



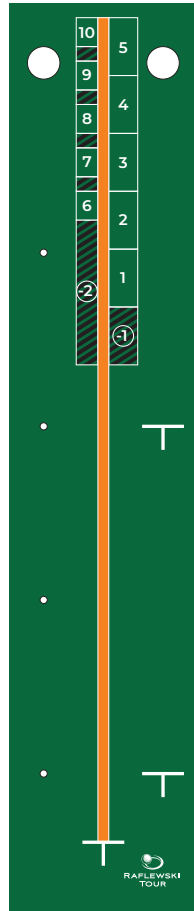
PUTTING MAT

An Introduction

The Raflewski Tour Mat has been designed to facilitate the important drills and learning techniques Gareth uses with his tour players.

Key skills to be learned will improve:

- Alignment
- Putting stroke
- Speed control



Gareth Raflewski, Ontario PGA Teacher of the Year, is highly sought after by championship-winning pro golfers from the PGA Tour, the LPGA TOUR, and PGA Tour Canada.

Using the Raflewski Mat

EYE TRAINING

Use the white dots to:

- Train your eyes to see a straight line as you set up
- When you step up to putt from the first dot, look down the dot line
- If at set up, they look off-line or not straight, try these fixes

Three options to correct if not lined up straight

1. Move closer to ball
2. Move farther from ball
3. Change head position to make sure eyes are parallel down line
4. Make sure head and eyes are not tilted

Drill to learn your pre-set routine

- Set up ball on first dot
- Look at dots 1-4 and hole
- Look back from hole and each dot 4 – 1 to ball
- Look at ball and putt, taking no time

This drill should become your preset routine to check alignment on the course

ORANGE LINE

1. The orange line is the “start line” exercise to putt down the target line.
2. Putts should not go off the mat and should stay on the orange line

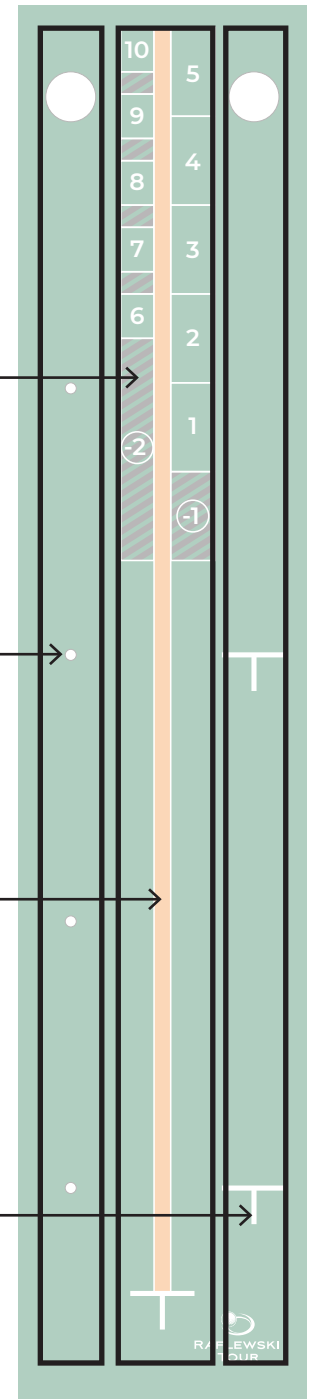
Sections of the mat

Numbered zones: for speed drills

Eye training: using the white dots

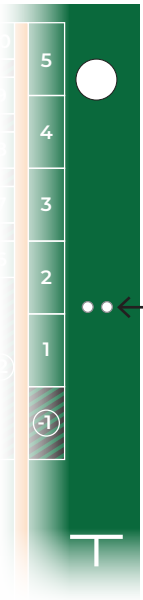
Orange line: start all your putts “on-line”

T markings: teaches to aim & square the putter



- Putt as many balls as you can that stay on the orange line stopping each behind the prior putt See how many you can do.

USING "T"S



The "T" should be used to set your putter square to the line.

See how many putts you can make at each length

Use the "T" as a start point and use two coins 2" apart half way between the T and the hole on the putt line.

Practice putting through the coins to learn your path to the hole.

Games

- Putt on orange line to end of mat without going off. See how many you can putt on the line
- Speed practice: Putt 6 balls each shorter than the first and stay on line without balls hitting one another
- Play 21 like darts: Putt and stop ball at the respective boxes to count a score. Play to 21.
- Reverse 21: Start at 21 and go back. Use numbers -2 and -1 to adjust your score if needed.

- See how many balls you can get into each box and score that number for each ball
- Play by putting a ball stopping into each box starting with the furthest away

"Zoom" Remote Play

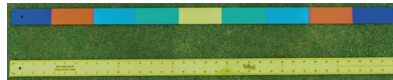
Play your opponents online by each having own mat and playing the games. Play each other at the comfort of your home.

Set up your mats and video to compete with one or more players on Zoom.

Add the following Raflewski products to your mat to improve your indoor experience:

RAFLEWSKI RULER

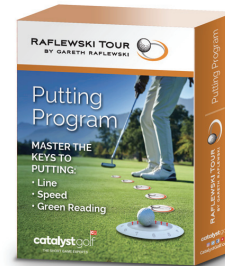
Place on the orange line and hit putts to stay on ruler down orange line



Place behind the T for alignment assist

Use the colour grades on the ruler to learn your stroke length and speed control

RAFLEWSKI TOUR PUTTING PROGRAM DISC AND DOTS



DISC

The Discs are a great addition to make your practice more realistic

Putt to the DISC at the white HOLE spots to practice speed and accuracy.

Start with yellow disc (Perfect Speed Disc)

The YELLOW disc is designed for the perfect speed



White and Orange Discs (dead weight disc)

These are designed to practice your dead weight speed. Practice making putts in these discs to increase your competency and feel for speed.



DOTS

Use dots to track your line.



DISC Games:

Use the DISCS to create an actual hole situation and play games to see how many putts you can make to each.

Want more exclusive Raflewski products designed by short game guru Gareth Raflewski himself?

Visit www.catalystgolf.com to make your game better and have fun doing it!

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THE SHORT GAME EXPERTS

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