

# sure golf training aid

**sure golf training aid** devices have become essential tools for golfers aiming to improve their skills efficiently and effectively. These aids provide targeted feedback and practice opportunities that help refine swing mechanics, increase accuracy, and boost overall performance. Whether a beginner or an experienced player, incorporating a sure golf training aid into practice routines can accelerate learning and build consistent habits. Golf training aids vary widely, from swing analyzers to putting mats, each designed to address specific aspects of the game. Understanding how to choose and use the right training aid is critical to maximizing its benefits. This article explores the types of sure golf training aids available, their advantages, how to select the best one, and tips for integrating them into practice sessions.

- Understanding Sure Golf Training Aids
- Types of Sure Golf Training Aids
- Benefits of Using Sure Golf Training Aids
- How to Choose the Right Sure Golf Training Aid
- Tips for Effective Use of Sure Golf Training Aids

## Understanding Sure Golf Training Aids

A sure golf training aid refers to any tool or device specifically designed to assist golfers in practicing and improving various facets of their game. These aids focus on critical elements such as swing path, grip, stance, alignment, and putting stroke. By providing immediate feedback, they help golfers identify errors and make necessary adjustments. The development of sure golf training aids has been driven by advances in technology and a deeper understanding of golf mechanics.

## The Purpose of Sure Golf Training Aids

The primary goal of sure golf training aids is to enhance skill acquisition and consistency. These tools serve as extensions of coaching, enabling players to practice with precision outside of formal lessons. They are engineered to isolate specific components of the golf swing or putting technique, allowing for focused improvement. Whether used independently or alongside professional instruction, sure golf training aids contribute to faster progress and reduced frustration.

# How Sure Golf Training Aids Work

Sure golf training aids typically operate by providing visual, tactile, or auditory feedback. For example, alignment sticks help with proper setup, while impact bags give a sensation of correct ball contact. More advanced aids use sensors and software to analyze swing metrics such as club speed, angle, and tempo. This data-driven approach enables golfers to track performance over time and make data-informed adjustments to their technique.

## Types of Sure Golf Training Aids

There is a broad spectrum of sure golf training aids tailored to different areas of the game. The selection depends on the golfer's goals and skill level. The most popular categories include swing trainers, putting aids, alignment tools, and fitness equipment designed for golf-specific conditioning.

### Swing Training Aids

Swing training aids are designed to improve the mechanics of the golf swing. These tools help golfers develop proper swing plane, tempo, and release. Common examples include weighted clubs, swing trainers with resistance bands, and devices that encourage correct wrist hinge. Some advanced swing aids incorporate electronic sensors to provide detailed feedback on swing path and clubface angle.

### Putting Training Aids

Putting aids focus on enhancing stroke consistency, speed control, and alignment. These can range from simple putting mats with distance markers to laser-guided alignment tools. Training aids like putting mirrors and stroke trainers allow golfers to observe and correct head position and hand movement during the stroke. Mastering putting with these aids can significantly lower scores.

### Alignment and Setup Aids

Proper alignment and stance are fundamental to successful golf shots. Alignment sticks, guides, and stance trainers help golfers position their feet, hips, and shoulders correctly relative to the target. These aids promote muscle memory for consistent setup, which is essential for accuracy and shot shaping.

### Golf Fitness and Flexibility Aids

Physical fitness is critical to achieving an effective golf swing. Flexibility trainers, balance boards, and resistance bands designed for golf conditioning improve strength, balance, and mobility. Incorporating fitness aids into training regimens supports injury prevention and enhances overall swing performance.

## **Benefits of Using Sure Golf Training Aids**

Integrating sure golf training aids into practice offers a range of advantages that contribute to improved performance on the course. These benefits extend beyond technical skill enhancement to include mental and physical aspects of the game.

### **Enhanced Skill Development**

Sure golf training aids provide focused practice opportunities that accelerate skill development. By isolating specific elements of the game, these tools enable efficient correction of faults and reinforcement of proper techniques. This targeted approach reduces the time needed to see measurable improvement.

### **Consistent Practice Feedback**

One of the key benefits is the immediate feedback offered by many training aids. Whether through tactile sensation, visual cues, or digital data, golfers receive instant information on their performance. This feedback loop is vital for effective learning and helps maintain motivation during practice sessions.

### **Increased Confidence and Performance**

Regular use of sure golf training aids builds confidence by establishing reliable swing mechanics and putting routines. Confidence gained through structured practice translates to better performance under pressure during competitive play. Golfers can trust their skills and make better decisions on the course.

### **Convenience and Flexibility**

Many sure golf training aids are portable and easy to use in various settings, including at home, driving ranges, or practice greens. This accessibility allows golfers to practice more frequently and adapt training to their schedules. Convenient access to training aids encourages consistent practice habits.

# How to Choose the Right Sure Golf Training Aid

Selecting an appropriate sure golf training aid requires consideration of individual goals, skill level, and budget. The right tool should address specific weaknesses and complement existing practice routines.

## Identify Training Needs

Evaluating current strengths and weaknesses is the first step in selecting a training aid. For example, golfers struggling with swing plane should prioritize swing trainers, while those needing better putting alignment might focus on putting aids. Understanding personal goals ensures the training aid provides maximum benefit.

## Consider Skill Level

Beginners may benefit more from basic aids that build foundational skills, whereas advanced players might require sophisticated devices with detailed analytics. Training aids should match the user's experience to avoid frustration and ensure progressive skill development.

## Evaluate Features and Usability

Important features include ease of use, durability, and portability. Some aids require additional technology like apps or sensors, which may enhance functionality but add complexity. Choosing a user-friendly device encourages consistent use and better practice outcomes.

## Set a Realistic Budget

Sure golf training aids vary widely in price. Establishing a budget helps narrow options and prevent overspending. Investing in a quality aid that aligns with goals is preferable to purchasing multiple less effective tools.

## Tips for Effective Use of Sure Golf Training Aids

Maximizing the benefits of sure golf training aids depends on proper usage and integration into a structured practice plan. The following tips help ensure training aids contribute positively to skill improvement.

## **Follow Manufacturer Instructions**

Carefully reading and adhering to instructions ensures correct use of the training aid. Misuse can lead to developing bad habits or injury. Understanding how the aid works allows for better learning and safety.

## **Combine Training Aids with Professional Coaching**

Using training aids alongside lessons from a golf instructor can amplify progress. Coaches can provide personalized feedback and help interpret data from electronic aids. This combination ensures that practice is aligned with sound swing principles.

## **Set Clear Practice Goals**

Establishing specific objectives for each practice session helps maintain focus and measure improvement. Goals might include improving swing tempo, increasing putting accuracy, or enhancing balance. Training aids should be used to support these targeted aims.

## **Practice Regularly and Consistently**

Consistent practice is crucial for skill retention and improvement. Scheduling regular sessions with sure golf training aids helps build muscle memory and confidence. Short, focused practice periods often yield better results than infrequent, lengthy sessions.

## **Track Progress and Adjust Training**

Monitoring improvements and challenges over time helps refine practice strategies. Many modern training aids provide data tracking features that facilitate progress analysis. Adjusting training focus based on feedback ensures continuous development.

## **Maintain Equipment Properly**

Proper care and storage of training aids extend their lifespan and reliability. Regular maintenance prevents damage and ensures the aids function as intended during practice.

# Conclusion

Sure golf training aids are valuable resources for golfers seeking to elevate their game through targeted practice and precise feedback. By understanding the types available and selecting aids that align with individual needs, players can experience accelerated skill development, increased confidence, and enhanced performance. Incorporating these tools thoughtfully into training routines, along with professional guidance, maximizes their effectiveness and contributes to sustained improvement on the golf course.

## Frequently Asked Questions

### What is the Sure Golf Training Aid?

The Sure Golf Training Aid is a device designed to help golfers improve their swing consistency, alignment, and overall performance by providing visual and physical feedback during practice.

### How does the Sure Golf Training Aid improve my golf swing?

It helps by promoting proper swing mechanics, ensuring correct wrist positions, and aiding in maintaining the correct swing path, which leads to better ball striking and accuracy.

### Is the Sure Golf Training Aid suitable for beginners?

Yes, the Sure Golf Training Aid is suitable for golfers of all skill levels, including beginners, as it provides clear guidance and helps develop good habits from the start.

### Can I use the Sure Golf Training Aid indoors?

Absolutely, the training aid is compact and portable, making it easy to use indoors for practice sessions without needing a full driving range.

### What features make the Sure Golf Training Aid popular among golfers?

Its ease of use, portability, effectiveness in improving swing mechanics, and ability to provide instant feedback are key features that make it popular.

### Does the Sure Golf Training Aid help with putting as well as driving?

While primarily designed for full swings and iron play, some models or versions of the Sure Golf Training Aid include components to assist with putting stroke alignment and consistency.

## How long does it typically take to see improvement using the Sure Golf Training Aid?

Most golfers notice improvements within a few weeks of regular use, especially when combined with consistent practice and proper instruction.

## Is the Sure Golf Training Aid compatible with all golf clubs?

Yes, the Sure Golf Training Aid is designed to be versatile and can be used with most golf clubs, including drivers, irons, and wedges.

## Where can I purchase the Sure Golf Training Aid?

The Sure Golf Training Aid can be purchased online through the official website, major golf retailers, and popular e-commerce platforms like Amazon.

## Additional Resources

### 1. *The Ultimate Guide to Sure Golf Training Aids*

This comprehensive book explores the most effective golf training aids designed to improve your swing, accuracy, and overall game. It covers a range of tools from alignment sticks to putting mats, explaining how and when to use each aid. Whether you are a beginner or an experienced golfer, this guide helps you select the right training equipment to maximize your practice sessions.

### 2. *Mastering Your Swing with Golf Training Aids*

Focused on swing mechanics, this book dives deep into how various training aids can help correct common swing faults. Detailed instructions and drills are provided for aids such as swing trainers, weighted clubs, and tempo devices. The book emphasizes consistency and muscle memory development for lasting improvement.

### 3. *Putting Perfection: Training Aids for the Green*

Putting is often the most challenging aspect of golf, and this book highlights training aids specifically designed to enhance your putting skills. From laser guides to putting mirrors, it explains how these aids can improve your alignment, stroke, and distance control. Practical tips and practice routines make it easy to incorporate these aids into your daily training.

### 4. *Golf Training Aids for Beginners: Start Strong*

Ideal for new golfers, this book introduces simple and affordable training aids that build foundational skills. It covers aids that improve grip, stance, and basic swing techniques. The book also includes advice on how to set up a home practice area using these tools.

### 5. *Advanced Golf Training Aids: Taking Your Game to the Next Level*

Designed for experienced players, this book reviews high-tech training aids like launch monitors, swing analyzers, and virtual simulators. It explains how to interpret data and use feedback from these devices to fine-tune your game. The book also offers strategies for integrating technology with traditional practice methods.

### 6. *Correcting Common Golf Swing Flaws with Training Aids*

This practical guide identifies frequent swing problems such as slice, hook, and inconsistent tempo,

and recommends specific training aids to address each issue. Step-by-step instructions and drills help golfers apply these aids effectively. The book aims to help players develop a more reliable and repeatable swing.

#### *7. The Science Behind Golf Training Aids*

Exploring the biomechanics and physics involved in golf, this book explains why certain training aids work and how they influence muscle memory and coordination. It provides scientific insights into the design of popular training tools and how to use them for optimal results. Golfers gain a deeper understanding of the relationship between training aids and performance.

#### *8. Home Golf Practice: Training Aids and Setup Tips*

This book is perfect for golfers who want to practice at home using training aids. It offers advice on choosing space-efficient aids like putting mats and swing trainers, and gives tips for creating an effective practice environment. The book also includes routines that maximize the benefits of home practice sessions.

#### *9. Golf Training Aids for Mental Focus and Confidence*

Beyond physical technique, this book highlights training aids that help improve mental aspects of golf, such as focus, relaxation, and confidence. It covers tools like biofeedback devices and visualization aids, along with exercises to enhance mental toughness. The book teaches golfers how to combine physical training with mental preparation for peak performance.

## **Sure Golf Training Aid**

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**sure golf training aid: The Sure Thing** Eric Adelson, 2009-06-23 Michelle Wie couldn't miss. No way. Big success? It was only a matter of time. At four she could drive a golf ball a hundred yards. At ten she was outdriving adult male golfers in her Honolulu hometown-from the back tees. At thirteen she won the Women's Amateur Public Links, becoming the youngest person ever to win a USGA championship. The next year she was playing in LPGA and PGA Tour tournaments. At sixteen she was earning eight figures in endorsements. Yet by the time she turned eighteen, Michelle Wie was already branded a failure, a has-been, a victim of injuries, bad choices, and-worst of all-really terrible putting. How was it possible? How did this happen? How did she go from being the next big thing to the latest big bust? The Sure Thing is a gripping and intimate portrait of the meteoric rise, fall, and uncertain future of the greatest sports phenom of the twenty-first century. Award-winning writer Eric Adelson takes us inside Michelle Wie's world, showing her to be a bubbly, astonishingly normal girl trapped in a world of outsize expectations. In chronicling Wie's career, Adelson establishes a new gold standard for reporting on the growing convergence of professional sports, marketing, and mass entertainment in the Internet Age.

**sure golf training aid: Scratch Golfer 2.0** HowExpert, Michael Leonard, 2017-10-14 Have you dreamed about becoming a scratch golfer? Do you wish that you could casually and consistently score in the low 70's or even sneak in a round under par? Well, let me tell you that is definitely possible with hard work, determination and these principles to help you finally breakthrough in golf.

You may be thinking...I'm shooting in the 90's, there is no way I can become a scratch golfer. I disagree -- why? Within five years I was able to go from shooting a 122 to shooting a 72. Yes, I was able to score 50 shots better in a matter of years. I'd love to say it's as easy as "follow these five steps" or "shoot par golf tomorrow" but it would be a lie. Golf, as you know, is the hardest sport in the world. It also happens to be the most rewarding. Success doesn't happen overnight but if you master certain skills you will set yourself up to score much better and become a scratch golfer in the long run. This book is your blueprint to success -- here's what you'll learn: - The drills that pros use to refine their game and how you can implement into your routine - How to finally straighten your driver and give yourself more opportunities - Learn to eliminate negative thoughts and use your mind to change your game forever - How to play great under pressure with visualizations and a consistent routine Start learning the secrets of becoming a scratch golfer from someone who has done it! About the Expert Michael Leonard has been a golfer his whole life with 20 years of experience. He has achieved the goal of becoming a scratch golfer, as he carries a +2 handicap and has started shooting under par in tournaments. He is currently involved in several amateur and mini-tours in Arizona and is working on becoming professional in the near future. HowExpert publishes quick 'how to' guides on all topics from A to Z by everyday experts.

**sure golf training aid: Golf for seniors** Wings of Success, You still stand in the meadows to watch and applaud a game of golf? Are you as excited as you used to be in your younger days? Ever thought of playing the senior golf and winning a championship? Join the club!

**sure golf training aid: The Leadbetter Golf Academy Handbook**, 2014-06-01 Certified instructors Sean Hogan and Kevin Smeltz, along with championship golfers Suzann Pettersen and Ian Poulter and World Golf Hall of Fame inductee Nick Price, provide invaluable advice on how to improve upon every aspect of the golf game by gaining a clear and concise understanding for each key element of the sport. The book shows golfers how to improve their full swing, short game, practice routines, and how to better their mental and physical conditioning strategies. The Leadbetter Golf Academy Handbook is a collection of successful blueprints by top-notch players and instructors that will help players of all levels improve their understanding and performance.

**sure golf training aid: Golf Guide for Parents and Players** Jacqui McSorley, Johnny Gonzales, 2007 Whether your kid is 2 or 18, just starting, has played some golf, or is already a champion, this guide provides practical answers and new ideas to help them get the most out of the game and enjoy an exhilarating golfing life.

**sure golf training aid: Golf Made Easy** Les Livingstone, 2008-11-23 Easy practical tips to help ordinary golfers to improve their golf.

**sure golf training aid: Golf Step By Step Guide** Get Digital World,

**sure golf training aid: Understanding And Enjoying Golf** © wings of Success, Buying Great Golf Clubs Without Emptying Your Wallet Can You Learn Golf From A Book? Choosing A Golf Club

**sure golf training aid: Play Better Golf for Women** Mike Adams, 1999

**sure golf training aid: The Pro** Butch Harmon, 2006-05-09 Butch Harmon is the world's number one golf coach. He taught Tiger Woods through one of the greatest stretches of victories in golf history (and, perhaps even more conspicuously, did not teach Tiger Woods following his unprecedented run), as well as superstars like Greg Norman, Adam Scott, Fred Couples, Darren Clarke, Natalie Gulbis, and Davis Love III. How did he become such a legendary teacher and mentor? The answer is simple: He learned from watching his father. The Harmons are the First Family of golf, and Claude Harmon, Sr., was the greatest of them all. His skill as a player, an innovator, a teacher, a devoted father, a loyal friend, and a peer of giants such as Ben Hogan has gone largely unappreciated by all but those who knew him best. In this book by his son, he finally gets his due. In *The Pro*, Butch Harmon paints a compelling portrait of an era in sports before the emergence of big media and bigger money, and shows how the lessons he learned about life and golf at his father's knee made him the man he is today. *The Pro* is both a family and a golf memoir, as well as an inside look at what it takes to teach the Tigers of the world. It describes how Butch and his brothers, who are also teachers, transfer their father's unique wit, wisdom, and philosophy to the

next generation of golfers. Sometimes their advice relates to the game, sometimes they simply offer words of encouragement and motivation, sometimes they make pointed criticisms intended to shock their students into focus, and sometimes they try to impart simple advice about "walking around through life." The Harmon brothers are teachers who share a special quality: All of their lessons are passed down from their father. Millions of golf fans know Butch Harmon; many are even familiar with his father and brothers. But never before have we been given such an intimate look at life among the legends of golf. The Pro is the story of an extraordinary father and son that will resonate with anyone who has ever looked back on life and recognized the wisdom of their parents' teachings. Golf's hard, Dad would say, pointing a meaty finger at me as if he were about to reveal the secret of the Rosetta Stone. "Good golf is damn hard, and championship golf is something only a few will ever see. But that's how it should be. If it were easy, everybody would do it. And where's the fun in that?" From Butch Harmon, the world's number one golf coach, comes the inside story of how he learned everything he knows about golf and life from his father, Claude Harmon, Sr. Both a family memoir and a reminiscence of growing up among the legends of sport, The Pro is a portrait of one extraordinary family and the game that will carry their legacy for years to come.

**sure golf training aid: Golf Eq** Dr. Izzy Justice, 2016-12-23 The game of golf is as much a test of your emotions as it is a test of your golf skills. A golfer is only hitting shots for a few minutes a round the rest is another game between shots requiring a completely different set of skills (EQ) that can be learned. This very cutting-edge book is based on neuroscience with interactive exercises to build your own mental plan to allow you to perform at your best when it matters most. Dr. Justice gives us a language and framework to process emotions in golf and make better decisions so we can enjoy this beautiful game a little bit more. Gary Player World Golf Hall of Fame As a golf instructor for more than 40 years, I can say this book stands at the frontier of what is to be the new and proper way to train golfers now and in the future. David Ross PGA Lifetime Member, Ross Golf Academy

**sure golf training aid: Golf Ranges** National Golf Foundation, 1999 Innovative developments are helping to grow the golf range segment of the golf industry. The 98 articles in this collection provide a broad view of the direction golf ranges are taking. Some of the topics covered are: range startup problems & costs, additional revenues, range design, golf domes, family golf, growth rates, opportunities for teaching pros, franchise operations, & the economics of range balls & equipment. Some specialized topics covered are: over-expansion, floating golf balls, license agreements, construction boom in golf ranges in Japan, night golf, the history of the golf range, GRRAA surveys, league golf, video golf instruction, netting & pole systems, virtual reality & laser targets, ball vending machines, & the top fifty ranges in America. This is a NGF InfoPac publication. InfoPacs are bound collections of full-text articles, compiled & copied from various golf industry magazines, newsletters, & journals.

**sure golf training aid: Fundamentals of Athletic Training** Lorin Cartwright, William A. Pitney, 2011 This work explains concepts in athletic training and presents injuries and illnesses encountered by certified athletic trainers. The book discusses various conditions, illnesses and diseases along with information on nutrition and the effects of therapeutic, recreational and performance-enhancing drug use.

**sure golf training aid: Golf** Leon Z. Seltzer, 2008 Everyone knows the name Callaway. The Callaway Golf Company is world famous for its premium golf equipment. What most people do not know is that Ely Callaway might never have gotten his golf manufacturing company off the ground without the expertise offered by the world's premiere golf physicist-Leon Z. Seltzer. Goldwin Golf has described Seltzer as 'the engineer physicist with a passion for golf...a rare individual with equal measures of scientific stature and golf fanaticism. He is respected by his peers and renowned for his theories that have shaped some of the major companies in golf. He is a man with a deep love for the sport, as well as being a fine historian and was one of the better amateur golfers in the country.' John Wong of Hireko Golf says Seltzer's innovative articles 'have given me a much more complete understanding of the how's, why's and what if's of golf physics. He is truly the Grand Master of golf physics.' Golf: The Science and the Art is a wide-ranging must read for students of the game, as well

as a technical primer for the professional seeking an understanding of the science of golf. Much more than a technical book, Seltzer also discusses the history of the game, how to master the golf swing and practical keys to lowering your score in the world's most beloved sport. If you're going to purchase one book on golf, look no further than *Golf: The Science and the Art*. For twenty years Leon Z. Seltzer—who coined the Callaway expression 'you can't argue with physics'—served as a technical consultant for Callaway Golf, Goldwin Golf, Orlimar and several other top manufacturers, sharing his expertise with the finest minds in golf. Now he is ready to share it with you in *Golf: The Science and the Art*.

**sure golf training aid: *GOLF JACK THOMSEN AND KATHRYN THOMSEN*, 2014-04** When learning Thomsen was writing *Golf: Find Center, Enter the Circle*, many had emphasized the diversity of golf due to its natural setting, and golf's natural setting was open to amateurs, professionals, and all ages also. Thomsen was quick to agree. Golf can serve the needs of many. It's my job to open up to more and increase the standards within the art form--golf. Thomsen said. Some have asked, Who do you think will read it, Jack? Few, came the reply. Golfers mainly, and only the most obsessive of those. There's no popular market for this book. Materialism is too much in demand, and serving the spirit has become lost in the equation. That brief exchange reveals an unvarnished truth: golf is essentially caught in a materialistic grasp as an overview of the game, and yet as an art form, independent players function in it. the artist Vincent van Gogh had sold few of his paintings. Someone else had done that. Is the treasure the money or the art? *Golf: Find Center, Enter the Circle's* genesis from a personal journal's beginning had been imbued with a Joycean stream of consciousness that, in its intuitiveness, is likely to engage none but the determined reader. by way of contrast, however, the book's title forthrightly distills Thomsen's thesis. Golf, he asserts, can be a spiritual practice when done as an expression of the golfer's essential self and if engaged in it for the sheer love of golf's diversity, its wholeness, bringing on its transcendental nature. Accept Thomsen's invitation. Turn your attention inward, tap into the answers that are there, feel the resultant centering, the balance, and project that centering--enter the circle. A liberated person possesses perfect senses and with perfect senses only can serve the sense proprietor, says the Bhagavad Gita.

**sure golf training aid: *All Ya Gotta Do Is Aim*** Bob Putt, 2012-05-14 For any golfer, All ya gotta do is aim seems simple enough. But PGA Master Professional Bob Putt's great new book, *All You Gotta Do Is Aim*, unlocks this simple concept and breaks it down into easy-to-understand lessons for golfing success. From hotel ballrooms to interaction with stars and amateur golfers, Bob has compiled the lessons that *All You Gotta Do is Aim* offers to help improve your game. *All You Gotta Do Is Aim* is an entertaining and enjoyable read about one of golf's most overlooked, but helpful concepts for pros and hooked weekend hackers. Alike. --Art Stricklin, Sports Illustrated; President, Texas Golf Writers Association You made a good shot! But you were just aimed over there. All ya gotta do is Aim

**sure golf training aid: *Teaching Golf*** DeDe Owens, Linda K. Bunker, 1989 *Steps to Success* is your comprehensive guide for individualizing and improving instruction. Whether you are a veteran or a first-time instructor of beginning golf classes, this book provides essential instructional resources.

**sure golf training aid: *Fundamentals of Athletic Training 4th Edition*** Cartwright, Lorin A., Peer, Kimberly, 2019 *Fundamentals of Athletic Training, Fourth Edition*, provides a clear understanding of the functions, skills, and activities that are involved in the work of certified athletic trainers. This book helps students evaluate the possibility of a career as a sports medicine professional.

**sure golf training aid: *A Woman's Own Golf Book*** Barbara Puett, Jim Apfelbaum, 2015-09-08 With *A Woman's Own Golf Book*, Barbara Puett, together with Jim Apfelbaum, present a book that demystifies golf's complexities from a woman's unique perspective. Legendary instructor Harvey Penick enchanted students with his homespun approach to golf. He also mentored a small core of successful teachers who now carry on his simplicity, humor, and rock-solid belief in the

fundamentals. One of his students was Barbara Puett. A Woman's Own Golf Book acknowledges that millions of women attracted to the game have other demands on their time. A companion to Puett's sold-out clinics and seminars, the book features beautiful illustrations, and a package that like the memory of her beloved teacher, will stand the test of time.

**sure golf training aid: DISC GOLF BACK TO BASICS** Tomáš Redlich, 2022-09-01 The book is focused mainly on disc golf technique and teaching the basics on which professional technique is possible to build. If you are new to disc golf, or you've played for a while and would like to continue to build your skills, you will find some great tips in this guide. Each movement is described with the help of a number of easy-to-understand illustrations. As the book focuses on technique, you will not find information about the rules, disc golf ethics or the history of the sport. The book covers these topics: Backhand – power grip, standstill, execution of the throw, training, hyzer / anhyzer, weight shift, X-step, Q&A Forehand – power grip, standstill, execution of the throw, hyzer / anhyzer, training, Q&A Approach – fan grip, execution of the throw for backhand and forehand, training Putting – grip, stance, execution of the throw for staggered-stance and straddle putts, training, Q&A Mindset – basic principles of mindset, how to prepare your mind for a tournament and how to train your mindset Disc flight characteristics – what the numbers on the disc mean and what discs to use in different situations Playing in the wind – how the flight path of a disc is affected by the wind and which disc to use in different wind situations In addition, a comic story will guide you through the entire book. You may even recognize yourself as the main character :) That's why it's made of a more durable material than other books.

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