

Three Putting Myths Shot Down

By [Pat O'Brien](#) with Matthew Rudy source: [Golf Digest.com](#)

Back in the day, golf course superintendents didn't have access to the agronomy techniques we do now. Greens were slower, so you needed to pop the ball pretty aggressively to get it up and moving. Green conditions have changed since the 1950s, but the same putting principles are commonly taught, and they don't promote the more flowing stroke you need today. Break the three myths shown here to take the hand action out of your stroke, and you'll make more putts.



'Grip it in the Lifeline' - Instead: hold it in your fingers. If you had to have surgery, would you want the surgeon to hold the scalpel in the palm or fingers? If you follow the age-old advice about placing the putter grip along your lifeline, you not only rob yourself of feel, but you encourage a rotation of your left forearm under your right. This affects your aim and prevents you from moving the putter on an arc.

The fingers are where you feel is, and if you grip the putter in them, anchored under the pad at the base of your left palm, you have more leverage and control of your putter. Your left and right thumbs should line up on the top of the putter grip. From this position, your forearms are parallel to the target line, and your wrists are less likely to break down.

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