

# Generating Power in the Golf Swing II



**Entry to our lectures is free to all members of the local community. For further details, or to book a seat, contact Lucy Beckett at**

**[lbeckett@royallatin.org](mailto:lbeckett@royallatin.org)**

**or on 01280 827306**



## **A lecture by Daniel Thompson MSc**

A golf science educator and associate lecturer in sports and exercise science

**Wednesday, 24th April 2024**

**6.00pm-7.00pm**

(Tea and coffee served from 5.45pm)

**Mind and Body Zone, ek robotics Sports Campus**

**Royal Latin School, MK18 1AX**

In this talk we will discuss the biomechanics of the big hitters, including the key biomechanical variables that are linked to the generation of clubhead speed. We will explore PGA tour data and scientific research; highlighting the importance of distance. We will then shift focus onto the biomechanics, such as ground reaction forces and the timing of wrist break. We will also highlight the differences that exist between higher skilled and less skilled golfers, and show how such variables can be measured using force plates and 3D motion capture. You do not need to have attended Part I to attend this talk.

This talk is delivered by Daniel Thompson MSc, a golf science educator and associate lecturer in sports and exercise science. His business, 'Science Caddie', aims to help the golfing industry understand the science of golf. He provides education for PGA professionals around the world, golf research consultancy for golf businesses, and is the host of 'The Golf Science Podcast'.

To learn more about Science Caddie, visit: [www.sciencecaddie.com](http://www.sciencecaddie.com)