

# The hit: part 7

## The slow swing exercise

**Peter Croker**

FOLLOWING the step by step process to build certainty in your swing, the "Slow Swing Exercise" is a valuable drill to perform for the following reasons.

1. It dispels any illusions as to how the hands direct the body as well as the golf club throughout the swing.
2. Doing such a motion with the hands controlling the club, arms, and body develops an accurate use of the hands in moving the club on the right path from start-up, through transition, start down, impact, and all the way through follow through to a complete finish. (see the video on YouTube to clarify this)

It was this exercise that helped us realize how it was how to use the hands plus the speed of the swing that created the "lag" of the clubhead in the downswing and the illusion of a "pulling motion" in the downswing.

The reason the golf swing has been so difficult to understand and teach is because:

1. What happens in the downswing and follow through is not what you are trying to do.
2. What it looks like you are doing is not what you are really doing. A high speed camera gives a "pulling illusion" in the downswing when you look at slow motion or stop frame images of the swing of good players.

3. What you feel is going on in the hitting action is not what is happening. When you attempt to hit the golf ball with some force, the weight of the clubhead creates a "pull" against the muscles and joints of the lead arm and body. This "pulling" feeling has then been misinterpreted as a "pulling" action" when it is in fact a "pushing - throwing" action from the hands that is the cause of this "arm and body" feeling.

When you attempt to hit the golf ball with some force, the weight of the clubhead creates a "pull" on the muscles and joints of the lead arm and body. This "pulling" feeling has then been interpreted as a "pulling" action" when it is in fact a "pushing - throwing" action from the hands that is the cause of this "body" feeling.

The best way to overcome any illusions in hitting a golf ball is to swing the club slowly. Then, when you gradually increase the speed of the swing, the dynamics and what happens in the swing begin to make sense.

Through this exercise you will be able to see for yourself how it is that your hands direct your arms and body in the golf swing. It is in this exercise that you can re-orient and re-educate yourself into a natural ability to hit a golf ball.

Two key lessons learned from previous lessons presented in **Inside Golf** are:-

1. It is the principal responsibility of your left hand to push out down the clubshaft.
2. It is the principal responsibility of your right hand to push against the clubshaft.

From the top of your backswing, very slowly push the clubhead down and out through Impact and into Follow Through and then to a full finish over the left shoulder.

You are trying to throw (push) the clubhead first down and out through the ball and to the right of the target line.

Initially it can be helpful when working through this exercise to alternately concentrate on your right hand and then your left hand, per the above statements.

Once you see for yourself how both hands work in the shot, you can then forget this distinction and just with



The top line is the slow swing. Bottom line is the full speed swing. In both swings you are trying to do exactly the same thing (push the clubhead directly into the ball) but the dynamics created by the speed of the faster swing make it appear totally different

your hands, push the clubhead through the ball.

This exercise is done without a ball, by very gradually increasing the speed at which you execute the downswing until you finally reach full speed. If you begin to have any trouble, back up to a very slow swing and work your way forward.

The set of pictures demonstrates first, a full swing done slowly and then a swing done at full speed. You are still trying to do the same exact things in the swing but it is the speed that changes the whole dynamics. People get into trouble trying to do at a slow speed, what it looks like a golfer is trying to do in a full speed swing. But, what it looks like you are doing is not in fact what you are trying to do. The faster you swing, the later your hands uncock. The slower you swing, the earlier your hands naturally uncock.

In the series of pictures in this section, you are trying to do or it feels like you are doing the action in the top set of pictures. What naturally happens as you increase the speed of the shots is that you end up looking like the last set of pictures when

captured on a high speed camera and then replayed in slow motion or stop frame.

You are not trying to get into these positions, it is just a natural result of your hands throwing (pushing) the clubhead in the correct direction down and out into and through the ball. One of the things you will come across as you graduate from a slow swing is:

When you swing slow the clubshaft and your left arm will go into a straight line well before impact.

As you swing faster, the clubshaft will begin to retain a 90 degree angle with your left arm much 'deeper' into the shot.

With no deliberate attempt of your own, as you increase the speed of trying to get rid of the clubhead and push it

over your left shoulder to a full finish, the 'deeper' the angle will get (the longer the left wrist remains cocked prior to impact). ◀

### Warning: Thinking About 'Positions' On the Way Down

In the final set of pictures you reach what is known in golf as a very deep position. Your right elbow is in front of your right hip and your clubshaft is parallel to the target line while the hands are near level or in front of the ball. You are not trying to get into this position, it is just a natural result of your hands throwing (pushing) the clubhead into and through the ball.

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

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