



# Optimising Performance In Golf

*Patrick Thomas*

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## **Optimising Performance In Golf** Patrick Thomas

“The game of golf is a ‘work in progress’ for the ambitious player. You never reach the point at which you have mastered the game, because the knowledge and skills it demands are virtually limitless.” Jack Nicklaus.

Led by a Foreword on how to win by the world’s greatest player, this book provides key insights from sport science research, professional practice and case-study contributions from internationally recognised experts. Coaches, sports scientists, players and those involved in their preparation will benefit from this excellent resource.

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