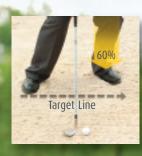


## THE SETUP: 1. The Chin Secret

The ball position should be forward in your stance and 60 per cent of your weight should be on your front side. This places your chin over top of the ball throughout your swing, which is the key to



placing your sand splash in a consistent spot. There's no need to try to hit the sand at predetermined spot. The clubface should be very open and you should have slightly open body lines with your hands held lower than normal to maximize flange contact with the sand.

## THE TAKEAWAY: 2. Quick Wrist Set

This is the most critical part of the movement. Try to use as little arm swing as possible. Your back elbow should remain tight to your body throughout your backswing and should never rise much higher than the bottom of your ribcage. The feeling you want is one of moving the club away with just the wrists and some body turn. Keep the body centred over the ball with no weight shift.

## THE DOWNSWING:

## 3. Early Release

Releasing your wrists early in the downswing with your body still leaning slightly into the lead leg is the move you want here. Allow the club-

head to really swing around and past the hands into the sand. This early release creates great speed and is vital in allowing the flange to splash the sand, which lifts the ball high and out of the trap on a thin sliver.

To take this shot a step further learn my bonus tip on the next page.



SCOREGolf.com FALL 2009



30