

OPEX GOLF

PUTTING PRACTICE DRILLS

Outperform & Execute — five drills and a 25-minute routine to hole more putts.

1. 3-5 FOOT PRESSURE PUTTS

Goal: Build confidence on short putts.

- ☐ Place 5 balls around the hole
- ☐ Make all 5
- ☐ If you miss, start over
- ☐ Complete 3 rounds

TARGET: 15/15

2. DISTANCE CONTROL

Goal: Improve speed from 10–30 feet.

- ☐ Hit 5 putts from 10 feet
- ☐ Hit 5 from 20 feet
- ☐ Hit 5 from 30 feet
- ☐ Focus on getting every ball within 2 feet

TARGET: 12/15 inside 2 feet

3. LADDER DRILL

Goal: Control speed. Put balls at 10 ft → 15 ft → 20 ft → 25 ft → 30 ft.

- ☐ Hit each ball to the target distance
- ☐ Don't worry about making the putt
- ☐ Focus entirely on speed

TARGET: Every ball finishes within 2 feet of its target.

4. AROUND-THE-WORLD

Goal: Pressure putting. Place 6 balls around the hole from 3–5 feet.

- ☐ Make #1
- ☐ Make #2
- ☐ Make #3
- ☐ Make #4
- ☐ Make #5
- ☐ Make #6

TARGET: 6/6 — if you miss, restart.

5. 2-PUTT CHALLENGE

Goal: Become a better lag putter. Start at 20–30 feet.

- ☐ Hit 10 putts
- ☐ Try to finish every putt inside 3 feet
- ☐ Count 3-putts

TARGET: 0 three-putts

OPEX PUTTING ROUTINE — 25-MINUTE SESSION

5 MIN	Short putts — 3–5 feet
10 MIN	Distance control — 10–30 feet
5 MIN	Around-the-world
5 MIN	Pressure game

FINAL RULE

READ → AIM → COMMIT → STROKE

Once you've picked your line and speed: STOP THINKING. EXECUTE.

OPEX GOLF PUTTING SCORECARD

Print this page and track every practice session.

Date	Short Putts /15	Distance /15	Around-World /6	3-Putts	Feel /5

One thing to improve:
