

# 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"> <li>• Dr Robert Neal</li> </ul>
09:00-11:00	<b>3D Golf Swing Biomechanics</b> <ul style="list-style-type: none"> <li>• Positions and angles at setup, top of backswing, impact and finish</li> <li>• Timing and sequencing</li> <li>• Transition mechanics</li> <li>• Speeds build-up</li> <li>• 3D analysis and reporting systems</li> <li>• Comparison of 3D with video results</li> <li>• Weight transfer</li> <li>• Systems of coaching</li> </ul>
11:00-12:00	<b>Trackman Data</b> <ul style="list-style-type: none"> <li>• The Terminology</li> <li>• Club and Ball Information</li> <li>• Optics and the D-Plane</li> <li>• Integrating the information into your teaching</li> </ul>
12:00-13:00	Lunch
13:30-14:30	<b>Practical session (at the range)</b> <ul style="list-style-type: none"> <li>• 3D Swing Assessment with Trackman and HSV film of 2 attendees</li> </ul>
15:00-16:00	<b>Strategies to bring about movement pattern (swing) changes</b> <ul style="list-style-type: none"> <li>• Biofeedback; Types of feedback (audio, trackman, video)</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>
16:00-17:00	<b>Review and Discuss</b> <ul style="list-style-type: none"> <li>• Looking at the data in more detail</li> <li>• Were there any physical issues that were highlighted in the report or during the BioFeedback session</li> <li>• If so, how would you address/investigate these problems?</li> <li>• Developing an improvement plan for your client</li> <li>• Planning a practice session</li> </ul>
17:00-17:30	Summary & Evaluation

