

The Ladder Drill

Speed control is a crucial piece of the putting puzzle, yet most golfers fail to work on their speed control when they step onto the practice green. By using the ladder drill, you can quickly and easily work on your ability to control exact how far the ball rolls with each stroke. To use this drill during your next putting practice sessions, follow the instructions below –

1. Set five golf balls down on the putting green and find a relatively flat stretch of the green to use for the drill. You should be about 30' away from the hole you are going to use as your target.
2. Walk up toward the hole and place a tee in the ground approximately 10' short of the hole itself (so the tee will be about 20' away from where you are putting).
3. With your first putt, the goal is to roll the ball just barely past the tee, but well short of the cup. If you are able to roll the ball past the tee, you move on to the next ball. With this second ball, you need to roll your putt past the first ball, but again short of the hole.
4. This process continues with all five balls. The goal with each putt is the same – to hit the current putt farther than the previous putt, but still short of the cup. If you are able to work through all five balls successfully, you will know you have done an excellent job of speed control.

Of course, you can certainly use this drill in reverse by hitting your putts shorter and shorter each time. The idea here is that you learn how to take speed off or put speed on to your putts just by making minor variations to your stroke. If this drill becomes a regular part of your practice routine, you should quickly notice that your ability to hit putts with the proper speed on the course improves dramatically.

