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(54) **GOLF TRAINING SYSTEMS AND METHODS**

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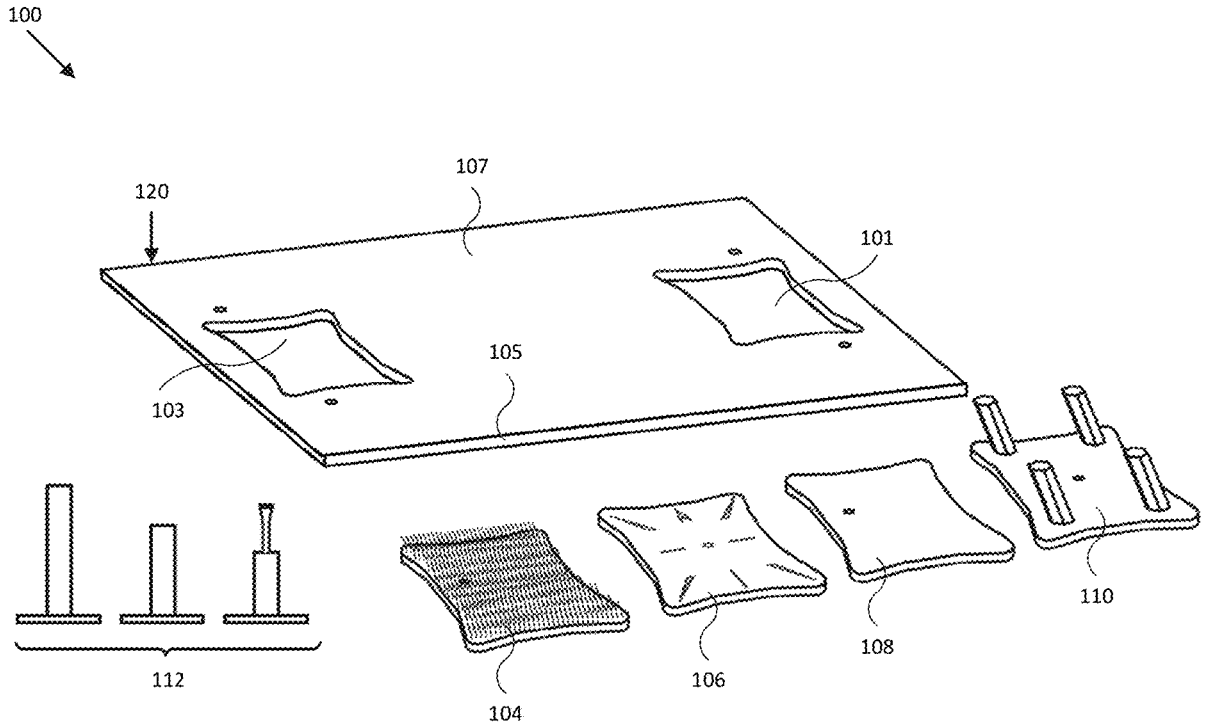
(57) **ABSTRACT**

Techniques are disclosed for systems and methods to provide golf training. A golf training system includes a monolithic platform having a first recessed portion, a first swing insert, and a second swing insert. The swing inserts are configured for interchangeably engaging the first recessed portion, which may position a top surface of the swing inserts substantially flush with a top surface of the platform. A golf training apparatus of the golf training system includes a monolithic platform having a first recessed portion and a second recessed portion, the second recessed portion positioned substantially opposite from the first recessed portion. The apparatus includes a first swing insert and a second swing insert. The swing inserts include an anchor support by way of a midpoint portion and an end portion. The end portion includes an end width greater than a midpoint width of the midpoint portion.



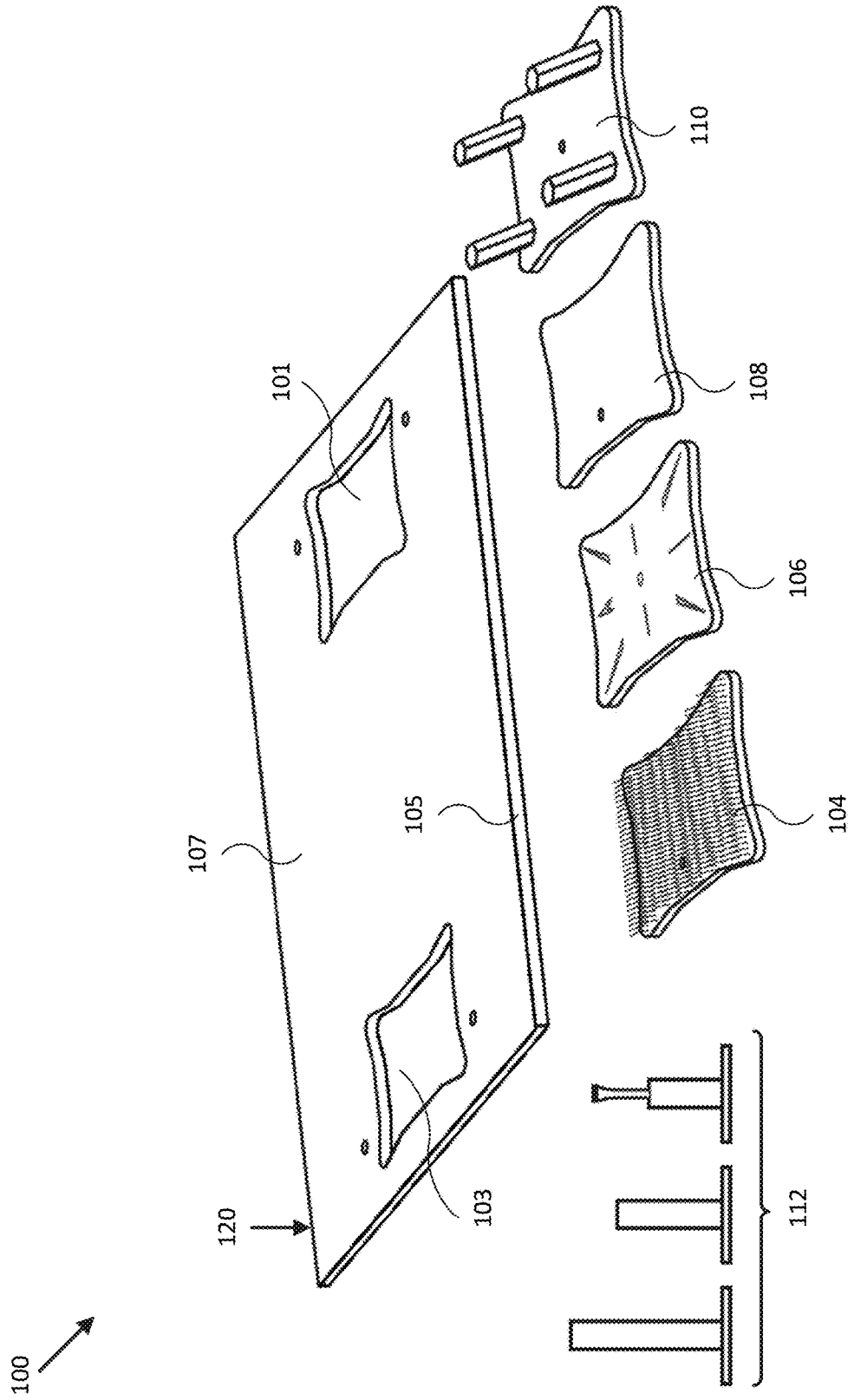


Fig. 1

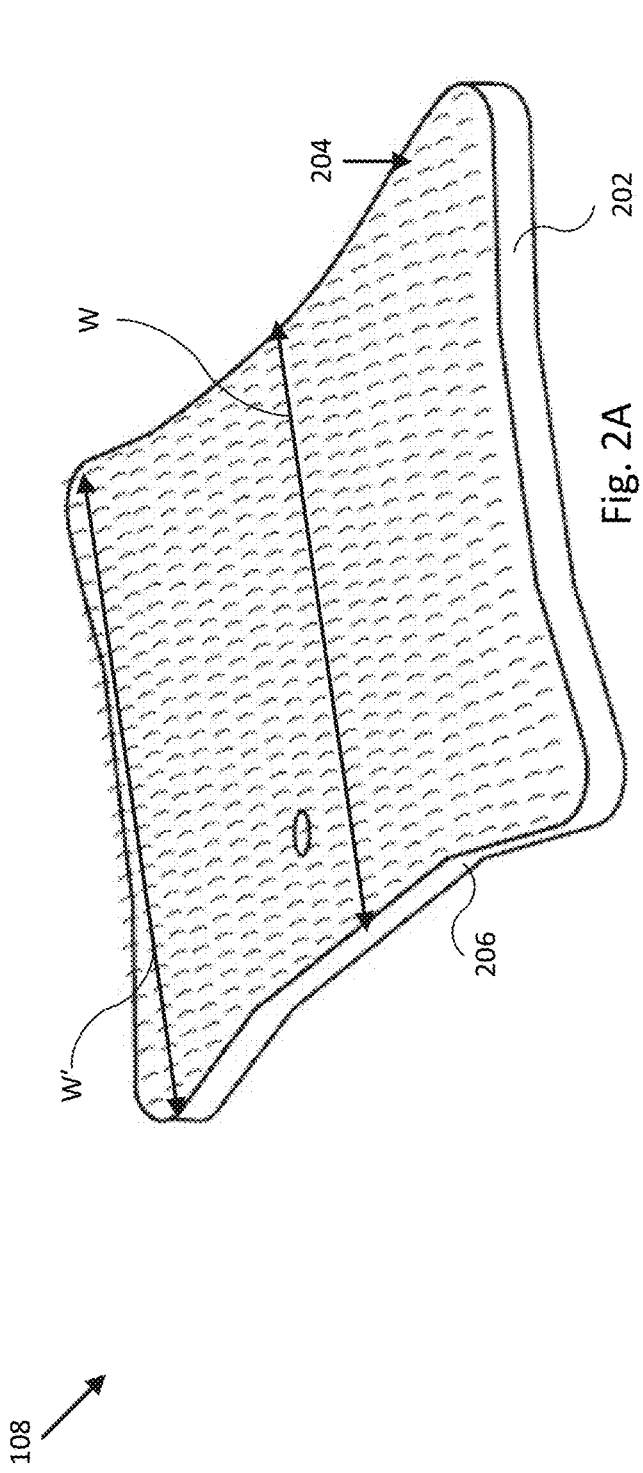


Fig. 2A

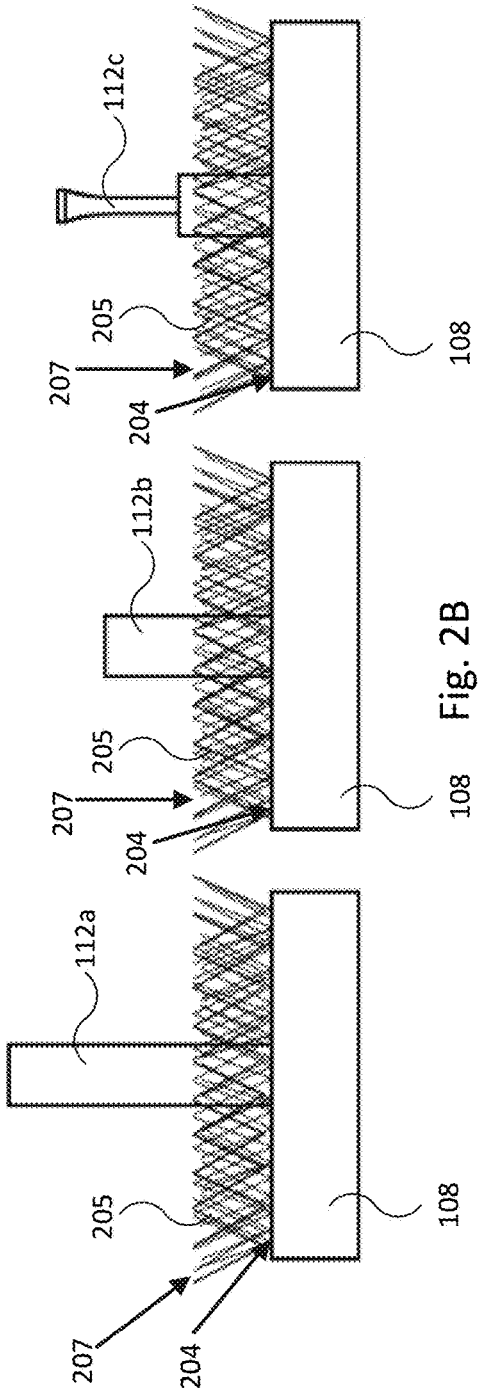


Fig. 2B

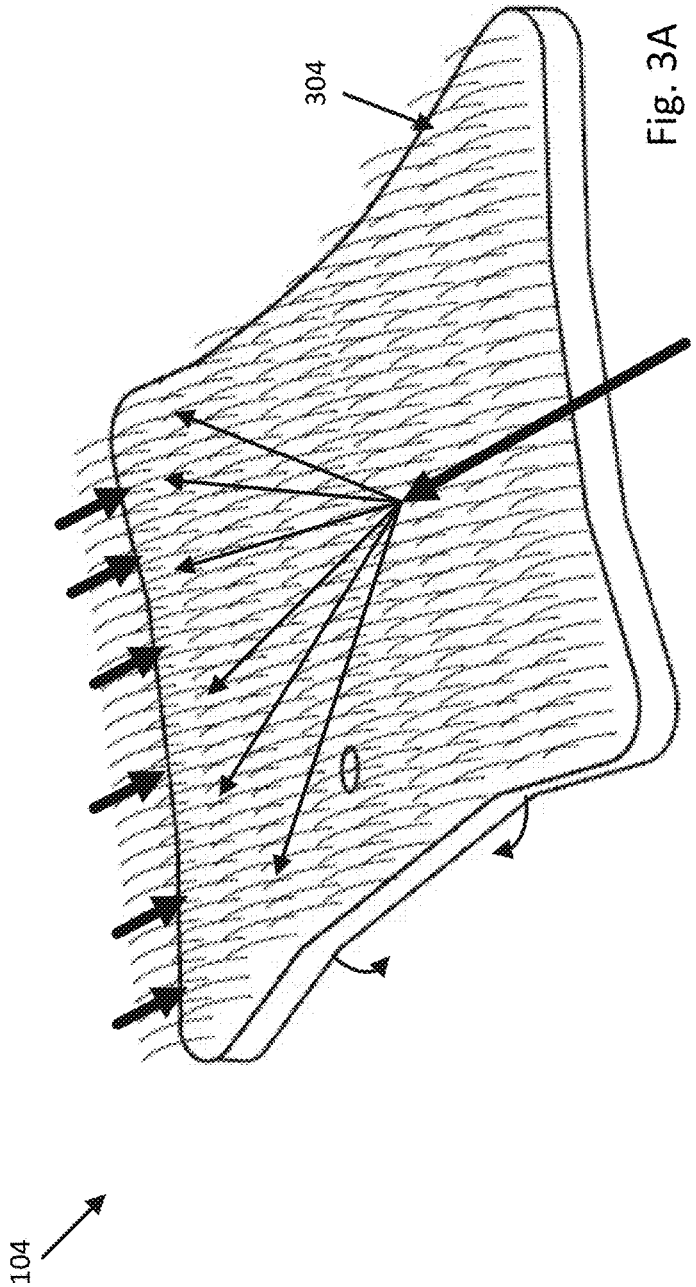


Fig. 3A

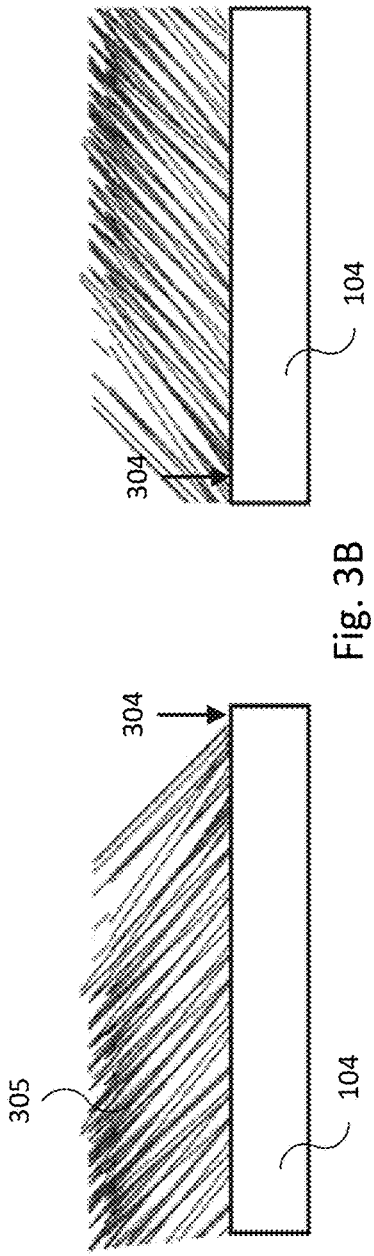


Fig. 3B

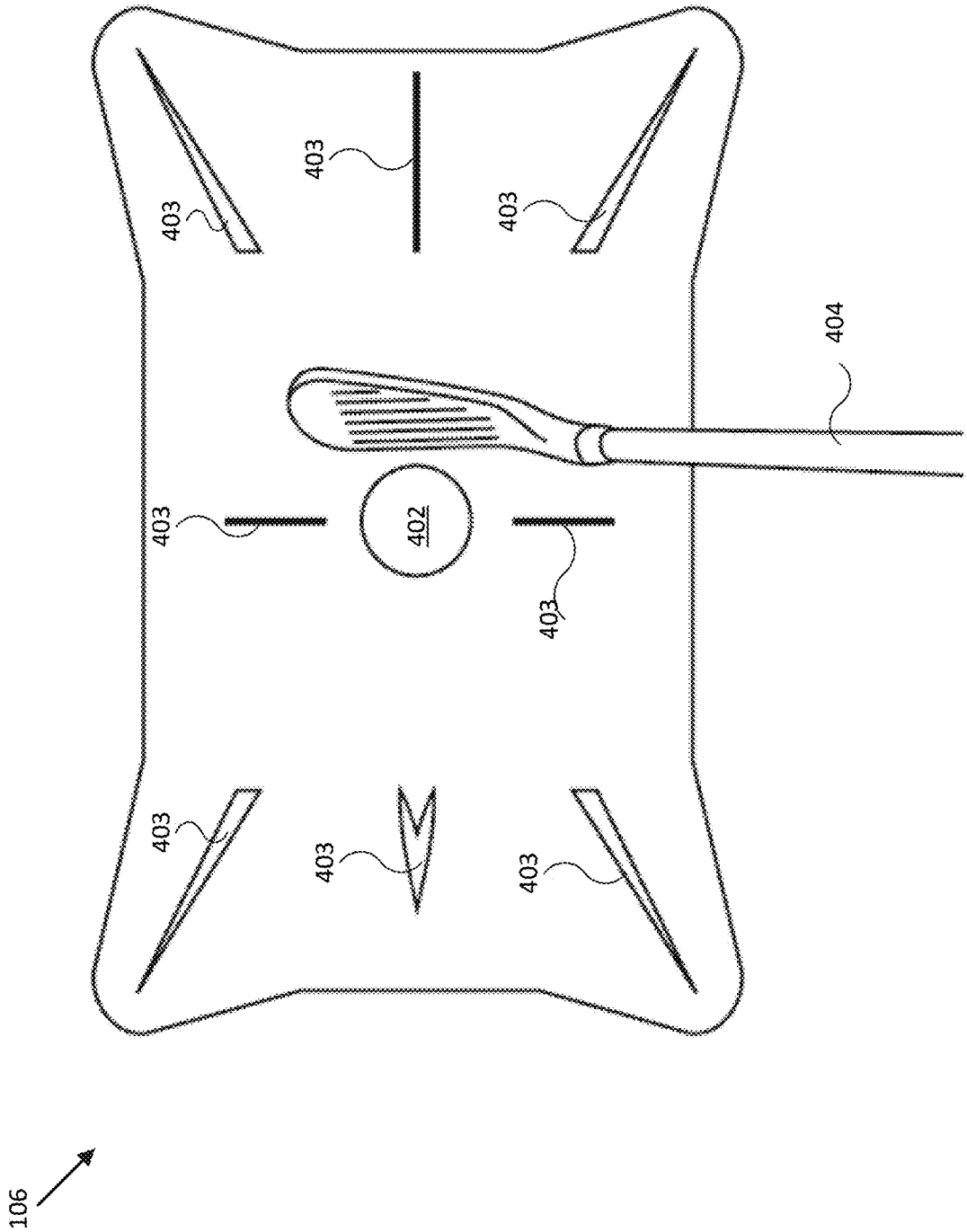


Fig. 4A

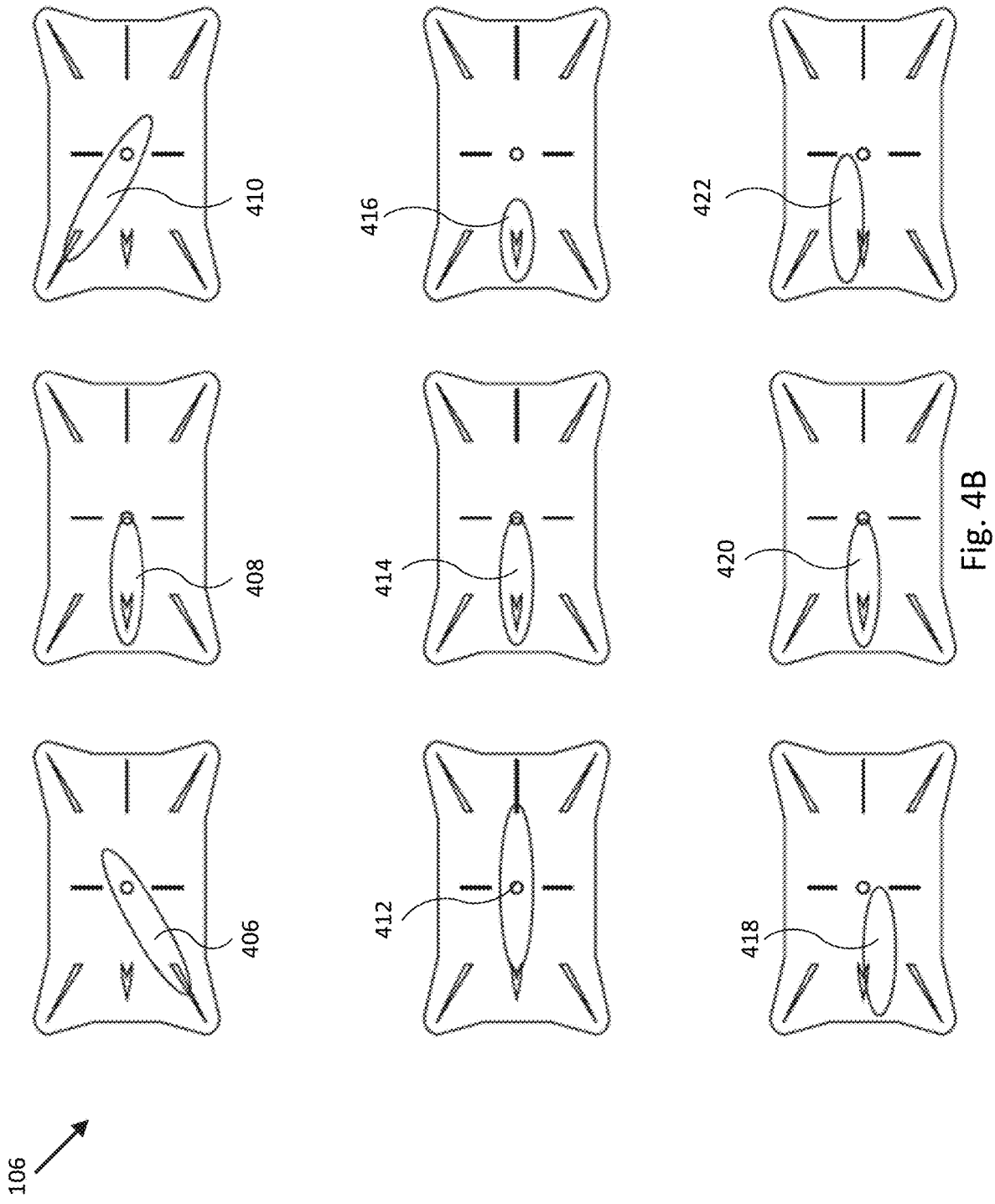


Fig. 4B

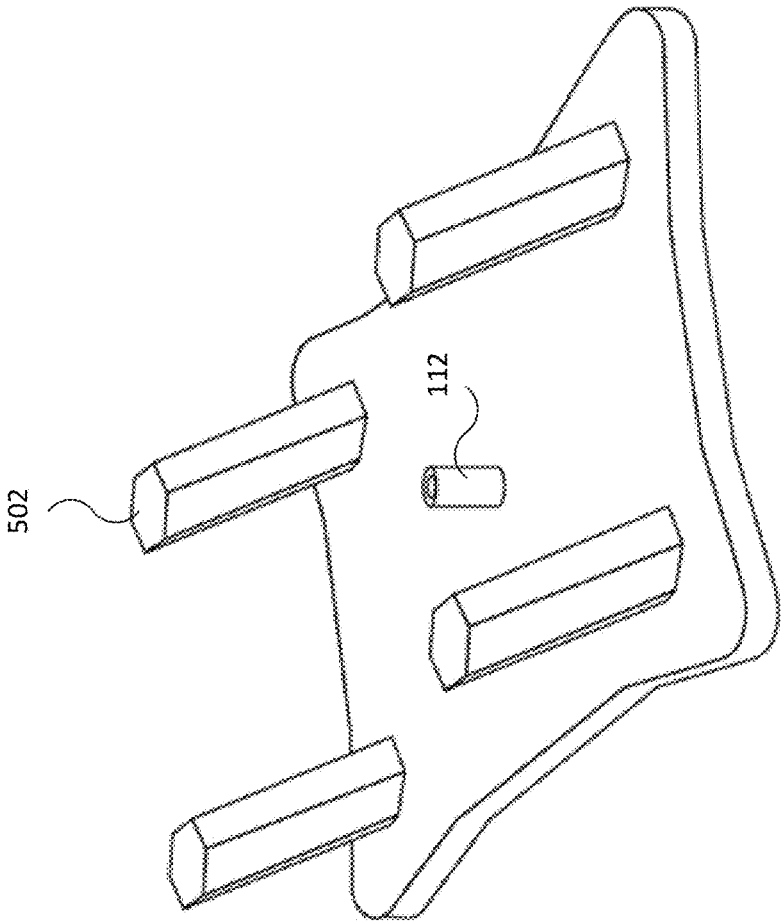


Fig. 5A

Fig. 5B

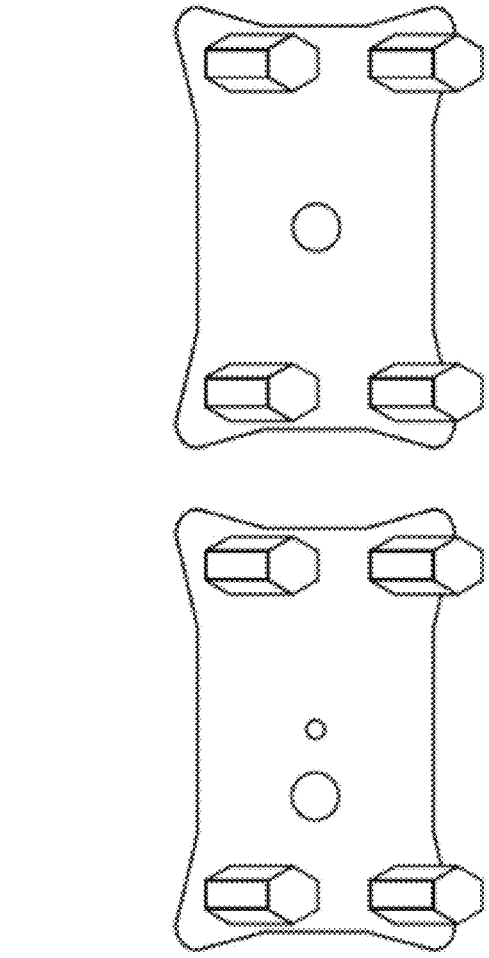


Fig. 5C

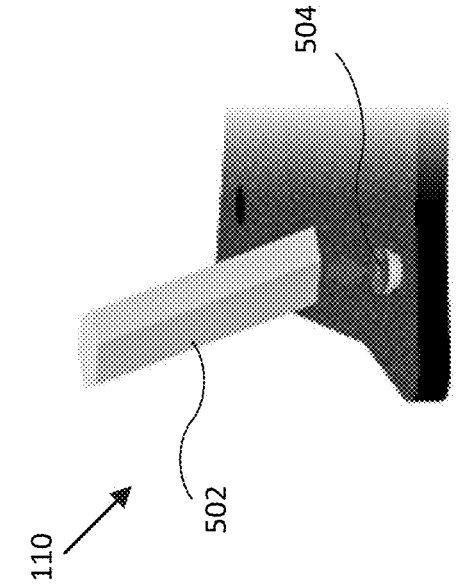


Fig. 5E

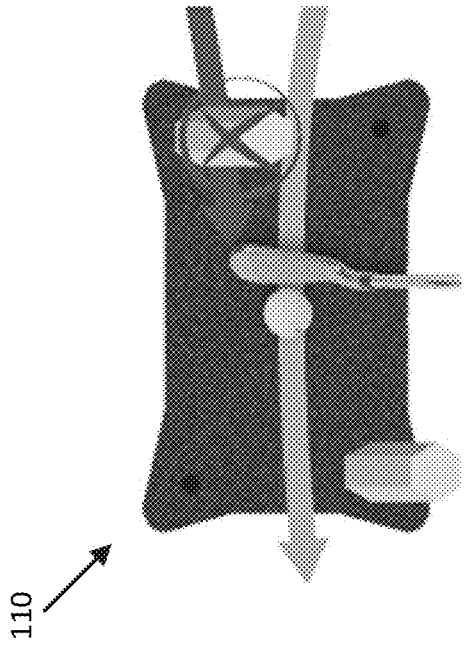


Fig. 5G

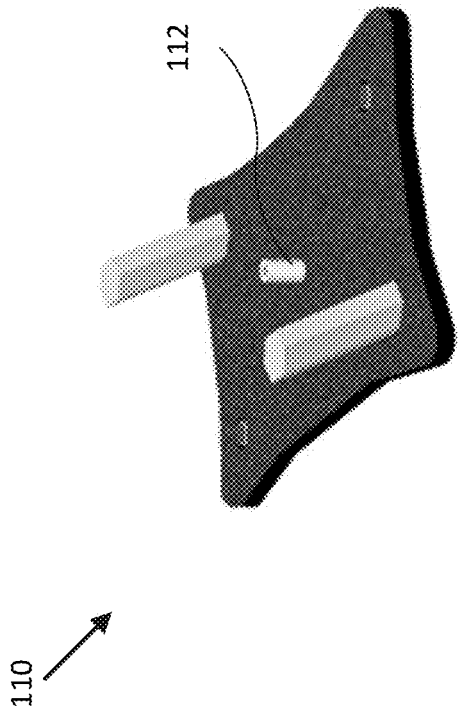


Fig. 5D

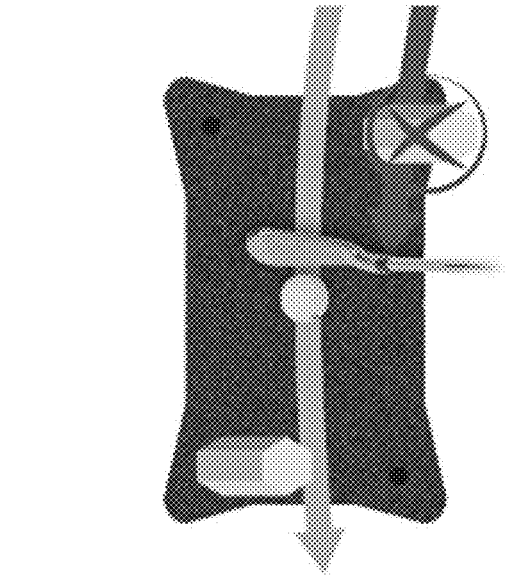


Fig. 5F

GOLF TRAINING SYSTEMS AND METHODS

CROSS-REFERENCE TO RELATED APPLICATIONS

[0001] This application claims priority to and the benefit of U.S. Provisional Pat. App. No. 63/388,939 filed Jul. 13, 2022 and entitled "SYSTEM AND APPARATUS FOR AN GOLF TRAINING SYSTEM," which is incorporated by reference herein in its entirety.

TECHNICAL FIELD

[0002] One or more embodiments of the invention relate generally to golf training systems and more particularly, for example, to systems and methods for facilitating indoor and outdoor golf swing training.

BACKGROUND

[0003] Conventional golf training systems generally fail to provide flexible yet effective golf swing training and/or to replicate realistic golf environments. Thus, there is a need for an improved methodology to provide interchangeable and omnidirectional training features for both left-hand and right-handed users, particularly in the context of golf swing training within realistic golf environments.

SUMMARY

[0004] Techniques are disclosed for systems and methods to provide golf swing training. A golf training system may include a platform and swing inserts configured to be secured to and/or within the platform and/or recess portions formed within at least a top surface of the platform. In various embodiments, such platform may be flexible such that it can be rolled up for storage, for example, or laid over an uneven indoor or outdoor surface. The platform and each swing insert may include a top surface, for example, that may be implemented by artificial turf and/or include synthetic fibers configured to simulate realistic turf types and lengths. Each swing insert may be configured to train a particular swing characteristic, which may be different from or overlap with swing characteristics trained by other swing inserts.

[0005] In one embodiment, a golf training system may include a platform and first and second swing inserts. The platform may include a recessed portion, and the first and second swing inserts are configured to engage the recessed portion of the platform.

[0006] In another embodiment, a golf training apparatus may include a monolithic platform having a first recessed portion and a second recessed portion, the second recessed portion positioned substantially opposite from the first recessed portion, and first and second swing inserts. The first swing insert and the second swing insert include an anchor support by way of a midpoint portion and an end portion, where the end portion includes an end width greater than a midpoint width of the midpoint portion.

[0007] The scope of the invention is defined by the claims, which are incorporated into this section by reference. A more complete understanding of embodiments of the invention will be afforded to those skilled in the art, as well as a realization of additional advantages thereof, by a consideration of the following detailed description of one or more embodiments. Reference will be made to the appended sheets of drawings that will first be described briefly.

BRIEF DESCRIPTION OF THE DRAWINGS

[0008] FIG. **1** illustrates a schematic view of a golf training system in accordance with an embodiment of the disclosure.

[0009] FIGS. **2**A-B illustrate a schematic view of a golf training apparatus for use with a golf training system in accordance with an embodiment of the disclosure.

[0010] FIGS. **3**A-B illustrate a schematic view of a golf training apparatus for use with a golf training system in accordance with an embodiment of the disclosure.

[0011] FIGS. **4**A-B illustrate a schematic view of a golf training apparatus for use with a golf training system in accordance with an embodiment of the disclosure.

[0012] FIGS. **5**A-G illustrate a schematic view of a golf training apparatus for use with a golf training system in accordance with an embodiment of the disclosure.

[0013] Embodiments of the invention and their advantages are best understood by referring to the detailed description that follows. It should be appreciated that like reference numerals are used to identify like elements illustrated in one or more of the figures.

DETAILED DESCRIPTION

[0014] In accordance with various embodiments of the present disclosure, golf swing training may be provided by a golf training system including a platform and swing inserts configured to be secured to and/or within the platform and/or recess portions formed within at least a top surface of the platform. In various embodiments, such platform may be flexible such that it can be rolled up for storage, for example, or laid over an uneven indoor or outdoor surface. The platform and each swing insert may include a top surface, for example, that may be implemented by artificial turf and/or include synthetic fibers configured to simulate realistic turf types and lengths. Each swing insert may be configured to train a particular swing characteristic, which may be different from or overlap with swing characteristics trained by other swing inserts. Positions of recesses within the platform may be chosen to facilitate use by left and/or right-hand golfers, for example, and/or to facilitate a particular type of golf swing training, as described herein.

[0015] Recesses formed in the platform may be formed partially or completely through one or more layers of the platform, for example, and be sufficiently deep so as to help prevent rotation and/or disengagement of the swing inserts therein via one or more irregular or non-polygonal features and/or varying mid and corner widths of the swing inserts and/or recesses, as described herein. Moreover, the thickness of the platform, the depth of the recesses, and the thickness of the swing inserts may be selected such that a top surface of one or more of the swing inserts is substantially flush with a top surface of the platform when a swing insert is engaged with a corresponding recess. Swing inserts may be configured to fit securely within the recesses of the platform, such that the shape of the perimeter of the swing inserts substantially matches the shape of the perimeter of the recesses.

[0016] The present invention will now be described in detail with reference to the drawings, which are provided as illustrative examples of the invention to enable those skilled in the art to practice the invention. Notably, the figures and examples below are not meant to limit the scope of the present invention to a single embodiment, but other embodi-

ments are possible by way of interchange of some or all the described or illustrated elements.

[0017] Moreover, where certain elements of the present invention can be partially or fully implemented using known components, only those portions of such known components that are necessary for an understanding of the present invention will be described, and detailed descriptions of other portions of such known components will be omitted so as not to obscure the invention. As used herein, the singular form of "a", "an", and "the" include plural references unless the context clearly dictates otherwise. As used herein, the statement that two or more parts or components are "coupled" shall mean that the parts are joined or operate together either directly or indirectly (i.e., through one or more intermediate parts or components, so long as a link occurs).

[0018] Embodiments described as being implemented in hardware should not be limited thereto, but can include embodiments implemented in software, or combinations of software and hardware, and vice-versa, as will be apparent to those skilled in the art, unless otherwise specified herein. In the exemplary embodiments described herein, an embodiment showing a singular component should not be considered limiting; rather, the invention is intended to encompass other embodiments including a plurality of the same component, and vice-versa, unless explicitly stated otherwise herein. Moreover, applicants do not intend for any term in the specification or claims to be ascribed an uncommon or special meaning unless explicitly set forth as such. Further, the present invention encompasses present and future known equivalents to the known components referred to herein by way of illustration.

[0019] As used herein, "directly coupled" means that two elements are directly in contact with each other; "fixedly coupled" or "fixed" means that two components are coupled to move as one while maintaining a constant orientation relative to each other; and "operatively coupled" means that two elements are coupled in such a way that the two elements function together. It is to be understood that two elements being "operatively coupled" does not require a direct connection or a permanent connection between them.

[0020] As used herein, the word "unitary" means a component is created as a single piece or unit. That is, a component that includes pieces that are created separately and then coupled together as a unit is not a "unitary" component or body. As employed herein, the statement that two or more parts or components "engage" one another shall mean that the parts exert a force against one another either directly or through one or more intermediate parts or components. As employed herein, the term "number" shall mean one or an integer greater than one (i.e., a plurality). As employed herein, the term "substantially" shall mean that the difference is negligible. Directional phrases used herein, such as, for example and without limitation, top, bottom, left, right, upper, lower, front, back, and derivatives thereof, relate to the orientation of the elements shown in the drawings and are not limiting upon the claims unless expressly recited therein.

[0021] One or more embodiments described herein pertain to a system and apparatus for providing a golf training system. The golf training system may include an apparatus configured to provide a realistic and flexible indoor and outdoor practice experience. The apparatus may include various interchangeable elements and be configured to provide feedback on various key swing elements, including hooks/slices, fat shots, thin shots, swing path, impact position, and/or ball strike location. The systems and apparatus described herein provide a means for maximizing at home training efficiency while improving overall user experience.

[0022] Referring now to FIG. **1**, FIG. **1** depicts a system for providing an interchangeable golf mat system **100**. In the embodiment illustrated by FIG. **1**, system **100** includes platform **102**, swing inserts **104**, **106**, **108**, **110**, and tees **112**. As shown in FIG. **1**, platform **102** may include one or more recesses **101** and **103**. Platform **102** may also include base layer **105** and top surface **107**. In various embodiments, platform **102** may be constructed from a wide range of flexible and/or resilient materials, including various plastic and foam materials, combinations, and alloys. For example, platform **102** may be formed, at least in part, from EVA foam including one or more closed cell foam materials. In embodiments where platform **102** includes two recesses **101** and **103**, recess **101** may be positioned substantially opposite from recess **103** along a long or short axis of platform **102** (e.g., where platform **102** is substantially rectangularly shaped). More generally, platform **102** may include any number of recesses arranged in any pattern disposed within a perimeter **120** of platform **102**. In some embodiments, platform **102** may include one or more preformed tee holes to accommodate the placement of golf tees **112** on or into platform **102**, such as without requiring puncture of one or more layers of platform **102** and/or various swing inserts of system **100**.

[0023] In some embodiments, swing inserts **104**, **106**, **108**, **110** may be configured to engage with platform **102** such that the top surfaces of the swing inserts are substantially flush with top surface **107** of platform **102**. Thus, system **100** may be configured to better replicate real world training environments. By contrast, conventional golf training aids include elevated striking platforms that are not the same level as a user's feet, and having the striking platform elevated above the user's feet is not a typical or realistic golfing environment. Such an uneven practice environment is not conducive to skill and performance improvements that translate to real-world environments (e.g., golf courses). For example, in conventional training devices where the striking surface is elevated above the user's feet, the user's swing is trained incorrectly because the artificial elevation is typically not present in real-world environments. When golfing in a real-world environment (e.g., on a physical golf course), the golfer will either be standing or doing their best to position themselves so as to stand at the same level as the ball and/or tee placement.

[0024] In general, platform **102** of golf training system **100** is configured to engage swing inserts **104**, **106**, **108**, **110**. Swing inserts **104**, **106**, **108**, **110** may each be configured for interchangeably engaging with recesses **101**, **103**. Each of swing inserts **104**, **106**, **108**, **110** may be reversable within recesses **101**, **103**, for example, so as to accommodate both right-handed and left-handed golfers. In some embodiments, system **100** is configured for facilitating an improved golf training platform, which includes anchor support for swing inserts **104**, **106**, **108**, **110**. Anchor support is a feature of system **100** that ensures swing inserts **104**, **106**, **108**, **110** remain securely coupled to platform **102** during use, as described herein.

[0025] Referring now to FIGS. **2**A-**2**B, system **100** may include embodiments of swing insert **108**. In some embodi-

ments, swing insert **108** may include a base portion **202** and a top surface **204**. In some embodiments, top surface **204** may include relatively short, medium, or long length synthetic fibers **205** protruding therefrom, up to a visible surface **207**, which may be configured to emulate fairway turf of various lengths. Such fairway turf **205** provides effective golf swing practice off robust turf. The synthetic fibers protruding from top surface **204** of swing insert **108** may be implemented by a variety of different artificial turf materials, any of which may be used to form one or more of swing inserts **104**, **106**, **108**, **110**. Base portion **202** may include one or more base layers that may be used to support one or a variety of different artificial turf and/or artificial turf materials.

[0026] When a user of system **100** swings a golf club and strikes platform **102** and/or swing inserts **104**, **106**, **108**, **110**, the golf club may impact platform **102** and/or swing inserts **104**, **106**, **108**, **110** and transfer of kinetic energy from the striking club to platform **102** and/or the swing inserts in a manner that risks disengaging the swing inserts from platform **102**. System **100** may include one or more anchor supports to mitigate the potential of such disengagements. In some embodiments, anchor support is achieved by reducing the compression forces where swing inserts **104**, **106**, **108**, **110** include a midpoint portion and an end portion configured for anchor support. This may be achieved by having a width W of the midpoint portion be smaller than a width W' of the end portion, as shown in FIG. **2**A. For example, in some embodiments, an anchor support may be implemented by a shape of a swing insert, where an end portion of the swing insert (e.g., swing insert **108**) includes an end width W' that is larger than a midpoint width W of a midpoint portion of the swing insert.

[0027] More generally, each swing insert (and corresponding recess in platform **102**) may include an anchor support implemented by one or more irregular or non-polygonal features and/or varying mid and corner/end widths of the swing inserts and/or recesses, substantially as shown in FIGS. **1**A-**5**G. For example, in some embodiments, an anchor support may be implemented by arch supports **206** in a perimeter of a swing insert (e.g., swing insert **108**) configured to prevent disengagement of the swing insert from recesses **101**, **103** by eliminating slipping of swing insert **108**, for example, within recess **101**, **103** due to a more square or rectangular shape without arch supports **206** or commensurate width variations to provide longitudinal restorative force counteracting a typical swing force.

[0028] As shown in FIG. **2**B, in some embodiments tees **112** may include 3.5" tee **112***a*, 2.5" tee **112***b* and 1.5" tee **112***c*. 1.5" tee **112***c* may include a wooden tee that provides for an adjustable strike height via penetration of the wooden tee into a base of tee **112***c*. For example, the wooden tee may be sunk or pressed into the base of tee **112***c* in order to provide 1.5" or more of adjustable strike height (e.g., measured relative to top surface **204** and/or a top of synthetic fibers of a swing insert. Tees **112** may be formed from close cell foam material, plastic, wood, or any material able to support the weight of a golf ball on top of platform **102** and/or any of swing inserts **104**, **106**, **108**, **110**, for example, and/or to engage with a top surface of any of swing inserts **104**, **106**, **108**, **110**.

[0029] Referring now to FIGS. **3**A-B, FIGS. **3**A-B depict swing insert **104** having top surface **304**. In various embodiments, top surface **304** may be constructed from and/or include synthetic grass **305**. In some embodiments, top surface **304** may emulate rough turf of various lengths. For example, top surface **304** may correspond to 1.5" rough turf.

[0030] In addition, as shown in FIG. **3**B, swing insert **104** may be configured to provide for golf swing practice out of two types of rough turf. In some implementations, swing insert **104** may be placed within recesses **101**, **103** so that the rough is "down-grain" or "into the grain" relative to a user's swing, for varying training difficulty. By alternating between "down-grain" and "into the grain," a user may practice with a greater variety of terrain conditions thus increasing the training flexibility of system **100**. Furthermore, swing insert **104** may be used to practice various types of chips, irons, and hybrids. In order to change the direction of the grain for added difficulty, swing insert **104** may simply be removed from platform **102** and flipped in the opposite direction (e.g., rotated 180 degrees) and then reinserted into platform **102** to train a user's golf swing in a more challenging and/or different and realistic golfing environment.

[0031] In some embodiments, swing insert **104** may include various anchor support features, similarly as described herein with respect to swing insert **108**. Such anchor support features may include a midpoint portion and an end portion, wherein the end portion includes an end width greater than a midpoint width of the midpoint portion of swing inserts **104**, **106**, **108**, **110**. In some embodiments, swing inserts **104**, **106**, **108**, **110** include one or more arch supports for preventing disengagement of the swing inserts with platform **102**. For example, arch supports are able to provide a pinching effect, which further mitigates risk of disengagement from kinetic impact. Due to the shape of the arch supports and due to the reflective forces resulting from an impact of a golf club swing, a pinching effect is realized that helps to dissipate the energy from the club impact and therefore aid in the retention of swing inserts **104**, **106**, **108**, **110** within recesses **101**, **103** of platform **102**.

[0032] Referring now to FIGS. **4**A-B, FIG. **4**A depicts swing insert **106**, which is formed, at least in part, from a material configured to provide club impact detection by indicating the shape of a club impact on swing insert **106**, from which swing position, direction, and force can be derived, for example. As shown in FIGS. **4**A-B, swing insert **106** may include an array of directional arrows/indicators **403** that can be used to help characterize impact markers on swing insert **106**, such as impact markers **406**, **408**, **410**, **412**, **414**, **416**, **418**, **420**, **422**. More generally, impact markers formed on swing insert **106** indicate characteristics of a golf club swing, and directional arrows on swing insert **106** provide directional references from which to judge the characteristics of the golf club swing.

[0033] For example, directional arrows may be oriented in a direction aligned with a desired shot direction for practicing accurate golf swings (and the expected resulting shots). The directional arrows indicate the direction of a golfer's swing. After a club swing makes contact with the surface material of swing insert **106**, the surface material will darken where the contact is made to indicate the trail of the swing. To 'reset' the material, a user can brush mat fibers of the surface material back in the opposite direction using a hand, foot or club, which will homogenize the surface to ready it for the next swing. Users may then utilize the trail/impact markings on the material to analyze their swing to make corrections to their swing, as is discussed further herein.

[0034] As shown in FIGS. **4**A-B, swing insert **106** may be configured to provide valuable real-time information on several key aspects of a golf swing. For example, swing insert **106** may serve as a useful tool when hitting into a net where a golfer normally would not be able to see the ball flight without an expensive flight tracking monitor. More generally, system **100** may be designed such that swing insert **106** is used to indicate the shape of a club impact on swing insert **106**. Such club impact detections and indications allows a golfer to identify swing tendencies. In some embodiments, a user of system **100** may proceed next with swing insert **110**, which provides for additional corrective training with respect to hooks and slices, as discussed further herein.

[0035] In some embodiments, a golfer may utilize the directional arrows of swing insert **106** to face swing insert **106** in the proper direction for practice. The arrows should be aimed to point in the intended direction of the golfer's swing and/or resulting shot. As shown in FIG. **4**B, markers **406**, **408**, **410** correspond to slice/hook shots. Swing insert **106** can provide immediate feedback to indicate whether a resulting shot was likely to hook or slice based on the path of club **404**, as indicated by swing insert **106**.

[0036] For right-handed golfers, a slice has an outside-in path while a hook is the opposite and has an inside-out path. Straight shots will show as a straightforward impact path. Accordingly, marker **406** corresponds to a slice shot for a right-handed golfer, while marker **410** corresponds to a hook shot. Marker **408** corresponds to a straight shot. FIG. **4**B is shown for right-handed golfers, which should be reversed for left-handed golfers.

[0037] In some implementations, markers **412**, **414**, **416** correspond to fat/thin shots. Swing insert **106** can provide immediate feedback to indicate whether a shot was hit purely or fat or thin. A pure strike will be ball-first contact with the divot pattern following the ball. Fat shots correspond to club contact before the ball and thin shots with little to no club contact on the swing insert surface. Accordingly, marker **412** corresponds to a fat shot, marker **414** corresponds to a good pure shot, and marker **416** corresponds to a thin shot.

[0038] In some embodiments, markers **418**, **420**, **422** correspond to sweet spot shots. Swing insert **106** can provide immediate feedback to indicate whether the center of the clubface hit the ball, for example, or what portion of the club hit the ball (e.g., left, right, center; toe, heel, center). Hitting the "sweet spot" of the club is critical for good ball striking. Accordingly, marker **418** corresponds to an "off the toe" shot, while marker **422** corresponds to "off the heel" shot. Marker **420** corresponds to the sweet spot center hit on the clubface of club **404**.

[0039] Referring now to FIGS. **5**A-G, FIG. **5**A depicts swing insert **110** configured to provide a swing path guide. Swing insert **110** may include short turf or long turf, for example, or a variety of different length turf fibers protruding from a top surface of Swing insert **110**. In the embodiment shown in FIG. **5**A, swing insert **110** includes pylons **502**. Pylons **502** may be removably coupled to swing insert **110** via connectors **504**. In some embodiments, connectors **504** may include button fasteners, loop and hook fasteners, Velcro type fasteners, and/or other fasteners configured to secure pylons **502** to swing insert **110**.

[0040] In some embodiments, swing insert **110** may be configured to provide instantaneous or contemporaneous feedback for a golfer's swing path to indicate and/or correct hooks or slices and/or to practice draws or fades. In various embodiments, swing insert **110** should be used after identifying swing tendencies via swing insert **106**, as described herein. Once a user has practiced with swing insert **110**, that user may reuse swing insert **104** to determine whether the user's swing path has improved. Multiple iterations between swing inserts **106** and **110** may be used to refine a user's golf swing tendencies, as described herein.

[0041] As shown in FIGS. **5**A-G, swing insert **110** may include between one and four pylons **502** that may be attached to the four corners of swing insert **110** by connector **504**. Pylons **502** may be inserted in varying combinations based on a desired practice drill. The angle of pylons **502** can also be adjusted by rotating pylons **502** about connectors **504** for increased difficulty and/or to get closer to a perfected swing path and ball strike for a particular stance/height user.

[0042] To provide feedback of an improper swing path, pylon **502** may be configured to break free from connector **504** upon contact between pylon **502** and a golf swing. This feedback may be used to identify mistakes in a swing path and indicate how to make swing path corrections. Swing insert **110** may be reset by reattaching pylons **502** to a corresponding upright connector **504**. In various embodiments, the release tension securing pylon **502** to connector **504** may be configured to allow pylon **502** to break free from connector **504** without disengaging swing insert **110** from recess **101**, **103** of platform **102**.

[0043] FIGS. **5**F-G are shown in reference to right-handed players, which should be reversed for left-handed players. For example, FIG. **5**F corresponds to fixing a hook, and FIG. **5**G corresponds to fixing a slice. Hooks are typically caused by an inside swing path that will hit the front bottom pylon. A neutral swing path will not hit this pylon leading to straighter shots. Fixing a slice is shown in FIG. **5**G. Slices are typically caused by an outside swing path that will hit the font top pylon. A neutral swing path will not hit this pylon leading to straighter shots. By contrast, FIG. **5**A shows the result from a perfect swing with all four pylons **502** remaining attached.

[0044] In some embodiments, pylons **502** may be rotated about connector **504** in order to alter the apparent angle between pylons, as shown in FIG. **5**B. A beginner may practice with pylons **504** angled away from each other (e.g., FIG. **5**B, left-side), while a pro may practice with pylons **504** angled parallel to each other (e.g., FIG. **5**B, right side). Pylons **502** may be rotated according to various other orientations for varying degrees of difficulty and/or desired swing characteristics.

[0045] Dimensions shown in the figures are for exemplary purposes only and are not meant to be limiting, unless specifically claimed. In the claims, any reference signs placed between parentheses shall not be construed as limiting the claim. The word "comprising" or "including" does not exclude the presence of elements or steps other than those listed in a claim. In a device claim enumerating several means, several of these means may be embodied by one and the same item of hardware. The word "a" or "an" preceding an element does not exclude the presence of a plurality of such elements. In any device claim enumerating several means, several of these means may be embodied by one and the same item of hardware. The mere fact that certain

elements are recited in mutually different dependent claims does not indicate that these elements cannot be used in combination.

[0046] Although the description provided above provides detail for the purpose of illustration based on what is currently considered to be the most practical embodiments, it is to be understood that such detail is solely for that purpose and that the disclosure is not limited to the expressly disclosed embodiments, but, on the contrary, is intended to cover modifications and equivalent arrangements that are within the spirit and scope of the appended claims. For example, it is to be understood that the present disclosure contemplates that, to the extent possible, one or more features of any embodiment can be combined with one or more features of any other embodiment.

[0047] Embodiments of the present disclosure can thus provide feature rich and convenient golf swing training. Such embodiments may be used to provide flexible golf swing training with visible and contemporaneous feedback to a user so as to increase training efficiency. Additionally, embodiments provide for golf swing training within relatively realistic golf environments, thereby further increasing training efficiency and overall performance.

[0048] Where applicable, the various components set forth herein can be combined into composite components and/or separated into sub-components without departing from the spirit of the present disclosure. Embodiments described above illustrate but do not limit the invention. It should also be understood that numerous modifications and variations are possible in accordance with the principles of the invention. Accordingly, the scope of the invention is defined only by the following claims.

What is claimed is:

1. A golf training system, the system comprising:
a platform, wherein the platform comprises a recessed portion; and
first and second swing inserts;
wherein the first and second swing inserts are configured to engage the recessed portion of the platform.

2. The system of claim **1**, wherein:
the first swing insert and/or the second swing insert include an anchor support by way of a midpoint portion and an end portion; and
the end portion includes an end width greater than a midpoint width of the midpoint portion.

3. The system of claim **1**, wherein:
the first or second swing insert includes one or more arch supports for preventing disengagement of the first or second swing insert with the recessed portion.

4. The system of claim **1**, wherein:
the first or second swing insert is configured to indicate an impact of a user's swing.

5. The system of claim **1**, wherein:
the first or second swing insert is configured to indicate a path of a user's swing.

6. The system of claim **1**, wherein:
the first or second swing insert is configured to indicate an imperfect golf swing.

7. The system of claim **6**, wherein:
the imperfect golf swing is indicated via at least one pylon, the at least one pylon corresponding to a predetermined swing angle.

8. The system of claim **1**, wherein the recessed portion comprises a first recessed portion, the system further comprising:
a second recessed portion positioned substantially opposite from the first recessed portion relative to a perimeter of the platform.

9. The system of claim **1**, wherein:
the first or second swing insert is configured for interchangeably engaging the recessed portion such that a top surface of the first or second swing insert is substantially flush with a top surface of the platform.

10. The system of claim **1**, wherein:
the platform is formed, at least in part, from closed cell foam.

11. An apparatus for golf training, the apparatus comprising:
a monolithic platform having a first recessed portion and a second recessed portion, the second recessed portion positioned substantially opposite from the first recessed portion; and
first and second swing inserts;
wherein the first swing insert and the second swing insert include an anchor support by way of a midpoint portion and an end portion, and wherein the end portion includes an end width greater than a midpoint width of the midpoint portion.

12. The apparatus of claim **11**, wherein:
the first swing insert and the second swing insert are configured for interchangeably engaging the first recessed portion or the second recessed portion substantially flush with a top surface of the platform.

13. The apparatus of claim **11**, wherein:
the first swing insert and/or the second swing insert include an anchor support by way of a midpoint portion and an end portion; and
the end portion includes an end width greater than a midpoint width of the midpoint portion.

14. The apparatus of claim **11**, wherein:
the first insert and/or the second insert include one or more arch supports for preventing disengagement of the first swing insert and/or the second swing insert with the first recessed portion or the second recessed portion.

15. The apparatus of claim **11**, wherein:
the first swing insert or the second swing insert is configured to indicate an impact of a user's swing.

16. The apparatus of claim **11**, wherein:
the first swing insert is configured to indicate a path of a user's swing.

17. The apparatus of claim **11**, wherein:
the platform is formed, at least in part, from closed cell foam.

18. The apparatus of claim **11**, wherein:
the second recessed portion is positioned substantially opposite from the first recessed portion relative to a perimeter of the platform.

19. The apparatus of claim **11**, wherein:
the first or second swing insert is configured to indicate an imperfect golf swing.

20. The apparatus of claim **19**, wherein:
the imperfect golf swing is indicated via at least one pylon, the at least one pylon corresponding to a predetermined swing angle.

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