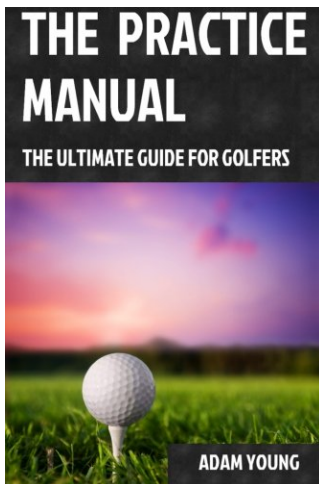


# [PDF] The Practice Manual: The Ultimate Guide For Golfers

Mr Adam Young - pdf download free book

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## Books Details:

Title: The Practice Manual: The Ulti

Author: Mr Adam Young

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## Description:

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**

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