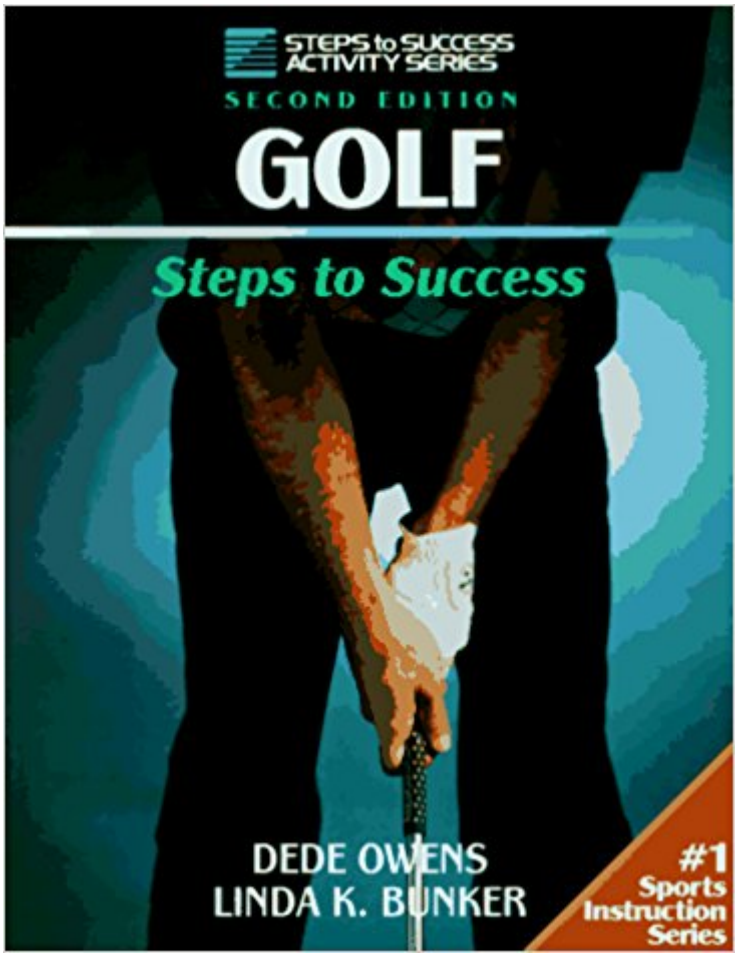
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Golf-2nd Edition: Steps To Success



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Synopsis

This second edition provides more than 80 drills and practice techniques that should help golfers of all abilities improve their game. By following the book’s sequential programme of lessons and drills and by studying the 180 illustrations that show proper form, golfers should learn to make great shots no matter which club they are using. The drills in the book provide instructions for increasing or decreasing the difficulty depending on ability level, and the accompanying list of "success checks" provide golfers with key points to remember when performing each drill. With this book, golfers will learn how to develop a consistently good swing motion; control the flight pattern of the ball by hitting the ball with the proper club angle; properly execute a pitch shot, chip shot and two different types of sand shots; develop a good putting stroke; and accurately read the contour of greens.

Book Information

Series: Steps to Success

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Customer Reviews

DeDe Owens, EdD, is the Director of Instruction at Cog Hill Golf Club in Lemont, Illinois and a member of the Wilson Sporting Goods staff and Golf Digest Magazine professional staff. A former golfer on the Ladies Professional Golf Association tour, she holds the LPGA’s Master Teacher ranking. She has been selected Midwest LPGA Teacher of the Year five times (1989-1993) and was the LPGA Teacher of the Year in both 1978 and 1993. She is currently the national president of the LPGA Teaching Division. In 1986 Dr. Owens received the Joe Graffis Award from the National Golf Foundation for her "outstanding contribution to golf education." She is a full-time golf professional and consultant who has also shared her skills as a faculty member at the University of North

Carolina, Delta State University, Illinois State University, and the University of Virginia. She has received the Distinguished Alumni Award from both the University of North Carolina at Greensboro and the University of Virginia. Dr. Owens has coauthored five books: Golf for Special Populations, Golf: Better Practice for Better Play, Advanced Golf: Steps to Success, Teaching Golf: Steps to Success, and Coaching Golf Effectively, all published by Human Kinetics. Linda K. Bunker, PhD, is a professor of physical education and Associate Dean for Academic Student Affairs at the University of Virginia. She is a consultant for both the National Golf Foundation and the Ladies Professional Golf Association and is on the advisory boards of the Women's Sports Foundation and the Melpomene Institute, the Minneapolis-based research institute for women in sport. Dr. Bunker has worked as a consultant to the Holland Golf Team and has given golf workshops for PGA professionals from Japan, Holland, and the United States. In 1994 she received the President’s Award from the Women’s Sports Foundation and was also elected to the American Academy of Kinesiology and Physical Education. She currently works with professionals on the LPGA and PGA tours. Widely published, she has written over 50 journal articles and is the coauthor of many other books, including Mind Mastery for Winning Golf; Mind, Set and Match; Sport Psychology; Maximizing Sport Potential; Parenting Your Superstar; The Courtside Coach; Golf: Better Practice for Better Play; Advanced Golf: Steps to Success; Teaching Golf: Steps to Success; and Coaching Golf Effectively.

Ms. Owens was a tutor to the pros. And she was a professional beyond measure. We just "discovered" her this year and value her wisdom.

This is a great book for beginning golfers or golf instructors. It has large illustrations that are easy to see and understand. What I like most is the drills that are provided at the end of each chapter. The drills help beginning golfers get a feel for the swing by breaking down different components of the swing into simple exercises they can do with and without a ball.

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