

# 555 GOLF ACADEMY

**'PERFORMANCE EXCELLENCE'**

**'BUNKER DRILLS'**

## **PLOWING A FURROW**

This 'Bunker Drill' is really about striking **'THROUGH THE BALL'** and not 'AT IT'! Don't let this simple 'Procedure Strike Fear Into Your Heart'! It's not all that difficult!

If you have spent but a very short while with your '555 TEAM' you will be fully aware of the necessity of NOT HITTING AT THE BALL. 'AT-itis' produces 'Tension' of the first order. You do not want much of that! Why do I say "Much" and not 'Any'? Because we are all prone to 'Tightness' and that is not going away any time soon! We must live with 'Life's Truths'!

So what do we mean by **'Plowing A Furrow'**? That makes me feel like I am going to 'Dig A Trench' with my 'Clubhead'! Not good! So let us say a shallow uniform furrow in the beech's granular texture! **"OK!"**

In order to NOT 'Dig A Ditch', ('And Oh How Deep They Can Get!') we must accomplish an easily-accomplished great **'5 SET-UPS'**. This includes that consistent 'Solid Footing or STANCE' and 'Longish Lever Assemblies or Arms' under that 'Tallish CHIN'. The 'Clubhead PATH' is controlled by a 'Dead Rope Target Lever'. You need 'Depth and Width'. These conditions are so very important to establishing and maintaining 'Swing Radius'. During the actual 'Front or Down Out, Forward and Through Swing' ('DOFT') one must be impeccably 'POSTURE' stable in order to enable 'Sweet Spot Energy Transfer'. The 'Captain EYES' are central to this event! Use and enjoy your 'Golf Eyesight'! **'See The Ball Come Off The Clubface'**.

**'THROUGH THE BALL'** produces a nice uniform 'Furrow' while 'AT' produces a hole in the 'Sand Box'. Holes are thing you may fall into! Don't fall into this one! Remember a great objective in 'Bunker Work' is to 'Feel' as though you are throwing a handful of sand out of the bunker. A tossing action is a 'Through Action'.

This 'Furrow' is likely to be about the size of two extra wide dollar bills and twice as long depending on how deeply your 'Ball' is buried. The deeper the bigger the 'Furrow'! A 'Bunker Shot' is a **'THUMP THE GROUND SPLASHING SAND SHOT'**! **Enjoy the Process!**

**'SATISFACTION GUARANTEED'**

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