



Technology: Pelvic And Torso Turn At Top

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 data that was recorded by the k-vest software and analyze what was found. The pelvic and torso turn at top numbers are what are being analyzed. When students arrives back at this station on the second circuit the instructor can try and assist the student to find the recommended pelvic and torso turn at the top of the swing.

Scoring:

Instructor will award a score ranging from a 3 to a 5 depending upon the understanding and adjustments made by the student to correct the pelvic and torso turn at the top of the swing.

