

Getting set up – not upset

Peter Croker



WHEN we need to become more consistent and under control out on the golf course, the Address Routine is the bridge that connects you to both the golf ball and the golf ball's target. A good "Routine" sets you up time after time with greater balance, rhythm, "soft hands" and a smooth tempo.

These questions come up time and again:

- How do I know how far to stand away from the ball?
- How do I know I am set up aiming at my target?
- How do I set up in balance?
- Where should the ball be in relation to my front foot?
- How much bend of the spine is needed to be in the best posture?
- Why is it better to have the left leg positioned more like a "pillar" than a "tripod?"

There is no doubt that if the correct stance is taken every time, then a quality shot can follow on a more consistent basis.

This lesson examines how to set up at the correct distance from the ball, in good posture and balance.

You can drill in a correct stance to best support a powerful pivot of the body and release of the hands, arms and club on the ball.

Hunch

Your shoulders and back must not 'hunch over' to compensate for standing too upright. Correct shaft length is imperative. For instance, if your clubs are too short, it can make for a very awkward setup indeed.

Posture

Correct posture includes bending from the hips and unlocking the knees with your pelvis tucked up underneath you so as to lessen the strain on the lower back and make it easier to turn your hips both back and through.

Warning - do not set up with your pelvis tilted down (as shown in the left hand illustration), as this will not only strain your back, but makes it very difficult to turn your hips correctly.

Three-point set exercise

Starting from an erect and good posture:

1. Bend at hips (not waist)
2. Unlock knees
3. Slide hips slightly left, and tilt your backbone (not just the shoulders) slightly right. (Note: By tilting just your shoulders, you are just asking for back problems, not to mention swing problems.)

Build the correct angle of club shaft to arm, and arm to body



To establish the correct distance for your hands to be away from your body and to have the correct angle of your arms to your body and the club shaft to your arms, start standing erect and with the club shaft horizontal to the ground and opposite the centre of the hips.

The head positioning

Looking from front on, the head and neck should be in-line with the spine.

Balance

To have the weight balanced evenly between the balls and heels of your feet, a vertical line directly down from the inside of the shoulder socket should fall in line with the knees and balls of your feet.

Left leg angle at address

If you placed your ankle in a doorway, the left thigh should be gently touching the door frame. **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 You can also contact Peter on 0415 292 549

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