

# Building a backswing (part 1)

## Peter Croker



THE “Backswing” is the key to power, control, and consistency. When done correctly, it sets the golfer up to execute a golf shot of “effortless power” – not “powerless effort.”

The word “Backswing” is what it says it should be - “A swing back.”

To have a clear picture of “backswing” let us further define both “back” and “swing.”

“Back” is “the direction directly opposite the ball’s intended line of flight.”

“Swing” is “to move to and fro or rotate about a fixed point.”

The backswing is a composition of body rotation and hand and arm wind-up and for ease of learning; it is best done by drilling in separately the “body pivot” and the “hand and arm actions” and then blending them together into one integrated whole.

Ultimately it becomes a seamless part of the complete swing but when building a

swing you will need to separate out and to drill in the “backswing” and its component parts.

At the start we need to look at the simple basic structure and what follows will give you the foundation of a solid and repeatable “backswing.”

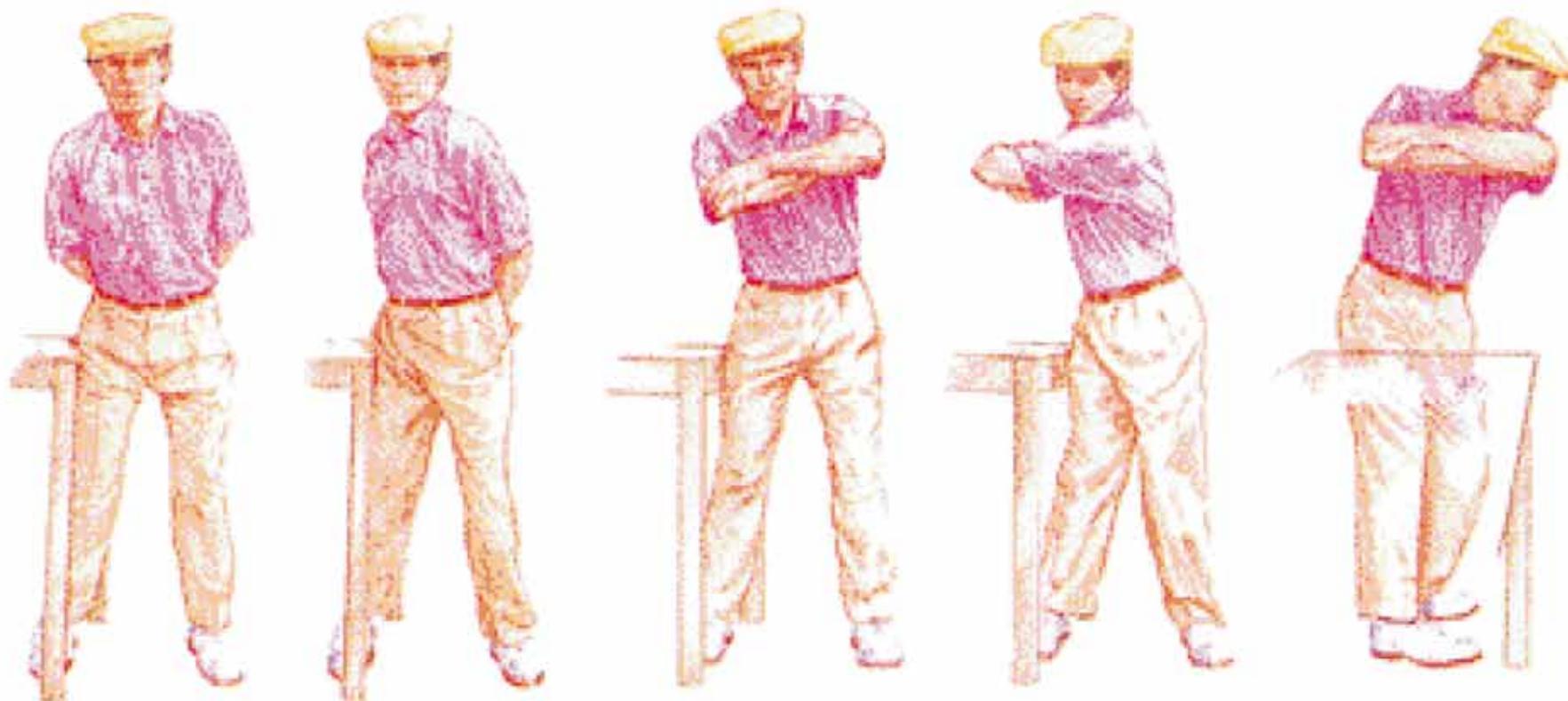
## Get Set at the Top

For ease of learning, the backswing is broken down into two separate exercises: - one for the body pivot and one for the hand and arm action.

- 1) Body Pivot Drill
- 2) Push Your Right Hand Bent

Once both drills are completed to a high level of accuracy, you can blend them together in sequence to create a powerful, yet effortless, backswing.

The purpose of the Backswing is for you to ‘Get Set At The Top’. You will be fully and comfortably turned, with your back facing the target. You will know right where the clubhead is and will be ‘Set’ to push (throw) the clubhead down and out into the ball.



## Body Pivot drill

For this exercise you will need a table with a flat edge that is about hip high:

- 1) Take your '3 Point Set Stance'. Move so that your right foot is just under the table and your hip is against the table edge. The table edge is angled at about 20 degrees to the target line - the same as the right foot is open to that line.
- 2) Practice making a complete 30 to 40 degree hip turn keeping your right hip against the table edge, to a position where you are 'sitting' comfortably on both legs. Your right knee remains flexed as at address position. The left knee bends out towards the toes, but no further. This helps anchor the feet and legs to coil the hips and shoulder against.
- 3) As in 2, except have your arms folded out in front of you as above. Beginning with a full 30 to 40 degree hip turn, allowing the shoulders to out turn the hips to a position where:
  - a) A line through your elbows would be approximately parallel to the ground and
  - b) would be at right angles to the target line. ◀

Peter Croker has been a PGA member since 1971 and has given lessons with his Croker Golf System to professionals including Vijay Singh, Arnold Palmer, Roco Mediate, Fred Funk, Olin Browne, and Bob Charles. Based at The Dunes Golf Links, he also runs a unique online golf academy: [www.crokergolfsystem.com](http://www.crokergolfsystem.com)  
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