

HOW EFFICIENT IS YOUR SWING?

BY TONY MORGAN

The advancement of 3D motion capture technology in the golf industry has allowed golf teaching professionals all over the world to ensure they are improving ball flight in the most efficient manner.

This advancement now allows coaches to move swing analysis away from “style” to the true efficiency of the motion. What does this mean? It means that there’s a new and improved way “to look” at a golf swing and determine what changes need to be made to improve a player’s accuracy, distance, and overall ball striking abilities. More importantly, the swing analysis is not subjective to a teacher’s eye or teaching style. Understanding how to analyze swing efficiency and its’ direct impact on improving desired ball flights will be a major advancement in the next generation of performance improvement.

There are 7 key factors comprising an efficient swing, sometimes referred to as kinematic sequence, that are critical to full swing performance improvement. In the coming months, we will discuss the key fundamentals of efficient swing motions including take away sequence, transition sequence, acceleration rates, peak speed sequence, peak speed timing, deceleration rates, and overall peak velocities. We will further discuss common physical limitations and swing mechanics that can lead to efficiency “breakdowns”.

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