



**PUTTING**

**DRILL BOOK**

# THE PUTTING SKILLS

Golfers who putt well have  
**THREE** essential skills.

## S SPEED CONTROL

control the speed of the  
ball to your intended line



## START LINE

start the ball on you  
intended line

## GREEN READING

pick a line that gives you a  
chance of holing the putt



# CORRECT WAY TO USE THE EBOOK

That is being trained.

**ROAD TO 100**

**SPEED CONTROL**   **STARTING LINE**   **GREEN READING**

**PROCESS**  
The green should be flat. Place a tee at the following distances from the hole:  
12 m, 10 m, 8 m, 6 m, 4 m  
Place tees to create a square around the hole (one putter length wide / one putter length deep).  
Play 5 putts from each tee. Start at the 12-foot tee. After each putt, move to the next tee.  
So, for the second putt, you'll play from the 20-foot tee, and so on.  
In total, you'll play 25 putts. Take a short break after every 5 putts.  
A holed putt or a putt within the corridor earns 4 points.  
So, you can score a maximum of 100 points.

**EXERCISE STRUCTURE**

12 m   10 m   8 m   6 m   4 m

**EXAMPLE**

06TH JULY 2024 / 61 POINTS		

**HCP 36**   **HCP 18**   **SINGLE**   **SCRATCH**  
30   50   60   70

-7-

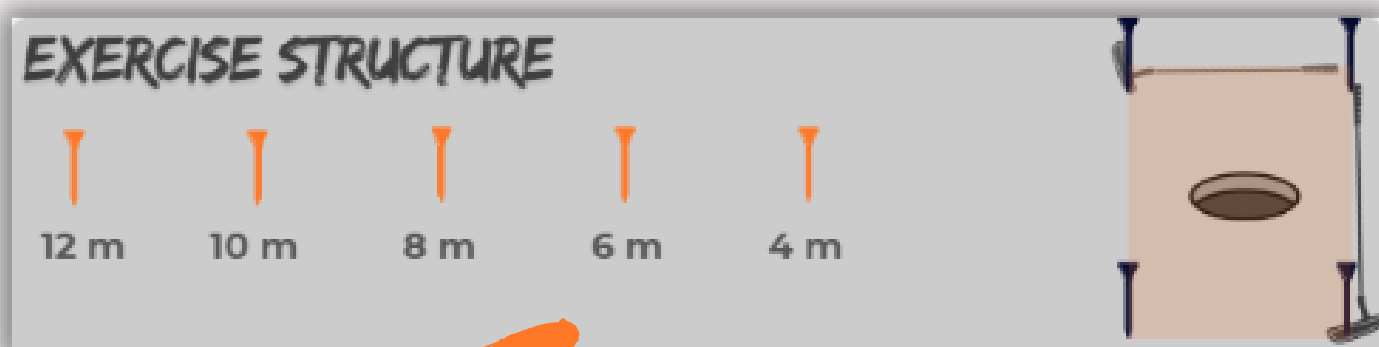
Detailed explanation of the process.

**Print out the eBook!**  
This way, you can always enter your results and track your progress.

Compare your results with the handicaps.  
(This is an estimate.)

# CORRECT WAY TO USE THE EBOOK

## DISTANCES (METERS)



The distances are given in **meters**.

You can walk the distances and count your steps. An athletic step is approximately 1 meter.

For orientation, you can also use a **4-iron** or a **hybrid**, as these clubs are about 1 meter long.

# 1

## DRILLS

# FRINGE DRILL

**SPEED CONTROL**

**STARTING LINE**

**GREEN READING**

## PROCESS

Choose a relatively straight section. Mark two starting points, one 10 meters and one 5 meters from the beginning of the fringe.

Alternately play 10 balls from the two stations towards the fringe, aiming for the ball to stop just short of the fringe.

After each ball, measure the distance to the fringe. You can use a tape measure or roughly estimate with a putter (a putter is usually 85-90 cm long).

If the ball is too long and lands on the fringe, add a 2-meter penalty. Then, add the distances together and note the total sum.

## EXERCISE STRUCTURE

10m

5m

**NK**  
NOAH KNOOP  
GOLFTRAINING

## EXAMPLE

06TH JULY 2024 / SUM: 610CM


**HCP 36**  
**1500CM**

**HCP 18**  
**1000CM**

**SINGLE**  
**700CM**

**SCRATCH**  
**500CM**



# LAG PUTTS

SPEED CONTROL

STARTING LINE

GREEN READING

## PROCESS

Choose a relatively straight section of the green with plenty of space.

Mark a starting point with a tee.

At a distance of 15 meters, set up a 5-meter long and 5-meter wide corridor using 4 tees.

The task is to play 3 balls into the corridor, in increasing distance:

The 2nd ball must be farther than the 1st ball, and the 3rd ball farther than the 2nd ball.

If you fail, start again.

Count how many rounds it takes in total until you succeed.

## EXERCISE STRUCTURE



## EXAMPLE

06TH JULY 2024 / 6 ROUNDS


HCP 36

16

HCP 18

8

SINGLE

4

SCRATCH

2

# MICRO DOSING

SPEED CONTROL

STARTING LINE

GREEN READING

## PROCESS

Choose a section where you can keep going further up the slope.

The exercise consists of three small stations. The tees are placed 2 meters apart from each other.

At Station 1, you will only putt slightly uphill and downhill, while at Station 2 the slope will be steeper, and at Station 3, it will be the steepest. There should be no side slope.

You start at Station 1 by playing the first putt uphill to the other tee (A → B).

If the ball is a grip length away from the tee, you may then putt downhill back to Station 1 (B → A).

If the ball is not near the tee, you must start over from the beginning (A → B).

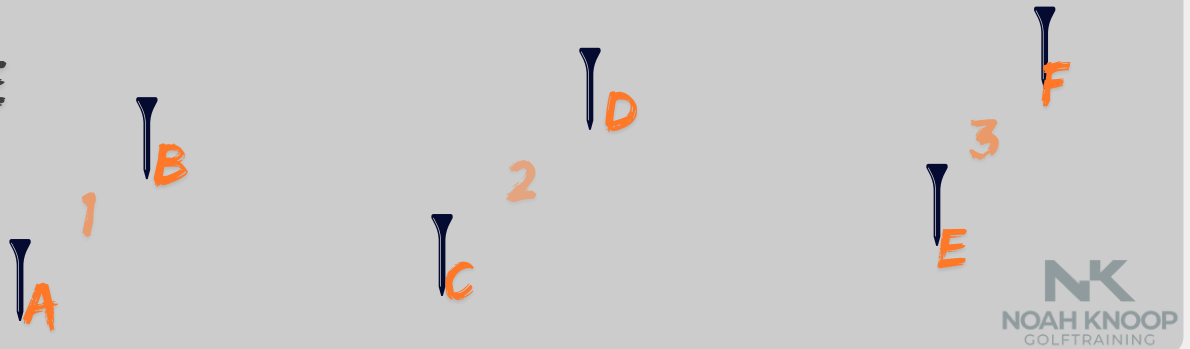
If you succeed with the downhill putt, move to Station 2, where you will repeat the process (C → D).

If you miss here, you don't have to go all the way back. Instead, you start again with the uphill putt at Station 2 (C → D).

Try to reach F with as few attempts as possible.

The best possible score is 6 attempts.

## EXERCISE STRUCTURE



## EXAMPLE

06TH JULY 2024/ 12 TRIES


HCP 36

20

HCP 18

14

SINGLE

10

SCRATCH

6



8/12

SPEED CONTROL

STARTING LINE

GREEN READING

## PROCESS

You need 2 holes.

From your starting point, it's 8 meters to one hole and 12 meters to the other.

The distances can vary slightly; they just need to be different.

Behind each hole, place a club 1 meter away from the hole.

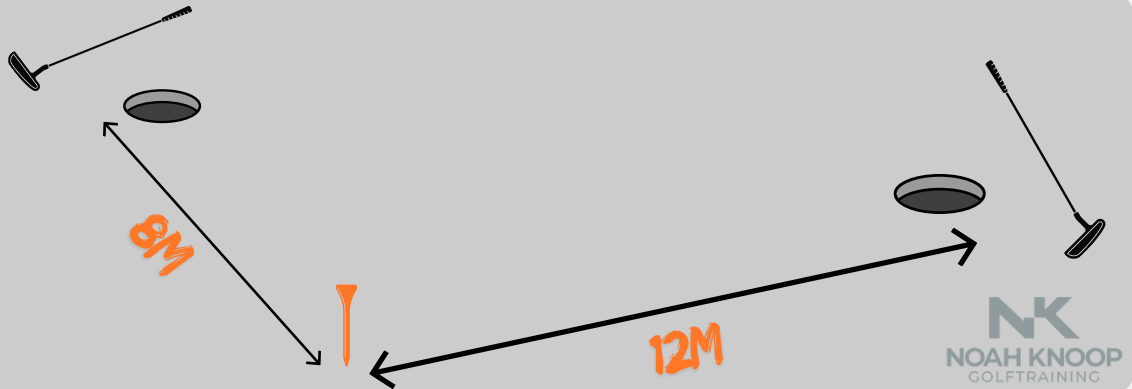
Now, alternately play 12 balls to both holes.

You must adjust to the different distances each time.

You score a point if your ball lands in the hole or comes to rest between the hole and the club.

The maximum score is therefore 12.

## EXERCISE STRUCTURE



## EXAMPLE

06TH JULY 2024 / 10 POINTS


HCP 36

4

HCP 18

7

SINGLE

9

SCRATCH

12

# COIN DRILL

SPEED CONTROL

STARTING LINE

GREEN READING

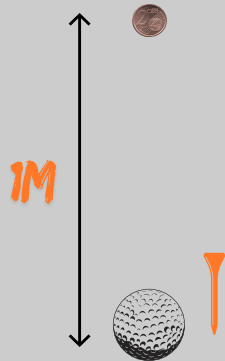
## PROCESS

Place a coin 1 meter away from your starting point.  
Mark the starting point with a tee.

Now, try to hit the coin with your putt. The speed doesn't matter here.  
Each hit earns you a point.  
Take 10 putts and count the number of hits.

The maximum score is therefore 10.

## EXERCISE STRUCTURE



NK  
NOAH KNOOP  
GOLFTRAINING

## EXAMPLE

06TH JULY 2024 / 8 POINTS


HCP 36

4

HCP 18

6

SINGLE

8

SCRATCH

9

# CAT DRILL

SPEED CONTROL

STARTING LINE

GREEN READING

## PROCESS

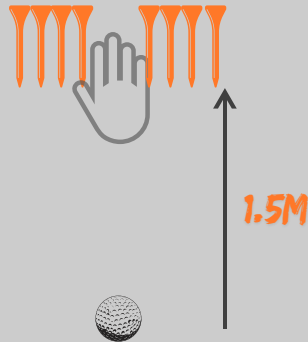
1.5 meters from your starting point, place 2 tees in the ground. The tees should be spaced 4 fingers apart.

Now add 3 more tees on each side, with a thumb's width of distance between each tee. (Refer to the setup for guidance.)

For this exercise, you start with 7 lives. You take 10 putts and aim to putt through the gate. If you hit one of the inner tees, you lose 1 life. If you hit the second tee from the inside, you lose 2 lives, and so on. After each putt, stand any knocked-over tees back up.

Try to finish the game with as many lives as possible – ideally with all 7 lives intact.

## EXERCISE STRUCTURE



NK  
NOAH KNOOP  
GOLF TRAINING

## EXAMPLE

06TH JULY 2024 / 6 LIVES


HCP 36

-2

HCP 18

3

SINGLE

5

SCRATCH

7

# 90 DRILL

SPEED CONTROL

STARTING LINE

GREEN READING

## PROCESS

You need a putt positioned on a slight slope. This slope should be at a 90-degree angle, perfectly lateral to your putt.

Now, create a semicircle of tees behind the hole (aligned with the break, see setup). The tees should be one shaft-length away from the hole.

Putt from distances of 2 m, 3 m, 4 m, 5 m, and 6 m to the hole.

From each station, take three putts. After each putt, move to the next distance, continuing in sequence until you return to 2 m. This means you will play a total of 15 putts.

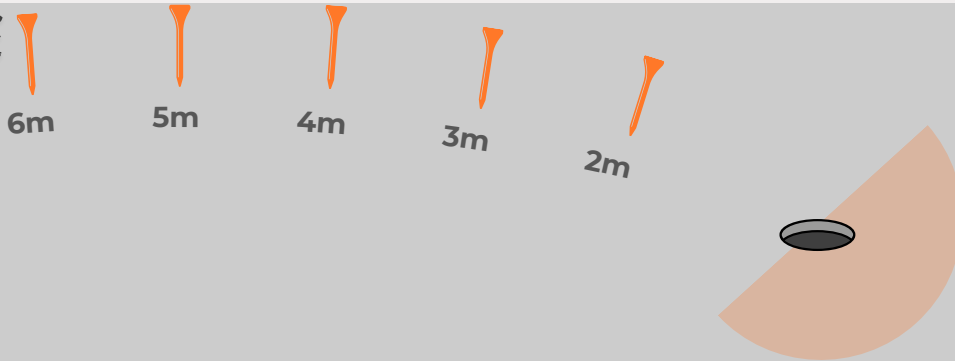
Scoring:

- Ball in the hole = 4 points

- Ball within the semicircle = 2 points

The maximum score is therefore 60.

## EXERCISE STRUCTURE



## EXAMPLE

06TH JULY 2024 / 41 POINTS


HCP 36

17

HCP 18

25

SINGLE

35

SCRATCH

45

# 9 BALL

SPEED CONTROL

STARTING LINE

GREEN READING

## PROCESS

Place 9 balls randomly around a hole. All balls should be positioned 3–9 meters away from the hole. Around the hole, mark a circle with tees (inserted fully into the ground) or small coins (e.g., cent coins). This circle is your Par Zone, with a radius of one putter shaft (excluding the grip).

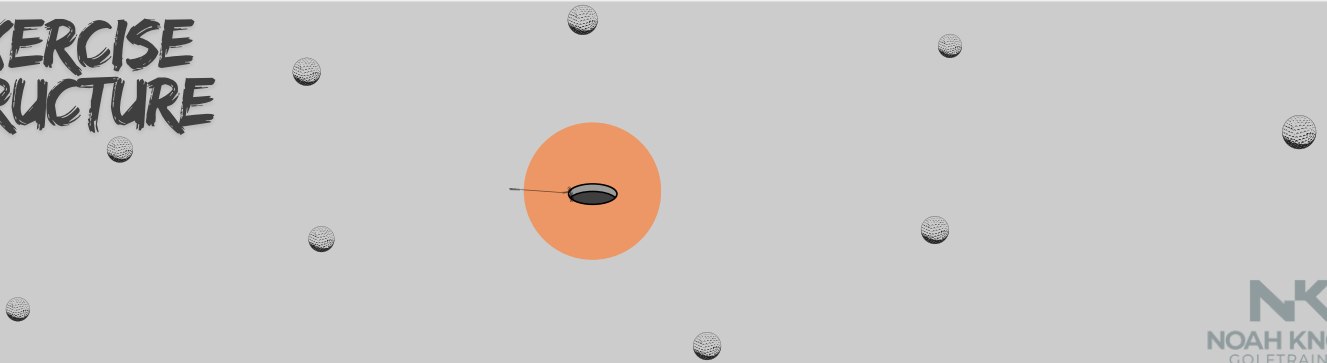
Now, play the balls to the hole in random order.

Scoring:

- Landing in the Par Zone: Par
- Holing the ball: Birdie
- Missing the Par Zone: Bogey

Record your score.

## EXERCISE STRUCTURE



## EXAMPLE

06TH JULY 2024 / +1


HCP 36  
+6

HCP 18  
+3

SINGLE  
0

SCRATCH  
-2