



Where's Your Focus

One of the longest more involved sports debates is among amateur golfers - why does the ball do what it does?

Some say it is your set-up, others say it is your backswing, while others say it is your kinematic sequence. While all those maybe true and apply to you let me add yet another argument to the growing list.

In basic visual terms, your eyes work together creating what is referred to as binocular vision. In essence you combine the visual information from both eyes to form your ultimate visual image.

A key aspect of this resultant image is how accurate is your interpretation of what is true. This is referred as your visual alignment. Abnormal visual alignment can result in a perceived position as above, in front or behind the actual location.

For example if a tennis player perceives that the ball is higher than it actually is will result in a miss hit – missing the sweet spot and

often hitting the rim. While an athlete can learn to adjust it is more effective to re-set the eyes through training.

In a recent session with a beginner golfer – the most consistent impact miss with an iron was thin – ie the club was contacting the ball on the upswing and there was very little ball compression. Not surprising was that golfer performed well with the driver with it teed up!

Visual assessment revealed that this golfer visually thought the ball was in front of the actual ball position. This would explain the poor ball compression with his iron play. The immediate fix was to move the ball back in his stance. This long term fix will involve visual re-training.

While all thin shots cannot be blamed on poor visual alignment it does provide another option for those who continue to struggle with ball compression issues

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