

SHORT GAME PLAN B – Distance Control (Lag Putting)

Primary goal: Speed control, eliminate 3-putts

1) Technical Rehearsal (10 min)

- 20–40 foot putts
 - Drills:
 - **Eyes-closed putting** (feel distance)
 - **One-hand trail hand only** (light grip)
 - Focus cue: *“Smooth stroke, long finish.”*
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2) Repetition (25 min)

- Pick one long distance
 - Putt 10–12 balls
 - Goal:
 - All balls finish inside a **3-foot circle**
 - Reset if speed is rushed
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3) Completion (25 min)

- Leapfrog Drill
 - Putt ball #1 to a target
 - Ball #2 must finish just past ball #1
 - Continue sequence
- Teaches speed progression and focus