**Phil Kenyon Putting Academy**

28th November – Week 2

Drills during lockdown

Aim bias drill

Start line drill

5ft Median drill

10ft Median drill

**Phil Kenyon**

**2020-11-11 09:49**

Lockdown Practice-12wk Programme

Indoor practice can be very valuable in terms of getting on top of your technique and establishing new movement patterns. One of the things Justin Rose has done over the last couple of years is to use indoor practice to really help isolate and improve his mechanics, and then when he gets to the green he works hard on the "other skills". He has a very strict indoor routine where he will do a drill to help balance and then a drill with a laser to help him work the putter on shaft plane.

So if you are indoors at the moment, use the time wisely, revisit phase one of the programme and look at your aim and start line tendencies. What can we do over these next few weeks to further improve our technique?

Key questions I would ask yourself:

* What's my best set up position to help me aim? How can i practice that at home?
* What are my key thoughts to help me start the ball on line? How can i practice that at home?

If you know the answers to the above set yourself a practice station set up to get feedback on these aspects and put aside some time daily to practice!

Some stock drills which are always good for indoor practice

* Putting Mirror for eye position and set up (if you have one)
* A "Dress Mirror" on the wall for set up and posture work
* Putting Gates (see drills section video 5) for start line feedback--can use coffee mugs indoors
* Tee Peg drill (see drills section video 8) for wrist stability
* Elastic Band drill (see drills section video 10) for strike
* Balance Tubing (see drills section  video 11) for balance work