



## PLAYING OUT OF THE BUNKER WITH CONFIDENCE

Better bunker play starts with owning a sand wedge (SW), as it is designed for sand play. The leading edge of your SW will not dig in; the higher bounce sole helps it glide through the sand.

Repeatedly practice in the sand. Experiment with the different Pre-Motion and In-Motion specifications for the different shots out of the bunker. The only way to lose your fear of the sand ON the golf course is to spend some time in the sand OFF the golf course. The descriptions below are for a right-handed golfer.

### **PRE-MOTION (SET-UP)**

1. Square or Slightly Open Stance (higher shot)
  - Align your feet, hips and shoulders parallel to the target OR
  - For a higher shot, open your stance (feet, hips and shoulders to left of the target)
2. Square or Open Your Clubface (higher shot)
  - Aim the clubface at the target OR
  - For a higher shot aim the clubface to the right of the target
3. Build a Solid Base of Support
  - Dig your feet and lower your center of gravity (bend your knees)
4. Hit the Line
  - Imagine a line at the bottom of the swing arc, which is in the middle of your stance
  - Your intention is to enter the sand at the line and spray the sand in front of the line
  - The ball position can vary for GREENSIDE BUNKERS, relative to the line:
    - Short distance to pin = ball 3" ahead of line (spray more sand)
    - Medium distance to pin = ball is 2" inches ahead of the line
    - Long distance to pin = ball is 1" inch ahead of the line (spray less sand)

### **IN-MOTION**

1. Swing Path
  - The swing path is parallel to your feet
2. Make a Compact Move
  - The lower body is quiet, hips and legs have very little movement
3. Length of Swing ~ Similar to Pitching
  - Cock the wrists early in the back swing
  - Snap through the bottom of the arch and feel the clubhead glide through the sand
  - Clubhead enters behind the ball the ball flies on the spray of sand
4. Complete the Finish
  - Follow-through fully avoiding deceleration