

The Hit: Part 5

Peter Croker

THIS drill defines the downswing path best and how the hands direct not only the clubhead, but also the arms and body on the "A to B" path towards the ball.

This exercise has been the most effective in helping golfers remove the "Outside - in" downswing, and replace it with a powerful and direct hit of the ball.

Hands direct clubhead and body exercise

Purpose: To remove any illusions as to how the hands direct the clubhead and the body.

Uncock the clubhead under (not over) your hands from the top. You are pushing the clubhead directly at the ball (A to B). Work with both to know right from wrong. Un-cocking under has a very distinct feeling.

Uncocking in line with Left Arm. Do this very slowly to start and you will see how as the thumbs move downward, the clubshaft wants to move more in line with the left forearm and under the right forearm. (Fig 1)

Part 1

Freeze your body at the top of the backswing position and do not let it move at all through this part of the exercise.

Attempt to uncock your hands under, pushing the clubhead directly at the ball. Because you are pushing out down the clubshaft, your hands will automatically uncock over through impact. Drill this in.

It is the "thumbs down - uncocking action" first before the left wrist and forearm rotate squaring the clubface to and maintains the pressure from the heel pad area against the thumb-pad area of the left hand. (Fig 2)

Part 2

Without a club, freeze your body at



Figure 1



Figure 2

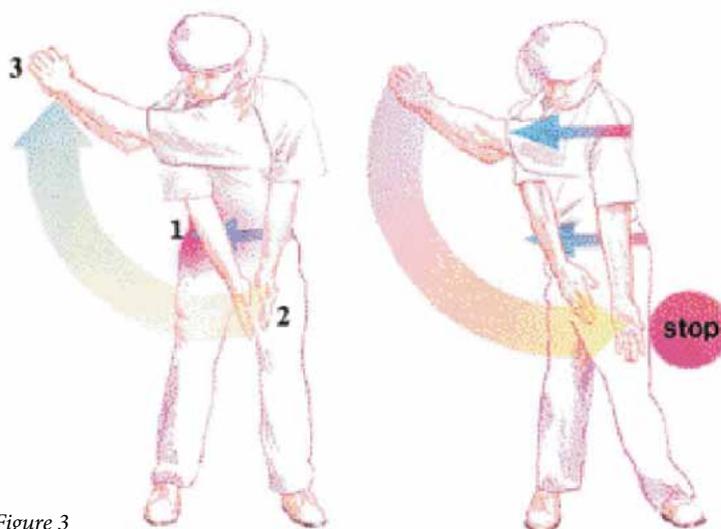


Figure 3

the top of the backswing position and do not allow your body to move at all during this part of the exercise.

Uncock your hands directly at the ball. Drill this in. (Fig 3)

Part 3

As in Part 2 above - with your body frozen in position. But *after* impact, allow the momentum of your hands to pull your body up to a full finish. Drill this in with a really aggressive swing. (Fig 4)

Part 4

Take some full practice swings with a club retaining the 'feeling' you had from Part 3.

Part 5

Hit some balls retaining the 'feeling' you had from Part 3.

This exercise in total really develops "Path" and "Power" and the feeling of a free wheeling and complete release of the clubhead down, out, and through the golf ball. Enjoy the Hit! ◀



Figure 4

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, where he delivers schools, individual lessons, and has an "Online Lesson Program" - www.crokergolfsystem.com
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