

## Eyeing up your putts

Putting is such an interesting element of the game and can be very frustrating if you are not seeing things in the proper perspective. In other words you can only see a situation clearly if your eyes are in a position to do so.

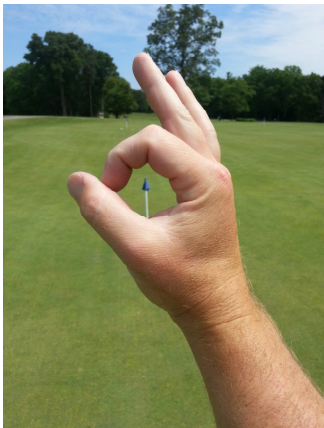
Let's take ball position, why do some players gravitate naturally to playing the ball in the middle, front, or back of their stance? Well the answer might surprise you..... It has to do with eye dominance. For those of you that are not familiar, eye dominance is when your brain prefers the visual input from one eye over the other. This is extremely important to know for sports that require aim because ocular dominance is relied on for precise positional information.

Our first step then is to figure out which one of your eyes is dominant. Follow the instructions below to discover how your brain views the world.

1. Create an "OK" symbol using one of your hands.



2. Extend arm and with both eyes open put a small object in the circle



3. Now simply close one eye. If the object remains in the circle, that is your dominant eye. If the object moves outside of the circle, the other eye is dominant.

**Now that we have that figured out, let's give you the best ball position to help your brain be more visually accurate around the greens.**

**If you are RIGHT eye dominate (right handed) make sure your ball position is on the inside of your left foot.**

**If you are LEFT eye dominate (right handed) make sure your ball position is in the middle of your stance.**

**If you are RIGHT eye dominate (left handed) make sure your ball position is in the middle of your stance**

**If you are LEFT eye dominate (left handed) make sure your ball position is on the inside of your right foot.**

**The reason these setup positions work best is because the dominate eye is 90 degrees to the ground giving the player the best view for seeing line, path, and location of target. Next time you're working on putting give the above a try and see how many more putts you make.**