



Technology: Kinematic Sequence

Equipment:

K-Vest, junior clubs, golf balls, hitting matt.

Set-up:

Apply k-vest to the student and set-up to hit a ball into the net while recording with the k-vest software. Ask the student to tell instructor when ready to swing and instructor will say 3-2-1 swing to time the swing with the recording.

Instructions:

The instructor will pull up the graph that was recorded by the k-vest software and analyze what was found. The kinematic sequence graphs are what are being analyzed. When students arrive back at this station on the second circuit the instructor can try and assist the student to find the recommended kinematic sequence and exercises that will help with this.

Scoring:

Instructor will award a score ranging from a 3 to a 5 depending upon the understanding and adjustments made by the student to improve the kinematic sequence.

