

Coiling up for power, control, and consistency

Peter Croker



WHEN you ask any golfer which skill they would like most out of Consistency, Control or Power, most seem to settle on Consistency, but would prefer to have all three.

This lesson opens the door to have all three when standardly applied.

The truth is that if we aim for control of the backswing then hitting a golf ball becomes more consistent and greater Power results.

In the Croker Golf System there is a focus on building a "STABLE BASE" to wind up the backswing on.

In the start of the backswing the "push back" of the left hand against a slightly resisting right hand helps the hips rotate from the start of the backswing. It is this correct rotation of the hips that allows the left knee to bend out in the direction of the left toes (see illustration)

The right knee maintains its flexed position and with both feet remaining solidly in the ground, the hip rotation is restricted to between 30 and 40 degrees.

This "hands and hip" action is enough to energise the swinging club head into causing the wrists to start hinging after the hands pass the right foot. Up to this point in the takeaway the handle of the club should lead the club head slightly which helps the hip rotation from the start of the backswing. This hinging action of the wrists and left forearm rotation stretches the left arm and bends both the right wrist and right elbow and coils up the wrists and arms as the



momentum of the swinging club continues its backward motion. (No chance for the "Chicken Wing here!")

This coiling and swinging motion in the hands, arms and club has the effect of pulling on the shoulders and coiling the core muscles of the abdomen against the hips, legs and feet.

Providing you maintain the "Stable Base" with the hips rotating and with correct knee action, the ability to consistently swing the club head back into a compact and loaded position will deliver

you with ability to consistently strike the ball solidly and on the correct path. The confidence will grow as the competence increases and with this greater club head speed develops.

It is my experience that the correct coiling in the backswing where the swinging club head stretches the muscles in the arms, trunk of the body, hips and legs leads to a great ability to consistently hit longer and with more control. Please check out the video link to gain greater insight on how to achieve this. **LG**

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, Rocco 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 Take an Internet Lesson directly from Peter: www.crokergolfsystem.com/Academy/view-your-swing.html You can also contact Peter on 0415 292 549

Webb's Spirit of Courage

LPGA star **Karrie Webb** was presented with the 2011 Christopher Reeve Spirit of Courage Award during a gala night last month in the US. A longtime friend and supporter of the Christopher & Dana Reeve Foundation, Karrie was recognized for her dedication to improving the lives of those living with paralysis. Over the past decade, Karrie has been an ambassador for the Reeve Foundation, and earlier this year, she donated \$100,000 of her LPGA RR Donnelley Founders' Cup winnings to the Reeve Foundation.

"Karrie has experienced first-hand just how inspiring someone living with a spinal cord injury can be," said Alexandra Reeve Givens, referring to Webb's coach, Kelvin Haller, who has been living with quadriplegia for two decades.

"With Kelvin by her side, Karrie has become one of the greatest golfers in history. But as remarkable as Karrie's accomplishments on the golf course are, we believe that her greatest contributions have happened off the course."

In her acceptance speech, Webb said, "Although I only knew Christopher Reeve for a short while, I have known Kelvin Haller my whole life and for the last 21 years I have watched him live quietly and very courageously with paralysis. Kelvin not only coached and mentored me since I started playing golf, he has been an incredible inspiration to me throughout my career and life. It is because of him that I would ever have the honor of standing here tonight. My involvement with the Reeve Foundation has always been because of him and for him."

For more information, visit www.ChristopherReeve.org/AME.



AUSTRALASIAN GOLF ACADEMY



The Perfect Balance of Education and Technical and Physical Golf Training

WHAT AGA PROGRAM IS RIGHT FOR YOU?



Diploma of Sport Development
Certificate III in Sport Career Oriented Participation

Certificate II in Sport Career Oriented Participation
Short Term Golf Training Program
Long Term Golf Training Program (Domestic)



Contact us to find out now...

www.aga.edu.au or australia@aga.edu.au



The #1 Video Analysis System in Sports



World's first 3D tracking radar for golf



McMaster GOLF FITNESS SYSTEMS