EYES ON THE HOLE

Compare your putting pace

1 START AT THREE FEET

Look at the hole throughout the stroke. Move back only when comfortable.



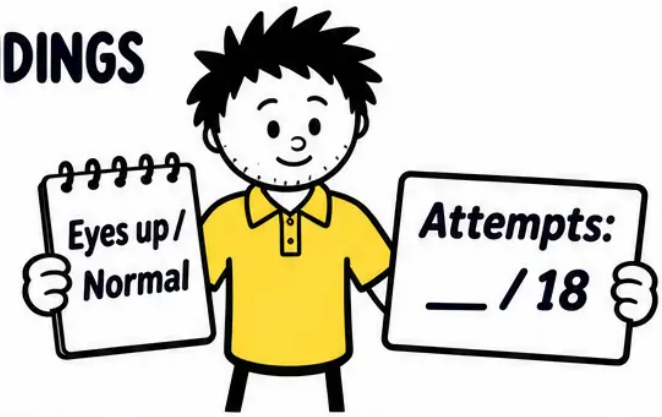
2 COMPARE BOTH ROUTINES

Play nine eyes-up putts. Play nine with your normal routine.



3 RECORD YOUR FINDINGS

Note finish distance and strike for both. Complete 18 attempts in total.



Nine putts each way

GolfPracticePlans.co.uk

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

Your putting comparison

Eyes on the Hole: Compare Your Putting Pace

Compare nine putts while looking at the hole and nine using your normal routine. Record completed attempts, finish distance and the feel of the strike.

Date: _____ **Location:** _____ **Distance:** _____

1. **Start at three feet**

   Take your normal setup, then look at the hole throughout the stroke. Move back only when the eyes-up stroke feels comfortable.

2. **Compare both routines**

   Play nine eyes-up putts and nine with your normal routine. Use matching starting positions and the same target.

3. **Record the difference**

   Count all 18 attempts. Note finishing distance and contact for each group, then compare the consistency of the pace.

Tick one box for each completed putt.

A missed putt still counts as an attempt. There are no extra points for holing a putt.

PUTT	1	2	3	4	5	6	7	8	9	TOTAL
Eyes up										/ 9
Normal										/ 9

Same distance and target for the two routines.

COMPLETED: ___ / 18

What did you notice?

Eyes-up finish / strike: _____

Normal finish / strike: _____

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