

GOLF RESORT HARDENBERG GOLFSCHULE QUIRMBACH

Smart2Move Level 1 & Level 2 certification

📍 Gut Levershausen, 37154 Northeim, Germany

July 22nd-23rd, 2019

Northeim, Germany

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.



Level 1 Day 1

Theory Training

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

Break

Force & Pressure
Capture, measure & screen
Improve player performance in less than 10
minutes

Lunch

Practice Training

Dual Force Plates presentation and set up
Participants screening & analysis
Increase your club head speed
Debriefing & open questions



Level 2 Day 2

Advanced teaching with force plates

The process of learning
Force plate Data (1D & 3D)
Analyze related to motion Performance
Highlights player's strenghts and weaknesses

Advanced Biomechanics of GRF in Sport

3D force plates Technology
GRF Performances Factors
Impulsion & Energy
Ground Forces Transmission

Lunch

Practice Training

3D Force plates in Golf teaching application

PRICES ▼

Regular price | 1 day

179€

Lunch not included

S2M Force plates user | 1 day

90€

Lunch not included

Regular price | 2 days

358€

Lunch not included

S2M Level 1 Certified | 2 days

179€

Lunch not included

Smart2Move **Speakers**



Gregory Lebrat

Co-Founder & CEO

French & Swiss Advanced Class A member | PGA Member since 2002 | Board of Directors Smart2Move (CH) | Board of Directors GregRon Technology (USA) | Certified TPI Junior level 3 | Certified TPI Mechanic level 3 | Certified Trackman Level 2 | Swiss Olympic Junior Golf Teacher | Bioswing Dynamics certified



Jean-Paul Fernandez

CTO / R&D Manager | Global director of Education

Global Director of Education | Board of Directors Smart2Move (CH) | Engineer in the Science of human movement – Biomechanics /Physiology & Neuroscience | Experience of 10 years in biomechanics applied to optimize athletic performance | Former top athlete (track and field) | Bioswing Dynamics certified



Andrew Greig

Smart2Move Ambassador Germany | Sales Rep Germany

PGA of Germany member | Smart2Move 1D Dual Force Plates owner | PGA Professional | Golf Teacher | Smart2Move certified instructor | Trackman Certified Instructor | BioSwing Dynamics Certified Instructor