

The Hit: Part 8

Full Swing/Release Exercise



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Purpose: To build a positive "on path" release of the clubhead for the full swing.

What we want is a natural hit of a ball. A good analogy to throwing the clubhead at the ball would be throwing a ball at the ball. When you throw something (ball, clubhead) you are trying to get rid of it. A consistent hit requires "educated hands" and the following drill helps develop this.

Throw the Ball Drill

From a standard address, throw the ball as outlined below:

1. Left Hand - Leave your right hand at your side and from the top of the backswing position, throw a ball at the ball in front of you (Ball First - Body Second). The left hand action from the start of the downswing has the wrist uncocking (fingers and thumb down) - practice this action in slow motion to start. Following a positive and smooth start down with the left hand and arm; allow the left wrist to full rotate "anti-clockwise" once the wrist has full "uncocked." Aim the left hand at the ball on the ground with the thumb ending up pointing at the ball as you throw the ball to hit the ball on the ground. This is how the left hand works with the club in the hand as well.
2. Right Hand - Leave your left hand at your side and from the top of the backswing position,

throw the ball at the ball on the ground. Similar to the left hand action; throw by uncocking the wrist (fingers and thumb down) towards the ball. Follow this "thumb down" uncocking action by allowing the right wrist and forearm to rotate fully anti-clockwise - the thumb ending up pointing at the ball as you throw the ball to hit the ball on the ground.

3. From now on, when you are hitting a ball you are trying to get rid of the clubhead:

You are trying to throw the clubhead down and out into the ball with of your hands!

You are attempting to drive the clubhead first ahead of the hands but it is not possible to do so while the direction of the throw is "A to B", but trying to do so

will give you a nice aggressive 'Clubhead First' hit through the ball. Instead of throwing a ball at the ball, you are going to throw the clubhead at and through the ball. Now just hit a ball 'Clubhead First'!

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

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