



Technology: Weight Shift Analysis

Equipment:

DBS board, junior clubs, golf balls, hitting matt.

Set-up:

Student will not be allowed to stand on DBS board until instructor has started system and entered students' details. The student then must stand with the black cross in the middle of their stance both vertically and horizontally. The student is then ready to begin.

Instructions:

Once the student is in set-up position and the microphone is positioned next to the striking platform the student can begin. This activity will require the student to hit a golf ball into the net using a full swing. The DBS will record the weight shift during the shot. The analysis will look at whether the student was centered at address, shifted to the right heel then through to the left ball, and whether the student rotated or slid to the left.

Scoring:

The instructor will make a decision on which student performed with the best weight shift in their swing. The winner will score a 3, the runner-up a 4 and all others in the group a 5.

