

Building structure—Part 2

Peter Croker



ADDING to our last lesson on “Building Structure”—we are starting from the ground up and once we have all points of good structure in at address we will see how important these basics are in building a consistent and powerful swing.

The ADDRESS POSITION:

1. The feet flat and heavy in the ground, toes pointing out 20–30 degrees
2. Knees slightly flexed,
3. Pelvis tucked under slightly to create only a slight arch in the lower back.
4. Note in this illustration the straight back and the arms hanging extended down.
5. The balance is even in both feet.
6. While you will feel solid and heavy in the feet and springy in the legs, the chest is comfortably out and the muscles in the arms and back are soft and relaxed. There is extension but little tension in the arms.
This is structure in the stance.

Push Back from the Hips for Good Posture

Pulling your hips up and in at set-up restricts you and makes turning very cumbersome.

By pushing your hips back a bit, you are really ensuring that you bend at the hips and not at the waist.

This is paramount in maintaining a straight spine during your swing and promoting good structure.

Bending at your hips, not your waist and allowing your buttocks to go back for balance and equilibrium, is another way of saying: Push Your Buttocks Out.

You will feel a hollow at the base of your back when you are set up correctly.

Initially setting up like this may feel awkward, but surprisingly soon this position will become very comfortable and natural.

Push Your Buttocks Out Exercise

Take some practice swings with your buttocks pulled in under you. Notice how awkward it is to turn back and forward in your swing.

Now, push your buttocks out and notice how much easier and more natural it is in allowing your body to turn back and forward.



Shoulders Pushed Back

The stance is begun from a position of good posture, which is then maintained throughout the swing.

Posture is defined in Croker Golf System as both:

1. Shoulders Comfortably Back
2. Bend at Hips Not Waist

You should not allow your shoulders to be hunched forward.

By bending from your hips it promotes having your shoulders comfortably back—not hunched. Maintaining balance goes along with this posture.

Try hunching your back and your shoulders. Now by bending from the hips, it is not easy to maintain good balance without having this action at the same time push your shoulders back and ‘un-hunch’ them. This is what comfortably pushes your shoulders back.

Swing Proud

The pictures depict good and bad posture in the golf swing.

Good posture is a key to the dynamics of a powerful and accurate swing.

Good posture is Pushing Out. Bad posture is Pulling In.

Swing Proud, have good posture the entire swing.

Swing Proud Exercise

Stand at address totally collapsed:

1. Pulling in on the clubshaft
2. Pulling up on the grip
3. Pull your knees in together
4. Pull your buttocks in
5. Shoulders hunched

Take a couple of practice swings from this position. Now:

1. Push down on the grip
2. Push out down the clubshaft
3. Push your knees apart
4. Bend at the hips
5. Shoulders should be comfortably pushed back.

From and maintaining this strong structure, take a practice swing.

You may additionally try just collapsing one of the 5 points of structure and then alternately try a practice swing with that point collapsed and with that point fully in.

Note the difference in feel for yourself so that you get the feeling for each of the 5 points of good structure and then acquire naturally good structure.

Swing Proud! ◀

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

You can also contact Peter on 0415 292 549

Golf Direct.com.au

Australia's Hottest on-line Golf Store

Backed by Australia's biggest golf store. Run by PGA professionals!