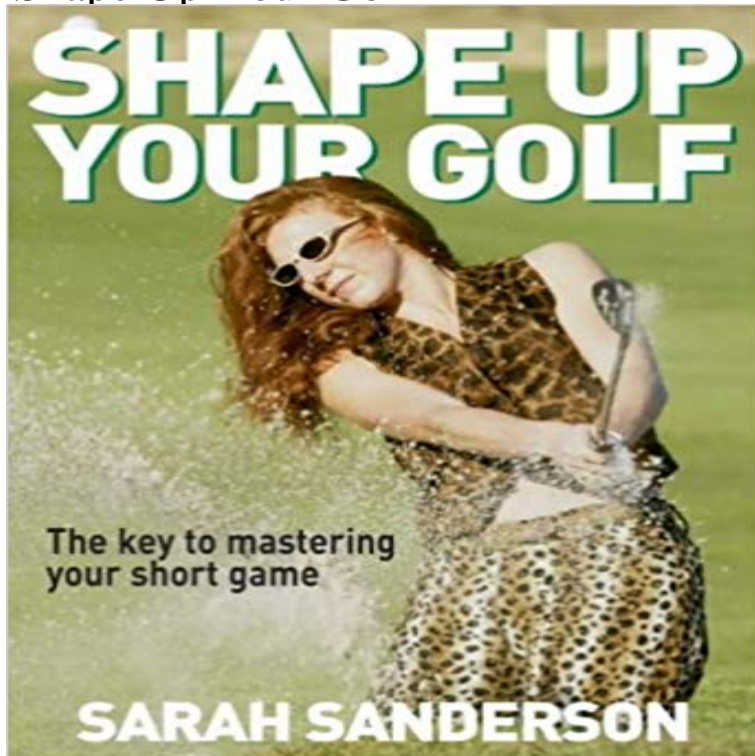


## Shape Up Your Golf



Sarah Sanderson, a scratch amateur golfer, brings a fresh approach to golf instruction, teaching the game in reverse, from green to tee, rather than tee to green. The starting point of golf instruction has always centred on the need to first build an effective and reliable swing. For the first time this preconception is turned on its head. Sarah Sanderson believes strongly that the game is taught the wrong way round. Seventy per cent of of golf is the short game, and 50% putting alone, and yet very little practice time is devoted to this aspect of the game. The author begins by introducing her radical approach, re-emphasizing the object of the game - to get the ball in the hole - and demonstrating how this is at odds with the practice methods of 99% of amateur golfers. The message: if golfers concentrated on learning the game by developing a feel for the short game first, the longer shots would come more naturally. In successive chapters, she explores her theories in more detail with comprehensive sections on putting, chipping, pitching, difficult lies, mental approach and fitness. In each case the techniques are explored as well as common problems that might be encountered; picture-led tips and drills ensure the reader has a thorough grasp before progressing to the next chapter.

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