate. **This is for short putts, however. You can't do long putts with the gate that close.**

So, here's a plan that I want you to follow for this. Tick off each one when you've completed it:

### **Your Start-Line Progression System**

This is not random practice.

This is a **certification process** for start-line control.

You will work through a series of levels.

You do **not** move on until you earn the next level. Each level increases:

- the distance to the gate,
- the required consistency,
- or both.

**Misses are not failures—they are feedback.**

Take as long as you need. This is about mastery, not speed.

<b>Level 1</b>	<b>50mm - 8 inches</b> 	To get to the next level you must get 3 putts (small putts) in a row through the gate without touching it. Once you can do that then go to the next level.
<b>Level 2</b>	<b>55mm - 14 inches</b> 	To get to the next level you must get 3 putts (medium putts) in a row through the gate without touching it. Once you can do that then go to the next level.
<b>Level 3</b>	<b>60mm - 20 inches</b> 	To get to the next level you must get 3 putts (long putts) in a row through the gate without touching it. Once you can do that then go to the next level.
<b>Level 4</b>	<b>50 mm - 12 inches</b> 	To get to the next level you must get 5 putts (short putts) in a row through the gate without touching it. Once you can do that then go to the next level.
<b>Level 5</b>	<b>55mm - 19 inches</b> 	To get to the next level you must get 5 putts (medium putts) in a row through the gate without touching it. Once you can do that then go to the next level.
<b>Level 6</b>	<b>60mm - 26 inches</b> 	To get to the next level you must get 5 putts (long putts) in a row through the gate without touching it. Once you can do that then go to the next level.
<b>Level 7</b>	<b>50mm - 17 inches</b> 	To get to the next level you must get 7 out of 10 putts (small putts) through the gate without touching it. Once you can do that then go to the next level.
<b>Level 8</b>	<b>55mm - 27 inches</b> 	To get to the next level you must get 6 out of 10 putts (medium putts) through the gate without touching it. Once you can do that then go to the next level.
<b>Level 9</b>	<b>60mm - 39 inches</b> 	To complete this level you must get 5 out of 10 putts (long putts) through the gate without touching it.

<b>Level 10</b>	<b>55mm - 19 inches</b> <b>Day 1</b> <input type="checkbox"/> <b>Day 2</b> <input type="checkbox"/> <b>Day 3</b> <input type="checkbox"/> <b>Day 4</b> <input type="checkbox"/> <b>Day 5</b> <input type="checkbox"/> <b>Day 6</b> <input type="checkbox"/> <b>Day 7</b> <input type="checkbox"/>	To complete this final level, you must get 7 out of 10 putts through the gate every day for 7 days. When practicing this vary the length of putts through the gate e.g. short, medium, long.
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**Important:** For every single putt in this progression, you must go through **your new putting routine**.

This is non-negotiable.

The routine is part of the skill.

---

### How to Practice This Correctly

For each putt:

- Go through your full putting routine
- Focus only on **starting line**
- Ignore where the ball finishes
- **Practice this at home on a controlled surface!**

Don't worry about the occasional miss.

You're human.

You will miss.

That's normal.

What matters is that you are training your stroke, your routine, and your confidence at the same time.

---

## The Confidence Trigger (This Is Critical)

There is something very important I want you to do during this practice at home that will dramatically improve your confidence.

And as you already know—**putting is largely about confidence.**

Every time you successfully roll a putt through a gate, say—either out loud or in your head:

***“Yes! Yes! Yes! Yes! I’m a great putter.”***

You can also add a small physical gesture, such as:

- a fist clench
- a putter tap
- a subtle nod

The first time you do this, I want you to get emotional about it.

Why?

Because emotion is what makes a trigger stick.

Yes—you are deliberately creating a **confidence trigger**.

---

## Installing the Trigger Into Your Putting Routine

Once you have completed **10 successful putts through the gates**, each with the trigger, do the following:

As you stand behind the ball, say quietly inside your head:

***“Yes! Yes! Yes! Yes! I’m a great putter.”***

Then walk into the ball, go through your routine, and roll the putt. If the ball goes through the gate:

- Repeat the trigger again.

If the ball does **not** go through the gate:

- Do nothing emotionally

**or**

- Say something intentionally silly to break the mood, such as:
  - “Oh poppycock!”
  - “What a nincompoop!”
  - “Cowabunga!”

The words don’t matter.

The emotional reset does.

The key is this:

- No negativity
- No self-judgment
- No emotional punishment

You’re human.

Missing is part of the process.

---

### **Bad Putter to Great Putter – Recap So Far**

Before moving on, make sure you can honestly tick off the following:

1. Chosen a new putting style and putter (a new putter is optional but may be necessary for the style you’ve chosen) to use for the next 12 months - Signed the commitment document.
2. Chosen a new putting routine to use for the next 12 months - Signed the commitment document.
3. Practice starting putts on the line you want with purchased gates or your own gates and after every successful putt do your success trigger. **Important:** Do this using your new putting routine. Follow the plan I have given you and once you've completed Level 10 then you can move onto the next lesson.

Once you’ve completed Level 10, you’ve earned the right to move on.

---

## Coming Up Next

You now know how to:

- Start the ball on your intended line
- Train with increasing difficulty
- Build confidence deliberately instead of emotionally

Now it's time to add the **second technical skill**.

### **Distance control.**

That's what we'll cover in the next lesson.

## Lesson 4 - Distance Control

Good distance control with putting is critical if you're going to become a great putter.

But because this program is giving you a *fresh start* to putting, we're going to attack distance control in a different way.

Most of the time, when golf pros help a golfer with distance control, they simply give them a handful of drills and tell them to go practice.

This program is different.

The first big difference is this:

**Most golfers don't lack feel — they lack structured training for distance control.**

No doubt you've faced a 30-foot putt before and either holed it or rolled it close enough for a tap-in.

That tells us something important: you *do* have feel.

The problem is that this feel hasn't been trained consistently or under the right conditions.

So that belief needs to be locked in immediately — **you're not starting from zero.**

Now, you might be thinking...

*"That's fine—but what about the times I hit putts way too hard or way too soft?"*

From my experience, poor distance control usually comes down to a lack of **practice structure, feedback, and trust** — not a lack of potential.

That's why the drill you're about to learn isn't just another random exercise.

It's designed to:

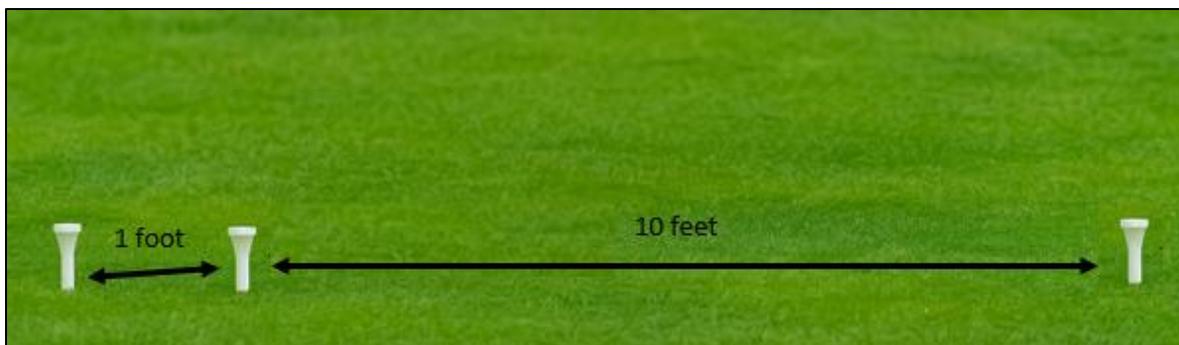
- Train your feel at different distances
- Remove unnecessary manipulation
- Build trust through repetition and progression

This one drill — **adapted from a drill I developed back in 2011** — is the best distance control drill I've ever used.

If you practiced only this one drill, your distance control would improve fast because you'd finally be training the skill that most golfers never truly practice.

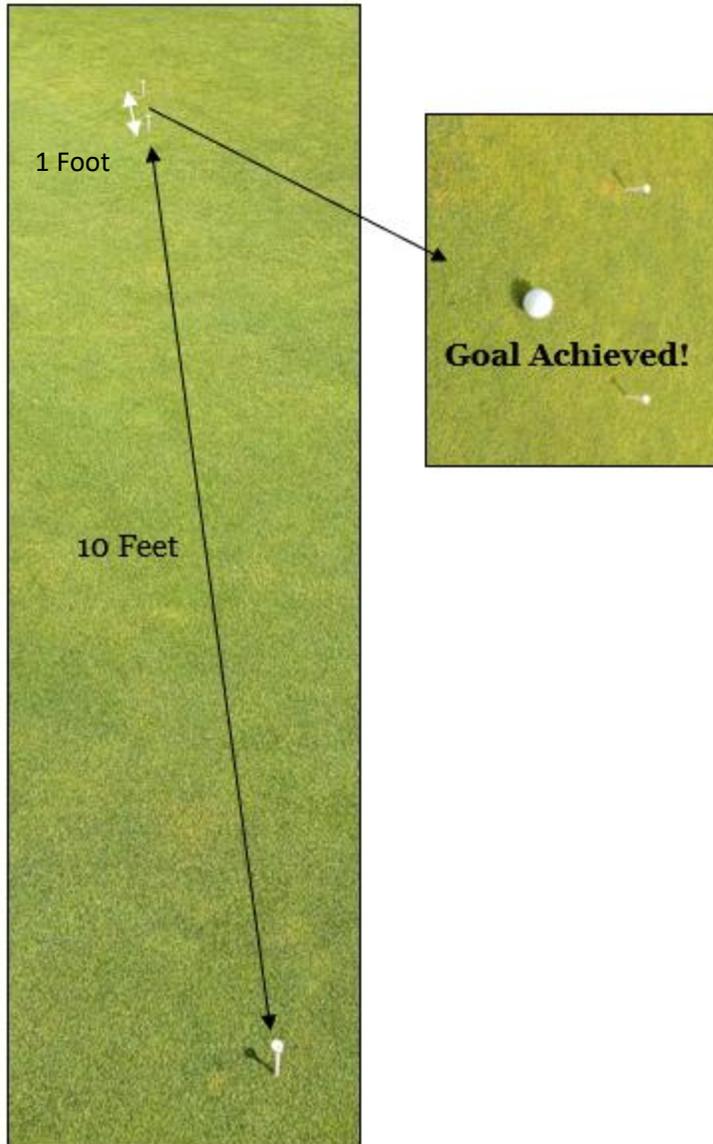
### **The Distance Control Drill - Setup Instructions**

1. Find a flat area on the practice green where you can hit putts up to 30 feet.
2. Place **two tees** in the ground **1 foot apart**.
3. Then step off 10 feet and place another tee in the green.
  - This marks your starting point for the first stage of the drill.



So, place a ball at the 10-foot tee. And you are putting towards the 1-foot gap. The goal is for your ball to stop in the 1-foot gap. If your ball goes too long or too short, then you hit another putt.

Here is an on the green perspective of how to set up this distance control putting drill.



Once you can stop **one ball** inside the **one-foot gap** from **10 feet**, it's time to make the drill harder.

Put a second ball **one putter-grip farther back** and try again.

If you get that one in the gap, place a third ball **another grip length back** and try that too.

Your goal is simple: **get 3 in a row into the gap.**

Here's how it works:

- First putt: from **10 feet**
- Second putt: about **one grip length farther back**
- Third putt: about **two grip lengths farther back**

If you make all three in a row, great — you “graduate.”

If you miss any of them, just go back to the **10-foot tee** and start again.

---

## **Level 2 — The 20-Foot Stage**

Once you pass the 10-foot stage, make your gap **two feet wide** and move your tee back to **20 feet**.

Do the same thing:

- First putt from **20 feet**
- Second putt **one grip length farther back**
- Third putt **two grip lengths farther back**

Again, make **3 in a row** to move on. Miss one? Go back to the 20-foot tee.

---

## **Level 3 — The 30-Foot Stage**

Now make the gap **three feet wide** and move to **30 feet**.

Same rules:

- First putt from **30 feet**
- Second putt **one grip farther**
- Third putt **two grips farther**

If you can complete all three stages, you’re becoming *very* good at distance control. After that, you can make it harder by trying it **uphill, downhill, or on side-slopes**.

---

Distance control is far more important than trying to aim perfectly on long putts.

This drill will save you a lot of strokes. And again, once you’re good at it, make it tougher by practicing uphill, downhill, and side-hill versions, your putting will improve even more.

At this point, you’ve done something very important.

You've started training your ability to roll the ball the correct distance more consistently. Earlier in this program, you also learned how to start the ball on your intended line.

Here's the key realization:

**Great putting isn't about line or distance on their own — it's about blending the two with effective green reading.**

You can read a putt perfectly, but if the speed is wrong, the putt won't go in. And you can hit the perfect speed, but if the start line is wrong, the result is the same.

To hole more putts — **and dramatically reduce three-putts** — you must combine:

- A committed start line
- Reliable distance control
- And a simple, repeatable way to read greens

That's exactly what the next lesson is about.

In **Lesson 5 – Green Reading**, I'm going to show you how to choose the right line based on slope and speed and, just as importantly, how to commit to it without second-guessing.

Because once line, speed, and green reading are working together, putting becomes far simpler...and far more predictable.

## Lesson 5 – Green Reading

Green reading is one of those areas in putting where things can get complicated very quickly.

And I don't want complicated at all in this program.

So, in this lesson, I'm going to keep green reading **simple, practical, and repeatable**.

There's a great explanation of green reading by **Aaron Baddeley** that I highly recommend you try.

You can see it here: <https://consistentgolf.com/putting-routines/>

What I like about his approach is how simple it is.

Quite simply, he talks about **seeing the last part of the putt first** — specifically, the **last five feet**.

That's a powerful idea, because the last five feet of a putt is where the ball breaks the most.

---

### How to Read the Green (Simple Method)

Stand behind your ball and ask yourself this one question:

***“How will my ball roll into the hole over the last five feet of this putt?”***

As soon as you ask that question, you'll get a picture in your mind.

Go with that picture.

Once you clearly see how the ball will roll during the last five feet, simply **trace that roll back** from the hole to your ball.

In other words, you're imagining the ball rolling *in reverse* — from the hole back to where you're standing.

That process gives you your **starting line**.

That's it.

That is green reading.

No formulas.  
No aim charts.  
No overthinking.

---

## **The Second Part of Green Reading: Learning from Every Putt**

Most golfers don't actually learn anything from the putts they hit.

They miss... and move on.

If you want to become a great green reader, you need to start **reviewing your putts properly**.

By this stage in the program, you've already trained:

- Your ability to start the ball on your intended line
- Your ability to control distance consistently

That means you can now **review every putt logically**, without guessing and here's how...

### **Putting Review: How to Learn from Missed Putts**

After each putt, review it using this order:

#### **1. Starting Line**

Did I start the ball on the line I intended?

Because of the practice you've done earlier in this program, you should have confidence in this.

#### **2. Distance Control**

Did the ball finish about **1–2 feet past the hole**?

If it did, your distance control was good.

#### **3. Green Reading**

If the ball missed, what did it tell me about the break?

---

**Example:** Let's say you face a **30-foot right-to-left putt**.

You:

- Pick your starting line
- Set up to that line
- Go through your routine
- Stroke the putt

You watch the ball curve left **more than expected**, finishing about **one foot past the hole and five feet left**.

What does that tell you?

- Starting line (yes)
- Distance control (yes)
- Green reading (no)

You didn't allow enough break.

That's valuable information.

If you have time, replay the putt and adjust your starting line farther to the right.

If you consistently underestimate break, learn from it and start allowing **more break than your first instinct**.

If you consistently leave putts short, learn from it and make **slightly bigger strokes**.

---

## **Two Questions to Ask After Every Putt**

Get into the habit of asking these questions:

1. **Was my distance control good?**
2. **Was my green reading good?**

The most important question is **number one**.

You can be a poor green reader and still avoid a lot of three-putts if your distance control is good. But if your green reading is great and your distance control is poor, you'll three- and four-putt a lot.

---

## **Final Thought on Green Reading**

Don't get too caught up in green reading.

Even perfectly struck putts, on the perfect line and speed, will still miss sometimes.

That's golf.

Remember...

**Your putting confidence has nothing to do with whether the ball goes in the hole.**

Trust your read.

Learn from the result.

Adjust next time.

That's how great putters improve.

In the next lesson, I'm going to cover the **mental side of putting** — which is just as important as anything you've learned so far.

## Lesson 6 - The Mental Reset for Putting

To change your putting, you need to change your thinking.

And to make a *fresh start* with your putting, you must first make a fresh start with how you **think** about putting.

The first and most important change is this:

**You must change your definition of what a great putt is.**

If your definition of a great putt is *whether the ball goes in the hole*, then you are setting yourself up for failure.

Why?

Because you **cannot control** whether the ball goes in the hole.

You can only control:

- the **line** the ball starts on, and
- the **speed** the ball is hit with.

That's it.

If you choose a line and deliver the ball with the best possible speed, then you have hit a **great putt** — regardless of the outcome.

---

### Breaking the “Bad Putter” Story

The reason you bought this book is because you consider yourself a bad putter, it's important to understand *why* you believe that.

You missed some putts.

Then you created a story in your head: “*I'm a bad putter.*”

That story became your identity.

Now, with this fresh start, you must be careful not to create a **new negative story**.

This requires awareness.

When you're putting, you must be aware of your thinking **NOT** letting it run on autopilot.

And here's something critical to understand...

### **You are doing the thinking.**

If you notice yourself thinking about missing a putt *before* you've even stroked it, that is pure **outcome thinking**.

When that happens:

- Step away from the ball.
- Reset your mind.
- Refocus on what you can control: **starting line and distance control**.
- Then step back in and go through your routine.

### **Do not putt while thinking about missing.**

---

### **Your Only Job When Putting**

Your focus when putting is simple...

### **Give each putt the best possible chance of going in.**

And the *only* way you can do that is by:

- picking a clear starting line, and
- hitting the ball with the best speed to give it a chance of falling into the hole.

That's your job.

Remember this definition:

**A great putter is someone who consistently starts the ball on the line they choose and hits it with good pace.**

That's it.

---

### **Accepting Imperfection**

There will be times when you don't do this perfectly.

That's normal.

You're human.

You will:

- make some funny strokes,
- hit putts too hard or too soft,
- and occasionally start the ball off-line.

When that happens, **shrug it off and move on.**

Don't judge it.

Don't analyse it.

Just do your best on the next putt.

Again, your definition of a great putter is **process-based**, not result-based.

A great putter is someone who, *most of the time*, starts the ball on the intended line and hits it roughly the distance they want.

If you can do that consistently, you are a great putter.

Notice something important:

This definition has **nothing to do with holing putts.**

---

Ok, let's now look at confidence because it's such an important part of being a great putter. But you need to understand that there are two kinds of confidence...

## Two Kinds of Confidence

### 1. External Confidence

This is when you only feel confident *after* the ball goes in.

It feels great when the putts drop...but that confidence disappears fast when they don't.

---

### 2. Internal Confidence

This kind of confidence is much stronger.

It's the belief that **you're a good putter no matter what happens**, even if a few putts lip out or stop short.

Internal confidence comes from:

- practice
- simple habits
- positive thinking
- and trusting your stroke

Great putters have this kind of confidence every day not just on the days the ball drops in the hole.

Understand this...

Some days the putts will drop.

Other days they won't.

Whether the ball goes in the hole or not should never decide whether you feel confident or whether you enjoy putting.

---

## Learning to Love Putting Again

There's one more thing that's very important to understand about great putters:

**Great putters love and enjoy putting.**

If putting has never been your strength, it's natural that you haven't enjoyed it.

But now you have:

- a new way to putt,
- a new definition of success,
- and a new process to trust.

Now you need to find a way to **enjoy** putting again.

Your enjoyment cannot come from the ball going in the hole because you can't control that.

Instead, start finding enjoyment in the *process*:

- Enjoy watching the ball roll across the green
- Enjoy the sound of the ball coming off the putter face
- Enjoy the feeling of hitting a putt the correct distance

- Enjoy starting the ball on the exact line you chose
- Enjoy keeping your stroke simple — no thoughts, no clutter
- Enjoy trusting yourself to roll the ball on-line with good pace

That's how love for putting is built.

---

### **Stay Patient and Disciplined**

When you're putting, stay patient with the process.

Love being disciplined.

Don't change things unnecessarily.

Focus only on:

- start line,
- pace,
- and green reading.

That's all you can do.

Have fun trying to roll the ball on your chosen line with the best possible speed.

Next up, I want to discuss the putting yips. Because there's a strong chance that you've experienced them and I want to teach you how to yip proof your new putting style....

## Lesson 7 - Yip Proofing & The Putting Stroke

You may have purchased this book because you have the yips or simply because you're a bad putter.

Either way, here's the bottom line:

**Most golfers develop the yips because they care too much about the outcome and try too hard.**

They overthink.

In this program, it's critical that you keep things *simple*.

Go through your routine.

Hit the putt.

Trust yourself.

If you do that, whether the putt goes in or not is almost irrelevant.

### **Redefining a "Great Putt"**

Your definition of a *great putt* must **not** be related to whether the ball goes in the hole.

Remember the definition I gave you earlier:

**A great putter is someone who consistently starts the ball on the line they choose and hits it with good pace.**

Notice something important...

That definition has **nothing** to do with holing putts.

---

### **Mastering Where You Place Your Attention**

Putting — especially yip-free putting — is all about **attention control**.

When you putt, you must become a master of *what you're focusing on*.

There's a great video where **Chris DiMarco** talks about changing his grip to overcome the yips. When he putts, he focuses on the **line on the ball**.

If the ball rolls end-over-end, he considers it a good putt — regardless of the result.

That's a powerful mindset shift. Go here to watch it:

<https://www.consistentgolf.com/yips>

Using a line on the ball isn't about helping you hole short putts.

It's about giving your mind **something neutral and specific** to focus on.

You can buy golf balls that already have alignment lines on them...



Or you can draw a line on the ball you already use.

Now, here's something else you can do...

### **The 5-Count Putting Routine (Yip-Proofing Technique)**

Now I want to give you another very powerful way to yip-proof your putting.

We're going to use **tempo and counting** and build it directly into your routine.

Here's exactly how to do it when you are setup over the ball and just about to putt:

1. **Count 1** – Look at the ball  
(Say “1” out loud.)
2. **Count 2** – Look at the hole  
(Say “2” out loud.)
3. **Count 3** – Look back at the ball  
Fix your attention on a *specific spot* on the ball.  
(Say “3” out loud.)

4. **Count 4** – Start the putter back  
(Say “4”.)
5. **Count 5** – Contact the ball  
(Say “5”.)

This is a **5-count stroke**.

To begin with, I want you to actually say the numbers out loud as you practice. Later, this becomes something you do quietly inside your head.

On the golf course, you simply go through your routine, count, and let the result happen.

Again...

A *great putt* is defined by **executing the routine**, not by whether the ball goes in.

This is so important that I’ll say it again:

**You must become a master of where you place your attention when putting.**

If your attention is on *missing*, that’s what you’ll create.

---

### **Different Ways to Control Your Attention**

You now have **two core attention anchors**:

1. The line on your ball
2. Tempo and counting

Here are a few other options you can experiment with:

- a) Focus entirely on the putter head moving
- b) Count backwards while putting (e.g. 30, 28, 26, 24...)
- c) Listen to ambient sounds around you
- d) Hum or quietly sing a song
- e) Say simple words like “*back*” and “*through*” during the stroke

There is no single “right” answer here.

To truly yip-proof your putting, you must **experiment** and discover where your attention needs to be, so your body is free to perform naturally.

Do the testing.  
Trust the process.  
And reap the benefits of your work.

## The Putting Stroke

You may have noticed that I haven't discussed the putting stroke at all up to this point and that is **completely intentional**.

Here's why:

**Bad putters do not need to perfect their putting stroke.**

In fact, from my years of experience, when bad putters *try* to perfect their stroke, they usually get worse — not better.

So, I want to be very clear about this....

I am **not** going to send you down a technical rabbit hole.

That path creates more thinking, more tension, and more doubt — which is exactly what causes the yips and bad putting in the first place.

### What You Need to Know (And Nothing More)

I'm going to give you *just enough* about the putting stroke — no more.

- The natural arc of the putter is **inside** → **square (at impact)** → **inside**
- The motion of the stroke should be **driven by the shoulders**, not the hands

That's it.

I could easily write an entire book on putting mechanics.

But here's the honest truth...

**It would not help you become a great putter.**

I have seen:

- golfers with “ugly” strokes putt beautifully
- golfers with textbook strokes miss everything

The stroke itself is not the deciding factor.

## The Only Test That Matters

If you can **consistently start the ball on the line you choose**, your putting stroke is already *good enough*.

At that point, your improvement comes from:

- distance control
- green reading
- and trust

Not mechanics.

So do **not** go chasing a perfect putting stroke.

That is a waste of your time and attention.

Your job is not to *build* a stroke — your job is to **free** the stroke you already have.

---

Now, let's move on to **how you should practice on the practice green**, and exactly what you should be doing there...

## Lesson 8 – How To Practice on the Putting Green

This is going to be a very, very short lesson.

Don't do a lot of practice on the putting green!

The only reason you should go to the practice green is to work on improving your green reading skills (and get used to your new putting routine in the beginning).

The bottom line is not to over think this.

If you do feel the need to go to the practice putting green, then I think you should practice mainly longer putts and shorter putts sparingly.

And as for short putts, I would much prefer you to practice at home in a controlled environment than on the practice putting green.

If I gave you two things to do on the practice putting green, it would be...

1. The distance control drill in chapter 4
2. The Two Putt Drill (information on how to do this coming up)

Here's this drill that you should do as much as possible when you do practice as it simulates playing....

For this game, you only need **one ball**, just like on the course. Every putt will be **longer than 20 feet**, and every putt must be played out until the ball is holed.

This game teaches you:

- Touch and distance control over long putts
- Composure under pressure
- How to avoid 3-putts (the fastest way to ruin a round)
- How to hold a routine from putt to putt

It's simple. It's brutally honest. And it's one of the best practice games in golf.

### The Rules

1. You must start **every putt from a different spot** and putt to a **different hole** each time.
  - No repeating the same putt.

- No “redos.”
  - This simulates real golf.
2. Every starting position must be **20 feet or longer**.
    - You can go 20–60 feet randomly.
    - Uphill, downhill, sidehill—mix it all in.
  3. **Putt out every ball.**
    - There are no “that’s good” putts in this game.
  4. Your score is simple: **How many 2-putts in a row can you make?**

When you 3-putt, your streak ends and you start again.

---

### **Why This Game Works**

On Tour, avoiding 3-putts is basically a superpower.

Here’s what the best players in the world actually do:

#### **PGA TOUR – 2-Putt / 3-Putt Reality**

- PGA Tour pros 3-putt about 2.7% of the time - that’s roughly 1 three-putt every two rounds.
- Over 1,000 holes, that works out to only 27 three-putts.
- The best players — like Maverick McNealy — are under 1%, meaning they can go 100+ holes without a 3-putt.
- Even the “worst” Tour players are only around 4–5%, still far better than most amateurs.

So how many holes do pros normally go without a 3-putt?

**The Tour average works out to 35–40 holes between 3-putts.**

Elite putters often go 80–120 holes before they finally three-putt.

Most amateurs?

They would struggle to go 6 holes without a 3-putt — even on a practice green.

This game bridges that gap.

It teaches you the same long-range speed control mindset the pros rely on.

When you start stacking long runs of consecutive 2-putts, lag putting becomes automatic — and scores drop fast.

To practice like this effectively I strongly recommend that you get a tally counter like this...



And after every two putt, they click the counter and see how many 2 putts in a row you can get. This will give you a lot of confidence out on the golf course when you can get 18+ two putts in a row on the practice green.

---

## How Many 2 Putts In A Row Should You Be Aiming For?

Start with these benchmarks:

### Stage 1

- Goal: **4–6 two-putts in a row**

### Stage 2

- Goal: **8–12 two-putts in a row**

## **Good Putter**

- Goal: **12–18 two-putts in a row**

## **Elite Putter**

- Goal: **20+ two-putts in a row**

Keep track of your personal best and keep trying to beat it.

Ok, so if you just did those two drills you'd be in a good place to putt better. Now we're going to look at the very important aspect of what you should be doing before a game to prepare for what you're about to face.

## Lesson 9 - Pre Game Warm-up

What's the point of putting before a game of golf?

Well, I believe it's to learn the speed of the greens and to get you mentally prepared for what you've about to face on the golf course which is about posting a score. So, to help you with both of these things here is a warm-up routine I believe you should follow...

### Your Simple Putting Warm-Up Routine

Before you tee off, you're going to **start** your warm-up with **three golf balls**. Later, you'll switch to **one ball** to finish.

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#### Step 1: Speed Control Warm-Up (20–30 feet)

1. Stand **20–30 feet** from the **fringe** (not a hole).
2. Hit all **three balls**, trying to **stop them as close as possible to the fringe** without touching it.
3. Do this for **9–12 putts** (3 balls × 3–4 rounds).

This gets your feel for speed warmed up — the most important part of putting.

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#### Step 2: Short Putting with a Purpose (2–7 feet)

Now pick **one hole** and place your three balls at the distances below.

For every putt, go through your **full routine**, and imagine you're putting **for a score** — just like on the course.

**You can rotate scoring sets, like:**

##### Set A:

- 1st putt – “This is for par”
- 2nd putt – “This is for bogey”
- 3rd putt – “This is for double bogey”

##### Set B:

- 1st putt – “This is for birdie”

- 2nd putt – “This is for par”
- 3rd putt – “This is for bogey”

**Set C:**

- 1st putt – “This is for eagle”
- 2nd putt – “This is for birdie”
- 3rd putt – “This is for par”

The point is to **add pressure** and practice like it matters.

**Distances to use:**

1. **2 feet** – hit all 3 balls with scoring pressure
  2. **4 feet** – repeat
  3. **7 feet** – repeat
  4. **3 feet** – finish strong
- 

**Step 3: Long Putt Challenge (20+ feet)**

Now switch to **one ball only**.

1. Pick a long putt – **20 feet or more**.
2. Go through your routine and hit the putt.
3. **Putt it out**, no do-overs.
4. Aim to make **at least 5 two-putts in a row**. But no matter how many you do, finish with a 2 putt.

This gets your brain into “real golf mode” before you even walk to the first tee.

---

**Total Warm-Up Time: About 20 Minutes**

This routine gives you:

- great speed control
- sharp short putting
- focus and confidence for the first hole

What I've given you is an example of how to warm-up. There is no right or wrong here APART from doing what you've always done (that's wrong!). Most golfers get 3 balls and putt them around a putting green and that's their warm-up.

**If you've done that before this program, don't do that from now on!**

Do something different. Start with the plan I've given you and then see how you get on with that.

Change and do what you want however but do it with this understanding. Your pre-game warm-up should have nothing to do with "finding" confidence on the green. You have confidence in the practice you've been doing at home and on the practice putting green.

Whether the ball goes in the hole or not is irrelevant.

## Lesson 10 - Putting It All Together on the Course

On the golf course, you should treat every putt the same whether it's a 30-footer or a 2-footer (gimmes aside, of course).

For this example, let's say you're facing a 30-foot putt.

The first step is to read the green. Your goal here is simply to get a feel for the putt — not to overthink it. Look at the putt from a side-on view and then from behind the ball (the down-the-line view). That's enough information for most putts.

While you're doing this, it's fine to make a couple of practice strokes while looking from your ball toward the hole. Aaron Baddeley often does this standing directly behind the ball. This is *not* part of your putting routine, so it's optional. You can do it when you feel it helps, but you don't need to do it on every putt.

Your final read should always come from the down-the-line view. From there, picture how the ball will curve as it approaches the hole over the final five feet. Once you see that, mentally trace the line back from that point to your ball. Pick a spot about one to two feet in front of your ball that the ball needs to roll over. This is the "hole" in your imaginary gate.

Once you've chosen that spot, walk into the ball repeating your trigger — "Yes, yes, yes" — and begin your routine.

Aim your putter at the spot you want the ball to roll over. Set up. Look at the hole, then look back at the ball, and make your stroke using your natural tempo, counting one through five at the appropriate moments. If you use another attentional cue that works for you, feel free to use that instead.

Watch the ball roll. If it's not a gimme, mark it. Then repeat the same process for the next putt.

Here's the most important thing to understand:

You are a great putter *if you follow this process*.

Not if the ball goes in.

If you leave a putt short, do not label it as a bad putt. That's a fast way to drain your confidence.

However, if you notice a clear pattern — for example, you're consistently leaving putts short — don't try to "hit the ball harder." Instead, trust your stroke more. During the

green-reading phase, make a few practice strokes while looking at the hole, and make those practice strokes slightly bigger than normal.

If you're consistently hitting putts past the hole, do the opposite. While reading the green, take practice strokes that feel smaller than you think they need to be.

It really is that simple.

If your putts are going too far, your stroke is too big.

If your putts are coming up short, your stroke is too small.

Don't complicate it beyond that.

Finally, if you went through your routine and fully trusted your stroke, then you did the best you could on that putt — regardless of the result. Accept it and move on.

If you do this on every putt for an entire round, that's the best you can do on that day. The key now is learning what to do *after* your rounds so you continue to improve, learn, and progress — and that's exactly what we're going to cover next.

## Lesson 11 – How To Track Putts

You can't improve what you don't measure.

But the real key for improvement isn't tracking every stat under the sun... it's focusing on the few things that actually lead to better putting.

Yes, you *could* get really advanced and use strokes gained, but I don't think that's necessary for most golfers. What I like to do instead is more of a “natural” strokes gained approach — simply writing down what happened and reflecting on it.

This kind of reflection works far better than an app telling you that you're “not very good from 20–40 feet.” By writing down their thoughts, reactions, and feelings, golfers learn faster because they start to understand **why** things happened... not just that they did.

And on that note, I've actually created a journal that golfers can use to prepare better, track game stats, and reflect on what's working and what's not. It's called **The Ultimate Consistent Golf Journal & Log Book**.

Here's how the Consistent Golf Journal helps:

✓ **Plan smarter** – Pre-round questions help you choose targets, aim points, and “safe miss” areas before you even step onto the first tee.

✓ **Stay focused** – In-round checklists keep you locked into your routine and stop emotional decision-making in the heat of the moment.

✓ **Learn from every round** – The post-round scoring pages help you break down what worked, what didn't, and why.

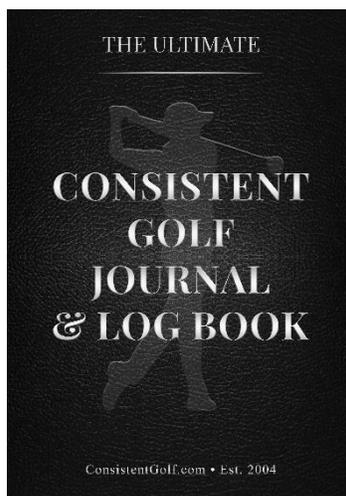
✓ **Track the Tiger 5** – The same five scoring keys Tiger Woods used to dominate golf... and the journal shows you how often you hit them.

✓ **Practice the right things** – When you review your round patterns, you instantly know what to work on the next time you practice.

Golf becomes far easier when you're not guessing anymore.

When you understand your patterns — your *real* patterns — strategy becomes obvious. Decisions become easier. Confidence goes up. Scores go down.

If you want yourself to get the most out of every round and every practice session, the Consistent Golf Journal is the perfect tool to tie everything together.



You can learn more about it here: <https://www.consistentgolf.com/journal>

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## How to Track Your Putts

To become a better putter, you need to know what's actually happening out on the golf course. The easiest way to do that is by simply keeping track of two things every time you play:

- 1. How many 3-putts you had**
- 2. How many total putts you had**

You can record these on your scorecard, in a small notebook you keep in your bag, or by using the tracking pages in this book. The important thing is that you write it down every time you play — because what gets measured gets improved.

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## Start With 10 Games

Your goal for every game should be **zero 3-putts**, but when you're just starting with your new putting style and routine, don't worry if you have a few. The first step is simply to see where you're at.

Play **10 games** (9 holes or 18 holes — either is fine) and track:

- How many **3-putts** you had each round

- How many **total putts** you took

After 10 games, add them up and find your average.

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### **Use Your Averages to Set Goals**

Once you know your starting point, you can set a simple improvement goal for your next 10 games.

**Example:** If you averaged **4 three-putts per round**, then your next 10-game goal might be:

- **3 or fewer three-putts per round**

Small, steady improvements like this add up quickly.

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### **Why Tracking Matters So Much**

Total putts is a great indicator of your putting ability. The lower your putting average becomes, the lower your scores will be. And the fewer 3-putts you have, the more confident you'll feel on the greens.

When you track your putting for every game, you'll start to see patterns — good and bad — and that makes it much easier to know what to practice next.

**By tracking like this, you'll clearly see how you can improve... and how fast you're getting better.**

So, use the forms on the next 10 pages to track your putting and learn from what you're doing so you can improve.

# Game #1

Date: \_\_\_\_\_

Course: \_\_\_\_\_

Greens Conditions (e.g. fast, slow, bumpy etc.): \_\_\_\_\_

18 Hole     9 Holes

How Many 3 Putts Today? \_\_\_\_\_

How Many Putts Today? \_\_\_\_\_

Where were the 3 best putts today? Describe them in as much detail as possible:

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What would you do differently next time/main things to practice?

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# Game #2

Date: \_\_\_\_\_

Course: \_\_\_\_\_

Greens Conditions (e.g. fast, slow, bumpy etc.): \_\_\_\_\_

18 Hole    9 Holes

How Many 3 Putts Today? \_\_\_\_\_

How Many Putts Today? \_\_\_\_\_

Where were the 3 best putts today? Describe them in as much detail as possible:

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What would you do differently next time/main things to practice?

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# Game #3

Date: \_\_\_\_\_

Course: \_\_\_\_\_

Greens Conditions (e.g. fast, slow, bumpy etc.): \_\_\_\_\_

18 Hole     9 Holes

How Many 3 Putts Today? \_\_\_\_\_

How Many Putts Today? \_\_\_\_\_

Where were the 3 best putts today? Describe them in as much detail as possible:

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What would you do differently next time/main things to practice?

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# Game #4

Date: \_\_\_\_\_

Course: \_\_\_\_\_

Greens Conditions (e.g. fast, slow, bumpy etc.): \_\_\_\_\_

18 Hole     9 Holes

How Many 3 Putts Today? \_\_\_\_\_

How Many Putts Today? \_\_\_\_\_

Where were the 3 best putts today? Describe them in as much detail as possible:

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What would you do differently next time/main things to practice?

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# Game #5

Date: \_\_\_\_\_

Course: \_\_\_\_\_

Greens Conditions (e.g. fast, slow, bumpy etc.): \_\_\_\_\_

18 Hole     9 Holes

How Many 3 Putts Today? \_\_\_\_\_

How Many Putts Today? \_\_\_\_\_

Where were the 3 best putts today? Describe them in as much detail as possible:

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What would you do differently next time/main things to practice?

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# Game #6

Date: \_\_\_\_\_

Course: \_\_\_\_\_

Greens Conditions (e.g. fast, slow, bumpy etc.): \_\_\_\_\_

18 Hole     9 Holes

How Many 3 Putts Today? \_\_\_\_\_

How Many Putts Today? \_\_\_\_\_

Where were the 3 best putts today? Describe them in as much detail as possible:

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What would you do differently next time/main things to practice?

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# Game #7

Date: \_\_\_\_\_

Course: \_\_\_\_\_

Greens Conditions (e.g. fast, slow, bumpy etc.): \_\_\_\_\_

18 Hole     9 Holes

How Many 3 Putts Today? \_\_\_\_\_

How Many Putts Today? \_\_\_\_\_

Where were the 3 best putts today? Describe them in as much detail as possible:

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What would you do differently next time/main things to practice?

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# Game #8

Date: \_\_\_\_\_

Course: \_\_\_\_\_

Greens Conditions (e.g. fast, slow, bumpy etc.): \_\_\_\_\_

18 Hole     9 Holes

How Many 3 Putts Today? \_\_\_\_\_

How Many Putts Today? \_\_\_\_\_

Where were the 3 best putts today? Describe them in as much detail as possible:

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What would you do differently next time/main things to practice?

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# Game #9

Date: \_\_\_\_\_

Course: \_\_\_\_\_

Greens Conditions (e.g. fast, slow, bumpy etc.): \_\_\_\_\_

18 Hole     9 Holes

How Many 3 Putts Today? \_\_\_\_\_

How Many Putts Today? \_\_\_\_\_

Where were the 3 best putts today? Describe them in as much detail as possible:

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What would you do differently next time/main things to practice?

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# Game #10

Date: \_\_\_\_\_

Course: \_\_\_\_\_

Greens Conditions (e.g. fast, slow, bumpy etc.): \_\_\_\_\_

18 Hole     9 Holes

How Many 3 Putts Today? \_\_\_\_\_

How Many Putts Today? \_\_\_\_\_

Where were the 3 best putts today? Describe them in as much detail as possible:

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What would you do differently next time/main things to practice?

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## **10 Round Performance Review**

Average Putts Per Round: \_\_\_\_\_

### **Average Putts Per Round by Handicap**

<b>Handicap</b>	<b>Average Putts per Round</b>
<b>+2 to 0</b>	28-30 putts
<b>1-5</b>	30-32 putts
<b>6-10</b>	31-33 putts
<b>11-15</b>	32-34 putts
<b>16-20</b>	33-35 putts
<b>21-25</b>	34-36 putts
<b>26-30</b>	35-37 putts
<b>30+</b>	36-39 putts

Average 3 Putts Per Round: \_\_\_\_\_

**Average 3-Putts Per Round by Handicap**

<b>Handicap</b>	<b>3-Putts per Round</b>
<b>+2 to 0</b>	0.5 – 0.8
<b>1–5</b>	0.8 – 1.2
<b>6–10</b>	1.2 – 1.7
<b>11–15</b>	1.7 – 2.2
<b>16–20</b>	2.2 – 2.8
<b>21–25</b>	2.8 – 3.4
<b>26–30</b>	3.4 – 4.0
<b>30+</b>	4.0 – 5.0

## Chapter Summary – Why Tracking Putts Matters So Much

Keeping track of your putting is one of the fastest and easiest ways to become a better golfer. When you write down your total putts and 3-putts after every round, you start to see what's really happening on the greens. Most golfers guess how they're putting... but you'll *know*.

Tracking your putting over **10 rounds at a time** gives you a clear picture of your strengths and what needs the most work. Your total putts per round show your overall putting ability, and your 3-putts per round show how well you're controlling your speed. These two numbers are simple, but they tell you almost everything you need to know about your putting performance.

Once you complete your first 10-round review, you'll see your averages — and that's when the real improvement begins. If you averaged 34 putts or had four 3-putts per round, that's not “good” or “bad.” It's just your starting point. And from there, you set a goal for the next 10 rounds. Maybe you aim to go from four 3-putts to three... or from 34 putts to 33. The goal is always steady progress, not perfection.

Every time you play, reflect on what happened.

Ask yourself:

- Why did I 3-putt today?
- Did I leave putts short, or hit them too hard?
- Was my start line good?
- What was I thinking or feeling when I hit my best putts?

These small questions help you understand your patterns — and once you know your patterns, you can fix them quickly.

Golfers who track and reflect improve far faster than golfers who simply play and hope. When you see your numbers go down over each set of 10 rounds, your confidence grows. You'll know you're not just practicing... you're practicing with purpose. And that's how golfers become great putters.

Keep tracking. Keep reviewing. Keep improving — one round at a time.

## Conclusion – Bad Putter to Great Putter

Ok, let's recap what you've done to date with this program...

1. You have a new putting style and possibly a new putter.
2. You have a new putting routine.

Once you have those two things then you have practiced start line at home. And then on the golf course, practice putting green you're practicing distance control and green reading.

I have given you a warmup to use before games. And during games you have a process for each putt...

1. Read the green and see a line you expect your ball to travel on to go in the hole.
2. Go through your routine.
3. Observe your putts (and notice any trends and adjust if necessary)

After your games, track your putting results with the forms I have given you so you can see what is going well and what needs to be worked on... and this obviously includes the mental aspect of putting which is huge.

Pretty simple right?

That's putting.

It is pretty simple if you do the right things.

If you have any questions about anything in this program please email me directly and I'll do my best to help you: [jeff@consistentgolf.com](mailto:jeff@consistentgolf.com)

For Consistent Golf,



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