

How to Play With Confidence from the Sand: Master the Greenside Bunker and Improve Your Golf Game



The Bunker Game: How to Play with Confidence from the Sand by David Armitage

★★★★☆ 4.6 out of 5

Language : English

File size : 210561 KB

Screen Reader : Supported

Print length : 415 pages



The greenside bunker is one of the most challenging hazards in golf. It can ruin a good score and leave you feeling frustrated. But it doesn't have to be that way. With the right technique and a little practice, you can learn to play with confidence from the sand and start sinking more shots.

In this article, we'll share our top tips for playing from the sand. We'll cover everything from choosing the right club to setting up properly and executing the perfect swing. So whether you're a beginner or a seasoned golfer, read on for some helpful advice that will help you improve your sand game.

Choosing the Right Club

The first step to playing well from the sand is choosing the right club. The best club for you will depend on the lie of the ball and the distance to the hole. For most shots from the sand, you'll want to use a sand wedge or a

lob wedge. These clubs have a wide sole and a lot of bounce, which will help you get the ball out of the sand and on to the green.

If the ball is buried deep in the sand, you may need to use a more lofted club, such as a pitching wedge or a gap wedge. These clubs will help you get the ball up and out of the sand quickly.



Setting Up Properly

Once you've chosen the right club, it's important to set up properly for your shot. The first step is to take a stance that is wider than shoulder-width apart. This will give you a stable base and help you generate power through your swing.

Next, position the ball in the middle of your stance. Your feet should be slightly open, and your weight should be evenly distributed on both feet.

Finally, grip the club with your hands slightly interlocking. The grip should be firm, but not too tight.



Executing the Perfect Swing

Now that you're set up properly, it's time to execute the perfect swing. The key to a good sand shot is to make a smooth, fluid motion. Don't try to hit the ball hard; focus on making a clean contact and getting the ball out of the sand.

To start your swing, take the club back slowly and smoothly. Keep your head down and your eyes on the ball. As you reach the top of your backswing, pause for a moment to make sure your balance is good.

Then, start your downswing by shifting your weight to your left foot (for right-handed golfers). Keep your head down and your eyes on the ball. As

you reach the bottom of your swing, extend your arms and hit the ball with a crisp, downward blow.

Follow through with your swing, keeping your head down and your eyes on the ball. Finish your swing with your club pointing towards the target.

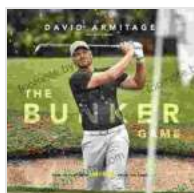


Practice Makes Perfect

The best way to improve your sand game is to practice. Find a bunker at your local golf course and spend some time practicing your shots. The more you practice, the more confident you'll become when you're faced with a sand shot on the course.

Here are a few drills that you can use to practice your sand game:

- **Hit balls out of the bunker:** This is the simplest drill, but it's also one of the most effective. Simply hit balls out of the bunker until you're comfortable with the technique.
- **Practice bunker shots from different lies**



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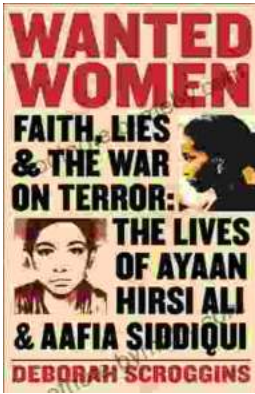
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