

Putting - Speed and Distance Control Introduction

Putting is an art that separates the greats from the good in golf. It's a skill that demands precision, control, and an intimate understanding of the green's contours and textures. Mastering speed and distance control is paramount among the myriad of techniques that golfers use to refine their putting. Here, the "Reverse Leap Frog" drill comes into play, offering a unique and effective method to hone these critical skills. This drill challenges golfers to push their precision to the limit and provides a fun and engaging way to practice. In the following sections, we'll delve into the importance of speed and distance control, describe the "Reverse Leap Frog" drill, and provide tips for integrating this exercise into your practice routine.

Understanding Speed and Distance Control

Speed and distance control are the twin pillars upon which successful putting rests. A well-judged putt considers the green's speed, the ball's roll, and the distance to the hole, requiring a golfer to execute a stroke that is as much about finesse as it is about physics. The common challenges golfers face include underestimating the green's speed, misjudging slopes, and inconsistent stroke power, all of which can lead to missed shots and higher scores. Consistent practice focusing on these aspects can significantly improve one's putting game, turning near-misses into confident strokes that find their mark.

The Reverse Leap Frog Drill: Overview

At its core, the "Reverse Leap Frog" drill is simple, but don't let its straightforwardness fool you. The setup involves placing a coin on the ground as a target and hitting ten putts from the same distance, say 30 feet, to have each successive putt stop 1 foot short of the previous one. This drill sharpens your judgment of distance and speed and instills a discipline in stroke play that is crucial for putting under pressure.

Step-by-Step Guide to the Reverse Leap Frog Drill

Setup: Place a coin on the green at your chosen distance (e.g., 30 feet) from your starting point. This coin represents your initial target.

First Putt: Aim to hit your first ball to stop as close to the coin as possible without hitting it.

Subsequent Putts: For each following putt, the goal is to get the ball to stop 1 foot short of the previous ball's position. This requires precise control over the force applied to each stroke.

Adjustments: Pay close attention to your stance, grip, and stroke smoothness. Minor adjustments can lead to significant improvements in your distance control.

Focus: Maintain a high concentration level with each putt, treating every stroke as the decisive one on the 18th green.

Scoring and Progress Tracking

Keeping score during the drill is simple: count the number of putts that successfully stop 1 foot short of the previous one without any ball surpassing its predecessor. A perfect score is achieving this with all ten balls. Not only does this scoring system encourage precision, but it also introduces a competitive edge to your practice, pushing you to improve. Tracking your progress over time will reveal improvements in your speed and distance control, crucial elements for lowering your scores on the course.

Benefits of the Drill

The "Reverse Leap Frog" drill offers numerous benefits, including improved focus, better judgment of distances, and enhanced stroke consistency. Regularly engaging in this drill allows golfers to develop a keen sense of how much power to apply for various distances, reducing the chances of overshooting or undershooting the hole. Moreover, practicing under the self-imposed pressure of not allowing a ball to surpass the previous one simulates the mental conditions of a competitive play, thereby improving performance under pressure.

Incorporating the Drill into Your Practice Routine

For optimal results, incorporate the "Reverse Leap Frog" drill into your regular practice routine at least once a week. Combine it with other putting exercises focusing on different aspects of your game, such as accuracy, putt reading, or coping with slopes. Over time, this comprehensive approach to putting practice will yield noticeable improvements, making you a more confident and competent golfer on the greens.

Conclusion

The "Reverse Leap Frog" drill is a potent tool in the golfer's arsenal for mastering putting. By focusing on speed and distance control, it addresses two of the

The most challenging aspects of putting in a straightforward, measurable way. As with all skills, improvement comes with consistent practice and patience. Embrace the challenge of the "Reverse Leap Frog" drill, and watch as your putting transforms from a source of frustration into one of your most vital assets on the course.