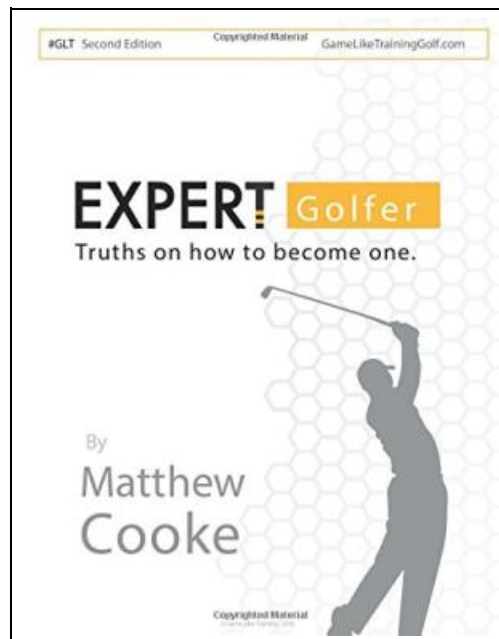


Expert Golfer: Truths on How to Become One (Paperback)



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Reviews

Thorough information! Its this sort of good read. It is actually written in straightforward words rather than confusing. I am just delighted to let you know that this is basically the best book we have read within my personal existence and can be the greatest pdf for actually.

(Dr. Henri Crona II)

EXPERT GOLFER: TRUTHS ON HOW TO BECOME ONE (PAPERBACK)



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AUTHORHOUSE, 2016. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.This golf book is second to none when it comes to educating both golfers and golf coaches on the various aspects of practice that enables the highest level of golf performance. There is a science when it comes to learning, and this golf book attempts to break it down into a pleasant read. When it comes to learning about golf most writings are based solely on mechanics, whereas this golf book goes to the cause, not the effect of all golfers problems - practice. Practice is the number one reason golfers stifle their skill development, and the overall goal of this golf book is change that. Golfers focus far too much on bashing golf balls rather than hitting golf shots. Expert Golfer is one of few golf book to compile evidence based coaching strategies that have been used out in the field. Whether you are a golf professional giving golf lessons on the driving range, or you are an avid golfer looking to get better and shave a few strokes off your game, this golf book is what you need. Motor learning, cognitive psychology, and neuroscience are domains that this golf book shares in a practical way. Some of the latest in elite performance research is broken down in a way that is much easier to read, whilst still upholding a scholarly vibe. You ll learn about: Group and individual training Varying the conditions for greater learning Interleaving and blocking practice sessions The effects of spacing and distributing during practice And a lot more! These are just some of the items discussed in this golf book! The best golfers in the world seem to leave their spectators in awe. Their high level of motor skill...



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