

A golfer in a white shirt and dark shorts is captured in the middle of a golf swing on a green field. In the background, several spectators are visible, some standing and some sitting on a bench. The scene is brightly lit, suggesting a sunny day.

Coaching Speed in the Modern Golf Swing

Mike Napoleon

Kyle Shay



Ryan Armour

Jim Furyk

Boo Weekley

Chez Reavie

Brian Stuard

Francesco Molinari

William McGirt

Graeme McDowell

Zac Blair

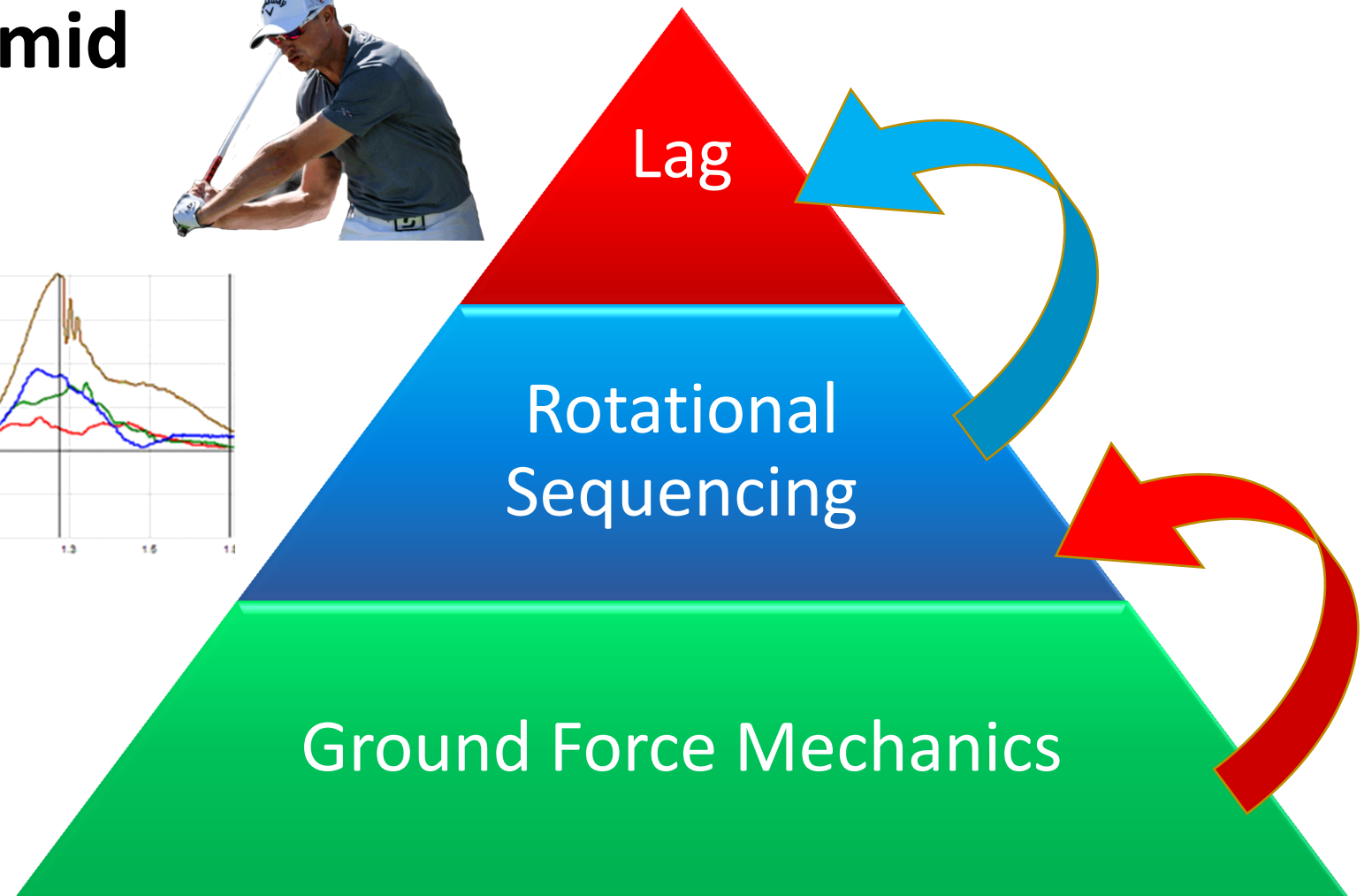
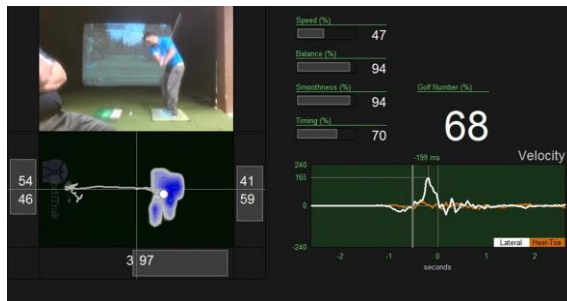
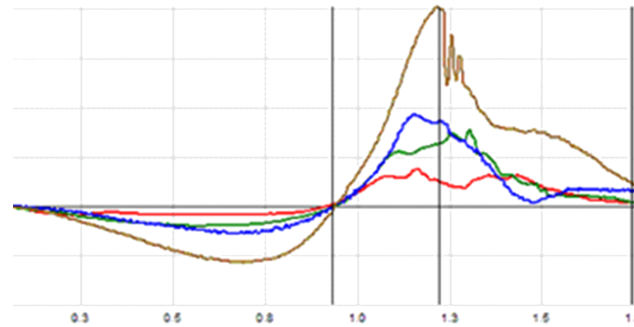
Soren Kjeldsen

**Top 10 in Driving
Distance in 2017**

\$30,030,836

Over 3X!

The Speed Pyramid



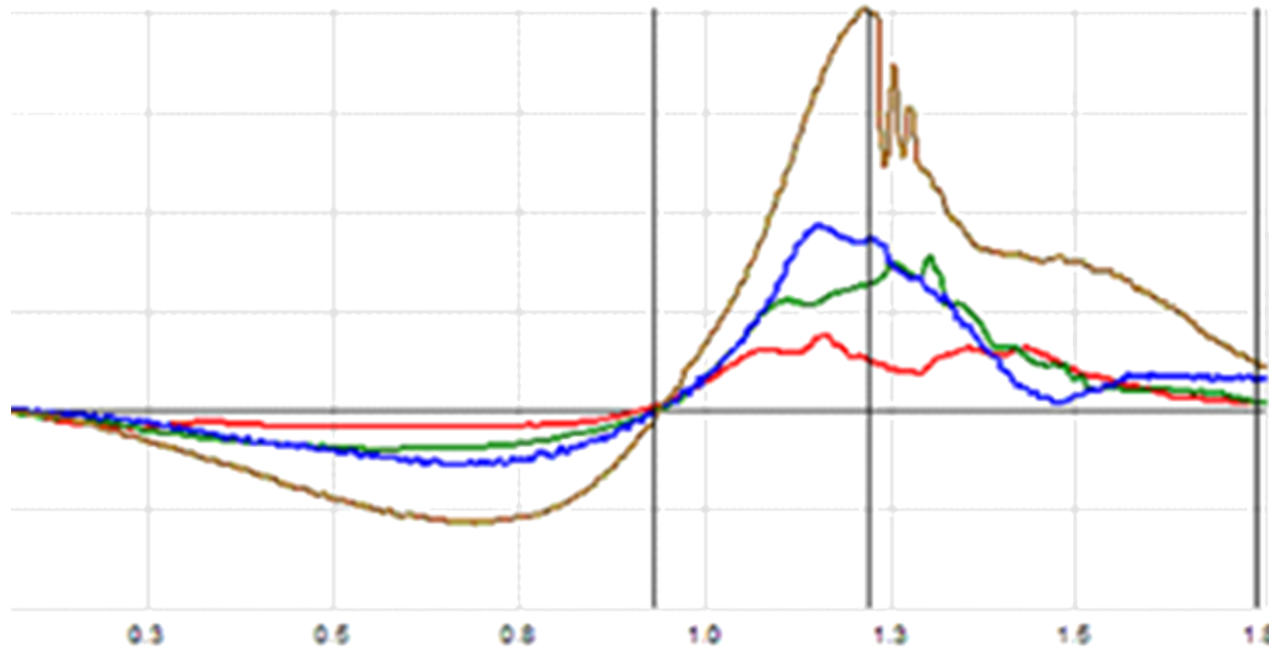


FAILARMY

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Rotational Sequencing is the interaction between different segments of the body which produce an exponential transfer of energy from one segment to the next.

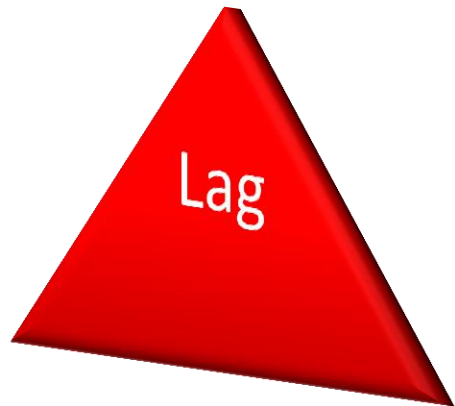
Rotational
Sequencing

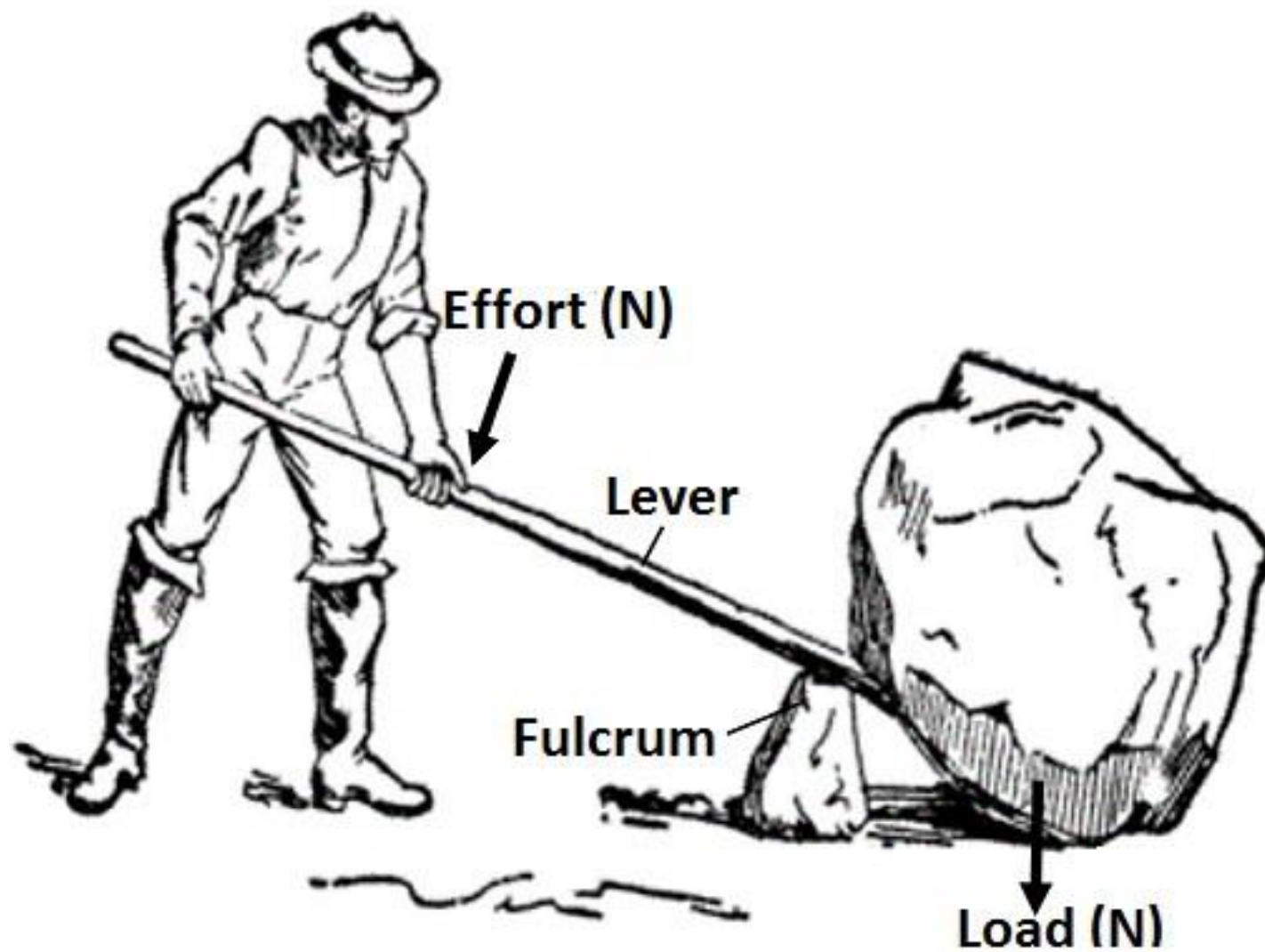




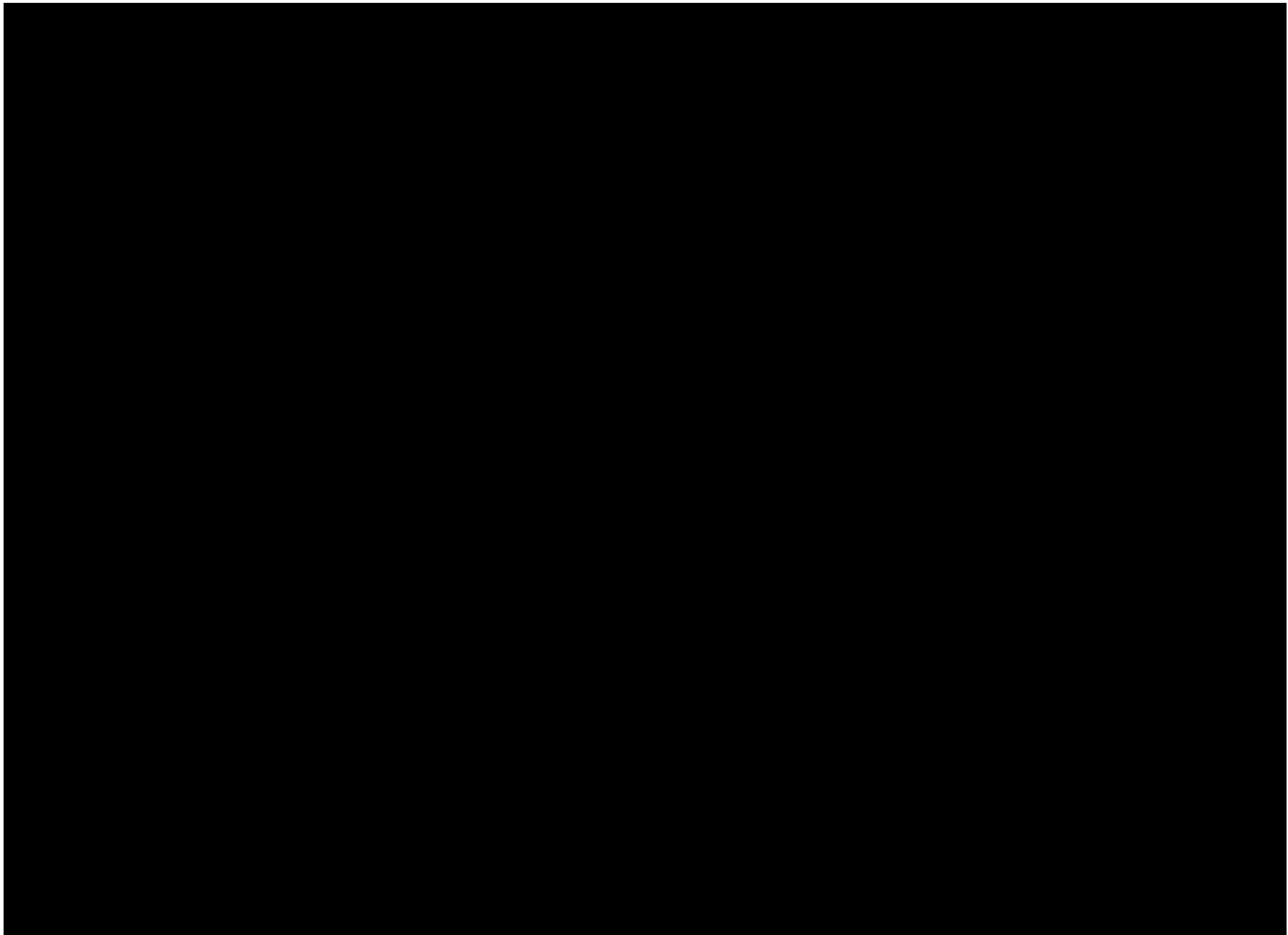
Lag describes the interaction between the the player's arms and club with a bend point in the middle at the wrists.

Lag is not Leverage











14
YDS
578
PAR
5

FRANKLIN
TEMPLETON
Shootout
Ω
OMEGA



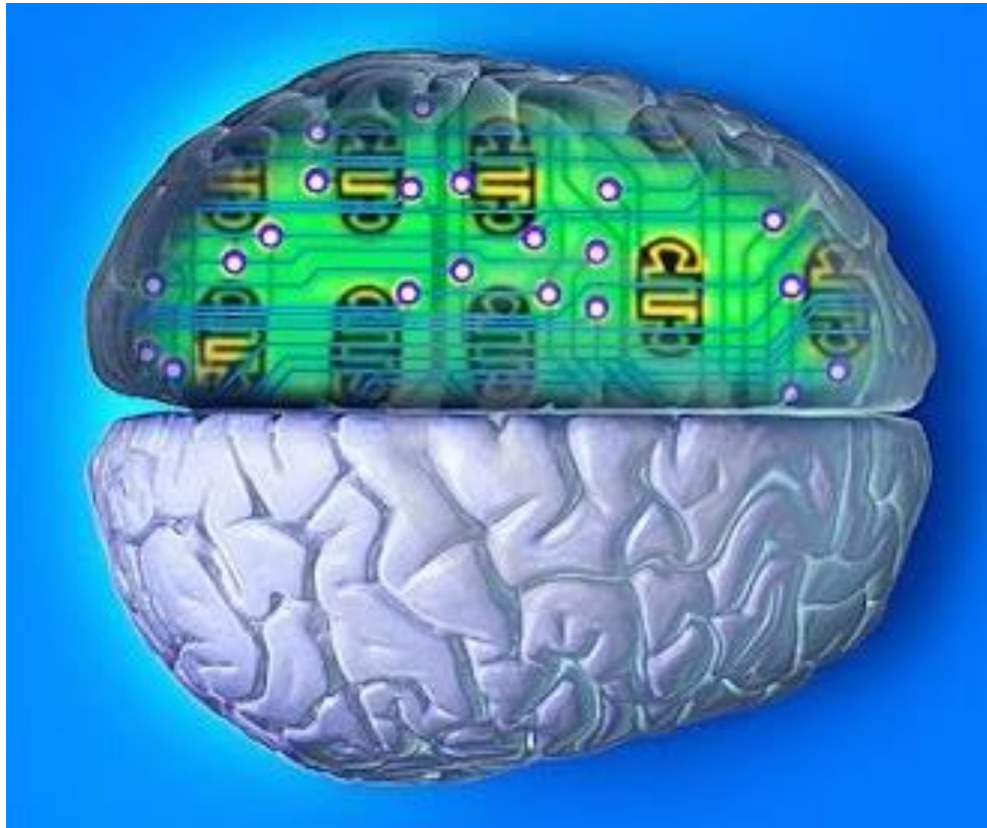
PLEASE
PLEASE
PLEASE



0:25 / 1:52



The Motor Program of the golf swing is controlled in the brain and is similar to a computer program.



This Motor Program has a “normal” neuromuscular reaction speed that we can change through specific training.

OverSpeed Training works to increase the overall reaction speed of a motor program by slightly reducing the load, allowing the neuromuscular system of the body to move faster than usual.



Adapting to Swinging Sports



- Baseballs as much as 40% Light and 40% Heavy
- Too Light reduces lower body engagement
- Too Heavy slows you down!

OverSpeed Training

Green Club – 20% Lighter



19% Faster

Blue Club – 10% Lighter



17% Faster

Red Club – 5% Heavier



12% Faster



Non-Dominant Training

- **Increases muscle activation**
- **Improves lead side stability**
- **Injury prevention**

Fitting SuperSpeed Golf



- **Sets for ages 5 and up**
- **Based on the player's driver weight**
- **Junior sets based on height and driver weight**
- **Error LIGHT!**

OverSpeed Training Effects

- **5% increase in swing speed after 1st session**
- **Permanent in 4-6 weeks of training**



OverSpeed Training Effects

- Improves early release and casting
- Improves transition sequencing and energy transfer
- Improves vertical force, torque, and CoPV



Speed Clinics at Your Facility

- **Increase Coaching Revenue**
- **Increase Product Sales**
- **Objective Speed Gains**
- **These Clinics go Viral!**





Contact Info:

mike@superspeedgolf.com