

Applied Biomechanics for Golf Coaches

One Day Program (A) 2011

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

