

## PUT YOUR PUTTING ROUTINE ON AUTO PILOT

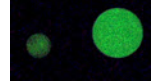
# GLOW IN THE DARK

## PUTTING TRAINER

**WHY GLOW PUTT TRAINING?** My obsession with this little “game within a game” began in the early 50’s. Before I ever started playing, I caddied. One of my regular customers putted between his legs, croquet style, with a home made brass putter. He was, by far, the best putter I ever saw. I made one myself and began playing using the technique and switched to an even better method of “sidesaddle” after croquet was banned in the 60’s. Since then, I have taught hundreds of sidesaddle and currently have a web site devoted to the method. The one thing that makes putting so frustrating is having so many things to concentrate on when the brain is only able to focus on one at a time. All the gimmicks and instruction out there have not improved the average player’s putting stats one bit. I started experimenting with this glow idea and quickly found that it produced such a tangible image in my mind that not only eliminated everything from sight not associated with the putt but actually seem to burn them into my mind’s eye that I could easily recall and project it onto real putts. All I see is a template of the glowing alignment markings, face, ball at the sweet spot and the target... nothing else... every putt looks the same no distractions. It’s so much easier to set up over a putt without any doubts and already know how to make it. I don’t even have to take a practice stroke.



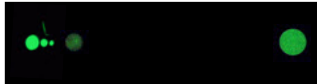
### GLOW STUFF



Expose glow items you’re going to use to bright lights for 10 to 20 minutes (Rotate ball once or twice to expose all sides. Cut pieces of glow tape to outline or highlight alignment features of putter head. For round patterns use stamp pad of coin, lid, etc.) Remove when done. Reapply next time



Use a drop of cooking or baby oil on scissors



### BURNING IN THE IMAGE

In a dark area, setup putting cup or target a few feet away from ball. Allow a few minutes for your eyes to adjust.

Place the sweet spot of the putter head behind the ball normally. Align the putter image to the target. Fix your gaze on the glowing ball and putter and snap a mental picture.

As you stroke the putts, continue to focus on the images you see.

When you are on the green, set up to the ball, close your eyes and recall the vivid images in your mind. Open your eyes and mentally project the template onto the sweet spot, ball and target.

This technique will allow you to concentrate only on the elements that effect the putt and virtually eliminate distractions

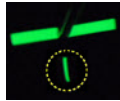
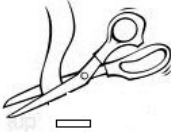
Make a glow putting cup by bending a glow stick in a circle and push the ends into a connector.



If you have a ball return, use putty to affix the glow cup to as shown.

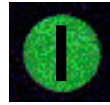
## **MORE GLOW STUFF**

### **2 WAYS TO FOCUS ON LINED BALLS**



To work with a lined glow ball, use a marker for the line or cut a narrow piece of opaque tape and affix as shown.

To work with a regular, lined ball, cut a narrow strip off the end of the glow tape and affix it to the ball as shown. Cover with clear nail polish for permanence.



### **HOW TO USE THE REUSABLE PUTTY**

Pinch a small piece of putty and roll into a ball. Flatten into a pancake shape. Press firmly onto objects.



### **NAIL THE SWEET SPOT**

Use putty to affix glow beads or extra laser heads to putter face as shown. This drill will reduce miss hits. Can be use in dark or light alone or in combination with other drills.



### **KEEP THE STROKE SQUARE**

Activate a glow stick by gently bending in the middle until the glass liner breaks. Run your thumb along the tube to break all the compartments. Shake from one end to mix the solution.



Press a ball of putty on heel and toe of putter head. Press the center of a glowing stick to each ball at a right angle to the putter face and parallel the the ground as shown. Easy to adjust the angle from here.

Putt balls while observing the path of the sticks in relation to the target line. Vividly shows outside-in, inside-out swing path and head twisting during stroke.



Another option is to press a ball of putty one of the spool and a flattened putty ball to the other Press flattened putty end to The center of putter head. Press a glowing stick onto the putty ball on top pointing at a right angle to the face (as shown) spool riser making sure the stick is at a right angle to the face.

**NOTE: Save used glow sticks. This drill can be used in light**



# THE ELUSIVE PUTTING ROUTINE AND WHAT IT SHOULD DO *TAKING VISUALIZATION TO ANOTHER LEVEL*



A consistent, repeatable series of actions prior to stroking a putt should reduce mental tension and minimize distractions. A crucial element of a routine is getting the line and pace while insuring your putter face is square. This part does not lend itself to consistence and repeatability since every putt is different. We all know how important visualization prior to a golf stroke is. If you could already have a vivid image of all the components required already in place embedded in your minds eye... line, ball, squared face, sweet spot and target excluding everything else, you can proceed with your routine. Once you are over the ball, simply visualize your imbedded setup image and mentally project it onto the real image in front of you. Without hesitation you can now run your embedded movie stroke image and copy it..

## EMBEDDING THE SETUP IMAGE



Set up with your glow putter and ball with the cup about 2 or 3 feet away. Focus only on making the putt until you are confident you are consistently squaring the face to the line every time. Increase the distance a few feet and repeat the above until you are consistently making 90%+ or more from 10 - 12 feet. You should now know what a perfectly aligned setup looks like in a glowing template. Stare at this image. Close your eyes and imagine it. Open your eyes and stare again. Close and imagine again. Repeat until every time you close your eyes it appears without effort. You now have something to rely on that takes the pesky left brain distractions totally out of the picture. Your setup and alignment becomes intuitive.

## EMBEDDING THE STROKE IMAGE

Now we are going to make a little movie of the perfect stroke by setting up as above and without moving your head, close your eyes briefly and then open them to stroke the putt. With your head still, stroke and observe the motion. Repeat until you can run this little movie in your head at will and without effort as above. Just close your eyes after the setup, Open them and run the movie then copy the movie with your stroke. You now have two tangible tools that will allow you to have unshakeable confidence during the entire routine. All outside distractions, doubts, indecisions and left brain interference are no longer a factor and you just let the stroke happen.

**THE PROCESS:** Find your line. Set up over the putt. Sole the putter. Visualize your setup image and project it onto the green, ball and line. Square up the putter face to it. Close and open your eyes and run the stroke movie. With no hesitation or practice strokes, copy the movie with the stroke.

***YOU HAVE PUT YOUR PUTTING ROUTINE ON AUTO PILOT***

**PARTS LIST, PRICES AND LOCATIONS**

GLOW PAINT: very bright for beads/balls <http://glowinc.com/> \$10.99 ½ oz.

Caution: Don't use paint that requires a black light

GLOW TAPE: Reuseable Super bright 24 hr Google for many from \$10-\$40

Caution: Uglu tape from Home Depot not to bright \$7.95

GLOW STICKS: Google for many dealers and ebay \$7 +

MOUNTING PUTTY: Stationary stores and office supply: \$2-\$5

GLOW-IN-THE-DARK

GOLF BALLS: <http://www.nightflyer.com/> Google for many

or some pro shops \$3-\$5 ea.

GLOW-IN-THE-DARK CUP: Can't get these elsewhere except this \$50 kit.

[http://www.golfersdream.com/holiday\\_gift\\_guide\\_practice\\_aids1.htm](http://www.golfersdream.com/holiday_gift_guide_practice_aids1.htm)

GLOWSTICK RISER: Use small or ½ wine cork, small thread spool etc.

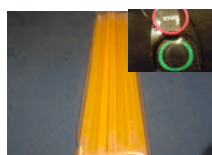
**ONE STOP SHOP AND SAVE \$\$\$\$\$**



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