



# Effect of Caffeine on Golf Performance

Here is why you should come see us for a coffee before you warm up & before you start the Back 9!! Caffeine is well known as a Central Nervous System stimulant, that is claimed to provide extra energy, increase focus levels and alertness, whilst reducing fatigue (Food Standards Agency, 2015).

## But what does the research say in golf...

Stevenson et al., (2009) found a caffeine-carbohydrate sports drink:

- ↑ putting performance
- ↑ feelings of alertness





# IN THE KNOW...



Reference: Mumford, P. W.; Tribby, A.C.; Poole, C.N.; Dalbo, V.J.; Scanlan, A.T.; Moon, J.R.; Roberts, M.D. and Young, K.C. (2016)

## 1. Iron Accuracy & Greens In Regulation

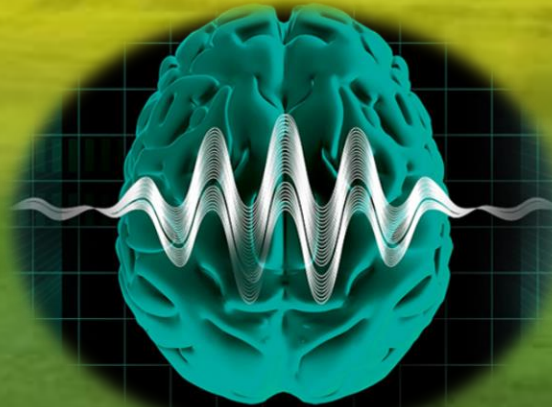
### CAFFEINE:

- ✓ better **iron accuracy** vs PLACEBO
- ✓ greater number of **balls on the green & closer distance to the hole.**

## 2. Drive Distance & Total Score

### CAFFEINE:

- ✓ statistically greater **drive distance**
- ✓ better **overall scorecard** vs PLACEBO.



## 3. Self Perceived Energy & Fatigue

- ✓ **CAFFEINE:** Golfers had perceived **greater energy** after front 9-holes.

Fatigue increased in both groups however was better maintained in the **CAF** group over 18-holes.

## 4. Technique, Heart & Breathing Rate

**CAF did not influence** putting posture or peak trunk acceleration. Nor were there substantial differences between CAF vs PLA for HR & BR.

