

# 555 GOLF ACADEMY

## 'PERFORMANCE EXCELLENCE'

### 'BUNKER DRILLS'

#### BUNKER TEE

Here is another very easy and useful 'Sandbox Drill'. Use your 'Ball and Splash Zone Lines'. Then add a 'Target Line' and parallel 'Body or Foot Line'. That is four lines in the sand. These will give you reference data so you can 'Qualify Your Great Performance'. We are going to 'Swing Down The Body Line' with no 'Manipulation' as we should.

Make some 'Warm-Up Swings'. Remember we call these our '**Three Brush Strokes Before We Paint The Picture Swings**'. These are essential to generating accurate 'FEEL For The Shot' before we make it! We always get 'A Feel From The Real Shot' but just not always a good one! The 'Brush Strokes' are very important in judging energy level and thus 'Distance'. Don't 'EXECUTE or PAINT YOUR SHOT PICTURE' without the Three Brush Strokes! (see 'Body Clocking') These practice strokes help you to become more 'CONFIDENT and RELAXED' as well. We must increase our 'Chemistry' to its highest possible level before we go 'Autonomic or subconscious. These are very good redeeming qualities and tasks, don't you think?

Warmed up, stick six regular tees (1.75" long) about six inches apart in your 'Front Ball Line'. Press them right down even or flush with the surface of the Sand so the tip is obviously 1.75" below the surface. Place six practice Balls on the tees.

The purpose of this 'Bunker Drill' is to get you to swing through the tee and splash it 'Out Of the Bunker'. This gets the 'Leading Edge Of Your Clubhead' below the 'South Pole Of The Ball' far enough to be 'FAT' and take out adequate sand to '**Splash The Ball Out Of The Bunker**' with the tee and right where you want it to go. This 'Drill' helps you to get 'FAT Enough'! During this 'Drill' you are NOT 'On A Diet'! "**Eat Sand Buckwheat!**" Makes you feel a bit like the 'Big Hunk Beach Bully'? **When the Ball goes in the cup you will 'FEEL' even better!** Now make a couple nicely 'Energy Managed or Clocked Brush Stroke Swings'. Step appropriately into your Drill station. 'Clubface AIMED', 'Relax' and 'EXECUTE or PAINT YOUR PICTURE'. Take out the Tee!

I want to add here that, at least at first, I suggest you play these shots '**Square Square**'. By that I mean with your 'Clubface AIMED Square To The Target Line' as well as your 'Body Line'. This means that you are 'Parallel ALIGNED' and can thus 'Swing Down Your Body Line' with ease. When you are proficient at this 'SET-UP' you can experiment with the '**Open Open**' configuration, during which you still 'Swing Down The Body Line' ('DTBL') yet 'Cut The Cup Full Of Sand'. This 'Spin-Rate' is not imparted directly to the Ball as the 'Clubface Should Not Generally Come In Contact With The Ball'. It is a 'Splash Shot'.

Also, your bunker will likely provide you with some 'Slope' or 'Lie Issues' that you can assess and manage. Play some of these 'Tee Drill Shots' '**Side Hill Ball Above and Below Your Feet**'

as you will sooner or later have to exit a 'Bunker Out The Side Door' from this lie. Also 'SET UP' on and 'Up Hill Slope' as well as on a 'Down Hill Incline'. The 'Down Hill Slope' is far more challenging than is the 'Up Hill'. Why? The 'Up Hill' feeds the Ball and the Swing into the Air so it is 'Trajectory Beneficial'. The "Down Hill" feeds the 'Clubhead PATH and the Ball down into the Bunker or to a reduced 'Trajectory'.

Be wary that, if your 'Down Hill Lie is 56 Degrees Negative Slope' and your Sand Wedge is 56 degrees of LOFT which is 'Positive Slope', they cancel out! Thus you can expect to get a "Ball Flight That Is Level to the Fairway or Horizontal". It may NOT clear the 'Lip' or get out of the 'Sandbox'! Look at options right away! You may have to use a side or back door that benefits the next shot! **'Billiards Golf'!** This shot in your face must leave you safe for the next shot!

When you get finished with your 'Six Balls', examine your 'Sand Divots' to make sure they are 'Uniform In Shape and Depth'.

'Post-SHOT Evaluation' is as important as your 'Pre-SHOT Routine' so 'Finish and Hold'. Check your balance! Watch your 'Balls Come To A Complete Rest On The Green' and make slight alterations in your 'SET-UP' and 'EXECUTION' as required for the next shots. Think "HOLE 'EM!"

Remember, if you want the 'Ball To Fly High', you might strive to finish with your 'Hands' high! This is in comparison to a 'Knock Down Procedure'. I often 'FEEL' that the high trajectory 'Bunker Shot' is 'Cock & Pop' or 'Up Down and Up' with very little or no 'PIVOT' depending on the 'Pre-Selected Shot Requirements'; always 'MATCHING' the 'Components & Procedures'.

**'CREATE THE FEEL'!**

**'REMEMBER THE FEEL'!**

This dedication will enable you to become a **'REFLEX GOLFER'** which is the very best kind!

**"Welcome Aboard!"**  
**"Enjoy The Ride!"**

**SATISFACTION GUARANTEED**

E-Mail Address: [AskUs@555golf.com](mailto:AskUs@555golf.com)

WebSite: [555golf.com](http://555golf.com)

Telephone: (817) 673-8888

24/7