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The Original Baseball Golf Swing Method

Don Peterson, Phil Nero

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Train Your Body to Play Great Golf Using the Natural Motions of Baseball by Don Peterson w/ Phil Nero The Original Baseball Golf Swing Method emphasizes the similarities between baseball and golf swings in presenting a series of precision and power drills to help anyone play better golf. Don Peterson, PGA professional and a popular Atlanta-based teaching pro, based this book on his previously published instructional manual of 27 drills. In this expanded publication, Peterson with writer Phil Nero complied and edited training techniques illustrated with hundreds of photos and graphics. Davey Johnson, formerly of the New York Mets writes in the foreword: "Although this book may not be the first time someone has made [the] connection between the athletic motions shared by baseball and golf, the presentation of concepts, drills and training routines is ... the most comprehensive connection yet." The drills take a ground-up approach, beginning with simple weight transfer principles. Baseball-Golf then connects the correct motions of the legs, hips, torso, shoulders, arms, and hands that combine to produce the kind of golf swing golfers desire.

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