US 20110159980A1

(19) **United States**

(12) **Patent Application Publication**

Pelz

(10) **Pub. No.: US 2011/0159980 A1**

(43) **Pub. Date: Jun. 30, 2011**

(54) **GOLF TRAINING SYSTEM**

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(21) Appl. No.: **12/981,672**

(22) Filed: **Dec. 30, 2010**

Related U.S. Application Data

(60) Provisional application No. 61/291,708, filed on Dec. 31, 2009.

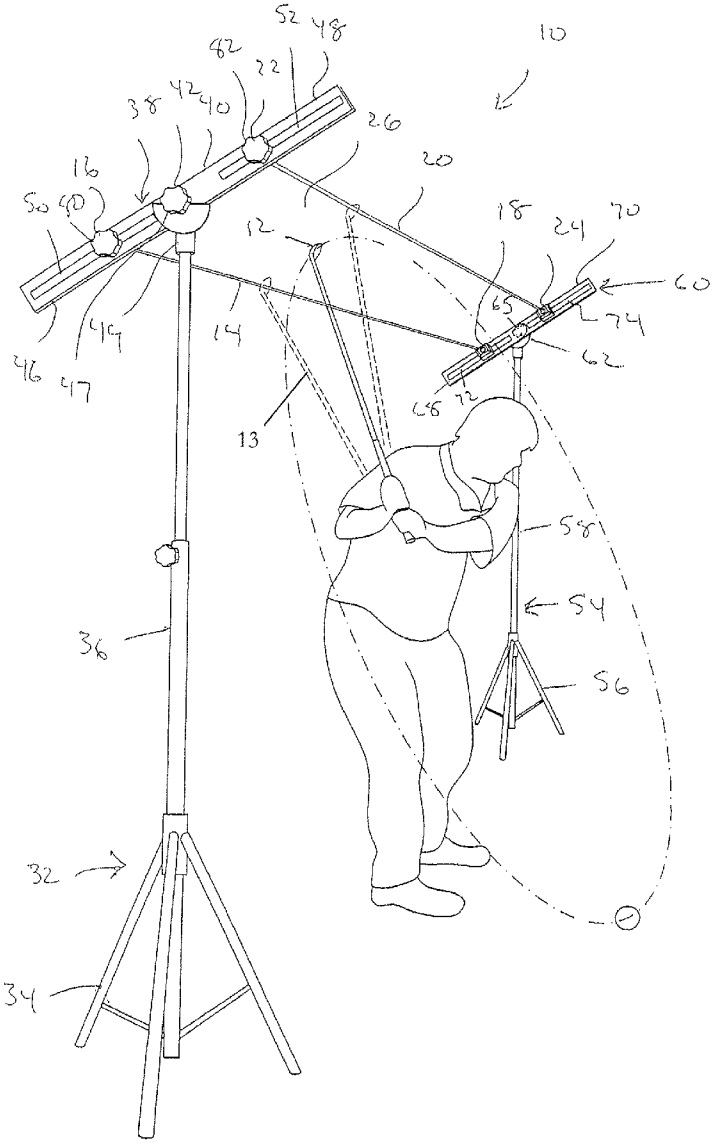
Publication Classification

(51) **Int. Cl.**
A63B 69/36 (2006.01)

(52) **U.S. Cl.** **473/220**

(57) **ABSTRACT**

A golf training system includes a rearward and lower first laser beam defined by a rearward and lower first laser transmitting to a rearward and lower first receiving sensor with a first alarm. The golf training system also includes a forward and upper second laser beam defined by a forward and upper second laser transmitting to a forward and upper second receiving sensor, with a second alarm, located above the shoulder of the user. The first laser beam and the second laser beam are substantially parallel and define an extending ideal path along a designated club head path as a golfer swings. The extending ideal path corresponds to a desired club head path, if the club head crosses the first laser beam, the first alarm associated with the first receiving sensor is activated, and if the club head crosses the second laser beam, the second alarm associated with the second receiving sensor is activated.



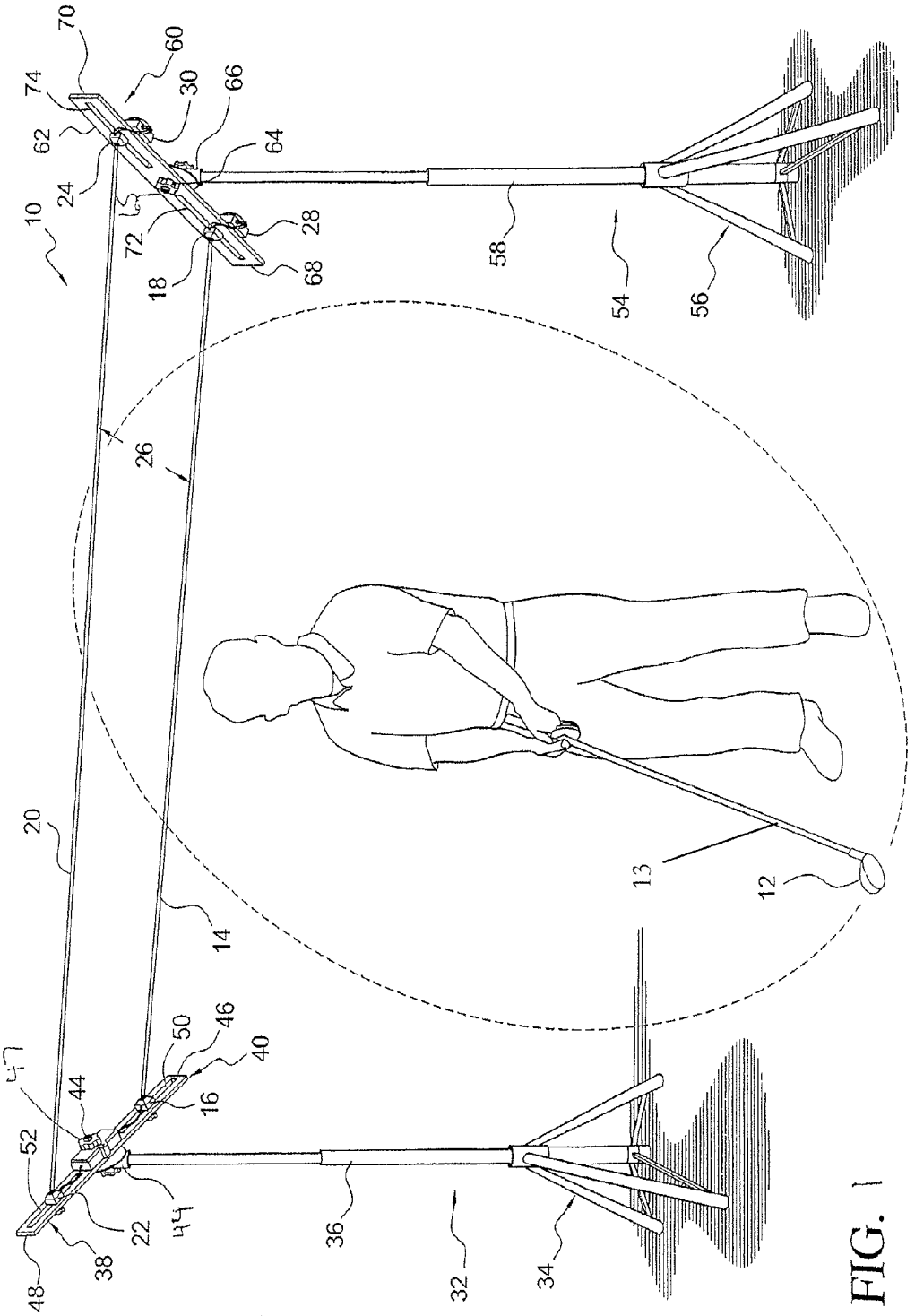

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FIG. 1

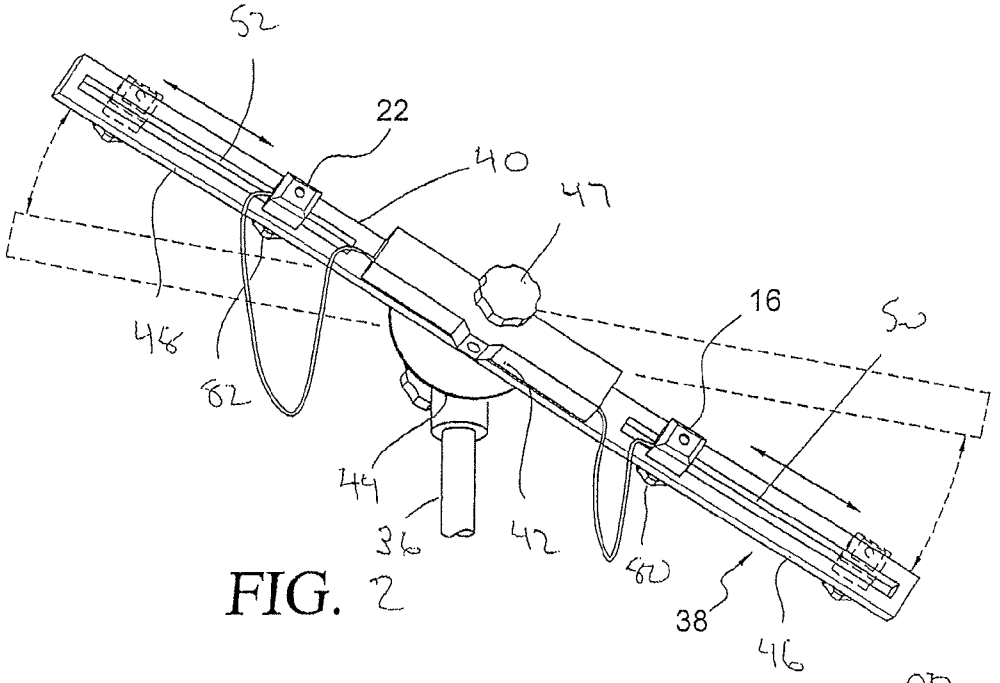
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FIG. 2

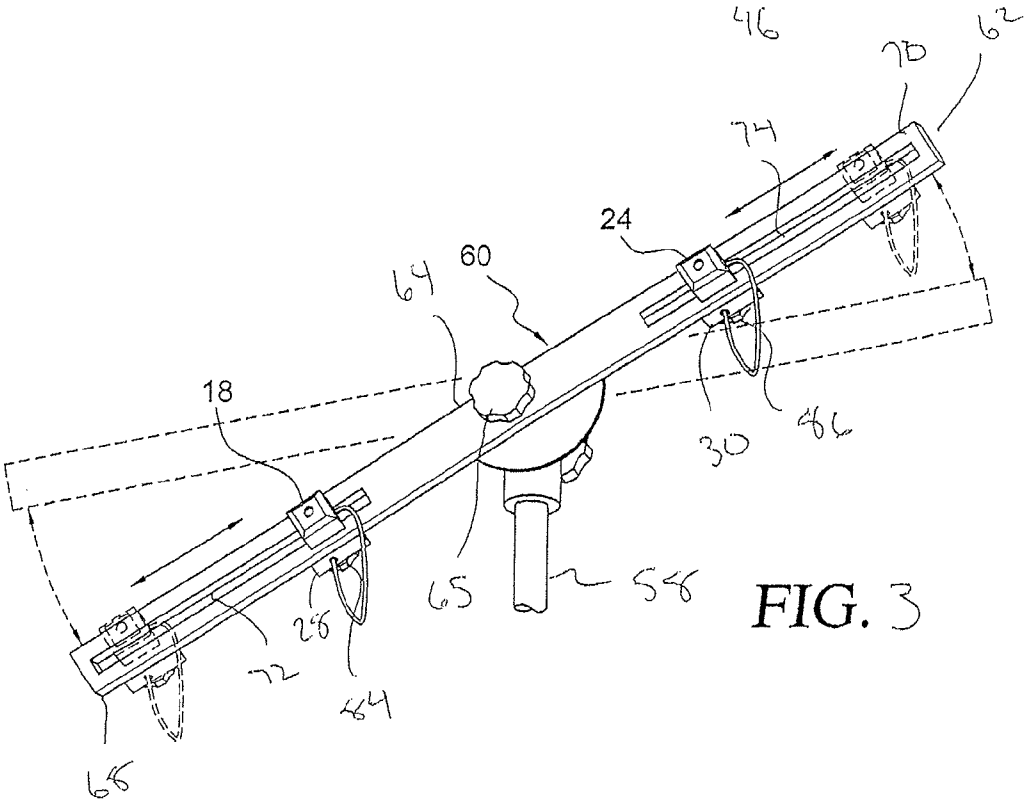
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FIG. 3

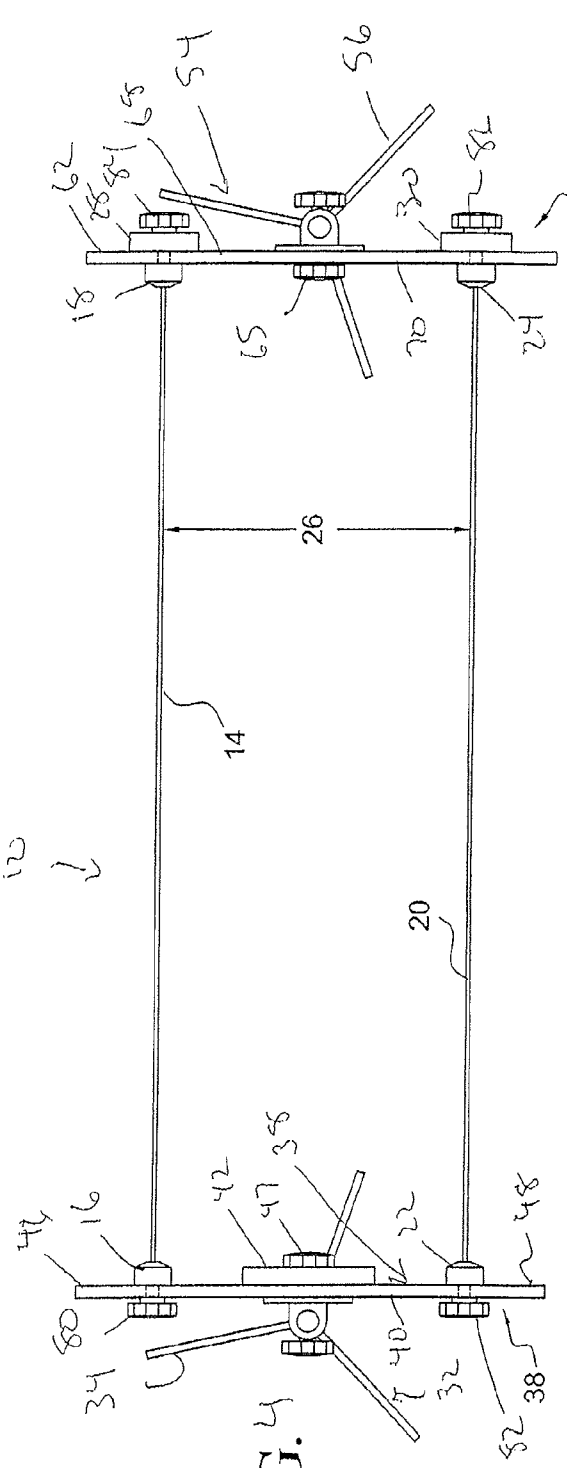
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FIG. 4

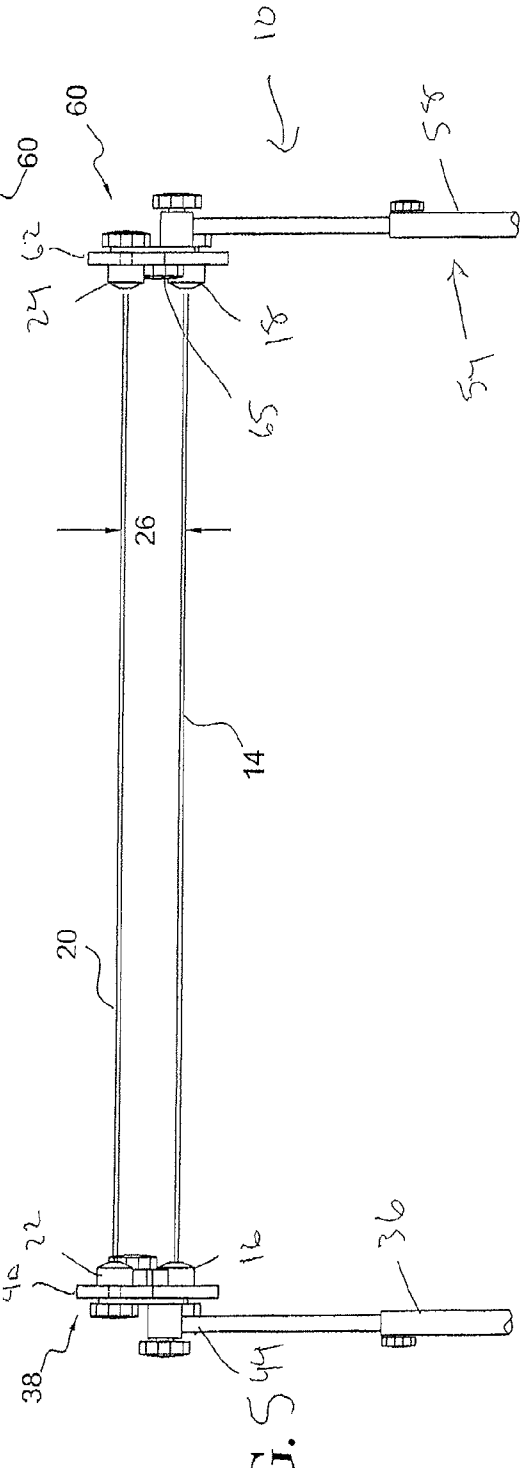
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FIG. 5

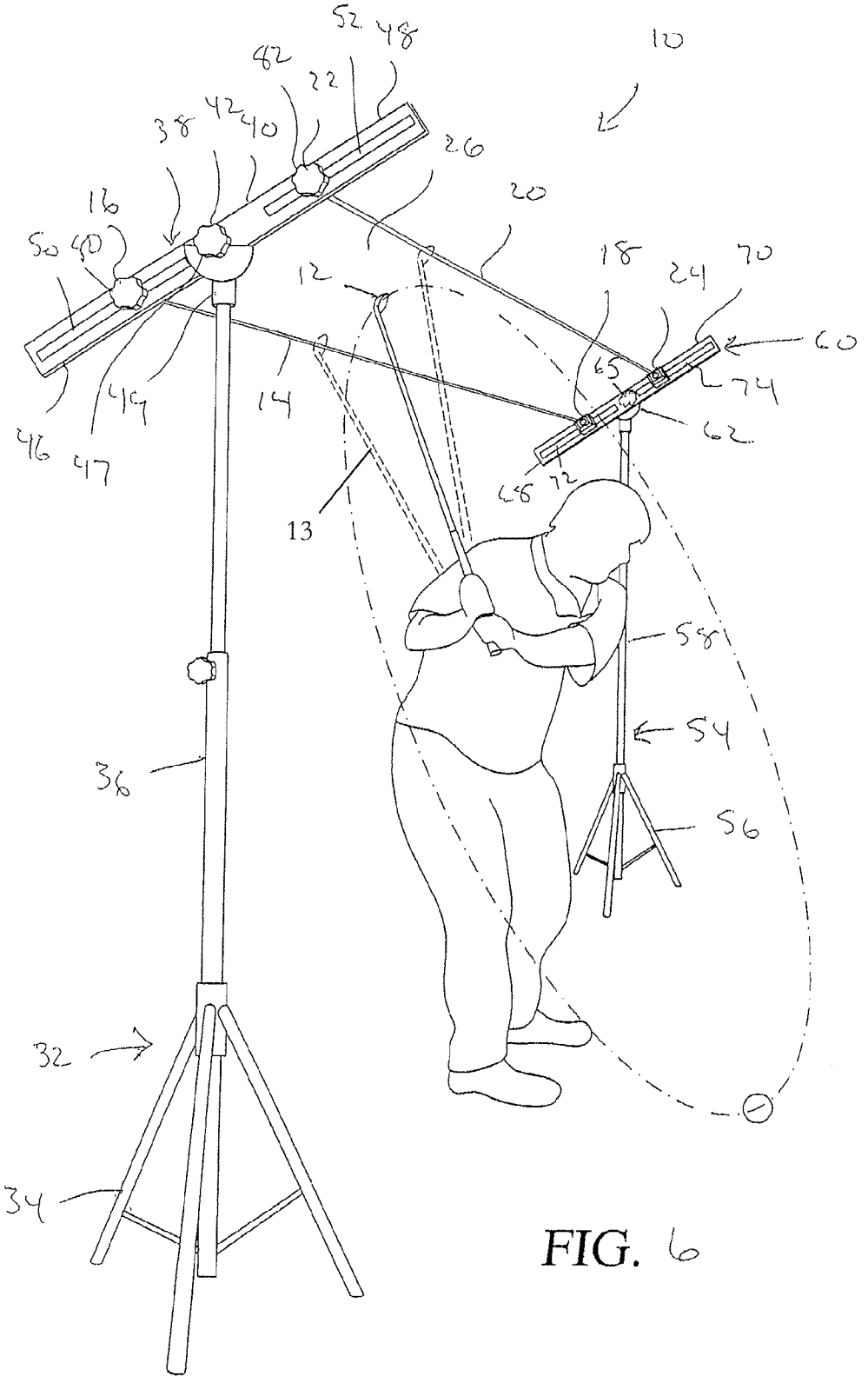
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FIG. 6

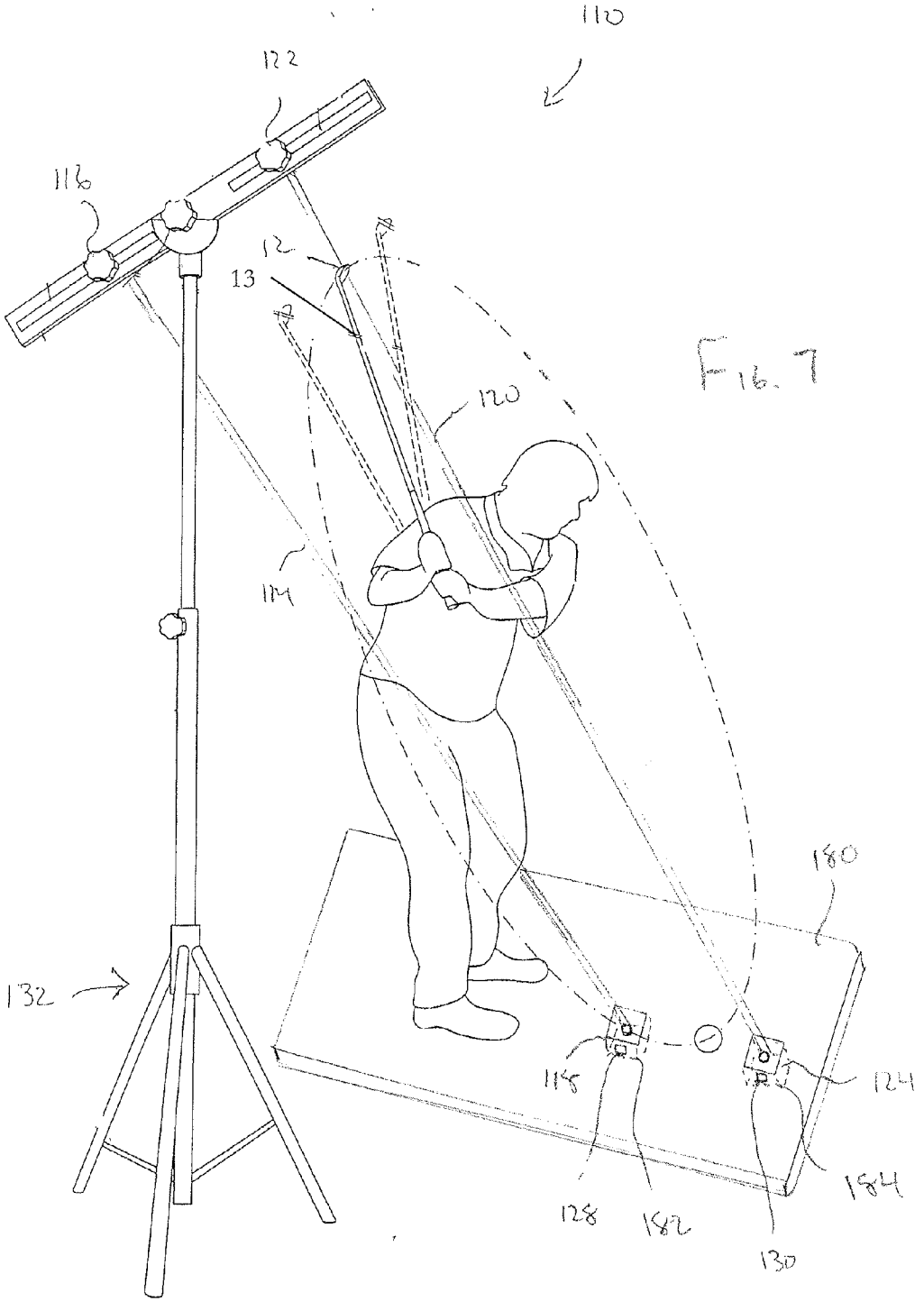

FIG. 7

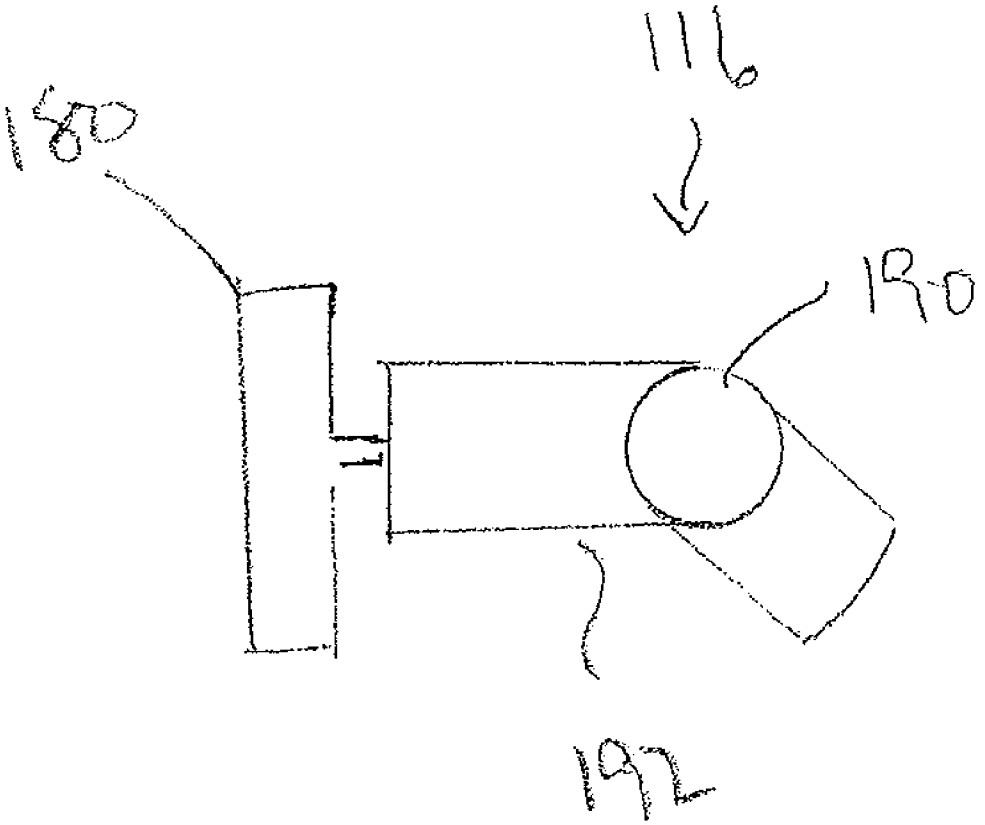

Fig. 6

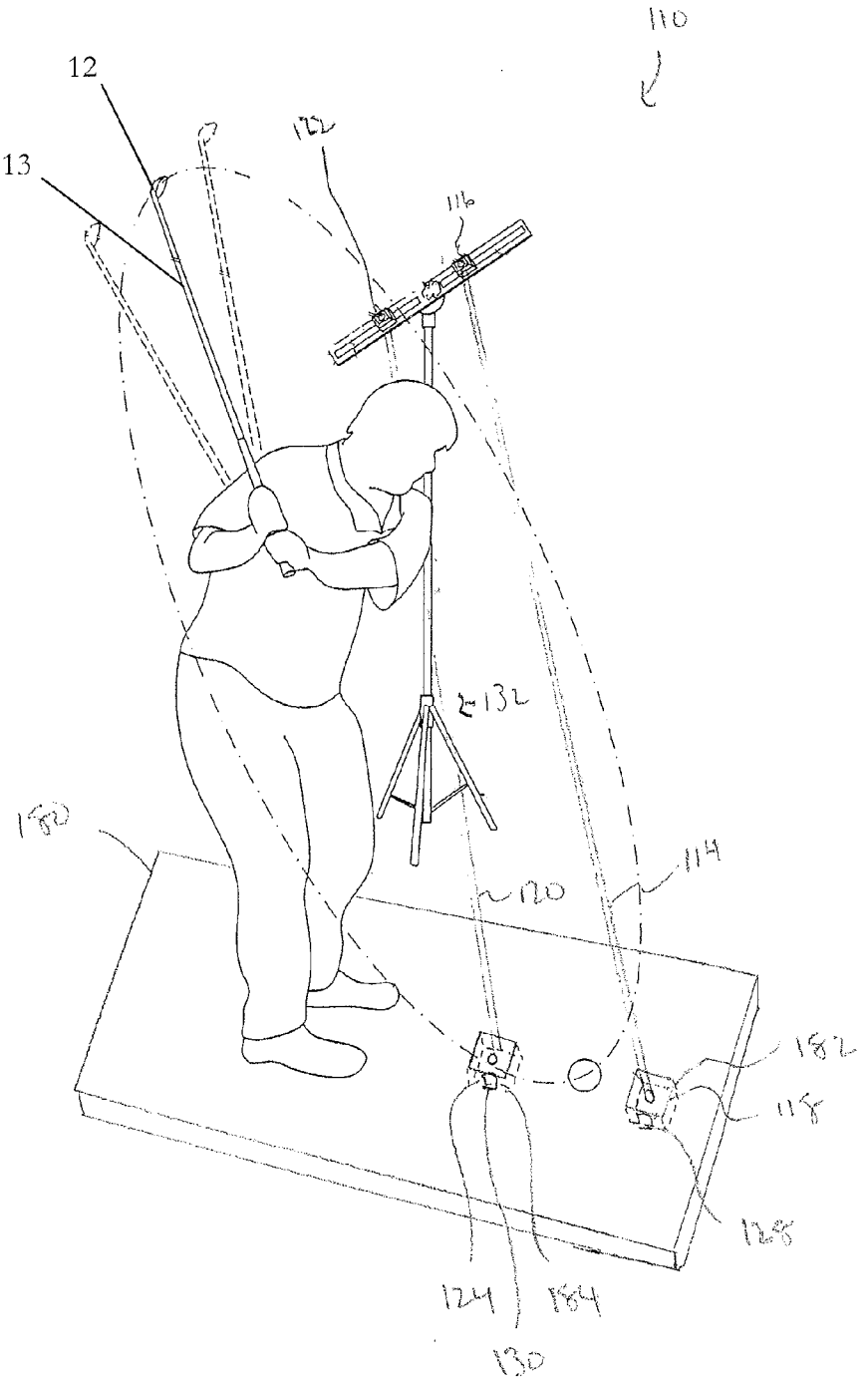

FIG 9

GOLF TRAINING SYSTEM

CROSS REFERENCE TO RELATED APPLICATION

[0001] This application claims the benefit of U.S. Provisional Patent Application Ser. No. 61/291,708, entitled "GOLF TRAINING SYSTEM", filed Dec. 31, 2009.

BACKGROUND OF THE INVENTION

[0002] 1. Field of the Invention

[0003] The invention relates to a golf training system. More particularly, the invention relates to a golf training system providing a golfer with a warning when his or her club head moves from a desired swing plane.

[0004] 2. Description of the Related Art

[0005] If a golfer's club head is tracked throughout his or her swing, and the club head always travels in a single plane, that plane is called the golfer's "swing plane". The angle measured between the swing plane and the ground is the player's swing plane angle.

[0006] Golfers who swing their club head in the same swing plane on both their back and through swings (and that plane also contains their sternum, shoulders and the ball) are said to be swinging in what the inventors' believe is the "perfect" swing plane. Although most golfers address shots with their hands somewhat below their swing plane, the faster they swing and the more club head speed they generate on their down/through swing, the closer their hands come to moving up into the swing plane through impact.

[0007] Many golfers have two distinct swing planes. One swing plane is for their back swing. The swing then commonly changes to a different swing plane for their down/through swing. Either one (or neither) of these planes may be the "perfect" plane. Other golfers have no distinct planes in their swings at all, swinging in a constantly changing loop of directions. In general, the less complex or out-of-plane a golfer's club head path motion, the more consistent they will execute solid and repeatable swings, and the higher their percentage of solid golf shots will be.

[0008] As club length changes, it forces the swing plane angle of a golfer to change. In general, longer clubs require flatter (lower angle) swing planes, while shorter clubs require more upright (larger angle) swing plane angles for any given golfer. In practice, when golfers bend over too much (creating too flat a spine angle) the golfer can feel his or her body rotation being inhibited. Stand too tall (making the spine angle too vertical) and the golfers have trouble hitting solid shots, because his or her natural swing plane doesn't pass through the ball. If one has ever heard the term "perfect swing plane", it is the imaginary surface, often represented in drawings by a thick plane of glass that passes through a golfer's shoulders and the ball when he or she is at address. The club head should move in that plane throughout the swing.

[0009] As those skilled in the art will certainly appreciate, the development of an optimal swing plane is very important in achieving improvements in one's golf game and various attempts have been made to provide effective training tools. However, the prior devices are limited in their ability to effectively train a golfer. With this in mind, the present system for helping a golfer train his or her swing into the proper plane has been developed.

SUMMARY OF THE INVENTION

[0010] It is, therefore, an object of the present invention to provide a golf training system including a rearward and lower first laser beam defined by a rearward and lower first laser transmitting to a rearward and lower first receiving sensor with a first alarm. The golf training system also includes a forward and upper second laser beam defined by a forward and upper second laser transmitting to a forward and upper second receiving sensor, with a second alarm, located above the shoulder of the user. The first laser beam and the second laser beam are substantially parallel and define an extending ideal path along a designated club head path as a golfer swings. The extending ideal path corresponds to a desired club head path, if the club head crosses the first laser beam, the first alarm associated with the first receiving sensor is activated, and if the club head crosses the second laser beam, the second alarm associated with the second receiving sensor is activated.

[0011] It is also an object of the present invention to provide a golf training system wherein the first laser and the second laser are mounted upon a first stand.

[0012] It is another object of the present invention to provide a golf training system wherein the first stand includes a selectively collapsible tripod base, an upstanding post and a laser support bracket secured to the upstanding post.

[0013] It is a further object of the present invention to provide a golf training system wherein the laser support bracket is pivotally mounted in a manner permitting adjustment of the orientation of the first laser and the second laser.

[0014] It is also an object of the present invention to provide a golf training system wherein the upstanding post is telescopic permitting adjustment in the length of the upstanding post and height adjustment of the first laser and the second laser secured to the laser support bracket.

[0015] It is another object of the present invention to provide a golf training system wherein the laser support bracket is an elongated bar including a central portion pivotally secured to an upper end of the upstanding post via a selectively engageable compression knob for locking the elongated bar in desired orientations.

[0016] It is a further object of the present invention to provide a golf training system wherein the elongated bar also includes first and second members extending from the central portion, wherein the second laser is supported along the first member of the laser support bracket and the first laser is supported along the second member of the laser support bracket.

[0017] It is also an object of the present invention to provide a golf training system wherein each of the first member and the second member includes an elongated slot in which the first and second lasers are respectively mounted for selective movement along the length of the laser support bracket.

[0018] It is another object of the present invention to provide a golf training system wherein the first receiving sensor and the second receiving sensor are mounted upon a second stand.

[0019] It is a further object of the present invention to provide a golf training system wherein the second stand includes a selectively collapsible tripod base, an upstanding post and a sensor support bracket secured to the upstanding

post and the first stand includes a selectively collapsible tripod base, an upstanding post and a laser support bracket secured to the upstanding post.

[0020] It is also an object of the present invention to provide a golf training system wherein the sensor support bracket is pivotally mounted in a manner permitting adjustment of the orientation of the first receiving sensor and the second receiving sensor and the laser support bracket is pivotally mounted in a manner permitting adjustment of the orientation of the first laser and the second laser.

[0021] It is a further object of the present invention to provide a golf training system wherein the upstanding post is telescopic permitting adjustment in the length of the upstanding post and height adjustment of the first receiving sensor and the second receiving sensor secured to the sensor support bracket and the upstanding post is telescopic permitting adjustment in the length of the upstanding post and height adjustment of the first laser and the second laser secured to the laser support bracket.

[0022] It is also an object of the present invention to provide a golf training system wherein the sensor support bracket is an elongated bar including a central portion pivotally secured to an upper end of the upstanding post via a selectively engageable compression knob for locking the elongated bar in desired orientations and the laser support bracket is an elongated bar including a central portion pivotally secured to an upper end of the upstanding post via a selectively engageable compression knob for locking the elongated bar in desired orientations.

[0023] It is another object of the present invention to provide a golf training system wherein the elongated bar also includes first and second members extending from the central portion, wherein the second receiving sensor is supported along the first member of the sensor support bracket and the first receiving sensor is supported along the second member of the sensor support bracket and the elongated bar also includes first and second members extending from the central portion, wherein the second laser is supported along the first member of the laser support bracket and the first laser is supported along the second member of the laser support bracket.

[0024] It is a further object of the present invention to provide a golf training system wherein each of the first member and the second member includes an elongated slot in which the first and second receiving sensors are respectively mounted for selective movement along the length of the laser support bracket and each of the first member and the second member includes an elongated slot in which the first and second lasers are respectively mounted for selective movement along the length of the laser support bracket.

[0025] It is also an object of the present invention to provide a golf training system wherein the first receiving sensor and the second receiving sensor are mounted upon a practice mat.

[0026] It is another object of the present invention to provide a golf training system wherein the first sensor are positioned approximately six inches apart.

[0027] It is a further object of the present invention to provide a golf training system wherein the first receiving sensor and the second receiving sensor are recessed within the practice mat.

[0028] Other objects and advantages of the present invention will become apparent from the following detailed description when viewed in conjunction with the accompanying drawings, which set forth certain embodiments of the invention.

BRIEF DESCRIPTION OF THE DRAWINGS

[0029] FIG. **1** is a side perspective view of the golf training system in use.

[0030] FIG. **2** is a detailed perspective view of the first and second lasers.

[0031] FIG. **3** is a detailed perspective view of the first and second receiving sensors.

[0032] FIG. **4** is a top view of the golf training system.

[0033] FIG. **5** is a side view of the golf training system.

[0034] FIG. **6** is a rear perspective view of the golf training system in use.

[0035] FIG. **7** is a rear perspective view of the golf training system in accordance with an alternate embodiment wherein the backswing of a golfer is monitored.

[0036] FIG. **8** is a side view of an articulating laser in accordance with the embodiment disclosed with reference to FIG. **7**.

[0037] FIG. **9** is a rear perspective view of the golf training system shown in FIG. **7** oriented for training a golfer's follow through.

DESCRIPTION OF THE PREFERRED EMBODIMENT

[0038] The detailed embodiment of the present invention is disclosed herein. It should be understood, however, that the disclosed embodiment is merely exemplary of the invention, which may be embodied in various forms. Therefore, the details disclosed herein are not to be interpreted as limiting, but merely as the basis for the claims and as a basis for teaching one skilled in the art how to make and/or use the invention.

[0039] In accordance with the present invention, and with reference to FIGS. **1** to **6**, a golf training system **10** is disclosed for providing a golfer with an indication the club head **12** being swung is maintained in a proper plane as he or she completes a golf swing. Briefly, the training system **10** includes a rearward and lower first laser beam **14** defined by a rearward and lower first laser **16** transmitting to a rearward and lower first receiving sensor **18** and a forward and upper second laser beam **20** defined by a forward and upper second laser **22** transmitting to a forward and upper second receiving sensor **24** located above the shoulder of the user. The positional terms used herein are intended to refer to the relative positions of the components as they relate to the golfer using the present system. In particular, "rearward and lower" refers to a position further from the back of the golfer along a vertical plane and closer to the ground, while "forward and upper" refers to a position closer to the back of the golfer along a vertical plane and further from the ground than the "rearward and lower" component.

[0040] The first laser beam **14** and the second laser beam **20** are substantially parallel and define an extending ideal path **26** positioned above the shoulders of a golfer and along a designated club head path as a golfer swings. The extending ideal path **26** is positioned behind and above the golfer's shoulders and is intended to correspond to a desired club head path as it moves through the top of a golfer's swing. If the club head **12** or shaft **13** crosses the first laser beam **14**, a first alarm **28**, associated with the first receiving sensor **18**, is activated.

If the club head **12** or shaft **13** crosses the second laser beam **20**, a second alarm **30**, associated with the second receiving sensor **24** and different from the first alarm **28**, is activated.

[0041] More particularly, the first and second lasers **16**, **22** are mounted upon a first stand **32**. The first stand **32** includes a selectively collapsible tripod base **34**, an upstanding post **36** and a laser support bracket **38** secured to the upstanding post **36**. As will be better appreciated based upon the following disclosure, the laser support bracket **38** is pivotally mounted in a manner permitting adjustment of the orientation of the first and second lasers **16**, **22** to suit different golfers. Adjustment is further facilitated by the telescopic construction of the upstanding post **36** in a manner permitting adjustment in the length of the upstanding post **36** and ultimately height adjustment of the first and second lasers **16**, **22** secured to the laser support bracket **38**.

[0042] In accordance with a preferred embodiment of the present invention, the laser support bracket **38** is an elongated bar **40** including a central portion **42** pivotally secured to the upper end **44** of the upstanding post **36** via a selectively engageable compression knob **47** for locking the elongated bar **40** in desired orientations. The elongated bar **40** also includes first and second members **46**, **48** extending from the central portion **42** to define the present laser support bracket **38** that is capable of supporting the second laser **22** along the first member **46** of the laser support bracket **38** and the first laser **16** along the second member **48** of the laser support bracket **38**. Each of the first member **46** and the second member **48** includes an elongated slot **50**, **52** in which the first and second lasers **16**, **22** are respectively mounted for selective movement along the length of the laser support bracket **38**. Selective movement along the slots **50**, **52** is controlled by the provision of selectively engageable compression knobs **80**, **82** for the first and second lasers **16**, **22**. As a result of the compression knobs **47**, **80**, **82**, and as will be better appreciated based upon the following disclosure relating to the use of the present invention, the relative position of the second laser **22** and/or the first laser **16** may be changed to suit the swings of different golfers.

[0043] As with the first stand **32**, a second stand **54** is provided for supporting the second receiving sensor **24** and the first receiving sensor **18**. The second stand **54** is substantially identical to that used in conjunction with the first and second lasers **16**, **22**, and includes a selectively collapsible tripod base **56**, an upstanding post **58** and a sensor support bracket **60** secured to the upstanding post **58**. The sensor support bracket **60** is pivotally mounted in a manner permitting adjustment of the first and second receiving sensors **18**, **24** orientations to suit different golfers. Adjustment is further facilitated by the telescopic construction of the upstanding post **58** in a manner permitting adjustment in the length of the upstanding post **58** and ultimately height adjustment of the first and second receiving sensors **18**, **24** secured to the sensor support bracket **60**.

[0044] In accordance with a preferred embodiment of the present invention, the sensor support bracket **60** is an elongated bar **62** including a central portion **64** pivotally secured to the upper end **66** of the upstanding post **58** via a selectively engageable compression knob **65** for locking the elongated bar **62** in desired orientations. The elongated bar **62** also includes first and second members **68**, **70** extending from the central portion **64** to define the sensor support bracket **60** capable of supporting the second receiving sensor **24** along the first member **68** of the sensor support bracket **60** and the lower first receiving sensor **18** along the second member **70** of the sensor support bracket **60**. Each of the first member **68** and the second member **70** includes an elongated slot **72**, **74** in which the first or second receiving sensor **18**, **24** is mounted for selective movement along the length of the sensor support bracket **60**. Selective movement along the slots **72**, **74** is controlled by the provision of selectively engageable compression knobs **84**, **86** for the first or second receiving sensor **18**, **24**. As a result of the compression knobs **65**, **84**, **86**, and as will be better appreciated based upon the following disclosure relating to the use of the present invention, the relative position of the second receiving sensor **24** and/or the first receiving sensor **18** may be changed to suit the swings of different golfers.

[0045] The first and second alarms **28**, **30** are respectively linked to the first receiving sensor **18** and the second receiving sensor **24** such that the first alarm **28** is activated when a golfer's club head **12** or shaft **13** breaks the first laser beam **14** and the second alarm **30** is activated when a golfer's club head **12** or shaft **13** breaks the forward and upper second laser beam **20**. The first alarm **28** and the second alarm **30** are different in the way they sound providing the golfer with a clear indication as to whether the golfer has broken the first or second laser beam **14**, **20**.

[0046] In practice, the first stand **32** and the second stand **54** are positioned slightly behind the shoulders of the golfer along a line substantially parallel to the golfer's shoulders, that is, along a line extending between the shoulders of the golfer. The first and second lasers **16**, **22** of the first stand **32** are then aligned with the first receiving sensor **18** and the second receiving sensor **24** of the second stand **54** such that first and second laser beams **14**, **20** extend between the respective first and second stands **32**, **54**. The upper second laser beam **20** and lower first laser beam **14** are substantially parallel and are oriented to define an ideal path **26** through which a golfer should move his club head **12** as he or she arcs the club head **12** through a swing plane extending above the shoulders of the golfer.

[0047] As will be appreciated, each golfer has a different swing plane depending upon the physical make-up of the golfer. As such, it is necessary to adjust the ideal path **26** defined by the first and second laser beams **14**, **20** to accommodate various golfers. This is achieved by rotating the sensor support bracket **60** and the laser support bracket **38**, as well as adjusting the respective first and second receiving sensors **18**, **24** and the first and second lasers **16**, **22** along the respective sensor support bracket **60** and the laser support bracket **38**.

[0048] By utilizing the present invention and understanding the concepts of swing plane as discussed above, a golfer receives instant feedback which may be used to adjust his or her swing in an effort to optimize his or her swing plane for producing a more consistent golf swing which will ultimately result in lower scores.

[0049] An alternate use of the present technology as shown with reference to FIG. **7** involves the removal the second stand **54**, that is, the removal of the second receiving sensor **24** and the first receiving sensor **18**. With the second stand **54** removed, second receiving sensor **24** and the first receiving sensor **18** are placed within a practice synthetic mat on either side of the golf ball. This allows the golfer's "take-away" and "downswing" to be within the laser beams **114**, **120** with no regard for the golfer's "follow-through."

[0050] More particularly, the first stand **132** is substantially the same as discussed above although the first and second lasers **116**, **122** are focused downwardly toward first and second receiving sensors **118**, **124** located within the practice mat **180** upon which the golfer stands while practicing in accordance with the present invention. With this in mind, and with reference to FIG. **8**, the first and second lasers **116**, **122** (only first laser **116** is shown in FIG. **8** although it is appreciated the first and second lasers are identical) are provided with a pivotal adjustment mechanism **190** associated with the housing **192** thereof to allow for focusing downwardly so as to engage the respective first and second receiving sensors **118**, **124**.

[0051] With this arrangement the first and second laser beams **114**, **120** are created defining the plane in which the golf club head **12** should be in while the golfer takes the club head **12** away from the ball during the initial part of the golf swing and returns the golf club head **12** therethrough during the downswing.

[0052] The first stand **132**, and the associated first and second lasers **116**, **122** are the same as those disclosed with reference to the prior embodiment disclosed in FIGS. **1** to **6**. However, the second stand, and associated first and second receiving sensors **118**, **124**, are replaced with first and second receiving sensors **118**, **124** mounted within recesses **182**, **184** formed in the practice mat **180**. In accordance with a preferred embodiment, the first and second receiving sensors **118**, **124** are positioned on opposite sides of the golf ball with the first and second receiving sensors **118**, **124** spaced approximately 6 inches apart. The first and second receiving sensors **118**, **124** are preferably recessed with the mat **180** approximately ⅛ inch to avoid any interference with the golf club as the golfer swings during his or her practice sessions.

[0053] As with the sensors described above, the first and second receiving sensors **118**, **124** are associated with first and second alarms **128**, **130** such that the first alarm **128** is activated when a golfer's club head **12** breaks the first laser beam **114** and the second alarm **130** is activated when a golfer's club head **12** or shaft **13** breaks the forward and upper second laser beam **120**. The first alarm **128** and the second alarm **130** are different in the way they sound providing the golfer with a clear indication as to whether the golfer has broken the first or second laser beam **114**, **120**.

[0054] In practice, the first stand **132** is positioned slightly behind the shoulders of the golfer along a line substantially parallel to the golfer's shoulders, that is, along a line extending between the shoulders of the golfer. The first stand **132** is positioned in the direction of the golfer's backswing, that is, to the right of a right handed golfer. The first and second lasers **116**, **122** of the first stand **132** are then aligned with the first receiving sensor **118** and the second receiving sensor **124** mounted within the practice mat such that first and second laser beams **114**, **120** extend between the respective first stand **132** and the first and second receiving sensor **118**, **124**. The upper second laser beam **120** and lower first laser beam **114** are substantially parallel and are oriented to define an ideal path **126** through which a golfer should move his club head **12** as he or she begins the backswing and completes the downswing through an ideal swing plane.

[0055] As with the prior embodiment, each golfer has a different swing plane depending upon the physical make-up of the golfer. As such, it is necessary to adjust the ideal path **126** defined by the first and second laser beams **114**,**120** to accommodate various golfers. This is achieved by applying the various adjustment features built into the present system.

[0056] The single stand embodiment shown in FIG. **7** may be employed in training a golfer through his or her follow through as shown with reference to FIG. **8**. In accordance with this variation, the first stand **132** is positioned to the left of the right handed golfer. The first stand **132** is substantially the same as discussed above although the first and second lasers **116**, **122** are focused downwardly toward first and second receiving sensors **118**, **124** located within the practice mat **180** upon which the golfer stands while practicing in accordance with the present invention. With this arrangement first and second laser beams **114**, **120** are created defining the plane in which the golf club should be in while the golfer follows through during his or her golf swing.

[0057] In practice, the first stand **132** is positioned slightly behind the shoulders of the golfer along a line substantially parallel to the golfer's shoulders, that is, along a line extending between the shoulders of the golfer. The first stand **132** is positioned in the direction of the golfer's follow through, that is, to the left of a right handed golfer. The first and second lasers **116**, **122** of the first stand **132** are then aligned with the first receiving sensor **118** and the second receiving sensor **124** mounted within the practice mat such that first and second laser beams **114**, **120** extend between the respective first stand **132** and the first and second receiving sensors **118**, **124**. The upper second laser beam **120** and lower first laser beam **114** are substantially parallel and are oriented to define an ideal path **126** through which a golfer should move his club head **12** as he or she finishes the golf swing during the follow through.

[0058] While the preferred embodiments have been shown and described, it will be understood that there is no intent to limit the invention by such disclosure, but rather, is intended to cover all modifications and alternate constructions falling within the spirit and scope of the invention.

1. A golf training system, comprising:
- a rearward and lower first laser beam defined by a rearward and lower first laser transmitting to a rearward and lower first receiving sensor with a first alarm;
- a forward and upper second laser beam defined by a forward and upper second laser transmitting to a forward and upper second receiving sensor, with a second alarm, located above the shoulder of the user;
- the first laser beam and the second laser beam are substantially parallel and define an extending ideal path along a designated club head path as a golfer swings;
- wherein the extending ideal path corresponds to a desired club head path, if a club head crosses the first laser beam, the first alarm associated with the first receiving sensor is activated, and if the club head crosses the second laser beam, the second alarm associated with the second receiving sensor is activated.

2. The golf training system according to claim **1**, wherein the first laser and the second laser are mounted upon a first stand.

3. The golf training system according to claim **2**, wherein the first stand includes a selectively collapsible tripod base, an upstanding post and a laser support bracket secured to the upstanding post.

4. The golf training system according to claim **3**, wherein the laser support bracket is pivotally mounted in a manner permitting adjustment of the orientation of the first laser and the second laser.

5. The golf training system according to claim **4**, wherein the upstanding post of the first stand is telescopic permitting adjustment in the length of the upstanding post and height adjustment of the first laser and the second laser secured to the laser support bracket.

6. The golf training system according to claim **3**, wherein the laser support bracket is an elongated bar including a central portion pivotally secured to an upper end of the upstanding post of the first stand via a selectively engageable compression knob for locking the elongated bar in desired orientations.

7. The golf training system according to claim **6**, wherein the elongated bar also includes first and second members extending from the central portion, wherein the second laser is supported along the first member of the laser support bracket and the first laser is supported along the second member of the laser support bracket.

8. The golf training system according to claim **7**, wherein each of the first member and the second member includes an elongated slot in which the first and second lasers are respectively mounted for selective movement along the length of the laser support bracket.

9. The golf training system according to claim **2**, wherein the first receiving sensor and the second receiving sensor are mounted upon a second stand.

10. The golf training system according to claim **9**, wherein the second stand includes a selectively collapsible tripod base, an upstanding post and a sensor support bracket secured to the upstanding post and the first stand includes a selectively collapsible tripod base, an upstanding post and a laser support bracket secured to the upstanding post.

11. The golf training system according to claim **10**, wherein the sensor support bracket is pivotally mounted in a manner permitting adjustment of the orientation of the first receiving sensor and the second receiving sensor and the laser support bracket is pivotally mounted in a manner permitting adjustment of the orientation of the first laser and the second laser.

12. The golf training system according to claim **11**, wherein the upstanding post of the second stand is telescopic permitting adjustment in the length of the upstanding post of the second stand and height adjustment of the first receiving sensor and the second receiving sensor secured to the sensor support bracket and the upstanding post of the first stand is telescopic permitting adjustment in the length of the upstanding post of the first stand and height adjustment of the first laser and the second laser secured to the laser support bracket.

13. The golf training system according to claim **10**, wherein the sensor support bracket is an elongated bar including a central portion pivotally secured to an upper end of the upstanding post of the second stand via a selectively engageable compression knob for locking the elongated bar in desired orientations and the laser support bracket is an elongated bar including a central portion pivotally secured to an upper end of the upstanding post of the first stand via a selectively engageable compression knob for locking the elongated bar of the laser support bracket in desired orientations.

14. The golf training system according to claim **13**, wherein the elongated bar of the sensor support bracket also includes first and second members extending from the central portion, wherein the second receiving sensor is supported along the first member of the sensor support bracket and the first receiving sensor is supported along the second member of the sensor support bracket and the elongated bar of the laser support bracket also includes first and second members extending from the central portion, wherein the second laser is supported along the first member of the laser support bracket and the first laser is supported along the second member of the laser support bracket.

15. The golf training system according to claim **14**, wherein each of the first member and the second member of the elongated bar of the sensor support bracket includes an elongated slot in which the first and second receiving sensors are respectively mounted for selective movement along the length of the laser support bracket and each of the first member and the second member of the elongated bar of the laser support bracket includes an elongated slot in which the first and second lasers are respectively mounted for selective movement along the length of the laser support bracket.

16. The golf training system according to claim **2**, wherein the first receiving sensor and the second receiving sensor are mounted upon a practice mat.

17. The golf training system according to claim **16**, wherein the first sensor are positioned approximately six inches apart.

18. The golf training system according to claim **16**, wherein the first receiving sensor and the second receiving sensor are recessed within the practice mat.

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