

HOW TO

Roll The Ball Straight

Take control of your left wrist

THIS STORY IS FOR YOU IF...

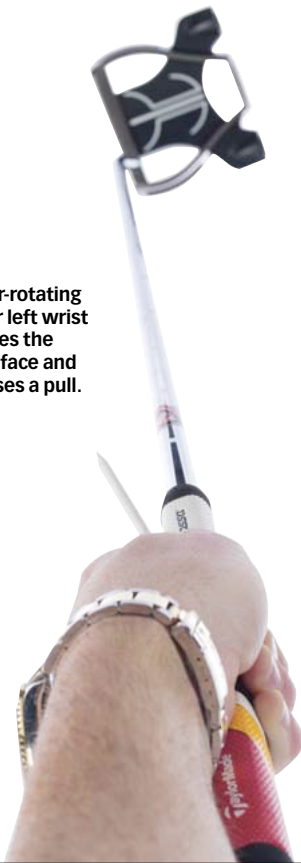
- n You have trouble starting your putts on line
- n You never think about your wrists when putting

The Problem

MOST golfers tend to miss more putts to one side of the hole than the other. But the problem isn't your path, your read or your putter—it's the back of your left wrist. If it points left or right of the target at impact, that's where the ball will go. Studies using Advanced Motion

Measurement's 3D Motion Analysis System and the SAM PuttLab show that **rotating your left wrist as little as 4 degrees to the left during your forward-stroke causes the putterface to turn 26 degrees.** Similar results happen when you rotate your wrist to the right.

Over-rotating your left wrist closes the clubface and causes a pull.



Under-rotating your left wrist opens the clubface and causes a push.



Straight putts happen when the back of your left wrist points at the target.



The Solution

Make sure that the back of your left wrist points at the target at impact. Without a ball, grab your putter with only your left hand. Place a tee in the crease formed by your thumb and forefinger. When you look down the tee should point down



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the shaft. Make a mock backstroke and forward-stroke in slow motion and stop where impact would be. If the tee points to the left of the shaft, you've over-rotated your left wrist on your forward stroke—the face will be closed and you'll pull the putt. If the tee points to the right of the

shaft, you've either under-rotated your left wrist on your forward-stroke or rolled that wrist too far to the right on your backstroke without correcting it through the ball. You'll push the putt right with this stroke. **When you can line up the tee and the shaft at impact,** you have your left wrist under control, and more of your putts will start on line. n