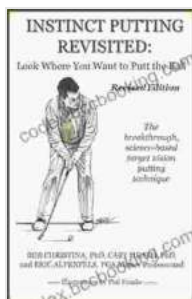


# Look Where You Want To Putt The Ball: The Ultimate Guide To Putting Mastery

Putting is the most important skill in golf. It accounts for over 40% of all strokes taken in a round, and it's the only part of the game that you can control directly.



## Instinct Putting Revisited: Look Where You Want to Putt the Ball by Eric Alpenfels

★★★★☆ 4.4 out of 5

Language	: English
File size	: 13809 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
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Print length	: 134 pages
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If you want to improve your scores, you need to improve your putting. And the best way to do that is to learn how to look where you want to putt the ball.

### Why is looking where you want to putt the ball so important?

When you look at your target, your brain starts to process the information and calculate the distance and direction of the putt. This process takes time, and the more time you spend looking at your target, the more accurate your putt will be.

In addition, looking at your target helps you to stay focused and avoid distractions. When you're focused on your target, you're less likely to be swayed by the slope of the green or the wind. This will help you to make a more consistent stroke and sink more putts.

## **How to look where you want to putt the ball**

There are a few key steps to looking where you want to putt the ball:

1. **Stand behind the ball and take a few practice swings.** This will help you to get a feel for the distance and direction of the putt.
2. **Once you have a good feel for the putt, step up to the ball and address it.** Make sure that your feet are shoulder-width apart and that your knees are slightly bent.
3. **Look at your target for a few seconds.** Really focus on the spot where you want the ball to go.
4. **Take a deep breath and start your swing.** Keep your eyes on the target throughout your swing.

## **Tips for looking at your target**

Here are a few tips for looking at your target:

- **Choose a specific spot to aim at.** Don't just look at the general area of the hole. Pick a specific spot on the green that you want the ball to land.
- **Focus on the target.** Really concentrate on the spot where you want the ball to go. Don't let your eyes wander to other parts of the green.

- **Keep your eyes on the target throughout your swing.** Don't look up at the ball or at your club. Keep your eyes focused on the target until after the ball has been hit.

## **Putting drills to improve your target fixation**

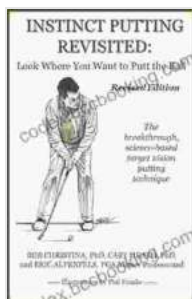
Here are a few putting drills that you can use to improve your target fixation:

- **The coin drill.** Place a coin on the green about 10 feet from the hole. Stand behind the coin and take a few practice swings. Once you have a good feel for the putt, step up to the coin and address it. Look at the coin for a few seconds, then take a deep breath and start your swing. Keep your eyes on the coin throughout your swing.
- **The target drill.** Set up a target on the green about 15 feet from the hole. The target can be a piece of paper, a tee, or a golf ball. Stand behind the target and take a few practice swings. Once you have a good feel for the putt, step up to the target and address it. Look at the target for a few seconds, then take a deep breath and start your swing. Keep your eyes on the target throughout your swing.
- **The line drill.** Draw a line on the green about 20 feet from the hole. Stand behind the line and take a few practice swings. Once you have a good feel for the putt, step up to the line and address it. Look at the line for a few seconds, then take a deep breath and start your swing. Keep your eyes on the line throughout your swing.

Looking where you want to putt the ball is one of the most important things you can do to improve your putting. By following the tips and drills in this

article, you can learn how to focus on your target and make more consistent putts.

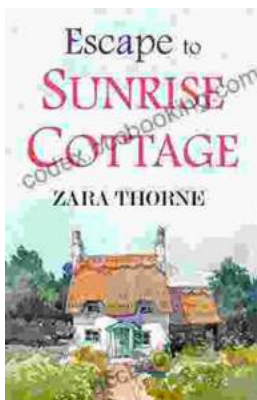
So what are you waiting for? Start looking where you want to putt the ball today and see your scores improve!



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