



The Game Before the Game: The Perfect 30-Minute Practice

Pia Nilsson, Lynn Marriott, Ron Sirak

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The authors of the smash hit Every Shot Must Have a Purpose put the golf back in golf practice, with a revolutionary approach that replaces rote sessions with dynamic, proven drills.

As coaches to golf's top players, Lynn Marriott and Pia Nilsson have created brilliant new mind- body strategies for every aspect of the game. With *The Game Before the Game*, they showcase their unique approach to practice, with winning techniques that ensure those hours on the driving range and practice green aren't wasted on reinforcing bad habits.

The authors identify three essential types of practice:

- ? Warm-up: getting not only the muscles but also the mind in gear
- ? Maintenance: intended to prevent your swing from drifting between rounds
- ? Preparation: adding numerous new shots to your repertoire

From there, the authors outline pro-tested drills that help you find your swing rhythm, visualize success off the course, simplify putting, break through skill plateaus, and much more. Each chapter concludes with a memorable ?swing key? for translating practice into success during the real thing.



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