

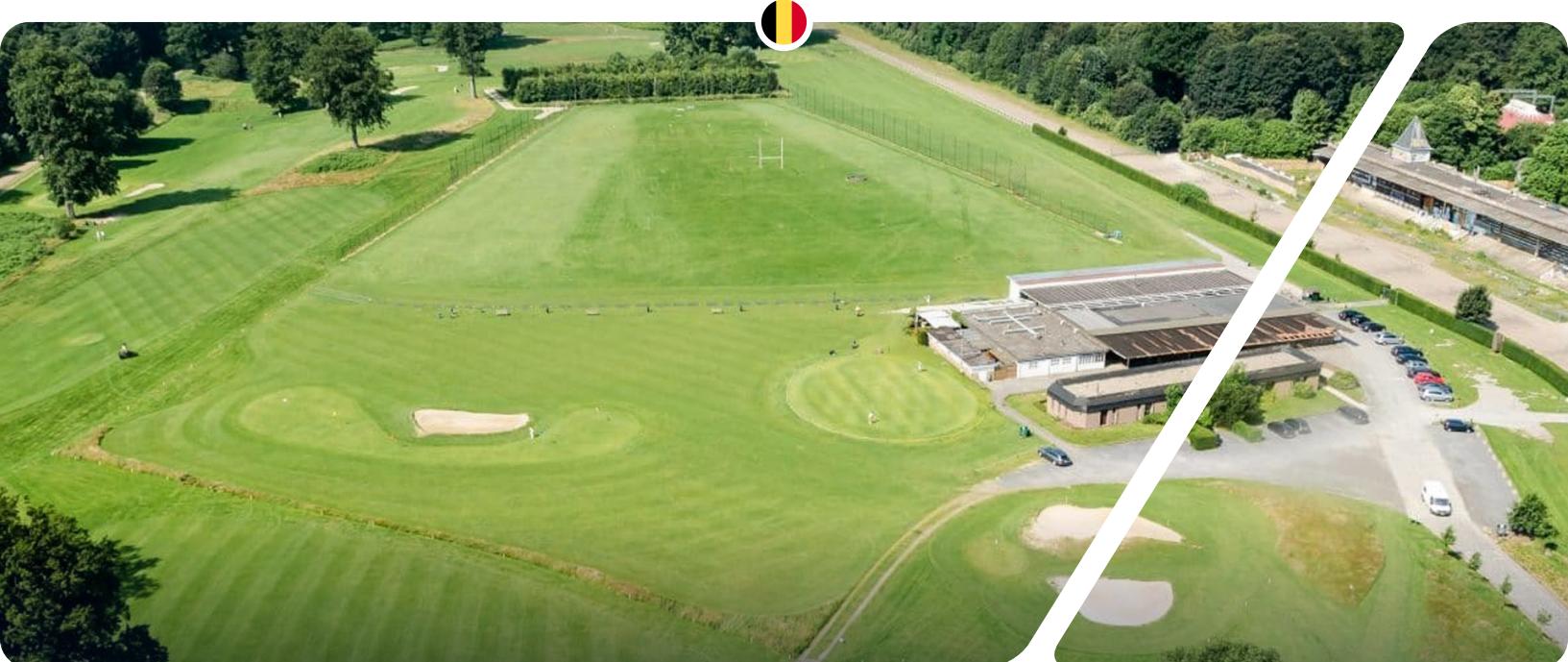


## LEVEL 2 SEMINAR

**Friday, March 27<sup>th</sup> 2026**

⊖ Drophme Golf Club

Chaussée de La Hulpe 53a, B-1180 Bruxelles, Belgium



**ONLINE REGISTRATION.**

[SMART2MOVE.COM/SEMINARS](http://SMART2MOVE.COM/SEMINARS)

# 01 PROGRAM

## Morning

### THEORY

#### Part 1: Biomechanics with 3D Force plates

- Review of main concepts.
- The Kinetic sequence in details for all forces.
- How to read force graph (Curve shapes, Impulse, Rate of Force Development).
- Tests to detect players golf & physical potential (Live process).

#### Part 2: Teaching with 3D Force plates

- How to use plates in lesson, and regular training?
- Overview of possible player's issues.
- Live use with some participants to diagnose.
- Some key data and how you can fix it (Timing, sequence, CoP, magnitude...).
- Before / after examples.
- Live corrections and drills.

#### Part 3: Strength & Conditioning with 3D Force plates

- Muscular physiology & Biomechanics.
- Motor control skills.
- Some specific testing with 3D plates to determine golf swing potential.
- How to train physically for golf?

## Afternoon

### PRACTICE

Applying theory aspects with practice session with 3D Dual Force plates with:

#### Workshop 1: The Biomechanist

Motion efficiency diagnosis and function.

#### Workshop 2: The Golf Coach

Improve golf swing and performance.

#### Workshop 3: The strength and conditioning coach

Assess physical potential and developing new capacities.



# 02 SPEAKERS

### Gregory Lebrat

S2M Co-Founder, CEO,  
PGA Teaching Pro



### Jean-Paul Fernandez

S2M CTO, Head of Education,  
Sport Scientist

