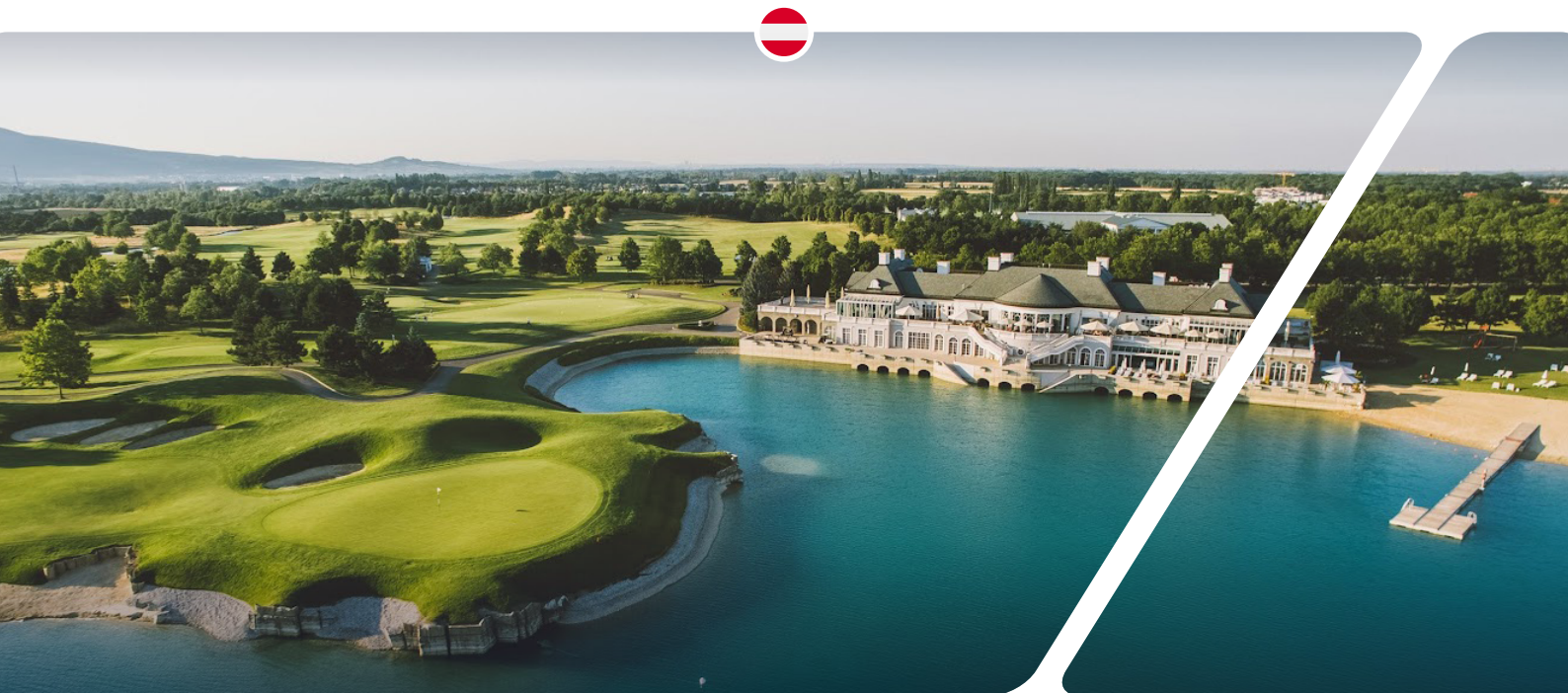




LEVEL 2 SEMINAR

November 6th 2023 // 01:00PM - 7:00PM

📍 Performance and Competence Center
Fontana Allee 4, 2522 Oberwaltersdorf, Austria



ONLINE REGISTRATION.

SMART2MOVE.COM/SEMINARS

IN PARTNERSHIP WITH:



01 PROGRAM

THEORY

Part 1: Biomechanics with 3D Force plates

- Review of main concepts.
- The Kinetic sequence in details for all forces.
- How to read force graph (Curve shapes, Impulse, Rate of Force Development).
- Tests to detect players golf & physical potential (Live process).

Part 2: Teaching with 3D Force plates

- How to use plates in lesson, and regular training?
- Overview of possible player's issues.
- Live use with some participants to diagnose.
- Some key data and how you can fix it (Timing, sequence, CoP, magnitude...).
- Before / after examples.
- Live corrections and drills.

Part 3: Strength & Conditioning with 3D Force plates

- Muscular physiology & Biomechanics.
- Motor control skills.
- Some specific testing with 3D plates to determine golf swing potential.
- How to train physically for golf?

PRACTICE

Applying theory aspects with practice session with 3D Dual Force plates with:

Workshop 1: The Biomechanist

Motion efficiency diagnosis and function.

Workshop 2: The Golf Coach

Improve golf swing and performance.

Workshop 3: The strength and conditioning coach

Assess physical potential and developing new capacities.



02 SPEAKERS

Gregory Lebrat

S2M Co-Founder, CEO,
PGA Teaching Pro



Jean-Paul Fernandez

S2M CTO, Head of Education,
Sport Scientist

