

# The hit: Part 4

## Building structure through impact and follow through

**Peter Croker**

WE have been building structure and control of the club, arms and body throughout the entire swing by educating the hands to "PUSH" correctly.

Now it is most important to understand the feel and look when both hands are working correctly through the impact and follow through areas in the swing - the moment of truth!

Many golfers breakdown here and therefore I urge you to test the following thoroughly and watch the video download link that demonstrates and explains this lesson.

You want to push a straight left arm well into Follow Through without turning your shoulders toward the target too early (Picture A)

But, both of your arms are the same length and your left shoulder is near the target and your right shoulder is away from the target. To make matters worse, your right hand has to grip the club below your left. You are going to run out of right arm! (Picture A, Picture B - the resulting shot.)

In short chip and pitch shots the above is all the "Yips". In the full swing this leads to loss of power and greater inaccuracy and a need for super timing.

To give you a good understanding of how your left hand should direct both the clubhead and your left shoulder through impact, switch your left and right hand positions (as in Picture C). Try some abbreviated practice swings then hit some balls (very short shots) using this grip. Note how your left hand pushes the clubhead deep through impact and forces your left shoulder to stay well out through impact.

The right hand assists this deep down and out impact by pushing against the side of the handle while both right and left thumbs "uncock" down and out through the ball. There is a great feeling of structure here as you release the clubhead down and out past your chin. (When Peter Senior had the yips

in chipping he resorted to chipping and pitching this way.)

Now grip the club normally again. The only way you are going to be able to accomplish hitting deep into Follow Through with both arms straight, is for your left shoulder to remain parallel to the target line and rock upwards. This will, in effect, give you a longer right arm so your right hand can reach the grip. (Picture D)

Take a practice swing with the left hand only and hold the finish (Picture D). Now try to put your right hand on

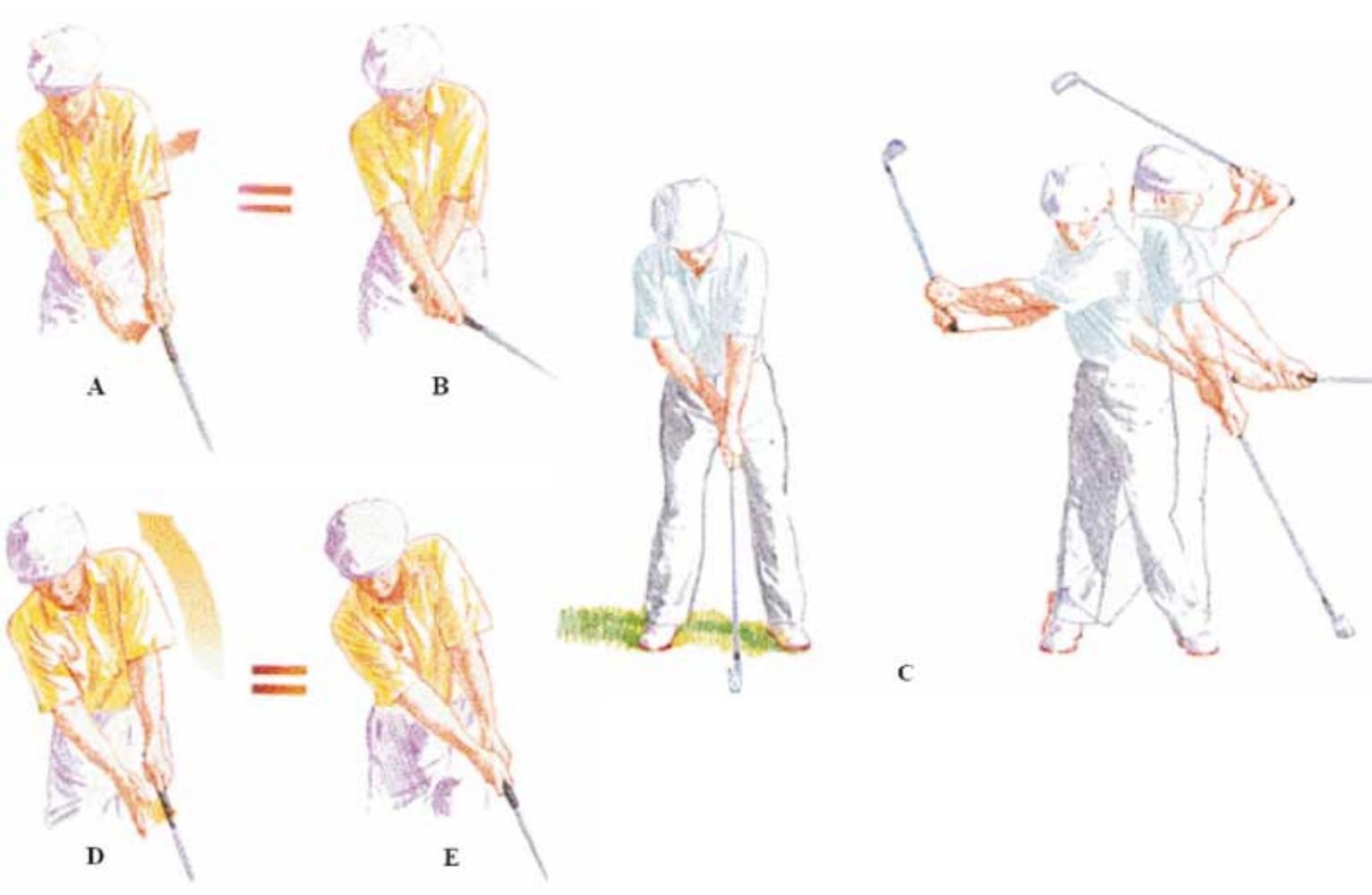
the grip where it should be. (Picture E) Allow the reaching of your right hand to transfer your weight to your left foot and turn your left hip. This weight transfer combined with the fact that your left shoulder has rocked up, should allow you to easily grip the club with your right hand. Remember, your shoulders can not turn past parallel to the target line during this exercise. Work at this exercise until you are able to execute it easily.

From address position, grip a pitching wedge in your left hand. With your left hand only, hit some shot 'chip' shots. Gain

some experience here of your left hand — pushing the clubhead into and through the ball — forcing the left shoulder to stay back and work up.

Next put your right hand below the left with an orthodox grip and feel how

the hips turn through the "impact zone" as the left shoulder rocks up. This allows the shoulders to remain square through the bottom of the swing with the arms fully extended and the clubshaft moving into line with the left arm. ◀



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 he delivers schools, individual lessons, and has an "Online Lesson Program" - [www.crokergolfsystem.com](http://www.crokergolfsystem.com)  
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