

# 6

HOLE

THE GOLF COURSE

TOP 50 TEACHER

# Long Bunker Shots

**I**F YOU'RE AN average player looking to save a few shots, work on your fairway bunker play. Good fairway bunker players will find themselves able to put the ball in a position to maintain a score, rather than those who extract themselves from the bunker into more trouble.

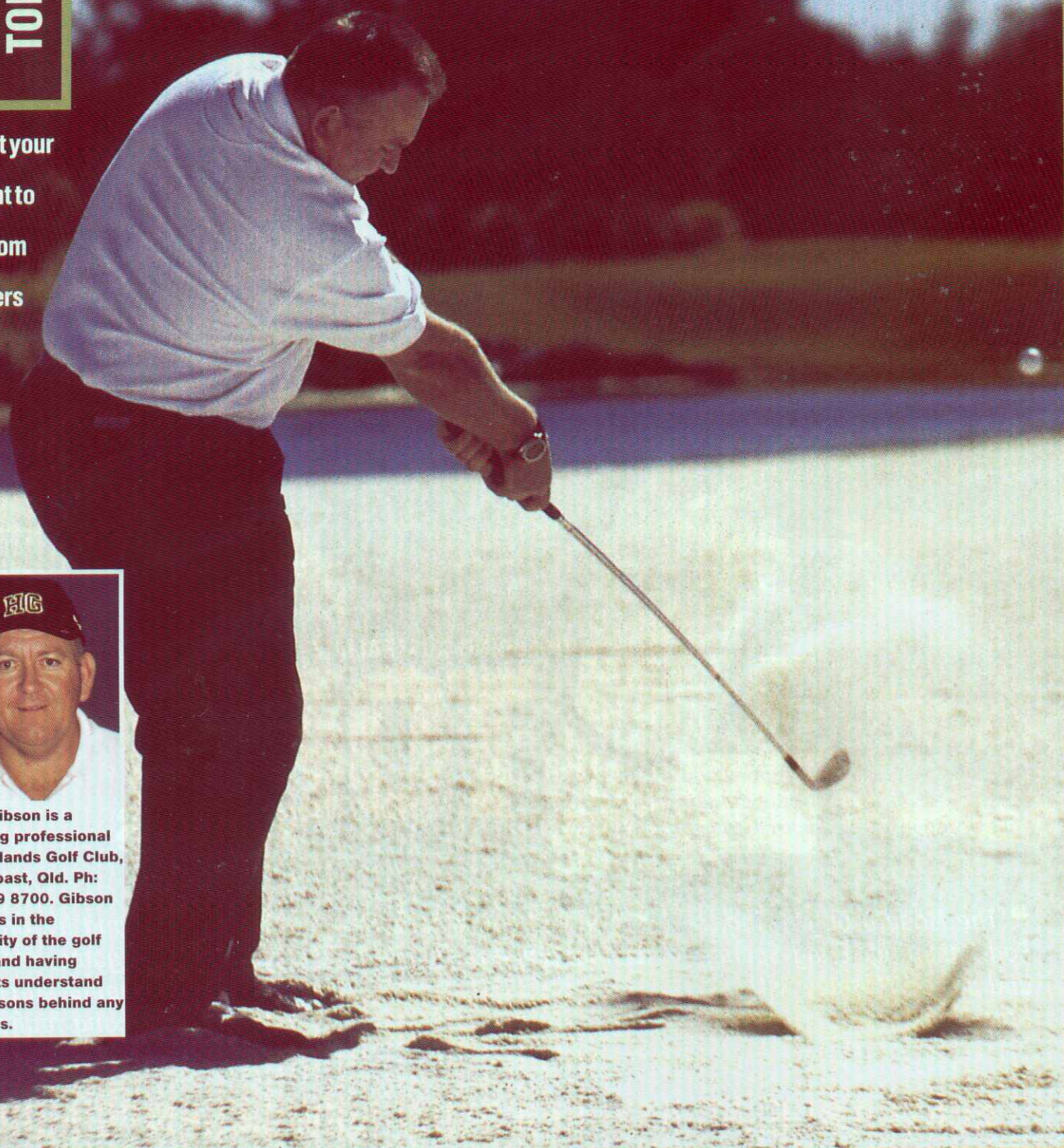
The secret is to make solid and quality contact with the ball. If you are having trouble making solid contact, try these few simple steps to make some minor adjustment to your normal swing.

BY MARK GIBSON

Adjust your weight to fire from bunkers



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## LONG IRON

### STEP 1:

Club selection is dictated by your circumstances. If you have to clear a lip, accept your medicine and take enough loft to get out. If the bunker is flat, take a club which you would normally at that distance.

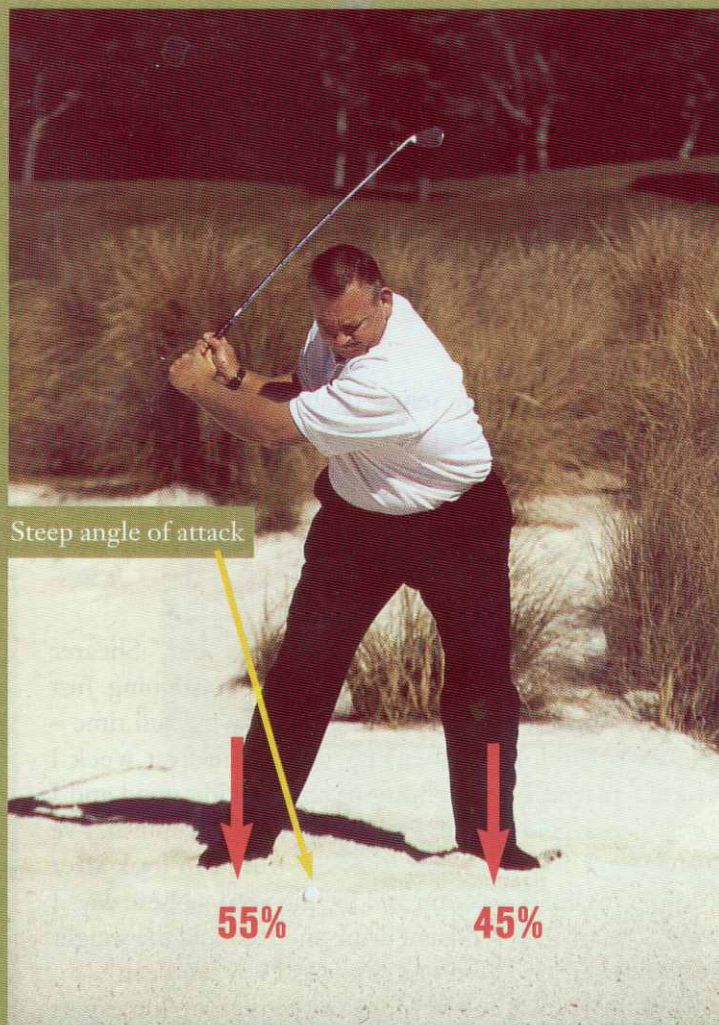
### STEP 2:

Put the ball back in the stance to assist in making cleaner contact. Set up with your feet wider than normal. This will do three things.

- i) lower your centre of gravity and therefore increase stability;
- ii) allow a steeper takeaway and therefore steeper angle of attack;
- iii) stabilise your lower body to achieve correct weight shift.

### STEP 3:

Reduce weight shift in the backswing 55-45, rather than the usual 70-30 (approx). This will force the club back steeper and with a strong hip rotation the angle of attack will be steeper.



## FAIRWAY WOOD

### STEP 1:

With a fairway wood we are looking for maximum distance. First, assess your lie. It needs to be sitting up or at the very least good enough to allow the wood to sweep the ball off the fairway. Rather than have the ball back in the stance, as with the irons above, the ball should be forward.

### STEP 2:

Take a normal three or five wood stance. Weight shift and coil at the top of the swing are similar to that should your ball be on the fairway (in my case it's 70-30).

### STEP 3:

Instead of coming down on the ball I am looking to hit the ball on the up. Therefore takeaway is lower and the club sweeps the ball off the surface. 