

About hitting a golf ball

While building solid grip, stance, and backswing forms the foundation for hitting the golf ball effectively, you will not arrive at consistent hitting of the ball without understanding and applying the following concepts as defined in this lesson.

Peter Croker



Intention is senior to mechanics and you need to "intend" to hit (compress) that ball - even to "Enjoy the Hit!"

Please relax and test drive the following and be patient and kind to yourself as the process will require you to be "comfortably there, hitting that ball" shot after shot.

There are three key principles you need to understand about hitting a golf ball, before you can have success learning how to hit a golf ball:

1. Deliberate Hit (A to B) - You are not for instance, trying to make some lower body motion first or delay the hit or other such action. You are just hitting that ball.
2. Direction of The Hit - You are throwing the clubhead down, out and through the ball and to the right of the target line. Golf

is a two target game - The Club head's target is the ball and the ball's target is the flag or other intended target.

3. Follow Through - It is interesting to note that seemingly correcting what you do just after you have struck the ball is the key to striking the ball well. Tiger Woods is constantly making practice swings where he maintains the "thumbs down" attitude well into follow through and thus maintains full extension of both arms and the club shaft in line with the left arm for much of the follow through.

The actual action of hitting that ball will be made easy for you, through a full understanding of these three principles.

1) A Deliberate hit

You Hit That Ball

Never, Never, Never forget that you are hitting *that* ball.

It is a very deliberate (A to B) action like hitting a nail on the head.

You are not getting into positions or making some motion near the ball in the hope that all will go well.

Work on what you like when making practice swings, but any and every time you hit that ball, you are hitting that ball, not turning your hip, keeping your foot down, etc ... you are there and doing nothing else but just plain and simple, hitting that ball!



A to B

Hitting That Ball as outlined, is a very deliberate action that when viewed with stop action

would reveal a beautiful golf swing with loads of things to analyse on the way down.

A) The top of the swing

B) The ball (impact)

Take the clubhead back and just hit that ball. Throw the clubhead directly into the back of it. A to B.

Play Golf

You are playing golf when your entire attention is solely on hitting that ball. Putting something extra into a long drive, finessing an approach shot into a tight pin placement, and so on ...

You are **not** playing golf if you have any attention on swing mechanics.

Think about what you like during a practice swing, but starting right now, never again think about swing mechanics when you hit that ball.

You must confront that what you are doing is hitting that ball.

At the start and throughout your entire career as a golfer, you must make the decision that whenever you hit a ball, what you will be doing is hitting that ball.

The game of golf and the fun of golf really begins when, what you naturally do to hit that ball long and straight actually works.

There is no time to make an indirect motion



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before you hit that ball.

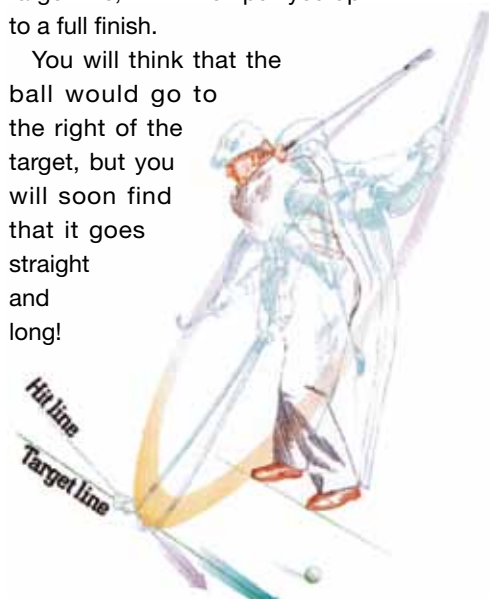
Working with any indirect motion or position on the way down is always destructive.

2) Direction of the hit

It is interesting to note that the clubhead begins inside the target line and if you do not have an orientation to push (throw) it down and out through the ball and to the right of the target line, you will end up in a very difficult and un-natural situation indeed.

Because the clubhead is attached to you via the clubshaft, when the clubhead has been thrown down and out across the target line, it will then pull you up to a full finish.

You will think that the ball would go to the right of the target, but you will soon find that it goes straight and long!



3) Follow through

It is interesting that the key to learning how to hit the ball well is contained in a full understanding of what happens just after the ball has been struck. There is a condition just after you have struck the ball that is called Follow Through:

You have pushed the clubhead deep out past your left shoulder*

* This is a feeling and relative position.

What will characterise Follow Through is:

1. Both arms are straight.
2. Both wrists are fully uncocked.
3. Clubshaft is in a straight line with the left arm.
4. The left wrist is flat to slightly arched (like Ben Hogan).
5. Shoulder line about parallel to target line.
6. The clubface will have been pushed slightly closed (as a result of both wrists being fully uncocked).

There are two 'pulling' conditions that can stop you from hitting through to Follow Through Position:

1. Your hands have pulled ahead of the clubhead, blocking any Follow Through.
2. Your hands have pulled back, stopping the clubhead from being pushed out deep.



Every shot is hit down and out through Follow Through.

You don't try and hold this position but it is a position you will pass through just after you have struck the ball. It represents a condition of having pushed everything totally into the shot. Anything less than this is an indication of some pulling or bailing out of the shot.

Follow through exercise

Take some shorter shots and then, as you gain proficiency, gradually longer shots. Keep at it until your whole full swing is a smooth unencumbered motion. Work to see that each swing contains a full and complete Follow through.

Tiger Woods practices this as an exercise often while waiting to play his shot during play on the course. If it is good enough for Tiger, it is worth doing - besides it helps stretch the muscles to avoid hurting your back or other body parts.

Once you fully appreciate and understand hitting out through Follow Through, any mystery to the game will have ended. The natural way you would hit the ball will now work. Commit to the HIT!

Staying in The Swing or Bailing Out

To really stay in the swing: Extend deep down, out & through into 'Follow Through' away from the right hip and right knee which get pushed back. To the degree you fall short of this, you are bailing out of the swing.

The anatomy of any 'Bailing Out' of the shot is Pulling and a lack of resolve to push (uncock fully) deep into Follow Through and Complete The Swing. ◀



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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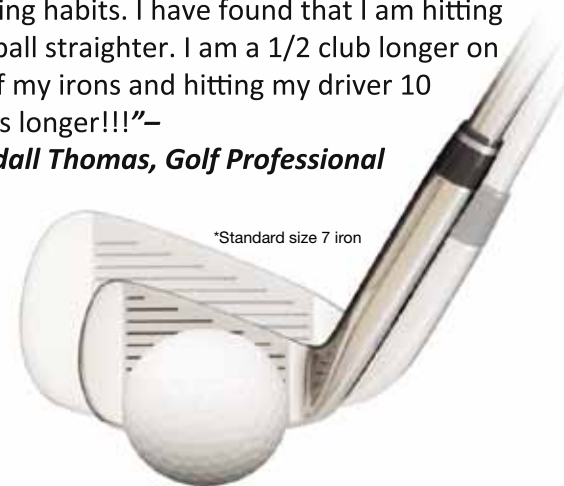
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