

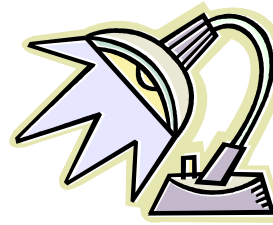


Steven's Picks: Spot Light

February 2009

Email: stevendig@sajga.org

Email: joyandsteven@cox.net



Putting

Stan Utley has a book called *The Art of Putting*, which was published in 2006. I would recommend that you buy this book. It contains wonderful information on putting. Stan played on the PGA tour and is a teaching professional in Scottsdale, Arizona.

Stan Utley believes that the putter should swing on an arc, not straight back and straight through. A heel shafted putter (“toe hang putter”) works best for putters who swing on an arc. A center-shafted and face balanced putter works best for putters who swing straight back and straight through.

Type of Putter

To find out what kind of putter you have, balance the shaft across your index finger. A toe hang putter will have the toe of the club pointing to the ground. A face balanced putter will have the face of the club pointing to the sky. You want the putter to be just long enough so that your arms hang with a slight bend in the elbows.

Set-Up

Stan is a right handed golfer and putts with a reverse overlap grip (right hand is lower than the left hand, and left index finger is “outside” the fingers of the right hand). Stan has the handle of the putter in the palm of his right hand, and the shaft is in a line with the right forearm (do not let the putter handle point below the line of the right forearm). You want your eyes to be slightly inside the target line. If you addressed one ball on the ground, and then dropped a different golf ball from your left eye, it would land on the ground, an inch or two to the right of the ball on the ground, and just inside the target line.

Stance

The stance should be square with the feet 5 or 6 inches apart.

The putter head should be in the center of the stance.

The ball should be just in front of the center of the stance.

Stan likes to putt with the shaft leaning forward a very small amount.

Stan says it is also ok to have the shaft straight up and down at address.

Again, the elbows should be slightly bent at address, in a relaxed position...the elbows should not be too straight and rigid at address.

The hands should not be too far away from the body, and should not be too close to the body.

Stroke

Stan wants the putter to swing on an arc, moving back and inside on the backswing, and forward and inside on the forward swing.

“To get the ball to roll nicely, you need to move the putter head end of the club the most in your stroke, not the grip end. “

For more information on putting and on Stan Utley, go to: www.Eyelinegolf.com