



Basic Work Sheet



Metrics - Posture and Set-UP - Zero - 3 foot Putts

Date: _____

	Rating	Posture - Position			
	1 to 7	Hole Size	Number of Putts	Made putts	ratio %
1. Selecting a putter	5	3"	10	8	80%
Remarks: Example - Straight back or Arc swing					
2. Eye position -	1	4"	15	12	80%
Remarks: Example - Over the ball vs. behind the ball					
3. Ball position -	2	3"	10	9	90%
Remarks: Place ball to have 4 degree of loft					
4. Continue stroke to the target	7	4"	10	8	80%
Remarks: Example - square putter to putt-line					
5. Sinking Arm and putter at same speed	6	4"	10	8	80%
Remarks: Example - hands continuuig through the putt					
6. Square up putter face	3	4"	10	7	70%
Remarks: Example - strenghten your grip					
7. Forward Press	4	4"	10	8	80%
Remarks: Example - moving the hands forward					
Total for Posture and set-up score			75	60	80%