



RPGAB · PROFESSIONAL DEVELOPMENT

Technology-Driven Golf Coaching

A 3-day seminar with Henrik Lundqvist

TrackMan · Sportsbox AI · Smart2Move (S2M) force plates · K-Coach 3D analysis · State of play of French-speaking Belgian players

Dates	Tuesday 27 → Thursday 29 October 2026
Venue	Royal Bercuit Golf Club, Les Gottes 1, 1390 Grez-Doiceau
For	Coaches, PGA professionals and players/amateurs
Organised by	RPGAB, in collaboration with AFGOLF

1. Why this seminar

Launch monitors, 3D motion capture and force plates have changed what a coach can see and what a player can measure. The tools are now accessible to most academies, but many coaches and players only use a fraction of what they offer. This seminar closes that gap.

Over three days, Henrik Lundqvist will show how to turn data into better coaching decisions and better practice: what to measure, how to read it, and how to build it into a player's weekly training, with the coach present or not.

Objectives

- Read and interpret TrackMan club and ball data with confidence, and use the features that go beyond the numbers.
- Use Sportsbox AI from both sides: as a coach (analysis, targets, remote follow-up) and as a player (self-capture, feedback, progress tracking).
- Understand ground reaction forces and the six degrees of freedom of the swing, using Smart2Move (S2M) plates and K-Coach 3D analysis to train balance, weight transfer, force production and body movement.
- Combine the four tools into one coherent diagnosis and training plan.
- Share a clear picture of the current skill level of French-speaking players in Belgium, and the priorities for their development.
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2. The speaker: Henrik Lundqvist

Henrik Lundqvist is recognised among the top 75 coaches in Europe and leads the coaching team of the AFGOLF (Association Francophone de Golf). He works daily with the federation's players and coaches, and brings both a performance-coaching view and an in-depth knowledge of the French-speaking Belgian player pool.

[Optional: add 2–3 lines on career highlights, players coached, qualifications and certifications (TrackMan, Sportsbox, Smart2Move).]

3. Who should attend

Profile	What they get from it
Coaches and PGA professionals	Want to use technology to diagnose faster, explain more clearly and follow players between lessons.
Players (competitive, squad and aspiring)	Want to understand their own data and practise with purpose, using the apps on their own.
Federation and club staff	Involved in player development pathways and in choosing technology for an academy.

The programme alternates sessions for everyone with practical workshops where coaches and players work side by side. Coaches read and interpret; players hit, capture and apply.

4. Programme at a glance

Day	Theme	In short
Day 1	TrackMan + state of play	The level of our French-speaking players; mastering TrackMan data and features.
Day 2	Sportsbox AI	3D motion analysis on a smartphone, from the coach's side and the player's side.
Day 3	S2M force plates + K-Coach 3D + synthesis	Ground forces, balance and the six degrees of freedom of the swing; combining the tools; action plan for our players.

5. Detailed programme

Day 1: State of play and TrackMan

10:00	Welcome, opening, introductions and seminar goals. State of play: the skill level of French-speaking players in Belgium. Where our players stand today across age groups and levels, compared with European benchmarks; main strengths and recurring gaps (technical, physical, short game, scoring).
11:30	Break
11:45	TrackMan fundamentals: ball-flight laws and how club data creates ball data.
13:00	Lunch
14:00	Practical workshop: TrackMan diagnosis of each player. Players hit, coaches read and explain the numbers.
15:30	Break
15:45	Getting the most out of TrackMan: features and practice formats beyond the basic range session.
17:00	Questions and summary of the day
17:30	End of Day 1

Key TrackMan data covered

Category	Parameters
Club data	Club speed, attack angle, club path, face angle, face to path, dynamic loft, spin loft, swing plane and swing direction, low point.
Ball data	Ball speed, smash factor, launch angle and direction, spin rate, spin axis, carry and total distance (metres), maximum height, landing angle, side.
Consistency	Dispersion, standard deviation and shot groupings: reading a session, not just a shot.

TrackMan features beyond the numbers

- Test and combine formats to benchmark players and measure progress over time.
- Virtual golf and on-course simulation to practise under scoring conditions.
- Normalisation of data (conditions, ball) so results from different days and venues can be compared.
- Session reports, sharing with players and building a player database.
- Setting up practice targets and games that make range work more like the course.

Day 2: Sportsbox AI, as a coach and as a player

10:00	How 3D motion capture from a single smartphone works. Set-up that makes data reliable: camera position and distance, framing, light, clubs.
11:15	Break
11:30	The coach's side: capturing and reviewing swings, the 3D avatar from every angle, key body metrics, trackers, setting target ranges, comparing to models, managing students, remote follow-up.
13:00	Lunch
14:00	The player's side: self-capture, practising with targets set by the coach, instant feedback on drills, tracking progress, sending swings to the coach.
15:30	Break
15:45	Workshop: each player builds a training week using Sportsbox AI with their coach.
17:00	Questions and summary of the day
17:30	End of Day 2

How players should use Sportsbox AI in their training

Use	In practice
Warm-up check	A few captured swings to confirm set-up and key positions before practice.
Drill feedback	Practise a movement against the targets set by the coach and get immediate confirmation.
Between lessons	Send captures to the coach so the work continues remotely.
Progress tracking	Compare swings over weeks to see whether changes are holding.
Under pressure	Check whether the movement holds when speed or stakes go up.
With TrackMan	Link what the body does (Sportsbox) to what the club and ball do (TrackMan).

Day 3: S2M force plates, K-Coach 3D analysis and synthesis

10:00	What the ground does and what the body does. Ground reaction forces (vertical, horizontal, rotational, centre of pressure) on Smart2Move, and the six degrees of freedom of the swing measured by K-Coach 3D.
11:15	Break
11:30	Practical workshop with S2M and K-Coach side by side: force profile and six-degrees-of-freedom evaluation of each player, and how to read the results.
13:00	Lunch
14:00	Balance and force drills on the plates; real-time biofeedback training with K-Coach. Integrated case studies: one player assessed with S2M, K-Coach, Sportsbox AI and TrackMan together.
15:30	Break
15:45	From data to action: development priorities for French-speaking Belgian players, and the respective roles of coaches, players and the federation.
17:00	Conclusions, evaluation and certificates of attendance
17:30	End of the seminar

K-Coach 3D: the six degrees of freedom of the swing

K-Coach uses wireless sensors worn by the player (pelvis, upper body, lead arm and hand) to measure the swing in 3D. Its evaluation system describes how the pelvis and the upper body move in six degrees of freedom: three rotations and three linear movements.

Type	Degree of freedom	What it shows
Rotation	Turn (rotation)	How much the pelvis and upper body rotate around the player's axis.
Rotation	Bend (forward bend)	Forward or backward tilt, from address to impact.
Rotation	Side bend	Lateral tilt towards or away from the target.
Linear	Sway	Lateral shift towards or away from the target.
Linear	Thrust	Movement towards or away from the ball.
Linear	Lift	Vertical movement, up and down.

Presented together with Smart2Move, K-Coach links the forces a player applies to the ground with the movement those forces create, including the sequence and speed of each body segment.

What the S2M and K-Coach work brings

- A clear view of weight transfer and its timing, beyond what the eye or video can see.
- Balance and stability training adapted to each player's profile.
- A link between how a player uses the ground and their club speed and strike quality on TrackMan.
- An objective evaluation of body movement in six degrees of freedom, and real-time biofeedback to train a new movement pattern.
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6. Learning outcomes

At the end of the three days, participants will be able to:

1. Run a structured TrackMan session and explain the key numbers to a player in simple terms.
2. Capture reliable swings with Sportsbox AI and set relevant targets (coaches), or practise with them on their own (players).
3. Read a basic force-plate trace and a K-Coach six-degrees-of-freedom evaluation, and choose appropriate drills.
4. Build a weekly training plan that combines the four tools.
5. Place a player's level within the Belgian and European context and set realistic development priorities.

7. Practical information

Item	Details
Dates	Tuesday 27 – Thursday 29 October 2026
Times	10:00 – 17:30
Venue	Royal Bercuit Golf Club, Les Gottes 1, 1390 Grez-Doiceau
Language	French, with material available in English
Fee per day	€ 60 per coach/pro/junior · € 75 per amateur (sandwich lunch included)
CPD	30 professional development credits for RPGAB members [tbc]
Registration deadline	Monday 26 October 2026
Contact	Anthony Otterstrom · anthony.otterstrom@pga.be

What to bring

- One or two clubs and your golf shoes (players, and coaches who wish to hit).
- Your smartphone, or your tablet if you prefer, to use the free version of Sportsbox AI. You will get access through an invitation sent by the organisers.

How to register

Send an email to **anthony.otterstrom@pga.be** with your name, profile (coach or player/ amateur), club and, for players, your current handicap index.

Payment can be done on ING BE88330065027541 with reference 'Henrik Lundqvist seminar'