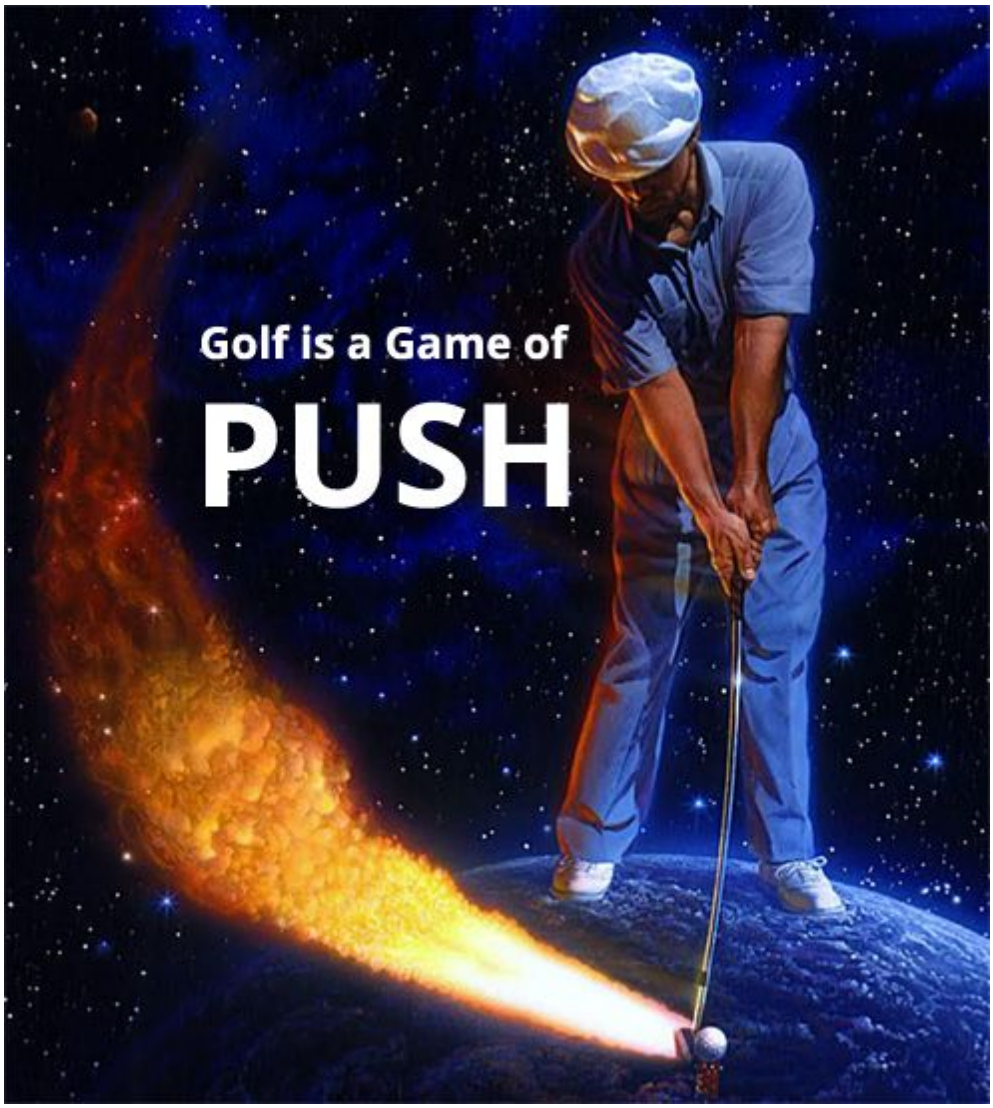
PushGolf Workbook



PushGolf

”Push Your Way to Better Golf”

Welcome

Golf is a wonderful journey and when taken one step at a time it will give you some of the most magical feelings ever experienced in your life.

This eBook is designed to help you, through pictures, videos and Exercise descriptions to learn how to build a golf swing that gives you power, consistency and control.

There are only two kinds of students

1. Careless (One who doesn't really observe the information the way it is) or

2. Thorough (One who is very observant and can duplicate the information precisely).

The question is which one would you rather be?

We are here to support you in your golf journey and to literally hold your hand along the way if you choose.

Enjoy the path and remember to take it one step at a time.

Warmly

Peter Croker and Chris Beckett

PushGolf - BASIC LEVEL - EXERCISE GUIDE

(PLAY GOLF BETTER THAN YOU THOUGHT POSSIBLE!)

Exercises & Definitions

Exercises:

There are Fifteen exercises in the PushGolf Swing Basics Program, that when executed precisely, can provide you with the equivalent of years of successful experience in a matter of hours. These exercises and important parts of the golf swing are broken down and outlined in this booklet.

With PushGolf it is the exercises that drill in and change your natural reaction, providing the basis for a successful hit of a golf ball. The exercises are the heart of the program. You learn and firmly establish the basics through exercises, not just hitting more balls. Then your practice becomes really effective. Use this booklet in combination with the video downloads from http://pushgolf.com to ensure your correct and successful application is achieved with your golf swing. If you choose, your local PGA qualified instructor can personally take you through each of these exercises and record them as an internet lesson. You will then have this reference to go back to throughout the lesson program and into the future.

15 Full Swing Exercises

1. Grip
2. Stance
3. Doorway/ Table edge
4. Push Right Hand Bent
5. Takeaway
6. Left arm structure
7. Direction of Hit
8. Hands Direct Clubhead and Body
9. Left Hand Push
10. Push
11. Body Follows Hands
12. Gradient
13. Power
14. A to B
15. Putting it All Together

Register for the next complimentary PushGolf Success Webinar with Peter Croker by registering via the webinar banner at pushgolf.com

Definitions

The ability to do anything is closely tied to the understanding of the definitions of the words involved in that activity:

A to B: A direct and deliberate hit of the ball with **"A"** the clubhead set at the top of the backswing and **"B"** the ball.

Backswing: A principally backward slinging motion to put the clubhead in a position where it is set at the top

Cause & Effect: Cause is what makes something happen whereas Effect is simply a result. In the Croker Golf System the correct use of the hands is "cause" and any rotation/action of the body is an effect because of the hand action and concepts a player has.

Clubhead First: Attempting to "Push, Throw, Drive" the clubhead directly at the ball (similar to hammering a nail where you are simply trying to drive the hammerhead into the back of the nail as quickly and directly as possible.

Control: (L – contra – against + rotulus – list) - to exercise authority over.

Downswing: the principally downward throw (push) of the clubhead into the ball.

Direction of Hit: Driving the clubhead directly down and out into the ball.

Exercise or Drill: A routine whereby a student gains a personal certainty and familiarity in a certain action resulting in a subconscious state of non thinking.

Finish: Allowing the energy of the clubhead firing up over your left shoulder (for a right handed golfer) to pull your body up to a full and erect "looking over the right arm" finish (standard full shot).

Gradient: Breaking a more complex action into smaller easy to achieve steps.

Hit: (ON – hitta –to come upon) – To "strike by throwing" [Clubhead's viewpoint] To "set in motion" or "propel by striking" [Ball's viewpoint]

Low Loading: The hinging of the wrists and bending of the right elbow following the takeaway – principally by the pushing of the right hand bent by pushing forward and down with the right hand heel pad. This push maintained stops overswinging.

Natural: To spring forth as if to be part of the essence of something.

Overswing: Right hand cocking up in the backswing.

Power: (L –posse – to be able) Strength or force actually put forth.

Practice: A discipline drilling in of principles so as to make them natural.

Push (L – pusare – to beat) Force projected outward from centre or against something.

Pull: Force exerted towards a centre away from something

Steering: Lost confidence in direction of hit "A to B" (golf as a two target game)

Two Target Game: Target of ball is the flag or fairway; target of clubhead is the ball.

Uncock- over: Red "X" under Hit Drill #1 – clubhead moves out and over the right forearm at the start of the downswing.

Uncock-under: Blue tick under Hit Drill #1 – clubhead moves under the right forearm at start of the downswing and clubshaft moving into line with your left arm in the downswing. (For right hand golfers)

1. GRIP EXERCISE

Purpose

To provide you with a reliable way of holding onto the club that promotes good control and feel plus a flexible hinge action of the wrists.

Training Emphasis

Complete each step in the order listed below, at first loosely so as to get the idea, then finally exactly by the book. Keep at it until you have drilled in a correct grip to an automatic and natural action. It's recommended to have a club around the house to practice at least 5 minutes every day for one month.

Exercise

Grip the club handle step by step as listed below. Use the pictures and videos as aids to verify your grip is exact.

Left Hand Placement

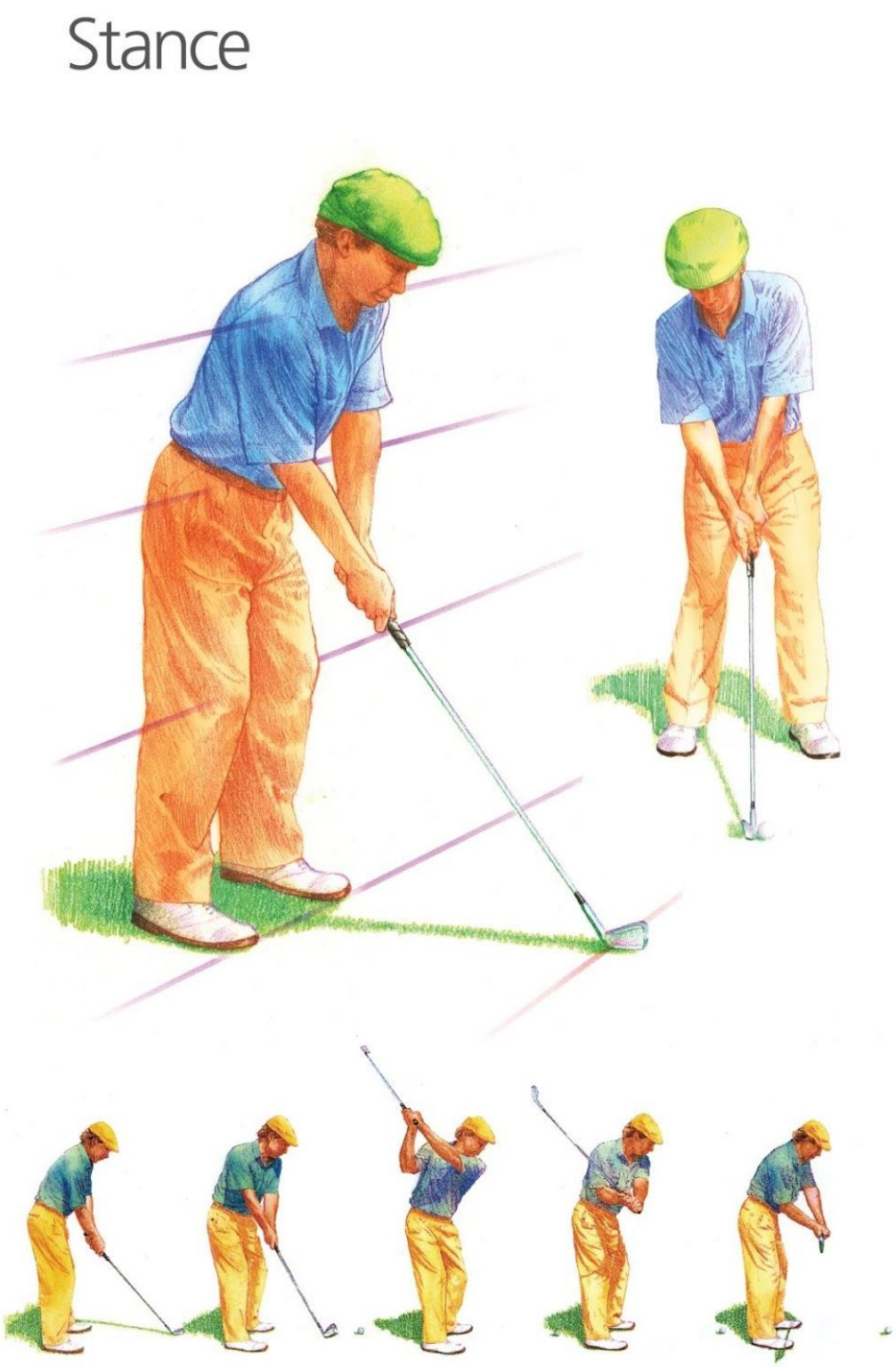
1) Allow the end of the club to protrude to the crease where your hand meets your wrist.
2) The grip of the club runs diagonally across the left hand from: a) The crease in the palm between your little finger and heel pad of your hand (first knuckle joint of the little finger on the palm side) to b) the second knuckle joint of your index finger.
3) The grip wedges under the heel pad of the hand. The left wrist is vertically above the grip of the club. Note: To do this there is a bend in the wrist so that the wrist can be positioned on top of the grip. This is an extremely important alignment as it secures the club in the hand without needing to hold the club with much muscle tension and at the same time aligning the leading edge of the clubface to the wrist.
4) Left thumb is positioned on the top right hand side of the grip at 1:30 (1:30 refers to the time position of a clock).

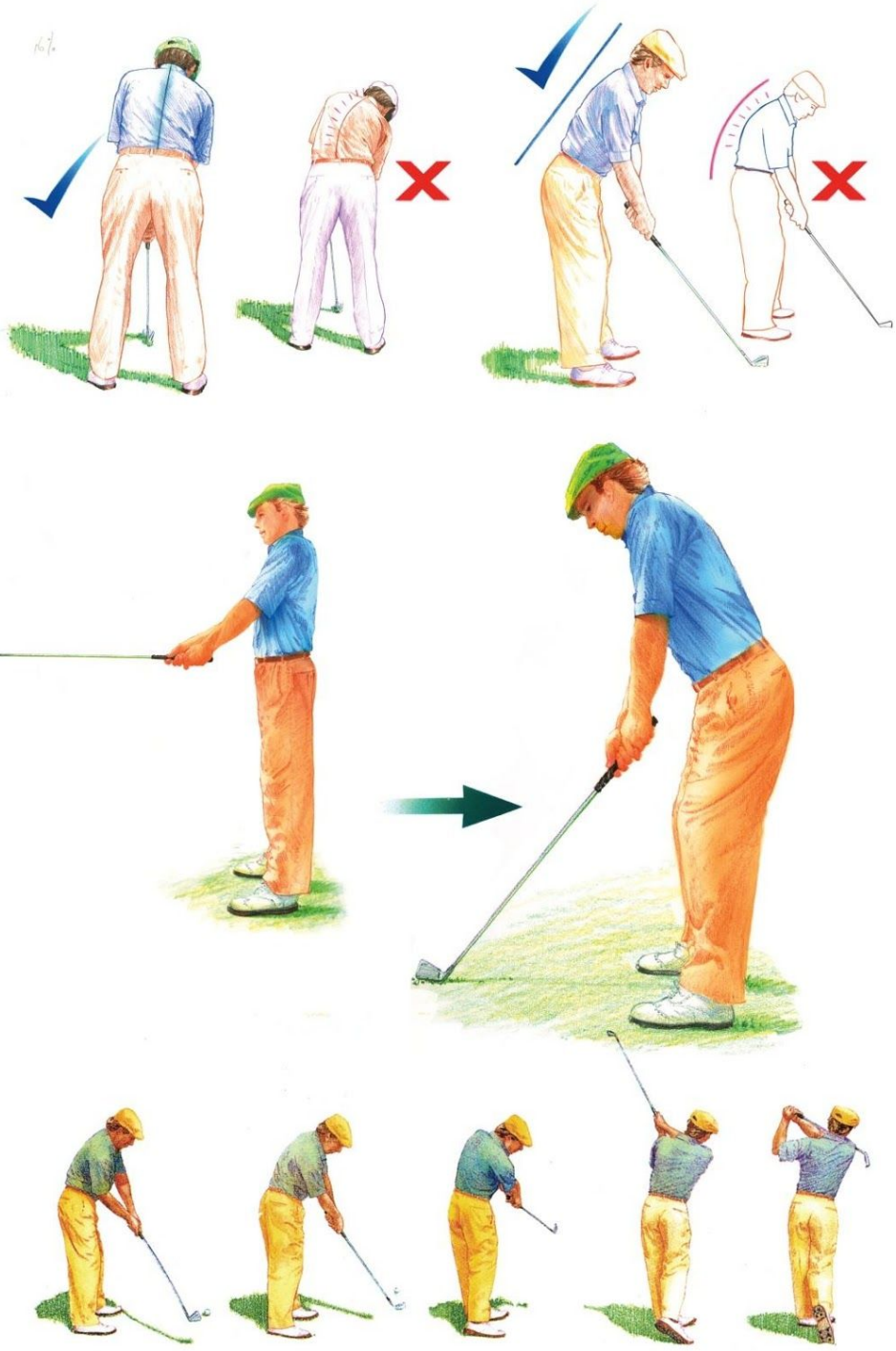
Right Hand Placement

1) The middle fingers wrap around the grip predominantly in the fingers with the second knuckle joints of these fingers positioned directly under the grip.

2) The little finger of the right hand can either a) overlap the left index finger. b) Interlock with the little finger of the left hand c) rest snug up against the little finger of the left hand (baseball grip).
3) The hollow of the palm of the right hand along the lifeline is directly behind and over the left thumb.
4) The right thumb is positioned on the top left hand side of the grip at 10:30.

2. **STANCE (3 POINT SET) EXERCISE**





Purpose

To set up a stable and aligned base to hit from

Training Emphasis

Feel comfortable in an athletic and balanced stance; hands, arms and shoulders relaxed - Feet heavy in the ground and springy in the legs. Practice on the golf range or at home in the mirror and window reflections for feedback. Repeat steps 1 to 4 below about 60 times daily for one month.

Exercise

Stand erect with feet about shoulder width apart and turned out 15 to 20 degrees:

Step 1 Bend at the hips (not waist) then

Step 2 Unlock the knees, then

Step 3 A) Slide the hips slightly left

B) Tilt backbone (not just shoulders) slightly right

Step 4 Arms hang relaxed, hands mid body.

3. **DOORWAY/TABLE EDGE EXERCISE**

Purpose

To groove in how the body pivot works in the backswing.

Training Emphasis

Build the feeling of a stable base with no sway and governed hip and shoulder turn by controlling the foot and knee movement. Build the coil of hips against knees and feet – flat shoulder turn coiling against hips. Develop the sequence of hip turn leading the shoulder turn from the start of the backswing pivot action. Work to build a balanced backswing pivot with chest over right knee at the top of your backswing.

Exercise

Option 1: Doorway Drill: Place the left foot up against the edge of a doorway with side of heel touching the base edge of the door frame. Left foot angled out at approximately 15 to 20 degrees. Take the 3 Point Set Stance with hips touching the door frame and will do so throughout the exercise – spine tilted away from the vertical door frame. Cross your arms in front of you with your elbows just under shoulder height and right elbow down, left elbow up.

Option 2: Table Edge Drill - Use a straight edge hip high table positioned on a 15 to 20 degree angle to the stance line of the feet (angle of table edge to match the right foot angle to the target line). Place your right foot just under the edge of the table so that when in correct stance, the right hip touches the table edge and will do so throughout the exercise. Cross your arms in front of you with your elbows just under shoulder height and right elbow down, left elbow up.

Start with a turning of the hips against the knees and feet. The left knee will move out towards the toes of the left foot but no further than to be positioned vertically above the toes. The right knee remains stable as in the address position. Both feet are flat and heavy in the ground. In doing this a hip turn of between 30 to 40 degrees should be the goal.

Now with the hip turn stable focus on rotating the shoulders against the hips with the chest rotating above the right knee. Feel the coil of the core muscles when you do this. Also note the shoulder turn is as flat as possible and your body is in a balanced and coiled position. A checkpoint is to see that a line through the elbows will be approximately parallel to the ground and at right angles to the target line.

4. PUSH YOUR RIGHT HAND BENT EXERCISE

Purpose

To groove in how your hands and arms work in the backswing.

Training Emphasis

Learn how to build the feel of your right hand pushing out in front of your body in the actual backswing. Feel the elbows work together and point down at their respective hips. You do not pull your hands “up” or “across” your body. When working on the backswing do the drill 3 – 5 times and then hit the ball. Hit at least 60 shots repeating this process.

Exercise

Assume the 3 point set stance with a club. Pushing your right hand bent will provide the impetus (momentum) to reach the following aligned position (do not allow your hips or shoulders to turn):

1) Your hands will reach just under right shoulder height and to the inside of your right shoulder.
2) There is no right wrist cock up. The right wrist will be pushed bent and will rotate clockwise slightly. This causes the right elbow to point down and in front of the right hip.
3) The clubshaft is in a vertical plane and leaning away from the target about 45 degrees.
4) The left wrist is cocked and pushed bent.
5) The left wrist is rotated clockwise and wound into the right hand.

5. TAKEAWAY EXERCISE

Purpose

To know how to start your backswing.

Training Emphasis

Learn how a pushing back of the handle end of the club first will cause (**1**) the hips to turn and (**2**) a swinging club head following a slightly clubhead last takeaway. When training do the drill 3 – 5 times before the actual shot and then just hit the ball clubhead last/handle first.

Exercise

At address push the handle end of the club away to initiate the takeaway together with the right hip turn. The sensation is a heavy clubhead being dragged back slightly last which gives energy to the swinging club. Allow the swinging club to hinge the wrists to the top of the backswing as shown and in the video links provided.

6. LEFT ARM STRUCTURE EXERCISE

Purpose

To understand that when the hands move correctly it makes the left arm go straight in the backswing and impact area.

Training Emphasis

1. Let your hands swing naturally back and wind up in the backswing
2. On the downswing the hands uncock (thumbs down) and left hand rotates keeping the left arm straight through the impact area.

Exercise

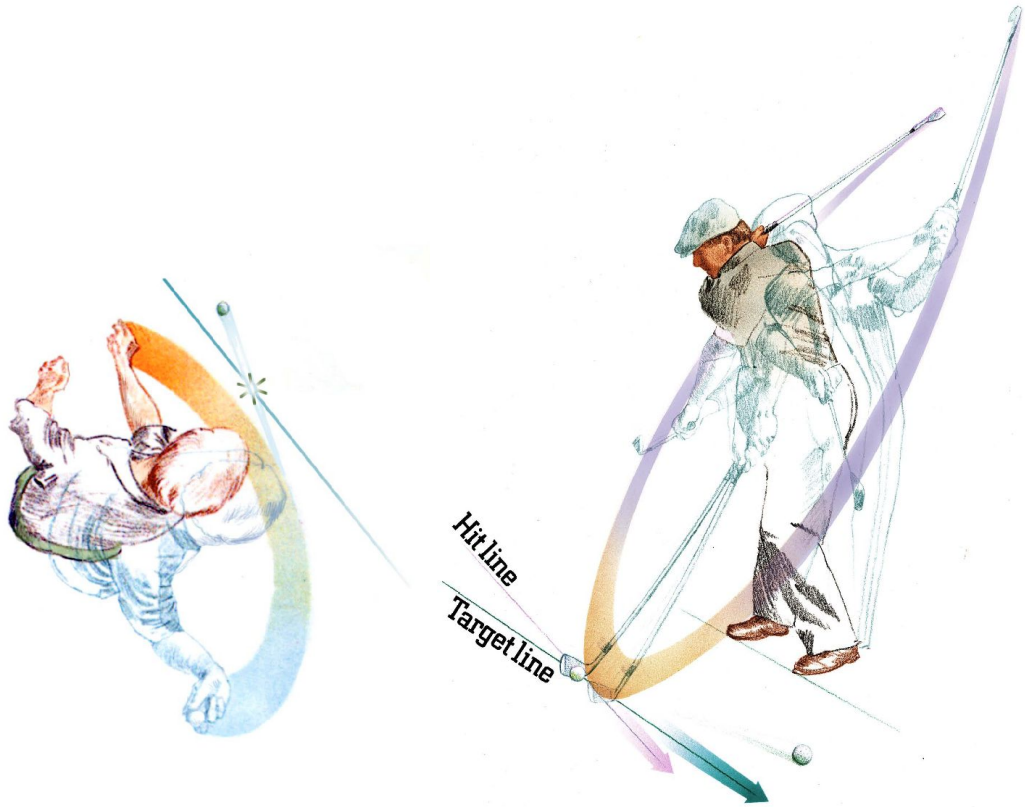
Following the takeaway let the swinging club hinge your left wrist as well as bend it as per in the video. To bend your left hand push from the heel pad of your hand down and outwards and against the grip.

Your right hand being pushed out, as per “Push your right hand bent” exercise, slightly against the thumb of your left hand will also provide structure for the left arm in the backswing.

The bending of your left wrist will have a cupping action which is the same as a natural fist. This will open up the clubface and put you in a good top of the backswing position to hit the ball from.

On the downswing uncock the left wrist and rotate it and you will feel a straightening of the left arm well into impact and follow through. Note that the left arm does not remain stiff or tight in the muscles and is kept straight through the “Pushing” action of educated hands.

7. DIRECTION OF HIT EXERCISE



Purpose

A) Give certainty that the "Direction of Hit" is down and out to the ball.
B) Educate the HANDS to "throw" the clubhead in the right direction from the start of the downswing.

Training Emphasis

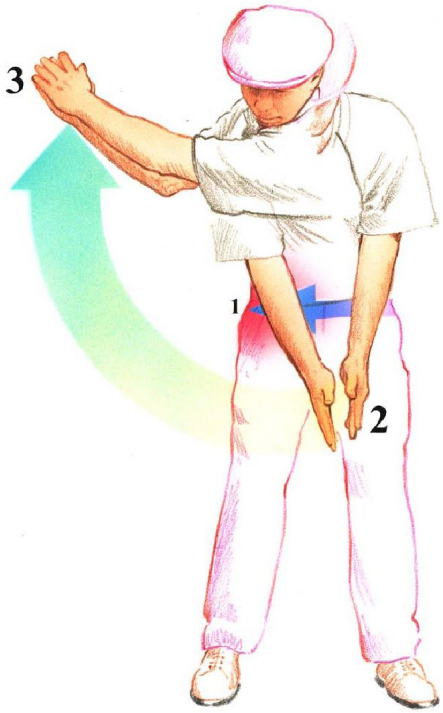
Learn that by throwing directly down and out to the ball it then becomes easy to:

1. Maintain the bend in the right wrist well into the downswing.
2. Cause the right elbow to return close to the side- instead of out and around.
3. Have the body remain as a stable base.

Exercise

A) Without a ball, from a turned backswing position, move your right hand into a fully pushed back bent position as high and in front of your right shoulder.
B) Against a delayed body, slowly uncock your right hand down toward the ball, unbending and uncocking fully as the right wrist rotates counter-clockwise through the bottom of the throwing motion. Your thumb should finish pointing at the ball on the ground. Gradually increase the speed of the "throw" of your hand deep toward the ball, having the feeling of the blood rushing toward your finger tips.
C) Now with a ball held in your right thumb, forefinger and middle finger, throw it at the ball on the ground as set up in A) and B) above. Begin slowly and gradually increasing the speed of the throw until it becomes a positive and fully releasing throw "A to B" and able to hit the ball on the ground consistently. Note the downward and outward direction of the throw.
D) Repeat the above steps regularly until it becomes relaxed and natural and with little attention on the mechanics involved.

8. **HANDS DIRECT THE CLUBHEAD and BODY EXERCISE (HIT DRILL #1)**


3
1
2

stop

Purpose

To remove any illusion as to how your hands direct the clubhead and your body in the downswing.

Training Emphasis

Exactness in execution - this is not a sloppy exercise. Drill in your hands and arms daily as in part 4 – 6 of the exercise doing at least 60 repetitions a day and pay exact attention to where the hands and arms are at any given point in the drill as described in the pictures and videos. When practicing at the golf range do steps 1 – 3, repeat 3 – 5 times and then hit the ball without thinking and gaining feedback.

Exercise

There are six parts to this exercise:

1) Holding the club at the top of the backswing position, uncock the wrists so that the clubshaft will move into line with the left arm – the clubhead and clubshaft move under the right forearm from the start of the downswing.
2) Holding the club at the top of the backswing – uncock so that the clubhead and clubshaft move out and over the right forearm – the clubshaft will move out of line with the left arm when the downswing is started in this way.
3) From the top of the backswing, uncock the wrists so that the clubshaft moves fully into line with the left arm as the hands, arms, and clubhead move down towards the golf ball. As the clubshaft moves fully into line with the left arm and the arms hit up against the body, the left wrist and clubface rotate towards the ball. This uncocking action and left wrist rotation create an uncocking and locking-in feel of clubshaft to the arms. The body remains fully turned away from the target in this part of the exercise.
4) Without a club, freeze the body at the top of the backswing position and do not allow your body to move at all through this part. Hands open and palms facing each other, uncock your hands directly down at the ball: slowly to start with, building up to faster and faster – where

you feel the blood rushing to your finger tips – uncock your hands "under" from the top and allow them to uncock "over" at the bottom (hands fully uncock with thumbs pointing at the ball) Drill this in until it becomes natural and the thumbs point easily and automatically at the ball.

5) As in 4) above with your body frozen in position, but after impact, allow the momentum of your hands to release your body up to a fully balanced finish. Drill this in up to a full power swing where consistent balance is easy to achieve. Note how the release at the bottom with the hands triggers the body release to an easy balanced "over the front foot" finish.
6) Take some full practice swings with a club, retaining the feeling you developed in 5) and then hit some balls retaining that same "feeling" as well.

9. LEFT HAND PUSH EXERCISE – (HIT DRILL #2)

Purpose

To give an understanding of how “Pushing” causes the clubhead to turn over, delivering a constant rate of closing without any manipulation of the clubface and creating good structure of the left hand and arm through the Impact area.

Training Emphasis

Pay attention to how the clubface “pushes” over and the clubshaft moves into line with the left arm.

Exercise

Hold a club at the end of a one third backswing position in your left hand only. Another person will push the clubhead forward in the downswing and through to follow through. At the same time they apply a little pressure up the clubshaft toward you. You must keep a light pressure against this “push”

going out down the clubshaft to maintain good structure throughout the motion.

To maintain a position of power and structure, you must not allow your hand to pull forward or pull backward. You must push from your centre right out in front of you the entire motion well into follow through.

10. **PUSH EXERCISE**

Purpose

To clear up the definition of the word “Push” and give the golfer a clear viewpoint of “pushing” the clubhead through the ball.

Training Emphasis

Work to gain a personal understanding of how the clubhead is “pushed” through the impact by the hands and how it feels.

Exercise

Instructor holds on to the clubhead offering light resistance 30 cm before impact. Golfers must “push” the clubhead through impact. Hands will feel

behind the clubhead slightly when done at this low speed. As the thumbs extend fully down, the power of the aligned “push” will be felt and understood.

11. BODY FOLLOWS HANDS EXERCISE

Purpose

To demonstrate how your body will naturally follow the lead of your hands.

Training Emphasis

Move your hands correctly as you would in your golf swing.

Exercise

Stand at address without a club, but with your palms facing each other. Now move your left hand to the top of the backswing position. Then move your right hand to the top of the backswing position. Then do the same – left and then right motion to move your hands back to the impact position and then left hand followed by right hand to the finish position.

12. GRADIENT EXERCISE

Purpose

To groove in the impact area of the golf swing

Training Emphasis

Work to push out down the clubshaft with a shorter hit, adding more distance as you gain consistent solid contact with total accuracy.

Exercise

Chip some balls with a gradually longer and longer backswing. If shots start to become erratic, back up the shorter swing and come slowly forward again. Under-reach: at setup, position the ball toe side of centre of the clubface and hold the leading edge of the clubface between the equator of the ball and ground. This will assist in building consistent clean and solid contact with the ball.

13. POWER EXERCISE

Purpose

To give you a personal understanding of where to go to for more power in the golf shot.

Training Emphasis

Work to develop a solid base to hit out from.

Exercise

Place the clubhead against a solid object while in address position. Pushing the clubhead with the hands against this solid object will produce and equal and opposite reaction.

Become aware of the feeling of the “push back” against:-

1. Your head
2. Your left shoulder
3. Your right shoulder
4. Your left hip
5. Your right hip
6. Your left knee
7. Your right knee
8. Your left foot
9. Your right foot

Repeat this exercise in a new unit of time until you can easily feel the reaction the solid object causes to the body parts.

14. **A to B EXERCISE**

Purpose

To learn the correct hand action that brings the club in line with the lead arm producing straight powerful shots.

Training Emphasis

With a yardstick or golf club

1) Take you grip and stance
2) Go to the top of your backswing
3) Drill the hand action uncocking the wrists so the yardstick or club comes into line with the lead arm
4) Thumbs go down
5) First step is with the hands and arms and then with hands arms and hips.
6) When you introduce the hips allow the hips to rotate right from the top of the backswing.
7) Throw the club A to B directly at the ball as per the pictures above.

15. **PUTTING IT ALL TOGETHER EXERCISE**

Purpose

To coordinate your hands, arms and body work in the whole swing

Training Emphasis

The sequence is all important! Handle leading the clubhead at the start promotes the right hip turn to start the body rotation. Allow the momentum and centrifugal forces to work for you in the backswing and a feeling of “soft hands” and a heavy swinging club all the way to the finish.

Exercise

The parts of the swing as outlined earlier are initiated in sequence and blend together to form a swinging motion of the club to wind up the backswing, delivering a solid hit on the ball through to a relaxed balance finish.

1) Turn – Push down and against the grip of the club to cause your "oily" responsive right hip to turn, dragging the clubhead back and setting up a swing motion of the club, hands, and arms. This swinging motion helps coil the backswing body pivot of the shoulders against the hips, knees, and feet. Feel the coil, balance, and stability that this exercise builds.
2) Push – Initial push back of the left hand against the right leads into the "Push the Right Hand Bent" (low loading) action of the wrists following the takeaway. At the point where the wrists hinge up, the left wrist cocks and rotates into the bending right wrist. The right arm bends and the right elbow points down and in towards the right hip – the left arm remains extended.
3) Uncock the hands throwing the clubhead directly A to B down the hit line into and through the ball
4) Finish in a nice relaxed balanced position where the hands and arms have no tension. Watch the ball fly towards its target with no concern for the outcome. By now you should be looking over your right arm and right foot will be up on its toe.
5) The secret here is once you have learnt the exercises in the PushGolf Program when you play on the golf course play as one swinging motion and not the different pieces from the start of the swing right through to the finish. You want to play with good rhythm, balance and tempo when on the golf course and **Trust** in your ability to hit that ball.

   To go to the next level visit us at PushGolf.com

   Thank you for being a great student

   Peter Croker and Chris Beckett