



Professional Golfers Association of Denmark præsenterer

# Uddannelsesseminar 2018

- Presented by Titleist

# TRAIN SMARTER

## KEY SPEAKERS:



Mikael Trolle



Richard Bailey



Rob Neal



Steven Orr



Tyler Ferrell

## VELKOMMEN

Vi er meget stolte over at kunne præsentere et meget spændende 3-dages seminar den 26. februar – 28. februar 2018.

Vi i 2018 være på Hotel Scandic Sluseholmen i København. Her afholder vi seminaret, PGA's Generalforsamling og vores årlige middag.

Programmet indeholder naturligvis pauser, hvor der vil være mulighed for at netværke med dine kollegaer, vores foredragsholdere og samarbejdspartnere.

Vi glæder os til at byde Jer velkomne til et meget spændende Uge 9 seminar.

Bestyrelsen  
PGA of Denmark



## PROGRAM UGE 9

### Mandag den 26. februar

- Kl. 10.00 Velkomst ved Formand **Marcus Brown**
- Kl. 10.15 **Mikael Trolle:** Træn smartere med fokus på præstationsorientering for alle niveauer af golfspillere
- Kl. 11.45 Pause, netværk med kollegaer, samarbejdspartnere og foredragsholder
- Kl. 12.00 **Nicolas Grund Kristensen:** Gennemgang af Range2Green træningsøvelses app.
- Kl. 12.15 Frokost
- Kl. 13.00 **Richard Bailey:** This presentation discusses 3 key questions, that every golf coach needs to consider.  
**Question 1:** Why sport? Why Golf? What are the benefits?  
**Question 2:** Why do people play and stay in sport? And why do people drop-out?  
**Question 3:** What is learning, and how can coaches promote it?
- Kl. 15.00 Pause, netværk med kollegaer, samarbejdspartnere og foredragsholder
- Kl. 15.15 **PGA of Denmark - Workshops:** Hvad har vi lært på årets regionsmøder. Hvilke udfordringer står vi med i hverdagen? Hvordan skaber vi værdi i klubben.
- Kl. 16.45 Pause, netværk med kollegaer, samarbejdspartnere og foredragsholder
- Kl. 17.00 **Fredrik Bräutigam:** Galvin Green præsentation og lidt om Ryder Cup
- Kl. 17.30 Generalforsamling og kåring af Årets pro og elev
- Kl. 18.30 Middag med kåring af årets pro og elev.

### Tirsdag den 27. februar

- Kl. 09.00 **Rob Neal and Steven Orr:** Present on short game and skill acquisition in short game. They have been fortunate to get access to several PGA tour players and measured them with 3d and Track man.  
They will present on their findings both mechanically and the track man data. This will give a good insight into how these highly skilled players vary their movements to get different club delivery for the requirements of the shot – pitching, bunker shots, more spin shots.  
Included in this will also be a discussion on what their findings mean for club fitting.  
Steven Orr is currently undertaking a Professional Doctorate in skill acquisition to look at the effect of attentional focus on skill development and performance. He will present his findings and give details on how to maximize skill acquisition in the short game, from both a theoretical and practical perspective  
They will then go on to present what this means in a PGA teacher's everyday life teaching a great variety of players. The questions they will be answering are these:
- how to teach beginners short game – what progression would be recommended.
  - how to teach and challenge juniors
  - what to be particularly aware of in fitting wedges
  - what to avoid/typical misconceptions in teaching short game
  - what are the most common patterns they see in short game
- Finally they will give live lessons at the end of the day.
- Kl. 12.30 Frokost
- Kl. 13.35 **Rob Neal and Steven Orr** fortsat
- Kl. 16.30 Afrunding og eventuelle spørgsmål.

## Onsdag den 28. februar

Kl. 09.00 **Tyler Ferrell:** will present on his swing philosophy and the data available to support his theories. In this presentation he will go into defining the swing characteristics good players have in common and the different ways they achieve these characteristics. Different swings have different match ups!

The questions Tyler's presentation is built around are:

- Good players swing characteristics (patterns)
- 5 Common good player 3D traits and 3 things you shouldn't bother changing.
- How to match up a golfer's transition and release
- The slicer's problem and 2 reliable solutions
- Simple ways to improve tops, chunks, shanks, and common high handicap contact problems
- How to teach movement – common progressions to help a golfer build awareness of a new movement pattern
- Case studies – see first hand how I chose which piece to work on first and the explanation of why.
  - Topics will include – older golfers looking for more distance
  - How to teach the fundamentals to non-technical golfers
  - How to fix a flip release.

Kl. 12.00 Frokost

Kl. 13.15 **Tyler Ferrell** fortsat

Kl. 16.30 Afslutning og eventuelle spørgsmål.

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## PROGRAM EKSTRA DAGE

### Tyler Ferrell & Rob Neal

**HOT topics – an in-depth look at some hot topics in golf instruction and how it applies to teaching**

**Live lessons and measurements**

## Torsdag den 1. marts

Kl. 09.00 **Tyler Ferrell & Dr. Rob Neal:**

The seminar will help golf coaches gain knowledge on Golf Bio Dynamics and the knowledge that Golf Bio Dynamics has provided and how both coaches apply this knowledge to their teaching with the following areas:

- Details on ROC – and forces and torques
- Upper torso/ shoulder and arm movement in the golf swing
- GRF and general leg work in the golf swing

Kl. 12.30 Frokost

Kl. 13.15 **Tyler Ferrell & Dr. Rob Neal** fortsat:

Kl. 16.30 Afrunding og eventuelle spørgsmål

## Fredag den 2. marts:

Kl. 09.00 **Tyler Ferrell & Dr. Rob Neal:** Fortsat fra torsdag

Kl. 12.30 Frokost

Kl. 13.15 **Tyler Ferrell & Dr. Rob Neal** Live lessons – how to apply!

Kl. 16.00 Afrunding og eventuelle spørgsmål.



## MIKAEL TROLLE

Mikael Trolle er cand. scient. i idræt og biologi fra Københavns Universitet og sportsdirektør og headcoach for herrelandsholdet i Dansk Volleyball Forbund. Mikael Trolle er medstifter og partner i High Performance Institute. Mikael Trolle er en af Danmarks mest succesrige trænere og coaches med mere end 15 års erfaring som international toptræner for herrelandsholdet samt Holte IF Volleyball.

De mange år som sportsdirektør og landsholdstræner har bragt stor international anerkendelse af hans arbejde. Mikael Trolle er en af Danmarks bedste inspiratorer indenfor områderne "Præstationsledelse" og "High Performance Teams" og har holdt mere end 500 foredrag og workshops for danske og internationale virksomheder og organisationer, herunder været ekstern rådgiver for blandt andet Den Kongelige Ballet og DR TV Drama.

Mikael Trolle har sammen med Allan Levann udgivet bogen "Den Store Præstation" og sammen med Peter Brüchmann "Sportens Største Ledere – Hemmeligheden bag store præstationer", begge på Gyldendal Business. Bøgerne har høstet stor ros som ledelseslitteratur, der med en ny vinkel beskriver præstationsledelse og High Performance kultur.



## RICHARD BAILEY

Richard Bailey PhD FRSA leads research at the International Council of Sport Science and Physical Education, the worldwide umbrella body for sports science and education organisations. He held the Founding Chair of Sport and Education at the University of Birmingham, and was Full Professor at other British Universities. Richard has studied Physical Education, Evolutionary Neuroscience, Psychiatry, and the Philosophy of Education, and his research reflects this diversity of interests. He has worked with a number of national and international organisations, including Nike, UNESCO, OECD, WHO, the International Olympic Committee, Die Deutsche Gesellschaft für Internationale Zusammenarbeit, the English Premier League, and Sport England. He was scientific adviser on the worldwide 'Designed to Move initiative, editor of the revision of UNESCO's International Charter of Physical Education, Physical Activity and Sport, and is currently Senior Expert for Physical Education for OECD's 2030 agenda. Richard's current research focuses on the philosophy of personal meaning, pseudoscience in teaching and coaching, and relational-developmental approaches to youth sport.





## DR. ROB NEAL

Dr. Rob Neal 3D Expert Biodynamics er fra Australien. Han tog sin masters Masters degree på University of Queensland. Et af hans første studier omhandlede biomechanics med forces and torques og måling af bevægelse i 3D indenfor golf.

Dr. Rob Neal ønskede at udvikle 3D motion capture technology for at hjælpe trænere og deres elever. Han har opmålt over 500 Tour spillere. Det er ikke dem alle der har en perfekt kinematic sequence, men flere af dem når alligevel PGA touren.

Dr. Rob Neal er kendt for sin store viden om Golf Bio Dynamics. Rob har arbejdet med mange landshold og fulgt DGU igennem 10 år og har derfor rigtig god erfaring med spillerudvikling op til højeste niveau, hvor han også har givet input til de allerdygtigste spillere og trænere på PGA touren – blandt andet Jason Day.



## Steven Orr

Steven has been a full time golf coach for 15 years and recently became the youngest ever recipient of the PGA Master Professional title.

Over this time he has left no stone unturned in a desire to understand the truth's as they relate to high performance in both golf and personal achievement .He has a Master's Degree (MSc) in sports coaching, is a UKCC Level 4 coach and is currently working towards a Doctorate in Elite Performance at The University of Central Lancashire, studying the effects of attentional focus on skill acquisition. His coaching is driven mainly by 3 key questions:

- What are the key factors in creating short game skill?
- What are the key factors that produce peak performance in the playing environment?
- How does a golf coach become more expert over time?

He has been exposed to several of the world's leading coaching minds in a variety of fields and is also a Tutor for the PGA of Great Britain. He works within England Golf as regional coach for the south-east . In media print, Steven is on the instruction staff and is a regular contributor to Golf World magazine. He works with golfers of all levels from beginners to national squad members to Challenge and European Tour players.





## Tyler Ferrell

Tyler Ferrell, named one of Golf Digest Top Golf Fitness Professionals 2018, Best Instructors in Texas 2018, and Best Young Teachers 2017, is a leading expert in the application of 3D motion biomechanics. His background as both an instructor and a trainer gives him a unique ability to communicate how the body works in the golf swing.

Over the last 20 years, 3D motion biomechanics has emerged as one of the most high tech and progressive areas that is helping to evolve the effectiveness of golf instruction. His specialty is in decoding AMM 3D graphs and designing practical exercise and drill training plans to change how golfers power the swing and control its path and face relationships.

He is also a trainer of other golf coaches through seminars and programs. He has given lectures in a number of PGA Sections as well as a 2-day training program for the Danish National Team coaching staff. In 2016 he presented at the World Golf Fitness Summit, presented by the Titleist Performance Institute. His speeches have covered topics including:

- How to read 3D graphs and apply their concepts to 2D Video.

- How to maximize power in the golf swing.

- The breakdown of the tour pro release.

- The 3D differences between the driver and iron swing

Tyler enjoys creating golf instruction content. He recently published his first book, "The Stock Tour Swing" discussing the common traits 3D reveals elite ball strikers share in common.

Prior to the book, Tyler created a website for do-it-yourself golfers and coaches to find answers to their most difficult questions related to golf. At current, Golf Smart Academy has over 750 videos helping golfers all over the world understand how to apply the latest golf science to their game. To market Golf Smart Academy, he maintains Facebook and YouTube sites with quickly growing subscriber bases. His YouTube videos published in 2016 have been viewed over 250,000 times.

Tyler had the privilege of learning from some of the most recognized names in golf fitness and golf biomechanics. Two of his main influences were Dr. Greg Rose and Janet Alexander. He remains current with industry trends by attending World Golf Fitness Summit and regularly enrolls in continuing education. He is currently studying the work of Dr. Guy Voyer, a world leader on how the fascial system influences movement.

Tyler graduated Summa Cum Laude from Towson University with a degree in Marketing and E-Business where he played two years of collegiate golf. His knowledge of the golf biomechanics is evident in his own game. Weighing in at 155 pounds, his longest drive to date was measured at 409 yards.

### Endorsements:

*"I have been to many teachers around the country, all of which I have learned from, but Tyler is unique in that he has the ability to tie it all together. He was able to clear my mind of useless clutter and get straight to the cause of my issues."*

*Charles Howell III PGA Tour Winner*

*"In my opinion, Tyler is one of the most knowledgeable people in the world concerning what the arms and hands do in the golf swing."*

*Stan Utley PGA Tour Winner*

# PRAKTISKE OPLYSNINGER

## Adresse;

Hotel Scandic Sluseholmen  
Molestien 11  
2450 København SV

## Hotel:

### Scandic Sydhavnen

Molestien 11  
2450 København SV  
DKK 775 for singleroom - DKK 895 for doubleroom  
Bestilling af værelser via [steffen@pga.dk](mailto:steffen@pga.dk)  
Begrænset antal værelser – så først til mølle princip gælder

## Tilmelding:

Tilmelding til Seminaret senest 31. januar 2017  
Tilmelding er bindende på mail til Steffen Jacobsen: [steffen@pga.dk](mailto:steffen@pga.dk)

Pris DKK 3.000 + moms  
Elevpris DKK 1.500 + moms

## 2 ekstra dage med TYLER FERRELL OG ROB NEAL

Pris DKK 3.000 + moms (hvis man har deltaget i Uge 9 forinden)  
Elevpris DKK 1.500 + moms  
Pris DKK 5.000 + moms (hvis man ikke har deltaget i Uge 9 forinden)

## Inkluderet i prisen er:

Galvin Green LANCE Interface jakke, vejledende pris DKK 2.000  
Frokost mandag, tirsdag og onsdag + kaffe og vand  
PGA´s årlige middag mandag aften kl. 18.30 på Hotel Scandic Sluseholmen (eksklusiv drikkevarer)

## Gældende regler ved afbud til et PGA seminar:

- Ved afbud 14 dage inden kurset afholdes, refunderes hele kursus prisen
- Ved afbud 7 dage inden kurset afholdes, refunderes 50% af kursus prisen
- Ved afbud under 7 dage før kurset afholdes, ydes der ingen refundering

Ved afbud pga. sygdom refunderes kursusprisen mod forelæggelse af dokumentation

## Dress Code:

Som PGA professionel har du forpligtelse til at overholde PGA of Denmark's regler, blandt andet vedrørende påklædning, når du deltager i PGA arrangementer.



Making a difference

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## LANCE Interface jakke fra Galvin Green

LANCE Interface jakken bliver udleveret til alle deltagerne på uge 9. Lance Interface jakker er State of art Hybrid teknologi. Maksimal åndbarhed. Alsidig brugbarhed. Maksimal komfort. Den perfekte overdel til den seriøse golfspiller. Vejledende pris DKK 2.000

