



4 Meters

training book



WELLPUTT-France  
tel : +33 (0) 5.59.59.42.46 / Fax : +33 (0)9.70.62.29.72  
contact@wellputt.com / www.wellputt.com

P.A. de maignon - Batiment les pyramides  
4, route de pitoys  
64600 - Anglet - France

## Introduction

Ideal to practice all year around for 10 minutes a day, thanks to a quality of roll that is adapted to the game of golf, you will finally feel ready for that 5 footer to win the state open, the big weekly wager against your friends or simply to make sure your handicap doesn't rise again this year.

WELLING-PUTT will not only teach you how to putt but will make you a great putter: you will be able to work on alignment, touch, routine and especially speed control.

Putting represents between 30% and 45% of the shots that are hit during 18 holes (for lower handicapped players), however most players will prepare for a round by hitting full shots for 45 minutes, chipping a dozen balls and then hitting just a few putts.

If you practice only 10 minutes a day you will be a lot more prepared for your round and you won't be part anymore of the group of players sitting by their drink in the clubhouse feeling so frustrated by the opportunities missed because of a few bad putts.

Remember this: there isn't a group of putters that are always lucky and a group that never has luck. There are good putters and bad putters!

*With Welling-putt®, become...  
a master of the game!*

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WELLING<sup>®</sup>  
PUTT<sup>+</sup>

# THE CONCEPT

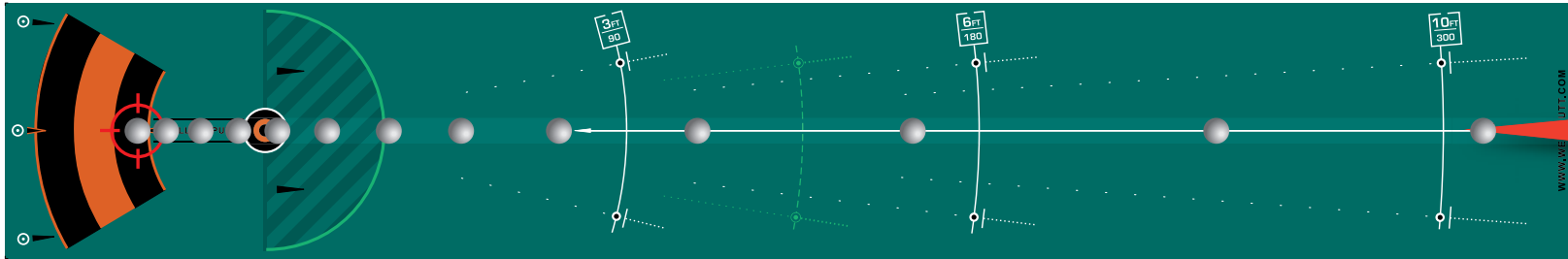
# the concept

A good putt is the result of good aim with good speed. That's why we have built the welling-putt so that it can be used in both directions.

1 Aim

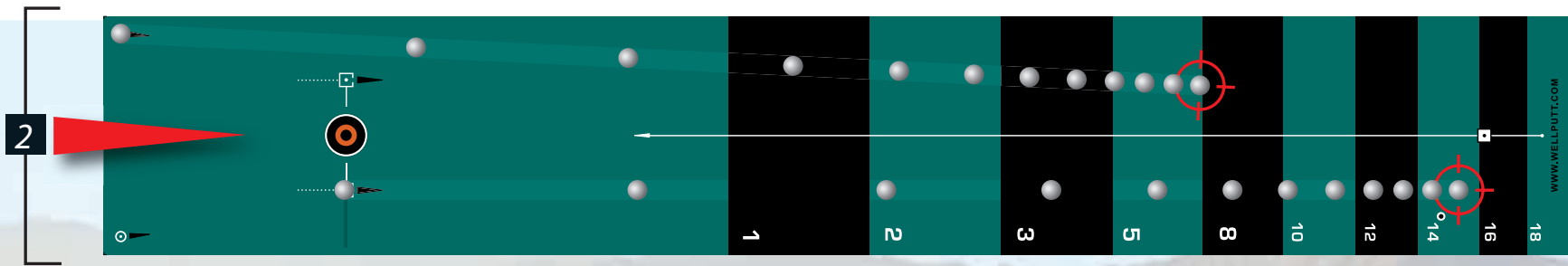
2 Feel

3 Aim + Feel

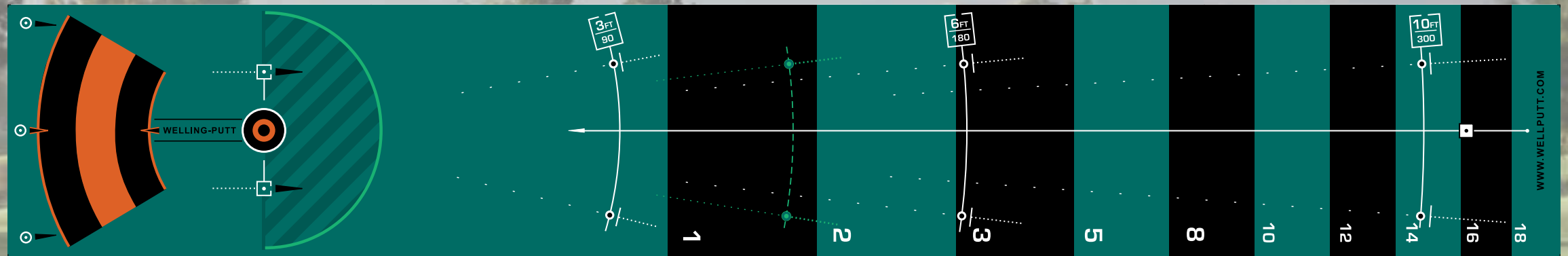


1 Welling-Putt® Aim

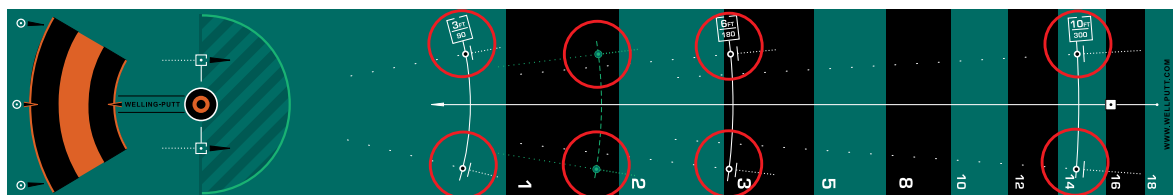
Welling-Putt® Feel



3 Welling-Putt® is the association of aim and feel



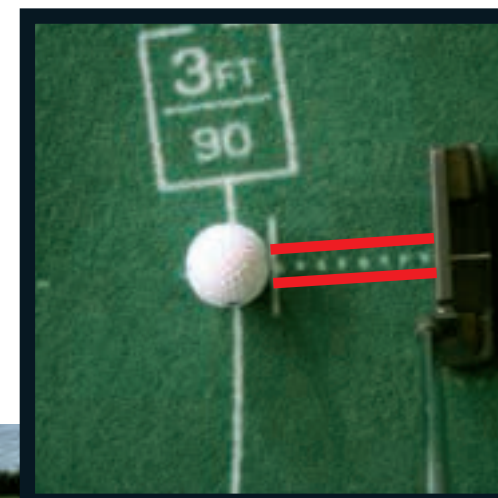
# Tools for alignment and length



Aids to manage the **length** of the **stroke**  
at **3 ft, 6ft and 10ft**

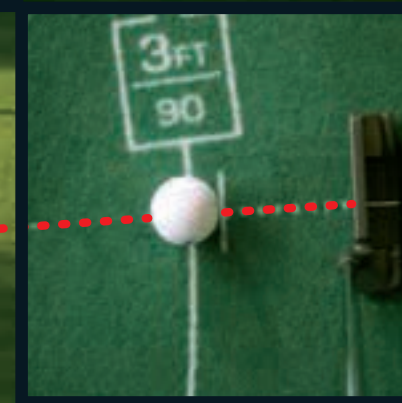


① **Alignment line for the putter face**  
(will help you aim your body by matching the putter face)



② **Necessary length of the stroke**  
to get through the ball with the right speed

③ **Alignment line**  
for the direction you are hitting towards



# The Welling-putt<sup>®</sup> Zone

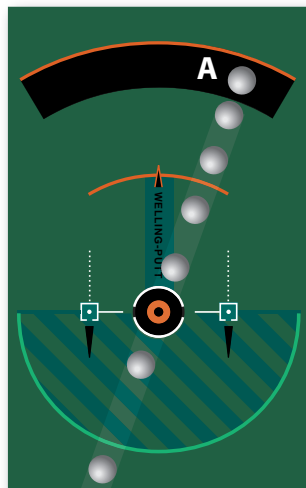
The essence of the Welling-putt concept resides in the way we think about putting. For the first time you will make your ball roll over the hole and have to stop it behind it in the "Welling-putt zone", or "good putt zone".

Made so you can develop a very strong sensitivity and feel for speed, this zone has 2 parts:  
 -zone A is for uphill putts  
 -zone B for downhill putts  
 It is already an excellent control of speed to be able to finish in the "good putt zone".  
 Once you start mastering the direction of the putt as well, you will start mastering the game from 10 feet in!



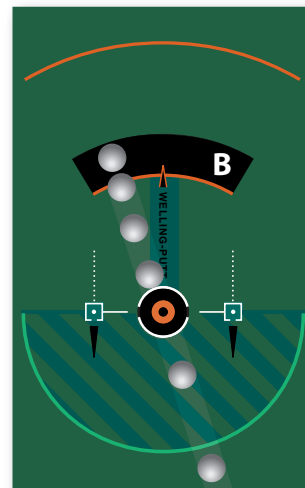
**Good putt zone**

It is proven that a putt that has enough speed to finish between 12 and 24 inches behind the hole will resist better to slopes and therefore has a better chance of going in.



**Uphill putt zone**

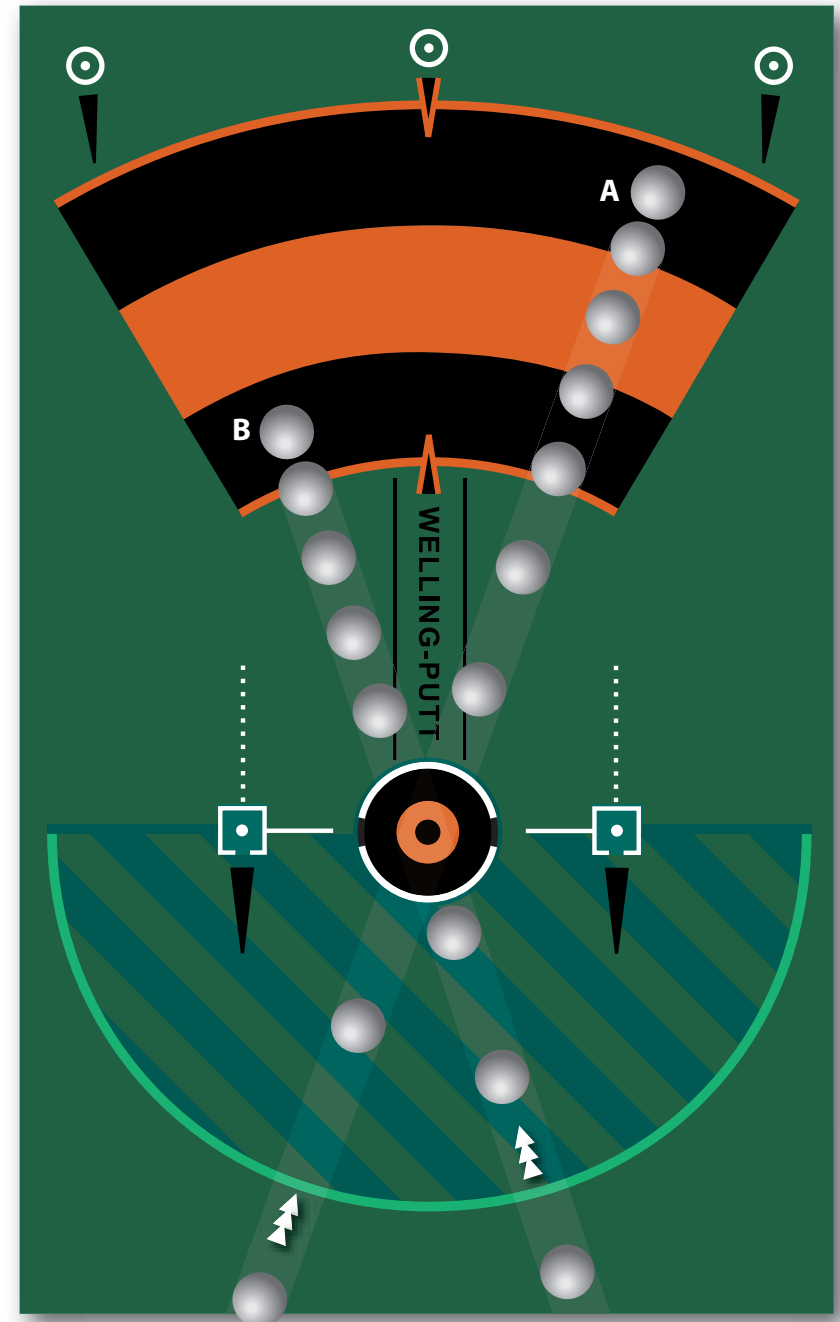
For advanced golfers this zone will develop a good offensive attitude while securing the coming back putt.

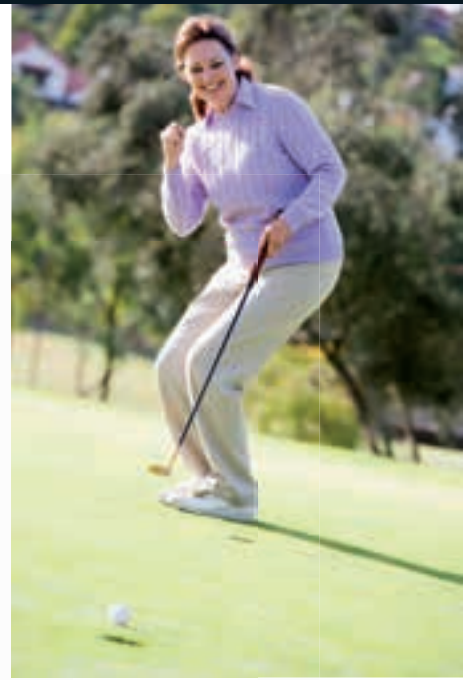


**Downhill putt zone**

As in the uphill putt, this zone will develop a finer sensitivity for the player while securing an easy return putt.

Putts have to roll over the hole (orange circle) and finish in zone A or B depending on the exercise you picked.





WELLING®  
PUTT

*Improve and have fun!*



## The Welling-putt® courses

*Yellow course / evaluation*

*Blue course / confirmed*

*Black course / professional*

# Yellow course



**You have 3 tries to reach the target.**

**Important: play with 3 identical golf balls**

Take 3 balls and place them as indicated below. Play and keep score. Place a circular object in the center of the hole, the size of the orange circle so you can have a physical entity to hit with the ball.

- 1** Place the ball on the hole line. Putt towards **zone 1. (F)**.
- 2** Place the ball **3 feet** from the hole on the **black dot (●S)**. Use the dotted line for help with direction and putt to touch the object in the center of the hole.
- 3** Place the ball on the hole line. Putt towards **zone 2. (F)**.
- 4** Place the ball **6 feet** from the hole on the **black dot (●S)**. Use the dotted line for help with direction and putt to touch the object in the center of the hole.
- 5** Place the ball on the hole line. Putt towards **zone 3. (F)**.
- 6** Place the ball **10 feet** from the hole on the **black dot (●S)**. Use the dotted line for help with direction and putt to touch the object in the center of the hole.
- 7** Place the ball on the hole line. Putt towards **zone 5. (F)**.
- 8** Place the ball **6 feet** from the hole on the **black dot (●S)**. Use the dotted line for help with direction and putt to touch the object in the center of the hole.
- 9** Place the ball on the hole line. Putt towards **zone 8. (F)**.

**Important: When you get to 22 points, you can move on to the back nine.**

● S = Start      ● F = Finish      Pts = Number of points

Hole 1	Pts: 4	
Hole 2	Pts: 3	
Hole 3	Pts: 4	
Hole 4	Pts: 3	
Hole 5	Pts: 4	
Hole 6	Pts: 4	
Hole 7	Pts: 5	
Hole 8	Pts: 3	
Hole 9	Pts: 5	

# Yellow course

▶ Back

**You have 3 tries to reach the target.**

**Important: play with 3 identical golf balls**

- 10** Place the ball on the hole line.  
Putt towards **zone 10. (F)**.
- 11** Place the ball on the **white line 3 feet** from the hole (●S). Do not use the dotted line. Putt to hit the object in the center of the hole.
- 12** Place the ball on the hole line.  
Putt towards **zone 12. (F)**.
- 13** Place the ball on the **white line 6 feet** from the hole (●S). Do not use the dotted line. Putt to hit the object in the center of the hole.
- 14** Place the ball on the hole line.  
Putt towards **zone 14. (F)**.
- 15** Place the ball on the **white line 10 feet** from the hole (●S). Do not use the dotted line.  
Putt to hit the object in the center of the hole
- 16** Place the ball on the hole line.  
Putt towards **zone 16. (F)**.
- 17** Place the ball on the **green line 4.5 feet** from the hole (●S). Do not use the dotted line.  
Putt to hit the object in the center of the hole.
- 18** Place the ball on the hole line.  
Putt towards **zone 18. (F)**.

**Important: When you reach 47 points, you can move on to the Blue course.**

● S = Start      ● F = Finish      Pts = Number of points

Hole 10 Pts: 5	
Hole 11 Pts: 3	
Hole 12 Pts: 5	
Hole 13 Pts: 3	
Hole 14 Pts: 5	
Hole 15 Pts: 4	
Hole 16 Pts: 5	
Hole 17 Pts: 3	
Hole 18 Pts: 5	

# Blue course

Discover the Welling-putt zone (good putt zone)

▶ Front

## Important: Play with 3 identical golf balls

Take 3 balls and place them as indicated below.

The "balls" square shows the number of balls out of 3 that have to finish in the Welling-putt zone for the exercise to be successful.

Play and keep score.

1	<b>balls</b> 3/3 successful	Place the ball <b>3 feet</b> from the hole on the <b>higher black dot (●S)</b> . Use the dotted line for help to putt so that the ball rolls over the hole and comes to rest in the Welling-putt zone (F).
2	<b>balls</b> 2/3 successful	Place the ball <b>4.5 feet</b> from the hole on the <b>higher black dot (●S)</b> . Use the dotted line for help to putt so that the ball rolls over the hole and comes to rest in the Welling-putt zone (F).
3	<b>balls</b> 1/3 successful	Place the ball <b>6 feet</b> from the hole on the <b>higher black dot (●S)</b> . Use the dotted line for help to putt so that the ball rolls over the hole and comes to rest in the Welling-putt zone (F).
4	<b>balls</b> 2/3 successful	Place the ball <b>4.5 feet</b> from the on the <b>lower green dot (●S)</b> . Use the dotted line for help to putt so that the ball rolls over the hole and comes to rest in the Welling-putt zone (F).
5	<b>balls</b> 2/3 successful	Place the ball <b>6 feet</b> from the hole on the <b>lower black dot (●S)</b> . Use the dotted line for help to putt so that the ball rolls over the hole and comes to rest in the Welling-putt zone (F).
6	<b>balls</b> 1/3 successful	Place the ball <b>10 feet</b> from the hole on <b>either black dot (●S)</b> . Use the dotted line for help to putt so that the ball rolls over the hole and comes to rest in the Welling-putt zone (F).
7	<b>balls</b> 3/3 successful	Place the ball on the white line <b>3 feet</b> from the hole (●S). Do not use the dotted line! Your ball has to roll over the hole and end up in the Welling-putt zone (F).
8	<b>balls</b> 2/3 successful	Place the ball on the white line <b>6 feet</b> from the hole (●S). Do not use the dotted line! Your ball has to roll over the hole and end up in the Welling-putt zone (F).
9	<b>balls</b> 2/3 successful	Place the ball on the white line <b>10 feet</b> from the hole (●S). Do not use the dotted line! Your ball has to roll over the hole and end up in the Welling-putt zone (F).

Important: When you reach 22 points, you can move on to the the back nine.

● S = Start

● F = Finish

Pts = Number of points

Hole 1 Pts: 3 3/3 successful	
Hole 2 Pts: 3 2/3 successful	
Hole 3 Pts: 4 1/3 successful	
Hole 4 Pts: 3 2/3 successful	
Hole 5 Pts: 4 2/3 successful	
Hole 6 Pts: 5 1/3 successful	
Hole 7 Pts: 3 3/3 successful	
Hole 8 Pts: 4 2/3 successful	
Hole 9 Pts: 5 2/3 successful	

# Blue course

Discover the Welling-putt zone (good putt zone)

▶ Back

**Important: Play with 3 identical golf balls.**

Take 3 balls and place them as indicated below.

You have to succeed with 2 out of 3 balls to validate the exercise.

Play and keep score.

10	<b>balls</b> 3/3 <i>successful</i>	Place the ball after the welling-putt zone on the white dot (●S), putt towards <b>zone 1</b> (F).
11	<b>balls</b> 2/3 <i>successful</i>	Place the ball after the welling-putt zone on the white dot (●S), putt towards <b>zone 2</b> (F).
12	<b>balls</b> 1/3 <i>successful</i>	Place the ball after the welling-putt zone on the white dot (●S), putt towards <b>zone 3</b> (F).
13	<b>balls</b> 2/3 <i>successful</i>	Place the ball on the hole line (●S), putt towards <b>zone 2</b> (F).
14	<b>balls</b> 2/3 <i>successful</i>	Place the ball on the hole line (●S), putt towards <b>zone 3</b> (F).
15	<b>balls</b> 1/3 <i>successful</i>	Place the ball on the hole line (●S), putt towards <b>zone 5</b> (F).
16	<b>balls</b> 3/3 <i>successful</i>	Place the ball on the hole line (●S), putt towards <b>zone 8</b> (F).
17	<b>balls</b> 2/3 <i>successful</i>	Place the ball after the welling-putt zone on the white dot (●S), putt towards <b>zone 10</b> (F).
18	<b>balls</b> 2/3 <i>successful</i>	Place the 3 balls after the welling-putt zone on the white dot (●S). Putt the first ball to <b>zone 1</b> , then the second to <b>zone 3</b> and the third to <b>zone 8</b> .

**Important: When you get to 51 points, you can move on to the black course.**

● S = Start

● F = Finish

Pts = Number of points

Hole 10 Pts: 3 3/3 successful	
Hole 11 Pts: 4 2/3 successful	
Hole 12 Pts: 5 1/3 successful	
Hole 13 Pts: 3 2/3 successful	
Hole 14 Pts: 4 2/3 successful	
Hole 15 Pts: 5 1/3 successful	
Hole 16 Pts: 5 3/3 successful	
Hole 17 Pts: 8 2/3 successful	
Hole 18 Pts: 8 2/3 successful	

# Black course

▶ Front

**Important: Play with 3 identical golf balls.**

Take 3 balls and place them as indicated below.

The "balls" square shows the number of balls out of 3 that have to finish in the Welling-putt for the exercise to be successful.

Play and keep score.

1	<b>balls</b> 3/3 <i>successful</i>	Place the ball on the white line <b>3 feet</b> from the hole (●S). Do not use the dotted line! The ball has to roll over the hole and end up on the first part of the Welling-putt zone (downhill putt) (F).
2	<b>balls</b> 2/3 <i>successful</i>	Place the ball on the white line <b>6 feet</b> from the hole (●S). Do not use the dotted line! The ball has to roll over the hole and end up on the first part of the Welling-putt zone (downhill putt) (F).
3	<b>balls</b> 1/3 <i>successful</i>	Place the ball on the white line <b>10 feet</b> from the hole (●S). Do not use the dotted line! The ball has to roll over the hole and end up on the first part of the Welling-putt zone (downhill putt) (F).
4	<b>balls</b> 2/3 <i>successful</i>	Place the ball on the white line <b>3 feet</b> from the hole (●S). Do not use the dotted line! The ball has to roll over the hole and end up on the second part of the Welling-putt zone (level putt) (F).
5	<b>balls</b> 2/3 <i>successful</i>	Place the ball on the white line <b>6 feet</b> from the hole (●S). Do not use the dotted line! The ball has to roll over the hole and end up on the second part of the Welling-putt zone (level putt) (F).
6	<b>balls</b> 1/3 <i>successful</i>	Place the ball on the white line <b>10 feet</b> from the hole (●S). Do not use the dotted line! The ball has to roll over the hole and end up on the second part of the Welling-putt zone (level putt) (F).
7	<b>balls</b> 3/3 <i>successful</i>	Place the ball on the white line <b>3 feet</b> from the hole (●S). Do not use the dotted line! The ball has to roll over the hole and end up on the third part of the Welling-putt zone (uphill putt) (F).
8	<b>balls</b> 2/3 <i>successful</i>	Place the ball on the white line <b>6 feet</b> from the hole (●S). Do not use the dotted line! The ball has to roll over the hole and end up on the third part of the Welling-putt zone (uphill putt) (F).
9	<b>balls</b> 2/3 <i>successful</i>	Place the ball on the white line <b>10 feet</b> from the hole (●S). Do not use the dotted line! The ball has to roll over the hole and end up on the third part of the Welling-putt zone (uphill putt) (F).

**Important: when you reach 22 points, you can move on to the back nine.**

● S = Start

● F = Finish

Pts = Number of points

Hole 1 Pts: 3 3/3 successful	
Hole 2 Pts: 3 2/3 successful	
Hole 3 Pts: 3 1/3 successful	
Hole 4 Pts: 3 2/3 successful	
Hole 5 Pts: 4 2/3 successful	
Hole 6 Pts: 4 1/3 successful	
Hole 7 Pts: 5 3/3 successful	
Hole 8 Pts: 3 2/3 successful	
Hole 9 Pts: 5 2/3 successful	

# Black course

▶ Back

**Important: Play with 3 identical golf balls.**

Take 3 balls and place them as indicated below.

You have to succeed with **2 out of 3 balls** to validate the exercise.

Play and keep score.

10	<b>balls</b> 2/3 <i>successful</i>	Place the 3 balls on the starting dots (●S). Putt them into <b>zone 3</b> (F).
11	<b>balls</b> 2/3 <i>successful</i>	Place the 3 balls on the starting dots (●S). Putt them into <b>zone 8</b> (F).
12	<b>balls</b> 2/3 <i>successful</i>	Place the 3 balls on the starting dots (●S). Putt them into <b>zone 12</b> (F).
13	<b>balls</b> 3/3 <i>successful</i>	Place the 3 balls on the starting dots (●S). Putt them into <b>zone 1</b> (F).
14	<b>balls</b> 2/3 <i>successful</i>	Place the 3 balls on the starting dots (●S). Putt them into <b>zone 2</b> (F).
15	<b>balls</b> 2/3 <i>successful</i>	Place the 3 balls on the starting dots (●S). Putt them into <b>zone 8</b> (F).
16	<b>balls</b> 2/3 <i>successful</i>	Place the 3 balls on the starting dots (●S). Putt them into <b>zone 16</b> (F).
17	<b>balls</b> 2/3 <i>successful</i>	Place the 3 balls on the starting dots (●S). Putt them into <b>zone 18</b> (F).
18	<b>balls</b> 2/3 <i>successful</i>	Place the 3 balls on the starting dots (●S). Putt the 1st ball in <b>zone 14</b> , then the 2nd in <b>zone 16</b> and the 3rd in <b>zone 18</b> (F).

● S = Start      ● F = Finish      Pts = Number of points

Hole 10  
Pts: 3  
2/3 successful

Hole 11  
Pts: 4  
2/3 successful

Hole 12  
Pts: 5  
2/3 successful

Hole 13  
Pts: 3  
3/3 successful

Hole 14  
Pts: 3  
2/3 successful

Hole 15  
Pts: 4  
2/3 successful

Hole 16  
Pts: 5  
2/3 successful

Hole 17  
Pts: 5  
2/3 successful

Hole 18  
Pts: 5  
2/3 successful

# The Welling-putt games<sup>®</sup>

WELLING<sup>®</sup>  
PUTT<sup>+</sup>





## 1<sup>st</sup> game: "the good zone"

### Number of players: 1 to 8

#### How to play?

Place the ball on the hole (or close by). Each zone is worth the amount of points equal to its number.

Example: zone 1 is worth 1 point, zone 2 is 2 points, etc... zone 18 is worth 18 points.

BEFORE you putt, announce which zone is your target: you can either have players pick a zone before each putt or the entire group can decide on a zone for the whole game.

If the ball stops on the chosen zone, the player gets the amount of points which that zone is worth. If the ball stops on the lines defining the zone, the player gets to try again. If the ball finishes beyond the zone, the player doesn't get any points.

As stated earlier we believe a putt should never be short of the hole so if a ball ends up short of the target zone, that player will lose points. If the ball stops 1 zone short of the target zone, the player will lose 1 point; if the ball stops 2 zones short, the player will lose 2 points, etc...

**The player who has the most points after 3 turns wins.**

## 2<sup>nd</sup> game: "the putt range"

### Number of players: 1 to 8

#### How to play?

Place the ball on the hole (or close by) and putt towards zone 1, if your ball ends up on that zone you can try to putt to zone 2 after giving a turn to the other players. If the ball stops on the line, the player tries again.

Each player gets to keep moving on to the next zone if they are always successful.

When a player misses his intended zone, he has to start over to zone 1.

**The first player to get to zone 18 wins.**

*If more than one player manages to putt to all the zones, play again in a sudden death playoff format.*

### welling-putt 8M

For golf schools or people having a big living-room ! Size 8mx95cm, use indoor as outdoor, including a training-book with more than 75 exercices.

WELLING<sup>®</sup>  
PUTT

Games

Indoor / outdoor

### welling-putt 3M

The Welling-putt concept in a smaller size (3mx65cm), including the training-book and more than 54 exercices.

### welling-putt 4M

The *original* Welling-putt, size 4m, including the training-book and more than 54 exercices.

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