

## **2-Hour 3D Assessment Session — Full Breakdown**

A single 3D session is a deep, high-resolution look into how *your* swing actually moves. Over two hours we capture, analyse, and interpret the complete biomechanical blueprint of your motion using Bull3D technology. This level of detail lets us identify the true mechanical causes behind your ball flight, your inconsistency patterns, and your power leaks—far beyond what video alone can show.

### **What Happens in the Session**

#### **1. Player Interview & Issue Mapping (10 min)**

We begin by clarifying your specific ball-flight issue, current benchmarks, movement history, injury background, and desired outcome. This gives context so the data is interpreted correctly.

#### **2. Full Sensor Setup & Calibration (10–15 min)**

Polhemus sensors are applied to key anatomical landmarks. A calibration process ensures accuracy of rotations, displacements, segment speeds, joint torques, wrist mechanics, and pressure movement.

#### **3. Baseline Capture – Irons & Driver (20–25 min)**

You'll hit a series of shots with both irons and driver while the system records every segment of your swing in 3D. No swing thoughts yet—this is your real pattern.

#### **4. Data Analysis & Explanation (35–45 min)**

This is where the session becomes truly unique.

We analyse:

- Pelvis & thorax rotation, side-bend, thrust
- Segmental sequencing & velocity curves
- Pressure trace & force production
- Arm-club sequencing, release pattern, wrist mechanics
- Hand path, low-point dynamics, club delivery

You'll see *exactly* what moves efficiently and what's costing you speed, strike, or accuracy.

#### **5. Cause → Effect Mapping (15–20 min)**

We link your ball flight to the underlying mechanical cause and then to the specific 3D metrics responsible.

Example: Slice → Late trail arm velocity peak → Early extension in transition → Face-to-path mismatch.

This gives you clarity and removes guesswork.

### **6. Intervention Testing (15–20 min)**

We apply 1–2 tailored drills or feels based on your data, then *re-measure* to confirm the change.

This ensures the intervention actually shifts your mechanics—not just your perception.

### **7. Summary, Plan & Next Steps (10 min)**

You receive a clear breakdown of:

- Your key swing characteristics
  - Priority 1 and Priority 2 biomechanical changes
  - Recommended drills
  - Practice plan structure
  - When to reassess and re-capture
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### **Deliverables After Your Session**

You receive:

- Your full 3D data summary
- Key graphs (sequencing, segment speeds, wrist graphs, pelvic/torso metrics)
- A simple cause–effect map of your swing
- Your personalised practice focuses
- Optional: A follow-up Skillest review to reinforce concepts