SWING BALANCE™

POWER IN MOTION

PRESSURE MAPPING – GOLF 2017

Part 1

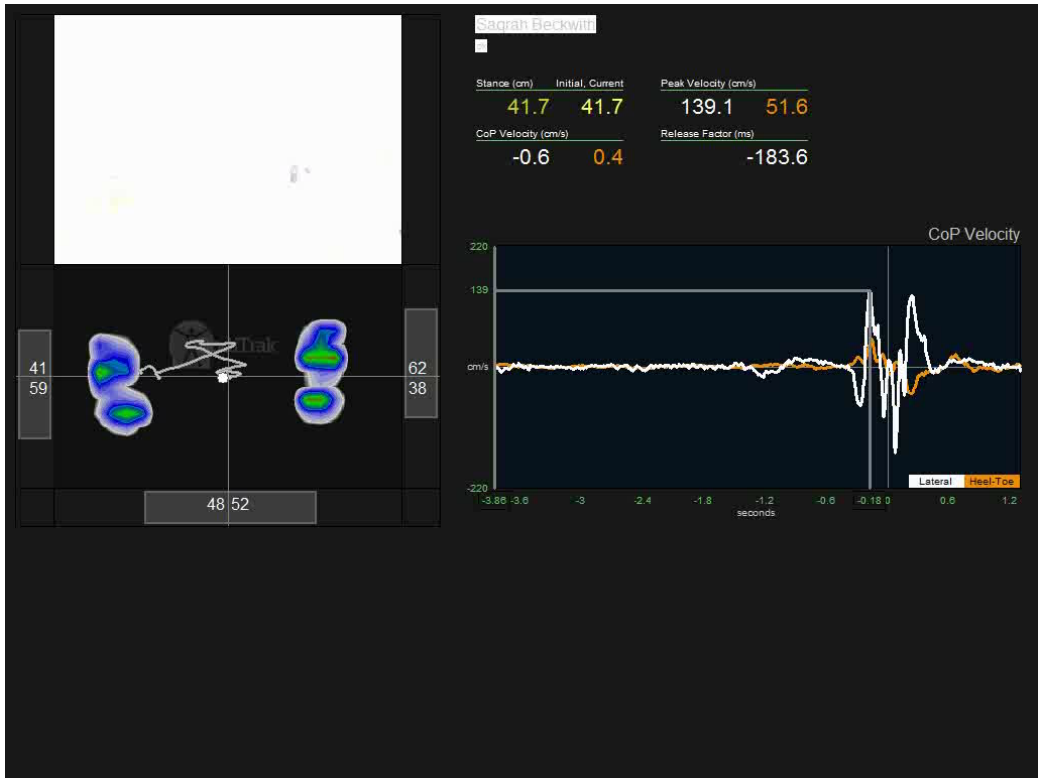
BODITRAK

SWING BALANCE™

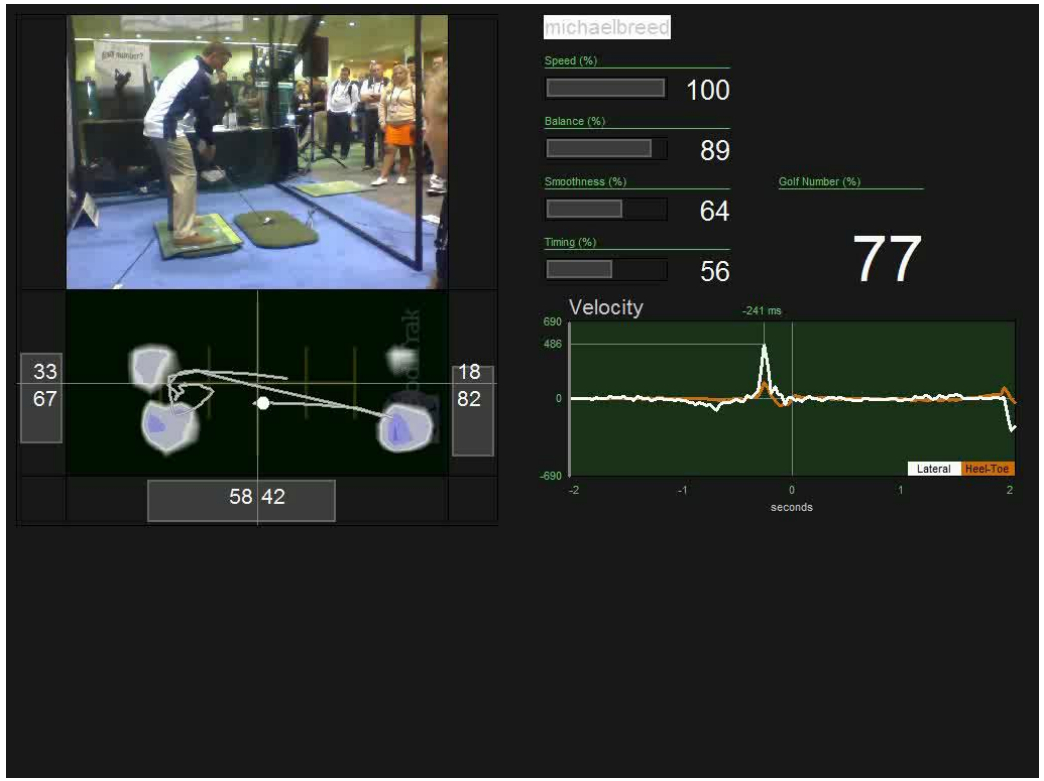
“ A systematic approach to
Improved Balance through Sport…
That uses Flex Bar Technology to
Train – Pressure Mapping to
Measure and 3D to Validate
Performance Gains “

STEP 1 : RECOGNIZE THE TRACE

Scattered Trace

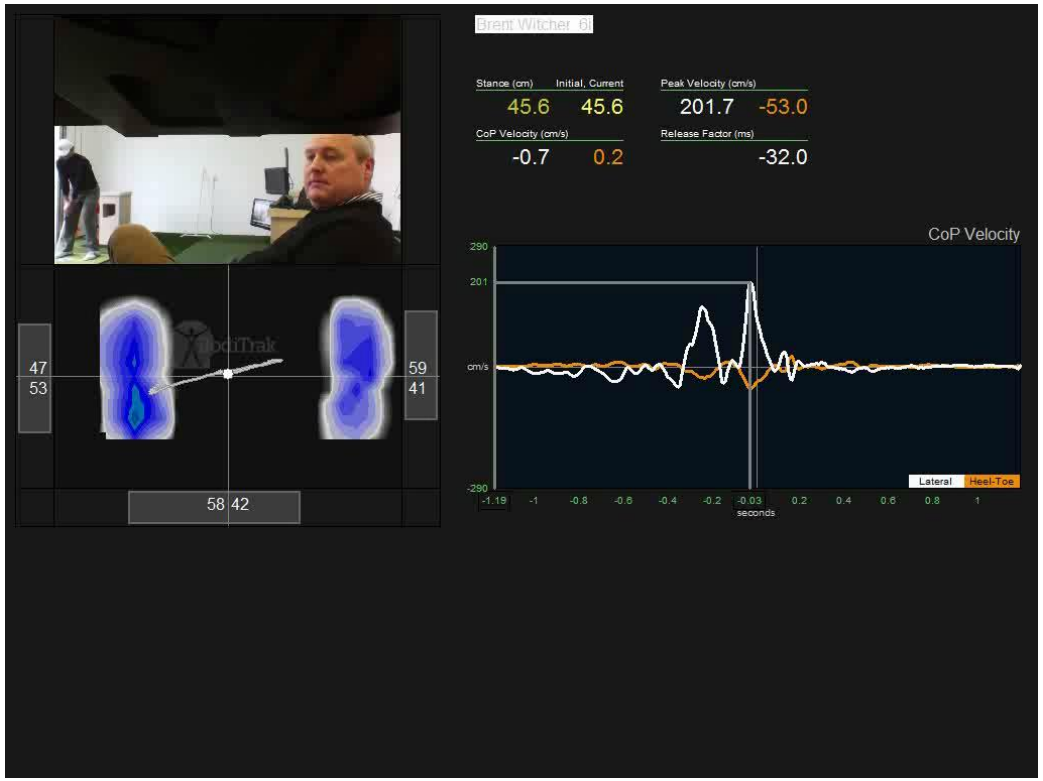


Heel to Toe Trace

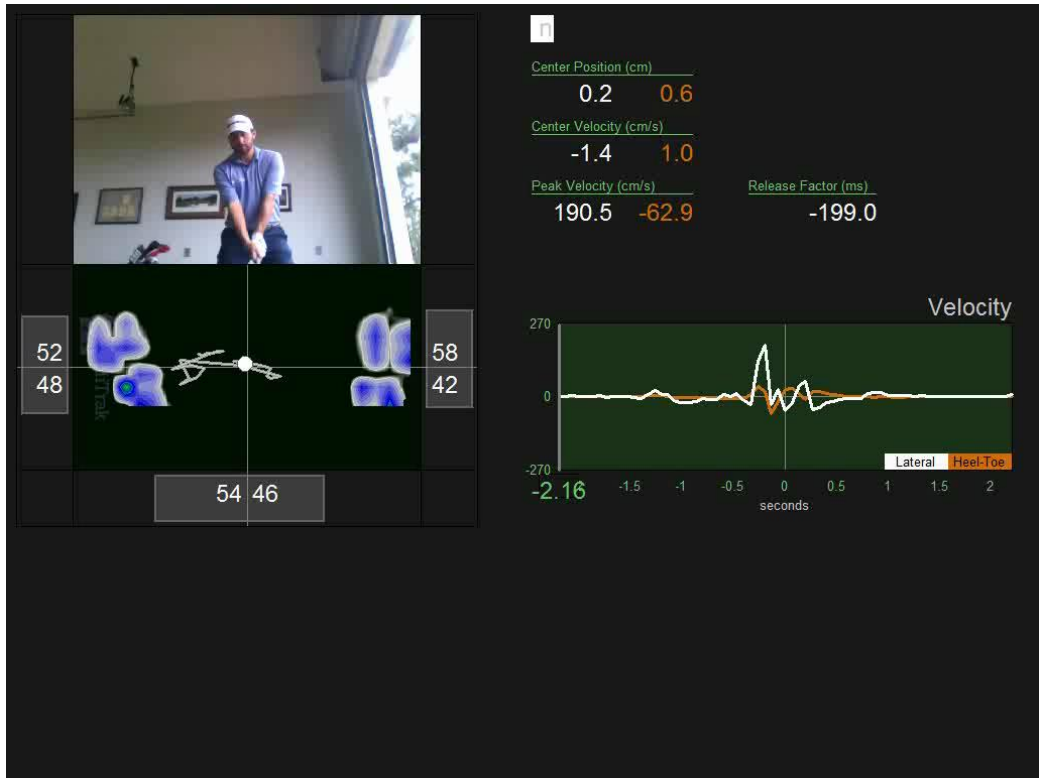


Recognize the Trace

Abbreviated



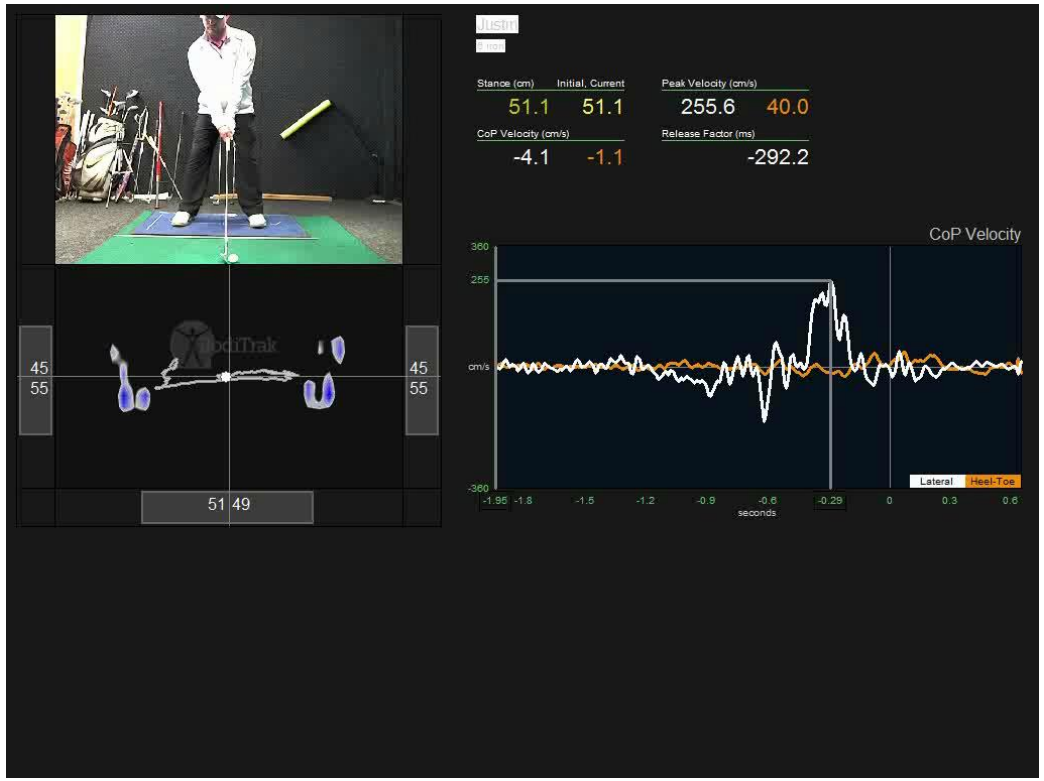
Lateral – Example # 1



Recognize the Trace

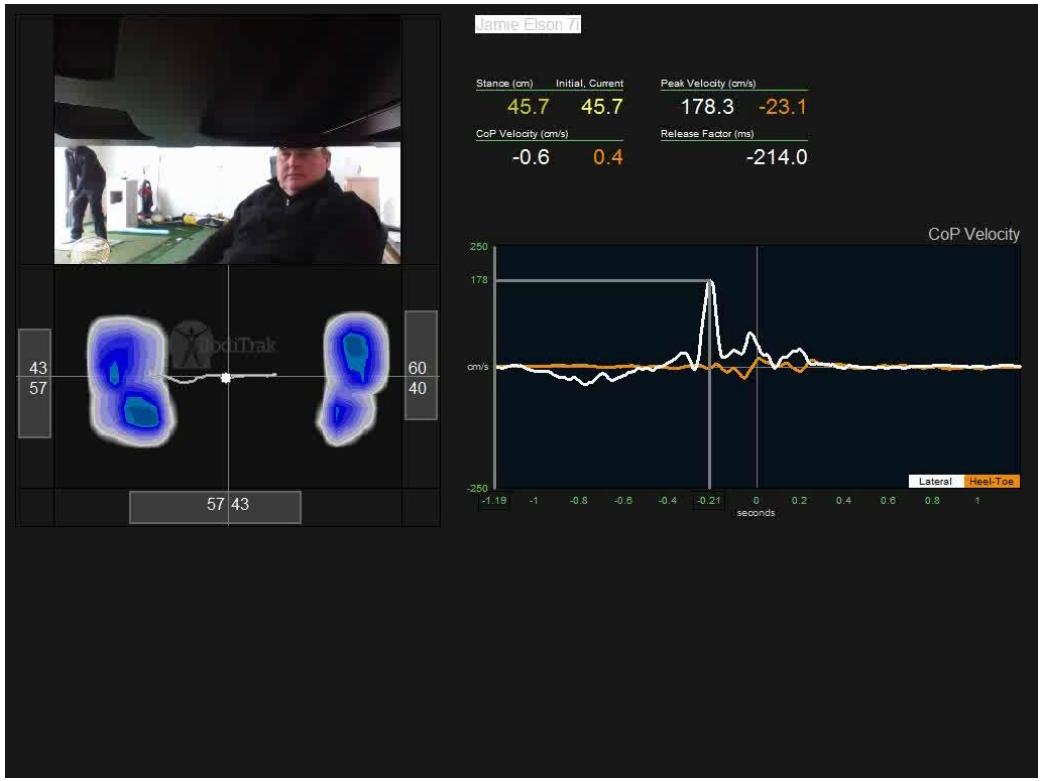
Lateral – Example # 2

Lateral – Example # 3



Recognize the Trace

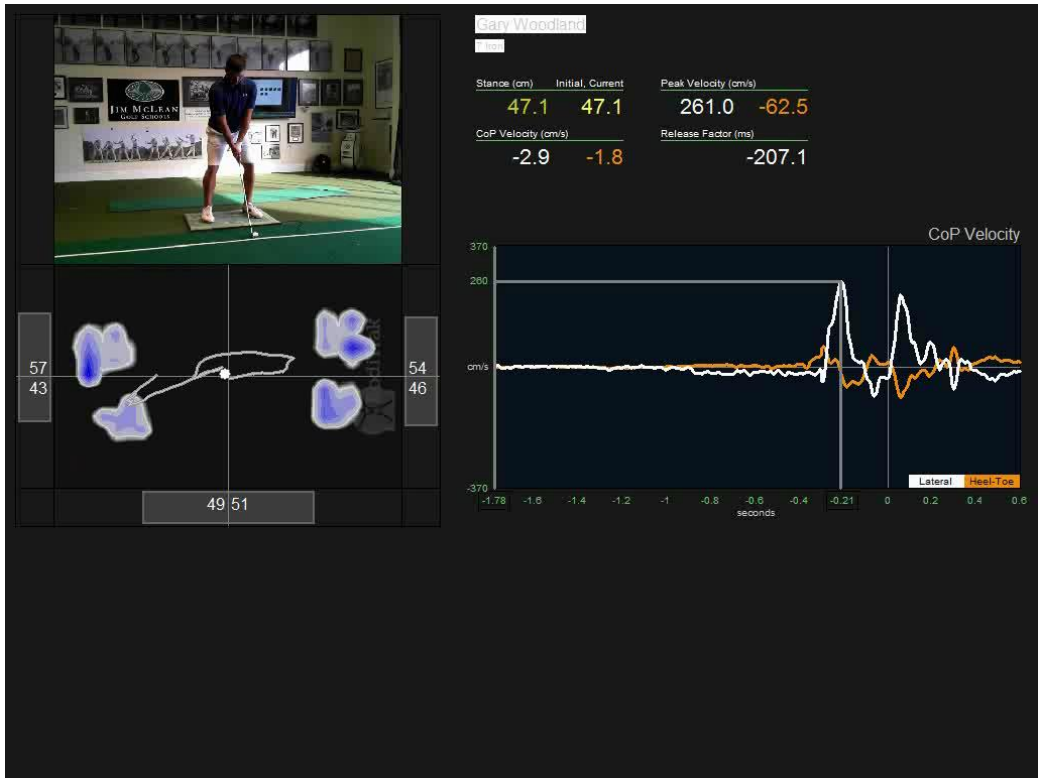
Linear – Example # 1



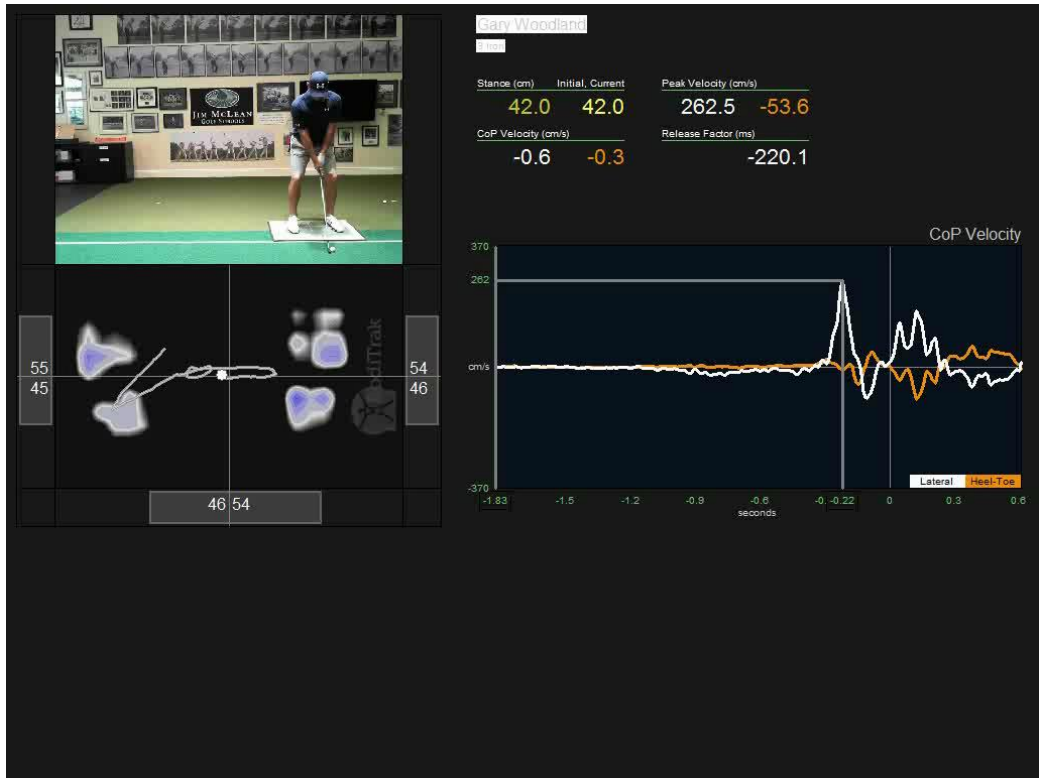
Linear – Example # 2

Recognize the Trace

BackUp – Example # 1

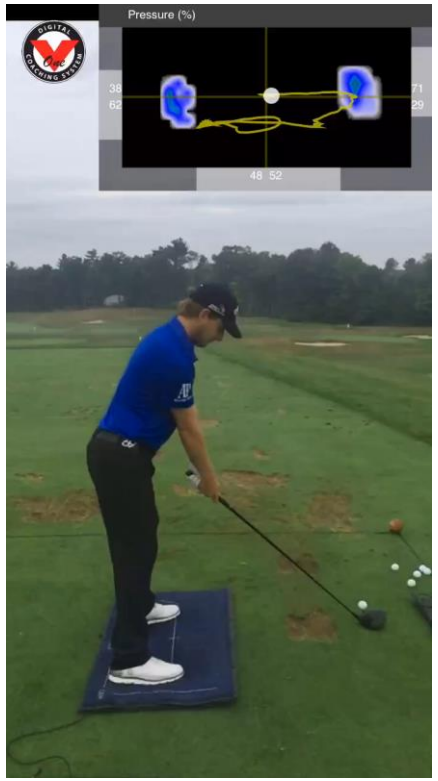


Back Up – Example # 2 (Note “8”)

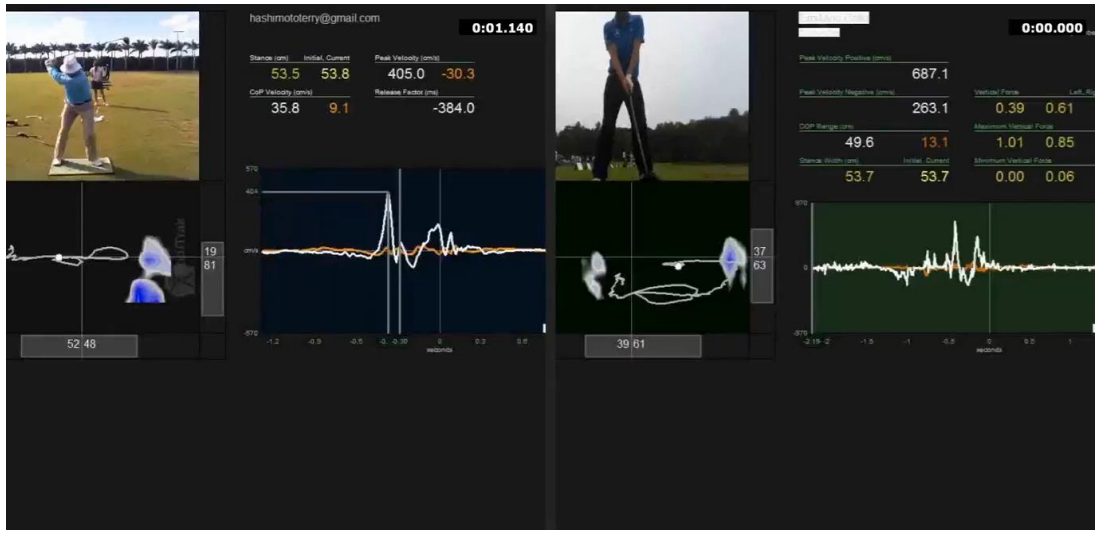


Recognize the Trace

Toe Heel Go – Example # 1

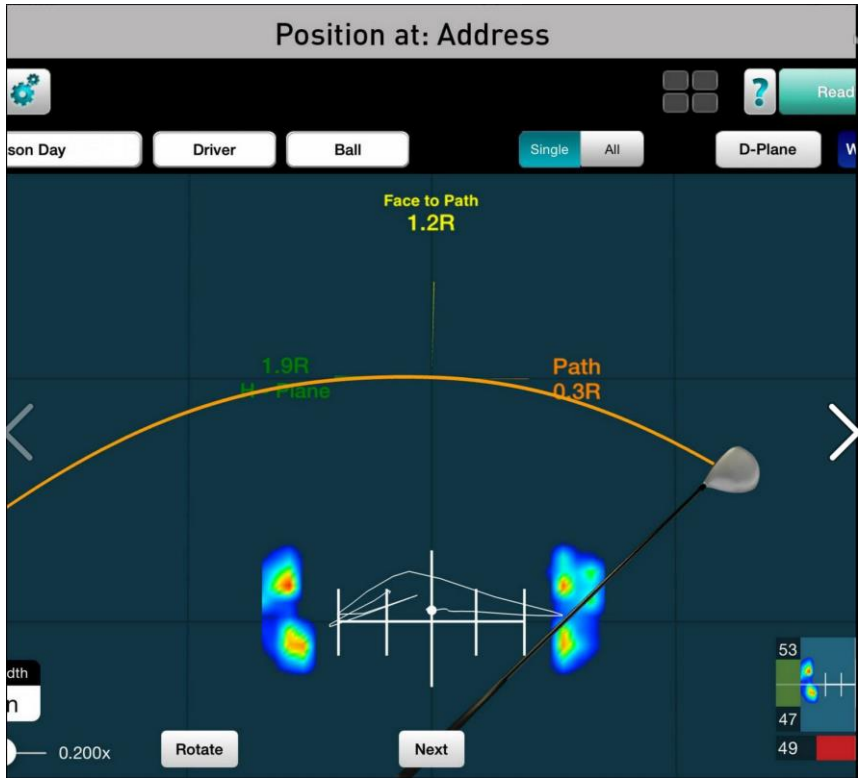


Toe Heel Go – Example # 2 (Flow Pattern)

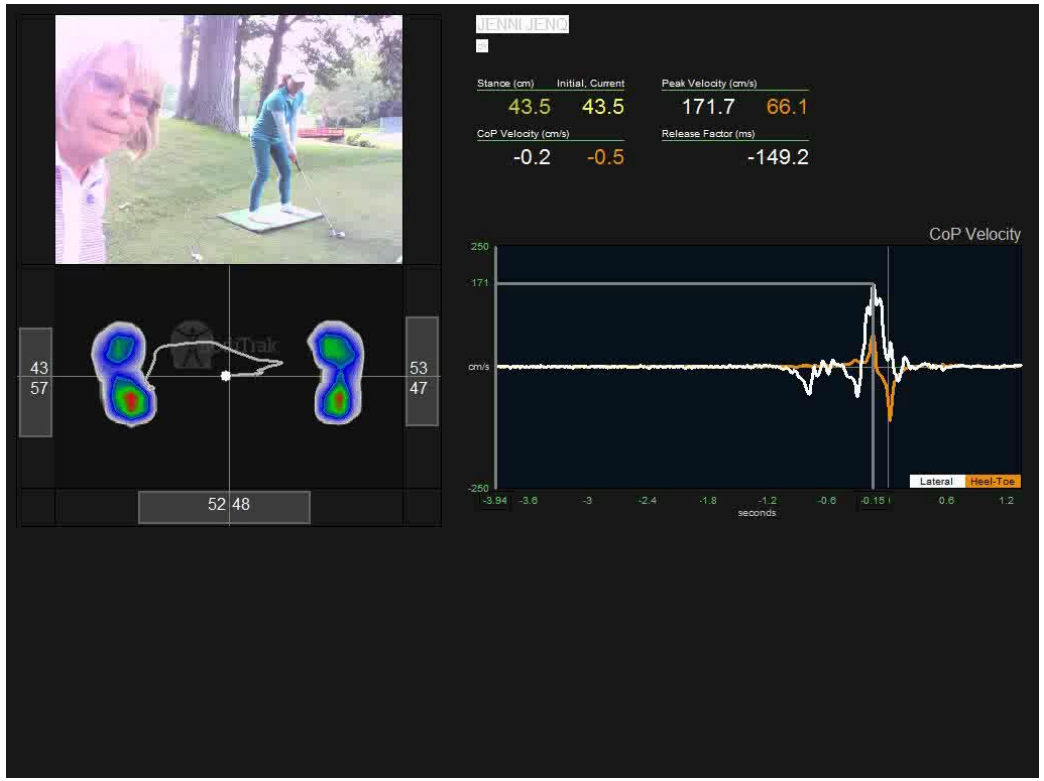


Recognize the Trace

FISH HOOK – Example # 1

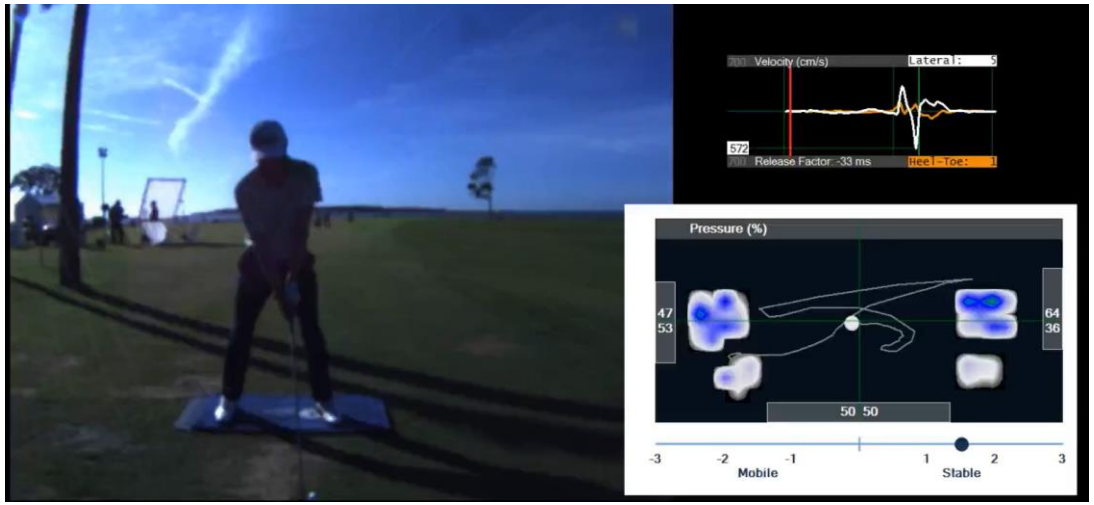


FISH HOOK – Example # 2

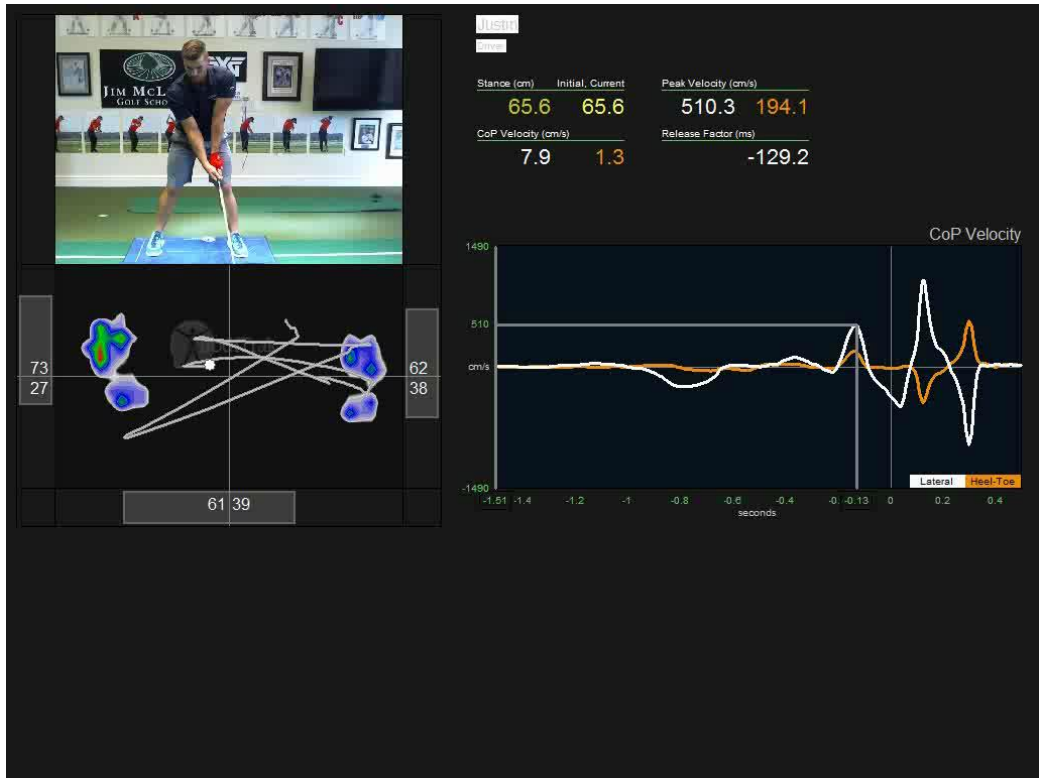


Recognize the Trace

Power Z – Example # 1

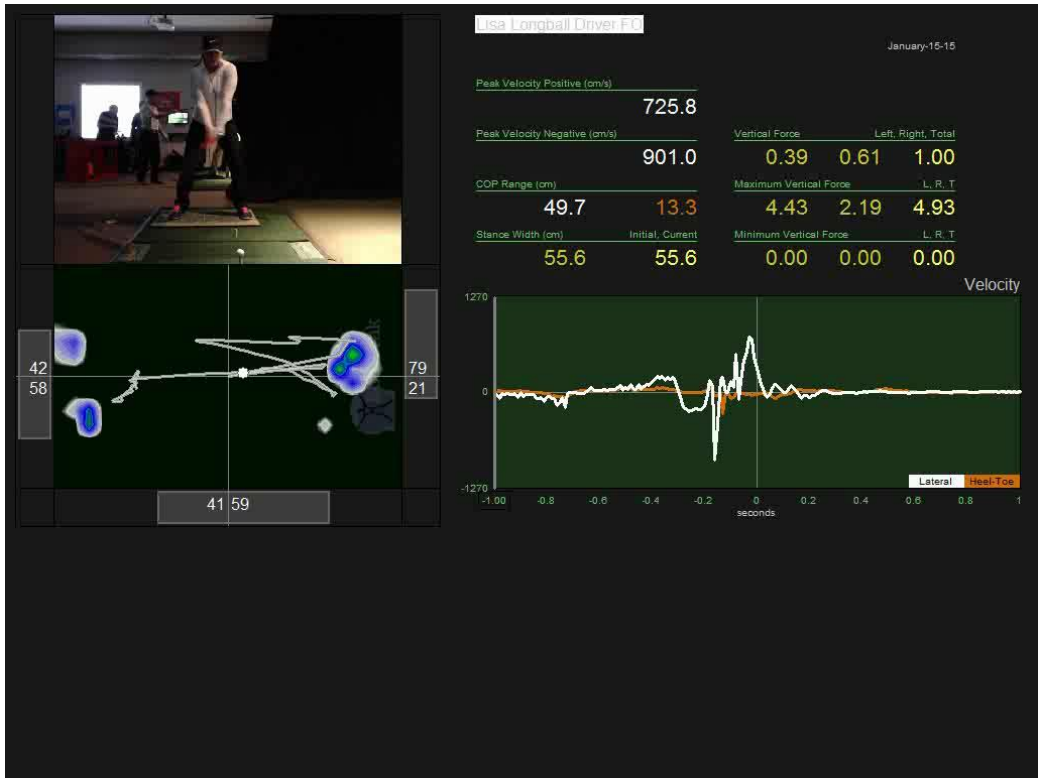


Power Z – Example # 2

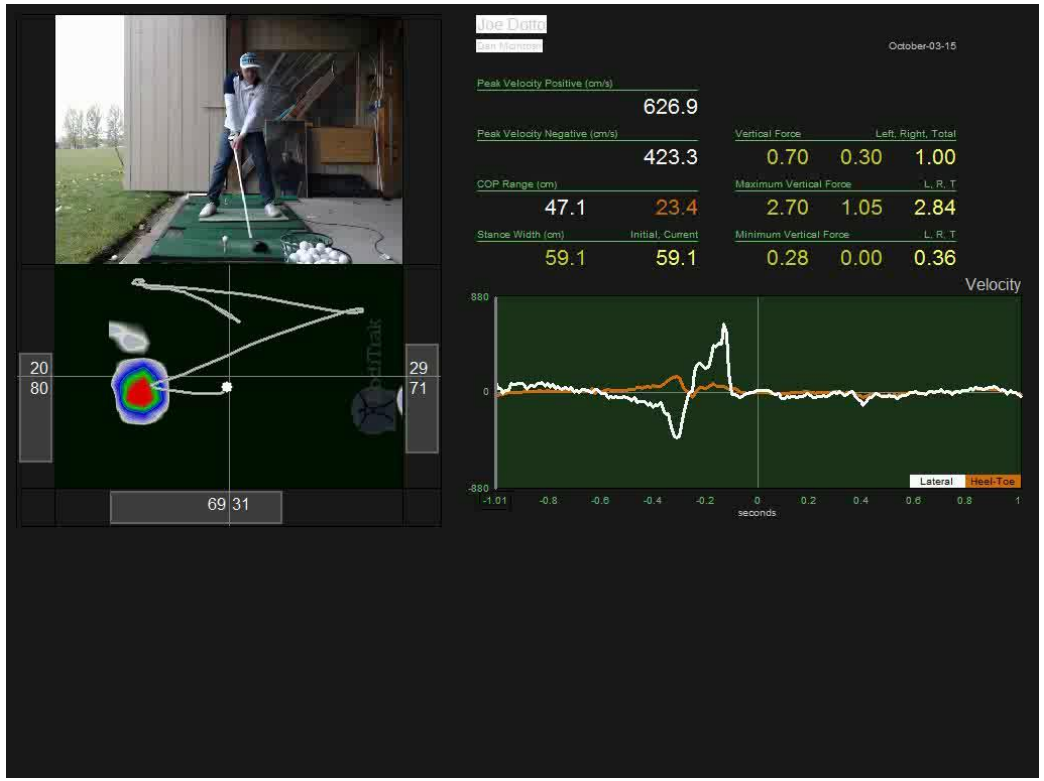


Recognize the Trace

Power Z – Example # 3



Power Z – Example # 4



CASE STUDY # 1 : Small VS Big

KEY PRESSURE POINTS

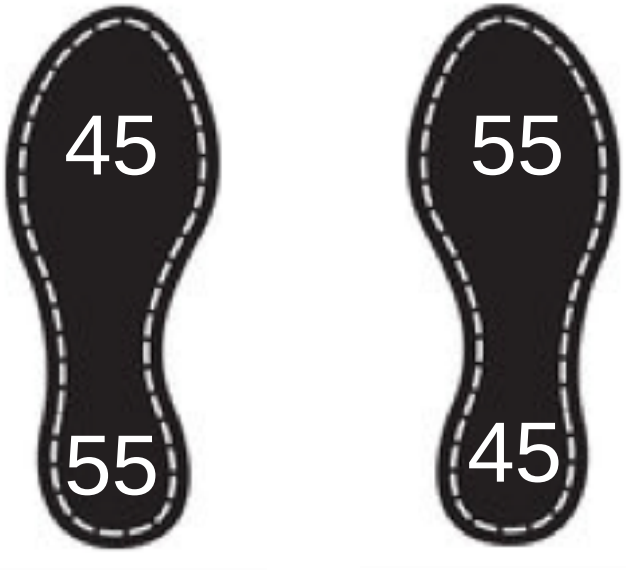
Set Up

Pressure Transition

Impact

BODITRAK

Set Up

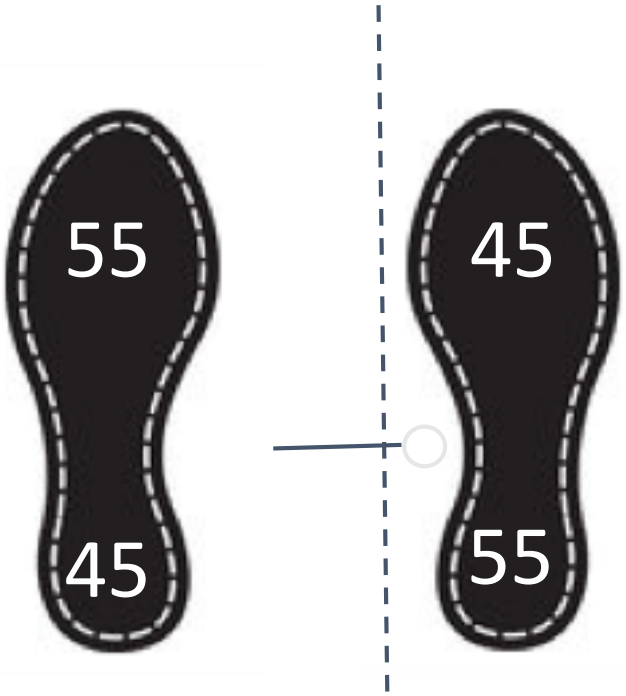


55 | 45

Modern Golfers setting up 55 – 60 % favouring their lead side.

Smidge more on their Lead Heel and Trail Toe

Pressure Transition



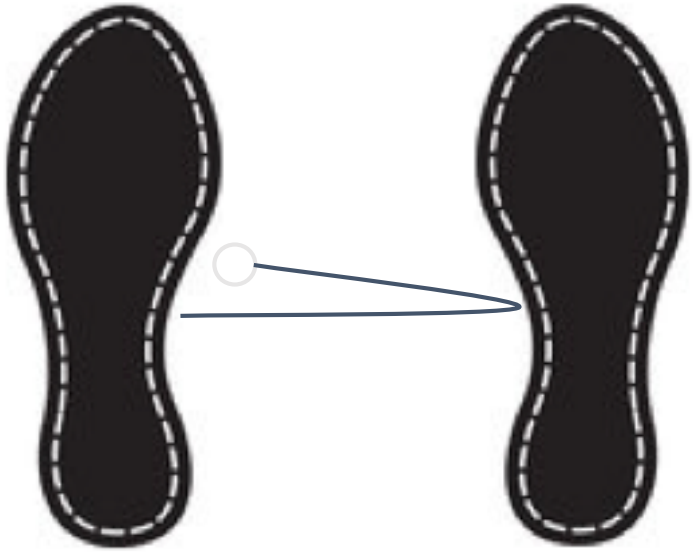
30	70

PressureTransition is defined when the CoP flips from a minus to a positive in the Velocity Chart and starts the move toward the lead foot in a positive manner

Pressure on the trail side gets to the 70-80% range with the white CoP dot staying ideally outside the trail foot depending on the club selection

The pressure heel-toe will be within a 60-40% range favouring the heel side of the trail foot and toe of the lead foot to establish efficient counter balance technique.

Impact



80	20

A range of 80-90% of pressure will be on the lead side at time of impact.

Exception :

In the case of extremely long ball hitters with their driver demonstrating the Z Trace these percentages will be visible at some point earlier than at impact and in fact have more pressure on their trail side at impact…However the pressure will move from trail to lead just prior to impact on their most well hit shots.

Immediately after impact pressure will max out on the lead heel.

The key pressure point to note here is the 80-90% range moving to the lead side at some point prior to and or at impact.

TOP 3 PRESSURE FLAWS

Too Much Pressure In Toes

Pressure Not Fast Enough to Lead Side

Back Up in Iron

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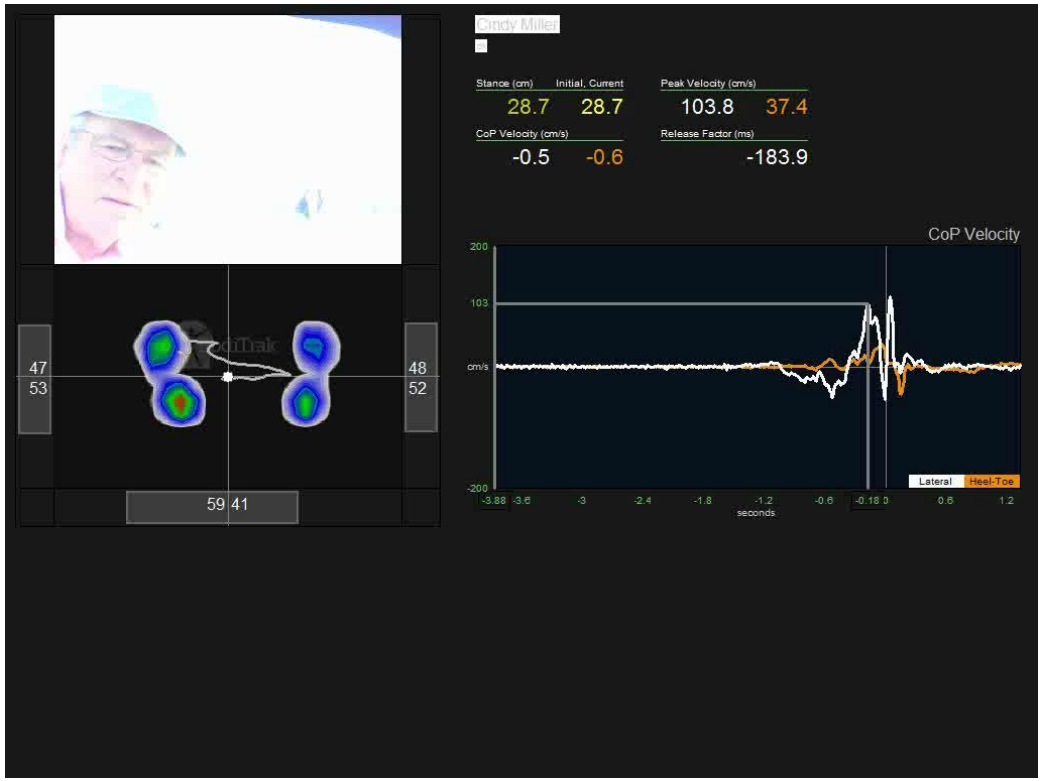
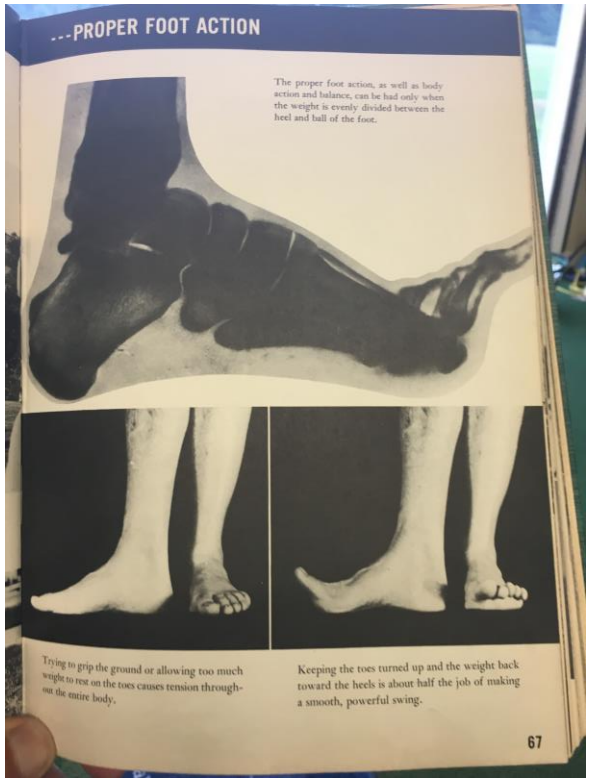
Pressure Flaw # 1

FLAW # 1 : Too Much Pressure in Toes

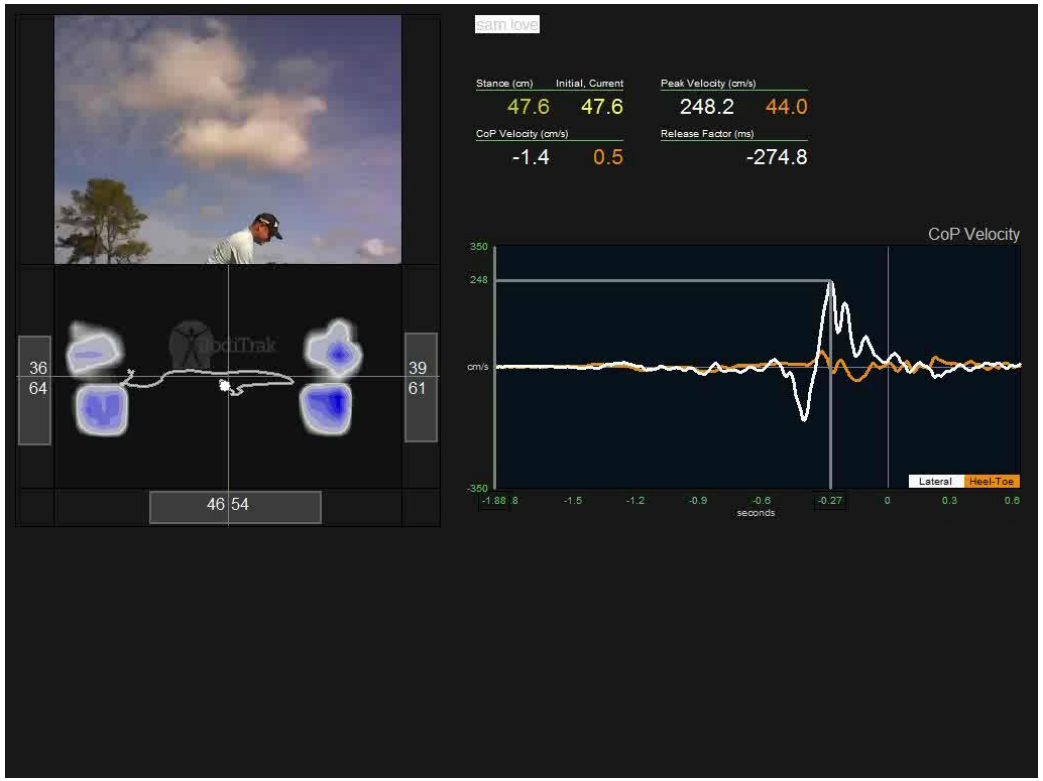


DRILL – Curl Up Your Toes

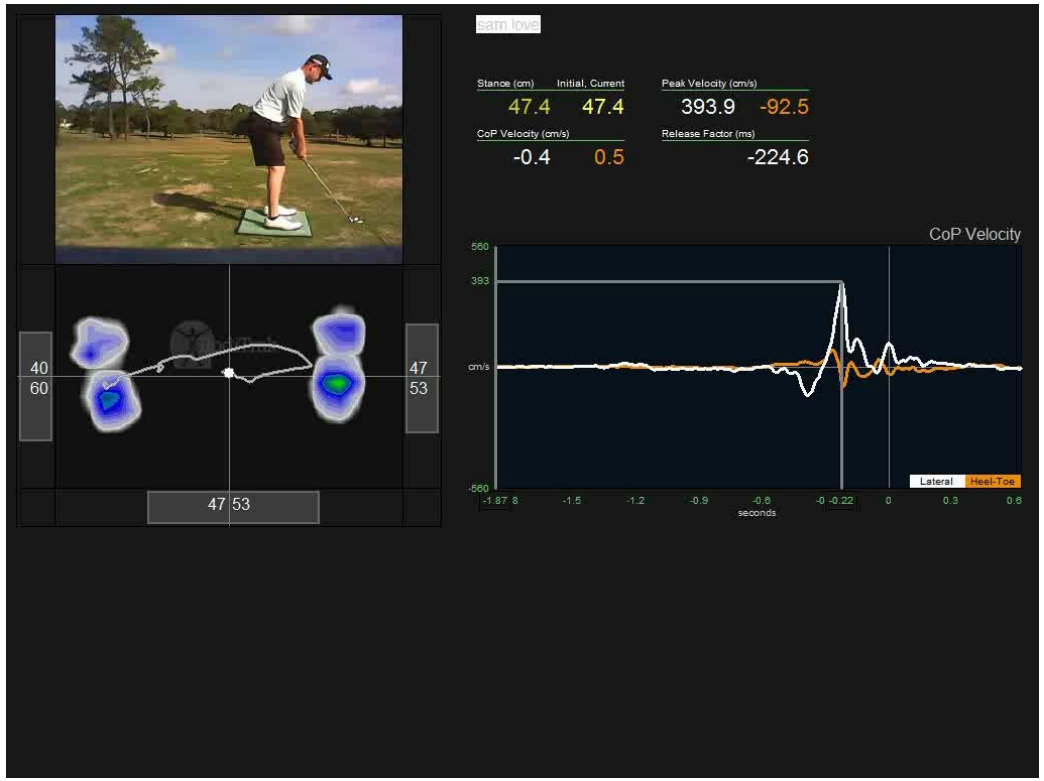


Pressure Flaw # 2

FLAW # 2 : Pressure Not Fast Enough to Lead Side

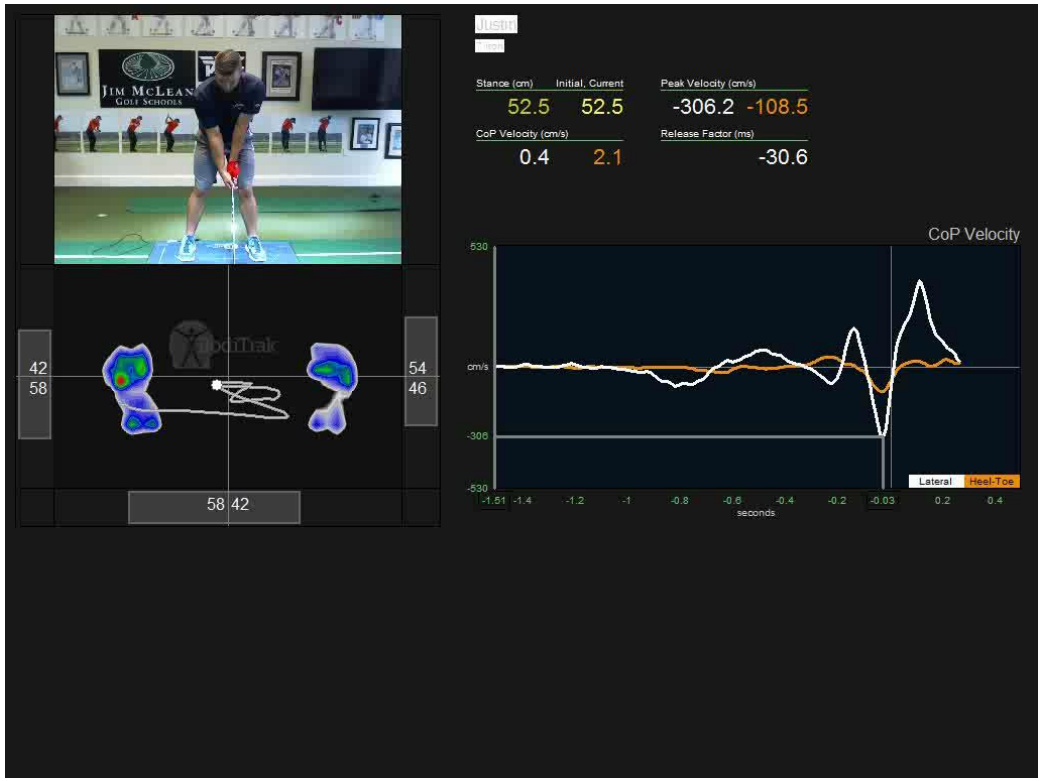


DRILL – Step Drill / Nicklaus Drill

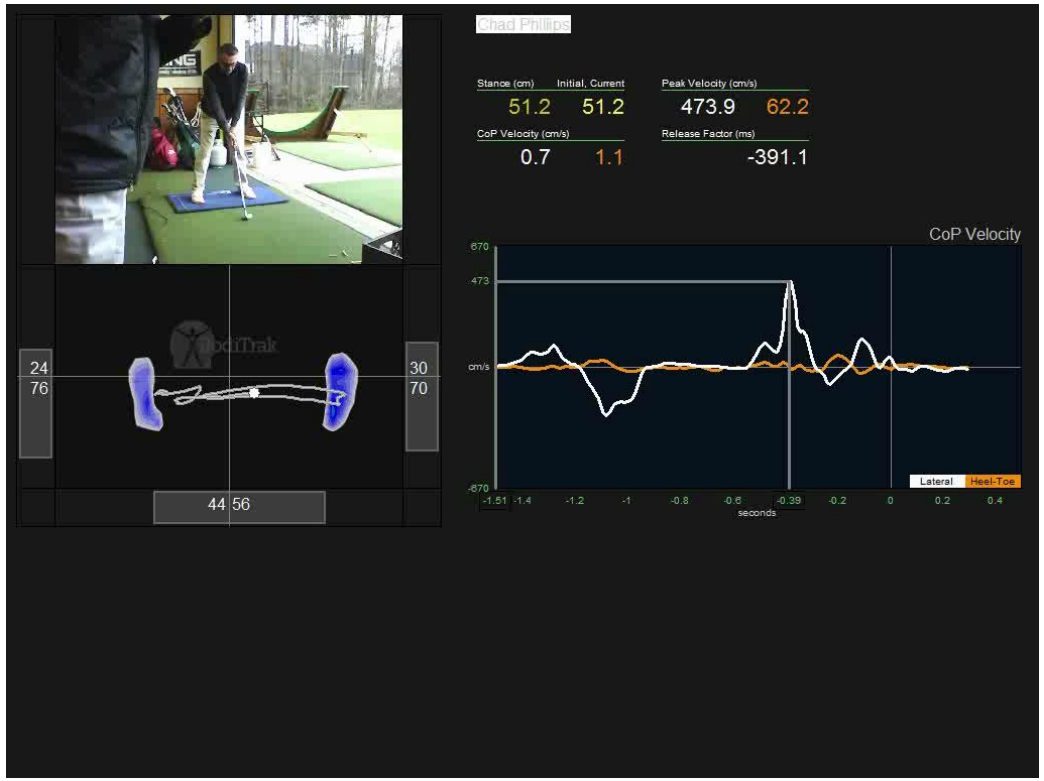


Pressure Flaw # 3

FLAW # 3 : Back up in Irons



DRILL – Step Drill / Nicklaus Drill



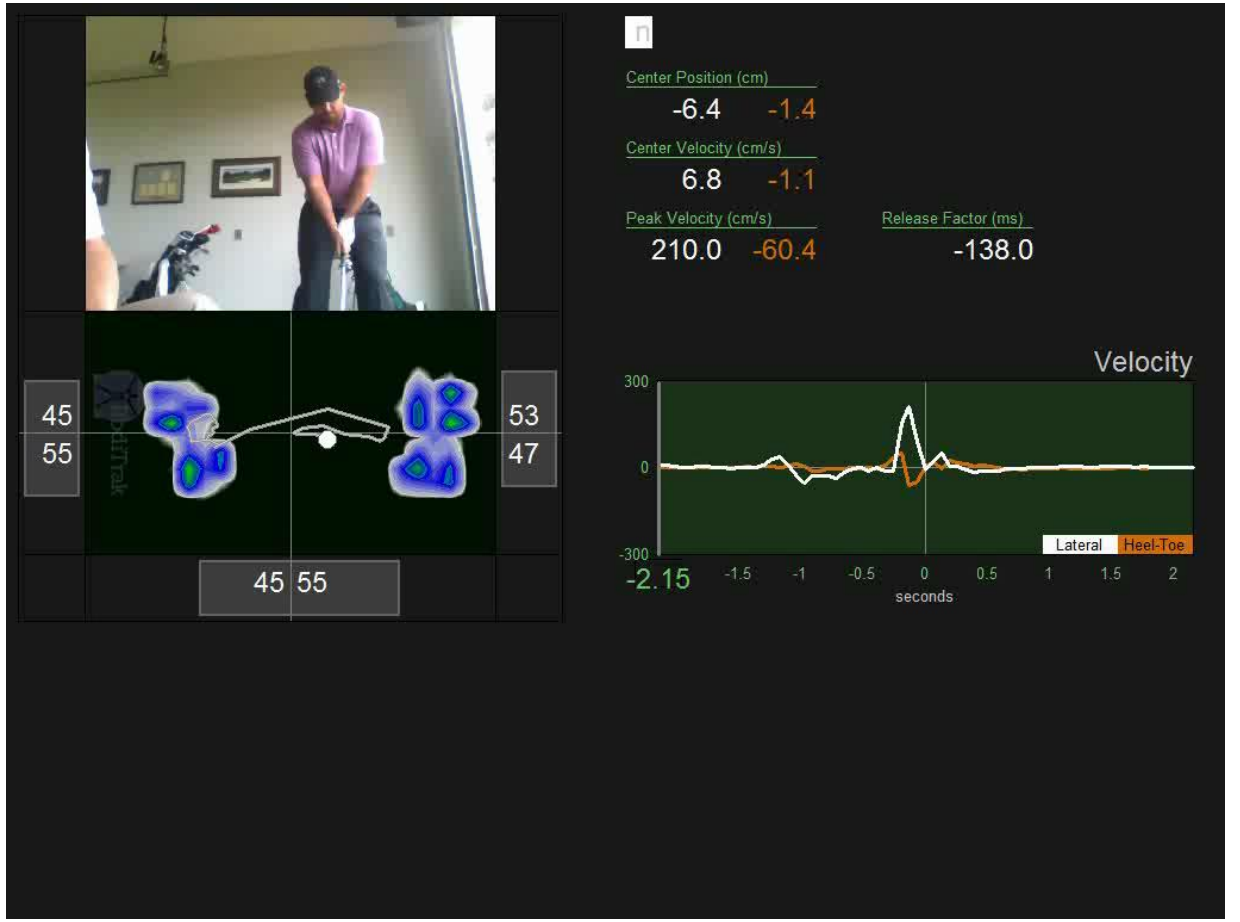
Fine Points

COP Chart

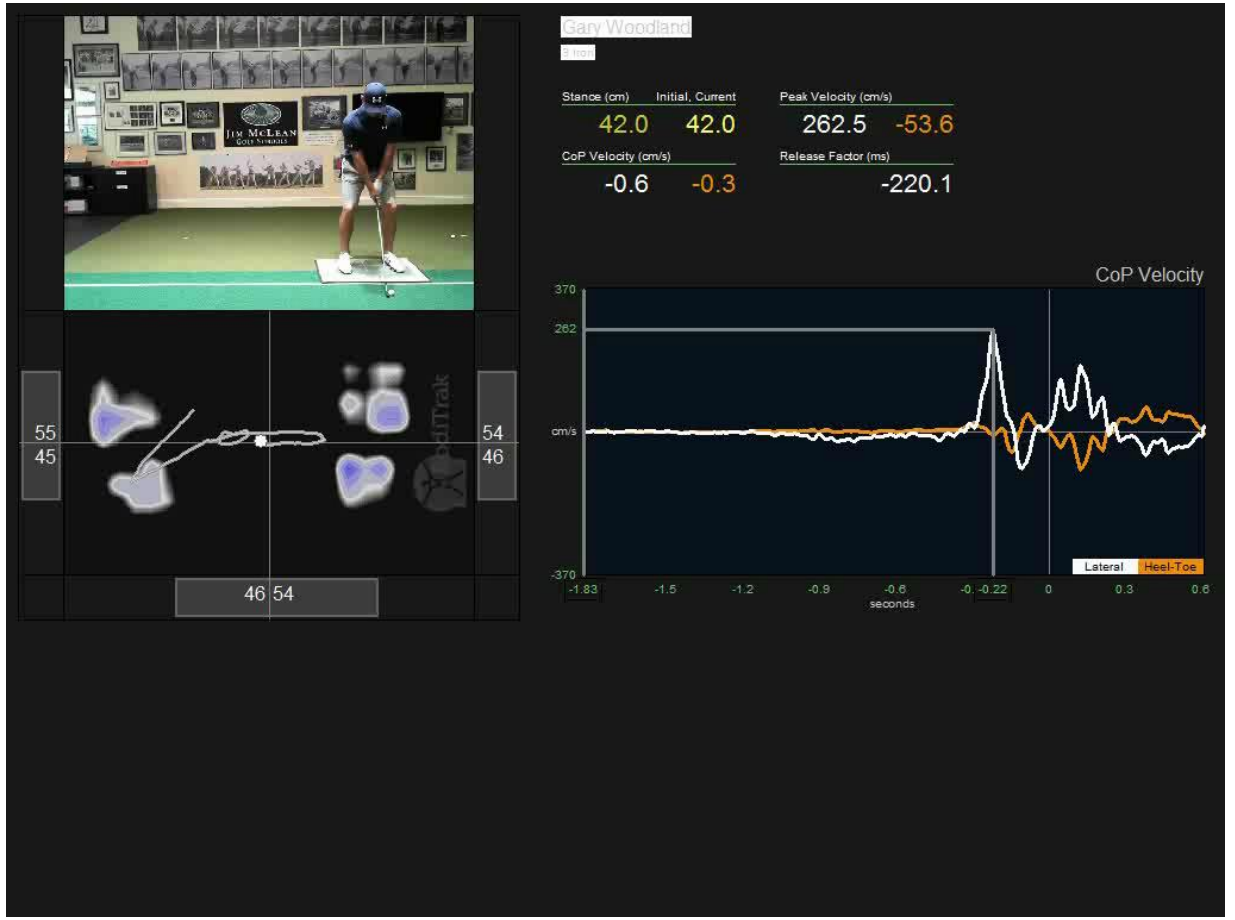
Velocity Chart

Vertical Forces

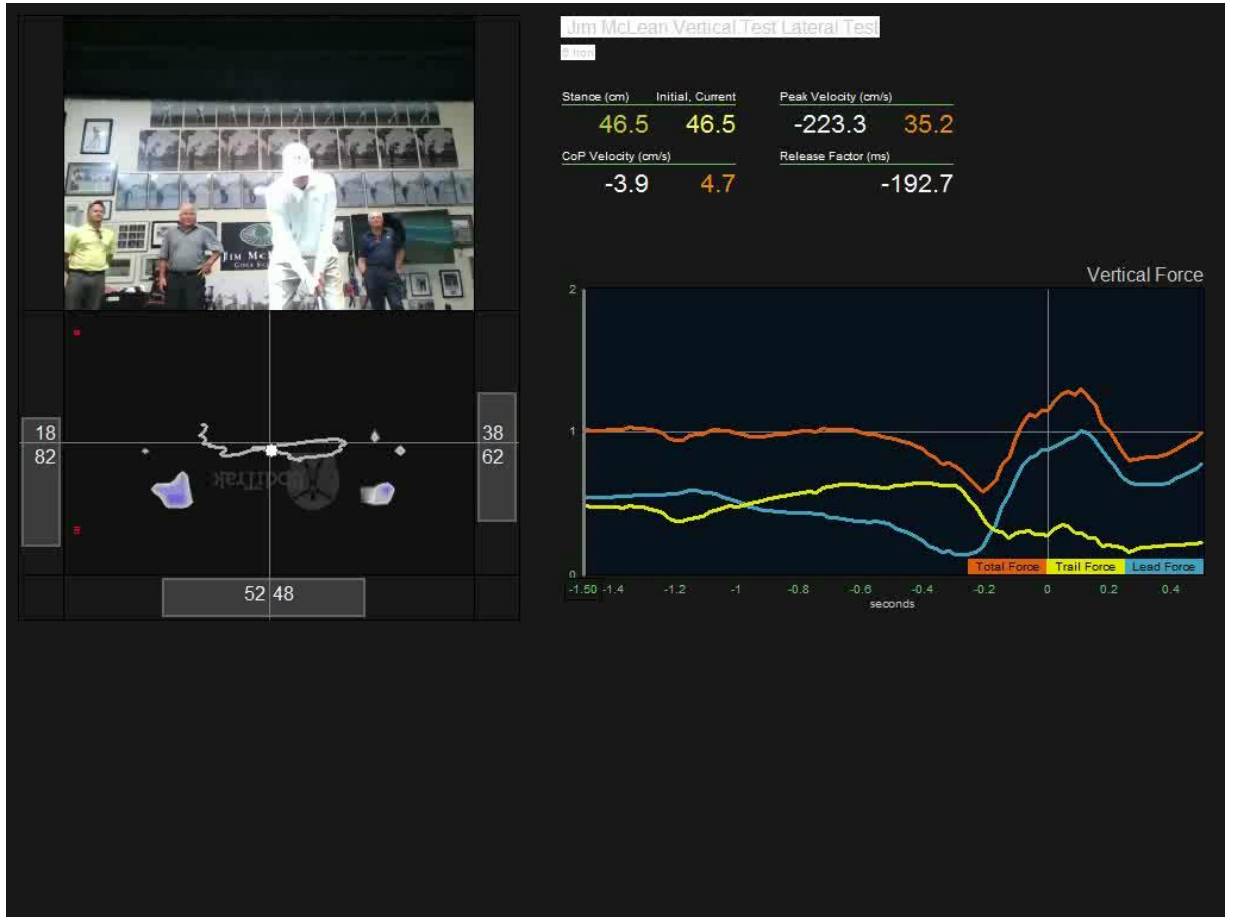
COP Chart – Fine Points



Velocity Chart – Fine Points



Vertical Forces Chart – Fine Points



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THANK YOU !

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