

The hit: part 6

Clubhead and body release exercise

Peter Croker



FOLLOWING on from the last lesson this exercise promotes freedom to go after the shot and get body, hands and arms accelerating when they should.

Purpose

1. At start of downswing, it is the primary purpose of the hands to release the clubhead on the correct path with an accelerating throwing action.
2. Through the "Impact Zone", it is the primary purpose of the hands to release the clubhead, clubface, arms, and body so that the clubhead release assists in the complete release of hands, arms, and body to a balanced finish position.

You need to get through every shot. This exercise gets the clubhead down and out past the head so that you can get the correct feeling for hitting through every shot.

Push

Address a ball with an 8 iron. Make gradually fuller and fuller swings. Do not allow your shoulders to turn past parallel to the target line. This is just a hands and arms hit. Look at the at

the following picture. We typically call this the 'Propeller Exercise'.

Pull

As in the above 'Push' section of the exercise, only allow the clubhead to pull you up to a full finish after you have hit deep, down and out through impact and well into follow through. Feel how the hips and shoulders snap up to a full rotated and balanced finish. There should be little stress on the back or any other body parts.

This is not a sloppy exercise, but designed to get you through every shot.

For any golfer that experiences difficulty in "releasing" the clubhead on the correct path, this exercise will help build a positive "A to B" downswing and a "free wheeling" 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 delivers schools, individual lessons, and has an "Online Lesson Program" - www.crokergolfsystem.com

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