

Source of Time

(An Un-rushed Swing)

Peter Croker

Left Shoulder for the Downswing



It has been remarked by a great baseball slugger that when he was in the 'zone' it was as if the ball was being pitched slowly and it was about the size of a watermelon (making it easy to hit). Another remarked that he could actually see the stitches on the ball as it was being pitched to him.

For these great athletes it was not so much that they had incredible speed but that from their viewpoint, everything was just moving slower. Thus, they seemed to have more time.

For a duffer, the shot is almost over before it has even started. For a pro like Sam Snead or Ernie Els, they seem to have all the time in the world. If there was a part of your body which defines time, it would be your left shoulder. You can waste the time you have or you can acquire more time for your swing, depending on how well you employ the following fundamental.

Source of Time—Exercise for the Downswing

Take a golf club and go to the top of your backswing.

With an absolute minimum of turn in your left shoulder, using your hands, very slowly push the clubhead down towards impact by uncocking the wrists (thumbs down).

OK.

Now do the same as above only as your hands bring the clubhead down into impact, pull your left shoulder back. Feel rushed? See time disappear?

Pulling on the left shoulder to generate speed (spinning out), generates a false sense of power.

A rushed swing by definition is one where the left shoulder is pulling your hands forward and not allowing them to release the clubhead down and out through impact. You have no time to hit the ball!

Source of Time—Exercise for the Backswing

If you find yourself "rushing" the backswing then there is one sure way to help slow the start



of your swing down and that is to "PUSH" on the handle with your left hand (for right hander players) at the start of the "Takeaway" while the right hand provides a slight resistance to "PUSH" against.

This action will cause the "Handle end" of the club to start away first, dragging the clubhead back low and straight for the first 30 centimeters. From here the clubhead takes on a "swinging" motion and a smooth and slower backswing will result.

Using the "hands" in a correct "PUSHING" action both at the start of the backswing and at the transition from

backswing to downswing is at the source of giving you all the time you need to hit long and straight on a consistent basis.

Walter Hagen once said: Never hurry and

never worry and take "TIME" to smell the flowers along the way. Time is on your side and the ball is not going anywhere until you hit it. ◀

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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