



## Talking in the 19th Hole

### WEEKLY TRAINING 2

ROUTINES FOR POSTURE. Posture is the angles of the body in address. Probably the essential angle in address is between the upper and lower body. This angle is formed by bending the body from the hips. This angle is crucial because the forward tilt of the upper body determines the way the spine moves in the swing and creates the axis that forms the plane in which the club will move.

The posture of the great players looks different because the complexion defines it, but they have a common denominator: an athletic posture. The back is practically straight in an athletic posture, the chin is raised, the buttocks are highlighted, the shoulders and arms are relaxed, and the knees are slightly bent.

Posture is an element of address that very few players train it. For this reason, we rarely see a player with an athletic posture.

Let's look at the postural errors related to frontal tilt and spine shape.

Common errors due to the frontal tilt of the spine are:

- The back is very inclined.



- Very vertical back.



Common errors due to the shape of the spine are:

- C- posture.

[https://www.mytpi.com/improve-my-game/swing-characteristics/c-posture\\_v2](https://www.mytpi.com/improve-my-game/swing-characteristics/c-posture_v2)



- S-posture.

[https://www.mytpi.com/improve-my-game/swing-characteristics/s-posture\\_v2](https://www.mytpi.com/improve-my-game/swing-characteristics/s-posture_v2)



Another common posture mistake related to the spine is:

- The chin close to the chest.



Golf instructors have proposed the following routines to achieve an athletic posture:

- Routine 1
  - Stand tall with your feet shoulder-width apart.
  - Extend your arms forward with the club parallel to the ground.
  - Lean your hips back, keeping your back straight until the clubhead touches the ground.
  - Bend your knees to take pressure off your legs and back.



<https://www.youtube.com/watch?v=NmvHZXw9cXE>

- Routine 2
  - Stand tall with your feet shoulder-width apart.
  - Bend your knees until you feel the weight move forward to the arch of the foot
  - Pull out the buttocks, keeping the lower back straight and the chin high.
  - Let the arms hang down, and the upper part of the arms rest lightly on the chest.
  - Take the grip.



- Routine 3
  - Stand tall with your feet shoulder-width apart.
  - Push your hips back, bending your upper body from the hips and keeping your chest high.
  - Bend your knees slightly to take the tension off your straight legs.
  - Relax your shoulders and let your arms hang down.
  - Take the grip.



Train these routines by looking in a mirror or taking a video to see if your posture is as athletic as possible.

**THE SPEED TO HOLE.** Control of distance is one of the most significant weaknesses of amateur players. In general:

- More players putt with excess softness than with excess firmness.
- More players leave their putts short.
- In long putts, players tend to leave the putt too short or long, rather than leaving it too far to the left or too far to the right.

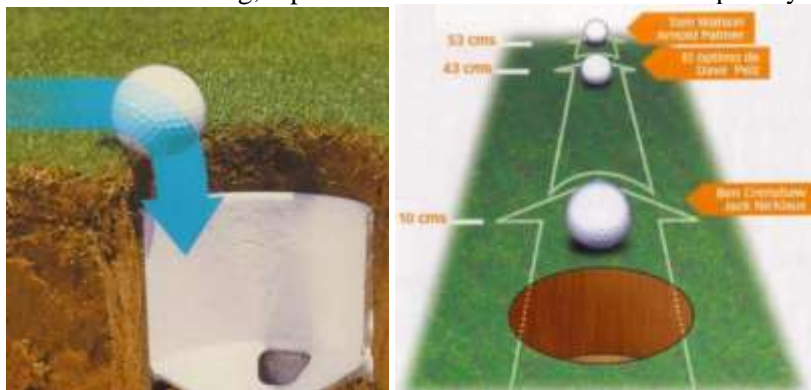
The single-speed strategy for all putts are not effective because the conditions of each putt change. Some putts are played on offense, and some putts are played on defense. Golf is a risk game.

The speed of the first putt determines how far the second will go. When considering the first putt and seeking to hole the ball, it is essential to consider where the ball will end up if it is missed. This is not negative; it is realistic.

Golf teachers differ on the correct speed to hole the ball. Based on your opinions there are three speeds to choose from:

- Topple / Die it at the hole.

In this style, the ball dies in the hole. This means that the ball reaches a speed in which it falls smoothly into the hole, or in case of not falling, it passes the hole 10 centimeters or stops very close to the hole.



<https://www.youtube.com/watch?v=-s5LEvBbY4&list=PLsYr1uC75ERgr9-eVQB96ruainhvLDSaV&index=10>

This speed is recommended in:

- Fast greens.
- On downhill putts.
- In putts with the grass in favor.
- On long putts, where making two putts is an achievement.
- In putts with too much break.

Advantages:

- The hole becomes larger because the ball, while rolling slowly, can enter the front of the hole, remain or pass to the sides of the hole, and fall, and in a putt with break, it can fall through the back of the hole.
- Players are rewarded with very few three-putts

Disadvantages:

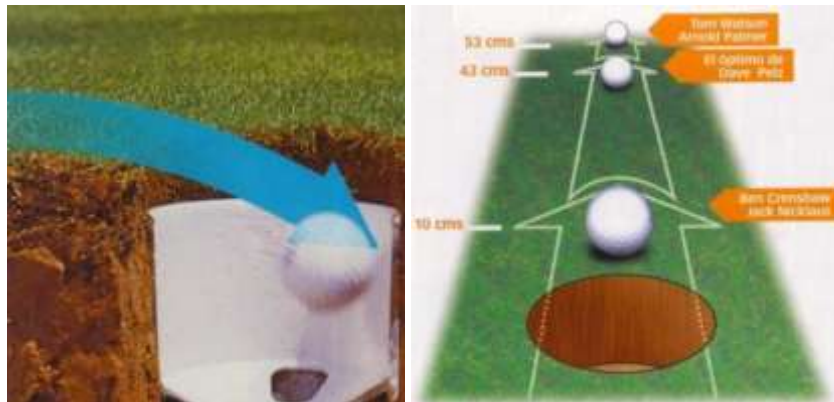
- Some putts will miss the hole and have no chance to fall.
- Some putts will go off the line.
- The ball is more susceptible to moving due to imperfections on the green.

The greater the distance, the the it strategy makes more sense.

- The Rattle / Dave Pelz Optimum.

In this style, the ball dives from the front edge of the hole and hits the cup or liner on the opposite side of the hole, continuing to hit the walls of the cup, producing a succession of short, high-pitched sounds until it reaches the bottom of the hole, hence the name rattle. It is a pleasant sound for golfers.

In the case of not hole, the ball passes the hole 17 inches. This distance is known as Dave Pelz's 17-inch rule. This is the optimal speed for most putts. Most players in their reading of the break subconsciously determine it with this speed in mind. Other teachers consider that this distance ranges from 12 to 18 inches.



This speed is recommended in:

- Straight putts with little break.
- Putts on flat surfaces.
- Short and medium distance putts.
- Any putt where the player has confidence.
- Putts under pressure where the player feels that he should hole it.

- Slam / Bold putter.

In the Slam style, the ball is hit firmly. The ball hits the back edge of the hole and sometimes bounces upward before falling into the cup of the hole. If the putt does not hole, it ends a yard or a little more after the hole.



The putt is aggressive, and the player's mentality is "never up, never in". Aggressive putters believe in the 25% theory, which says that a ball for passing the hole with a 100% probability has 25%. Staying on the left side, on the right side, and before the hole correspond to 25% each.



Firm touch decreases the amount of break, making the green easier to read.

This speed is recommended:

- On short putts with little break.
- On uphill putts where it is necessary to hole it.
- On slow greens.
- On wet greens, which have not been pruned or which have recently been aerified.
- When putting with the grass against.
- In putts where a three-putt is not a concern.

Disadvantages:

- Problems controlling the distance on fast greens.
- Greater chances of three-putts.

Improving your posture and managing a speed strategy according to the characteristics of the putt will make you a better player. **FORE.**

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[www.youtube.com/jugargolf](http://www.youtube.com/jugargolf)

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