

555 GOLF ACADEMY

'PERFORMANCE EXCELLENCE'

BUNKER DRILLS

TWO TYPES OF BEACH SHOTS

(THUMP & CHIP Or PICK ... Proud Lie & Buried Lie)

Making solid and predictable 'Bunker Shots' is no mystery. It is just simple basics as usual. 'Mastering Golf Basics' is a pleasure when you approach it intellectually. You discover logic and the most rudimentary science based 'Motions'. Once learned, they can be repeated at will. **What a thrill!** Decide what shot you want to make. Plan it wisely! Go through your 'Pre-Shot Routine'. Elevate your chemistry. Execute!

VERY NORMAL

Extracting your '**Little White Ball From The Beach**' is not terribly difficult and it can be rewarding with a modicum of thought and effort. It is really a very normal 'Golf Shot' whether short or long! You already have all the skills mastered!

Do not allow your 'FEAR' to dominate your thoughts when faced with extracting a 'Golf Ball' from the beach. It is about as much fun as really being there! You do not need a bright red plastic bucket and little matching shovel either! Perhaps some SPF40 to SPF50 sun block may be wise! Courage and trust helps! It comes along with 'Knowledge and Experience'. Learn to enjoy 'Golf Course Beaches' and 'Linksy Life' will be a much better trip with lower scores to follow! Your golf buddies and adversaries will marvel at your ability to stay cool under fire!

LIE ASPECT

Let us, at first, assume a good proud '**Lie**' for the following considerations.

Remember, this is really a very normal 'Golf Procedure'.

If you have a very little 'Bunker Shot' where the sand is level to the grass or green with not very far to travel to the hole, although rare, you can simply '**Putt The Ball Out Of The Bunker**'. 'Putting' naturally requires '**Chase or Follow Through**'. Do not get into the habit of 'Hitting The Ball Hard' in order to get out of the beach. If you succumb to this 'Primary Error' you shall neither be able to control your 'Trajectory' or 'Spin Rate'. Your 'Distance Control' will suck! Your score will reflect that sucking sound!

If you have to create **'A Little Trajectory Over A Very Short Distance'**, you can change to a more 'Lofted Clubhead' and still utilize your very reliable 'Putting Stroke' ('Stage 1 Procedure' ... 'No Wrist Cock & No Pivot'). Above all other considerations, 'Keep Your Actions As Simple As Possible'.

BRACE HAND TRAVEL DISTANCE

If you have to produce **'Trajectory And More Distance'**, you simply have to increase your 'Brace Hand Travel Distance' ('BHTD') and make the same swing with the same 'Lofted Clubface'. When you employ more 'BHTD', you will likely and naturally induce some 'Wrist Cock'. This transitions your 'Motions' to a 'Stage 2 Procedure' ('Wrist Cock but No Pivot').

If you need even more **'Trajectory And More Distance'**, you can again increase your 'BHTD' which 'Loads' you 'Lower Body Machine' ('LBM') via 'Coiling or Rotation'. This produces more 'Clubhead SPEED' and thus more 'Distance' as required. Remember, you are well served by 'Chasing The Ball Out Of The Bunker', This occurs by keeping your 'Brace Leg Driving To The Target and NOT Just To The Ball'. **Make 'Bunker Shots' 'THROUGH The Ball and NOT TO The Ball'**. This is old hat! 'Standard Operating Procedures'! ('SOP')

'AT-itis' is really poor! **'THROUGH-itis'** is really cool!

You have many different 'Clubheads' and thus different 'Loft & Trajectory' combinations in your bag! Learn what they accomplish.

Now let us go back to the **'Lie Consideration'**. We have been using an ideal 'Proud Lie' so far. Almost like the 'Ball Is Teed Up'.

The 'Shot Shape' is still the same as above ... 'Trajectory And Distance'. Not a huge 'Flop Shot' but still **'Pitched From The Beach'**. That term means that the 'Ball' experiences 'More Air Time Than Ground or Roll Time'. It flies most of the way from the beach to the 'Hole'. That excludes 'Chipping or Bump & Running' the ball.

Let us now translate into more **'Unusual or Less Ideal Lies'**. If the 'Ball' is not sitting up atop the sand, it must be 'Below The Surface' to a certain degree. The direct 'Lie Consideration' is **'How Much Below The Surface'?**

If the 'South Pole Of The Ball' is 25% below the surface, (depressed or buried), the 'IMPACT & SEPARATION' factors change.

TAKE 1/2 AN INCH OF SAND

Your '555 TEAM' has diligently arrived at a 'Bunker Methodology & Formula That Works'. When you have to 'Pitch A Ball Out Of A Bunker', make you normal 'Full Swing SET-UP' and simply '**Take ½ An Inch Of Sand From Below And Throw It Out Of The Bunker In The Direction Of The Target**'. You will naturally enter the sand farther behind as the ball gets deeper into it ... more 'Buried'!

This works regardless of the 'Lie'! The more buried the ball might be, means you still 'Take ½ An Inch Of Sand From Under The Ball'. You will have to utilize larger swings, more 'BHDT', as you are required to move more sand. That means you will certainly shift from 'Stage 2 to Stage 3 Procedures'. You will eventually use 'Pivot Pressure' to create 'Clubhead Movement' via your 'Golf Body Machines'. Your swing will become 'Fuller As Required'.

So you can see that the '**Degree Of Buried**' is no big problem! You simply adjust your 'SET-UP' to always reach its 'Bottom Of Swing Arc' ('BOSA') '1/2 Inch Below The South Pole Of The Ball'. Remember, you swing your 'Hands & Arms' 'Up & Down and Out' to achieve this 'BOSA' and you do NOT drop your knees or lower your body to accomplish any need for a 'Lower Swing Arc'. If you 'Go Down After The Ball' with your 'Bodies' you will be severely hampered.

One more situation is worth a moment of our time. '**Buried Lie Just Below The Lip Of The Bunker**'. Not buried is very similar. The first reality is that, 'We Cannot Swing Through The Ball'! So we must not or we could injure our 'Hands, Wrists Or Arms'. We need an abrupt '**Explosion Of Sand**' created by the 'Lofted Clubhead' that 'Blasts The Sand and Ball Vertically Up & Out Of The Bunker'. This is primarily an 'Upper Body Machine Motion'.

This 'Explosion Procedure' requires a '**Steep Angle Of Attack**' ('AOA') in the 'Take-Away' and a balanced 'Steep Angle Of Attack' in the 'DOFT Front Swing'. Your 'Grip Pressure' is best increased slightly, especially in the 'Brace Hand'. All the '**Critical Standard 555 Golf Swing Ingredients**' apply! All!

Believe it or not, you still 'Take ½ An Inch Of Sand Out From Below The South Pole Of The Golf Ball'.

'BREATHE OUT' through the 'Entire Back & Front Swing'. 'Be Confident and Relax'!

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