



**SPORT.
VLAANDEREN**

Calibration

This method is used by many players on different tours as well as federations around the world.

The calibration technique is used by the VVG in all its training Programs.

- **Regional training program**
- **Top golf Vlaanderen**
- **VVG Top sport school**

- Width of stance & ball position
- Distance from the ball
- Shaft lean at address
- Putter path both backstroke & forward stroke
- Putter face alignment



Width of Stance & ball position

Using the putter head we can measure width of stance relative to ball position.

The importance of ball position is paramount to consistent putting. Club face angle and shaft angle at impact can be greatly affected by bad or inconsistent ball position.



Distance from the ball

Again using the putter head we measure the distance from the toes to the ball to create a consistent position. This also helps keep eye position in a more stable position.

Calibration

Distance from ball (Eye line & stroke dynamics)

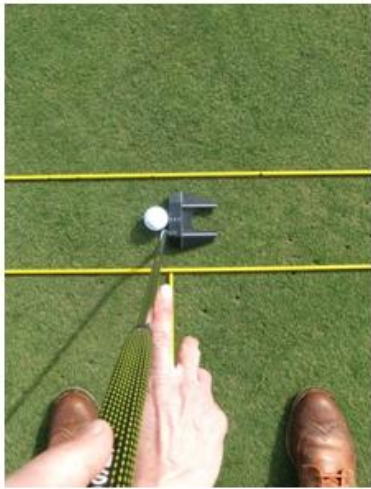
----- = Distance from toes to ball

----- = Eye position above the ball

----- = Arm hang relative to top of spine



Shaft angle & Putter path



The correct shaft angle can help to produce a more consistent Shaft angle at impact helping create the optimal loft, resulting in a good ball roll.

By warming up between two alignment sticks the player gets a visual feedback of the their putter path direction.

Calibration

Club face angle



Club face angle can be roughly gauged by alignment sticks placed at right angles with each other.

Club face influence

Metric units

- ⦿ Distance ball-hole 1 meters Angle 1 ° degree
- ⦿ Off the centre of the hole 1.746 cm
- ⦿ Off the edge of the hole -3.654 cm
- ⦿ Half hole size 5.40 cm
- ⦿ Inside/outside the hole **IN RESULT**

All things being equal a club face with 1 ° of face angle deviation will go **IN** at 3 meters but not at 4 meters.

Set up recognition



Using mirrors can help to give players more awareness when creating solid fundamentals in putting