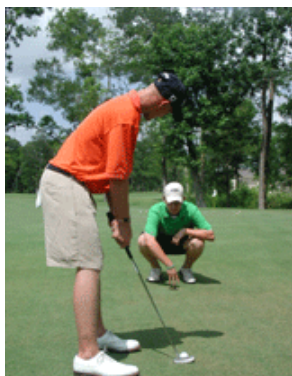


## Articles and Tips - Addition by Addition

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This drill is to clear the mind and bring out your natural ability. Sometimes the mind gets so cluttered with thought, the problem that occurs is not from lack of ability but from interference with ability. This “adding numbers drill” will be a purposeful distraction, as it is impossible to add and think about mechanics of the putting stroke at the same time.

For this highly effective putting drill, you'll need a friend to help you. Here's how it works: Address a ball about six feet from the hole. Have your friend crouch behind the hole, facing you as a baseball catcher would. When you're to putt, turn your head to look at the hole and say “go.” As you make your putting stroke, don't look down at the ball. Instead, look only at the hole. As soon as you say “go,” have your friend use one hand to display three sequential numbers (from one to five), like a catcher, at an even pace at from behind the hole.

Once you say “go,” don't look back at the ball and don't wait for the numbers. Just start your stroke. Your only job is to give all your attention to adding numbers; your friend's only job is to give you a series of three numbers at an even pace for you to add.

Understand that this will seem and feel awkward at first. It's like that for everyone. At first, all who try this drill will try to remember something such as a key swing thought, or they look back at the ball just before they putt. They might see the numbers but not be able to add them, or they might not even see them at all. This is OK and

expected.

After a short time, however, you'll get the idea of simply adding numbers, and you'll let go of interfering thoughts. If you work on this drill for 15 minutes, three times a week, you'll improve your putting drastically.

Consider this: If letting go of control at some level creates more holed putts, then your stroke is good, and you can putt without all those mechanics. If, however, nothing ever goes in during this drill, go see your local PGA Professional for help with your stroke.

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