

555 GOLF ACADEMY

'PERFORMANCE EXCELLENCE'

'BUNKER DRILLS'

THE TWO LINES IN THE SAND BUNKER

This 'Two Lines' function, firstly serves a useful purpose. It gives you a reference point by which to judge how 'Deliberately FAT' your 'Sand Shot' was. They are '**FAT SHOTS**' you know! Your 'Clubhead Strikes The World First and the Ball Second'. Actually, in a properly executed 'Sand Shot' the Clubface Never Makes Contact With The Ball! The only shot in golf like that!

TO THE DRILL:

Start with a nice simple 'Proud Lie'. That is one which is not 'Buried'. The Ball should be sitting on the 'Top Of The Sand' where you can get at it! Does it look OK? You footing and the 'Lie' should be nice and level or slightly 'Uphill'. You should be about five to ten feet from the lip and the 'Flag' might be about thirty to forty feet away. 'Stand Behind Your Shot' and 'Visualize Your Ball Flight Path'. Pick a 'Landing Target', the '**12 Inch Circle**' we discussed. Make a few nice free but accurate 'Energy Managed or Clocked Swings', 'FEEL Your Brace Lever Lift and Drop Force'. You must create a precise 'Bottom Of Swing Arc' with good 'Brace Lever Extensor Action'. This is an essential 'Component and Procedure' or you are 'THIN Toast'! Always utilize a sound 'Pre-Shot Routine'. If you do not have one or are unsure of what yours should be, consult with your personal '**555 TEAM TEACHER**'.

If you do not have a 'Bunker Protocol Pre-Shot and Post-Shot Routine', make one quickly! You would be well-served to have a finely tuned 'Four Step Routine'. IF you do not, '**ASK US!**'

YOUR 'GET LUCKY AND CRAP SHOOT LAZY DAYS' ARE OVER!

So you now have some 'FEEL' for your shot. Let's do the 'Drill'.

THE TWO-LINE DRILL

Draw your 'Target or BALL Flight Line' in the sand. This line may be about two or three feet long. Next, where you want the Ball to sit, draw another line about 12" long right across the 'Target Line'. This 'Ball Line' should be roughly centred across the 'Target Line'. Now place another 12" line about six inches behind the 'BALL Line' again across the 'Target Line'. This is your **'SPLASH DOWN ZONE LINE'**. Later, when you get good at this 'Drill and Procedure', you can make the separation narrower to about four inches but its width is not critical. Remember, my personal objective in my 'Bunker Work' is to 'Take 1/2 An Inch Of Sand From Under The Ball's South Pole'. That's all, other than to do it with adequate 'Clubhead Speed' to move the 'Ball and Cup Full Of Sand' far enough to release to the hole. Just 'Distance & Direction' and 'Connecting Two Dots'!

Make your 'SET-UP' and then swing your 'Sand Wedge Clubhead' through the sand, taking out the sand between these two 'Ball Lines'. Another name I have for this 'Drill' is **'Erase The Sand Between The Lines'**. That is an appropriate name. Just 'Swing The Clubhead' and take the sand out cleanly between the lines to a depth of '1/2 Inch Below The South Pole'. I want and need to tell you that I am not overly concerned about the size of the space between the '2 Lines' even though we target '4 to 6 Inches'. If one strives to take this '1/2 Inch Of Sand From Below The South Pole Of The Ball', your 'Entry Point In The Sand' is a 'NO BRAINER'! SET-UP and Mechanics' take care of how far behind the ball the 'Leading Edge Of The Clubface' makes contact with and enters the sand box. Your 'Pre-Shot Routine' establishes your 'Swing Radius' and 'Angle Of Attack'. Get this right and all you have to do is 'See or Visualize The Ball' and 'Trust Your Swing'. Newton will take care of the rest!

Having your **'Mental Keys'** right is essential. How are yours doing? If they are at a suspect, you had better call your '555 Teacher' or contact Michael Anthony without further delay! That means now!

BY ANOTHER NAME

Another name I have heard similar 'Bunker Drills' called is **'The Dollar Bill Drill'**. Some people think the 'Clubhead Footprint' should be the size and shape of a nice crisp 'Greenback'. I disagree! In the tight grass perhaps, but not in the sand! Having watched many thousands of bunker practice shots and having made a few too, I know that the 'Divot Shape' is oblate or closer to round. Depth of the 'Lie' directly determines the size of the mark too!

In any case, make a dozen or so 'Practise Splash Shots' and 'Erase the Sand Between the Lines'.

When you 'FEEL' certain of your 'Motions and Procedures', place 'Six Balls' on the 'Ball Line' and repeat the 'Drill' for real. 'Splash the Sand and Ball' out of the margin between the lines. Make sure to 'Follow-Finish' to whatever degree and limit your

natural 'Energy Management' provides. The 'Back and Front Swing Length are roughly equal. The 'Front Swing Segment' may be just slightly longer due to 'Acceleration'. Let your 'Hands and Body' coast to a stop or rest. 'No Brakes'! 'No Manipulation'!

Remember, **'THE BALL GOES WHERE YOUR HANDS GO'** or very close. Note that, if you assume an 'OPEN OPEN ALIGNMENT and Clubface AIM' you will be swinging 'Down Your Body Line (as usual) and your Ball Flight Line may be slightly to the 'OPEN SIDE'. This is a 'Cut Shot'. The 'Ball Flight Line' is your 'Resultant Line'. 'Clubface AIM OPEN'. 'BODY ALIGNMENT OPEN'. 'Swing Down The Body or Foot Line'. Remember, your 'Ball Flight Line May Be Slightly To The Low Energy Side Of The Body/Foot Line'. Don't 'Manipulate it Differently'. Let the Ball go! Learn the variations.

You will recall that, if you 'OPEN ALIGN 20 degrees, you should generally also 'OPEN Clubface 20 degrees'. 'Complementary or MATCHING Components and Procedures' always!

Vary your 'Ball Location' and shot pattern. Vary your 'Lies' too so you learn how to judge the better ones! Keep practising! Make lots of shots! Get good at this sandy stuff! It shall pay you big dividends. When your playing partners and opponents are sweating bullets looking at their 'Bunker Shots' you will be 'Cool As A Cucumber'! Your score card will reflect your cool too! Enjoy your practising as it should be fun and rewarding.

(see Illustration)

Bunker Two Lines In The Sand Drill

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