



**ESCAPE FROM  
ANY SAND TRAP**

**BUNKERS  
TRAINING GUIDE**

# Adjust Your Stance



To successfully negotiate greenside bunkers, you need to setup differently to an ordinary chip shot. To cope with the loose surface of the sand, wiggle your feet deeply into the sand. This helps create a nice, low and stable base for the shot.



Setup with the ball positioned forward, with a little more weight on your lead side. Don't overdo this! We often see golfers take this advice too literally and twist themselves into knots! Moderation is key here.



# Clubface Setup



Again in moderation, open the clubface to add loft and bounce to your sand wedge. This slight adjustment adds height to the ball flight and the increased bounce or 'rake' on the bottom of the club provides a higher margin of error.



Stand further away from the golf ball, than a standard chip shot. This is because you're lower down in the soft sand. This space also helps you gain a higher launch angle to fly over those steep banks.



# Splash The Sand



Every golfer should use this simple line drill to improve control over the 'splash'. It's vital to develop the skill of hitting the sand in the correct spot, 3-5 inches behind the ball. Actively try to hit some sand on the green, a great visual!



Equally important, is the size of your divot. It should be no larger than the size of your shoe. This is an ideal reference, because those players with larger feet, are more powerful and are able to splash more sand without losing momentum.



# Using The Bounce



When playing from soft sand like this, strike the sand with the back of the sand wedge. Notice Glen's club shaft is vertical at impact, ensuring that the 'bounce' of the sand wedge hits the sand.



Glen continues to 'release' the club, allowing the clubhead to pass the hands and slide under the ball. This motion adds loft and bounce to the shot, thus preventing the sand wedge from digging too deeply into the soft sand.



# Long, Aggressive Swing



Your goal with these greenside bunker shots is to hit the sand, not the golf ball. 50% to 75% of the golf swing energy, will transfer into the sand, rather than the golf ball. Notice how long Glen's backswing is for this 10 yard shot.



When playing from soft sand, you need to swing very positively. A 10 yard carry from soft sand requires the energy of a 40 yard pitch from grass. It's imperative that you commit to your swing to a full followthrough.



# Hard Sand



Your bunkers might be firm and compacted. When playing from hard sand, less power is required. You also need to make an adjustment to your angle of attack into the sand. Pick your sand wedge up sharply by hinging your wrists up in the backswing.



Enter the sand with the shaft forward and leading edge hitting the sand first. This allows the sand wedge to dig down under the ball. If you play with bounce on these, your sand wedge can bounce off the compacted surface and hit the ball.

# THANK YOU



Welcome to the team at **Aussie Golf Pros.**

Great to have you on board!

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

Your feedback is greatly appreciated.

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or just want to say 'G'day'

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