
Practicing Drill 2: Hitting from a Greenside Bunker (Trainer Only)

Objective: Hitting out of a greenside bunker by striking sand 1-3" behind the ball.



Step 1: Place the Trainer in the sand of a practice greenside bunker with legs pointing down the swing path.

Step 2: Place the ball inside the Trainer with center point touching the ball.

Step 3: Open desired club head (recommend pitching, sand, or lob wedge) until the face of the club is facing the sky (upwards).

Step 4: Take your normal grip and keep club shaft at 90 degrees or slightly right of center.

Step 5: Assume a slightly wide stance with the ball slightly forward of center.

Step 6: Dig in feet slightly, flex knees and put weight of bottom half (legs/hips) forward.

Step 7: Visualize the top flat edge of the Trainer and aim slightly behind it.

Step 8: Swing hard with complete follow through. The ball should be propelled by sand onto the practice green.

NOTE: Beginning golfers tend to look at the back of the golf ball, resulting in "sculled" sand shots. Hitting behind the Trainer will teach correct striking sand 1-3" behind the ball.