

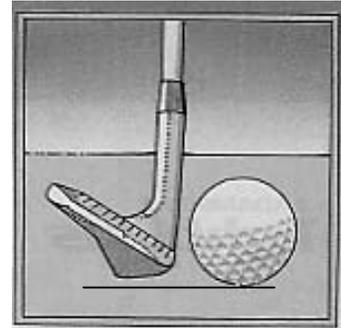
The Short Game

Sand



The Sand Wedge

To the untrained eye the sand wedge may look like a pitching wedge with more loft, but there is a subtle design difference that make it specialized for sand shots. When a proper shot is hit from a green-side sand bunker the club should go down into the sand only a couple of inches and slide through. The club should not “dig” into the sand several inches. This “digging” stops the clubs momentum and prevent the ball from leaving the bunker. The sand wedge is designed with “bounce” that encourages “sliding” instead of “digging”. Bounce is a design feature that has the back end of the sole of the lower than the leading edge. Bounce is measured in degrees of angle. Sand wedges with higher degrees of bounce are easier to hit out of sand. Sand wedges typically have 5 – 7 degrees more loft than a pitching wedge and that allows the balls to get “up” quicker and fly higher. A sand wedge will have 54 – 58 degrees of loft. Many sand wedges have the loft and bounce stamped into the clubhead.



How Does the Ball Get Out of the Sand Trap?

These factors are important in understanding what happens on a proper green-side sand shot and will lead to grasping the proper mechanics of the swing:

- The clubface never touches the ball
- There is always a layer of sand between the ball and clubface
- The club needs to contact the sand an inch or two behind the ball and pass an inch or two under it.
- The club propels the sand and the sand propels the ball, so if sand is not getting out of the bunker, your ball probably won't either.

Grip Keys

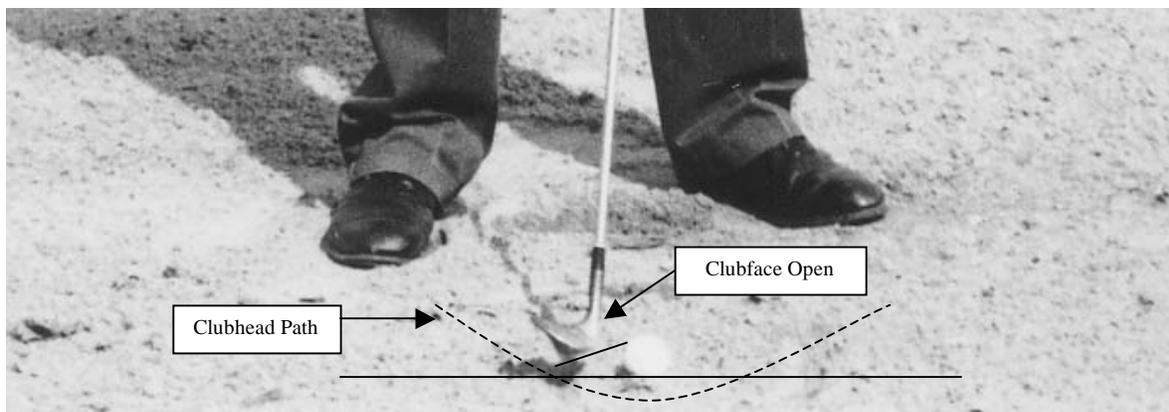
- BEFORE YOU TAKE YOUR GRIP YOU NEED TO ROTATE THE CLUB SO THAT THE LEADING EDGE IS AT AROUND A 45 DEGREE ANGLE TO YOUR TARGET LINE.
- Then take your grip as you always would for all shots.
- Grip pressure should be firm enough not to let the sand turn the club in your hands.

Set-Up Keys

- Dig your feet into the sand couple of inches. This helps to secure footing and insure that the club will pass under the ball through the sand.
- **IMPORTANT KEY** – The depth of the sand divot the club makes should be dictated by the depth of you're your feet and not because you adjusted your swing.
- Set your feet and hips in an open stance, knees slightly bent.
- Your shoulders should be square or slightly open.
- The ball should be positioned off the inside of the left foot.



Note: The depth and the amount your club digs into the sand is based on how deep you dig your feet in. If you dig your feet in a few inches your club will pass a few inches under the ball with out having to make a swing adjustment to get the club under the ball.



Swing Keys

- Swing club along open foot line.
- Quickly hinge wrists, minimal hip turn.
- Start downswing by rotating left hip open and allow the arms and club to drop straight down into the sand.
- Continue to rotate body and keep the clubface facing the sky through impact.
- Feel like your stomach is facing the target at impact.
- Do not try to release and turn your hands over quickly as you would for a normal shot.
- Finish with your body facing the target, hands and club directly in front of you.
- Make sure you swing hard enough. You cannot allow the sand to stop your club's momentum.

