



PSP Golf / Perfect Practice Makes Perfect

By Dr. Joe Sale

Does Practice make perfect?

No, only perfect practice makes perfect. (Vince Lombardi)

Your brain and nervous system are pattern generators. Precise mental focus and repetition of proper golf swing mechanics lead to skill development. Conversely, when physical and mental fatigue is present, the golfer tends not to execute the proper swing mechanics and poor habits develop. One aspect of my work with all athletes addresses nutritional biochemistry and the impact it has on sports performance and accelerated learning. I also focus on skills improvement and enhancing one's cognitive performance.

It's generally recognized in many endeavors, that it takes numerous repetitions of a given skill executed correctly, to take it to a level of unconscious competency. That's where "The Little One" comes in.

Once we grasp this principle of neuroscience we can appreciate the wisdom of "The Little One" practice club by PSP Golf. Since the brain and nervous system are pattern generators, the PSP Training golf club has a smaller surface area to train your brain to hit the golf ball. Through repetition and increased concentration with a smaller clubface, the golfer fine tunes the contact point to a smaller area. Therefore, when the golfer transitions back to the larger clubface, the contact point is more concentrated towards the **pure, solid, and perfect** spot on the club face. The results are increased club head awareness, better contact, slower swing rhythm and improved consistency overall. As we all know, this leads to lower golf scores.

In summary, the habit of finding the ideal contact point is then formed by using the PSP "Little One" golf club. My research into human performance and neuroscience in many areas supports the methodology and philosophy behind "The Little One" by PSP Golf.

Dr. Joe Sale
Optimum Performance Human Performance Systems
www.op-az.com

About Dr. Sale:

Dr. Joseph Sale, Founder of Optimum Performance/ Human Performance Systems, is recognized as a results oriented forward thinker and innovator in the field of human performance.

Degreed with a Doctorate in Naturopathic Medicine, a Board Certification in Nutrition, and a substantial amount of experience he focuses on nutrition, nutraceutical supplementation, nutritional biochemistry, neuroscience, and their relationship to human performance enhancement.

In addition he holds a strength and conditioning credential with the National Strength and Conditioning Association, is an outside the box, untraditional thinker and has been actively involved in the world of strength and conditioning for decades.

His work is the result of a synergistic relationship between the worlds of naturopathy, nutrition, nutritional biochemistry, neuroscience, personal and professional growth, and strength and conditioning.

This synergy creates outcomes that are greater than the sum of its parts. Dr. Sale is passionate about human performance enhancement in the world of sports and business, for himself and his clients.

He draws on cutting edge information age science and also looks into the past at ancient cultures in order to extract pearls of human performance wisdom that can be applied today.

His client list includes Division 1 College Football, Olympic athletes, amateur and professional boxers, models and actors, and small and large corporations among others.

Copyright 2008 Joseph Sale