

Applied Biomechanics for Golf Coaches

Master Class 2011 (small group only)

Time	Activity
08:30-08:50	Registration and coffee
08:55-09:00	Introductions <ul style="list-style-type: none"> • Dr Robert Neal
09:00-11:00	3D Golf Swing Biomechanics <ul style="list-style-type: none"> • Positions and angles at setup, top of backswing, impact and finish • Timing and sequencing • Transition mechanics • Speeds build-up • 3D analysis and reporting systems • Comparison of 3D with video results • Weight transfer • Systems of coaching
11:00-12:00	Trackman Data <ul style="list-style-type: none"> • The Terminology • Club and Ball Information • Optics and the D-Plane • Integrating the information into your teaching
12:00-13:00	Lunch
13:30-14:30	Practical session (at the range) <ul style="list-style-type: none"> • 3D Swing Assessment with Trackman and HSV film of 2 attendees
15:00-16:00	Strategies to bring about movement pattern (swing) changes <ul style="list-style-type: none"> • Biofeedback; Types of feedback (audio, trackman, video) • Practice strategies (e.g., how often, mass versus distributed practice, etc.) • Common "faults" for which we have found biofeedback particularly good (3D & video data) • Drills that work well with particular swing faults (e.g., use of performance disks to learn core activation and engage the muscles that control pelvic rotation).
16:00-17:00	Review and Discuss <ul style="list-style-type: none"> • Looking at the data in more detail • Were there any physical issues that were highlighted in the report or during the BioFeedback session • If so, how would you address/investigate these problems? • Developing an improvement plan for your client • Planning a practice session
17:00-17:30	Summary & Evaluation

