

Sources of motion in golf

Peter Croker



SOURCE is a word that identifies where something comes from. In golf, if you took the viewpoint that there are actual sources for the following important parts of the golf swing, you can gain a more professional viewpoint and natural understanding

of the action of 'Hitting That Ball':

- **Motion** (Source of Motion)
- **Stability** (Source of Stability)
- **Control** (Source of Control)
- **Time** (Source of Time)
- **Power** (Source of Power)
- **Balance** (Source of Balance)
- **Structure** (Source of Structure)

By clearing up and understanding the definitions of these words, you will really be in a position to appreciate the importance of building a Grip, Stance, Backswing and Hit.

Please review the past lessons as set out in **Inside Golf** in a new unit of time and I am sure you will gain much more from these lessons now.

They are all available now on the following link: http://www.crokergolfsystem.com/media_center.htm

Hands

Improper use of hands in golf is what is causing the game to be so 'difficult'. Golfers are trying to fix everything under the sun, but the real cause – the use of their hands – is rarely in question.

In sports, more feeling more easily emanates from your hands. Your body naturally adjusts to support and align with the action of your hands.

You hit with your hands.

A golfer's hands are what direct their body and the club in the golf swing. The clubhead is something the hands use to hit the ball with and the body is something that aligns with and supports the action of the hands. This is true in tennis, hockey, baseball, eating spaghetti... it is also true in golf and is the key to playing good golf!

Your body should remain as inactive and as 'quiet' as possible throughout the downswing. Your body may appear to move first, but it is a result of first trying to hit with your hands.

The whole idea is not to allow the body to react independent of the movement of your hands, but support that movement naturally and work in harmony with it.

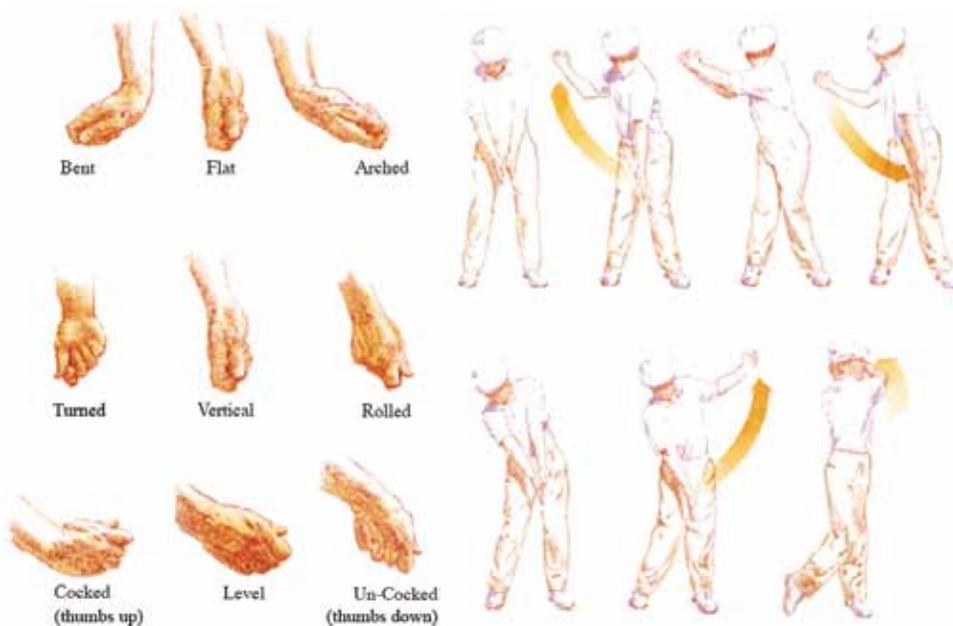


Fig 1 Hand positions

Fig 2 Body follows hand exercise

Throw a Ball Exercise

Pick up a ball and throw it using each of the following procedures :

1. Turn away from your target. Now plant your left heel hard, and allow your hips to slide and turn forward towards the target. Make sure your right elbow gets to a position 'deep' ahead of your hand as you pull the ball forward. Allow your hand to be dragged ahead of your head. As soon as your hand passes your head, open it to release the ball.
2. Pick up the ball and throw it at a target with your hand.

This exercise is not as ridiculous as it may seem. Example 1) above is typically how golf instruction can end up being received by the student, whether the instructor meant it that

way or not. Example 2) is the correct orientation and shouldn't be considered novel, but in today's world is all too often New News!

Hand positions

Figure 1 above defines right hand positions that are used in the Croker Golf System program when discussing the work your hands do:

Body Follows Hands Exercise

Stand at address without a club, but with your palms facing each other. Now move your right hand to the top of the backswing position. Then move your left hand to top of backswing position. Then do the same left and then right hand motion to move your hands back to impact position and then to finish position. Note how your body naturally follows your hands. ◀

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

Mike Clayton's Pro Tips: How to use a laser rangefinder and improve your golf



PLAYERS need to have a reasonable understanding of how far they hit each club.

THERE are a couple of ways to measure how far you fly each club. You can measure the clubs individually or you can simply do what I did a long time ago and measure how far the nine-iron flies, then the six and the three-iron or the hybrid. You can work out the rest from there.

My nine is around 123m; the six is between 150m and 155m. The three-iron is a little more varied depending on the conditions, but 175m is around the mark.

The 3 or 4 degrees' loft between clubs equates to about ten meters – making my 8-iron a 133m club.

It is only worth measuring the distance the ball flies – and not where it finishes.

The easiest way to do that is to go onto the course because you can easily find the pitch mark on the green and – by using a laser rangefinder and looking back to the tee from your pitchmark – determine the exact carry.

It is also well worth measuring the wedges because the shorter the club the more important it becomes to get the right length. My wedge is right on 105m. The 54-degree club flies around 90m.

It is important to measure the shots using the same type of ball you use on the course.

It is useful to write the distances down initially but in no time you should have them imprinted in your brain.

Pros know the distances they fly the short clubs, and that's where they save most shots. When you are playing well the difference between 102m and 110m is important.

I know I can fly a slightly-less-than-full wedge 102m, but that I cannot get one to fly 110m unless I thrash it – and that is no way to hit decent wedges. For me that is a little nine-iron pitch – or I know that if I take the wedge I am going to have a four or five-metre putt up to the hole and there are times when that is no disaster. If there is trouble over the back of the green you may be better off with the longer putt.

"Remember that it is much easier to drop a shot during a round of golf than it is to make a birdie." ◀

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