

10 minute warm up or practise session

Go through your pre shot routine before each putt.

Start with long putts

2 long uphill putts to the fringe

2 long downhill putts to the fringe

*Aim to get as close as possible without touching the fringe

* Watch the ball until it stops, this will really help you learn what length stroke takes you what distance.

2 uphill mid range putts 3 – 4 metres

2 downhill mid range putts

*This time aim for the hole

*Even though its not a long putt still focus mainly on the pace.

2 uphill short putts

2 downhill short putts

*Focus on the line but don't forget the pace totally

Finish with some really short ones to get your confidence up before heading to the tee.