

Full Swing/1, 2, 3, Exercise

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THE time is now when you get a chance to apply the Croker Golf System Basics as presented over the past 2 years in **Inside Golf** and discover the effortless power when good fundamentals are in place.

Full Swing/1, 2, 3, Exercise

Purpose: To teach a golfer to successfully 'hit that ball' with a full swing.

What we want is a natural hit of a ball. A good analogy to throwing the clubhead at the ball would be throwing a ball at the ball. When you throw something (ball, clubhead) you are trying to get rid of it. From a standard address, throw the ball/clubhead as outlined below:

1. Left Hand - Leave your right hand at your side and from the top of the backswing position, throw a ball at the ball in front of you (Ball First - Body Second).
2. Right Hand - Leave your left hand at your side and from the top of the backswing position, throw the ball from the end of your fingers at the ball in front of you (Ball First - Body Second, extending your right hand deep into the 'throw' down and out past your left shoulder).
3. From now on, when you are hitting a ball you are trying to get rid of the clubhead:

You are throwing the clubhead down and out through the ball!

When the direction of "throw" is correct it is not possible to release the clubhead ahead of your hands, but trying to will give you the feel of a nice aggressive 'Clubhead First' hit through the ball.

Now instead of throwing a ball at the ball, you are going to throw the clubhead at and through the ball. Now just hit a ball 'Clubhead First'.

The balls you threw in 1) and 2) above bounced out to the right of the target line. Maintain this 'Direction of Hit' when you are throwing the clubhead as well.



In a correct hit, you can feel all of your energy flowing quietly up from the ground and out down the clubshaft into the ball.

How to Complete the Full Swing / 1, 2, 3 Exercise

How you do the full swing exercise is almost as important as what you do in this key exercise. It is through this exercise where you finally discover a Natural Swing for yourself. There are 5 principles that you need to apply in order to ensure success with this exercise.

1) Keep your attention out there

When you hit a ball and it does not go perfectly, the wrong thing to do is put your attention on yourself and get analytical and try and work out what went wrong.

Keep your attention out there and just hit another shot and don't allow your attention to come off of what you are doing (hitting that ball) and back onto yourself. The way out is not to 'figure out' what went wrong in any missed shot.

The way out is to fire the clubhead down, out and through the ball and up and over your left shoulder until it is a smooth unencumbered motion and put that same swing on a ball. You just step back and fire some more practice swings in one attention span and then walk up to a ball and fire the clubhead the same way. Keep at it until the balls just start going well.

2) You have to be willing to miss it to hit it

In this exercise you have to be willing to miss the ball in order to learn to hit it solidly and with authority. If you are not willing to miss the ball you will get careful and manipulate the clubface around impact. When your Croker Golf System basics are 'in' and this section describes how you work through this exercise, sooner rather than later the balls will just start going straight on their own.

But initially it requires you have a 'leap of faith' here. You have not seen this swing really work and this exercise does not benefit from any doubts, carefulness or lack of confidence you may have. Don't be positive about it. Don't be negative about it. Just keep throwing the clubhead and in the end, without any conscious manipulation, you won't believe your eyes at the incredible results.

Golfers typically slow down and analyse

their mistakes. They start analysing their elbow position, turning their hip, etc... That is the exact opposite of the emphasis of this exercise - there is nothing to analyse on the way down to that ball. There is no 'holding on to', there is only 'getting rid of'

3) Don't change when the result is poor

Initially when you learned to ride a bike, you didn't get all analytical. Just by keeping at it, you got it naturally. The responsibility of this exercise is to get you 'riding the bike'. Get analytical about it and you will never make it. You are not going to analytically 'figure out' how to ride a bike, you are going to keep at it until it comes straight of its own accord. And it will. The same applies here:

Anatomy of Failure

- 1) Mistake
- 2) Doubt - attention on swing mechanics
- 3) 'Figure out' why and make some adjustment
- 4) Try again

Anatomy of Success

- 1) Mistake
- 2) Back up & fire the clubhead until you expect the next one to go well
- 3) Fire the clubhead through another ball
- 4) Complete Every Shot

Every full shot should finish with you having fired the clubhead over your left shoulder and you looking out over your right arm, watching the ball fly to the target.

It may seem that the reason the shot didn't finish is that you didn't hit it well when in actual fact, the only successful viewpoint is just the opposite - the shot didn't go well because you didn't finish it!

5) Bullet Out of a Gun

You are firing the clubhead like a bullet out of a gun. Fire the clubhead (bullet) and keep your body (gun) back and steady. **IG**

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