

Basic Flight Deck Training

1. Set up the deck for a straight in putt at desired short-range distance.
2. Position the ball in the farthest back position between the blocks. Start with 3-to-10-foot short range length putts. Make a normal stroke and allow the blocks to absorb putter impact. Alternate putts from both on and off the deck for 5 to 10 reps each way.
3. Hold your finish flat against the impact blocks for a minimum of 3 seconds. This helps you ingrain the feel of the solid and square impact position. Check for centerline matchup after each rep.

Advanced Flight Deck Training

1. Make practice strokes without a ball. Try to strike the impact pads simultaneously and hold the finish. Check to see if the center mark of your putter matches up with the centerline of the deck.
2. Close your eyes and repeat (#1), then open your eyes to check for the centerline matchup position of putter and deck. Next, add a ball, keep eyes closed and make stroke holding your finish. Again, check for centerline match up.
3. Alternate one-handed training doing your best to hold finish against the impact blocks. Check for centerline matchup.
4. One-handed training and with your eyes closed is the ultimate test! Alternate hands and always check for centerline matchup after each stroke.
5. After warming up at short range from 3 to 10 feet for solid and square impact training, set up for mid-range 12 - 30 ft length putts for distance control training. Set up markers at different mid-range length intervals and work to find proper back swing lengths needed to roll the ball different distances. Alternate putts from both on and off the deck for 5 to 10 reps each way.

Pre-round with Flight Deck

1. Set up the deck for a straight in putt at desired short-range distance.
2. Hold putter face against blocks for several seconds and run eyes to the target to feel square putter face setup.
3. Strike a few putts as normal and hold your finish flat against the impact blocks for a minimum of 3 seconds. This helps you ingrain the feel of the solid and square impact position.
4. Alternate putts from both on and off the deck for 5 to 10 reps each way. This is all that is needed to refresh the feel of solid and square impact and prepare you for play.

Post-round with Flight Deck

1. Repeat same pre-round warmup and add some advanced training drills as listed.