



Expert Putting: The Science Behind the Stroke

By Chris Riddoch

Createspace, United States, 2013. Paperback. Book Condition: New. 226 x 150 mm. Language: English . Brand New Book ***** Print on Demand *****. Putting mechanics aren't a problem - controlling the mechanics is. The putting stroke is the one of the simplest, smallest movements in sport, but it causes golfers endless anguish and frustration. Expert Putting explains why this is the case, and describes the scientific route to relieving the anguish and easing the pain. Using a scientific review of over half a century of research, author Chris Riddoch - a county golfer, and one of the UK's leading sports scientists - explains how treating the putting stroke as a rigid pendulum stifles our innate muscular control systems. Expert Putting approaches the putting stroke not as a rigid pendulum, but as a subtle motor skill, requiring judgement, vision, imagery, and thought control skills, as well as sound mechanical fundamentals. This book is the first to bring these diverse skills together, and combine them into a simple, scientific putting method. The skills are simple, so there is no barrier to anyone becoming an expert putter. All golfers, from beginners to tournament professionals, will benefit from reading this book.



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