Bunker Shot Fundamentals: Confidence in the Sand

Key Concepts Covered

- Use a stable stance-feet shoulder-width apart for balance.
- Open your stance (aim 5-10 degrees left of target) to promote an outside-in swing path.
- Position the ball slightly forward in your stance, near the left heel for right-handed golfers.
- Use a butterfly grip: strong left hand, weak right hand for smoother control and splash.
- Focus on striking the sand 1-2 inches behind the ball-do not try to hit the ball directly.
- Take a full, smooth backswing and accelerate through the sand on the downswing.
- Avoid decelerating through the shot-maintain a steady, confident swing.

Pro Tips

- For soft sand, use a shallow attack and focus on splashing through gently.
- In wet or packed sand, take a steeper angle of attack to dig under the ball.
- Keep your eyes focused on the spot behind the ball, not the ball itself.
- Confidence is your best tool-commit to the swing and let the loft do the work.

Next Step: Watch the 'Bunker Shot Fundamentals' video in your Golf4Biz Learning Center