



GOLF TIPS – IMPROVING YOUR GAME!

The Sand Shot

Golfer's often complicate the sand shot by abandoning their regular swing when they enter a bunker; they tend to freeze, which creates tension and prevents them from getting the ball out on their first attempt.

Here are some tips to help you:

- Point the face of your club directly at your target. Dig into the sand with your feet to improve your balance and judge the texture of the surface letting you know what angle of attack you want at the ball. If the sand is deep, you want a shallow swing arc, if the sand is quite thin, you want a steeper angle of attack.
- Bend slightly at the knees and grip down on the club for control and get your hands ahead of the ball.
- Hit down in the sand behind the ball to splash it out. If you placed a \$20 bill under the ball, where the bill lies on the sand is where your club should contact the sand.
- Splash into the sand and don't be afraid; you have to hit the sand first. Listen for the 'thud' of the club hitting the sand not for the 'click' of the ball.
- Extend your arms as the club swings through the sand. Rotate your body toward the target during the follow-through. Swing to a full finish. Avoid the mistake of trying to scoop the ball out with a short choppy motion.

Most importantly, you have to relax, take a full swing and splash the ball onto the green. With a little practice, you'll be surprised how easy it is to improve your sand game and you'll have a lot more fun on the course.