

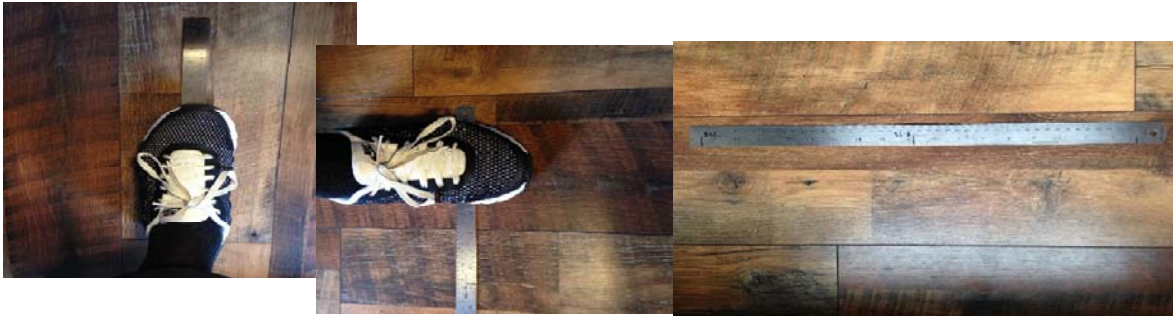
PUTTING

STANCE WIDTH & BALL POSITION



STANCE WIDTH

For maximum stability AND mobility, the stance width should be calculated by adding the length of your foot + the widest part of your foot (generally where your laces end)



My measurements are 12 inches + 5.5 inches giving me an optimum stance width of 17.5 inches

From where?

The middle of my heels, which also lines up with my 2nd toe



I place stickers down 17.5 inches away from each other and place my 2nd toes on the sticker. Next for added stability, I keep my **heels planted** and flare my feet slightly open, so my BIG TOE is now on the sticker.



*back of ball is on centerline***

As you can see from the photos I have also marked the ball position.

THE **BACK** OF THE BALL is placed in the center of my stance which is $\frac{1}{2}$ the distance of my stance width ($17.5/2 = 8.75$ inches). This is also the distance the ball is placed from my toe line (where my feet are touching the stickers).

STANCE WIDTH: 17.5 inches

BALL POSITION (*back of golf ball*): 8.75 inches

DISTANCE BALL IS FROM FEET: 8.75 inches

Why is the back of the ball on the centerline and not the center of the ball?

In putting you want to hit slightly up on ball, to minimize backspin, creating a truer roll. That means the putter head is ascending slightly at impact. The lowest point of the arc will always be where your center is (I like to think of my sternum). placing the ball slightly ahead of your sternum will produce an upswing...*if you keep your structure stable, a recurring theme...*



My stance width and ball position with a slight forward press. You can also see that my left shoulder is higher than my right shoulder. This is a result of my left hand placed on the club first. Keep in mind this will not be the case for cross handed putters. I prefer a conventional grip because a higher left shoulder helps tilt your sternum behind the ball, producing an ascending putter head in the stroke. You can see in the photo above that my chin and sternum are lined up with the back of the ball and **my left thumb is in front of the ball**. The left thumb placed in front of the ball insures that my forward press is a constant. Yet another variable that has been eliminated.

When I take my posture, which we'll discuss next, I can easily see 2 constants:

1. My feet are just slightly wider than my hips.
2. The butt end of the putter is pointing just left of my belly button.

Knowing this, I may not get my measurements exactly right on the golf course, but I know that I am going to be very close.