



Video Swing Analysis

Video Teaching

- Has become a major factor in the teaching profession.
- When used properly, video can promote the learning skills of your student.
- The old cliché “a picture is worth a thousand words” could have been written for golf.
- A lot of information can be seen with video....
always leave the student with a POSITIVE image!

Why I Use Video...

- Video leverages the communication with student.
- If you have a 'feel player', they will make their adjustments by seeing, then 'feeling', whereas others will adjust visually or mechanically
- Video also shows the comparison from before/*after a lesson, or more importantly shows improvement/changes

* Recent education in human motor learning/development suggests that changes do NOT occur in 1 lesson and that it takes the brain/body approx. 6-8 hrs to make the connection!

What to look for when purchasing Video Equipment

- Camera - many choices, DV cameras (Digital Video) are recommended for best results & image of the professional
 - PC/Laptop
 - ☑ Laptops are more portable
 - ☑ Laptop screen sometimes difficult to see outdoors
 - ☑ Laptop - minimum of 512MB of Ram, a video card with at least 32 MB of Ram, 1 Ghz processor, 64 GM hard drive, fire wire, tripod, analysis software.

Video Lesson Preparation

- The key to any successful lesson is to be prepared and have a purpose!
 - Ensure you have the following:
 - Camera/computer fully charged or power source
 - Extra batteries for both
 - Tripod
 - Suitable area- with sun/weather not affecting
 - Camera lens height is to be set @ 35-36 inches from the ground, and when filming down the line, it should be set approximately 24 inches inside the target-ball line.
 - From these positions, you can see the target and the ball flight on the camera most of the time, while still measuring swing plane.

Beginning the Lesson

- Have student warm up with a few stretches/hitting some balls
- Discuss with them their concern, problem. Use some alignment guide on the ground, as a reference point to ensure proper alignment.
- Video 2-3 swings from the FO (face on) and from the DL (down the line) view, making sure to ZOOM IN on the address position.
- Have them focus on the fundamentals, (as that is where 80% of swing faults occur) while you load the computer with the video
- Review video with student
- Correct the swing fault with a drill or body motion
- If time permits, re-video/re-view again, to show the change.



Video- What to look for!

Down Target Line

Static Position @ Address

- Zoom in on hand, ball, feet, body positions, alignment before they move!

Dynamic Motion

- Take away, spine angle, head position, swing plane, back elbow, direction of club @ top, start of the downswing, club path, impact, follow through, Balance & extension

Front View

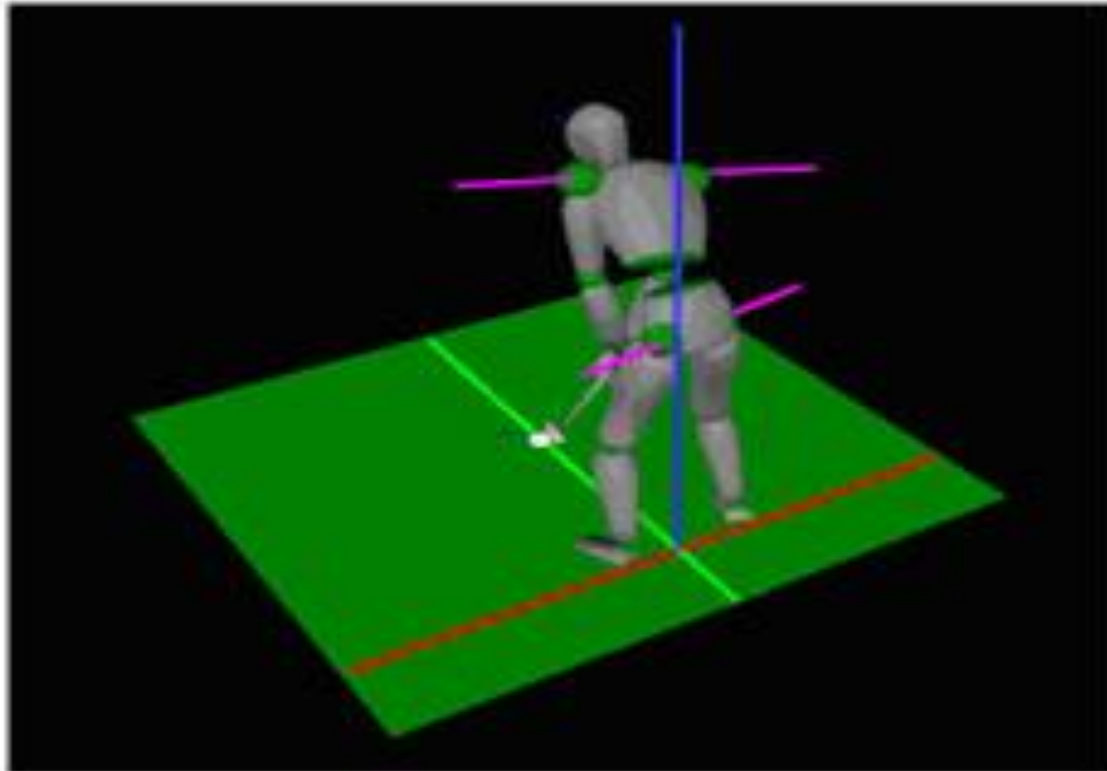
- Zoom in on hand, ball, feet, body positions, head position, weight distribution, and alignment before they move!

Dynamic Motion

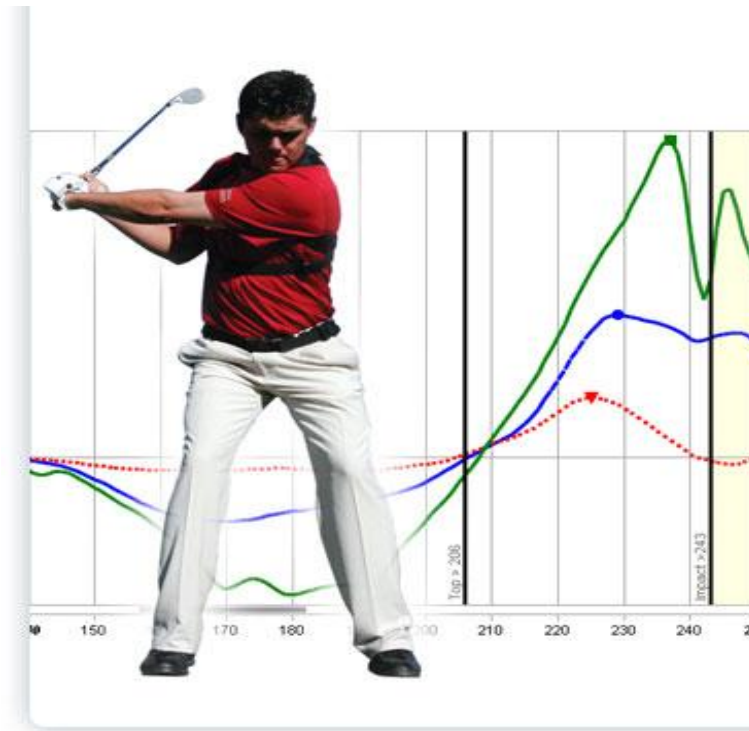
- Take away to ½ way position, 'L' position, top of back swing, head motion, weight shift, start of downswing, weight shift, lower body starting downswing, club head, release/position at impact, head position @ impact, extension of arms, balance, and finish.



3 D Analysis



3 D Analysis



Final thoughts...

- The secret to GOOD video, is not how much you show or tell, but by how much you don't! Always leave student feeling positive!
- If you want to give students a copy, factor that into your pricing, as a video lesson should be an upgrade/sell in your pricing packages.

