



## Talking in the 19th Hole

### WEEKLY TRAINING 4

**THE SHOULDER TURN IN THE PUTT.** I learned to putt with a dominant hand movement in my childhood because it was the style of those years because the greens were very heavy and because practically all human beings who take the putter for the first time move it using more their wrists and hands than shoulders.

Twenty years ago, when I started working as a pro at the Vallescondido Golf Club, I kept hitting with a dominant hand movement. On the fast greens of Vallescondido, it wasn't easy to control the distance. I had to learn to putt with a dominant shoulder movement.

It is difficult to find a player who putts with a good movement of the shoulders among amateur players. I can't recall someone who impressed me for doing it so well.

There are three power sources to move the putter: the hands, the arms, and the shoulders. The use of the shoulders as the primary source of the movement is recommended. This style is called the pendulum-style stroke.

In the pendulum-style stroke, the putter moves back and forth around a stable center of rotation in the upper part of the vertebral column. The movement is generated by rocking the shoulders and muscles of the high back.

Here are some exercises to develop this movement:

- The inverted prayer. On putting address, place your hands in front of your chest as if you were praying. Immediately lower them as if you were going to putt. Swings by rocking the shoulders, maintaining the position of the hands and their relationship with the shoulders.



- The seesaw. On putting address, place a stick between the abdomen and the breastbone. Make swings by rocking the stick as if it were a seesaw.



- The lag. Lag is the head of the putter going behind the hands during the downswing and through impact. Most players lose their lag due to poor shoulder movement, which causes them to break the wrists on the impact. Imagine that the ball is level with your shins. Swing your shoulders while maintaining lag.



- The swing. In the standard address before the ball, raise the head of the putter to the height of the knees. Take three continuous swings gradually descending until you hit the ball on the forward swing of the third swing. Move the putter with your upper back muscles. As you go through the impact, you feel your hands go before the head of the putter.



- Pull and push. On the backswing, feel like you pull the putter with your right shoulder or push it with your left shoulder. Feel yourself pulling the putter with your left shoulder or pushing it off with your right shoulder on the forward swing.



- Stick to the chest. In address, hold a vertical stick with your chest and the top of your putter head. Place a towel on your chest to ease the pressure from the stick. Putts feeling how you move the putter and the stick with your upper back muscles



[https://www.youtube.com/watch?v=Esz6\\_oBFeiw&list=PL501E190124E9ECD7&index=13](https://www.youtube.com/watch?v=Esz6_oBFeiw&list=PL501E190124E9ECD7&index=13)

<https://www.youtube.com/watch?v=-AdtDBMg6dI&list=PL501E190124E9ECD7&index=14>

**THE ADDRESS IN THE BASIC SHOT OF BUNKER.** Adjustments in the address are crucial to making the basic bunker shot work. The address determines the swing and the behavior of the club when penetrating the sand.

<https://www.youtube.com/watch?v=NRIZADnOXiU&list=PLD8AF84351BA7A83A&index=3>

There are different opinions about the adjustments in the elements of the address. Let's look at those variations and decide which one suits you.

- **THE POSITION OF THE CLUB.**
  - The club is at a little more than 90 degrees concerning the target line. The hands go to the center of the body or slightly to the left of the navel, and slightly behind the ball. The club is tilted slightly from left to right from the player's view, and the club is practically in line with the sternum. I recommend it for advanced players.



- The club is at 90 degrees concerning the target line. The hands are level with the ball, and the club is straight from the player's view. I recommend it for intermediate and beginner players.



- THE DIRECTION. I recommend the face of the club open and thus in that position pointing at the target.



But some recommend:

- The face of the club is open, pointing slightly to the right of the target.



- The square face pointing at the target.



- THE GRIP.

- The normal grip for the full swing. I recommend it for beginners and intermediates.



- The weak grip. I recommend it for advanced players.



The grip pressure is soft, level 3 on a scale of 1 to 10.

Regarding the length of the grip:

- Take the normal grip. I recommend it for beginner and intermediate players.



- Choke down on the club. I recommend it for advanced players. The amount that is shortened is according to how deep the anchored feet are placed in the sand.



- **THE POSTURE.** The posture is athletic, with the shoulders and arms relaxed as in full swing, but with the following adjustments:
  - The knees are slightly more bent.
  - Bow legs.
  - Hands lower than their normal position.
  - The lateral weight is 60% on the left side.



- **THE STANCE.** The stance for foot spacing is wide, more than normal for a full swing wedge. Regarding the rotation of the feet, the right foot goes straight, and the left foot is rotated from 10 to 25 degrees.



- **THE ALIGNMENT.**
  - The normal alignment. The feet, hips, and shoulders are aligned parallel to the target line. I recommend this alignment for kids, ladies, seniors, and high handicap players.



- The open alignment. The feet, hips, and shoulders are aligned further to the left than a line parallel to the target. The left foot goes slightly back, opening the alignment 5 to 20 degrees concerning the parallel line. The open alignment is the most used, and I recommend it for intermediate and advanced players.



- THE POSITION OF THE BALL.

- Ball slightly in front of the center of the stance or slightly closer to the left foot than to the right foot. I recommend it for all players.



The following three positions I recommend for advanced players:

- Ball at heart level.



- Ball just before the left heel.



- Ball in front of the left heel.



[https://www.youtube.com/watch?v=e\\_Za6HSmDg&list=PLkNO-D-t4wcyNFA6JLrc3kb0\\_Dipt2bOa](https://www.youtube.com/watch?v=e_Za6HSmDg&list=PLkNO-D-t4wcyNFA6JLrc3kb0_Dipt2bOa)

Improving your shoulder turn on the putting stroke and building a solid address on your basic bunker shot will make you a better player. **FORE.**

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