

The source of stability in the golf swing - Part 1

Peter Croker

EVERYONE knows that you have to keep your head steady as you are hitting a golf ball. This is fundamental to all great golfers. No statement about golf was truer or more basic.



In order to have stability in your swing, the centres that you are swinging around must be stable.

Stability in golf means more than just maintaining balance, and has more to do with remaining centred while winding up in the backswing and unwinding in the downswing. Backswing stability is critical to having a consistent strike on the ball. However the backswing is only the first element.

From a stable stance you build a solid backswing platform to launch the clubhead down, out, and through the golf ball to a full and complete finish in complete balance over the front foot.

Stability also means remaining centred during the downswing and through the impact zone and then finishing centred and balanced over your front foot at the finish.

In these next lessons we will discuss how to create this stability from start to finish in the swing.

It starts with the backswing.

Imagine that your feet are anchored in the ground with 1000lb weights holding each foot in the ground. The right knee remains flexed and any motion in the left knee is moving out in the direction of the left toes.

Study the illustrations to gain a stronger insight into how stable this backswing loading can be. **IG**



Start of Backswing Left Knee motion



Coiled backswing against left foot and knee anchors



A stable and consistent hip turn requires a stable base of feet and knees



Backswing against a stable base of feet and legs

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

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