



Coach education program.

Biomechanics philosophies –

Education, discussion and understanding of the philosophies behind 3D data, anatomy, golf biomechanics, how to make sustainable improvement in swing function and avoidance of injury. Understand how to identify the first point of failure in swing function, the correlation to body structure and imbalances, understand 'what's effecting what' in swing patterns, identify what needs adjusting to make the greatest gain and how to avoid pain and create player autonomy.

Case studies –

One case study will be shared and discussed every four months. The coach will be supplied data on a client of Bull3D, they will need to provide a structured breakdown and understanding of the data, players patterns, questions shared and produce a clear rationale and solution to the areas being discussed.

On completion of the three case studies, a review will be completed between Mark Bull and the coach where on completion accreditation will be awarded. Case studies will be across a selection of areas such as swing function, biomechanics, anatomy and coaching philosophies.

Individual training days at Reigate Hill GC –

Two days individual training with Mark Bull over the 12 month agreement. Dates to be agreed with Mark Bull prior to booking.

Client version of Bull3D motion capture software -

Free user version of the latest Bull3D software complete with sample data

Online training –

Monthly one hour skype call/TeamViewer individual training session on areas below:

- Anatomical function – the influence of anatomical function, structural and postural imbalances, discussion around Mark Bull PhD thesis, correlation to swing function and swing

biomechanics, golfers training priorities, muscle systems used in golf, joint structure and common patterns.

- Understanding 3D data – detailed understanding of each graph and dataset, dependency values, how segments match up/mis match and swing patterns.
- Intrinsic swing dynamics - detailed understanding of the swing dynamics data i.e force, muscle and joint loading.
- Swing biomechanics – key biomechanical principles such as force production, stretch shortening cycles (elastic recoil), acceleration/deceleration, kinematics, segment function, centre of pressure movement.
- Training considerations – strength and conditioning for golf and postural reading.
- Injury patterns – common injury patterns, injury pathology, healthy/functioning joints, injury avoidance and injury rehab.
- Drill and exercises – access to Bull3D library
- Connection to exercise and conditioning for golf – how to train and condition players based on postural patterns.
- Regression testing – ability to define gains vs. regression, what regressed when you make change, what works for players and why it works, how data can de-skill players.
- What's behind the 3D data – influences on data and what consideration the data needs to acknowledge.
- Correlation to launch monitor data and club delivery – swing patterns and correlation to club delivery and launch monitor data

Additional information and opportunities -

Access to Bull3D database of all patterns, case studies and new discoveries.

Research and articles –

Access to and subscription to latest research and articles published by Bull3D

Global networks and seminars –

Access to global networks and seminars and discounts on all seminars organised by Bull3D

Certification –

On completion of the three case studies, an online examination will be undertaken, on successful completion awarding of official certification will be issued to the user – allowance of using Bull3D name for promotion. Year two and all subsequent years certification will be updated and advanced, i.e Bull3D level one, level two, level three...

Commercials

- £500 pa all inclusive.