



# NICE & COZY

THE SMART WAY TO SURVIVE US OPEN-STYLE GREENS BY MINJEE LEE



photos by J.D. Cuban

When we're at the US Open, dealing with the fastest greens of the year, you'll often hear the TV commentators say we need good feel for the speed if we're going to avoid three-putting. That's true, but feel is something you're going to have only if you practice a lot —

especially on fast greens. What doesn't require nearly as much work is learning to read the break. Putting comes down to two things: speed and break. And there's nothing like trusting your line to make you put a confident stroke on a putt. Even if you don't have the speed quite right, a good read and good stroke will help you get it down in no more than two. And you never know, you might sneak a few in on your first putt.

◀ Here is some more advice to survive US Open-style greens. — with Keely Levins

#### TAKE THE LONG ONES SERIOUSLY

● Even if it's a putt you think you have no chance of making, don't just step up and hit it. Take your time with the read. If you get it right, fast greens will help you get the ball close to the cup even if your speed isn't perfect.

#### FIND THE ENTRY POINT

● To find your line, try to determine where the ball will drop in the hole. That helps you see the path all the way back to your ball from the cup.

#### READ PUTTS IN A CIRCLE

● I start from behind my ball and then walk along the high side of the putting line, around the back of the cup and then back along the low side. Why? My feet are absorbing a lot of information about the break and speed as I walk around.

#### CONFIRM IT FROM THE LOW SIDE

● Reading a putt from the low side gives you the best perspective of how much break there is. It's a lot easier to see the slope from there.

#### IT'S OK TO CHECK AGAIN

● If you're still not sure, do what I do: I take one more walk halfway to the hole to pinpoint the spot on the edge of the cup where the putt will drop. This should confirm what you learned on the circle walk and the low-side green read.

#### CENTER THE BALL

● I create a pathway with four tees when I practice to make sure my putter is moving on the right path when it strikes the ball. It should pass between the tees without striking any of them. If it hits one, I know my path was off. The point is, if you roll it on the right line from a short distance, you can usually get away with a stroke that's too hard or soft on fast greens. Feel isn't as big a deal on short ones.

#### MAKE A GOOD STROKE

● You can tell you hit the putt in the middle of the clubface by how good contact feels — and how smooth the ball rolls. If you hit it off the toe or heel, it won't feel right.

#### SAVE THIS FOR LAST

● Hit 15 or so putts before you play to get a feel for the speed. Get confident, and the greens on the course won't seem scary at all.

**Minjee Lee of Perth, Australia, has three LPGA Tour wins and is top 10 in putts per green in regulation (1.75).**

## Refresh for Optimal Performance

Natural hydration that puts the swing back into your step.

An 18 hole golf course could take as much as 13,000 steps to complete, averaging out to be 8.5 kilometres in a single game! Factor in the steps you take to find missing balls or the stroll from a car park to the clubhouse, and you'll definitely start to feel why replenishing lost fluids matter. Whether you're new to the sport or a seasoned pro, being mindful of hydration when on the green is something every golf nut should know. From the moment you tee off to the last putt on the 18th green, the way you replenish yourself plays a big role in maintaining optimal performance.

A water loss of as little as 1% of your body mass leads to reduced alertness, hinders your ability to concentrate and impairs performance on the course. A 2012 study published in The Journal of Strength & Conditioning Research found that when dehydrated, golfers' swings are noticeably shorter and more crooked than when they had drunk enough liquids. So if you're planning to up the ante the next time you take a swing at golf, be sure to replenish with UFC Refresh Coconut Water for unrivalled hydration that keeps you playing on like a pro.

UFC Refresh Coconut Water is nature's perfect refreshment to help you replenish lost fluids and essential electrolytes such as potassium, calcium, magnesium, phosphorous and sodium in your body. Beat the heat, stay on top of your game, and optimise your performance with this thirst-quencher, on-the-go hydration.



The Natural Hydration for you