



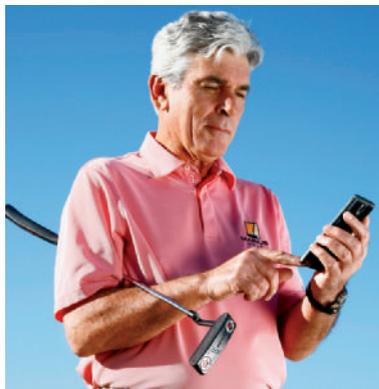
Pour It In from Every Distance

Use a metronome to find your perfect putting rhythm and drain 'em all day long

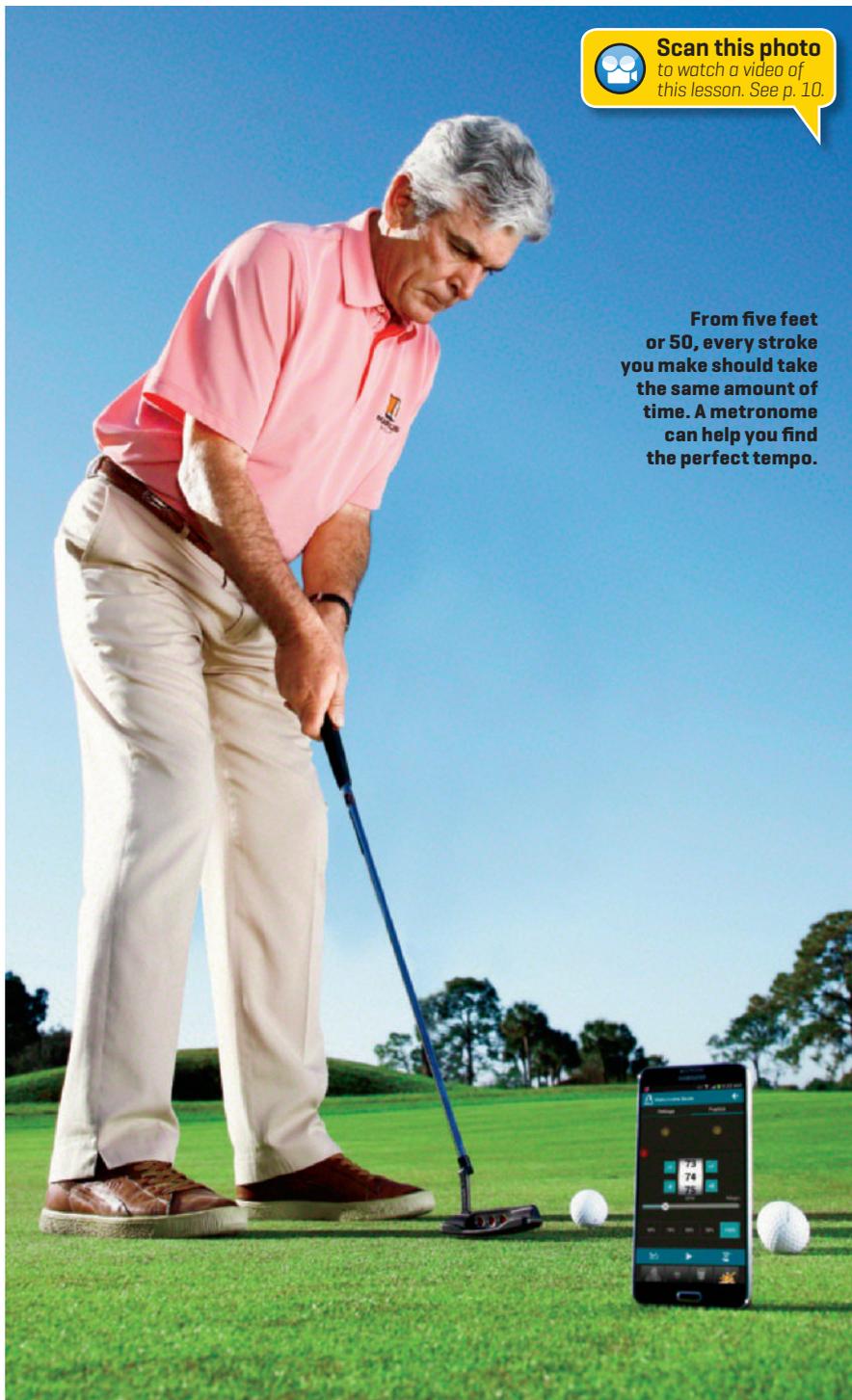
The duration of your putting motion should never change. Period. Yes, every putt is different, and you make small strokes on short putts and long strokes on lags. Still, every stroke should take the same amount of time, whether you're trying to bury it from 36 feet or mop it up from 36 inches. Varying your tempo only adds an unknown to your distance-control equation. Good putters keep things simple.

RIDE THE METRO

Putting tempo is not one-size-fits-all. I know my natural timing. What's yours? Are you fast (think Brandt Snedeker), slow (Luke Donald), or somewhere in between? To find out, use your smartphone to download one of the many free metronome apps. Set the metronome speed to match your resting heart rate (or slightly faster, since your adrenaline will be flowing mid-round). I like mine at 72. Once the metronome is clicking (or beeping, depending on the app), roll some putts. Start your stroke on the first click and strike the ball on the next one. You'll need a few strokes to nail it. Can't do it? Try a faster or slower rhythm. You'll soon find one that feels *perfect*. As you practice to the clicks, change putt distances frequently, but keep your same "click-click" stroke. The sound of putts dropping will become music to your ears.



A smartphone-based metronome app is a powerful training tool.



Scan this photo
to watch a video of
this lesson. See p. 10.

From five feet or 50, every stroke you make should take the same amount of time. A metronome can help you find the perfect tempo.



WATCH THIS ON YOUR IPAD OR TABLET.
VISIT GOLF.COM/ALLACCESS.