

More “54” Reading by Pia Nilsson and Lynn Marriott

Every Shot Must Have a Purpose: How GOLF54 Can Make You a Better Player

As coaches to some of golf's top players, Pia Nilsson and Lynn Marriott have designed and refined a revolutionary way of teaching the game, with phenomenal results. They don't believe in prescribing the same stance, grip, and swing to everyone, followed by hours of purposeless drilling. They don't even believe in beginning with physical technique. Their success has proven to them that a great game begins with a great vision.

This book offers cutting-edge techniques for integrating the physical, technical, mental, emotional, and social parts of a player's game. The book's revolutionary pre-shot routine will improve your focus, leading to a golf swing that is not only successful but can be repeated under extreme pressure.

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

With **The Game Before the Game**, the authors 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:

1. Warm-up: getting not only the muscles but also the mind in gear
2. Maintenance: intended to prevent your swing from drifting between rounds
3. 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

Play Your Best Golf Now: Discover VISION54's 8 Essential Playing Skills

Building on the core concepts introduced in **Every Shot Must Have a Purpose**, this book takes the mystery out of the soft skills and show golfers how to add these skills to their game for peak performance. Players learn to master the “8 Essential Playing Skills,” and the “2 Essential Practice Skills.”