

## Bridge Drill

1. Place the Alignment Mat on the practice green or floor with the center line of the Mat pointing at your aim point. You can align it visually, with a plumb bob or stretch a string or heavy thread.

2. Align your putter head so the sweet spot is over the long, horizontal Mat centerline and the face is square to this line.

3. Attach the T3 or any of the other Putting Arcs to the Mat using the Velcro hook pads on the bottom of the Putting Arc. Place the Putting Arc so that the centerline of the Putting Arc matches the short, vertical center line on the Mat, and the curve matches one of the curved lines on the Mat. When the curve of the Arc matches the curved line on the Mat, then the Putting Arc will be perfectly aligned. Additional hook pads are included in your Practice Kit so you can use them with any model Putting Arc you may already have. Additional Velcro pads are available at a hobby or sewing store near you.

4. Place the toe arc T4 or MS-3D on the Mat with a 1/4" to 1/2" gap between the toe of the putter and the Arc. As above, when the curve of the Arc matches the curve of the Mat and the centerlines are lined up, the Putting Arc will be perfectly aligned with your aim point.

5. Make several putting strokes keeping the heel of the putter against the heel arc. Do this by rotating your arm-shoulder triangle around your spine, as shown in the original Putting Arc videos at [www.thePuttingArc.com](http://www.thePuttingArc.com). You are trying to move the putter straight back and through on an inclined plane and not consciously moving it in an arc or manipulating the face with your hands.

6. Finally, make several strokes with the toe touching the top toe arc, then try to make the same stroke between both arcs, without touching either.

7. Do the Bridge Drill with and without a ball, and when you can make a pure, non-manipulative stroke and keep between the Arcs, move on to the Distance Control Drill and do it at least once every day. It may be the only putting drill you will ever need.

## Distance Control Drill

**Putting Surface** – This drill can be done on the practice green at your golf course but it is most effective if you can set up a dedicated practice area in your home, where it is easy and efficient to do this drill EVERY day.

The secret to good indoor practice is finding a putting track whose speed is similar to the greens you will be normally putting. Ideally this track should be 12" to 16" wide by 16' to 18' long, so you can practice a full range of putts from 3' to 15' in length.

Some of your options for this surface are:

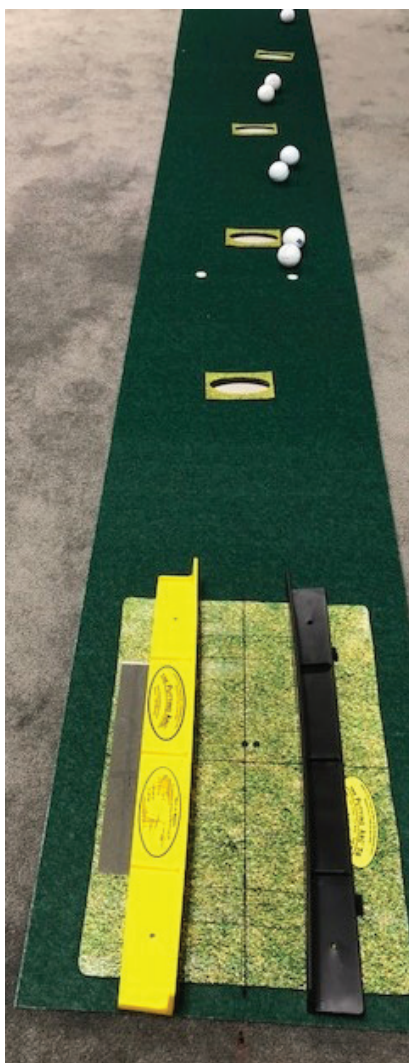
\*A SKLZ Varibreak Putting Course ([Amazon.com](http://Amazon.com)) Cut in half into two 16" x 8' pieces. (11 1/2 Stimp)

\*Putt-A-Bout Golf Putting Mat ([Amazon.com](http://Amazon.com)) Use full size or cut into two 18" x 11' pieces (10 Stimp)

\*A low nap home or motel carpet (Stimp in picture - 8 1/2) - (According to legend, Ben Hogan would always stay at cheap motels because they had threadbare carpets that were perfect for his putting practice).

Pictures of some of these various putting surfaces are shown here →

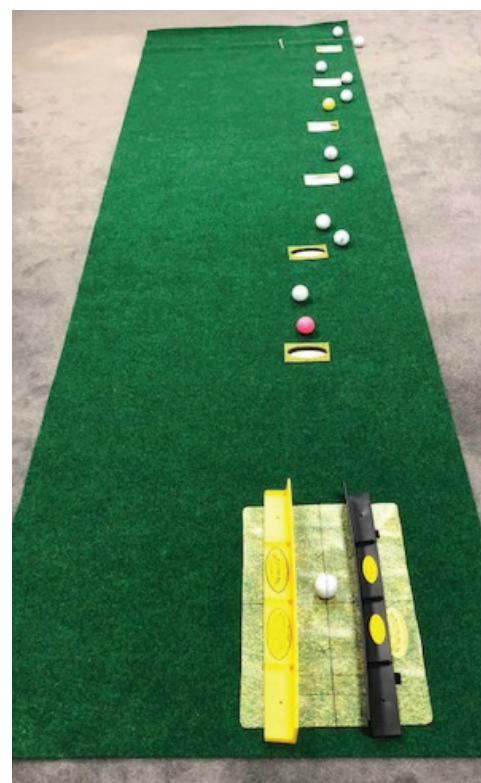
Note: The putting carpet is not included.



SKLZ Putting Track 16" x 16' and Distance Control Drill



Motel Carpet And Distance Control Drill



Putt-A-Bout Putting Track 3' x 11' and Distance Control Drill