

# Source of Stability part 2: One Swing Centre

**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.

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 this next lesson we will discuss how to create this stability from change of backswing to start of downswing - through impact - to a full and complete finish in the swing.

In order to have stability in your swing, the centre that you are swinging around must be stable. The centre of the radius of your throughswing is your left shoulder.

If your left shoulder is pulling away from your head this causes some real problems; you could end up breaking your neck trying to keep your head still.

Golfers often end up with two opposing swing centres:

1. Left Shoulder
2. Head

Now if the left shoulder starts going into motion independently of your head, you can end up with a golf swing that is extremely unstable.

A final answer to all of this is that the action of your hands pushing the clubhead through the ball must force your left shoulder:

- A) Up toward your head
- B) Back toward your head

When A) and B) are occurring you are swinging around one swing centre and real stability in the swing is a piece of cake.

## One swing centre exercise

Make some practice swings, and as you approach impact, pull down and forward with your left shoulder while trying to keep your head stationary. Pretty impossible. Notice how the pulling left shoulder is what pulls on your head. It is important though, that you understand what this feels like so that you can recognise it in your swing. Can you spot for yourself the two different swing centres?

Now, throw the clubhead through impact.



Two opposing swing centres

The force of this action should force your left shoulder Up toward your head and Back toward your head. Notice how when the hitting action is against and forcing your left shoulder back, out, and up, your head simply stays where it is without reacting. Can you feel yourself working with one swing centre?

Your swing will be no more stable than your head has stability in the golf swing.

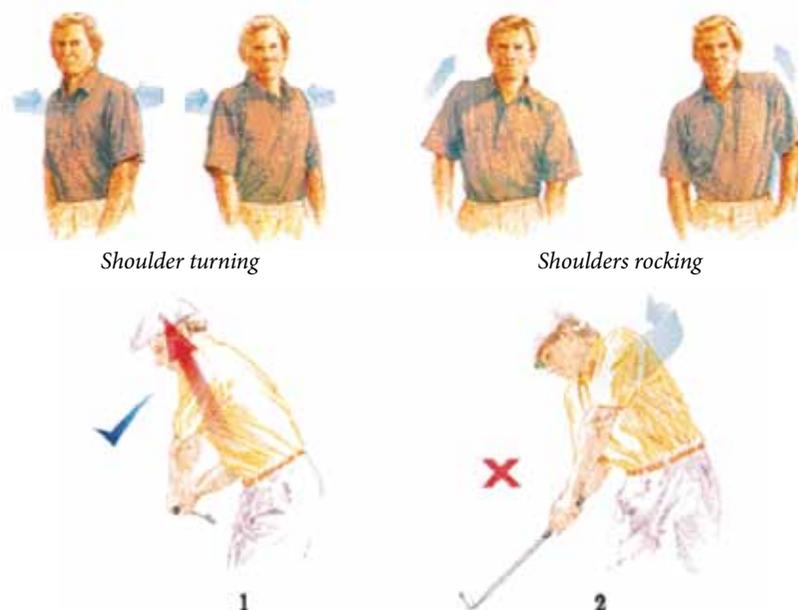
## Left Shoulder - Its Central Role

Look at a high handicapper and look at a low handicapper. The real difference, and the source of all the trouble, is the left shoulder.

When you hit a ball, the left shoulder is the centre of the radius in the throughswing. If that centre is stable, you have power. If that centre is moving away from the ball you will not have power. Also, pulling in on the shoulder drastically shortens the effective swing radius, making the clubhead go much slower. Keeping the left shoulder out extends the swing radius, greatly increasing clubhead speed at impact.

Left shoulder pull is the source of the syndrome of swinging faster and having less power and less control. This is the source of essentially every bad part of a golf swing.

Notice that your shoulders can make two motions. They can rock and they can turn. Your shoulders are free to rock as you hit that ball,



but the force of hitting that ball is causing your left shoulder to stay momentarily turned back from the target.

Anything that would cause your left shoulder to turn past parallel to the target line before you have hit the ball, will be the source of failure for that swing.

Your left shoulder is free to rock upwards when hitting the ball. (Alternately rock and then turn your shoulders so you can see the difference.)

The choice:

1. The left shoulder being forced back from the target by the action of your hands pushing against and out from your left shoulder (centre of the radius) when hitting that ball.
2. The left shoulder is turning toward the target as it pulls on your hands and clubhead, dissipating any power or alignments.

1 & 2 above are the two different worlds of golf. In 1) your skill will be allowed to come to the surface. In 2) you will be forever chasing the

clubhead and real satisfaction from playing the game to your natural ability, will always elude you.

Fortunately it is very easy to rectify. And because it is the basic mechanical problem for many golfers, when you do rectify it, you will then be able to bring your skill to bear.

When you push the clubhead out away from the centre of the radius, the centre of the radius (left shoulder) must be stable. Many golfers are spinning out of their shots (left shoulder pulling) and so find it impossible to generate any real power or accuracy.

Your left shoulder begins the throughswing turned away from the target. All you have to do is leave it there as you throw the clubhead down out and through the golf ball.

When executed correctly, the force of hitting that ball causes your left shoulder to be delayed in any turn forward, even through impact. This is a key mechanical part of any golf swing and helps create a solid impact and more accurate and consistent shots. **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](http://www.crokergolfsystem.com) Take an Internet Lesson directly from Peter: [www.crokergolfsystem.com/Academy/view-your-swing.html](http://www.crokergolfsystem.com/Academy/view-your-swing.html) You can also contact Peter on 0415 292 549

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