



Improving Impact Through Catching Protocol

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Category

Motor Control and Learning

Purpose

This presentation is designed to show professionals a non-traditional way to help their amateur golfer improve the consistency of Impact Point. This process is not specific to brand, gender, age or ability of the golfer.

Methods

The original study has been performed on 30 subjects whereby each golfer was subject to a 10 level standardized catching protocol. The subjects went through a 10 shot standardized test with 6 iron before and after the catching protocol was executed. Foresight GCQuad was used to measure the impact point on the club face and the Newgy 1050 Table Tennis robot was used to throw the balls.

The 10 levels have been designed to engage dominant, non-dominant, and alternating catching patterns. Ball velocity and delay time were used as means to increase difficulty for level 6 through 10.

Results and Discussion

The presentation will show attendees the 10 level standardized catching protocol used for the study, we will also show some of the advanced modifications for high level performances. The attendees will be shown video of select participants as well their corresponding impact point data. The final portion of the presentation will include the data table showing correlations between achievement in the catching protocol and the Standard Deviation of the personal vertical and horizontal Impact Point. We will also highlight the skill development exhibited by participants over the 3 months this study was conducted. We will also highlight the skill development exhibited by participants over the 3 months this study was conducted.

Practical Application and Clinical Relevance

When examining launch monitor data from PGA Tour vs Amateur players the two biggest differentiators are Impact Point and Club Face Control. Impact point has proven to be one of the most difficult things for

a coach to modify. Through this catching protocol we are able to show a non-traditional way to develop Spatial Awareness, Hand Eye Coordination, and Visual Acuity as well as the translation to improved ball striking.