

SHORT GAME PLAN 5 – Bunkers & Trouble Shots

Primary goal: Confidence from sand and rough

1) Technical Rehearsal (10 min)

- Greenside bunker
- Drills:
 - **Line in sand drill**
 - Splash sand, not ball
- Focus cue: *“Big swing, soft hands.”*

(If no bunker available, substitute rough chips.)

2) Repetition (25 min)

- Same bunker shot
 - 10–12 balls
 - Goal:
 - Ball on green every time
 - Ignore proximity at first
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3) Completion (25 min)

- Worst-Ball Challenge
 - Hit two shots
 - Play the worse result
- Builds mental toughness and recovery skill