

# SportsVision MAGAZINE

## Eye Tricks

Tips and exercises to prevent your eyes from playing tricks on you

by Doug Rappaport

There's a big difference between sight and vision. Sight is how well you can read the eye chart. Vision, on the other hand, is how well your eyes inform your brain.

Golfers with normal eye sight, may misjudge distances or misalign their putts. These errors are often the result of your eyes playing tricks on you. For example, your eyes may tell you the chip shot is 30 yards, but when it's actually 40 yards, the strokes will add up quickly. Sure, you could pace off the yardage for each shot, but you can also train your eyes to reduce or eliminate these mistakes.

Here are a few tips and exercises suggested by Dr. Lawrence Lampert, author of *The Pro's Edge: Vision Training for Golf*, a self-help book to assist golfers with all aspects of their game.

**Putting alignment.** If you tend to miss your putts to the right or left, or if you miss a few short putts every round, your problem may be related to alignment. "One the biggest problems I see with golfers has to do with alignment from the address position," says Lampert. "Many golfers are not positioned properly over the ball in the address position to aim accurately at the target."

Lampert says there are three essentials to properly position yourself for consistent alignment in putting. They are:

- Place your eyes directly over the ball.
- Position your eyes square to the line of the putt.
- Position your dominant eye over the back edge of the ball.

To test whether you're doing all of the above, you'll need some masking tape and a mirror. Place a 12-foot strip of masking tape on the floor. The tape represents the line of the putt, with one end being the target and the other end being the ball.

First, place a small square mirror on the ball end of the tape. "When you stand in the address

## PRO'S EDGE

A must-have vision training tool for golfers

by Doug Rappaport

If there's one sports vision book you're willing to invest in, this is the one.

Written by Dr. Lawrence Lampert—who runs a private optometry practice in Boca Raton, Florida where he specializes in sports vision training—the Pro's Edge covers sports vision for golfers from A-Z and is written in plain language for everyone to understand.

The book explains how to test your eyes to better understand your strengths and weaknesses, and how vision training will help you to read the greens better, putt more consistently, stroke the ball smoother and drive with more precision.

When you consider that Lampert charges \$100 an hour for in-office vision training and \$300 an hour when he has to travel to meet a player, this \$27 book may be the best investment you'll ever make. "I'm truly tired of seeing money be the only thing that stands between passionate golfers and the secrets that have helped so many pros improve their game," says Lampert. "I want people to feel the same joy I feel every time my score drops."

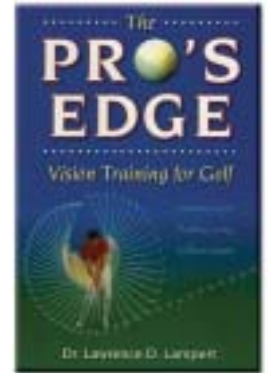
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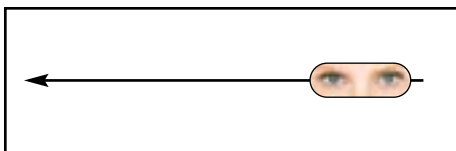
To contact Dr. Lawrence Lampert or to order your copy of *The Pro's Edge*, please visit the website at:

[www.drlampert.com](http://www.drlampert.com)

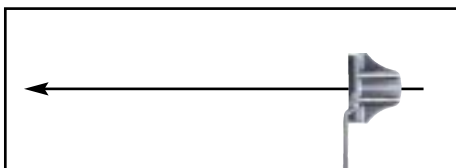
— Doug Rappaport



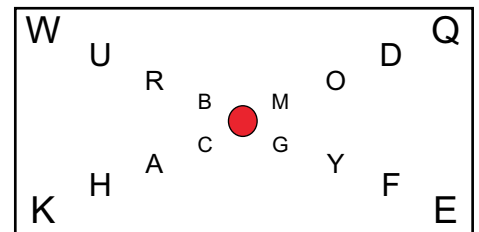
position over the putting line, you should see your eyes reflected in the mirror perfectly level with the tape," says Lampert. "Lock in on this perspective and practice your putting stroke in this position."



Next, place the face of your putter square on the tape line. "The idea is to study the way your putter looks when it is exactly perpendicular to the line of the target and, again, lock in on this perspective," says Lampert. "Then, do a smooth pendulum swing over the line and make sure your putter stays square over the line."



**Peripheral expansion chart.** Improving your peripheral awareness skills will help with alignment, as well as reading the greens. Take a small piece of paper and prepare a chart (about 5" x 7") similar to the one below.



Hold the chart in front of you at eye level. Focus at all times on the circle in the middle. With your peripheral vision, call out the first four letters closest to the circle. Then move out one range to the next four letters, and so on. Do this exercise for about three minutes per day, a few times per week, for several weeks.

### Conclusion

"Putting is the most precise part of the game," notes Lampert. "It doesn't require strength, size or quickness. Putting is also accountable for 40% to 50% of your shots. By improving your alignment, you can quickly shave strokes off your game." ■

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