



The Golf Swing: It's easier than you think

By Chris Riddoch

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'I'm impressed ... I can't wait to put the theory to the test.... A very readable exercise for the golfer who wants to understand the basics of the swing and how to put them to work.... I totally recommend this book to all golfers.' Golf Today, November 2012

'Simply, this is one of the best golf books written in recent years. Highly recommended...' Dan Parks, Editor in Chief, Journal of Applied Golf Research

The Golf Swing answers that eternal question: why is it so frustratingly difficult? And the answer is - because we make it difficult. This book explains the problem - the 'swing theory quagmire' that confuses and perplexes us. It goes on to outline the solution: a simple, effective, and enjoyable way to improve.

Using a scientific review of more than 200 research articles, author Chris Riddoch explains how dissecting the swing into a complicated sequence of angles and positions actually prevents improvement by stifling our powerful, innate skill-learning mechanisms. The way to a better golf swing is to liberate these mechanisms - which thrive on **simplicity**.

The Golf Swing adopts a modern, scientific approach, by combining two sciences: golf swing mechanics and human skill learning. The analysis goes well beyond simply describing a good swing - it explains how to get one.

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Editorial Review

Review

'This book is a must for all golfers ... it is easy to understand and will definitely take you deeper into the rabbit hole and closer to Wonderland. It is the perfect stocking stuffer...

SHAWN CLEMENT, PGA coach (Canada), November 2012

From the Author

There are many golf instruction books that do an excellent job of describing the 'perfect golf swing'. And that's the problem! They only describe... What's missing is anything about how the human body actually learns such a complex skill. Simply knowing what a good swing looks like is only half the battle - we also need to know how to learn it.

This book fills the gap. First, it explains the key mechanics of a powerful and accurate golf swing that all golfers should know. And then it goes further - it explains the best way to teach our bodies to perform those mechanics. It's a unique combination of two sports sciences - golf swing biomechanics and human skill learning.

The book isn't a new 'swing theory' - it's an up-to-date scientific analysis of more than 200 high-quality research papers on the golf swing. It's the scientific facts without the confusing fiction. And the result isn't the usual 'swing-of-a-thousand-positions' - it's a simpler and more effective way to develop a good golf swing. Golfers of all levels will benefit from this modern, scientific approach.

From the Back Cover

The Golf Swing uses the power of modern science to reveal the best way to swing a golf club. It explains why we currently find the task so difficult and how our brains have become cluttered with an excess of golf swing theory.

Author Chris Riddoch, a scratch golfer in his teens and now one of the UK's top sports scientists, explains how adopting a simpler approach is more effective, making maximum use of our powerful, innate skill-learning mechanisms. He also reveals how approaching the golf swing as a long series of 'perfect positions' is the greatest barrier to learning.

The Golf Swing is a scientific analysis based on more than 200 research articles, addressing both golf swing mechanics and effective learning and teaching strategies. The analysis identifies five key skills - four physical and one mental - that are essential to making an effective golf swing. Each skill is explained, together with simple strategies for learning them.

Grounded firmly in high-quality science, yet written in a light-hearted, entertaining style, *The Golf Swing* cuts through the buzzing bewilderment that surrounds the natural human skill of hitting a ball with a high-tech stick. All golfers - from beginners to tournament professionals - will find ways to improve the effectiveness of their golf swings.

Users Review

From reader reviews:

Amy McCarter:

This *The Golf Swing: It's easier than you think* book is not really ordinary book, you have after that it the world is in your hands. The benefit you obtain by reading this book is definitely information inside this reserve incredible fresh, you will get data which is getting deeper an individual read a lot of information you

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Patricia Howard:

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