



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

By Matthew Cooke

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...



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