

A GUIDE TO SELECTING THE CORRECT TEMPLATE



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Selecting the correct template

To help you select the correct template we are going to start by explaining some simple ideas which the template is based upon.

A great way to look at the putting stroke is to view it as a "section" of a circle that sits at an angle. The angle this "putting circle" sits at is often called the plane angle. This section of the "Putting circle" is known as the "Putting Arc".

Knowing this we can then understand the size of this circle and the amount of angle will decide the shape of your putting arc. It is the shape of this arc which will decide which template you choose.



Fig.1 Different Radius produce different size circles (left pic) and those circles can also sit on different planes (right pic).

The Size of Your Circle-Your Radius

The size of your circle will be determined by the length of its radius. The radius is the distance from the centre of any circle to the outer part of that circle.

In golfing terms this is the centre of rotation for your stroke. Due to people having different body shapes, sizes, set ups and motions the size of the radius will vary.

For example if you used only your wrists this would produce a centre of rotation which is about the wrists. (Fig 2 yellow circle and yellow centre of rotation). This would produce a small radius. If you used more your torso this would produce a centre of rotation which was more about the centre of the chest, and a therefore longer radius (Fig 2. red circle and red centre of rotation)

Typically the radius of good putters would range from 105-140cm. We need to decide your radius to help you choose your putting arc.



Fig 2 Different size circles due to different radius.

Determining your Swing Plane

Swing Plane is the angle your circle is working on. This is primarily determined by your concept and how you coordinate your hands, arms and torso during the stroke. However, it can be influenced by your set up



Fig 4. The Golfer can swing the club on different inclined planes and therefore different arcs.

We can easily appreciate if your torso was the main driver of the stroke, the angle of the torso at set up will influence the axis of rotation. More torso bend would tend to encourage a steeper shoulder pitch (more upright plane) and less torso bend a flatter shoulder pitch and a (flatter plane) (see Fig 5).



Fig 5.The angle of the torso at set up will contribute to the plane the putting stroke will work on.

The plane of your arms and also the angle of the shaft relative to the arm plane can also affect the travel of the sweet spot. Flatter arm planes can encourage flatter putt planes particularly when combined with taller shaft angles. Steeper arm planes will promote steeper putt planes particularly when combined flatter shaft angles (See Fig 6)



Fig 6. The arm plane and shaft angle combination will affect the plane the putting stroke will work on.

How to choose you template

<u>Step One</u>

1. Calculate your radius in CM

A good static measurement we can use to help determine a radius number is to measure the bottom centre of the putter to the bottom of your chest bone and then add 10% of that figure to form a total radius number.



<u>Step Two</u>

Decide your plane angle. Consider your posture and arm position. Do they:-

- Produce more upright components? Then consider a plane angle 12 degrees or less.
- Are they neutral? Then consider between a plane angles of 12 and 18 degrees
- Produce more flatter components? Then consider a plane 18 degrees or higher

<u>Step Three</u>

Go to The New Mi Putting Template page on the Visio Putting website. Click on **Template Calculator***. Use the Plane Radius/Matrix and enter your radius number (to the nearest 5 cm) and plane number in the relevant boxes.

Once entered it will then display a green box which contains the correct template classification for you.

*The Template calculator is powered by Capto Technology and co-created with Capto Inventor Luca Menci.



Using the Template Calculator for Rotation

If you wanted the template to give you a specific amount of rotation at the top of the backswing, then you can input your desired rotation value into the calculator. This will select the best matching classification that gives you that rotation amount at 30cm which is the last reference point for face angle on the template.

(6)



Note for **Capto** users - If you use Capto or have worked with a Capto coach, then take radius and plane numbers from the Capto device. There are two plane numbers within Capto. The putt plane describes the rotational element of the stroke whilst the sweet spot plane describes the plane the sweet spot is working on. Depending how you want the template to guide you (sweet spot depth/arc shape vs face rotation amount) decide which of those two planes you would want to use within the calculator.



Note for **SAM PuttLab** users -There are two plane numbers within the latest version of SAM Puttlab. The Swing plane describes the plane the sweet spot is working on. While Face Plane describes the rotational plane of the club face. Depending how you want the template to guide you (sweet spot depth/arc shape vs face rotation amount) decide which of those two planes you would want to use within the calculator.

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