

10-Minute Pre-Round Putting Warm-Up

Minute 1-4: Distance Control Calibration

- Find a flat section of the practice green.
- Play a game of 9-ball. Putt 3 balls to: 20 feet, 30 feet, 40 feet
- Your objective: Finish every putt within a putter's length around the hole.
- Ignore whether the ball goes in. Think:
 - "I'm learning today's green speed."
 - This is the most important part of the entire warm-up.

Minute 4-7: Ladder Drill

- Place a target tee at: 15 feet, 25 feet, 35 feet
- From the same starting spot, putt one ball to each target in sequence.
- Each ball must finish within a putter length of the target tee.
- This quickly tunes your feel for acceleration and green speed.
- If able to do this in the first minute or so, then do it in reverse starting with the longer putt.

Minute 7-9: Make Putts Inside 6 Feet

- Choose a relatively straight putt.
- Make:
 - 3 putts from 3 feet
 - 3 putts from 4 feet
 - 3 putts from 5 feet
- If you miss one, simply replace it and make the next one.
- Focus on:
 - Routine
 - Tempo
 - Starting line

Minute 9-10: First-Tee Simulation

- Pick one putt around 25-35 feet.
- Go through your full routine:
 - Read the putt
 - Practice stroke
 - Set up
 - Putt
- Do this with only one ball.
- Then repeat from a different location.
- The purpose is to transition from "practice mode" into "playing mode."