

TASK ANALYSIS
Putting

SKILL: Golf Putting Form

VISUAL DESCRIPTION: in a slightly modified athletic stance, the athlete will perform a pendulum like action of the arm, in order to propel the golf ball in a controlled manor.

MOVEMENT SEQUENCE

VERBAL CUES

1. Grip Putter in hands

Grip putter*

2. Elbows Flexed

Diamond

3. Trunk Flexed

nose over ball*

4. Knees Slightly Bent

Soft Knees

5. Rotate Core

Rotate Shoulders*

6. Follow Through

Pendulum*

*** 4 Most Critical Points.**

COMPLEXITY VARIABLES

LEARNER: Beginner

SKILL: discrete

ENVIRONMENT: Closed

CHECKLIST: Grip Putter Nose over Ball Rotate Core Pendulum

Student	Grip Putter	Nose over Ball	Rotate Core	Pendulum
1				
2				
3				
4				