



FAIRWAY BUNKERS

GOLF RECOVERY TRAINING GUIDE

Fairway Bunkers - Adjust the Setup



Playing from Fairway Bunkers is different than hitting from the grass, so you need to make adjustments. Foremost, choose enough loft to clear the lip of the bunker comfortably. Stand a little further away from the ball than you normally would.



The ball position can be slightly further forward than normal, with you body just behind the ball. Your aim here is to 'Pick' the golf ball off the sand, rather than attempting to 'compress' the shot by hitting down on it.

Form a Stable Base



The sand in bunkers can be very soft and quite loose. If you're not prepared, you can easily lose your footing and your balance like Glen has here. This is also going to affect the power output from your feet and legs.



To minimise this loss of stability and ground force, you can wiggle your feet into the sand, with your knees together. Push outwards as you take your stance, thus forming small banks of sand under the outsides of your shoes.

Swing Smoothly



With a firm base, you can swing with improved balance and greater confidence. However, the stance is still not as solid as when playing from the fairway. Swing smoothly and within yourself.



The primary objective is to make good contact with the ball. Considering the soft surface, a solid strike is more challenging and more important. Poor contact with the ball would at best cost you distance and at worst, leave you in the bunker.

A Full Finish

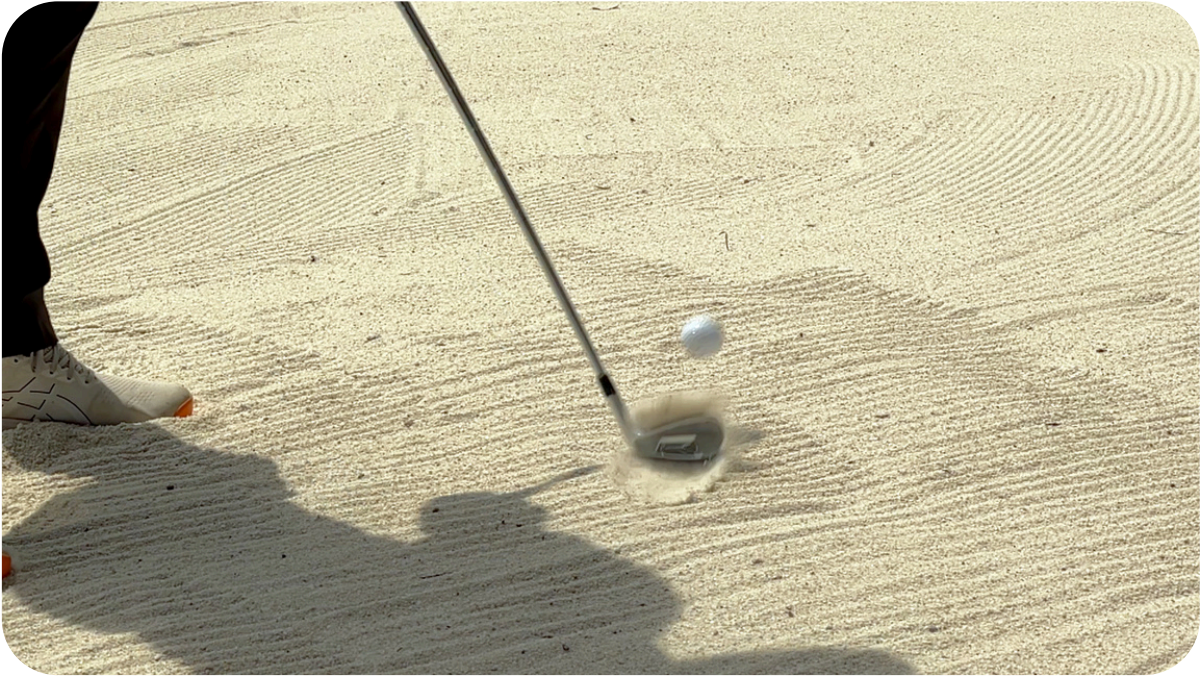


If you have selected the ideal club, you have allowed for reduced distance but also chosen enough loft to clear the lip of the bunker easily. The benefit of a few extra yards just isn't worth the risk of having to play again from the same bunker.



Swing smoothly to a full finish, attempting to stay balanced and in control of the shot. Look at Glen's lead foot position. Thanks to his bunker setup 'wiggle' for a firmer base, his foot hasn't spun around in the soft sand.

Shallow Angle of Approach



Solid contact with the golf ball is key to successfully negotiating Fairway Bunkers. Any divot or splash mark should be shallow, so that if the clubhead does happen to touch the sand before the ball, only some distance will be lost.



As you can see from the marks in the sand, Glen has achieved ball first contact, before making a very shallow splash mark in the sand. This is vital when playing from soft sand in Fairway Bunkers.

A Tough Spot



Occasionally, when escaping from a Fairway Bunker, you'll need to play more conservatively. For example, from deep bunkers, if your ball is close to the bank or if your lie isn't very good. From these tough spots, take a different approach.



To get the golf ball up fast with the sand wedge, you'll need hit the sand behind the ball. This will guarantee a higher launch angle than trying to pick the shot off the sand. We want maximum distance, so the swing should still be quite long.

The Long Splash Shot



This shot is similar to playing from a greenside sand trap. However, instead of the normal 3-4 inches of sand, aim to hit just 1-2 inches before the golf ball. You'll still gain plenty of height and generate more forward momentum.



Glen has managed to clear the lip with his sand wedge 'blast' shot. With enough clubhead speed, this splash back into play can travel about 50 yards. Of course, the main goal is to escape from the bunker 1st time and return to the fairway.

THANK YOU



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Steve and Glen are here to help you
make the most of your golf game.

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