

## Ask Todd

Should a putter swing straight back or to the inside?



Because the putter shaft is at an angle in relation to the ground (71 to 72 degrees is standard in the industry) the natural path for the putterhead to swing is in an arc. To swing the putterhead in a straight line is possible but more difficult to repeat and takes more practice because it is not naturally where it wants to swing.

Remember this. If you set up properly tilting from the hips with your arms/hands under your shoulders and balanced on your feet, allow the putter to swing naturally. When you set up correctly you can trust the natural movement of the putter during the stroke. The bottom line is that you shouldn't be conscience of the putterhead during the motion. Natural beats unnatural under pressure every time.

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**GOLF**  
MAGAZINE  
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COUTOUR  GOLF™

## Players Newsletter

Coutour Missions Statement: To fit putters to players from a correct set-up position enabling the player to develop solid and repeatable putting fundamentals that improves their score.



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## Are Your Yips Fundamental or Mental

By: Todd Sones

For the most part the golf industry has tagged the yips mental. I believe there are two types of yips, a fundamental yip as well as a mental yip. As a teacher I also believe in cause and effect. If you want to resolve a problem fix the cause, don't waste time and effort trying to Band-Aid the effect.

A yip is the result of fear. Fear is the anticipation of an undesirable result. The fear that results in a yip is fear of missing the put. It's embarrassing and no one wants to look like a fool, by missing a putt they should have made.

The difference of a fundamental yip and a mental yip is that the fundamental yip

is caused in your fundamentals while a mental yip is caused in your mind. If you've completed your back stroke and the putterhead is in the wrong place, meaning the path is off or the face is misaligned your subconscious can be acutely aware that you have a problem and that you are most likely about to miss the putt. On the forward stroke you are forced to interrupt (yips) the natural path the putter is swinging on in an effort to get the ball moving toward the hole.

To fix a fundamental yip check your set-up. Is your putter face aligned properly, are your shoulders square, is your grip correct? Does your putter fit? It is difficult to

know if you are in the correct set up position because you can not see yourself. A good putting lesson from a qualified professional can pay a huge difference in your score. Bottom line is don't just assume putting is between the ears, its often between the face of the putter and the ball. Next month we will discuss mental yips.

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## Product Review

Featuring Eye Line Golf

The putting alignment mirror is one of my favorite practice aides for a number of reasons. First its easy to use, throw it down on the green, line it up to your intended target and start to practice. Second is that it helps you to practice key set-up fundamentals that are the foundation to a good stroke. The fundamentals it helps you practice are: eyes over the ball, shoulders parallel to your target line and the putter face square to your start line. Using the alignment mirror will help you to practice properly so that what you're engraining is good habits to take to the course.

### Eyes Over The Ball



Putting Alignment Mirror  
Find this product at  
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Find more useful tools at [www.coutourgolf.com](http://www.coutourgolf.com)

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