

# CASE STUDY



**Dr. Paul Hurrior  
& Preston Combs**

*Enhancing Putting  
Performance Using  
Zen Green Stage*

**ZEN**  
**GOLF**

**Coach: Preston Combs** Zen Master Coach & **Dr. Paul Hurrion**

**Technology:** Zen Swing Stage and Quintic

**Player:** Cortland Scofield

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## **INTRODUCTION**

This case study explores the advanced putting coaching session conducted by Dr. Paul Hurrion, a major tour coach known for his Quintic system, and Preston Combs, a Golf Digest young coach. Using the Zen Green Stage, they collaborated to enhance the putting skills of student Cortland Scofield. The session focused on understanding coaching patterns, player biases, and leveraging visualization tools for effective learning.

## **OBJECTIVE**

**The primary goal was to improve Cortland's putting performance by:**

1. Developing effective visualization strategies.
2. Enhancing start line accuracy and speed control.
3. Using the Zen Green Stage to simulate realistic putting environments.

## **METHODOLOGY**

1. **Dynamic Indoor Environment:** The session utilized the Zen Green Stage to simulate various real-world putting scenarios, including compound putts with complex breaks. This was instrumental in creating an adaptive learning environment.
2. **Visualization Techniques:** Visualization strategies were emphasized to help Cortland predict the ball's path and entry point. The overhead putt tracking system aided in linking visual cues to putting execution.
3. **Feedback and Quantification:** The Quintic system provided quantitative feedback on putt direction, speed, and start line accuracy, enabling precise adjustments.
4. **Exploration and Self-Organization:** Following a constraints-led approach, the session promoted self-exploration, allowing Cortland to discover effective movement solutions independently.

## **KEY LEARNINGS**

### **1. Visualization as a Learning Tool**

Cortland found the visualization of entry points and break points crucial for enhancing his routine. By integrating the overhead putt tracker, he linked sensory input with action, strengthening his perception-action coupling.

Implementing a clock-face projection around the cup allowed Cortland to visualize entry angles better, significantly improving his accuracy and speed control.



## 2. Quantified Feedback for Improved Decision-Making

Using the Quintic system, Cortland received detailed feedback on start line deviation and speed control. For example, a start line deviation of 2.65 degrees highlighted alignment issues, allowing targeted corrections.

This feedback enabled precise diagnosis of missed putts, distinguishing between misalignment and incorrect speed or break predictions.

## 3. Self-Organization Through Exploration

The session followed a constraints-led approach by encouraging Cortland to experiment with different visualization and aiming strategies.

This exploration was guided without prescriptive instructions, promoting adaptable coordination patterns that could be transferred to competitive play.

The Zen Green Stage's adjustable slopes allowed Cortland to practice on varying breaks and speeds, fostering resilient skill acquisition through "repetition without repetition."

## RESULTS

### 1. Improved Accuracy and Consistency

Cortland's start line consistency improved significantly, with a one-inch dispersion on right-to-left putts, demonstrating enhanced coordination adaptability.

### 2. Enhanced Speed Control

By visualizing entry points and using the clock-face projection, Cortland developed better speed tolerance, allowing him to maintain optimal ball momentum through the decay phase.

### 3. Greater Cognitive Understanding and Confidence

Cortland reported increased confidence in his decision-making process, attributing it to the clear visualization strategies and the dynamic environment created by the Zen Green Stage.

## CONCLUSION

The integration of the Zen Green Stage, Quintic system, and constraints-led coaching principles provided an effective framework for enhancing Cortland's putting performance. By fostering self-organization, adaptive coordination, and robust perception-action coupling, the session successfully translated complex putting scenarios into actionable skills.

## Implications for Coaching and Training

### 1. Ecological Dynamics in Practice

This case study demonstrates the value of ecological dynamics by creating a representative practice environment that closely mirrors on-course conditions