

# Putting Fundamentals Outline

Print this two-sided outline and take it with you to help remember key principles in putting.

## I. Introduction to Putting

- A. The most important component of disc golf fundamentals
- B. Putting is the great leveler
- C. Become familiar with all stances and styles...make one your “go to”
- D. Be consistent with “short range” putts
- E. Putting styles can and will vary based on situation and personal comfort

## II. Grips

- A. Fingers rest on the underside of the disc, not against the rim
- B. Disc into palm, thumb comfortable on top
  - 1. Control Grip-Index finger rests on outside of rim
  - 2. Fan Grip-Index finger tucks under rim

## III. Putting Stances

### A. **Narrow Staggered / In-Line Stance**

- 1. Throwing hand's foot is forward, pointed to target
- 2. Back foot behind front almost or directly in line with front foot
- 3. Easy rocking style weight transfer, early success

### B. **Wide Staggered Stance**

- 1. Throwing hand's foot is forward, pointed to target
- 2. Back foot dropped back in a wider comfortable staggered position
- 3. Strong foundation, favored for pitch putt style

### C. **Straddle Stance**

- 1. Feet are parallel with each other, shoulder-width apart or wider
- 2. Requires vertical push out of legs and extra wrist pop, advanced skill
- 3. Favored stance to negotiate obstacles or for hillside putts

## IV. Putting Style

### A. Spin Putt

1. Arm and hand movement is a “shooing flies” motion extended through the target
2. Weight shifts back and arm/wrist curls into the chest, then back out with snap
3. Easy to teach, has greater putting range, misses carry farther

### B. Pitch Putt

1. Arm motion like pitching horseshoes
2. Weight shifts forward, arm extends forward and upward, movement like a pendulum
3. Putts positively tend toward nose down into the target, misses stay close

### C. Push Putt

1. Arm motion like pushing a door open
2. With the elbow bent inward to side, big push out of back leg swings arm naturally forward
3. Misses stay close to target, advanced style, but very consistent, putting range decreases

### D. Jump / Step Through Putt

1. Beyond 10 meters player may extend past or step through their lie
2. Extends range of putt due to the added propulsion of forward extension
3. Release point slightly higher to assist the loft to length of putt ratio

## V. Putting Considerations

- A. **Follow Through** Putt through the target, snap wrist, pop the fingers, counter balance leg kick
- B. **Sweet Spot** Takes advantage of natural disc spin and fade. Right Side is Strong Side (RHBH)
- C. **Wind** Doesn't have to be intimidating if understood, requires extra concentration and effort
  1. Headwinds tend to lift putts. Lower and center focal point, added spin and commitment
  2. Tailwinds tend to drop putts. Putting with a higher release assists in playing the drop
- D. **Imagery** See it, Feel it, Be it. Imagine what needs to happen. Feel yourself make that happen.
- E. **Focus** Establish a routine, deep breath-clear head, focus is effortless