



# LEARN. PLAY. ENJOY.



## MCILWRAITH CROQUET CLUB

### NOVICE PLAYERS

For new players and those starting out, YouTube videos are a helpful source of instruction and inspiration. Google “golf croquet world championship” and you will find events showcasing croquet at its international best.

### YOUTUBE

**Ian Harrison** from Basingstoke Croquet Club in the UK narrates a series of six modules introducing new players (and reminding even experienced players) to the game of golf croquet and how to play.

<https://www.basingstokecroquet.co.uk/golf-croquet-coaching-modules/>

Closer to home, **Chris Williamson** from Toronto Croquet Club in NSW gives some tips on playing golf croquet. Chris currently plays off a handicap of 3 and is the clubs top player. He is also a croquet coach at the club.

<https://www.youtube.com/watch?v=SjrwEuxY560>

### BUYING A MALLETT

Now that you’re hooked on croquet, you’re probably thinking about buying your own mallet. Experienced members of our club are always willing to provide advice. A helpful guide can be found here:

[https://www.cammeray-croquet.org.au/pdfs/BUYING\\_A\\_MALLETT\\_-\\_webversion.pdf](https://www.cammeray-croquet.org.au/pdfs/BUYING_A_MALLETT_-_webversion.pdf)

### WARMING UP

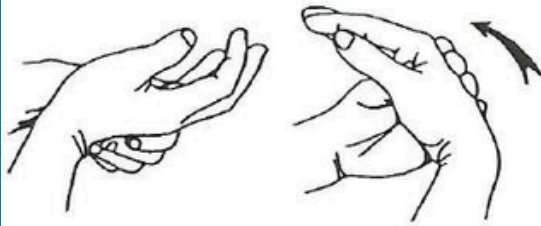
While croquet may appear to be a leisurely sport, it requires concentration and physical resilience, so it’s sensible to warm up before you play.

On the next page, you’ll find some exercises you can do before stepping onto the lawns.



## Croquet Warm up Routine

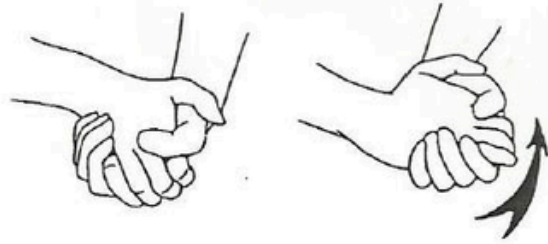
**HAND - 12**  
PROM: Wrist Flexion/Extension



Using other hand, grasp involved hand and slowly bend wrist until a stretch is felt. Relax. Then stretch as far as possible in the opposite direction. Be sure to keep elbow bent.

Repeat 10-15 times. Do \_\_\_\_\_ sessions per day.

**HAND - 40**  
PROM: Wrist Radial/Ulnar Deviation

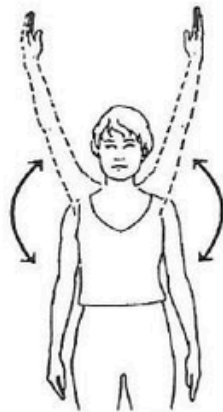


Grasp involved hand with other hand and gently stretch hand and wrist from side to side as far as possible.

Repeat 10-15 times per set. Do \_\_\_\_\_ sets per session.  
Do \_\_\_\_\_ sessions per day.

**SHOULDER - 83**  
Standing Shoulder Flexion

Bring arms straight out in front and raise as high as possible without pain. Keep palms facing inward.



Repeat 10 times per set.  
Do \_\_\_\_\_ sets per session.  
Do \_\_\_\_\_ sessions per day.

**SHOULDER - 72**  
Posterior Capsule Stretch

Gently pull on elbow with other hand until a stretch is felt in shoulder. Hold 15 seconds.



Repeat 2 times per set.  
Do \_\_\_\_\_ sets per session.  
Do \_\_\_\_\_ sessions per day.

**HIP / KNEE - 39**  
Stretching: Standing Hamstring Stretch

Place foot on stool. Slowly lean forward, reaching down shin until a stretch is felt in back of thigh. Hold 15 seconds.



Repeat 2 times.  
Do \_\_\_\_\_ sessions per day.

**BACK - 44**  
Standing Backward Bend

Arch backward to make hollow of back deeper. Hold 5 seconds.



Repeat 5 times per set.  
Do \_\_\_\_\_ sets per session.  
Do \_\_\_\_\_ sessions per day.

- ◆ Stretch slowly and gently
- ◆ Stretch only to the point of tension
- ◆ Stretch before and after exercise