

GC ST. DIOYNS

Smart2Move Level 1 certification

📍 Widukindweg, 21357 Barum

February 4th, 2019

St. Dioyns, Germany

More info at smart2move.com/education

 Smart2Move

Learn how to improve the player performance in less than 10 minutes

Smart2Move and its Team is specialized in Biomechanics and ground reaction forces analysis. Based on scientific research and experience of training, coaching and analyzing the motion of the golf swing, this workshop will teach you how to use physics and technology tools for a better understanding of the golf swing. Our unique force plates instantly diagnose a player's maximum potential so they can achieve instant and long term performance increases.

Education Program

○ 8.30AM - 9AM Welcome of participants

Theory Training

- Benefits of Technology in Golf
- Biomechanics Basics for Golf
- Facts & Data

○ 10:30AM Break

Theory Training

- Force & Pressure
- Capture, Measure & Screen
- Improve player performance in less than 10 min.

○ 12:30PM - 1:30PM Lunch

○ 1:30PM - 5PM Practice Training

- Smart2Move Dual Force Plates presentation and set up
- Participants screening & analysis
- Use the GRF (ground reaction forces) to improve ball flight data in less than 10 min.
- Debriefing & open questions

Price

REGULAR PRICE

119€

lunch included

REGISTRATION

Andrew Greig

andrew.greig@smart2move.com

Smart2Move **Speakers**



Andrew Greig **Smart2Move Germany**

PGA Professional
Golf Teacher
Trackman Certified Instructor
BioSwing Dynamics Certified Instructor
Smart2Move certified Coach

European **Events**



Italy Padova



Austria Stanglwirth



Germany Mannheim

Smart2Move
Europe

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