

# 555 GOLF ACADEMY

## 'PERFORMANCE EXCELLENCE'

### 'BUNKER DRILLS'

#### A LITTLE 'FEEL IT'

('Sweet Spot')

#### ABOUT THE SWEET SPOT FIRST

You know I always like to convert my words, through accurate 'Physically Correct Motions', into your 'FEELS'. In that manner I can be more certain that I am succeeding in getting you prepared to 'Play Repeat The FEEL Golf'; getting you closer to being that very special '**Reflex Golfer**' we have discussed.

I want you to 'FEEL The SWEET SPOT' and the ideal 'IMPACT & SEPARATION' with your 'Brace Leg and Brace Hand'. I want you to 'FEEL' like you are delivering the 'Golf Ball' 'Down The Line' ('DTL') with your 'Brace Leg and 'PIVOT Pressure'. If you can do this, you can progress to a much better interpretation of 'Clubhead FEEL' when making 'Golf Shots'. You will produce better and more physically correct 'Motions' that will serve you the rest of your more enjoyable 'Golfing Life'.

Borrow one of your kid's or friend's 'Volley Balls' or a light ball that is no larger. There are a lot of these around nowadays.

Hold it lightly in the 'Up-Turned Palm Of Your Target Hand' (It is the 'Tee' for this drill). Now 'Swing the Palm of your Brace Hand' (It is the 'Clubhead' for this drill) directly at the 'Lower Inside Quadrant Of Its Butt' (This is the 'Motion') just as you might do with a 'Teed Up Golf Ball'. Look at the 'Impact Point' of the 'Ball' It will be '**Bottom Inside Cheek ('BIC')**'.

Now, not with too much 'FORCE or Velocity', positively smack the Ball off your Target Palm'. Do this five to ten times varying where you make contact with your 'Brace Palm'. When you strike it on your fingers, towards your Wrist, on the Heel of your Hand or on the Top of your Hand towards your Index Finger, you will 'FEEL' the imperfection of poor IMPACT (see '**The 5 Impact Points**'). Then ensure your striking it several times on the 'Centre or Sweet Spot of your Palm'. From this point, the 'Energy Transfer' is efficient or pure. 'IMPACT' in 'Golf' is very similar.

You will soon discover or realize that the 'Direction Your Brace or Striking Hand Travels' through the ball is 'The Same Direction the Ball Travels' after it leaves your

Target 'Tee Palm'. The Ball goes where the Hand goes! This is what is known as the 'Hand and Ball Path'. (see **'The 5 Essential Elements'**)

So now you know what 'Sweet Spot' is from a very 'Fleshy Perspective'. Now, put this experience, which is knowledge, to use in your 'Golf Swings'.

## **NOW TO YOUR BUNKER WORK**

There is no point in looking at any part of the 'Ball' you do not intend to precisely strike! When you make great 'Bunker Shots' regardless of the 'Lie', you must either **'See The BIC'** or, when it is 'Buried', you must be able to imagine or **'Visualize'** its location. With this 'Swing Image' in your mind, 'SET-UP' to swing through the 'BIC' and 'EXECUTE' with a very stable, 'Feet-Plated Lower Body Machine'. Keep your 'Captain EYES' directly on the 'Bottom Inside Cheek Of The Ball', imaginary or real, and do not look away through 'IMPACT and SEPARATION'. (see '5 SET-UPS and 5 EXECUTIONS') In this manner, you will methodically get your 'Components' ready to go to work!

With most greenside bunker shots, the 'Procedure' is primarily and 'Upper Body Machine' action with a relatively 'UP & DOWN' 'Lever Motion' supported by a solid and resistive 'Lower Body Machine'. Thus, 'Squirm and plant your 'Feet'! This will settle them deeper into the sand so you will likely have to **'Choke Down On The Grip'**. Keeping 'IT' very simple, 'What Else Do The Levers Do But Go U&D?' Remember, the 'UBM' creates all the 'Vertical Motion'. Nice soft greenside bunker shots are quite 'Raise The Brace Hand Up And Then Let It Fall Down And Slap or Spank The Clubhead Just Below The Butt Of The Ball'. Take about half an inch of sand from below the south pole of the ball! The 'Feeling I get when making good positive 'Bunker Shots' is that I am moving the sand directly and the Ball indirectly. 'I Feel Like I Am Splashing Sand Out Of The Bunker And The Ball Come Out With It'.

To succeed in this 'EYE HAND COORDINATION' skill we call 'Golf', we need good images in our minds. Keep mentally active at all times when you are practising or playing. Use your imagination! Be inventive!

## **WEIGHT DISTRIBUTION & ANGLE OF ATTACK**

If I have to 'Clear a Substantial Bunker Lip' I will 'SET-UP' about the same and then just 'COCK the Wrists Early and POP The Ball' with a Steeper Angle Of Attack'. Your '555 TEAM' aptly calls this a **'Pick -Up Inside Take-Away'**. This known, when you require a very sharp up angle, you may want to place your 'Weight Slightly Pre-Loaded To The Target Foot'. About 60:40 will generally suffice. Remember, this 'Proper Weight

Distribution Steepens Your Take-Away and thus, in response, it also increases your Descent Angle Of Attack’.

## **TARGET LEVER DEAD ROPE**

The other important ‘Feel’ I like to have is that I am **‘Swinging Down To That Target Lever Dead Rope In The Forward Swing’**. You will recall that the three primary tasks of the ‘Target Lever’ are 1) To Control The Clubface AIM, 2) To establish and maintain the ‘Swing Radius’ and 3) To provide the #4 Pressure Point where the ‘Turning or Un-COILING ‘LBM’ (‘Pectoralis and Lateralis Muscles’ or ‘Upper Ribcage pressing against your Biceps’) makes contact with and moves the ‘Target Lever Biceps’ horizontally towards the ‘Target’.

Most of you will have seen the old ‘Head Cover Under Your Target Armpit Drill’ or the ‘Dollar Bill Under Your Target Armpit Drill’. You are supposed to make your ‘Front or Down & Out Swing’ without dropping the head cover or dollar bill. The pressure that prevents dropping these objects is the **‘#4 Pressure Point’**. Again, it is ‘Horizontal In Nature and creates all the ‘Round & Round’. It is ‘PIVOT Pressure’. The ‘Lever Assemblies DO NOT Move Horizontally By Themselves’! It must be the ‘LBM’ that ‘Transports’ the ‘Clubhead In The Round & Round Motion’ and NOT the ‘Hands and Arms’!

To be a good ‘Sand Player’ you must be able to ‘Get The Clubhead Down and Through the Bottom Of Swing Arc’ with that ‘Splashing Sensation’. Remember to ‘Swing The Leading Edge Of Your Sand Wedge’ or any other selected club (‘Component’) about half an inch below the South Pole of the ball. This is the ‘Take Half An Inch Of Sand Rule’. It works!

You ‘Feel’ like you ‘Splash Sand Out Of The Sand Box. This ‘Process’ takes the Ball along for the ride!

‘Bunker Work’ is very intimidating to most golfers but needlessly so. It is really one of the easiest ‘Procedures in Golf’. The key factor is a ‘Proper SET-UP’ with an appropriately ‘Clocked Take-Away’ so you ‘Deliver’ the needed amount of ‘Energy or Clubhead Speed To Get The Ball To Travel The Desired Distance’. Learn to like this ‘Procedure’. It is just ‘Distance & Direction’. That is all!

Learn to ‘Feel’ these ‘Motions and Actions’. Then ‘Remember The Feel’ of the ‘Process’ so you can repeat it at will with ‘Confidence’.

## ESSENTIAL ELEMENTS FOR BUNKER WORK

Remember the 'Steady Head and the 'Eagle Eyes' that 'Captain The Ship'! These are 'Essential Elements'. Remember, the 'Loaded Quads & Glutes' (a little 'LBM Sit-Down') stabilizes the 'Bottom Of The Human Tether Ball Pole' while the 'EYES' stabilize the 'Top'. Every shot or 'Procedure' in golf needs these two elements at all times to be predictably 'FUN'!

Splash the Leading Edge of the Clubhead about half an inch below the South Pole of the Ball. That is a 'FAT SHOT That Takes Sand'!

Remember the relatively quiet 'Lower Body'.

Remember to Swing 'THROUGH' The Ball and not 'AT' The Ball.

BREATHING OUT!

Perfect and Well Done!

## ENOUGH SAID !

I usually try to keep 'Bullet Proof Drills' to one page! Blew it!

I had better quit while I am ahead! You are going to say there are thirty-seven things to get right! Look at these last few. They are 'Bread & Butter' aspects that are required in every shot! Nothing new! If you want more detailed information, just turn to your '[Golfmyth Collection](#)' 'Table Of Contents' and you will then know where to look. If you do not as yet have your personal copy, go to your '555golf.com WebSite'. From the 'Home Page', enter your 'Member ID and Password' to get full access. If you are not a 'Locker Room Member', click on the '[JOIN NOW!](#)' 'Locker Room Door' and become part of the '555 Family'. Membership has significant immediate long-term benefits and it is '**FREE**'. Don't delay joining for even one more day!

Now you can 'Click' on the 'Products Tab' which will connect you to the 'Literature' sales department. Have fun! Lots to see and do! Thanks for your time!

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