



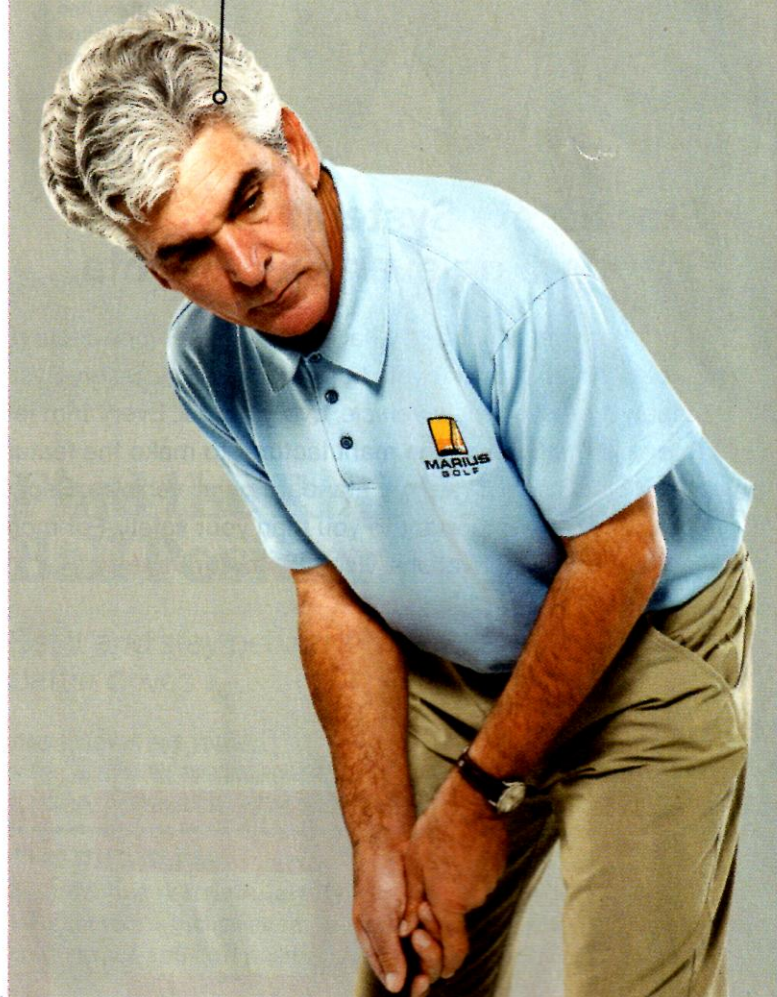
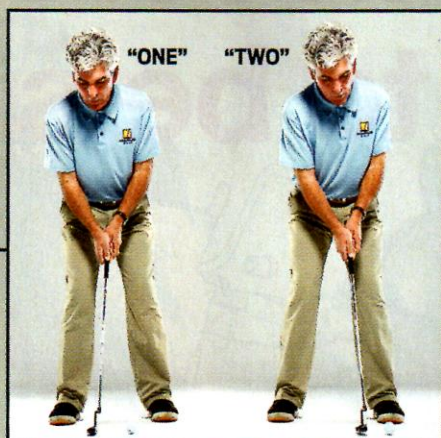
MAKE THE PUTT

with Marius Filmalter, *Marius Golf*, Dallas, Tex., www.mariusgolf.com



NERVE BUSTER

Hum a tune in your head during your stroke to create better pace and fight tension.



PHOTOGRAPHY: ANGUS MURRAY

The Instant Stroke-Smoother

Fight nerves with better tempo

THIS STORY IS FOR YOU IF...

1. YOU GET NERVOUS WHEN YOU PUTT.
2. YOUR STROKE ISN'T SMOOTH.

THE SITUATION

You have a tough three-footer to save par and you're shaking in your spikes like a leaf in a hurricane. I understand—it's easy to get nervous on the putting green. After all, your score on every hole boils down to how good you are at getting that little white ball into that little round cup. However, you can't allow even the slightest bit of tension to enter your stroke, otherwise you'll accelerate or decelerate into the ball, both of which make it nearly impossible for you to control speed and direction.

THE SOLUTION

The best way to alleviate tension when you putt is actually a simple one: smooth out your tempo. One of the most common mistakes I see amateurs make is a jab stroke that goes back slowly and then jerks forward into the ball in a sudden burst. You might not feel it in your motion, but trust me: it's there. Smoothing out the overall pace of your stroke eliminates jabbing as if by magic and, more important, starts to give you confidence in your technique. Soon enough, that confidence kicks tension—and the stroke errors that come with it—straight to the curb.

TRY THIS: MY PRE-PUTT TEMPO DRILL

I actually learned this from one of the best putters of his generation, Brad Faxon. The next time you go to the practice green, try humming or whistling during your backstroke and forward-stroke. The tune should be "one-two," like a metronome. Your goal is to match the movement of your stroke to the rhythm of the tune so that it takes on a steady, smooth tempo. Don't try to "hit" the ball. Instead, feel like your putter is floating backward and then forward at the same smooth rate.

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Watch a video of this lesson and learn more about the game's premier putting expert, Marius Filmalter.