METRONOME PUTTING

Find a steady rhythm

1 SET THE BEAT

Start around 60 beats per minute. Choose a level short putt. Keep the beat comfortable.



2 REHEARSE NINE STROKES

Start back on one beat. Move forwards on the next. Make nine unhurried practice strokes.



3 ROLL NINE PUTTS

Keep the same rhythm. Change stroke length for distance. Record 18 attempts: nine rehearsals and nine putts.



18 attempts · Note smoothness and pace

GolfPracticePlans.co.uk

Practise smart. Track your practice on your phone. See page 2.

Your 18-attempt practice record

Metronome Putting: Find a Steady Rhythm

Complete nine rehearsals without a ball and nine putts. Count each completed attempt once, and note how the rhythm and pace felt.

Date: _____ **Location:** _____ **Beat (BPM):** _____

1 **Set a comfortable beat**

Choose a level short putt. Start around 60 beats per minute and use a beat that feels unhurried.

2 **Rehearse nine strokes**

Without a ball, start the backswing on one beat and move forwards on the next. Keep the stroke flowing.

3 **Roll nine putts**

Use the same rhythm with a ball. Adjust stroke length for distance, then record completed attempts and your observations.

Tick one box for each completed attempt.

Nine rehearsals plus nine putts = 18 completed attempts. Note quality separately.

ATTEMPT	1	2	3	4	5	6	7	8	9	TOTAL
Rehearsals										/ 9
Putts										/ 9

Same comfortable beat for the rehearsals and putts.

COMPLETED: ___ / 18

What did you notice?

Rhythm felt: _____

Pace felt: _____

Practise smart. Track your progress.

Swap pen and paper for your phone. Record your practice in the Golf Practice Made Fun App and track your progress over time.

Explore the App

Already a member? Save today's practice in the App.

Scan to explore

Read the full guide Watch the demonstration