



The Golf Swing: It's Easier Than You Think

By Chris Riddoch

Createspace, United Kingdom, 2012. Paperback. Book Condition: New. 226 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****. An effective golf swing will produce a thousand correct positions - but a thousand correct positions won't produce an effective golf swing . Using a thorough analysis of more than 200 research articles, author Chris Riddoch - a scratch golfer in his teens and one of the UK's leading sports scientists - explains why this statement is true. In *The Golf Swing*, he describes why we must avoid the endless technical complexities of the swing theory quagmire . He explains how dissecting the swing into countless angles and positions and trying to recombine them actually stifles our best learning weapon - our powerful, innate skill-learning mechanisms, which thrive on SIMPLICITY. *The Golf Swing* combines two sciences: golf swing mechanics and human skill learning. The result is an approach to swing development based on just four movement skills - KEY SKILLS - each of which can be learnt using the simplest of swing thoughts. In contrast to other books - which merely describe the swing - *The Golf Swing* explains the best way to learn it. Grounded...



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Reviews

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An exceptional pdf and the typeface employed was fascinating to see. Better than never, though I am quite late in starting to read this one. Your daily life span will be transformed as soon as you start looking at this publication.

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