

## Technology – OnForm Swing App

Definition: is the use of knowledge to invent new devices or tools.

Since the invention of the computer, and the information boom that has accompanied the internet, there are more ways than ever to integrate technology into our lives. This is especially true for golf. Golf equipment has become more sophisticated due to more advanced materials, better live shot tracking, and coaches can use various technologies to capture student's swings. One great resource is the application OnForm. This application's basic features are free, and it takes videos you have taken of a golf swing and analyzes it. Oftentimes, looking at a video of different aspects of your swing can be eye-opening! You may *feel* like you are executing a movement or in a position taught by a coach, but you are not.

### Activity: Posture Angles at Address

#### Why is posture important?

1. Increased Balance
2. Increased Swing Efficiency
3. Decreased Risk of Injury
4. Increased Ball Striking (quality of contact on the clubface)

Check out this picture of Coach Alex and notice his set-up and all the key features of proper setup that are highlighted:

1. Knee Bend – only a slight bend of the knee
2. Tilt at Hip – you should have a significant angle of tilt at the hip (roughly 40 degrees)
3. Arms Hang Down – the arms should hang down naturally, or slightly extended

#### Analyze your posture! Can you mimic Coach Alex's set up?

*Note: Every swing is unique...there is no one way to set-up or swing a golf club. But, if you are new to golf and still learning, following basic principles such as these will accelerate your development! As your skills increase, you may change things slightly and that is ok.*

- Make sure to get permission to download applications or have an adult do it for you!
- You must enter some basic information in OnForm to get started.
- First Tee - Greater Detroit will use this application in the future for its students, so it is good to keep and get started with for use with later activities!
- Go to Library → Import → Select the video from your camera roll, or you can take a video in the app → Select the Green Angle Creator tool and create angles for the Pelvic Tilt and Knee Flexion and use the Red Line to draw a line that shows how straight the arms are hanging down.
- If you download the picture from the coach in the lesson to your device, you can compare the images by selecting "Compare" at the top right.