

# 555 GOLF ACADEMY

## 'PERFORMANCE EXCELLENCE'

### 'BUNKER DRILLS'

## THE SHORT WHITE 2X4 DRILL

This Bunker Drill' is actually very easy to do. It's productive and **FUN!** Bunker shots usually scare the dickens out of most hackers and Sunday fair-weather golfers. It shouldn't. A 'Golf Shot From The Beach' is really one of the easiest 'Procedures' in the game. In fact, it is the only shot in Golf where the 'Clubface' does not even touch the 'Golf Ball'. The 'Club' splashes the sand out of the trap and that moved granular mass actually carries or sometimes explodes the 'Ball' out with it. I say "Sometimes" because you can vary your 'Angle Of Attack' to produce more or less 'Blast Affect'.

Remember to carefully examine your '**Bunker Protocols**' before doing any of your 'Bullet-Proof Drills'. The 'Protocols' give you guidelines so you are at least in the safe knowledge ballpark.

Also be aware that the 'Sand Wedge Sole' has '**BOUNCE**' to help it not dig into the sand but minimally. (Thank you Gene Sarazen!) 'Bounce' is the 'Sole Feature or Design Characteristic' that creates a 'Trailing Edge' (The back end or aft end of the Sole) that is below the 'Leading Edge'. So, if you were to move the 'Clubface' horizontally along the ground at its designed 56 degrees of 'Loft', the 'back end of the Sole' ('Trailing Edge') will be below the 'Lead Edge' when the 'Shaft' is vertical. The amount that it is below depends on the 'Width Of The Sole' and the 'Degrees Of Bounce'. The more 'Bounce', the more the 'Trailing Edge' will hang down below the 'Leading Edge'. 'Bounces' vary from perhaps as little as 4 degrees to as much as 20 degrees. Most 'Sand Wedges' have between 11 degrees and 16 degrees of drop or 'Bounce'.

Another way of telling you about his sometimes 'Tricky Clubhead or Tool Feature' is that, when the 'Clubface Loft' is at the factory prescribed of say 56 degrees, and the 'Sole' is resting on a flat table, the 'Heel or aft portion of the Sole' will be touching the table while the 'Leading Edge' will not. How far the 'Leading Edge' is above the table surface depends on the degrees of 'Bounce'.

### COUPLE OF ITEMS:

In a greenside bunker shot, the 'Lower Body Machine' is quite quiet or passive. The 'Hands and Arms' create the 'Ball Action' by their 'Up & Down Motion'. Remember, there is proportionately very little 'PIVOT' and no slide which produces this 'Quiet Lower Body'.

Your '**WEIGHT DISTRIBUTION**' is about 60% forward and 40% aft to precipitate a 'Steeper Angle Of Attack' depending on the specific type of 'Bunker Shot' pre-selected. (MATCHING Components & Procedures')

The '**BALL LOCATION**' is generally slightly forward of what might be your usual 'Sand Wedge Position'. Your 'Target Lever' needs to establish a nice deep 'Swing Arc' and really play the roll of the '**Dead Rope**' in this 'Procedure'. You might 'SET-UP' a little 'Short Armed' ('Flexed Elbows') so you do not 'Ground Your Clubhead' (Penalty Stroke or Loss Of Hole). Then, as you make your 'Take-Away',

allow your 'Lever Assemblies' to again find their customary 'DEPTH'. You know, that 'DEEP FLAT and WIDE' condition that is so necessary to finding the 'Bottom Of Swing Arc' in the 'Down or Front Swing'.

### TO THE DRILL WITH NO BALL

We call this 'Drill' the '2X4 Drill' because we actually use a two foot piece of framing material for the practice. It should be painted white so that impact with a 'Clubhead' will leave paint traces on the sole of the 'Club'. Rake the bunker. Place the 2X4 in the sand so its top surface is level with the sand. Place about one small handful of sand on the front end of the 2X4. 'SET-UP' like you would for a normal 'Sand Wedge Shot' but with this 'Sand' about a Ball Width or two forward. Use your normal '**STANCE**', '**Square ALIGNMENT**' and a 'Square Clubface' to start. Make a couple shots removing the sand each time as if it were a 'Ball'. Pretty normal procedure with a lot of sand flying rather than the 'Golf Ball'!

(see Illustration)  
2X4 Bunker Board

Now, open the 'Clubface AIM' about 20 degrees. Match that with your 'Alignment's' being open about 20 degrees as well. Your '555 TEAM' calls this the '20:20 Set-Up'. Now '**Swing Down Your Body Line**' as usual. The 'Clubhead' will 'CUT ACROSS' the 2X4 slightly, heel of the 'Clubhead Leading' and sliding under the little pile of sand. Look at the 'Sole Of The Club' and you will see a paint mark on the aft heel or on the sole away from the 'Leading Edge'. So, you can deduce that a 'Bunker Procedure' is a '**Cut Shot**'!

(see Illustration)  
Open Open  
20:20 and 30:30

A beneficial aspect of the 2X4 is that it gives you the 'FEEL' of a bottom to your swing and prevents your digging into the sand. It makes your 'Clubhead Bounce Off The 2X4' as it shall off the sand when you execute this shot properly. Don't slam or pound the board into the ground but feel positive contact, a nice little clean 'Thump'.

Put another way, you do not want to strike the board too heavily. Just a nice firm tap will suffice. A heavy hit when this shot is for real, will cause your 'Golf Club' to dig too far into the actual sand preventing the designed 'Bounce' from doing its job. So just a nice '**Splash At The Bottom and Through**'.

To accomplish this 'Controlled Bottom', as in a regular shot, preventing really FAT, one must keep ones **'Eyes on the Contact Point'** and, at the same time, keep your **'CHIN Tallish'** so the 'Top Of The Tether Ball Pole' is stable and correct. If your 'Head Moves Up & Down', you will make sloppy swings and get sloppy results!

Take three or four 'Shots' to remove the small handfuls of sand; **'SQUARE SQUARE'**. Then **'OPEN OPEN' or '20:20' to '30:30'**. Throw the sand on the green where you would like the Ball to go. With 'Square Square' it will be about "Down The Body Line". With 'Open Open' it will land slightly to the 'Low Energy Side of the Target Line'. You will soon learn the actual 'Ball Flight' and enjoy the experience 'At The Beach'!

### **NOW WITH A GOLF BALL**

Now place a 'Golf Ball' on the top of your small handful pile of sand. Make the regular Swing' and remove the sand. The Ball goes with it. The Ball seems to just 'Splash' out of the bunker. Now step back about a foot and simply place the Ball on the sand adjacent to where it as struck off the 2X4. **'CHIN Tallish (Braced Up) and EYES Focused'**, make the same 'Swing' and 'Splash The Ball Out Of The Bunker'.

Be persistent and use your 'Protocols' (good 'Set-Up') and you will very soon find the 'Balls' lofting nicely up and out of the bunker like a pro!

How hard do we swing? Good question! By trial and error you will discover the answer, but a 'Sand Shot' requires about three times as much velocity to move a 'Golf Ball' the same distance as you would with a 'Pitching Procedure' from a nice tight grass lie. Experiment and just quantify your 'Feelings'. The reason for this is that we are moving a lot more 'Mass' and the 'Golf Ball' is carried by the 'Sand' and not struck By The Clubface'. You know that already! Just reminding you!

Remember, the firmer the sand, the more this 'Bunker Shot' become just like a tight lie 'Pitching Wedge' but using a 'Bounce Sand Wedge' or you may use a 'Pitching Wedge or really any Club that satisfies your 'Ball Flight Requirements'.

Don't make more of this shot than it deserves! Relax and don't sweat the small stuff!

**Have FUN!**

**'SATISFACTION GUARNATEED'**

'E-Mail Address': [555golf@cox.net](mailto:555golf@cox.net)

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

'Telephone': (817) 673-8888

24/7