

# Applied Biomechanics for Golf Coaches

## One Day Program (A) 2011

Time	Activity
08:30-08:50	<b>Registration and coffee</b>
08:55-09:00	Introductions <ul style="list-style-type: none"> <li>• Dr Robert Neal</li> </ul>
09:00-09:30	<b>Golf BioDynamics – A History</b> The Development of Golf Biomechanics
09:30-10:45	<b>Using 3D &amp; Video systems</b> <ul style="list-style-type: none"> <li>• Strengths &amp; weaknesses</li> <li>• 6DOF vs. 3DOF 3D systems</li> </ul> Video capture software, filming procedures and use of video tools
10:45-11:15	<b>Morning tea/coffee</b>
11:15-12:30	<b>Understanding your GBD 3D report</b> <ul style="list-style-type: none"> <li>• Linking the “numbers” with the visual</li> <li>• Relating the “numbers” to physical issues</li> <li>• What is good Timing/Sequencing</li> </ul>
12:30-13:30	<b>Lunch</b>
13:30-14:45	<b>Practical session (at the range)</b> <ul style="list-style-type: none"> <li>• 3D Swing Assessment of 2 attendees</li> </ul> <b>Use of audio and visual biofeedback - strategies to bring about movement pattern (swing) changes</b> <ul style="list-style-type: none"> <li>• Biofeedback; Types of feedback</li> <li>• Practice strategies (e.g., how often, mass versus distributed practice, etc.)</li> <li>• Common “faults” for which we have found biofeedback particularly good (3D &amp; video data)</li> <li>• 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).</li> </ul>
14:30-15:00	<b>Afternoon tea/coffee</b>
15:00-17:00	Optional Topics (2 per time period): <ul style="list-style-type: none"> <li>• Review the 3D Reports from the Practical Session</li> <li>• Case Studies</li> <li>• Linking the Technical with the Physical Status of your player</li> <li>• Working with developing athletes – National Teams</li> <li>• Integrating Trackman into your teaching</li> </ul>
17:00-17:30	<b>Summary &amp; Evaluation</b>

