

# Source of structure

## The first two pushes

### Peter Croker



SETTING up and maintaining strong body structure throughout your shots is a very important factor in building a stroke that produces big distance and real accuracy with a high level of consistency. Learn all about golf and play with poor structure and you have entered a wild variable into your game.

In this lesson you will find out about 2 of the major areas of structure that will allow you to naturally acquire strong structure and a more consistent strike on the ball:

1. Push Down on the Grip
2. Push Out Down the Clubshaft

Controlling these two will help prevent “chicken wing” either in the backswing with the right elbow or down through impact and into followthrough with the left elbow.

This will have a major influence on a building of a consistent and solid impact.

When you are swinging with these 2 points of good structure as outlined in this lesson, you are really protecting your elbows and shoulder joints as the arms stay more closely connected to the body throughout the swing.

### 1) Push down on the grip

By pushing down (against) at all times on the grip, you are guaranteed of having good arm structure.

Your left wrist is located vertically on top of the grip so that when you push down on the grip of the club the left arm is straight.

At address, pushing down on the grip is the opposite of pulling up on the grip.

#### Down vs Up:

Pulling on the grip at any point in the shot with either hand will collapse any arm structure.

#### Rope exercise:

Purpose: The purpose of this exercise is to give you the feeling for the source of good arm structure in the swing.

#### Address position:

Take a length of rope and tie it around your left shoulder or top of your left arm (see illustration)

Wrap the other end around the grip of a club and with your right hand, hold the grip with the rope stretched in place.

Place your left arm at your side and assume address position.

Continuously push down and against the side of the handle as you push outward down the clubshaft towards the clubhead.

#### Backswing:

Allow your right hip to turn back as you continuously keep push the handle out and up in front of your chest.

#### Hitting that ball:

Continuously push against and out on the handle as you push the clubhead down and through the ball and through the follow through position - thumbs down.

#### Push out structure exercise:

Take some practice swings and then hit some balls concentrating on having good extension at address, during the backswing, on the way down and when hitting that ball through to the finish.

### 2) Push out down the clubshaft

Pushing out down the clubshaft is the key to consistency, distance and accuracy.

At address your hands are exerting a bit of pressure, pushing out down the clubshaft. This pressure is maintained throughout the shot. This is a major factor in maintaining good and strong structure throughout the swing.

Pushing out down the clubshaft is the opposite of pullin on the clubshaft.

#### Out vs In:

You hit a golf ball while pushing out down the clubshaft the entire time from address, through the backswing and throughout the downswing all the way through followthrough to the finish.

#### Push out down the clubshaft exercise:

Make some practice swings, maintaining pressure pushing out down the clubshaft throughout the entire swing - from address through to the finish.

Now, make some swings and at various points deliberately pull on the clubshaft with your hands. At the points where you do this, your swing will collapse and you will lose any sense of where the clubhead is in a swing.

### 3) Push your knees apart

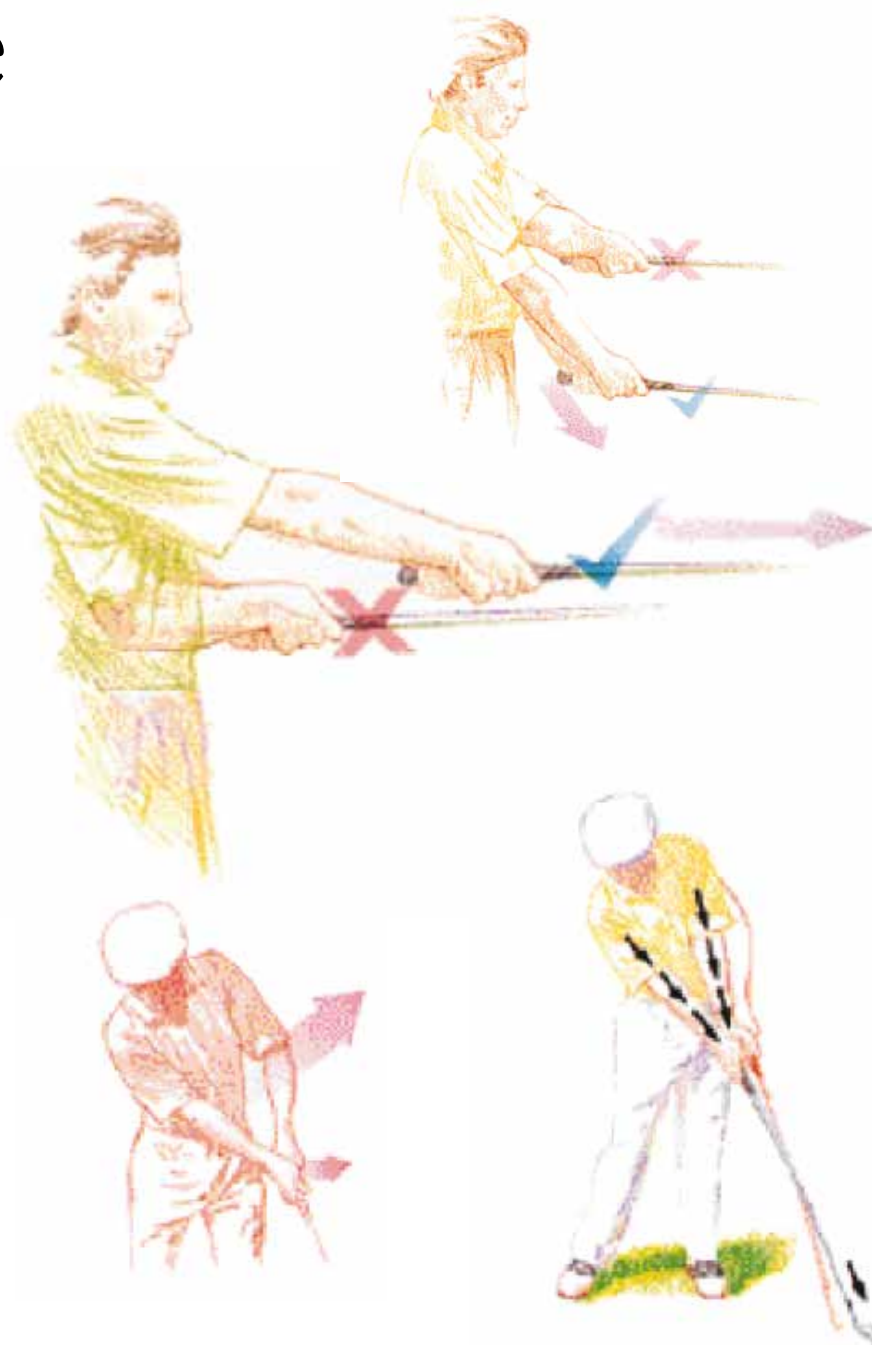
Your knees should have a light pressure pushing them apart, so as to have a more solid base to hit from. At setup and throughout the

swing, this source of structure is fundamental in providing a firm base to hit from.

#### Knees apart exercise:

Take seom practise swings with your knees bowed in a bit from setup and throughout the swing. Notice the wobbly feeling this generates.

Now take some practice swings with your knees having a light amount of pressure pushing them apart. Notice the greater feeling of power and stability: 1) At setup, 2) In the backswing, 3) On the way down to the ball. This is the feeling you want in your golf swing. ◀



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](http://www.crokergolfsystem.com)

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