

Golf Bunker Shot Technique and Distance Control

1. Transcription of Main Excerpts

- **Setup and Ball Position:** “The setup is shoulder width or slightly wider, and slightly open or square to your target. Ball position is forward of center, about two inches.”
- **Clubface and Hand Alignment:** “The club head is always set slightly open when the sand is dry, and the only time you want a square club face is if the sand is wet. The hand position is not like a regular chip shot. The club and the handle is facing the middle of your body, so the club head is actually slightly ahead of your hands.”
- **Takeaway and Wrist Action:** “During motion, one of the most important things is an early wrist set. The last thing you want to do is take the club head and your hands and move them at the same speed in the takeaway. That generally hits the sand too early and takes too much sand. The earlier wrist set gives us a descending strike into the sand, and important that you’re scooping under with the club heads passing your hands through the impact area.”
- **Swing Speed and Distance Control:** “Length of swing is relative to the shot length that you’re hitting. But more importantly because we’re not making contact with the ball, It’s all about the speed of the club moving through the sand, and that will determine the length of the shot.”

2. Summary of Topics Covered

- **Stance and Setup:** Establishing a shoulder-width base aligned square or slightly open, with the ball placed approximately two inches forward of centre.
- **Clubface Adjustments for Sand Conditions:** Setting an open clubface for dry sand versus squaring the face exclusively for wet sand.
- **Hand and Club Relationship:** Positioning the handle toward the centre of the body, allowing the clubhead to sit slightly ahead of the hands contrary to standard chipping mechanics.
- **Swing Mechanics and Wrist Hinge:** Implementing an early wrist set on the takeaway to facilitate a steep, descending angle of attack and proper displacement under the ball.

- **Distance and Speed Dynamics:** Regulating shot distance primarily through the swing speed and volume of sand displaced rather than direct ball contact.

3. Best Practices, Practical Learnings, and Day-to-Day Applications

- **Differentiating Bunker Shots from Regular Chipping:** Treat bunker play as an exception to standard short-game rules—avoid forward shaft lean and avoid moving the hands and clubhead at the same speed during takeaway.
- **Adapting to Sand Texture:** Inspect bunker moisture before setting up; always open the face in dry, powdery sand, but square it up when sand is firm or wet.
- **Immediate Wrist Set:** Focus during practice routines on hinging the wrists early in the backswing to prevent fat shots caused by sweeping the sand too early.
- **Speed-Controlled Sand Displacement:** Practise controlling distance out of the sand by adjusting clubhead speed through the hitting zone rather than relying solely on swing length.

4. Points for Reinforcement and Review

- **Consistent Hand Positioning:** Review and reinforce keeping the shaft pointed at the body centre at address to avoid falling back into standard forward-press chipping habits.
- **Takeaway Tempo and Sequence:** Run drills isolating the early wrist hinge to eliminate synchronous, slow-hinge takeaways that lead to heavy contact.
- **Sand Condition Assessment:** Reinforce pre-shot routines where players consciously evaluate whether the sand is wet or dry prior to choosing their clubface angle.
- **Follow-Through Acceleration:** Review swing acceleration through the impact area to ensure the club maintains sufficient speed to blast sand out of the bunker effectively.