

"Quiet Eye" Putting Method

Instructions:

1. Stand with legs hip width apart. Focus on the back of the ball.
2. Relax your shoulders and arms. Keep your head still.
3. While keeping your head still, look at the target for 2-3 seconds and take a deep breath.
4. Shift your gaze to the back of the ball. Hold for 2-3 seconds. Keep head as still as possible during this time.
5. Hit the ball. Do not look at the club head or shaft as you swing.
6. Keep your gaze where it is. Do not follow the ball after hitting it.