



# A to B

*Your one drill to better golf*



## PETER CROKER

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# Contents

<u>3</u>		A to B Your One Drill to Better Golf
<u>4</u>		Introduction
<u>6</u>		Hitting A to B
<u>8</u>		Golf and the Sledgehammer
<u>9</u>		Golf is a 2 Target Game
<u>10</u>		The A to B Concept in Summary
<u>11</u>		The Effect on the Body of Throwing Down and Out from A to B
<u>12</u>		The A to B Drill for Solid Compression
<u>15</u>		Left Hand Release Drill
<u>18</u>		Follow Through
<u>19</u>		Getting into Position A to Go from A to B
<u>21</u>		Left Hand Drill
<u>24</u>		Right Hand Drill
<u>27</u>		The A to B Path Line
<u>29</u>		Forward Press
<u>30</u>		The Butterfly Drill
<u>32</u>		The Rhythm of the Swing
<u>34</u>		Pre Shot Routine
<u>35</u>		Fixes – Missing Right and Left
<u>36</u>		The Driver
<u>37</u>		The Fairway Wood
<u>38</u>		What Others Have to Say

## Hello there, I'm Peter Croker

I'm very excited now because I am going to present for you a very special program. It's called '**A to B**' Your One Drill to **Better Golf**.

This e-book and the drill work that go with it are designed to build your golf swing to one with which you can play golf with lots of power, more control, definitely less stress on your body, and the more you do the drills you'll find the less you think. Good golf will be a lot more fun, and good golf will become easy.

But what I would really like to emphasise here is be consistent with the drill building because **as you build the drill, you'll build the skill**, and that will make it much easier for you to go out there and play golf without thinking golf swing.

You'll be able to play with rhythm, balance and tempo.

You'll be able to play with strategy.

You'll be able to focus in an effortless way

The more you do it the better you will get, and you will really get to **Enjoy the Hit!**

# Introduction

When you see great golfers play you will rarely see two golfers with the same golf swing. There will be features in common but the differences can be quite extreme.

There is however one thing that great golfers all have, and it is the one thing that high handicappers usually do not have. It is also something that rarely comes naturally to anyone just starting golf. And it's something that most golf teachers fail to teach, but without this one thing a golfer will never be able to achieve that effortless power the great golfers display with swings that look so easy.

Yet ask anyone who plays golf what this most important thing is and they will probably not be able to tell you. So what is this magic key - this most essential of essentials?

**It is the ability to compress the ball at impact where the leading hand is closer to the target than the club head.**

Read any golf instruction manual or watch any instructional video program and see if you can find out how to deliver the club at impact so that you compress the ball, and you will probably not be able to find it.

**Impressive golf starts with solid ball compression.** There is no getting away from this fact. It is the wall that separates high handicappers from low handicappers. Break through this wall and your improvement will be rapid.

# Introduction (Continued)

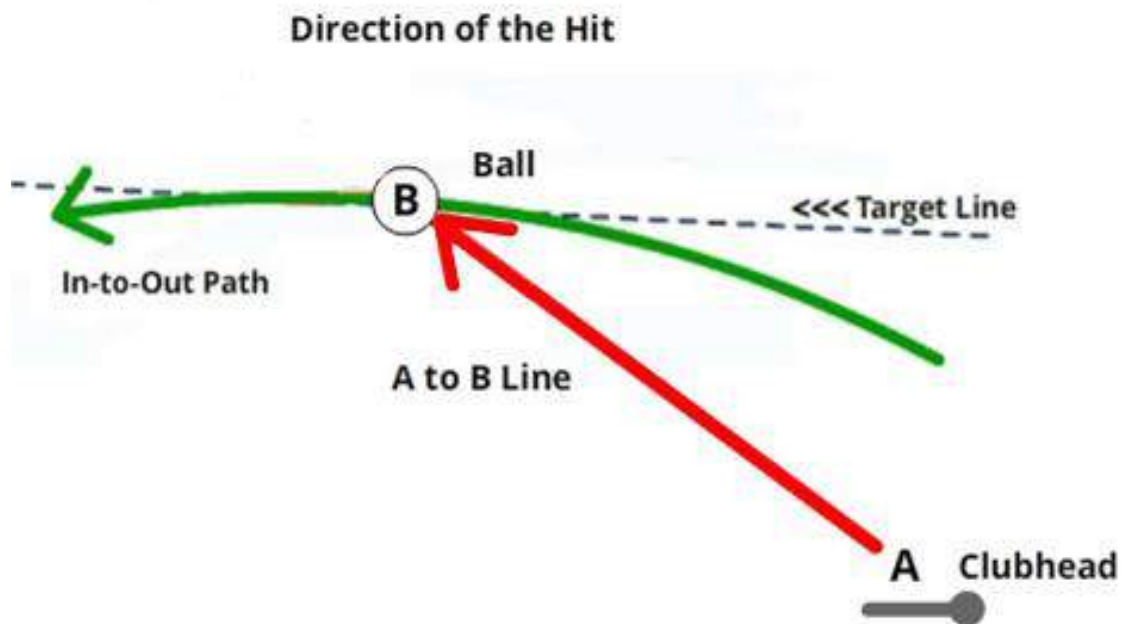
The **A to B** program teaches you to compress the ball like no other teaching method does. Once learnt though it becomes the engine that drives the swing for **strong, consistent effortless power** as well as a sure means of preventing that most dreaded of golf shots- the slice.

*“For the golfer that wants to get better, an A to B club head to the ball strike is their strongest strike.”*

Quote by Martin Chuck  
Revolution Golf

# Hitting A to B

To hit a golf ball long and straight to the target with effortless power, the intention should not be to swing the club along the target line where the ball is intended to go. Rather it is to **compress the ball into the ground down and out** along what is referred to as the A to B or Hit line where the golfer effectively throws the club head directly at the ball in a direction that cuts down and across the target line.



# Hitting A to B (Continued)



# When you think of Compression think of a Sledgehammer

Hitting a golf ball is a little bit like trying to drive or compress a stake or tent peg into the ground with a sledgehammer.



It's just the same with the golf ball. The intention is to **drive the golf ball into the ground**. The concept of a golf **swing** can be a little misleading. While the club may be swung back in the backswing, the down swing is in effect a **down hit**, which when done with sufficient power will 'cause' an 'effect', namely a **follow through** to complete the swing. The swing through as we view it is a **consequence of the hit**, where the ball is **compressed** into the ground by the club head which is delivered down and out along the **Hit line or A to B line**, at an angle to the Target line.



# Golf is a 2 Target Game

It is very important therefore to understand that **golf is a 2 target game**

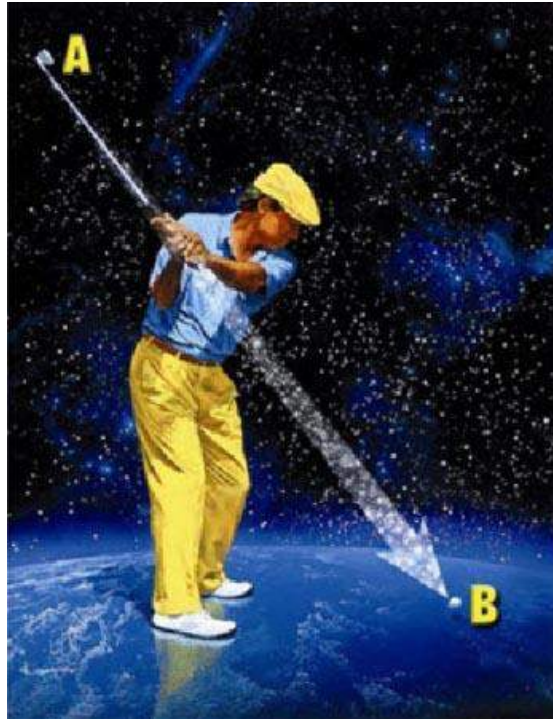


The **ball's target** is the **flag** or a section of the **fairway**.

The **clubhead's target** is the **ball**, which should be hit so as to **compress it deep into the ground**.



# The A to B Concept in Summary



1. The concept of A to B is that A is at the top of the backswing and B is the golf ball with the direction of the hit down and out through the golf ball.
2. The golfer should be attempting to throw the club head into the back of the ball confidently as if attempting to drive the golf ball deep into ground.
3. As the golfer compresses the ball, the club face squares to the ball. The ball flies up and to the ball's target, while the momentum of the swing (hit) continues on to a follow through and finish, ideally in a nice balanced position.
4. The more positively the golfer hits down into the golf ball the better the golf ball is compressed which in turn causes it to fly straight and true to its target.

# The Effect on the Body of Throwing Down and Out from A to B

The action of throwing the club head **deep, down, and out into and through the ball** to compress the ball, will cause the left hip to clear and the left leg to straighten. While the hips rotate in close to a horizontal plane, the shoulders rotate in more of a vertical plane . On the down hit the left shoulder raises and right shoulder moves in a direction down and out towards the ball on the ground in response to the “hands throw.”

Throughout the downswing and through to the end of impact, the left shoulder will be higher than the right with the arms fully extended. This puts the golfer in the perfect impact position from which to hit into a firm left side, before the momentum of the hit takes them all the way through, ideally to a balanced finish without any real attempt to do so.



# The A to B Drill for Solid Compression

This is a drill to make the A to B hit really penetrate deep into the golf ball.

To start the drill it is important that you are in a good position A. Until you master the takeaway and backswing there is a great checkpoint drill you can use to help get yourself into a solid position A at the top of the backswing, from which you can easily practice the down hit A to B. It is called the **“Push the Right Hand Bent” Drill**.

With a good grip and stance push the right hand bent with the club at about a 45 degree angle as demonstrated in the picture. Note that when you push out in front of you, you cannot over swing.

Practice in front of a mirror to make sure the hands are in the centre of the body.



Then turn the hips. and shoulders and you will arrive at what would be a good position A at the top of the backswing.

# The A to B Drill for Solid Compression (Continued)

From the top of the backswing position A, move the hands down the grip 6 inches, so that when you hit down the club head stays above the ball.

In this drill the intention is not to swing through to a full swing. It is hit down from the top and stop above the ball as though you are trying to drive the ball into the ground. Since you are down the grip you will finish above the ball.

Do two half hit downswings 1...2... and then a full hit downswing on ..3. On 3 you go deep down towards the ball with a solid action. Don't go too hard but go at it at a reasonable pace to get a positive feeling of what A to B really is.



# The A to B Drill for Solid Compression (Continued)

You can almost see the blur of the club as it stops just past the ball. Notice when you do the drill how it affects the left side. The deeper you throw the more the left hip clears and the left leg straightens as you really feel you are hitting down, out, and away from your head.

As you hit deep, the club head goes down and out and the head stays up.

# Left Hand Release Drill

When you are doing this drill it is important to note that there are **two parts** to release in sequence.

## Part 1



Part 1 is to release the club shaft angle to the left arm by uncocking (thumbs down) with the left hand/left wrist.

# Left Hand Release Drill (Continued)

## Part 2



Part Two is done by tightening the last 3 fingers of the left hand and rotating the left wrist (for a right-handed golfer) anti-clockwise. You do this while maintaining the “thumbs down” push into the ball. When doing this release drill slowly, the club shaft moves in line with the left arm when the hands reach approximately above the right foot.

The club face release happens from here with the last 3 fingers of the left hand tightening and the left wrist rotating anti-clockwise, squaring the club face to the ball at impact. This action locks in the structure and alignment of club shaft to left arm through the “Impact Zone.”



# Left Hand Release Drill (Continued)



Note the arching of the left wrist and the extension of the left arm, as the wrist fully uncocks (thumbs down) and the last three fingers curl in and rotate the wrist in an anti-clockwise direction. This action restricts the “spinning out” of the shoulders through the impact area of the swing.

# Follow Through



## **Rotating left hand on tennis racket post impact**

The deeper you go into the ball “A to B”, the momentum and the release continues on and the body will follow through with the club fully extended until the arms fold to bring the club up and over the left shoulder. When you stay as long as possible in the shot with the hands staying low you get the best release of your body. This gives you great balance and also takes strain off the body, especially the back. Always keep the left hand pushing over post impact. Don't quit and push the club out to the right of the target line and don't attempt to go down the target line.

You should always try to stay on top of the ball as long as possible before continuing on through the follow through.

The last 3 fingers of the left hand cause the left hand to rotate anti-clockwise to a palm facing almost up well into follow through. This is a continuous pushing action that helps maintain structure and body rotation well into follow through and finish.

# Getting into Position A to go from A to B

To get into position A you ideally need a solid and correct start to the backswing from which to hit down and out through the ball (B) with as much power as you are capable of producing.

While many golfers will have a backswing that will enable them to reach a solid position A at the top of their backswing, many others will not be in the best position they can be to deliver the club to the ball with their maximum power and accuracy.

With this in mind, we need to develop a sound backswing to get into position 'A' - the easy way.



Starting with a slight forward press to give the takeaway a “kick start”, push the grip of the club straight back with the hands for a distance of approximately 10 to 12 inches so as to ensure the club head is not lifted from the ground. The club head moves back parallel to the feet at the start of the takeaway, and the handle leads the club head ever so slightly.

# Getting into Position A to go from A to B (Continued)



In the process the hips and shoulders are activated to allow the pivot of the body to transport the club away. After the takeaway the momentum of the swinging club will hinge the wrists in what is in effect a back sling.



With a little more energy the backswing will bring you into a position set at the top in position A.

# Left Hand Drill



From the top of the backswing, position A, move the left hand down the grip so that the club shaft is protruding and in line with the left forearm.

# Left Hand Drill (Continued)



The club and the arm drop down with the club shaft moving into line with the left forearm, until the protruding grip of the club hits the side of the left forearm.

Once the club shaft moves into line with the left forearm, the last 3 fingers of the left hand curl to rotate the clubface and release the club head down and out into and through the ball, position B.

# Left Hand Drill (Continued)



This all occurs in the actual throw from A to B.

Since the club can become quite heavy doing this drill, it is often advisable to practice using a light stick for repeated drilling at faster speed.

# Right Hand Drill



Position A at the top of the swing, has the right hand in front of the right shoulder, not behind, with the right wrist bent back at an angle.

The right wrist remains bent all the way throughout the drill.



Leaving the body turned back, the right hand comes down in a karate chop action with the edge of the hand going towards the ball.



# Right Hand Drill (Continued)



The right hand continues down and as it does it causes the left hip to turn and the left leg to straighten. Continuing down the right hand karate chop action turns the shoulders and as it reaches the bottom the chest moves up as part of the release into follow through.

To reiterate as you continue through the shot it is important that the right wrist remains bent as the karate chop continues deep into the impact zone. It doesn't flip over.



This ensures that in the actual swing at the impact position the handle of the club would be forward of the ball so as to produce greater compression.

# Right Hand Drill (Continued)



Once the right-hand movement is understood without a club in hand, practice the drill with a club held down the grip, or preferably with a light stick to master the correct right-hand action and the effect it has on the rest of the body.

# The A to B Path Line

The down hit or down swing can best be drilled by placing a guideline along the A to B path. Follow the line and start with a 'thumbs down' action in the direction of the ball or position B .

Make sure the club head follows this line while the club shaft remains in line with the left arm.



This will trigger the body pivot to bring the club head to the ball and then all the way to a balanced finish.

# The A to B Path Line (Continued)

It is very important not to take the club on the backswing inside thinking you will get an inside-out path. Invariably what happens when you get inside too early is that the arms bounce off the body, and the club head to come on an outside-in path, causing the ball to go to the left of the target if the clubface is closed to the path, or else a big slice if the club face is open to that path, neither of which you want.



The demonstration above represents bringing the club too much inside the target line in the backswing and then out and “over the top” in the downswing.

# The Forward Press

As part of my routine I have a slight forward press and I would recommend you adopt one too. It helps you 'kick start' the swing from a static position and unlocks your body. It also resembles a miniature impact position.

I start by pushing on the pressure point at the top of the life line of the right hand from up towards the wrist, against the side of the left thumb. As I push right against left, it initiates a little hip turn forward, the left leg straightens a little and I can also feel as my hands move a little forward, that my left shoulder rises up slightly as my right shoulder drops slightly. I can also feel my hands move a little forward.

The forward press is quite subtle and barely noticeable, but it puts me in a great position to start the takeaway and backswing with momentum.



**Stance**



**Forward Press**

# The Butterfly Drill

When you swing the club properly it has an 'open door – closed door' motion. It's a bit like a tennis swing but on an incline. The **Butterfly Drill** will assist you to learn this naturally and demonstrate and understand how **the hands are the source of motion** in the swing.

## The Drill

Put your hands together and push the upper life line of the right hand against the side of the left thumb. The hands are open like a butterfly but pushed together with the wrists in a shake hands position.



**Hands at Address**

Take your stance with the hands opposite the belt buckle. Pushing the hands against each other you will feel your hands moving the arms, body, hips and shoulders. Starting with the forward press, push the left hand against the right, followed by the left hand pushing against the right to instigate the takeaway and backswing to the top of the swing position A.

Then pushing 'thumbs down' along the A to B line, 'karate chop' with the side of the right hand down deep towards the ball and then to the follow through and finish.

The Butterfly Drill will give you a great feeling of connection.

# The Butterfly Drill (Continued)



**Stance**



**Forward Press**



**Takeaway**



**Backswing**



**Down Hit**



**Deep into the Ball**



**Impact**



**Follow Through**

# The Rhythm of the Swing

A great golf swing is never jerky. To this end, it is important to develop a rhythm to your swing. One common method which I use, is to do things in threes.

For example 1, 2, 3, for my forward press, backswing and hit.

I also like to start the swing with 3 sets of threes. In my swing I do 3 waggles, 3 taps on the ground, a forward press (push forward), backswing (push backswing) and hit. Which I say under my breath. So its -

1, 2, 3 or waggle, waggle, waggle,

1, 2, 3 or tap, tap, tap

1, 2, 3 or push, push, hit

You can say your names or numbers under your breath while playing, but while practicing it can be beneficial to some players to say the names or numbers out loud.

The rhythm of your swing should not be confused with the tempo. Your tempo relates to the how fast your swing is. Your rhythm however might be such that your waggle counts are longer than your tap, tap, tap counts. Eventually after some drilling you will establish a rhythm best suited to your physical capabilities and temperament.

This routine stops me over analyzing, helps me focus, and certainly helps with the rhythm of my swing. I stop thinking about the swing, get into the feeling of it, and really enjoy the hit.



# The Rhythm of the Swing (Continued)



Waggle

Waggle

Waggle



Tap

Tap

Tap



Push  
(Forward Press)

Push  
(Takeaway)

Hit

# Pre Shot Routine

As part of the golf swing, it is good to have a pre-shot or address routine that sets you up on a consistent basis to the 2 targets, ball, and flag or fairway, every time. It helps to focus and sets up the rhythm of the swing.

In my routine, I start from behind the ball, relax in balance and envisage the shot want to play. I walk to the ball from the side, aim the clubface at the target, take my grip, set my arms, assume my address position by bending from the hips, unlock my knees, and commence my rhythm routine.



Then its:

Waggle, waggle,  
waggle

Tap, tap, tap

Push, push, hit

A great way to ensure you really enjoy the hit.

# Missing Right and Left Fixes

## Missing Right

Here the focus is on the "Impact" area of the swing. Focus on "Toe-Down -Toe-First" through the ball.

The left hand needs to be drilled to combine in-sequence –

1. uncocking (Thumbs Down) followed by
2. the last 3 fingers of the left-hand curling 'anti-clockwise" for a full release through the ball.

## Missing Left

The Fix for when you hit the ball to the left of your intended target is found at the transition area from backswing to downswing (providing that you have a neutral grip and square stance to start and that you are not 'swaying" laterally forward at the start of the downswing which will block the hip pivot through the impact zone and have your hands and arms stuck too much inside and behind the right hip).

Go to the top of the backswing position - opposite the right shoulder in height and depth - From here start the downswing by focusing on the "uncocking action" causing the club shaft to move into line with the left arm and the club head, hands, and arms move down and out toward the ball.

Your intention and attention is to throw the club head down and out more to the right of the target line and down through the ball - start the club head more down as you transition from backswing to downswing.

# The Driver

The “A to B” with the driver is slightly different to that of the iron. Because of the longer shaft you need to stand further away from the golf ball. You start the swing low and straight back with the handle first but the club will be swinging away on a flatter angle. On the down hit (down swing) while the shaft is still moving into line with the left arm, the club head is travelling on a flatter plane towards the ball.

The ball is more forward in the stance than with an iron and therefore the low point for the driver is underneath the left armpit and behind the ball.

When you reach the bottom of the release of the swing the club head will be travelling parallel to the ground or slightly up. You still throw the club head directly at the ball but the hit will be made slightly on the upswing.



# The Fairway Wood

Similar to the **driver**, the club head for the **fairway wood** is travelling close to parallel to the ground at impact. You are still throwing the club head down and out at the ball, but it is the ball position (not as far forward as the driver and not as far back as an iron) which causes the club to make impact with the ball parallel to the ground so that the ball is hit without the club taking a divot.



**The Fairway Wood at the moment of Impact with no divot**

# What Others Have to Say

**Gary Schaal** – Past President of the PGA of America – was quoted in Golf Digest Magazine in the Master Edition as saying:

“I was sceptical at first about Peter Croker’s instruction, namely because I am a traditionalist. I had learned and taught differently from what Peter showed me. But after two weeks of watching and listening, I’m a believer in what he’s talking about, and what is at the center of this paradigm shift in golf instruction is the “A to B Drill” and focusing on golf as a two target game, where you throw the clubhead directly down and out into the ball – A to B – and to see the ball fly straight and true to its target – the Flag.”

**Fred Dolan** - Executive Director of the American Flexibility Institute: “Peter Croker’s “A to B – The One Drill to Better Golf” teaching method is biomechanically sound. It creates a golf swing that rotates nicely around the spine. Croker has correctly identified the proper sequence of movements in the golf swing. His simple “A to B Drill” allows golfers to quickly learn these movements. In just one month after applying the “A to B Drill” I started hitting my irons more crisply and longer and straighter than ever before. I believe I have found a swing that will last a lifetime.”

**Sandy Kurceba** – Member of the Canadian PGA and “Teacher of the Year” B.C. Canada

“Thanks to using Peter Croker’s “A to B Drill” and program, I became the proud recipient of the “Teacher of the Year” award among golf instructors.”

# What Others Have to Say (Continued)

**Glenn Deck** - PGA of AMERICA Member and past Teacher of the Year in Southern California Section

“Peter Croker’s “A to B Drill” and Program is simple, educational, and beneficial to any golf instructor. It furthered my understanding of the golf swing and enhanced my communication skills as an instructor. My students now have a clear picture of what to do and consistently hit the ball with more power and control. Yes, they are playing better and having more fun. I thank Peter Croker for taking my teaching skills to the next level and my students to the next generation of champions.”

**William Safrin** - Education Co-Chairman of the New England PGA

“Through years of experience as an accomplished player and acclaimed golf instructor, Peter Croker has founded a refreshing new school of thinking in golf instruction, backed up by the innovative “A to B Drill” and learning process.”

**Duke Delcher** - amateur champion and a Walker Cup Player at the age of 40

“Peter Croker’s “A to B Drill” and teaching system enabled me to add 20 yards to my drive, and to hit long irons for the first time in my golfing life. Without Peter’s help, I do not think I would have made the prestigious Walker Cup Team.”

**Michael Rossi** - Italian amateur golfer and Champion.

“As an eighteen-year-old I finished fifth in the Italian Amateur Championship. As a nineteen-year-old, I won the Italian Matchplay Championship. Peter Croker’s simple teaching methods are responsible for my improved play and power game – especially the “A to B Drill” I am only 5 feet 5 inches tall, yet I now hit tee shots 285 yards – and accurately!”



For your complete path to better golf join  
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