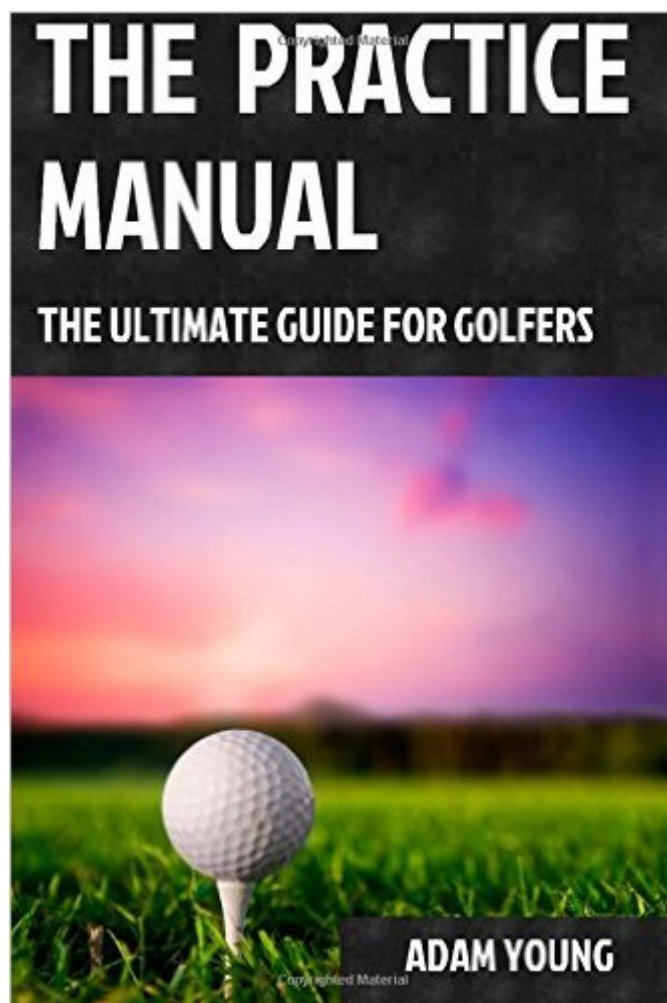


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# The Practice Manual: The Ultimate Guide For Golfers



## Synopsis

This book is the most comprehensive guide to improving your Golf EVER! A best-seller in the USA, UK, Canada, Germany and France, and featured on The Golf Channel, "The Practice Manual - The Ultimate Guide for Golfers" is creating a wave in the golf industry and changing the way we think about playing better golf. With golfers around the World hitting the driving ranges and not improving, it is time to do something different -- it's time to do something better. Using information from the latest in motor learning research, you will discover the key ingredients which make the ultimate practice plan. You will also find out where you have been going wrong all these years, and be able to quickly change for the better. If you are a keen golfer who likes to practice, or if you are an aspiring Tour Pro or College player, this book is a necessity. For Golf Coaches around the World, this book will transform the way you teach golf forever. IF YOU LOVE GOLF, YOU WILL LOVE THIS BOOK! LEARN ABOUT; Ball Flight Laws Developing Skill SIPFATS -- the key to improving quickly The truth about Consistency Differential and Variable Practice How to guarantee results with Performance Training And much more..... A definite Game-Changer

"We love to support the passion from golf teachers and coaches who want to grow the game. Adam is definitely one who commits to continuous learning and making a difference. He believes that the coaching of the future in golf will include more than technical knowledge." Lynn Marriott & Pia Nilsson Co-Founders VISION54

## Book Information

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## Customer Reviews

Short version : it's a very good book for getting you to focus on your practice routine and stresses the importance of being mindful during practice, and tracking and scoring your progress. This

instruction is geared towards trying to get you to apply your practice skills on the course and using measurable ways to improve. Longer version :If you're like me, you've spent a lot of time on ranges and practice greens, trying to improve, working with instructors, and just generally spending a lot of time hitting balls. If you're still like me, you probably HAVE improved, but feel like you could have used your time more wisely, or you've circled back too often onto things you should have already "mastered". You're probably even working on some of the same issues you were working on two years ago. This book is for you. The strength of the book is that his main ideas of what makes a good golf shot are simple and he never loses sight of them as he moves through the book. What are the main ideas. . . 1) Hit the ball in the center of the face, not too near the toe or heel. 2) Strike the ground in the right place, not too fat nor thin. 3) Make sure the clubface and path are correct (he demands that you understand the ball flight laws. If you're not willing to do that, don't read this golf book) 4) Faster club head makes the ball go further. Duh. 5) Finally, angle of attack and dynamic loft. He spends less time on those final two ideas. The key point he stresses is this (I quote verbatim), "'What' we achieve at impact is far more important than 'how' we achieve it. Ultimately, form should be changed only if it produces better function.

**MIGHT BE THE MOST IMPORTANT GOLF BOOK YOU'LL EVER READ** If you are a golfer that wants to improve, this book is a game changer! It might very well be the most important golf book you'll ever read. Here's why: for every 1,000 golf instruction books, articles, and videos, 999 involve the technical aspects of the swing (e.g. swing on plane, grip, hip turn) and 1 involves something else--course management, how to think about golf (think Bob Rotella), but statistically ZERO involve the most important topic-- HOW TO LEARN AND PRACTICE GOLF. If you've been in the golf world, you know that most player's handicaps go up not down, and most players don't make positive changes to their golf game, even after spending a lot of money on lessons. FINALLY, an instructor is addressing the HOW to learn and practice and not the WHAT to learn and practice. Even if all this book does for you is introduce you to the concept of thinking about HOW to learn and practice, it'll be worth a hundred times what you paid for it. We serious golfers have seen it over and over: The instructor tells a student something she or he already knows (start the downswing with your hips, don't come over the top, post up on your front leg, shift your weight forward on the downswing ...) and then the instructor gives the student, that just ponied up \$150 for an hour, a few drills to work on ... and then the student tries to implement the change ... but then a while later, the student reverts right back to their old habits and the only thing that changes is that the student wasted a lot of time and money. It is really sad. I know, I've been there; and I think it drives a lot of people out the

game.SO... BUY THIS BOOK! And do what Adam Young says! Stop wasting your time! Make those changes!

Adam Young's The Practice Manual is a MUST HAVE if you want to learn how to practice to become a better golfer. I have traveled the world seeking great golf instruction. I have been taught by some of the best instructors out there. I have sought out some of the most-respected mental coaches in the game. I'm a good player, but can't seem to get over the hump. Young, an instructor at Leadbetter La Manga Academy in Spain, provided exactly what I needed! Young's book does a nice job of describing the basics of how we learn fine motor control and how we can apply what the academicians know about acquiring motor skill to learning the crazy game of golf. The Practice Manual covers the following:How we learnHow to practice for technical adjustmentsHow to practice for skill developmentHow to practice for performanceHow to transfer your game to the courseGoal setting and quantifiable practiceHow to use statistics during practice to knock shots off your gameHow attention (where you place your focus) affects both learning and retention (as well as performance under pressure).How to schedule your practice effectively over the course of a day, week, month or even year (important for tournament players)If you can't get a ball airborne with a driver, or if you can't break 120, this book is probably not for you. But if you spend time practicing and hit the ball effortlessly on the driving range but not the golf course, I strongly encourage you to buy this book and devour it. I must warn you, however, that the methodologies described in are different than you will hear from nearly all "swing instructors.

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