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Better Faster: The Modern Golfer's Blueprint For Getting More From Less



Synopsis

Every player wants to get better at the range and take that improvement to the course. But how do you actually shoot lower scores? In *Better Faster*, two of the game's top young coaches will show you the step-by-step process they have used to help the best players in the world get the most out of their practice and build on-course scoring skills. Whether you have an hour a day or an hour a week, *Better Faster* will help you assess your own game and build a personalized improvement blueprint. You'll know what to practice and when, and do it using the same cutting edge practice tasks used by major champions. You'll never practice the same way again.

Corey Lundberg and Matt Wilson have built a devoted following both in their roles as golf coaches in Texas, California and Canada and at their blog, CuriousCoaches.com. Lundberg is COO and High Performance Coach at Altus Performance in Dallas, while Wilson is the Director of Next Generation Performance for Golf Canada in Toronto. At CuriousCoaches.com, they share research and insight into the worlds of coaching and golf science.

Praise for *Better Faster*:

"Better, Faster has ideas you can incorporate into your practice routine immediately, and you'll finally see some carryover from what you learn how to do and what you actually do when you play."

—Cameron McCormick, 2015 PGA National Teacher of the Year

"Corey and Matt represent the brightest of young minds in the coaching business. They understand that effective learning leads to effective performance. If you want to make the time you invest count, *Better Faster* is a book for you."

—James Sieckmann, PGA Tour Coach and Short Game Guru

"Corey and Matt have taken the most advanced research in motor learning and translated into real, concrete practice plans spoken in the language of the golfer."

—Dr. Tim Lee, Professor Emeritus at McMaster University and co-author of *Motor Learning and Performance*

"Corey and Matt have shown the courage to do things differently if it's good for the golfer and good for the game."

—Golf Digest 50 Best Teachers Pia Nilsson and Lynn Marriott

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Customer Reviews

There is no promise of becoming a good golfer in this book but it definitely lays out the steps to get better each time you hit a ball.

It's rare these days when I read a book in one sitting, even a small one like this. I generally don't have a lot of time to read through a 400 page book, decipher and boil it down to : a.) how do I determine what component skill needs to improve b.) do these things to improve the component skill c.) track progress and repeat. This book does that for me in a direct and concise fashion. It's no surprise that the authors list James Sieckmann as an influence, the determination and prescriptions are reminiscent of those in Sieckmann's books. I can't wait to get out there this weekend and start practicing.

Want a clear and easy way to identify your strengths and weaknesses in your game? Corey and Matt have provided organization of tasks to help you improve. A famous golf coach once mentioned that if you aim at nothing, you will hit it every time. Why go through the frustrations of guess-work and start with a plan.

A practical and systematic approach that works. These 2 coaches have taken a game that is difficult to learn for most players and have come up with a way of approaching your practice and your play so that any player, regardless of ability level or time available, will improve.

Corey and Matt bring an actionable and effective approach to training and improvement unlike anything you've seen. They know the research and have the practical experience to create this

blueprint that WILL WORK for you. Make sure to pick this up and follow through with going through the process.

I found this book extremely helpful in dissecting some of the weaker point of my game. Corey and Matt break down problem areas in a readable useful format that allowed me to concentrate on a few key changes instead of scattering my mind in a hundred different directions. I've read a lot of golf books, watched a lot of golf training videos and have taken many lessons but this is one of the first times that I've seen marked improvement that I think will continue. I would recommend the book for anyone who is trying to get better.

Heard about these guys on the Golf Science Lab Podcast and immediately bought the book. I love their systematic approach to improvement rather than mindlessly beating balls at the range. Looking forward to seeing how this helps my game.

There are several books out now (several I've read) that influenced the authors about challenge point, and strike, etc. However, what every one of these books is missing, is the clear roadmap for how to change challenge point and establish games that improve your skills (and subskills) while not frustrating you with something that's is way too difficult. It's easy for an author to suggest hitting w/i a 15' target 8/10 times with a wedge, but as a 5 hdcper, I know that is Tour level stuff. Corey and Matt demonstrate how to open that up to provide optimal challenge and help everyone improve better, and faster than ever before! I just took the 21 ball assessment, and it opened my eyes!!

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