

Train your eyes for **Longer Drives**



Some History



Road Trip!



4 Days in Iceland



The Golf Lab's



Power Golf Analysis

Name: ARON SNÆR Age: 19

Height: 1,94 Weight: 82 Wingspan: 194

Wrist to Floor: Forearm: 41 Arm: 40

Seated Throw: 18½ Sit-Up Throw: 16 Jump: 18

3D Findings: Great deceleration sequence and pattern
→ major speed opportunity with transition sequence

Impact Geometry: very neutral club delivery
→ quality strike

Physical

- Improve pelvic control
- more rotary movement

Recommendations

Pattern

- opportunity for speed through transition sequence
- lower body needs to early not faster

Shot Game

- fold left elbow through impact
- narrow swing radius to improve contact



Gauti's Training Room



Sali!



The Mastermind!



The Newgy 1050



How can this possibly help a golfer?



What is Quiet Eye?



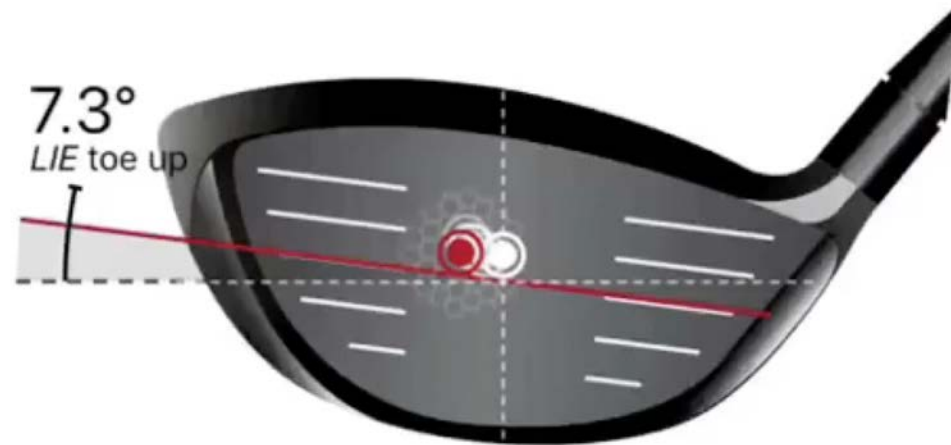
The final fixation or tracking gaze that is located on a specific location or object in the task space within 3° of visual angle (or less) for a minimum of 100 ms

The duration of the quiet eye is longer in experts than non-experts, and also longer during successful versus unsuccessful trials

Elite vs Sub-Elite



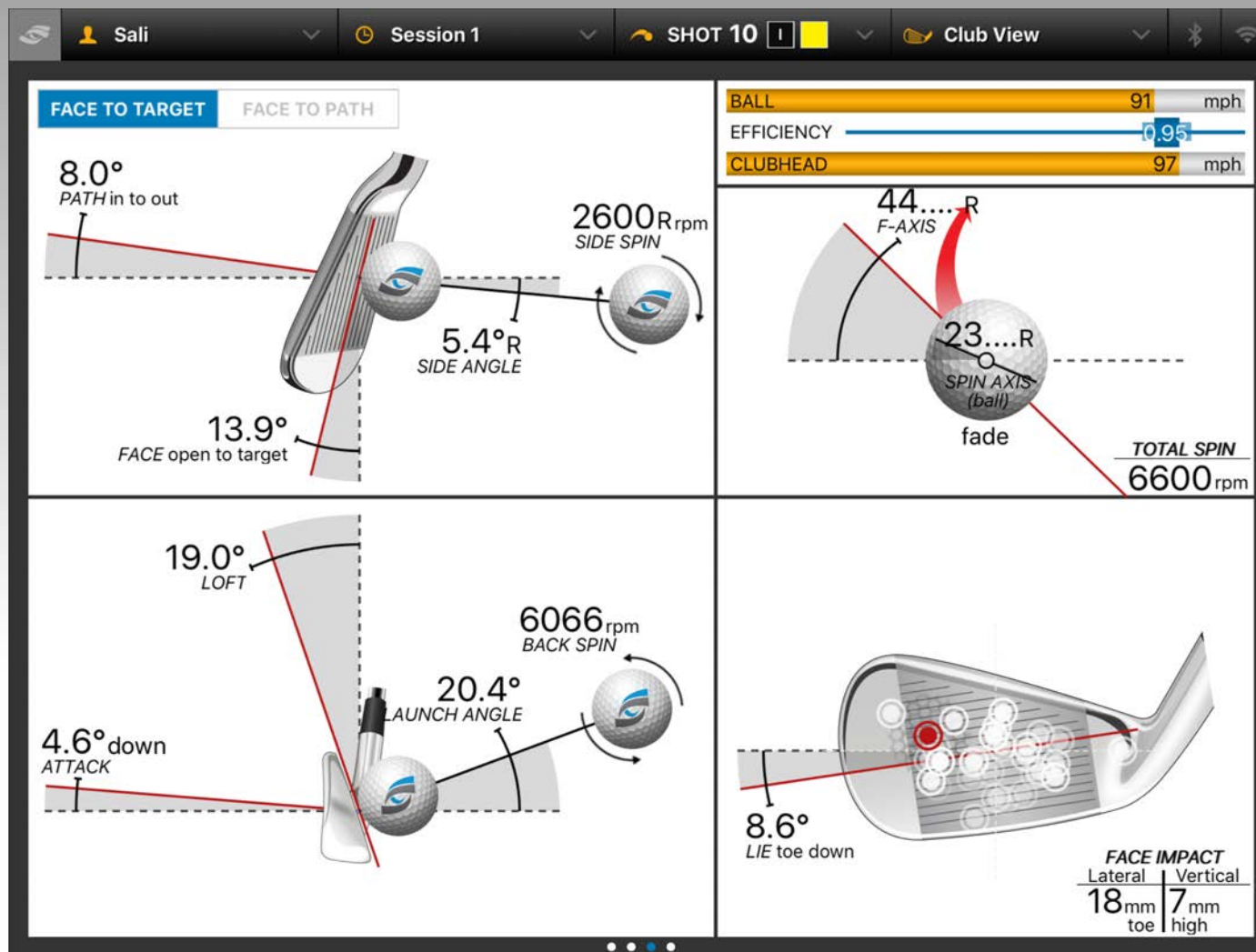
PGA TOUR PLAYER

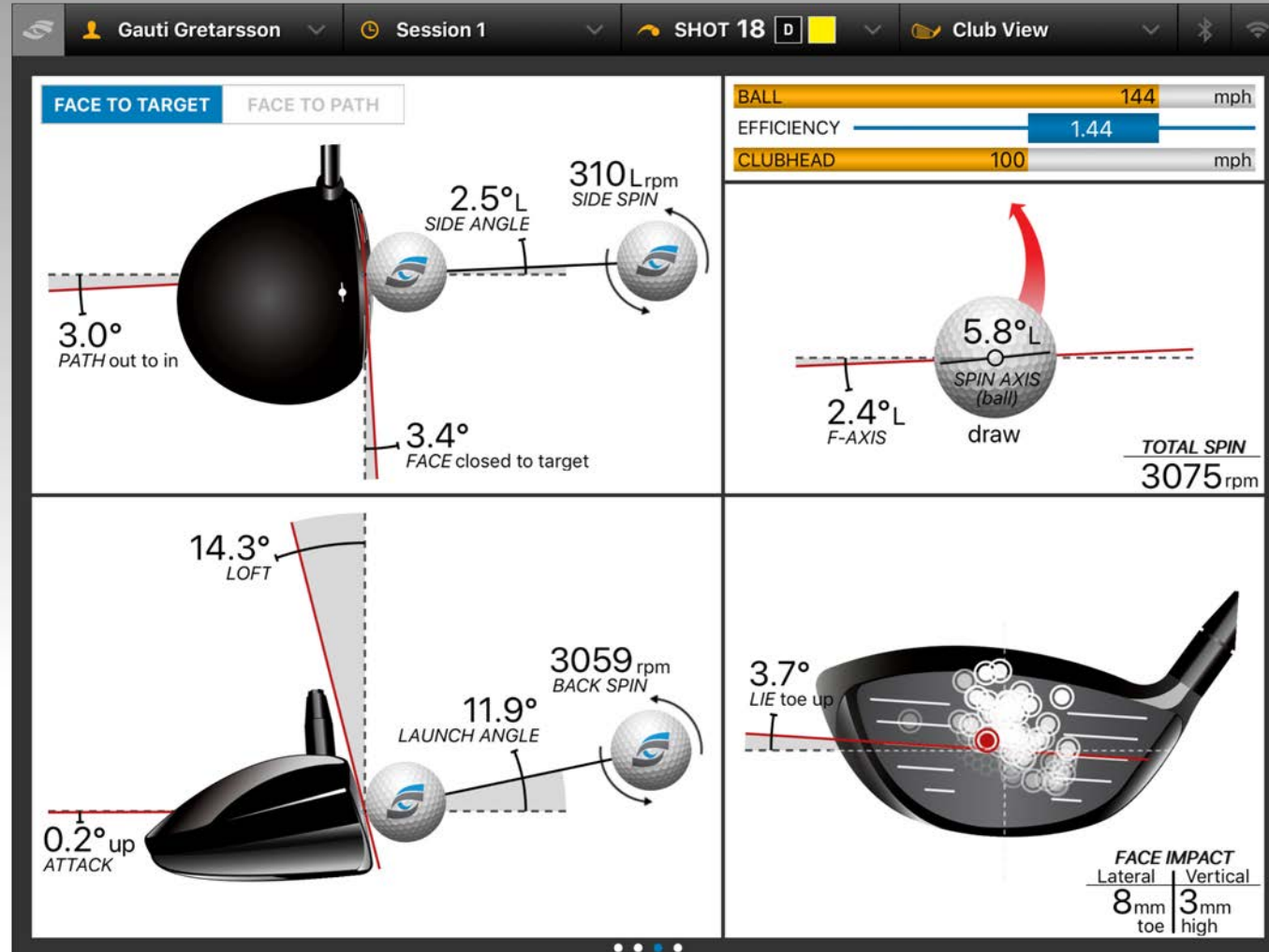


BALL	147	mph
EFFICIENCY	1.45	
CLUBHEAD	102	mph

mytpi

OMG!





Why does Impact Point matter so much?



DRIVER HEAD DATABASE



Titleist[®]
917D₂



LOFT- ☐ FACE ANGLE- ☐

Real life scenario



Distance and Accuracy



DRIVER HEAD DATABASE



Titleist[®]
917D₂



LOFT- ☐ FACE ANGLE- ☒

250 yard drive

- 34 yard difference in face angle
- Up to 8mph drop in ball speed
- Near 24 yard loss in distance!
- That's 10%

Reality!



Same Club Path
Same Face Orientation
Same Club Speed
Different Impact Point

Our Training Protocol



The Protocol



1. Both Hands
2. Dominant Hand
3. Non Dominant Hand
4. Alternating
5. Alternate with Pass

Stage 1 – Level 1 to 5



16 km/h
1.5 second delay time

Stage 2 – Level 6 to 10

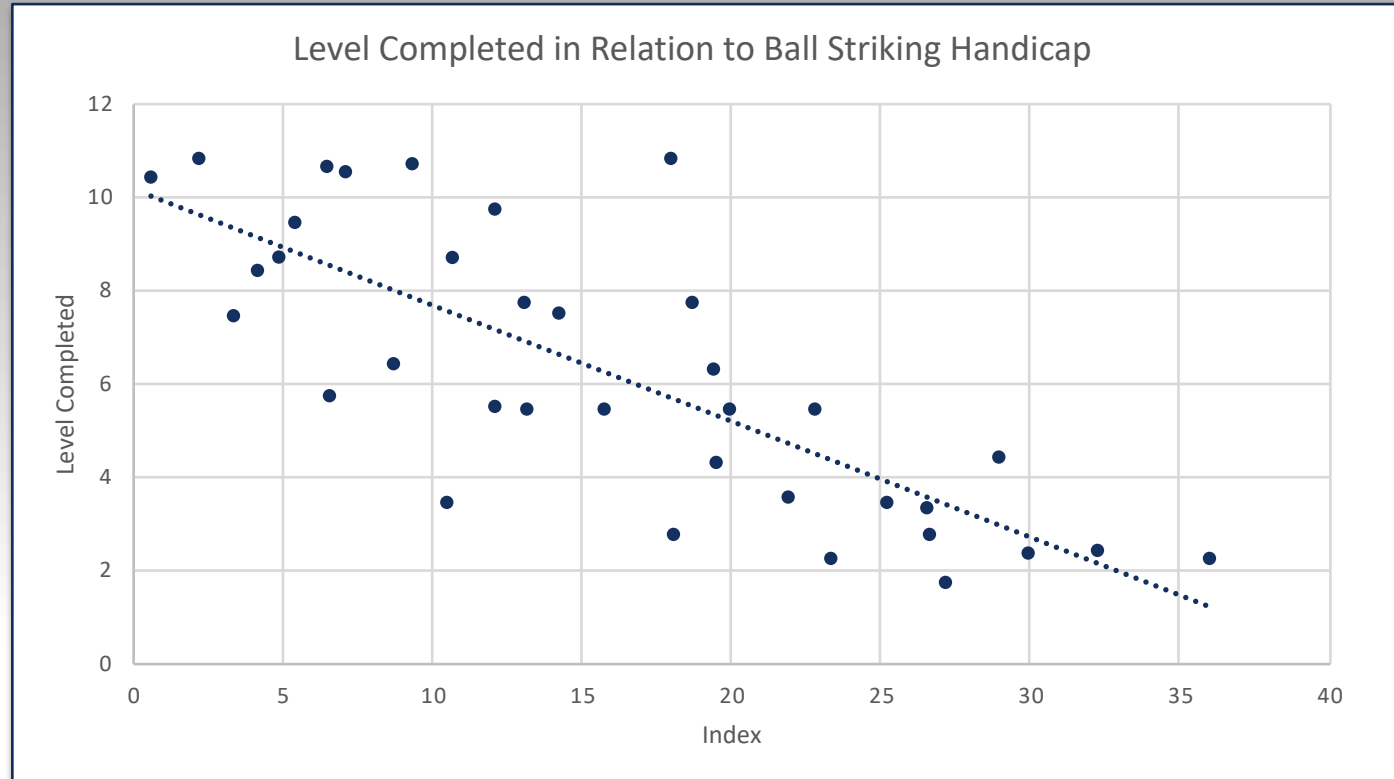


20 km/h
1 second delay time

A man in a blue polo shirt and a blue baseball cap is seen from behind, looking out over a golf course. In the background, another person is captured mid-swing. The scene is set on a lush green golf course with trees in the distance. The word "Demonstration" is overlaid in a large, white, serif font.

Demonstration

Our Data



I am playing so good!



I am having so much fun!



I want to take lessons!



Said no one ever!



www.mygolflab.ca

