

## Putting 推杆

The quickest way to reduce your scores is to practice your putting and get experienced advice on improving technique.

练习推杆,并不断学习推杆技巧是降低分数的最快方法.

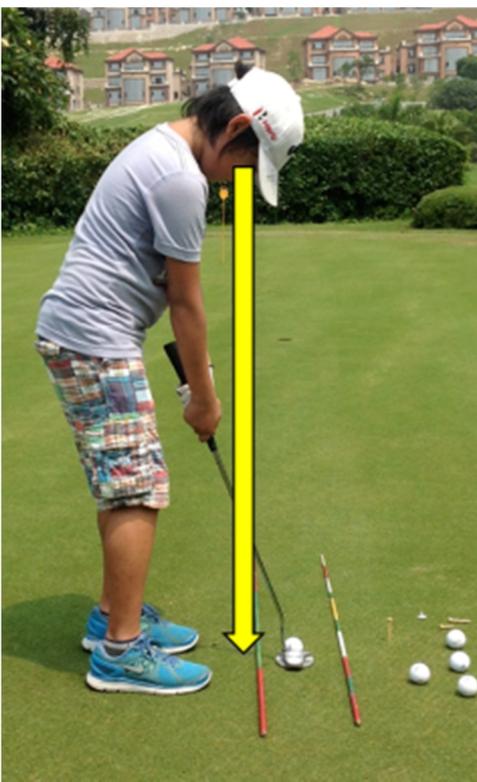


### Key Points

1. Most golfers don't stand correctly when putting.
2. Make sure your eyes are directly over the ball to target line.
3. Almost all recreational golfers putt with too much weight in the heels of their feet.

### 关键点

- 1.大多数球手推杆时站姿不正确.
- 2.视线应在目标线上.
- 3.大多数业余球手推杆时重心放在了脚后跟.



In the image the golfer's eyes are not directly over the ball.

图中球手的视线并未越过球.



In the image the golfer's eyes are directly over the center of the putter. 图中球手的视线直接落在了推杆的中心位置.

### Holding the Putter 握杆

There are multiple ways to hold the putter including the traditional style, reverse overlap, claw, wrist clamp... Experiment and see what works best for you.

有很多握杆的方式,包括传统方式,反重叠式握杆,腕式握杆等等。需要通过尝试寻找最适合你的握杆方式。



### **Putting Stroke 推击球**

For short putts of less than 20' it would be recommended to keep the putter working back and forwards along a straight line. Try not to open the putter face in relation to the target line on the back stroke, or close the face on the forward stroke.

距离不超过 20 英寸的推杆最好是将推杆朝后,并朝前直线轻推.尽量避免杆面关闭.

### **Accelerate 加速**

The majority of golfers take the putter back too far, resulting in a shorter forward swing,

resulting in the putter decelerating on impact with the ball.

大部分球手都将推杆向后挥了太长距离,这样就有些略微向前挥杆,从而导致球速减慢

### **Finish Facing the Target Line 面对目标线**

If your putter face is aiming to the target line on the follow through, there is a chance the ball will go into the hole.

如果你的杆面正对目标线,球则有可能入洞.