

## CHAPTER 4: PSYCHOMOTOR BURDENS

LLJ coined the concept; *Psychomotor Burdens*. This concept brings attention to the various potential putting problems facing all golfers. He also obtained a US Trademark for this somewhat comical portrayal of the various problems that complicate the putting psychomotor activity.



3,211,952	Psychomotor Burdens (design logo)	20Feb07
3,220,766	Psychomotor Burdens	20Mar07

Notice the irregular lines in the lettering that indicate nervousness and perhaps trembling associated with a psychomotor burden. The logo is illustrative of the factor that is not desirable in the putting stroke.

Proficiency in golf is a challenge enough without unknowingly adding factors to increase the difficulty. Unfortunately most golfers, Tour Pro included, do not recognize they have increased the point of difficulty (a term from sport of spring board diving) with one or more Psychomotor Burdens. Each one of these would require unnecessary compensatory manipulation of the putter during the short 1.5 seconds or less from take away to impact. It is not possible to think or affect any if any changes in this short a time.

The following is a list of the various Psychomotor Burdens identified during the study of the putting stroke. The elimination of such will be a major focus of this book. These variables will be discussed in the designated chapters as well as their elimination through education and training.

### **PUTTER CONSTRUCTION**

**TOO LONG A SHAFT**

**WRONG LIE ANGLE**

**TOO ORNATE A HEAD**

**NO RECTANGLES SHAPES ON PUTTER HEAD**

**GRIP MALALIGNED FLAT SURFACE**

**PLAYER'S STANCE**

**OPEN**

**CLOSED**

**SPREAD "DUCK WALK" FEET POSITION**

**TOO WIDE**

**PLAYER'S GRIP**

**SQUEEZING TOO TIGHT/TOO LIGHT**

**CONTINUOUS PRESSURE AND GRIPPING CHANGES**

**CHANGES HAND POSITION FROM TIME TO TIME**

**PLAYER'S ALIGNMENT of PUTTER FACE**

**PERCEPTION ERROR**

**CHANGING FACE ALIGNMENT AT ADDRESS**

**PLAYER'S TAKE AWAY WITH SMALL MUSCLES**

**MULTIPLE GRIPPING DYNAMICS**

**FORWARD PRESS AT TAKE AWAY**

**INITIATES WITH HANDS**

**QUICK INITIATION**

**PLAYER'S BACKSTROKE**

**VARIED LENGTHS RESULTS IN VARIED DISTANCES THAT BALL TRAVELS**

**CLUB HEAD SPEED TOO FAST RESULTS IN DECELERATION ON FORWARD STROKE**

**TOO SLOW AND LOSES CONTROL**

**VARIABLE PATHS/LOOPS**

**ELEVATING THE PUTTER HEAD TOO HIGH OFF GROUND**

**PLAYER'S TRANSITION TOO FAST**

**RESULTS IN DECELERATION**

**RESULTS IN LOSS OF CONTROL**

**PLAYER'S TRANSITION POINTS VARY IN TIME AND LENGTH**

**VARIES FORWARD STROKE DYNAMICS**

**PLAYER FORWARD STROKE**

**SIMULTANEOUS ARM AND HAND MOTION FOR HITTING**

**RESULTS IN UNCONTROLLED SPEED**

**PLAYER HAS TOO MUCH PUTTER HEAD ROTATION**

**IRREGULAR ROTATION**

**TOO FAST ROTATION**

**IRREGULAR SPEED ROTATION**

**PLAYER DOES NOT RETURN PUTTER TO SQUARE**

**WORSE YET RETURNS TO DIFFERENT DIRECTION EACH TIME**

**PLAYER'S IMPACT SPOT ON FACE**

**VARIES**

**OFF CENTER HITS: HEEL, TOE.**

**PLAYER'S PUTTER PATH IS MISDIRECTED**

**IN**

**OUT**

**DOES NOT COMPENSATE FOR PUTTER FACE ALIGNMENT**

**PLAYER TEMPO PROBLEMS**

**VELOCITY**

**TOO FAST: BACK AND/OR FORWARD**

**IRREGULAR VELOCITY OR SPEED**

**ACCELERATION**

**TOO FAST  
IRREGULAR  
VARIABLE; BACK STROKE OR FORWARD STROKE  
DECELERATION AT THE BALL**

After the putter fitting, the vast majority of the problems rest with the player. Most of them are not recognized or appreciated by the player. Most of them are not recognizable visually.



The use of the SAMPuttLab facilitates the recognition of the psychomotor burdens.

