

Learn to Love the Beach

Whether it is Hawaii or Ocean Shores, most people love to take a trip to the beach. When it comes to the golf course though sand tends to strike fear in most players. The average golfer sees their ball in a bunker just hope they can get out. Tour players would rather play from this spot versus hitting a similar shot from the rough. They feel that the lie is more predictable and they can control the ball better. This year the PGA Tour sand save leader is David Toms at 69.39%. You have to drop all the way down to 94th on the list to find a player is not better than 50/50 at getting up and down from bunkers.

The most common mistake I see is simply in the setup. Players tend to approach a bunker shot the same as a chip. It is far from that! The club face never comes in contact with the ball. It is the sand that pushes the ball out. Once you get the setup right you have to make a big swing for a little shot. The analogy I use with students is it would be like hitting a tee shot and leaving the head cover on. Here are the 4 basic keys in the setup to unlock your potential:

Wide Stance

For this shot we are trying to hit approximately 2 inches behind the ball. In order to stabilize the lower body and keep the sternum from moving you need to get the feet outside the shoulders. This will limit movement in the hips and legs. Seve Ballesteros said, "The best bunker players look like they are about to sit on a bar stool".



Three Lines

There are 3 main lines we are concerned with when we address the ball:

1. *Toe Line (red)*: the feet need to be aimed left of the target (right handed golfer)
2. *Club Face (blue)*: the club face needs to be aimed at the target
3. *Swing Line (white)*: swing parallel to the toe line



By opening up the stance, club face and swinging left of the target you will successfully utilize the bounce on the club. The bounce on a wedge is the degrees a club slopes backwards from the leading edge to the back of the sole. This allows the club to slide under the ball and get thru the sand without getting stuck.

For help with learning to “Love the Beach” without making a trip to the ocean visit
www.brianflugstad.com to book your next lesson.