

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.

Day 1



Day 2

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

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 FOR THE SMART2MOVE LEVEL 2 CERTIFICATION

Regular price | 2 days

378 CHF

S2M Certified | 2 days

189 CHF

S2M Force plates users | 2 days

198 CHF

The S2M Level 1 online Certification is included by participating in the 2 (two) days of the S2M Level 2 Certification.

Smart2Move Speakers



Gregory Lebrat **Co-Founder & CEO**

French & Swiss Advanced Class A member | PGA Member since 2002 | Board of Directors Smart2Move (CH) | 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

Smart2Move

www.smart2move.com

Smart2Move AG

Wallstrasse 12
CH-4051 Basel, Switzerland
contact@smart2move.com