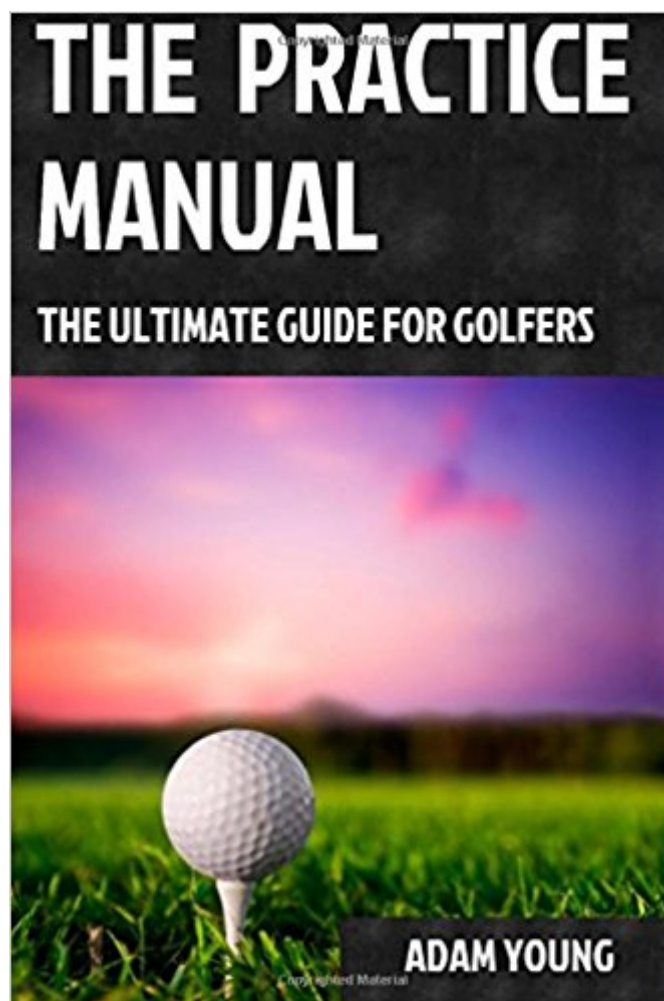


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# The Practice Manual: The Ultimate Guide For Golfers



## Synopsis

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

## Book Information

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## Customer Reviews

"A very well thought out, researched and written book. There are already many concepts I am playing around with. This book has become the template for my own game and my teaching. I have

moved this direction over the last 5 or so years, but there is so much gold in how this book is put together." Grant Waite - PGA tour winner and Champions Tour player with the 3rd best final round in PGA tour history (60) "The Practice Manual is a must read for every golfer that is committed to performance improvement. Adam Young has done the most difficult work for all of us. If long lasting performance improvement is your goal, identify your individual priorities and apply the components specific to your game that Adam has so clearly defined in the Practice Manual." Ron Gring - named Golf Magazine's top 100 instructors 10 years in a row, Golf Digest's #6 best teacher in State, as well as an instructor to several winning tour players. "The Practice Manual is a must read for every passionate coach or player. It's an A to Z for practice containing both drills, together with learning theory and concepts. Every coach or player will find something valuable within the book that assists them improve. Adam is a very talented coach and sure to make an impact in your golf through this book!" Jonathan Wallett, Tour coach and owner of Elite Coaching Golf Academy "It's a fantastic book. If you are someone who practices, you need to get this book. If you are a golf professional, you need to get this book. If you want to get better, you need to get this book." Martin Hall, Golf Channel presenter, 2008 PGA of America National Teacher of the Year, Master professional of PGA

Working at some of the World's leading golf academies, and with thousands of hours of teaching experience to elite players and rank beginners, Adam has a very unique perspective on learning the greatest game ever - Golf. Owner of a popular Golf blog ([www.AdamYoungGolf.com](http://www.AdamYoungGolf.com)), Adam teaches more about the learning processes, taking inspiration from the latest research into motor learning. Adam's writing is popular with both teachers and players of this game.

Short version : it's a very good book for getting you to focus on your practice routine and stresses the importance of being mindful during practice, and tracking and scoring your progress. This instruction is geared towards trying to get you to apply your practice skills on the course and using measurable ways to improve. Longer version : If you're like me, you've spent a lot of time on ranges and practice greens, trying to improve, working with instructors, and just generally spending a lot of time hitting balls. If you're still like me, you probably HAVE improved, but feel like you could have used your time more wisely, or you've circled back too often onto things you should have already "mastered". You're probably even working on some of the same issues you were working on two years ago. This book is for you. The strength of the book is that his main ideas of what makes a good golf shot are simple and he never loses sight of them as he moves through the book. What are

the main ideas. . .1) Hit the ball in the center of the face, not too near the toe or heel.2) Strike the ground in the right place, not too fat nor thin.3) Make sure the clubface and path are correct (he demands that you understand the ball flight laws. If you're not willing to do that, don't read this golf book)4) Faster club head makes the ball go further. Duh.5) Finally, angle of attack and dynamic loft.He spends less time on those final two ideas.The key point he stresses is this (I quote verbatim), "'What' we achieve at impact is far more important than 'how' we achieve it. Ultimately, form should be changed only if it produces better function. Form changes should not be made to simply look more like a model, or to achieve some kind of pretty symmetrical look."I don't want to misrepresent him. He believes that swing flaws need to be addressed through instruction. He's an instructor himself, so he's not poo-poo'ing instruction; he's just giving the reader a lot of things to focus on to help the reader improve.Basically, after outlining WHAT the reader should be trying to achieve, he spends the rest of the book explaining the means to go about getting it. And, believe me, this book is not for someone looking for a shortcut.This is about going out and making sure you're hitting the center of the face to a certain degree of precision (based on handicap level)You got that?Good. Now, start working on hitting the ground in the right place a significant amount of the time.Got that?Start working on getting your club path and face right.You got all that? Move on to the next level and tighten the parameters on every one of those things.At no point does he talk about what to do with ball position, grip, posture, etc. He seems to be of the opinion that you'll figure a lot of those things out on your own in your process of practicing impact.In addition to drills and techniques to measure these things (he also gives parameters for improvement based on handicap level), he presents a very interesting look at the mental game of golf. He breaks "swing thoughts" down into 5 categories. . .-Internal (an idea like "keep your left arm straight" or "head still" or "shift weight")-External process. I'd say, "what you do with the club." (an idea like "hit the ground in the right place")-External result. I'd say, "what you do with the ball." (an idea like "draw the ball" or "flight the ball low")-Neutral. (an idea like "1 2 3 go" or a breathing exercise while you're hitting)-Transcendental. (essentially no thoughts at all).He offers the strengths and weaknesses of each, but more importantly, and this is a key idea concerning everything in the book: **EXPERIMENT WITH THEM AND SEE WHICH WORKS BEST FOR YOU**, on the range and the course.So, I think that's enough to give you an idea of what the book is about and the author's focus. I'm not going to explain in a page what he uses 400 pages to do. He has a lot of other fun/interesting/useful ideas in the book that I've already implemented in my practice. E.g. as he mentions, you don't play golf from perfect lines off flat surfaces, so get good at adapting and being athletic. . .do a Happy Gilmore swing. Do a swing where you start by hovering the club a foot above the ball. Try a claw grip for full

swing. Try a cross-handed grip. Etc etc. Cons: he's somewhat wordy and repetitive about his ideas. I kept wanting to get to sections on practice and it felt like, "you're harping on this again?" He has a section on the process of change where he comes up with an acronym (SIPFATS) to help you remember the process. It almost seemed unnecessary in light of the other yardsticks and techniques he offers. In summary, I don't know if the book is going to drop my handicap or if it will be THE LAST GOLF BOOK I'LL EVER NEED!!! but for a guy who feels like he's put in a lot of work, and could use a jolt to get off the current plateau, I feel like I'm all of a sudden armed with a whole new box of tools to do that. For now, 8/10. Get back to me in a year. I could find it utterly useless, but if I had to guess, I think it's more likely I'd move the book into the 9+ range. I think it's going to prove to be quite useful. One final thought if anyone has made it this far: I think this would be an excellent book for instructors to read. I've liked the instructors best in my life who have talked about contact, and ball direction more prominently than swing positions (I had a guy once who, when I asked him about my foot alignment, said, "you don't hit the ball with your feet". Sure, he talked about footwork a little, but something like lining your feet up right. . . wasn't meaningful to him).

This is an excellent book! For someone who is very analytical like me, this is perfect. It takes all the things you kind of knew before, but spells it out and the reasons for it. I've started to incorporate a lot of his suggested "gameifying" ideas into my practice. I have not only started to see improvement in very little time, but it helped me keep better focus within my practice sessions. For anyone that is serious about improving, especially if they are very limited on time, this is a must read.

I restarted playing golf when I turned 29. I dabbled in trying to teach myself the game because I thought to myself it's golf. I struggled for about two months and then luckily started a group coaching golf program that Adam is currently running. I bought his book and read it while attending many of the classes. Adam has helped me get my scores from the high 20s to the high teens in about seven months since I started the program. A lot of people search for consistency in their game but do not realize that so much of this game is mental! Along with helping to understand the ball flight laws and learning how to practice. Adam talks about how to optimize your performance golfing out on the course. For example, we may be working on a feeling during our swing on a given day on the course and play horrible. Adam would call this an internal locus of attention and maybe while beating balls on the range we may be having good/decent results this locus of attention, but it may not help us optimize our performance in the course. Like myself I focus externally on the ball swinging away with what I have for a given day and learning to understand that has helped me

tremendously. This is NOT a "how to golf" book instead Adam has broken down how to mentally prepare by managing your expectations, engage in different types of practice (experimental, differential, transference, etc) to help boost your performance on the golf course. I can say that after reading the book, working with Adam, and continuing to see improvement in my game has made me totally obsessed with golf. I would also recommend Adam free blog at [adamyounggolf.com](http://adamyounggolf.com) to get snippets of his coaching style!

Great book on human learning, not so great book on applying it to Golf (imo). I think the book has some good concepts and probably goes into too low level detail in some aspects, but needs to be more directive on golf practice suggestions and practical training for the different areas of the golf game. I believe the existing materials could be simplified and just explain that there are different approaches to learning and we have to find what works for us and possible sequences of the learning. Then, go into different example practices for the sand game, driving, putting, short game, irons and provide drills that could be used for the different learning approaches. We do get 3 example students in the book (one being a potential pro which nobody really can relate to), but the examples was not enough for me. That part of the next version should be expanded upon. Overall, not a bad book and definitely unique. I was hoping for more.

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