With

Lessons From Golf, from 'Bounce', (extract), Matthew Syed, 2010

Feedback is, in effect, the rocket fuel that propels the acquisition of knowledge, and without it no amount of practice is going to get you there.

... (Golf pro) Jack Nicklaus – a master in the art of purposeful practice – always created a clear idea of precisely what he wanted to achieve on every shot.

*'I never hit a shot, even in practice, without having **a very sharp, in-focus picture of it in my head,'** he said. **'It's like a colour movie.** First I "see" the ball where I want it to finish, nice and white and sitting up high on the bright green grass. Then the scene quickly changes and I "see" the ball going there; its path, trajectory, and shape, even its behaviour on landing.'*

Nicklaus did not create this **vivid mental representation** for the fun of it, but so that he could gain access to the most detailed feedback possible. By comparing the outcome of the shot with the **'colour movie'** of his intention, he was able to learn and adapt in the most efficient way on every single stroke he ever played.

It is difficult to exaggerate the power of the forces unleased by this kind of learning.

... great coaches are able to design practice so that feedback is embedded in the drill, leading to automatic re-adjustment, which in turn improves the quality of feedback, generating further improvements, and so on.