



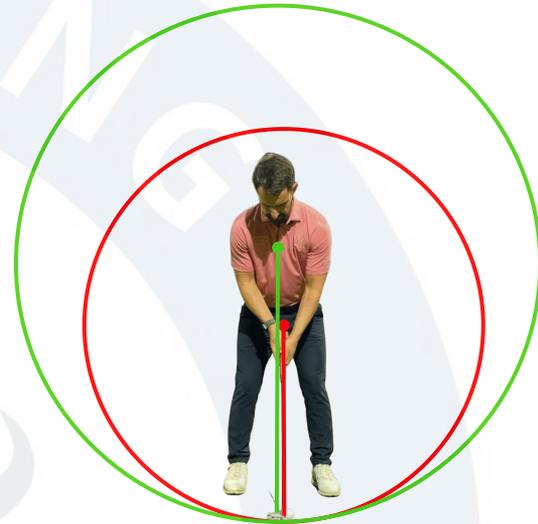
# PUTTER PATH TRAINING MAT FITTING GUIDE

## EXPLANATION

The Putting Plane Trainer shows the projected 2d Path of the sweet spot in the stroke and is determined by the putters swing plane. This 2d Path will change depending on the **radius** (distance to the centre / axis) of the plane, and the **angle** (inclination) of the plane.

### Plane Radius

Many of you may already understand, a circle's radius is the distance from its centre, to the circumference. The same applies to our putting stroke. Although perhaps a more complex motion, with our motion centre often changing throughout the stroke, we can determine our desired optimal centre through the understanding of motion mechanics. For example, a person who's stroke is driven mostly through torso rotation, will have a motion centre close to the spine (green representation in fig 1.) Whereas a motion purely driven by the wrists, will see the effective centre at the wrist joint (red example in fig 1.) The smaller the radius on the same plane, the greater the amount of arc.



### Plane Angle

Generally, an efficient putting stroke will move on a plane inclined from vertical (usually somewhere between 10 and 24 degrees.)

For the most part, the plane we swing the putter on is determined by the mechanics of our body during the putting stroke. Having said that, we are able to make some predictions of likely body mechanics, through understanding how a golfer is setting up. This is done in 2 ways.

Firstly, the greater the spine angle from vertical, the more likely a golfer is to have a steeper shoulder plane and therefore, a steeper swing plane (closer to vertical.) A spine angle closer to vertical will likely cause a shallower shoulder plane, and therefore will more likely a shallower swing plane. (see fig.)

Secondly, and similarly to above, a steeper arm plane will likely cause a steeper swing plane, with a shallower arm plane again likely causing a shallower swing plane.

Upright Posture

Posture more over

Higher Hands

Lower Hands



Shallower Plane

Steeper Plane

Shallower Plane

Steeper Plane

# PUTTER PATH TRAINER FITTING GUIDE

If you already know the plane angle and radius applicable to your stroke, perhaps from using the Capto system, you may use the chart on the following page, to choose the appropriate Putter Path Trainer. Otherwise please use the below guide to estimate. Please understand this fitting process can never be an exact science. However, the below guide should give you a better understanding of the appropriate training mat for your stroke.

**To determine which colour mat is required you must consider 2 key factors:**

## 1. The Plane Angle (inclination)

Take a picture of your set up from down the line (as demonstrated here.)

Part 1. Look at the 3 pictures here and identify which best reflects your spine inclination. If you are somewhere in between, choose the number between those pictures.

Part 2. Look at the 3 pictures below and identify which best reflects your arm plane at set up.

Now simply take those 2 numbers and divide them by 2. i.e. If your spine angle reflects 18, but your arm plane 12, your predicted plane angle will be 15 degrees.



## 2. The Plane Radius (distance to centre/axis)

Now remain in your typical putting posture and measure the distance from the sweet spot of your putter, to your sternum, as shown above.

Round up to the nearest 5cm for your predicted radius distance, if you wish to have a putting stroke purely driven by torso rotation. Should you wish to allow for a little wrist motion, you might want to take 10-20cm off this number, depending on how much wrist motion you wish to allow.

### Working towards a concept?

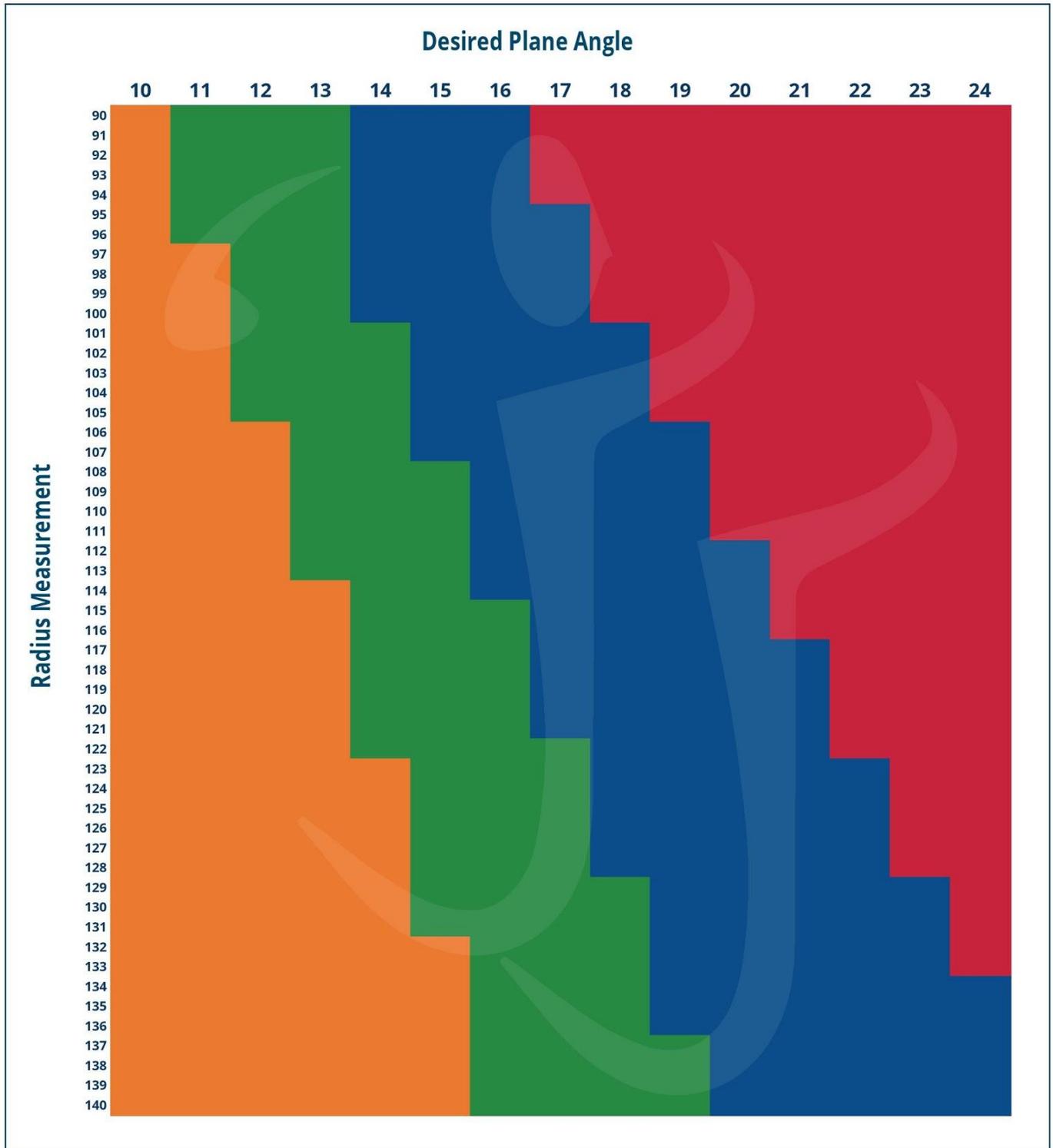
Alternatively, you may have a concept you are working towards. In which case, choose the appropriate plane angle for your concept. An example of a common concept would be matching the swing plane to shaft angle. In which case your preferred plane angle will be the lie angle of your putter subtracted from 90. i.e.  $90 - 72 = 18$ .

### Other considerations?

If you do not set up with your eyes over the ball, your perspective of the path may change. e.g. eyes inside the ball may cause the path to appear as though it is arcing more. In this case, if you desire the path trainer to provide the correct visual, it is recommended to purchase the mat with less path arc. e.g. if the fitting process and chart suggests a blue path trainer, you may want to choose the green.

## FITTING CHART

Once you have established your estimated plane angle and radius, use the chart below to find the corresponding path trainer for your stroke. E.g Plane Angle at 18 and Radius 110 would correspond to the blue training mat.



I hope the above fitting process gives golfers a better understanding of the correct path trainer to suit their stroke and they are now able to consider their options.

Visit [www.jjputtingtraining.com](http://www.jjputtingtraining.com) to order your mat.

Please do not hesitate to get in contact if you have any questions.