United States Patent

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[54] **TRAINING DEVICE FOR GOLFERS**
3 Claims, 3 Drawing Figs.

[52] **U.S. Cl.** **273/183**
[51] **Int. Cl.** **A63b 69/36**
[50] **Field of Search** ..... 273/183(All), 191, 190, 54(All)

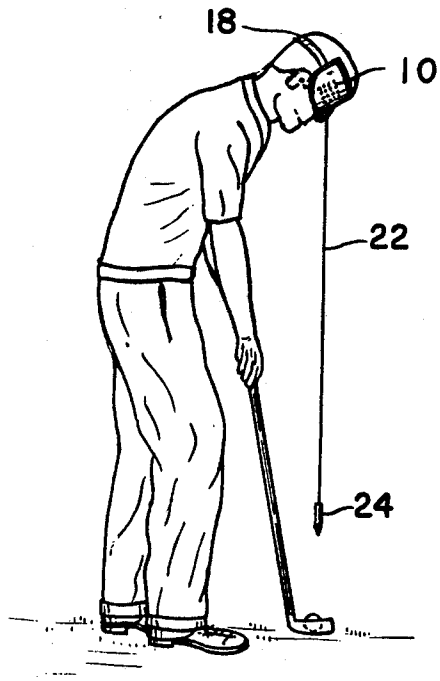
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ABSTRACT: A golfer is compelled to hold his head properly by wearing a mask including two apertures through which his field of vision is restricted. A flexible cord has one of its ends secured to the mask centrally of the apertures, while the other end of the cord is connected to a plumblike weight which is suspended below the mask in the golfer's restricted field of view while addressing a golf ball.



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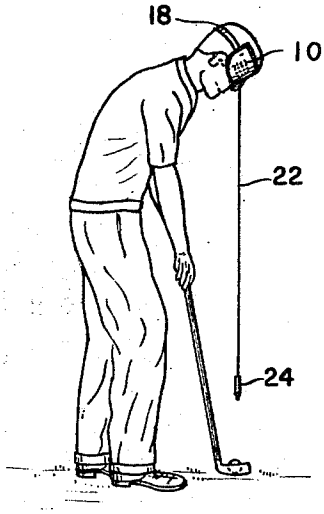


Fig. 1

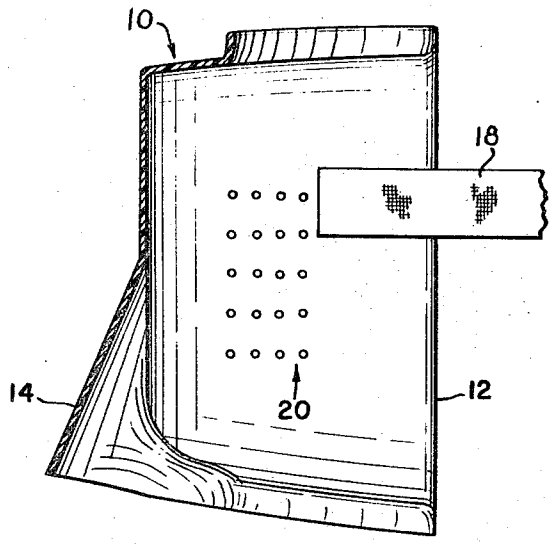


Fig. 3

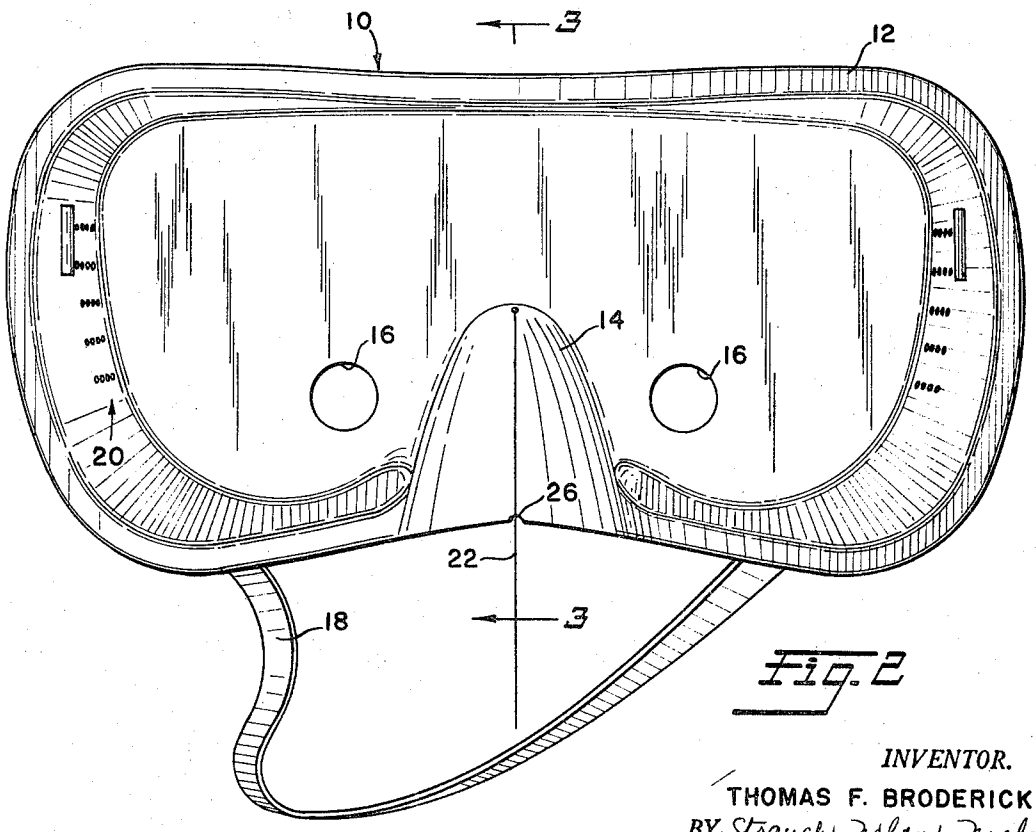


Fig. 2

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TRAINING DEVICE FOR GOLFERS

The present invention relates to a device for assisting a golfer to improve his stance and swing.

Factors required for a smooth golf swing which result in hitting the ball with power and accuracy are well known. Among the principal factors is to aline the head properly with the ball and to keep the head down and substantially still during the swing. When the head is maintained in proper position, the club moves through a substantially fixed path, and the swing is smooth and uniform and the club head meets the ball properly relatively to the golfer.

One of the primary requirements for successful golf is that the swing be substantially uniform, that is that the club and club head be moved through substantially the same path every time. Keeping the feet in proper position at the moment of impact is relatively simple and when the head is kept fixed during the swing, the golfer's arms and body will necessarily move through substantially the same path every time with the result that the club head will always meet the ball at the same point and in proper alignment.

Maintaining the head still and in proper position is particularly important in putting where accuracy is most essential.

Numerous devices have been suggested for training golfers to maintain the head still and in proper position during a golf stroke but prior devices have had certain deficiencies. I have found that it is essential to hold the head in a particular position to maintain the head still during the stroke and to aid concentration by limiting the area of vision.

One of the objects of the present invention is to provide a device to assist a golfer in maintaining proper head position during practice.

Another object is to provide a device for training a golfer to maintain accurate sighting during a golf swing.

Another object is to provide a device for training a golfer to position his head properly and to maintain such position during a golf swing.

Another object is to provide a device to assist a golfer in developing a consistently uniform swing.

Another object is to provide a device to assist a golfer in developing an accurate and uniform putting stroke.

These and other objects and advantages reside in novel features of construction and arrangement and relation of parts as will hereinafter be more fully set forth and pointed out in the appended claims.

Referring to the drawing:

FIG. 1 is a side elevation showing a golfer wearing my novel training device.

FIG. 2 is a front elevation of the head portion of my training device.

FIG. 3 is a vertical section taken on line 3–3 of FIG. 2.

The training device of the present invention comprises a mask indicated generally at **10** which may be conveniently formed of plastic or light metal. The mask is preferably opaque or has very low light transmission.

The rear surface **12** of the mask is formed to fit snugly and comfortably against the face and the mask has a recess **14** to fit over the nose. Two relatively small apertures **16** are provided in the front surface of the mask in alinement with the eyes of the user. I have found that apertures about one-half inch in diameter are satisfactory but the size is not critical.

The face portion **12** and the nose recess **14** position the mask so that the apertures **16** are directly alined with the golfer's eyes.

A suitable elastic band **18** is secured to the mask to hold it on the user's face. Perforations indicated at **20** may be provided in the sides and top of the mask for ventilation.

When the mask is properly positioned on the user's face, the user's vision is confined to the apertures **16**. This not only shields the golfer's vision from objects or movements which may otherwise distract him, but because of the limited angle of view through the small apertures **16** which are directly in front of the golfer's eyes, the golfer is compelled to face the ball squarely and to hold his head properly in order to see the ball.

A string **22** is fastened to the mask, preferably at the top and center of the nose recess **14**, and a weight **24** is attached to the free end of the string **22**. A notch **26** may be provided in the nose recess **14** so that the string **22** will hang from a point midway between the apertures **16**. I have found that a string from **1** to **2** feet in length is satisfactory.

The relatively small apertures **16** compel the golfer to face the ball squarely and when the head is in this position, the string **22** and ball define a vertical plane which contains the center line of the golfer's face and body. If the golfer moves his head during the stroke, the fact and the extent of the movement will be indicated by the weight and because of the small size of the apertures **16**, the golfer will lose sight of the ball. So long as the golfer can see the ball clearly, and so long as the weight **24** remains still, the golfer knows that his head is maintained in proper position.

The weight **24** not only serves as a pendulum to detect movement of the head but also serves as a sight to enable the golfer to aline his head and body with the ball. This is particularly true in putting and with the shorter clubs where maximum accuracy is required. In putting, the golfer's head is almost directly over the ball so that the weight **24** will also be almost directly over the ball. The apertures **16** and weight **16** together form sights for fixing the position of the head relative to the ball.

From the foregoing it will be apparent that I am able to obtain the objects of my invention and provide a training device for use by a golfer in practice to train himself to position and maintain his head in proper position and proper relation to a golf ball during his stroke.

I claim:

1. A device for training golfers to position and maintain the head of a golfer during a stroke, comprising a mask having sighting apertures therethrough, means for positioning such mask on the golfer's face with the apertures in alinement with the golfer's eyes, a weight, and a cord securing said weight to said mask between said apertures so that the weight will hang vertically below the mask.

2. A training device as defined in claim **1** in which said mask is substantially opaque to prevent sight except through said apertures.

3. A training device as defined in claim **1** in which the cord is secured substantially centrally of said mask so that the weight will hang vertically between the golfer's eyes.