



Find Your Golf DNA Video Collection

## Considerations for Movement and Swing Dynamics

*Run time 30 minutes*

### **This instructional video covers:**

- The complexity of the complete golfer
- What is golfing success
- What creates the players movement pattern
- Questions to ask when assessing a golfer
- Broad biomechanical principles
- The modern game
- How we generate speed in golf
- Working at level 1 not 10
- Learning considerations

