

The ZGA Putting School

The Zone Golf (ZGA) putting system was developed with the advice of Tom Pernice Jr, James Seickmann, Dr Craig Farnsworth, Dave Pelz, Dr. Joe Parent, Dr. Bob Rotella, and 20 books on putting as well as 5 general golf books that include some solid putting considerations.

In addition, we use the high-tech SAM PuttLab system (which graphically displays 28 parameters of the putting stroke) and 75 putting aids, as needed.

The four main components of putting performance are:

1. Mechanics
2. Distance Control
3. Mental Game of Putting
4. Green Reading

1. The Mechanics

The first thing that is done is to observe the student putt a few balls without a lot of thought about mechanics, line, or whether or not the ball goes in the hole. A relatively straight putt of about 15 feet is selected. A string line is set up to help identify putter path and putter face angle. Face angle is 83% of direction, but the putter path can contribute to a bad face angle.

Video is taken from above the target line and again from a face-on perspective to evaluate the students putting mechanics. The first-order set of refinements can be generated from these videos. A few videos will be selected from PGA Tour putter database to illustrate the model stroke.

We use the 'modern' putting stroke as the model stroke - one used by 90% of the current PGA Tour players. Old school putting style might have irregular body lines, putter path irregularities, a 'hit' in the stroke, inconsistent body movements, and peculiar setup/posture.

The ZGA has developed a comprehensive checklist that identifies 35 characteristics of the putting stroke. This checklist is an easy way to identify what exactly needs to be refined for the golfer to improve his golf mechanics. Usually, just a few things need to be refined.

With the checklist, no flaw will go unnoticed. Then a written prescription is generated and given to the student on what needs to be refined and the order of refinement.

Once the setup has been perfected and the body movements minimized, then the golfer is ready to use the SAM Puttlab system to display the 28 parameters of the putting stroke, the purity of the stroke, and the critical consistency percentage of the stroke over 10 or 20 putts. These precise measurements and displays can then be compared to the measurements and displays of current PGA Tour touring pros professionals. See an attached printout of Loren Robert's results.

Included in the SAM PuttLab system is a practice mode where you can get instantaneous feedback of the strengths and weaknesses of your current stroke. You can make corrections and iteratively 'test' your stroke again.

Several touring pros use this exact putting system to refine their strokes. Tiger owns two of the systems.

2. Distance Control.

It is best to develop distance control (or speed control) on the exact greens that you are going to compete on in the near future. Gaining distance or speed control is an experiential thing. And it is best to experience the matching of the stroke size to distance on that particular green by using the ZGA distance control putting drills.

3. Mental Game of Putting

Given basic putting fundamentals/mechanics, your mental game of putting drives your putting and golfing success.

I believe that my friend, Dr. Joe Parent (of "Zen Golf", "Zen Putting", and "How to Make Every Putt") has the best handle on the mental game of putting. He has immensely helped my putting.

ZGA's putting system uses mental game concepts from Dr. Parent, Dr. Bob Rotella, Dr. Patrick Cohn, and James Seickmann as well as concepts empirically developed by Lee Woodard.

This putting system is defined in the ZGA's Putting booklet.

4. Green Reading

Great amateur golfers are great green readers. It is a learned discipline- anybody can learn to read greens like the pros.

The ZGA teaches two green-reading systems:

1. James Seickmann's system used by Faxon, Pernice, Wi, Chappel, and others.
2. Aimpoint Express.

Both green-reading systems have specific benefits. You can learn both and decide which is best for you.

In addition to the four components described above, the ZGA Putting School presents various putting considerations, concepts, and guidelines.

The ZGA Putting School will include 3 hours of work on the practice green and a nine-hole playing lesson with all or mostly par-3s.

Cost is \$400 for an individual (one-on-one) school. You will get a putting checklist, a mental game of putting checklist, a video of the model putting stroke vs your stroke, and the ZGA Putting booklet.

It is best to schedule the 4 sessions one week apart. The overload of an entire school in one day never works.



SAM PuttLab Extended Reports

Project

Name: Tour Players - Champion's
Description:

Session

Name: 19.06.2006_02
Description: imported from older version
Date: 19.06.2006

Player

Name: Roberts, Loren
Born: -
Hand: right
Handicap: -
Playing since: -

File

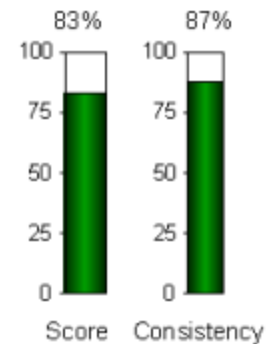
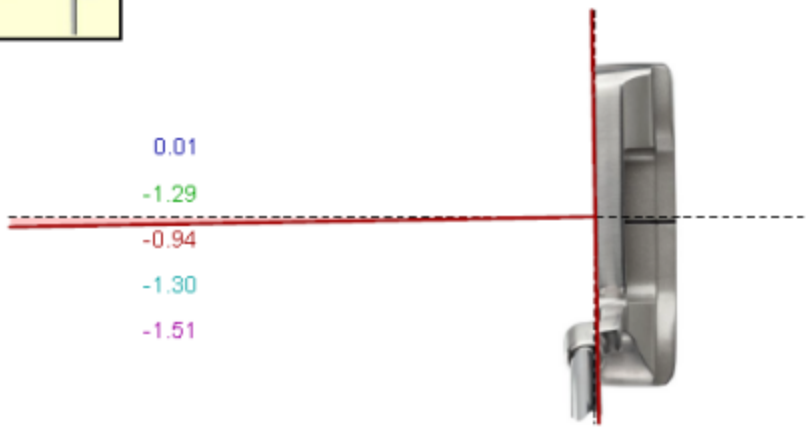
Name: 19.06.2006_02
Description: imported from older version
Date: 1.7.2008
Putts: 5

Technique	Timing	Consistency	Overall Rating
82.9%	68.5%	87.2%	81.4%

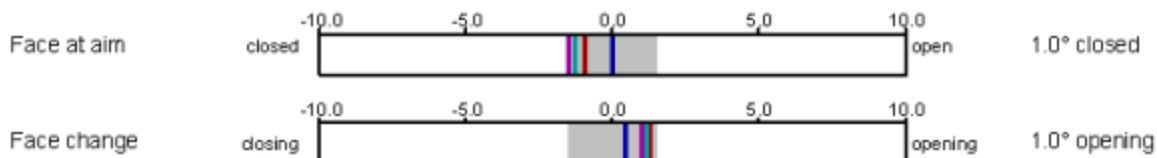
Aiming Report



Face Aim



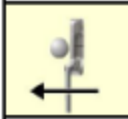
closed 1.0°



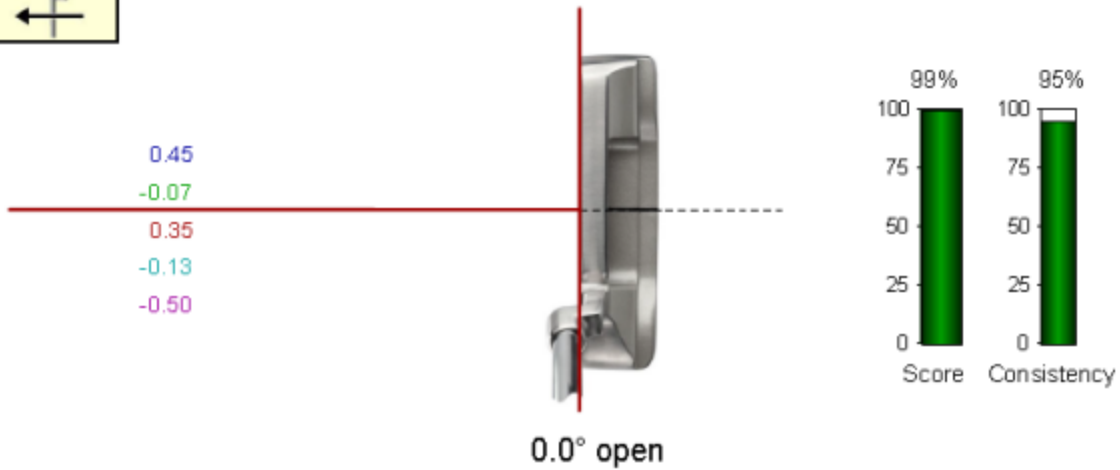


Project: Tour Players - Champion's
Player: Roberts, Loren
File: 19.06.2006_02
Date: 1.7.2008

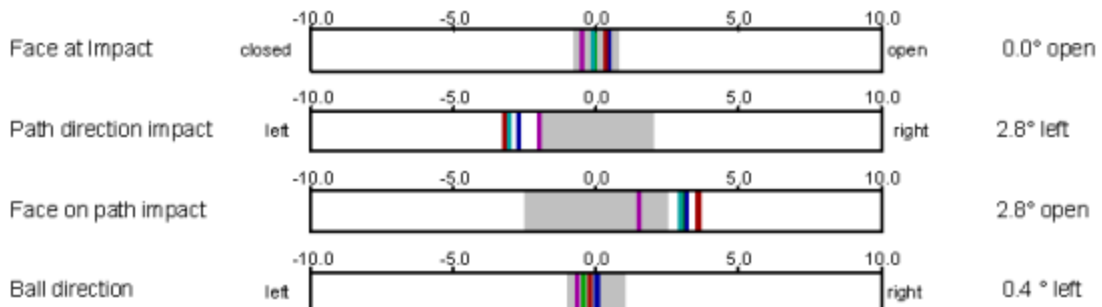
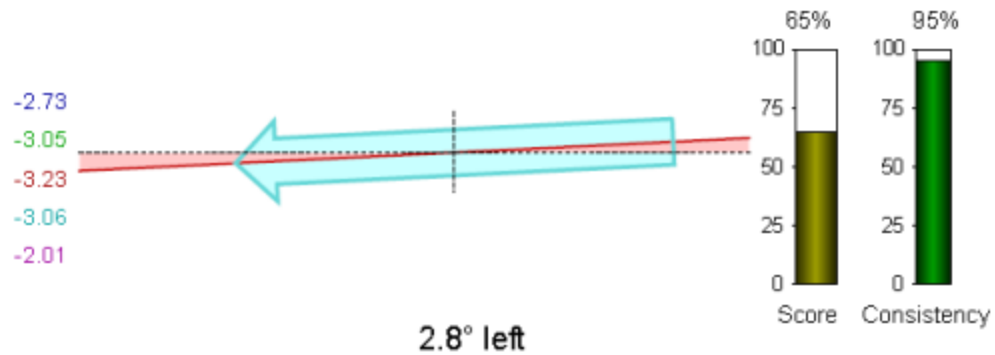
Direction



Face at impact



Path at impact





SAM PuttLab

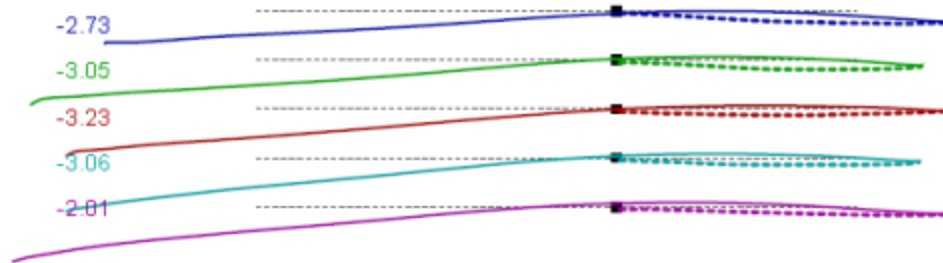
...the reference in
putt training

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Path & Spot



Top view

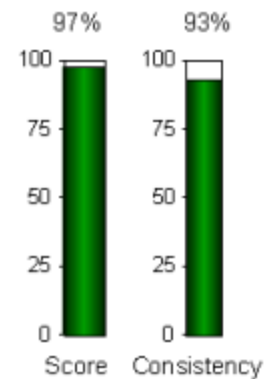
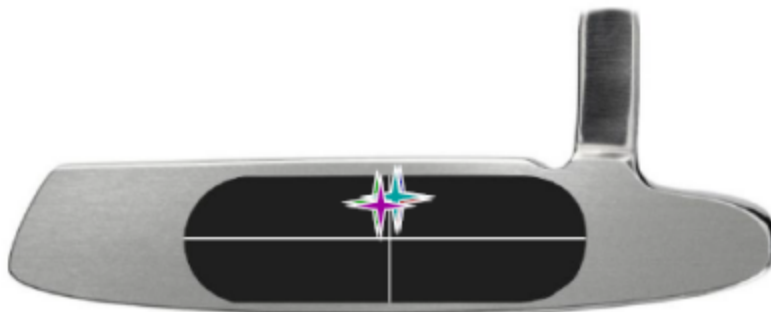


100 mm

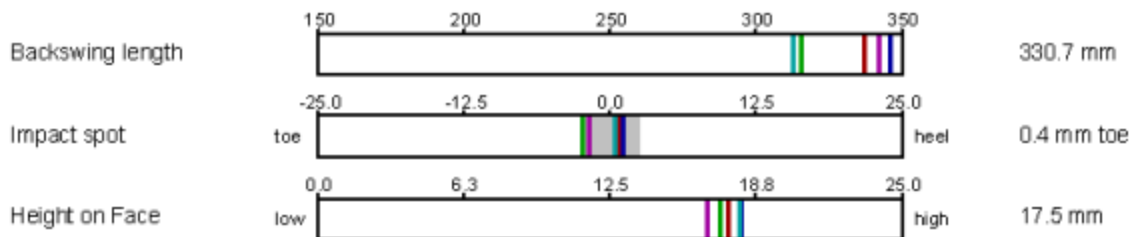
2.8° left

Impact spot

1.13
-2.36
0.69
0.43
-1.77



0.4 mm toe





SAM PuttLab
...the reference in
putt training

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Sports**

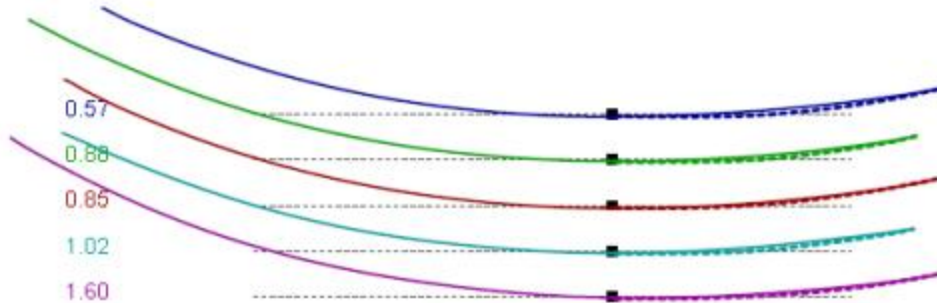
www.scienceandmotion.com

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Loft & Rise



Side view



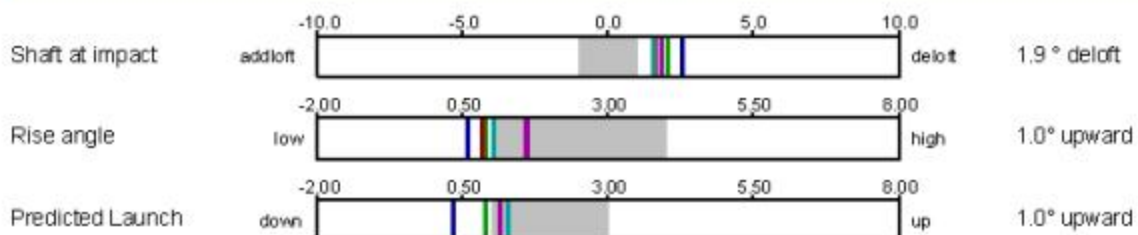
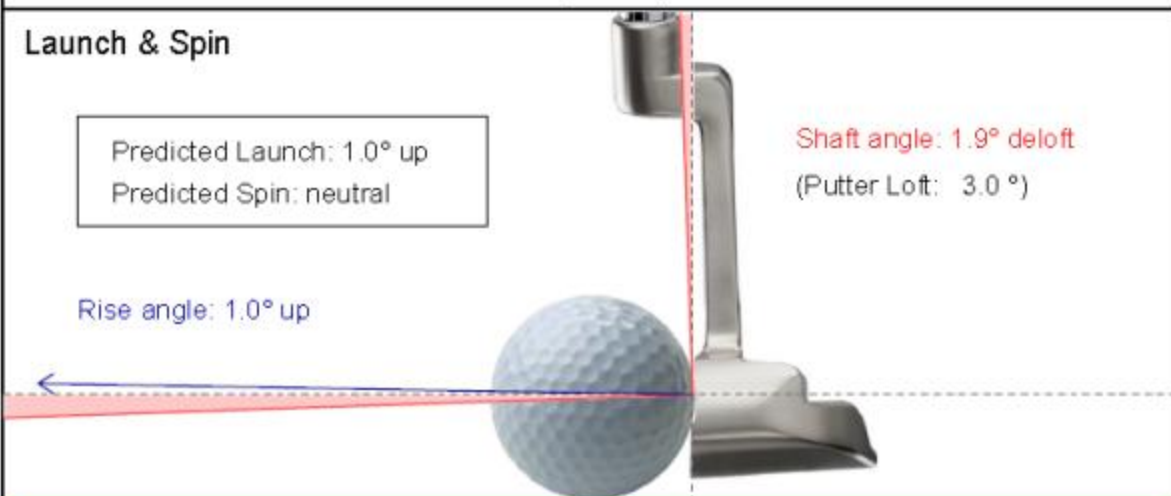
1.0° up at impact

Launch & Spin

Predicted Launch: 1.0° up
Predicted Spin: neutral

Shaft angle: 1.9° deloft
(Putter Loft: 3.0°)

Rise angle: 1.0° up





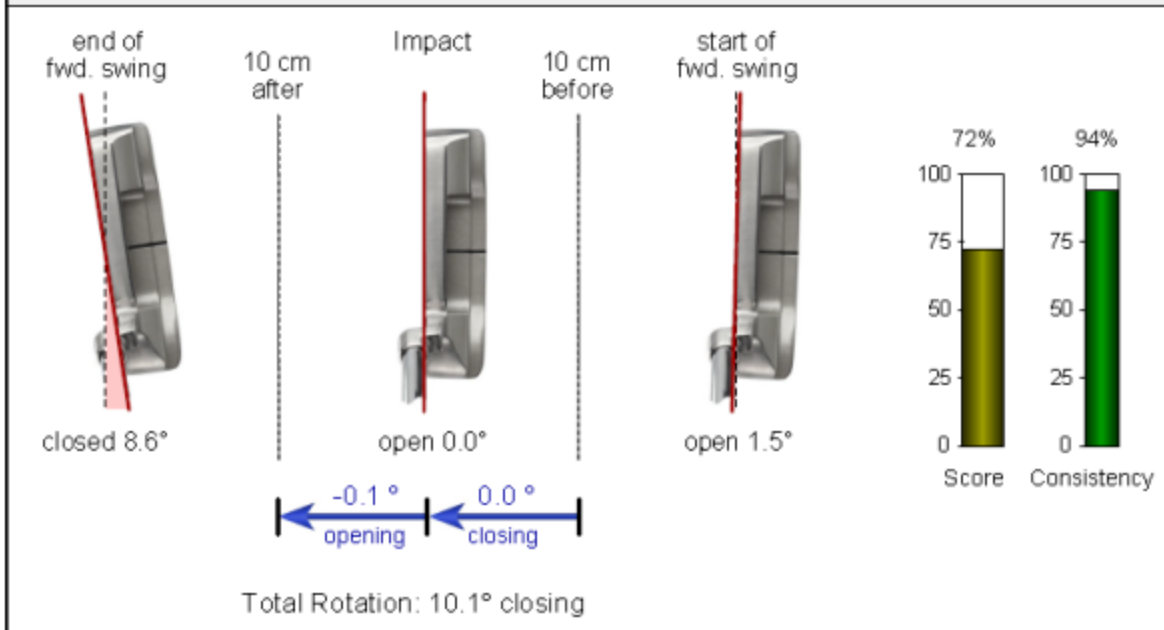
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Sports**

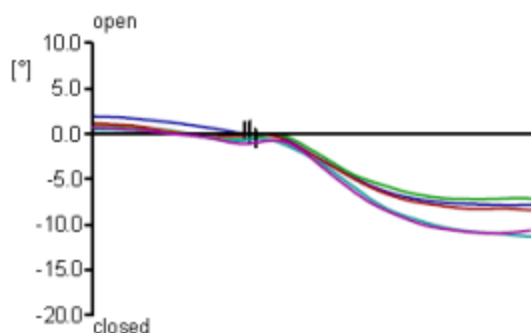
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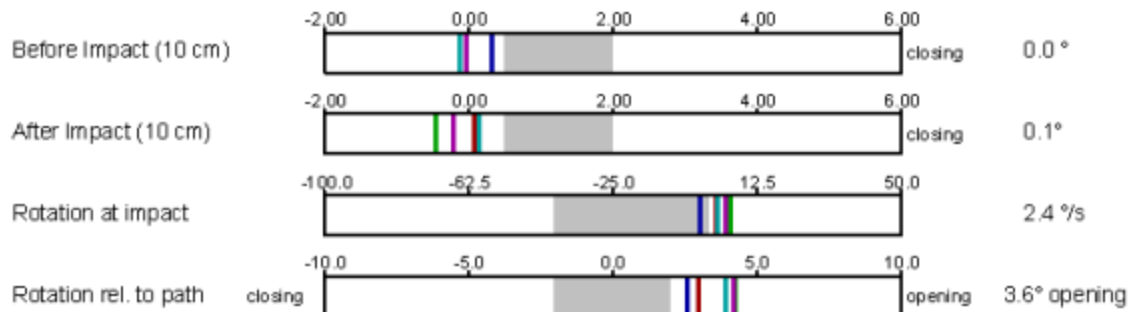
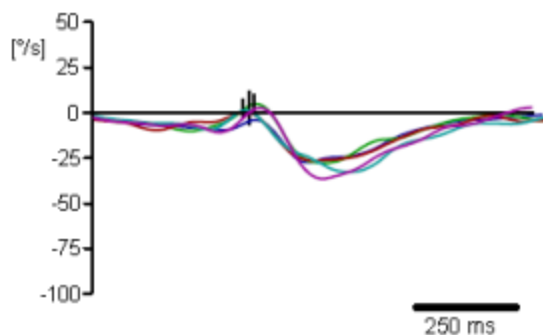
Face Rotation



Face Angle



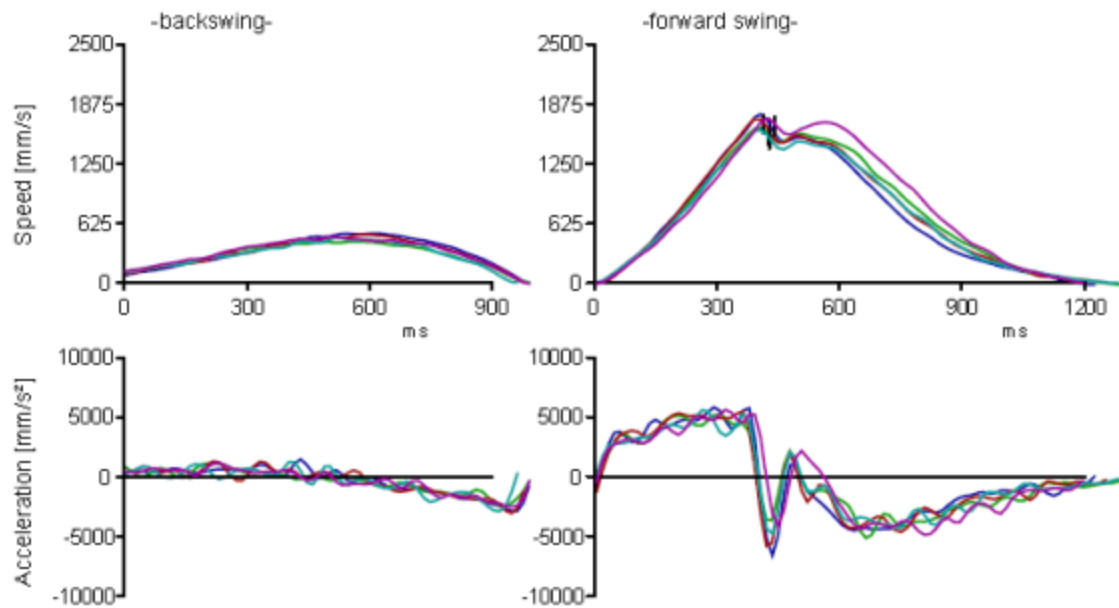
Rotation





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Movement Dynamics



Timing

