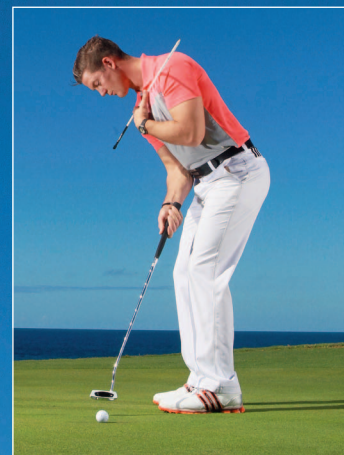




Level through impact

For an inside-square-inside stroke, the tip of the cane closest to the target should only rise slightly after impact. If your shoulder line rises excessively you're guilty of an aggressively upward rise of the putter that results in inconsistent strikes.



Point slightly left

When you stand taller at address and have an inside-square-inside stroke, the cane or club should be slightly steeper than parallel and point slightly left of the target after impact, which improves consistency of strike, roll and distance control.

Powerful set-up

Your sternum should be slightly tilted with the right shoulder lower than the left, feet shoulder width apart and weight distributed 50-50.

PUTTING

USE YOUR SHOULDERS

Rocking them in the correct way is vital to consistent putting



Gareth Johnston

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➔ **YOU SHOULD ROCK YOUR** shoulders during the putting stroke, but you have to do this in the correct motion to suit your set up and putting style. The way you do it depends on your head angle in relation to the ground. Correctly matching this angle and your shoulder motion will create greater consistency and accuracy on the greens. If you like to stand over the top of the ball with your face parallel to the ground, rocking your shoulders along your

target line will help create a straight back and straight through motion. But if you're one of the majority of golfers who likes to stand a bit taller at address and favours a more inside-square-inside putting stroke, you require a movement that keeps the shoulders more level and follows the path of your stroke. Putting while holding a cane or club across your shoulder line will help identify how your shoulders move as you putt and enable you to match this to your set up and stroke.



Straight back and through stroke

Your shoulder line will point a lot higher if you rock your shoulders parallel to the target line. Set up with your head over the top of the ball and parallel to the ground and make a straight back and straight through motion for this to be effective.