

# **Abstract**

## **Title**

Weight transfer during the putting stroke

## **Objectives**

Description of weight transfer during the putting stroke and comparison of interindividual and intraindividual stability due to parameters accuracy and weight transfer.

## **Methods**

Theory was built up by researching method alongside with studying technical literature. Testing group consisted of professional golfers. Weight transfer was measured by two platforms KISTLER a kinematics of movement was observed by kinematic analysis or CODA motion system. The analysis of interindividual and intraindividual stability was based on data collected during the testing of professional golf players.

## **Results**

High interindividual and intraindividual stability of execution was proved due to parameters weight transfer and accuracy. It was proved that capability of accuracy and stability of execution weight transferring is decreasing alongside with longer distance. For description of weight transfer critical phases of movement were established. By the measurement was discovered how the weight is transferred during the putting stroke.

## **Key words**

Golf, weight transfer, putting stroke, force effect, accuracy