

Hit freely - don't steer

Peter Croker



THE pressure of playing a tee shot down a tight fairway unfortunately can place a golfer in a frame of mind of trying to steer the clubhead rather than hitting freely.

The Croker Golf System lessons as have been laid out in previous issues will give you a very reliable way of hitting that ball with power and accuracy.

You can break any habit of steering once you recognise that any remnants of this killer habit is what now stands between you and a consistent ability to play the game in the real world - out on the course under varying degrees of pressure. The action of hitting a golf ball should be a smooth unencumbered motion.

Remember that golf is a Two Target Game –
1. The clubhead's target is the ball.
2. The ball's target is the fairway or hole.

You simply must be able to:

Throw the clubhead down, out, and through the ball without concern over the outcome.

Warning! – Do not “try” to make the clubhead or clubface go towards the ball's intended target! This is steering and will not give you the accuracy you are looking for.

Following are two Exercises that are designed to get you through any tendency that you may have to “steering” the ball and help build trust in your swing.

“Hit That Ball – Anti-Steering” Exercise

When on the practice fairway or driving range line up a number of balls in a row (say 5 to start).

1. Take a short iron (9 or wedge) and make a few practice swings where you focus on an easy swing with complete release of the clubhead to a full and balanced finish where the clubhead releases fully over the left shoulder.
2. Now with this easy and balanced feeling for the swing step up to the first ball and “without concern for the outcome” fire the clubhead down and out through the ball to a calm and balanced finish. See the ball land and finish rolling and without further delay step up

and do the same for the remaining balls. Stay hitting the short iron until you feel good about the outcome.

3. Repeat this exercise with a mid iron (5 or 6), fairway woods, and finally driver. Continue hitting balls in this manner until you feel relaxed about the outcome and feel you have little to no thoughts on “swing mechanics.”
4. Next take this feeling and “non-thought” to the golf course and “Enjoy the Hit!” with no concern over the outcome.

Warning! – if the ball is not going within and acceptable tolerance range for you, return to polishing your swing mechanics as laid out in previous lessons. It is recommended to visit your PGA Instructor/Coach for “hands on” coaching to help build these “basics.”

Power Swing or “Swing Kite” Exercise

The ‘Power Swing/Swing Kite’ is a teaching aid that offers more resistance the faster you attempt to swing it. At the same time it only offers resistance to the amount of effort you ‘push’ against it as you swing and therefore is safer to use in building “swing” strength than using a “heavy” club. The added benefit is that it helps overcoming any tendency to “steer” throughout the swing as you fire the “clubhead end” down and out through the “impact zone” and all the way through to a full finish over the left shoulder.

Take the Power Swing/Swing Kite and in a full swing, attempt to throw what would be the ‘clubhead’ end first, pushing it aggressively deep through the impact area to a full finish.

The ‘Power Swing/Swing Kite’ works magic in unlocking and freeing up a student's motion and hit through the ball. It just peels away any carefulness and leaves a fearless ability to just hit that ball and complete the swing to a full finish. ◀

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. Peter is an invited speaker at the 2010 Srixon PGA Coaching Summit in October. 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





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