

The approach shot is extremely important in golf croquet. The approach shot is what I call your first shot of your ball to the hoop in question. Others refer to it as a “lay-up” or “load” shot. The approach shot is important because the closer your ball is to the hoop, the better chance you have of scoring that hoop on your next turn.

Both aim and power are important components of the approach shot, and they work in concert. If your aim is good, but you under-hit or over-hit the ball, you will probably not be in good position to score the hoop on your next turn, and vice versa.

I call backswing “the accelerator” because this is largely responsible for generating your power. Think how hard it would be to knock your ball all the way across the court if you use very little backswing, regardless of the follow through you use. On the other hand, if you only need to hit your ball a few feet, too much backswing will cause you to over-hit your ball. Doing that would be like pushing the accelerator all the way down when you only need to move your car a few feet.

While it is true that follow through can add power to your swing, it is more important for your accuracy. That’s why I call follow through “the steering wheel.” If you hit the ball squarely, it will generally go in the direction your mallet head is going. As I tell those in my classes, “the ball goes where the mallet goes.” Good follow through toward your target will help your ball hit the target.