

The Hit: Part 3

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As mentioned in the previous article - "The Hands are the Source of Motion" and are the "key" in turning on the power, control, and consistency in an orthodox golf swing.

In this issue we will study "How the left hand works in the golf swing?"

As the leading hand for a right handed golfer, the left hand has several important functions to perform during the swing and when combined with an educated right hand bring control and structure to your swing.

Purposes of the left hand:

- To give structure to the left arm and help maintain the maximum radius in the golf swing.**
As you push down on the club shaft with the left "heel pad" and rotate the left forearm in the backswing the left arm locks into an extended position which is maintained throughout the downswing and into impact by the completion of the "thumbs down - uncocking action of the left hand. Towards the end of the "impact zone" the left wrist rotates anti-clockwise and both wrists remain fully "uncocked" well into the "follow through."
- To control the left shoulder from the "start" of the golf swing through "impact."**

Your left hand pushing the handle back in the start of the backswing causes the left shoulder to rotate backward without any dipping down and in turn promotes a flat rotation of the shoulders and hips without swaying. On the downswing the left hand uncocking the clubhead down through the ball causes your left shoulder to support this pushing action by working up and back as the left wrist uncocks and rotates through the impact area and into follow through. This can be felt when you do the drills with the left hand and arm only action

3. To control the club shaft from start to finish in the golf swing.

Study the illustrations of the left hand and arm action to see how the club shaft works into line with the left arm through the "impact zone."

4. To control the opening and closing of the club face throughout the swing.

Note the open and closing clubface in the illustrations.

5. To help the hip turn through impact by providing a firm left hand and left side to hit against.

The left hand maintains a fully uncocked action while rotating anti-clockwise through impact and follow through. This structure helps push the left hip through the ball ahead of the hands and clubhead.



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 for 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.



Pushing the club by uncocking the left hand (thumbs down) produces a constant rate of clubface closing



Thumbs down – Toe down for solid Impact



“Thumbs down” hand position

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.

Here we are referring to the toe of the club and when you maintain the “thumbs down” action throughout the down and out hitting action, the left shoulder remains stable and out as the clubshaft moves into line with the left arm and as the club face squares up and closes through impact and into follow through.

Pushing out the clubshaft is what causes the

clubface to have a constant rate of closing through impact. There is no need to attempt to roll the club face closed with the right hand when you maintain the “thumbs down - uncocking action with the left hand through the ball.

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 and through impact is the most successful feeling you can initially acquire as you learn golf. ◀

To gain further understanding of the role of the left hand in the golf swing please view this video - <http://www.crokgolfssystem.com/left-hand.htm>

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