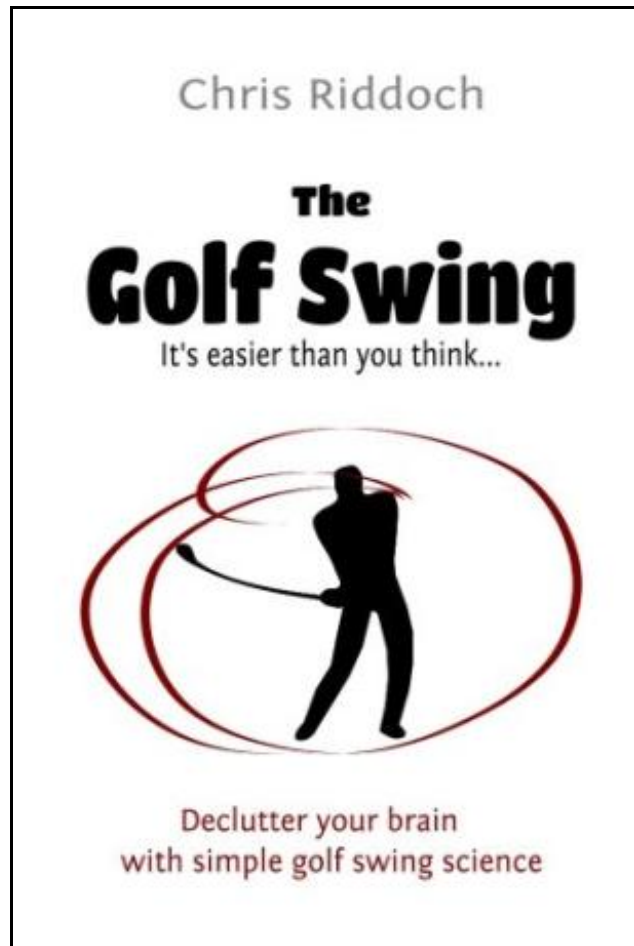


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THE GOLF SWING: IT S EASIER THAN YOU THINK



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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 firmly in high-quality science, yet written in a non-scientific, entertaining style, The Golf Swing cuts through the buzzing bewilderment that surrounds the golf swing. All golfers - from beginners to tournament professionals - will benefit. For any other human skill, we know we can do it, but we don t know how we do it. In the golf swing, it s the opposite - we know everything about how to do it, but we can t DO it . //.



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