



Utilizing Your Dominant Eye to Improve Your Putting

The quickest way to lower your scores is to make more putts. Wouldn't it be great if there was a simple way to do just that? Well, there is. Last December, I sought advice from a fellow certified Malaska Golf Coach, Brian Gott. He shared some valuable insights with me that not only improved my game, but also helped me understand why golfers often struggle to see the correct line over the ball.

Imagine lining up a ball to a target and then moving over it to putt. The line may appear incorrect. This is because either your eyes are not aligned correctly with the ball or the ball is not aligned with your dominant eye.

Let's embark on a short journey to discover how your dominant eye can help you become a better putter immediately!

Step 1: Identify Your Dominant Eye

The first step is to determine which eye is dominant. Stand upright with your hands straight out in front of you, form-

ing a small circle. Focus on an object. Now, close one eye at a time. One of the eyes will remain focused on the object, while the other will be blocked by your hand. The eye that maintains focus on the object while the other is closed is your dominant eye.

Step 2: Head Position

Based on your dominant eye and its alignment with the ball, the ball's position in your stance may vary. For example, right-handed players with a left-eye dominant stance tend to have the ball positioned more forward in their stance, while right-handed players with a right-eye dominant stance tend to have the ball positioned closer to the middle of their stance.

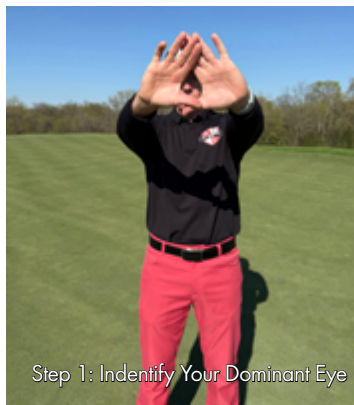
Not only does having the ball correctly positioned based on your dominant eye enhance your visual perception of the target, but it also often positively impacts the mechanics of your putting stroke because you're seeing the target correctly.

Step 4: Aligning Your Ball

When aligning your ball, it's always best to use the hand that corresponds to your dominant eye for a more precise placement. If your left eye is dominant, use your left hand to align the ball with the hole. Conversely, if your right eye is dominant, use your right hand. This may take some time to get used to, but it's well worth the effort.

In essence, your dominant eye plays a crucial role in successful putting. Putting essentially boils down to seeing the line and rolling it. If you can't see the line, none of your well-executed putts will go in; only those you mis-hit. Your eyes create the visual representation, your mind processes the information, and your putting stroke reacts to the mental picture. Therefore, it's essential to have a clear and accurate view of the line.

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Step 1: Identify Your Dominant Eye



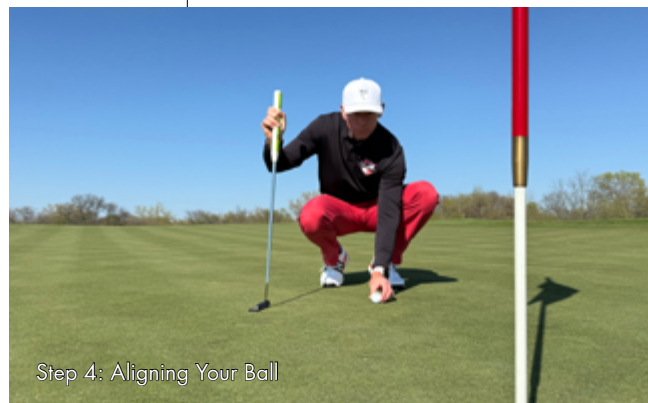
Step 2: Head Position



Step 3: Ball Position



Step 3: Ball Position



Step 4: Aligning Your Ball