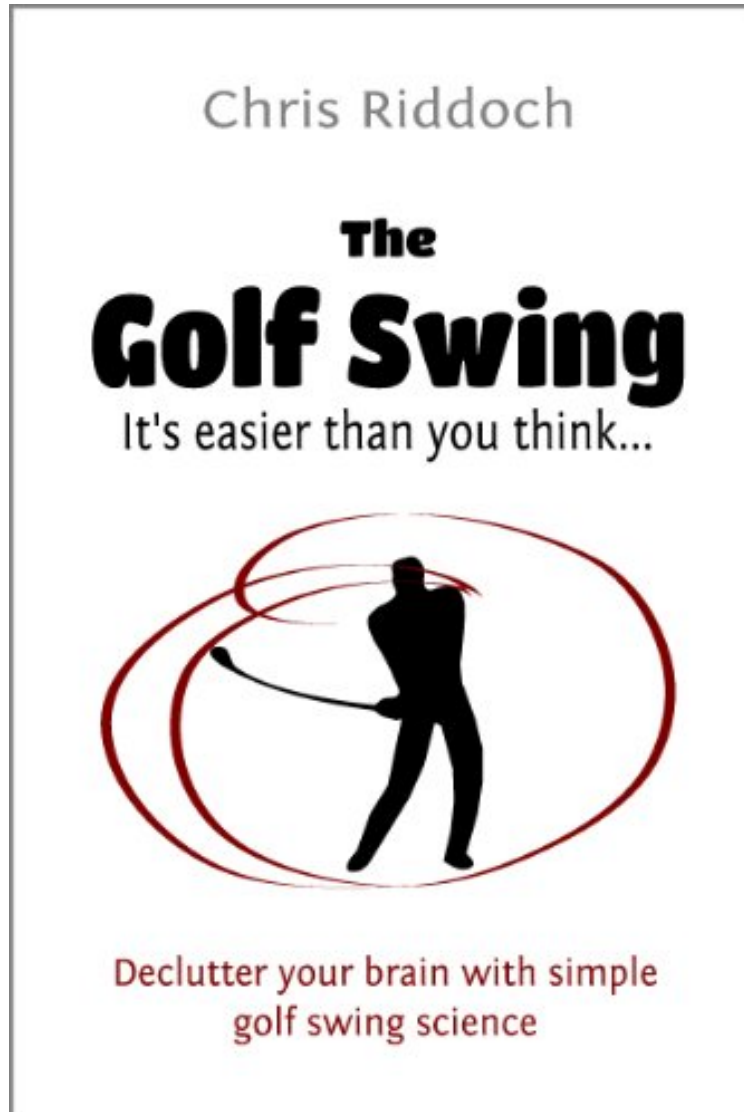


(Get free) The Golf Swing: It's easier than you think... (English Edition)

## The Golf Swing: It's easier than you think... (English Edition)

Von Chris Riddoch

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**Von Chris Riddoch : The Golf Swing: It's easier than you think... (English Edition)** before purchasing it in order to gage whether or not it would be worth my time, and all praised The Golf Swing: It's easier than you think... (English Edition):

KundenrezensionenHilfreichste Kundenrezensionen2 von 2 Kunden fanden die folgende Rezension hilfreich.  
Wertvoller Input fr Golfer - fr absolute Anfnger nur bedingt geeignetVon Joseph TuraDas Buch fasst wesentliche Grundstze zusammen, die tatschlich helfen knnen, zuverlssig bessere Golfschlge zu machen. Der Autor sttzt sich dabei auf wissenschaftliche Untersuchungen, allerdings ohne auf die Quellen im Text explizit einzugehen.Wenn man keine

golferischen Grundlagen hat, und sich mit der Technik des Golfschlags nicht ausreichend beschäftigt hat, ist dieses Buch wahrscheinlich nur bedingt hilfreich. Wenn man aber praktische und theoretische Erfahrung verfügt, kann es dabei helfen, das eigene Golfspiel zu verbessern. Dabei ist einer der Hauptgedanken, dass für fortgeschrittene Spieler die Beschäftigung mit Positionen im Golfschlag während des Schwungs der Qualität des Schwungs abträglich ist. Insgesamt ein tolles Buch, das man in wenigen Stunden ausgelesen hat. Mir hat es geholfen. 1 von 1 Kunden fanden die folgende Rezension hilfreich. Extern statt intern Von ntluis Die Ausrichtung auf Ziele außerhalb des eigenen Körpers klingt für die meisten Golfer im ersten Moment wahrscheinlich seltsam. Wie der Autor zeigt, ist diese Methode jedoch zuerst hilfreich, den persönlichen Golfschwung zu verbessern und konstanter zu machen. Lesenswert für alle, die schon einiges im Golf probiert haben und gerne weiter kommen wollen. 0 von 0 Kunden fanden die folgende Rezension hilfreich. Sehr aufschlussreich. Von Noreig Das Buch kann man nur wärmstens empfehlen. Ich hoffe, dass mit diesem Wissen mein Swing besser wird und Golfen noch mehr Spaß macht.

Kurzbeschreibung '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 the best golf book written in recent years. Highly recommended.' Dan Parks, Editor-in-Chief, Journal of Applied Golf Research, December 2012 The Golf Swing answers that eternal question: why is the golf swing 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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ber den Autor und weitere Mitwirkende Professor Chris Riddoch is a sport scientist who has been a teacher, coach, and researcher for more than 30 years. He has worked at the universities of Bath, Bristol, Middlesex, and Queen's (Belfast) and has degrees in both Physical Education and Sports Science. He has a PhD in Sport Physiology. Over his career he has published more than 200 research articles on sport and exercise science. Chris has top-level competitive experience in amateur golf, having achieved a scratch handicap at the age of 17. He represented his county (Cheshire) at junior and senior levels, and took part in two international trials (unfairly 'overlooked' both times, he explains!). He is a trained Physical Educator specialising in motor skill development, a qualified coach specialising in coaching children, and a researcher in the field of children and exercise. He is now retired from academic life and writes sport performance books to help players of all abilities to achieve their full potential. He lives in the beautiful city of Stockholm, Sweden, with his wife Maya.