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David Leadbetter's Positive Practice

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David Leadbetter, the world's No. 1 golf coach and bestselling author, reveals how you can increase the effectiveness of time spent away from golf course so that you can enhance your performance on it.

In *Positive Practice,* his absorbing look at the "game within a game," Leadbetter underlines three key elements of practice: the pre-match warm-up session, the focused technical workout and the mental preparation that enables a player to meet the challenges out on the course. Supported with a number of fascinating insights into the world of tournament golf, Leadbetter's teaching ideas provide a thoroughly professional approach to understanding which areas of your game require the most attention and explains how to develop a realistic practice schedule within limited time restraints.

Following a refresher course on the fundamental lessons of grip and set-up and the basics of building a solid swing, Leadbetter presents proven methods of developing your practice ground technique, covering both the long and short game as well as the more difficult "mental game." At the same time he shares the drills and exercises that have become his trademark and also offers advice on aspects of physical training that can help a golfer maximize his or her strength and flexibility.

For the vast majority of golfers, practice means time that until now has been ill-disciplined and poorly focused. David Leadbetter's *Positive Practice* is guaranteed to transform this approach and inspire a whole generation of golfers to greater success out on the course.

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