

Building a backswing (part 2)

Following on from developing a powerful and balanced body pivot, the golfer is now ready to build a correct "hand and arm" swinging motion to help fully load the backswing to help launch the downswing release into and through the golf ball.

Peter Croker



STAND at address with a club. Pushing your right hand bent will provide the impetus (momentum) to reach the following position.

Do not allow your hips or shoulders to turn. You will end up in the following position:

1. Your hands are as high as and opposite the inside of your right shoulder (maximum).
2. The dynamic part is your right palm heel pad pushing out and bending your right hand back fully.
3. There is no right wrist cock but the right hand has pushed bent with your right elbow pointing down in front of your right hip.
4. The butt of the club is pointing at the target line.
5. The clubshaft is leaning about 45 degrees away from the target.



6. Pushing out with your right hand has fully extended your left arm.
7. Both wrists will rotate clockwise approximately 45 degrees.
8. Your left wrist is fully cocked and slightly bent.

Putting It All Together

The two parts of the backswing as outlined are initiated in sequence.

1. Turn - The Hips Turn a full 30 to 40 degrees.

2. Push - Following the initial push back of the hands in the takeaway to initiate the hip and shoulder turn, apply the "Push Your Right Hand Bent" action. Left arm remains straight & left hand fully cocks

(1) The hands initiated hip turn, swings the clubhead back - Then (2) Push is completed. The momentum completely created by the 'Turn' will allow 'Push' to occur easily.

These two parts will flow into a single natural motion after you work with them for a while.



A successful viewpoint for learning to apply the backswing would be in 3 parts:

1. Pushing against the clubshaft turns your responsive hips. Your hip turn then causes the clubhead to drag back.
2. Continuing to push against the clubshaft, along with the momentum of the swinging clubhead, bends your right wrist back early in the backswing rather than late.
3. Continuing to push against and out on the clubshaft completes the backswing. Soon this 1,2,3 will blend into just (1) of - Backswing.

For a really full and complete backswing, push out with the heel pads of both your left and right hands. At the completion of your backswing your hips have turned a full 40 degrees and your shoulders have made a full 90 degree turn so that your back is facing the target.

You are just getting the clubhead into a position where you can directly push (throw) it into the back of the ball.

Your hands are still the source of motion during the backswing and your hips, shoulders, and arms move in response to the intended hand motion.

The source of control in the backswing is knowing exactly where the clubhead is the entire backswing. In a correct backswing, a 'heavy' clubhead is felt via the "pushing" hands all the way to the top. You will know



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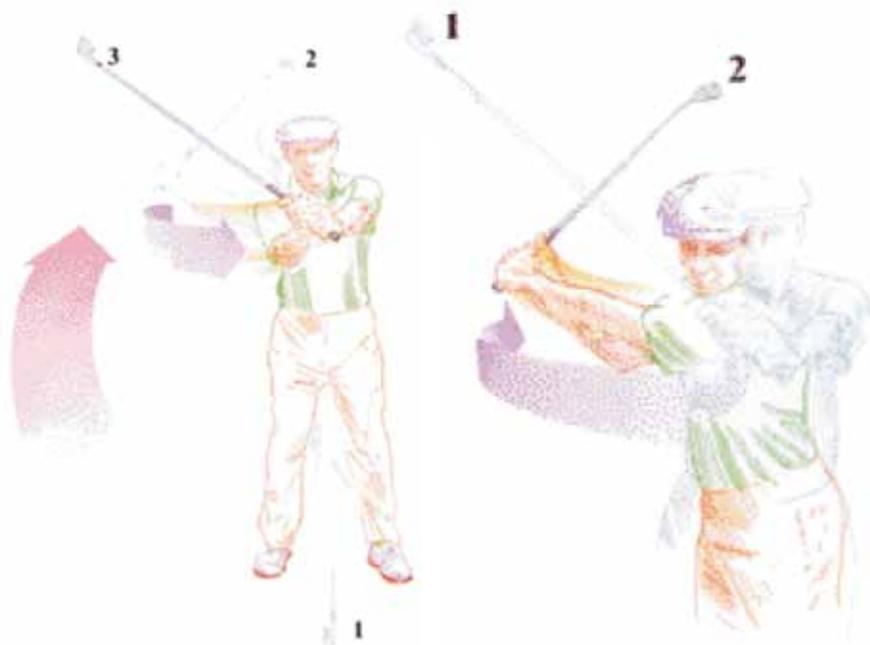
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exactly where the clubhead is, giving you good control.

There is no way around the fact that you will have to make a slow, deliberate and comfortable backswing, so as to get set at the top. It is not difficult when you drill in the component parts separately to start and then blend them together.

Drill your backswing

Drill your backswing until it becomes one fluid motion. Again the two parts (Turn & Push) must be properly sequenced.

Occasionally hold your hand and arm position at the top of the backswing and turn your hips and shoulders back parallel to the target line. Your hands, arms and club

should be in the same position as you would be at the end of the 'Push Your Right Hand Bent Exercise'.

You can also go from the end of the 'Push Your Right Hand Bent Exercise' and turn your right hip to get a better idea of where you should be at the top of the backswing.

Overswinging

In the Croker Golf System, hitting that ball is essentially a pushing or throwing action. You are throwing the clubhead through the ball. The backswing is simply taking the clubhead back so that you can throw it through the ball.

Overswinging will put you out of position for the throw. Overswinging occurs because, at the top of the backswing:

1. Your right hand is pulling in instead of pushing out.
2. Your right hand is cocking instead of just bending backward.

In the backswing your right hand only bends backward and never cocks upward. The right elbow bend supports and adds to the cocking of the left wrist upward in the backswing. The right hand does not cock and it is not this action that cocks the left hand. The important action of the right hand working to bend back is what keeps the right elbow pointing downward in the backswing.

Overswinging is a collapsing caused by cocking your right hand and pulling in on your right hand in a misguided attempt to get a 'bigger is better' backswing.



It is the attempted cocking of the right hand that is the source of left arm bend in the backswing.

The heel of your right hand providing constant pushing out structure, operates with the clubshaft as a lever assembly:

1. Straightening your left arm, and
2. causing the momentum of the backswing to add to the upswing part of the backswing.

It is interesting to note from the 'Push Your Right Hand Bent Exercise', that it is in fact a backswing and not an up-swing or

cross-swing. There is no attempt to swing your hands above your right shoulder (up-swing) or past your right shoulder (cross-swing).

Working with the 'Push Your Right Hand Bent Exercise', demonstrate these points to yourself. This is an extremely important little section of information; one that opens the door to a new world of golf. A half hour spent really getting these points can save you a lifetime of hassle. You will know where you are going so you can easily get there.

Set Yourself Up To Win

There is no place in the grip, stance, or backswing for any tension:

Any Tension Destroys Any Mechanics - Stay Fluid

The importance of the Grip, Set-up and Backswing is that they put you in a position to hit that ball. A great amount of research and technology has gone into these simple steps. Allow our research to save you a tremendous amount of time and trouble and make the Grip, Stance and Backswing as outlined your own. ♣

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

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