

# The Lost Art of Putting: Rediscover the Secrets to Mastering the Green

: Embark on a Journey to Putting Mastery



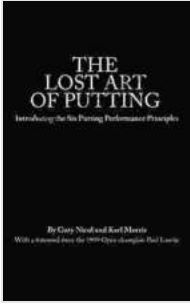
Putting, the delicate art of guiding the golf ball into the cup, is often overlooked despite its critical role in overall golf performance. In his groundbreaking book, renowned golf instructor Dave Pelz delves into the lost secrets of putting, empowering golfers to transform their game and conquer the greens.

## The Lost Art of Putting: Introducing the Six Putting Performance Principles (The Lost Art of Golf Book 1)

by Gary Nicol

★★★★☆ 4.5 out of 5

Language : English



File size	: 702 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
Word Wise	: Enabled
Print length	: 124 pages
Lending	: Enabled



'The Lost Art of Putting' is a comprehensive guide that unravels the science behind putting, providing a deep understanding of the biomechanics, physics, and psychology involved. Pelz meticulously analyzes every aspect of the putting stroke, from grip to stance to tempo. Through detailed instruction and expert insights, Pelz empowers golfers to optimize their technique and gain a competitive edge.

## **Section 1: Understanding the Science of Putting**

### **Unveiling the Physics and Biomechanics**

Pelz begins by delving into the science of putting, demystifying the complex interplay of forces that affect the ball's trajectory and speed. He explains the role of gravity, friction, and clubface impact, equipping golfers with a fundamental understanding of the physics involved. Additionally, Pelz analyzes the biomechanics of the putting stroke, identifying the key muscle groups and movements that contribute to accuracy and consistency.

### **Mastering the Mental Game**

Putting is not solely about technique; it also requires a strong mental game. Pelz emphasizes the importance of focus, concentration, and visualization. He provides practical strategies for golfers to overcome mental obstacles

and maintain composure under pressure. By mastering the mental aspects of putting, golfers can enhance their confidence and maximize their performance on the greens.

## **Section 2: Perfecting Your Putting Technique**

### **Developing the Ideal Grip and Stance**



Pelz guides golfers in developing a solid grip and stance that provide stability, control, and consistency. He explores the different grip styles, their advantages, and how to find the grip that best suits your individual anatomy. Additionally, Pelz emphasizes the importance of a balanced and stable stance to ensure proper weight distribution and accuracy.

## **The Art of the Pendulum Stroke**

The pendulum stroke is the foundation of effective putting. Pelz breaks down the pendulum stroke into its key components, explaining how to develop a smooth, fluid motion that generates consistent speed and direction. He provides drills and exercises to help golfers master the pendulum stroke and improve their accuracy and distance control.

## **Section 3: Mastering Green Reading and Slope Analysis**

### **Decoding the Topography of the Green**

Green reading is an essential skill for putting success. Pelz teaches golfers how to analyze the contours and slopes of the green, identify potential breaks, and determine the appropriate putting line. He provides detailed illustrations and diagrams to help golfers visualize the ball's path and make informed decisions.

### **Adjusting for Break and Distance**

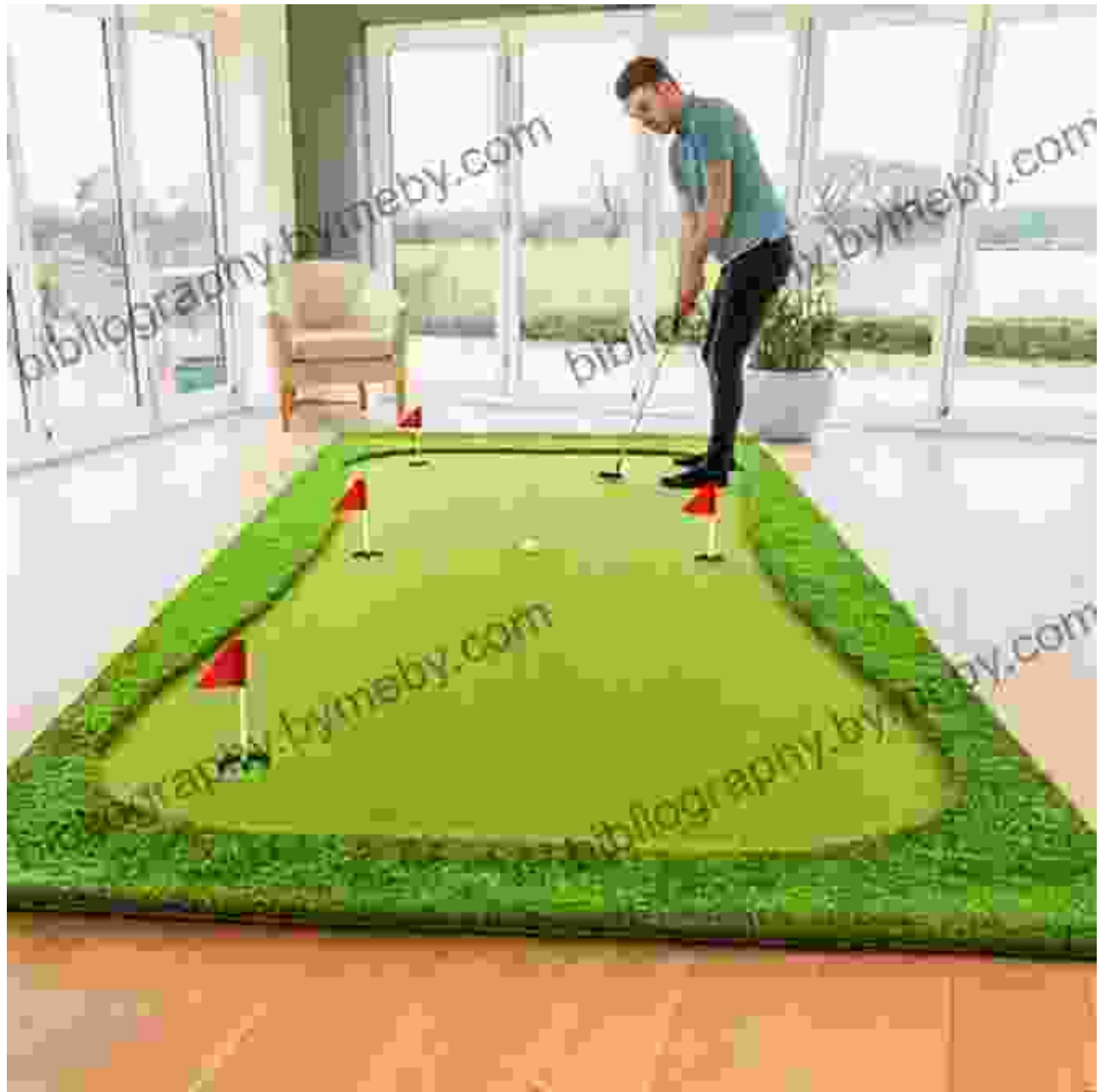
Once the green has been read, golfers need to adjust their putting stroke to account for any breaks or slopes. Pelz explains how to visualize the ball's path, compensate for the curvature, and make accurate adjustments to the direction and speed of the stroke. By mastering the art of green reading and slope analysis, golfers can dramatically improve their putting accuracy and reduce the number of putts per round.

## **Section 4: Practice and Fine-Tuning**

### **Creating an Effective Practice Routine**

Consistent practice is crucial for putting improvement. Pelz outlines a comprehensive practice routine that covers all aspects of putting, from grip to stroke to green reading. He provides drills and exercises tailored to specific skill development, allowing golfers to focus on areas needing improvement.

### **Fine-Tuning for Precision**

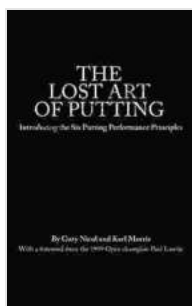


Once a solid foundation has been established, golfers can fine-tune their technique to achieve even greater precision. Pelz shares advanced drills and exercises that challenge golfers to refine their stroke, improve their consistency, and develop a repeatable putting routine. By continuously fine-tuning their technique, golfers can unlock their full putting potential and shave strokes off their scores.

## : Embracing the Lost Art

'The Lost Art of Putting' is an invaluable resource for golfers of all skill levels. Dave Pelz's extensive research and expert insights provide a comprehensive roadmap for golfers to rediscover the secrets of putting and elevate their game to new heights. By understanding the science, perfecting their technique, and mastering green reading, golfers can transform their putting performance and become formidable opponents on the greens.

Embrace the lost art of putting, unlock your potential, and conquer the greens with confidence. 'The Lost Art of Putting' is your indispensable guide to mastering the green and achieving putting excellence.



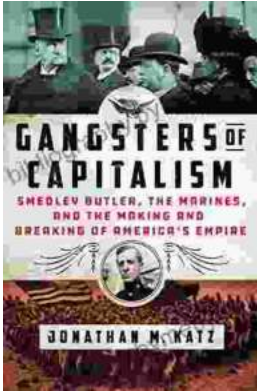
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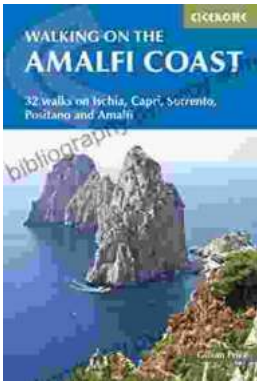
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