

Left hand: Push exercise

Peter Croker



GOOD Golf is EASY—that means done with EASE!

Bad golf is stressful and a strain on body and mind.

Doing this Left Hand Drill requires this “with ease” approach and to swing small and very slow at first to feel the momentum and the gravity that is there to be utilised.

The “education” of the left hand means that correct alignments through the “impact zone” as well as from the “start” of the swing can be achieved and a consistent hit on the ball is the product.

The purpose of the left hand push exercise is to teach that it is the principal responsibility of your left hand to push out down the clubshaft.

This is the single most important factor in the golf swing. Your left hand pushing the clubhead through the ball causes your left shoulder to support this pushing action by working up and back. This single factor is what guarantees a steady head and a solid impact on a more consistent basis.

If the action of your left hand pulling (not pushing) the clubhead through the ball results in your left shoulder pulling forward, your head will be caused to move erratically and thus impact results.

A ‘balanced’ hit will force your left shoulder up and back toward your chin.



Part 1

Hold a club at the top of a one third backswing position in your left hand only. Another person will push the clubhead forward in the throughswing. At the same time they will apply light pressure up the clubshaft toward you. You must keep a light pressure against this push going out down the clubshaft for structure.

To maintain a position of power, you must not allow your hand to pull forward or pull backward. You must push from your centre right out in front of you the entire throughswing.

Part 2

At Address Position, hold a club in your left hand only. Imagine the dial of a clock, where 6

o'clock is right in front of you. Allow the club to swing back and forth in front of you from about 8 o'clock to 4 o'clock. Get so that what generates the motion on the downswing, is your left hand uncocking and pushing the clubhead on the forward part of the swing.

Toe Down

Your left thumb pushing the toe of the clubhead down as you drive the clubhead through the ball on the throughswing, will force your left shoulder up and out through impact.

Consciously pushing with your left thumb is not something you think or worry about when you play golf, but working with pushing the toe of the clubhead down through Impact is the

most successful feeling you can initially acquire as you learn Natural Golf. **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.crokergolfsystem.com Take an Internet Lesson directly from Peter: www.crokergolfsystem.com/Academy/view-your-swing.html

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