



Visualization Train the Brain, The Task Master

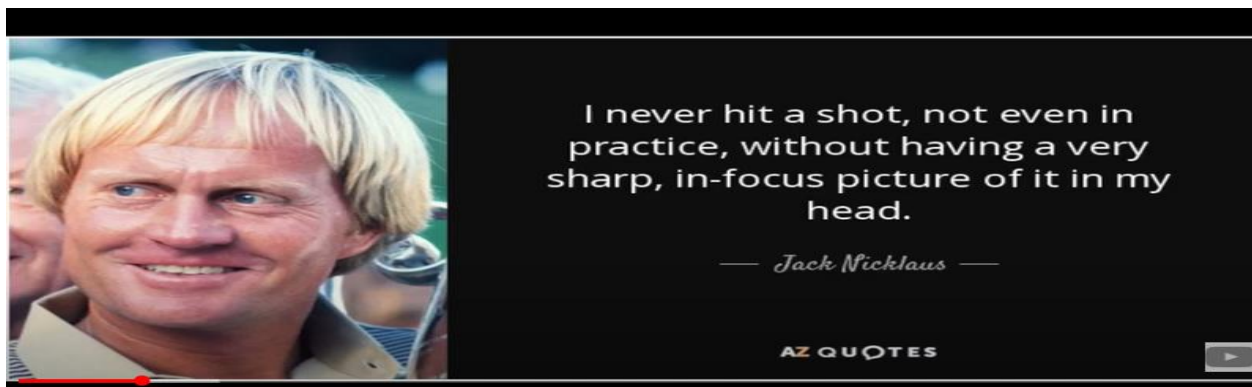
[The Entire body controls the club use visualization](#)

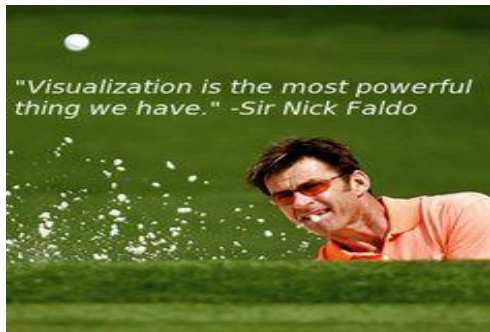
Visualization or Imagery involves mentally rehearsing aspects of your performance. It allows you to practice in your mind before you perform, and to see yourself perform at your best tension free.

No physical activity can happen unless one has a good picture in their minds eye of what they are trying to do

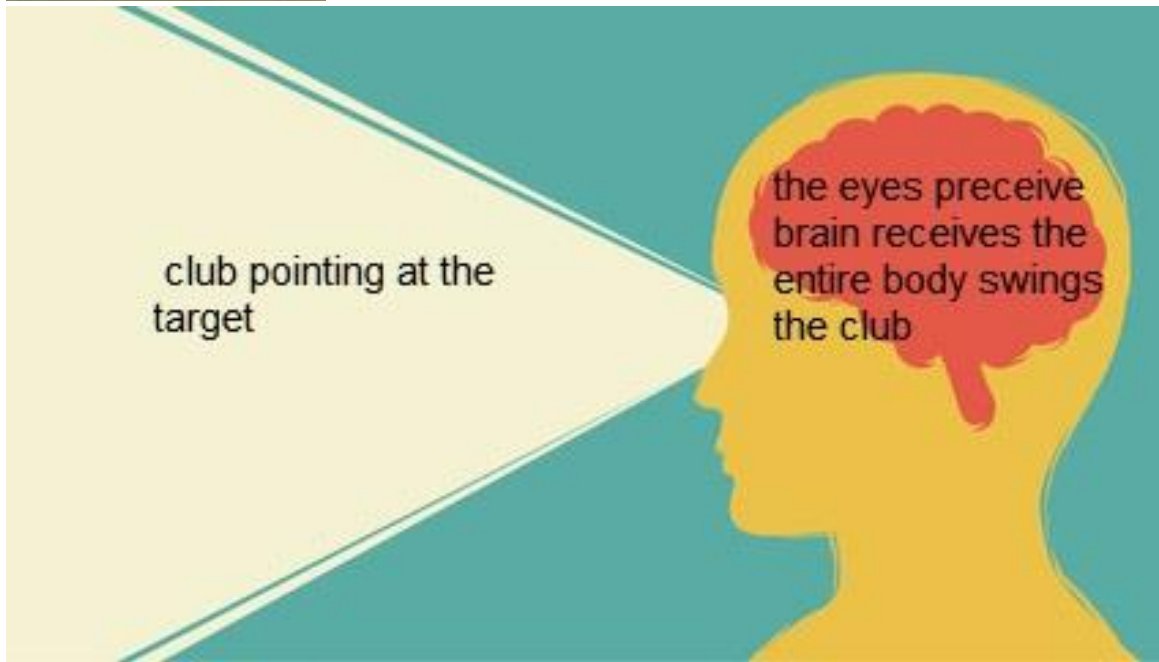
Conscious mental intention produces a
subconscious physical response

PlaneImpactGolf believes when you practice visualization
combined with an understanding of the golf swing
dynamics you will improve faster





Nick said he felt like he had a camera looking out of his left ear which allowed him to see the target in his mind as he looked at the ball.



When you combine this vision with mental image of you swinging the club correctly tension is relieved, and your body is released to perform the swing

The first step in a consistent golf swing is knowing that you must swing on plane through the impact position and towards the target to the finish.

Train the Brain The Task master

Movement is initiated by the brain. When you want to perform a physical action, the best way to do it is to first feed the brain a picture of that action and the desired outcome of that action.

The athletic brain (subconscious) which controls athletic movement does not know the difference between a real and imagined action. So, when you visualize a physical action, you are stimulating the same muscles that you would use to perform the real action. Sports scientists call this "Functional Equivalence".

A study was done by Sports psychologist, Richard Suinn, which involved skiers being monitored by an EMG machine (a machine that detects muscle activity) while *imagining* skiing down a slope. The results showed that even though the skiers were not moving, the exact same muscles they would have used during a downhill ski were activated.

So, when you simply think and visualize about a physical action you are essentially, getting those muscles you need, ready for action.

