



PEARL VALLEY GOLF

Putting tips to help lower your scores

How to perfect your impact when putting?

We are aiming to get the ball from a point on or just off the green into the hole. If it does not finish in the hole, we want it to finish as close as possible to the hole.

To do this your putting technique needs to achieve the following:

1. Start the ball as close as possible to the intended target line.
2. Control the pace of the ball as it leaves the clubface.
3. Strike the ball consistently in the middle of the clubface.
4. Be able to repeat this technique under pressure.

Today we are going to go into more detail on how to work on your start line and put it to the test. The putter face at impact has 5 times more effect on the start line than your path. Your goal is to build a putting stroke that makes it easy to consistently start the ball on your intended target line. If the ball starts 1 degree off its target line, it will be about 5cm wide of the target line by the time it reaches 3m and if you hit it a 2-degree error it will be even further offline.

Therefore it is impossible to hole putts consistently inside 3m if you cannot hit a target that is 2 feet in front of you.

Here is a nice and easy drill to help you work on it:

1. Create a goal with two tees about 2 feet in front of you.
2. Try to hit the putt making sure the ball rolls through the goals. If you hit the tee on the right or left it will give you feedback if you are pulling or pushing the putts.
3. Then, try to hole as many as you can in a row.

Repeat this drill as many times as you like.

For professional assistance with putting, feel free to reach out to Sevey Links for a consultation session on the putting green: Sevey.links@pearlvalley.co.za - 082 214 8014



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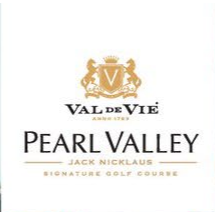
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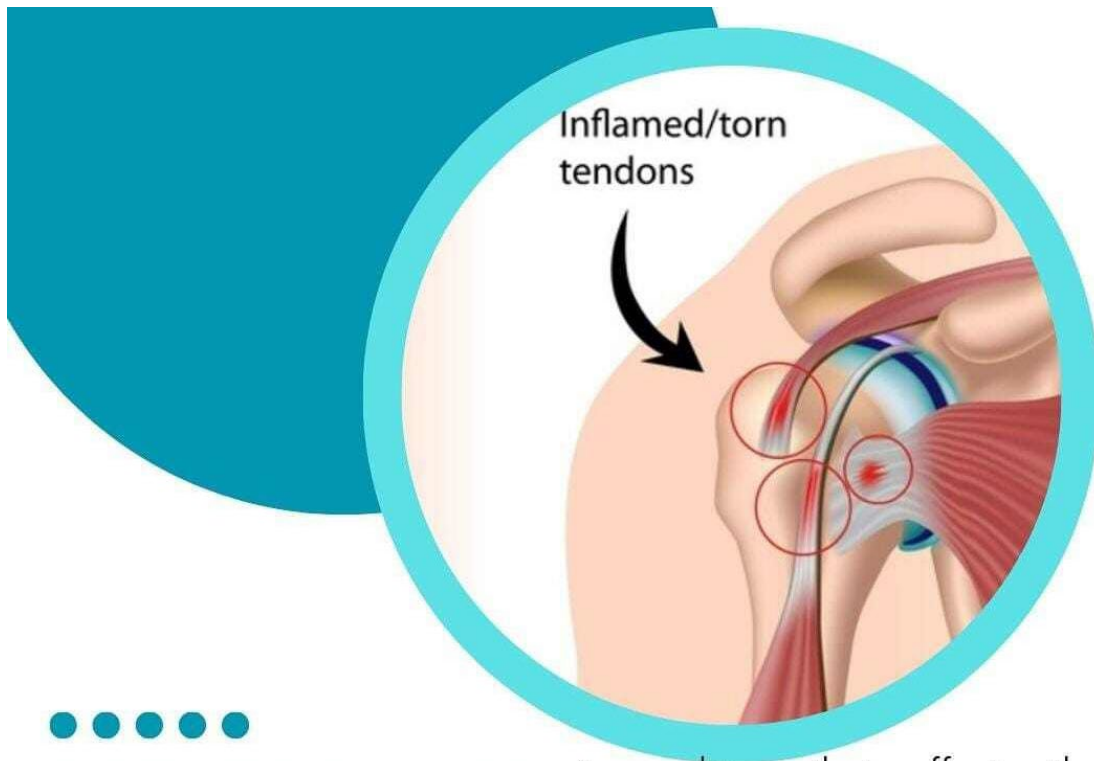
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CS BIKINETICISTS



ROTATOR CUFF TENDINOPATHY

A condition that affects the rotator cuff, a group of muscles and tendons that surround the shoulder joint.

Tendinopathy refers to a condition where tendons become damaged or inflamed, leading to pain and stiffness.

COMMON SYMPTOMS:

- Pain in the shoulder or upper arm
- Stiffness or limited mobility in the shoulder
- Weakness or fatigue in the arm
- Pain with overhead activities

CAUSES:

- Repetitive strain or overuse
- Rotator cuff weakness
- Age-related wear and tear

BENEFITS OF EXERCISE FOR ROTATOR CUFF TENDINOPATHY:

- Improved range of motion
- Reduced pain
- Increased strength
- Improved function
- Reduced risk of further injury
- Improved joint stability

If you require further information please contact the CS Biokineticists team at 0764087608 /0662680611 or send an email to csbiokineticists@gmail.com.

PEARL VALLEY CONTACT DETAILS

PEARL VALLEY HOA

- ☎ 021 867 8000
- ✉ info@pvhoa.co.za
- ✉ debtors@pearlvalley.co.za (Levy Accounts enquiries)
- 🌐 www.pvhoa.co.za

SECURITY

- ☎ Security Control Room – 021 867 1201
- ☎ Pearl Valley Main Gate - 021 867 1203
- ☎ Val de Vie Main Gate - 021 863 6110/6138
- ☎ Berg River Registration Centre - 021 863 6137

EMERGENCY CONTACT DETAILS

- ☎ ER24 Paarl - 084 124
- ☎ Paarl Mediclinic - 021 807 8000
- ☎ Medicross Paarl - 021 872 3867
- ☎ SAPS - 021 807 4000
- ☎ Ambulance - 101 77
- ☎ Paarl Fire Brigade - 021 872 2323
- ☎ Drakenstein Municipality - 021 807 4500
- ☎ Voltano Metering App - 086 186 5826

Disclaimer: Kindly note that the opinions expressed in the communication are those of the authors/advertisers and do not necessarily represent the views of the Pearl Valley Home Owners Association.

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