

# WELLPUTT INDOOR PUTTING PERFORMANCE STUDY

A Four-Week Training Program Using the Wellputt 13-Foot Training Mat and Training App

Conducted by

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Eagle Hills Golf Course – Nebraska

## STUDY OVERVIEW

|                 |                                                       |
|-----------------|-------------------------------------------------------|
| Study Title     | Wellputt Indoor Putting Performance Study             |
| Conducted By    | Jonathan Mielke, PGA                                  |
| Location        | Eagle Hills Golf Course – Nebraska                    |
| Participants    | 20 Amateur Golfers                                    |
| Program Length  | 4 Weeks                                               |
| Training System | Wellputt 13-Foot Training Mat & Wellputt Training App |

## ABSTRACT

This study evaluates the effectiveness of a structured four-week indoor putting training program using the Wellputt 13-foot training mat and Wellputt training application.

Twenty amateur golfers participated in weekly 45-minute coaching sessions focused on the two most critical components of putting performance: distance control and directional accuracy. The training structure utilized the visual feedback and guided training protocols of the Wellputt system.

Performance was measured using the Mielke Golf Putting Handicap System along with performance scores from the Wellputt training application.

After four weeks of structured training, participants improved their putting handicap by an average of 10.7 strokes, representing a 42.8% performance improvement.

These findings suggest that structured indoor training using the Wellputt training mat and training app can significantly improve putting performance through focused development of distance control, direction control, and consistent putting routines.

The results of the four-week program demonstrated a significant improvement in putting performance across the group of participants.

## FIGURE 1 – Average Putting Handicap Improvement

The average putting handicap of the participants improved significantly over the four-week training program using the Wellputt training system.

Average Starting Handicap: **25.0**

Average Final Handicap: **14.3**

Average Improvement: **10.7 strokes.**

This represents a **42.8% improvement in putting performance** across the group of 20 amateur golfers.

The overall performance improvement of the participants is illustrated in Figure 1.

Average Putting Handicap Improvement (4-Week Wellputt Training Study)

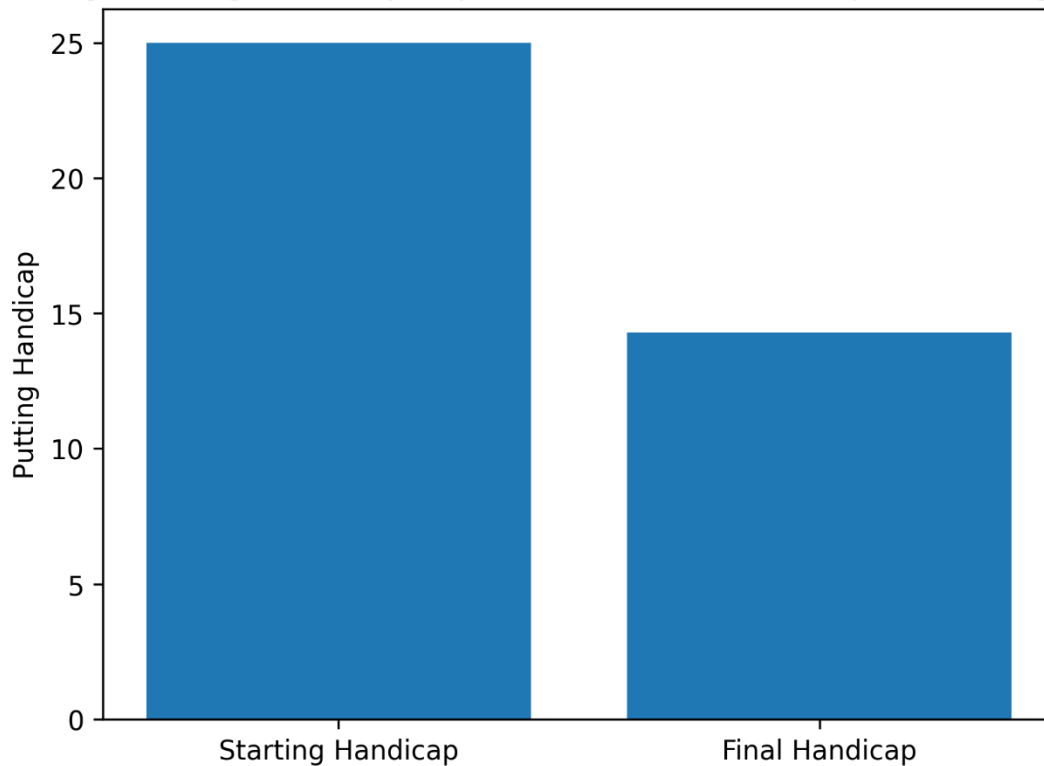


Figure 1. Average putting handicap improvement of participants after four weeks of structured indoor training using the Wellputt 13-foot training mat and training app.

## INTRODUCTION

Putting represents a significant percentage of strokes during a round of golf, yet it remains one of the most misunderstood and under-trained aspects of performance improvement.

Throughout more than **30 years of coaching and over 20,000 golf lessons**, I have observed that many golfers attempt to improve putting through mechanical swing changes rather than structured skill development.

Successful putting performance primarily comes down to what I refer to as the **Two D's of Putting**:

**Distance Control**  
**Direction Control**

Distance control determines how close the ball finishes to the hole, while directional control determines whether the putt starts on the intended line.

Traditional practice environments often fail to provide structured feedback that allows golfers to consistently develop these two essential skills.

The Wellputt training system provides a structured and repeatable environment that focuses on **results-based feedback rather than mechanical instruction**, allowing golfers to improve through skill training and repetition.

This study was conducted to evaluate how structured indoor training using the Wellputt 13-foot training mat and training application can impact putting performance over a four-week period.

# METHODS

## Participants

Twenty amateur golfers of varying ability levels participated in the four-week Putt Club training program conducted at Eagle Hills Golf Course.

Participants ranged from recreational golfers to competitive amateur players, and all completed the full training program.

## Training System

The training program utilized the following tools:

- Wellputt 13-Foot Training Mat
- Wellputt Training Application
- Dave Pelz Tru Roller (used to evaluate mat speed and consistency)

The Wellputt mat provided a structured visual training environment while the Wellputt application delivered guided training programs designed to develop putting skills progressively.

## Training Structure

Participants attended **weekly 45-minute training sessions** over a four-week period.

Training sessions focused on progressive development of putting skills through structured drills emphasizing distance and directional control.

### Week 1 – Distance Control

Players completed ladder drills beginning at **2 feet progressing to 10 feet**, hitting six putts from each distance using the Wellputt mat.

Participants also completed the **Orange Course** within the Wellputt training application.

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### Week 2 – Direction Control

Players worked with a **putting mirror drill** focusing on face alignment and start line.

Distances ranged from **2 feet to 10 feet**, hitting six putts from each distance.

Players again completed the **Orange Course** within the Wellputt training app.

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### **Week 3 – Combined Distance and Direction**

Players used the **stroke meter on the Wellputt mat** to develop speed control and directional precision at multiple distances.

Participants completed the **Blue Course** within the Wellputt training application.

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### **Week 4 – Performance Testing**

Players completed a five-minute warm-up followed by final testing using the **Mielke Golf Putting Handicap System** and the **Black Course** within the Wellputt training application.

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## **RESULTS**

All twenty golfers improved their putting handicap after completing the four-week training program.

The average improvement across all participants was **10.7 strokes**, representing a substantial reduction in putting handicap across the group.

Individual participant results further illustrate the consistency of improvement across all golfers in the program.

### **FIGURE 2 – Individual Player Improvement**

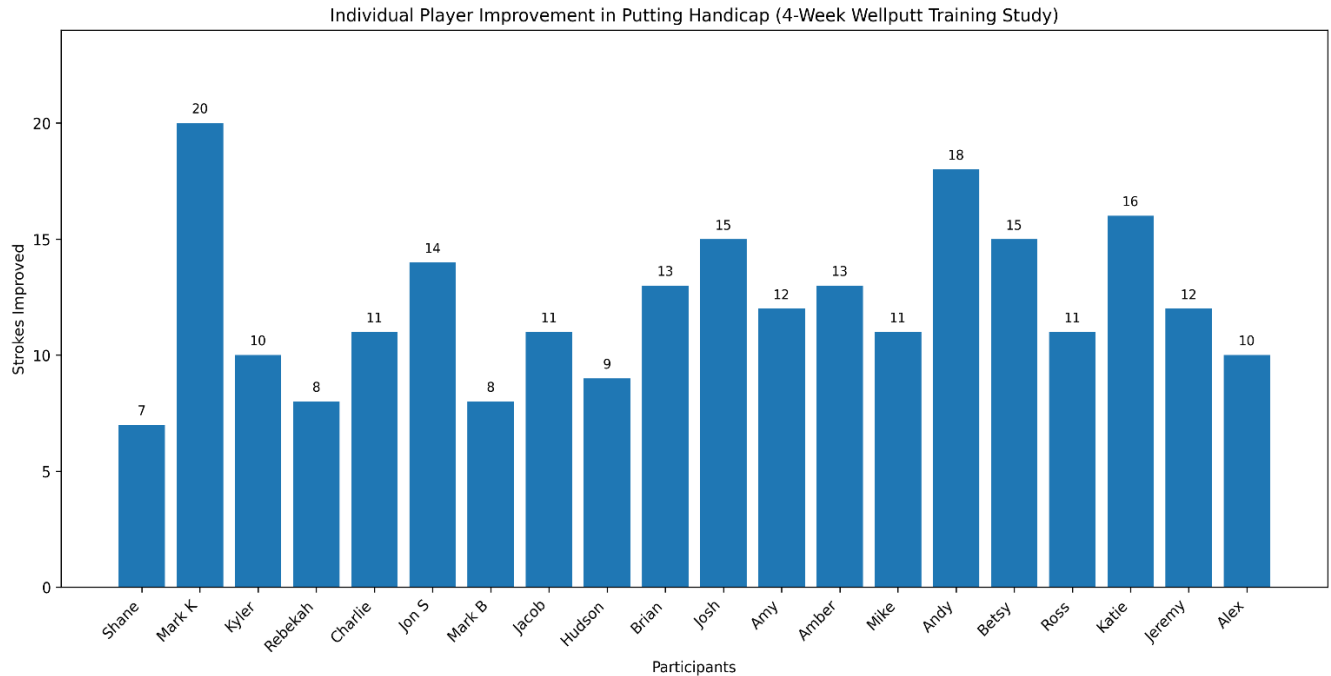


Figure 2. Individual participant improvement in putting handicap following the four-week Wellputt training program.

## OBSERVED PERFORMANCE IMPROVEMENTS

In addition to measurable handicap improvements, several performance trends were observed throughout the program:

- Reduced rushing during the putting stroke
- Improved alignment and setup consistency
- Tighter miss dispersion patterns
- Increased player confidence
- Fewer three-putts during rounds

These behavioral improvements suggest that structured indoor training with the Wellputt system can positively influence both technical skill development and player confidence.

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## DISCUSSION

The results of this study indicate that structured indoor training using the Wellputt training system can significantly improve putting performance among amateur golfers.

The combination of visual feedback, structured drills, and gamified practice through the Wellputt training application provides a unique training environment that encourages focused and consistent practice.

Unlike data-heavy systems that often overwhelm players with technical metrics, the Wellputt system emphasizes **skill development through repetition and results-based feedback**, allowing golfers to improve distance control and directional consistency naturally.

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## PRACTICAL APPLICATIONS

The findings of this study suggest that structured indoor putting practice can produce meaningful performance improvements for amateur golfers. The Wellputt training mat and training application provide a practical and accessible environment where golfers can develop the two essential skills of putting: distance control and directional accuracy.

Because the Wellputt system can be used indoors at home, golfers are able to practice consistently without requiring access to a putting green. The visual structure of the mat and the guided training programs within the Wellputt application allow golfers to focus on results-based feedback rather than mechanical swing thoughts.

For coaches, the Wellputt system provides an effective tool for delivering structured practice programs that emphasize performance improvement rather than technical analysis. The combination of clear visual targets, progressive training exercises, and gamified challenges encourages golfers to practice with purpose while developing the fundamental skills required for better putting performance.

The results of this four-week program demonstrate that consistent training using the Wellputt system can significantly improve putting performance while also increasing player confidence and engagement in practice.

## COACHING BACKGROUND

Jonathan Mielke is a PGA Professional with more than **30 years of coaching experience** and over **20,000 lessons taught**.

His coaching career has included positions at:

- Riverview Golf Club – Mesa, Arizona
- Desert Mountain Club – Scottsdale, Arizona

- Oak Hills Country Club – Omaha, Nebraska
- Eagle Hills Golf Course – Nebraska

Mielke is recognized as one of the leading golf instructors in the region and has received numerous coaching honors including:

- Golf Digest Best Teachers in Nebraska
  - Nebraska PGA Teacher of the Year – 2020
  - Top 100 Golf Instructors – GRAA
  - U.S. Kids Golf Top 50 Master Kids Coach
  - Nebraska PGA Youth Player Development Award Recipient (2016 & 2020)
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## CONCLUSION

This four-week indoor putting program demonstrated that structured training using the Wellputt 13-foot training mat and Wellputt training application can significantly improve putting performance among amateur golfers.

The Wellputt training mat and training application provided a structured and engaging environment that allowed golfers to practice with purpose while receiving immediate feedback on both distance and direction control.

Participants improved their putting handicap by an average of **10.7 strokes**, highlighting the effectiveness of focused skill development through structured indoor practice.

The Wellputt system provides golfers with an accessible and engaging training environment that promotes consistent practice and measurable improvement.

These findings support the use of structured indoor training systems such as Wellputt as a valuable tool for improving putting performance and overall scoring ability.