

One Putt Pro Putting Metrics

Becoming a great putter comes down to learning the ins and outs of your unique stroke.

Unlike the full swing, there is no “one way” to make putts. Think about it... Tiger Woods is a very different type of putter compared to Jack Nicklaus or Brad Faxon, but each are some of the best putters in the game.

One Putt Pro makes it easier than ever to analyze your putting stroke to make better contact and drain more putts.

Here are the metrics measured inside the app:

Loft Angle

Loft angle is the elevation of the putter at impact position and affects the spin of the ball once it leaves the face of the club. In general, 3–4 degrees is considered an effective loft at impact.

The goal is to keep the putter the same loft throughout the stroke; otherwise changing the loft can negatively impact the roll. For example, if you deloft the putter you will hit more down on the ball, which will cause it to pop up in the air after impact. This will cause the ball to bounce instead of roll straight and make it more likely to get the ball off-line and/or end up short of the hole.

If the loft angle is more at impact, you have added loft during your stroke (usually from a cupping motion). This motion increases loft and gets the ball more in the air and will also negatively affect speed control. Once you can maintain the same loft (within .5 degrees) you'll see a huge improvement in your putting performance.

Putting Tempo (Back to Front Stroke Ratio)

Tempo is one of the most important fundamentals in both putting and the full swing in golf. With putting, the correct tempo will help improve speed control and hit more solid putts.

We define tempo as the total amount of time that your backstroke takes vs. your forward stroke timing. Putting (and all short game shots) require a 2:1 tempo - which means your back stroke takes twice as long as your forward stroke.

A 2:1 putting tempo ensures that you have a good “pop” in your stroke and accelerate through the ball at impact. Otherwise, you risk deceleration which leads to a lot of mishits and putts that come up short of the hole.

To master your speed control, especially with lag putting, you want a consistent rhythm throughout the stroke. One Putt Pro makes it easy to measure your backstroke time, forward stroke time, and tempo ratio for more consistent putting. This way you can easily identify if one aspect of your stroke has incorrect timing.

Face Angle at Impact

The direction of the putt is largely determined by the face angle at impact and every degree counts. Inside the app this metric is either positive (open face) or negative (closed face).

When the putter is open there isn't enough rotation on the forward stroke. When the putter is closed at impact it means that the putter face rotated too much in the forward stroke.

If your putter is open at impact you are more likely to miss a lot of putts right. If your putter is closed at impact you're more likely to miss a lot of putts left.

The more consistent you can get your putter face at impact, the more likely you are to get the putt started on the right line. Paired with the right speed, you will make a lot more putts and this app makes it easy to understand your tendencies.

Lie Angle Change

Lie angle is another important metric with putting and refers to the angle in which the shaft intersects the head relative to the ground. The goal is to maintain the same lie angle throughout the stroke for a consistent strike. Maintaining the same lie angle helps improve the path for a more consistent stroke.

The correct lie angle will give you the best chance to stroke the putt near the sweet spot for a smooth roll. If your lie angle changes during the stroke it's easier to hit the putt off the toe, heel, or too low on the face. This causes poor contact and will negatively affect the speed of the putt.

When you lift your hands higher, you increase the lie angle which makes the heel come off the ground. When you drop your hands lower, you decrease lie angle which makes the toe come off the ground.

Performance studies have found that it's best for the putter toe and heel to sit evenly at address position. Lie angle is measured in degrees and will have a huge impact on the quality of your putt.

Acceleration at Impact

You can only accelerate once during a golf swing or putting stroke and it better happen at impact. Acceleration at impact refers to the speed of the putter head at impact as it affects the roll and distance of the putt.

Great putters accelerate through the putt, not on the backstroke or too early in the stroke. While most everyday golfers tend to take the putter back too quickly which leads to deceleration.

One Putt Pro makes it easy to determine your acceleration at impact for proper speed control.

Impact Position

Another useful metric from One Putt Pro is the impact position; this device makes it easy to see if you hit the putt in center, off the toe, or off the heel. The goal is to get it as close to the center as possible to hit the sweet spot and get the putt rolling straight. A heel or toe strike can lead to a fade or draw spin which will negatively impact distance and accuracy.

The app will instantly determine where you hit the putt on the face and how it's impacting speed or direction. A lot of players hit more towards the toe or heel without knowing it which can lead to tons of issues with speed and accuracy. This metric makes it easy to determine if this is a setup or stroke issue so you can resolve it quickly and find the sweet spot more often.

Putter Path (Backstroke and Forward Stroke)

The final metric from One Putt Pro is the putter path, which refers to the direction the putter travels during the stroke. This makes it easy to see how the putter is moving on the backstroke and forward stroke as it will affect direction and speed.

There isn't a set "target" with this metric as it changes based on the length of the putt and type of putter used. For example, some golfers prefer a more straight back, straight through motion while others prefer a more inside to outside path.

One Putt Pro makes it easy to determine if you're taking the putter too far back on the inside, straight back, or on an outside path. Now you will never have to guess your putter path and will have data to help you perfect your stroke.

By measuring and analyzing these putting metrics, One Putt Pro provides golfers with valuable insights into their putting stroke. With real-time feedback golfers can improve their putting performance and take their game to the next level.