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HOLE

THE GOLF COURSE

100 TOP TEACHERS

Stop
scooping
your sand
shots with
this simple
drill




On Your Toes to Cure Sand Woes

A COMMON MISTAKE on sand shots is to hang back on the right side at impact in an effort to scoop, or lift, the ball out of the bunker. While this upward motion may sometimes work, the margin for error is tiny and the slightest deviation at impact will cause a bladed or chunked shot.

Instead of hanging back and scooping, the weight should stay over the left side throughout the swing, and the hips need to rotate so the body turns toward the target at impact. It's like tossing a softball—the hips turn out of the way before letting go of the ball. Turning the hips helps create a downward blow that carries the ball out of the bunker on a cushion of

sand with a much larger margin for error.

To ingrain the proper turn, hit practice sand shots with the right foot pulled back and up on its toes. This prevents sliding to the right and forces the hips to turn toward the target on the downswing. Now you're rotating over the left leg on the downswing, rather than falling back onto the right leg. The result is a descending blow that gets the ball out of the sand every time. 

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BY TODD SONES

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