



Technical Game, Physical Game, Mental Game

True View

Your eyes receive pictures that the brain interprets and in turn, sends signals to execute actions based upon those pictures. Those "pictures" are most accurate when vision is stereoscopic, meaning we can see where objects are in relation to our own bodies with much greater precision. Each eye captures its own view and the two separate images are sent on to the brain for processing. When the two images arrive simultaneously in the back of the brain, they are united into one picture. The mind combines the two images by matching up the similarities and adding in the small differences. The small differences between the two images add up to a big difference in the final picture. The combined image is more than the sum of its parts -- it's a three-dimensional picture.

Should one eye be stronger than the other, that final picture may not be all that accurate. People with true stereoscopic vision have keen depth perception and peripheral vision. For some of us, one eye is typically stronger or dominant than the other. For some, that dominant eye is the same as their dexterity (right handed or left handed) however some people are "cross dominant." Cross Dominance is when your "strong" eye is different than your "handedness." This relationship between your vision and whether you're right handed or left handed can have an impact on whether or not you're a good putter.

To discover which eye is your dominant eye we do a simple eye dominance test and usually, this will give us a clear indication of which eye is the dominant eye. Extend both hands forward of your body and place the hands together making a small triangle (approximately 1/2 to 3/4 inch per side) between your thumbs and the first knuckle. With both eyes open, look through the triangle and center something such as a doorknob or the bulls-eye of a target in the triangle. Close your left eye. If the object remains in view, you are right eye dominant. If your hands appear to move off the object and move to the left, then you are left eye dominant.

So let's say you're right handed and have determined by our test that your dominant or "master" eye is your right eye. This combination will judge distance and speed, as well as, line and break with a great degree of accuracy. According to the aforementioned test, I am strongly cross dominant, i.e. my left eye is my strong eye but I am right handed and play golf right handed.

Under normal conditions, the eyes will focus back from the object you're looking at to your body more efficiently than if they have to go from a short distance and find the object. Most of us have been taught to read putts by focusing from the ball out to the hole - exactly the opposite of how the eyes naturally work.

OK. You've established the shape and speed of the putt from the hole back to your position - great. Now you address the ball and your body orientation changes from behind the putting line to a position 90° right or left. From this side-on position, your picture of the line can change. If you're right eye dominant and right handed, the picture may change very little or not at all, depending on the strength of that right eye; if the dominance is weak, you may have problems and in certain circumstances, on certain putts, the left eye may be persuaded to take over. If you're cross dominant, meaning right-handed and a stronger left eye, the line can change considerably relative to the true line of the putt. For example, on left to right breaking putts, (right handed, left eyed golfer) the line will be acquired by the left eye first giving the false picture of a straighter line thus resulting in a putt that is under-read or misses on the low side of the break.

Now that you know how your eyes capture and interpret images and you've established your particular sight dominance, you can build a putting routine that compliments your natural vision. Very simply, if you are right handed and either right eye dominant or equal (stereoscopic), your picture addressing the putt should be very close if not exactly as you see it from down the line. If you're cross dominant, practice walking into your address position with your eyes forward as long as you can. In other words, capture the picture from behind the ball and down the line to the hole. Walk into that picture, set-up and stroke the putt. This will be difficult at first because you will want to turn your head to see the hole, but remember, this image won't square with what you saw seconds earlier. With practice, you will spend less and less time "peaking" from your address position and be able to walk right in to your picture and stroke the putt.

RG



<http://www.thedyepreserve.com>

Visit Randy at The Dye Preserve

Planning a trip to Florida? Plan to visit Randy at The Dye Preserve. The Dye Preserve is named for the designer of the club's immaculate golf course, the legendary Pete Dye.

Our golf course showcases a different side of Pete, a golf course contrasting challenge with opportunity offering enjoyment to players of all skill levels. The Dye Preserve is not "typical Florida golf" the property and design culminate in a beautiful, easy feel with quiet surrounds where every hole is framed by nature.

The clubhouse, which opened in the spring of 2005, has been well received by our membership, and we are justifiably proud. It feels more like a home than a club, elegant but comfortable, classically understated, evoking an era of simplicity and good taste. It was selected as one of the five best new clubhouses in America.