

# Bunker Wedge: Video Analysis

## 3 Wedge Goals

1. Stacked Centers
2. “Constant Radius”
3. Smooth Force



# Bunker Wedge Play

- 3 Swing Traits

- Radius Control \*
- Stacked Centers
- Smooth Force

- Club Goals

- Sand contact
  - Entry point
  - Low point
  - Depth
- Face rotation control





# Bunker Play

- Sand contact
  - Entry point
  - Low point
  - Depth
- Goal 1: One shot
- Goal 2: distance variety
- Goal 3: Trajectory variety



# Bunker Play: Distance Control

## Goal 2: Distance control

1. Backswing length –  $\frac{3}{4}$  swing or full
  1. Loft
  2. Speed
  3. Entry point/contact  
(spin or chunk and run)
2. Sand consistency
  1. Fluffy/Firm
  2. Deep/Shallow

## Goal 2: Drills

1. Set up routine
2. Line Drill
3.  $\frac{3}{4}$  swing or full
4. Change clubs
5. Bunker Tempo

# Bunker Play: Trajectory

## Goal 3: Trajectory

1. Loft/contact/AOA
  1. Face openness
  2. Ball position
  3. Contact location
  4. Release style (AOA)
    1. Fluffy vs firm

## Goal 3: Drills

1. Set up routine
2. Line Drill
3. Face open play

# Bunker Play: Video Analysis

Face on:

- Centered pivot
  - Sway/slide/tilt
  - Backswing or downswing
- Narrow entry
  - Wide takeaway
  - Cast downswing
- Smooth force
  - Body powered or arm powered
  - Building speed vs rapid speed
  - Finish forward
  - Club passes the hands or body leads too long

Down the line:

- Swing plane
  - Backswing
  - Downswing
  - Follow-through
- Face rotation
  - Top of backswing
  - Finish too closed

# Video Analysis Bunker Overview

## Stacked Centers

- Tilt
- Depth
- Height



## Smooth Force

- Cast
- Coast



## “Constant Radius”

- Radius Control
  - Entry Point
  - Low Point
  - Divot Depth





# Bunker Play: Drills

1. Set-up practice
  1. Nose over ball
  2. Butterfly
2. Line(s) - drill
3. Finish position training (in pocket)
4. Backswing training
5. Single arm shots (good players)
6. 9-iron practice (high soft shot)
7. Stab the sand
8. Wood Chopper





# Set Up Practice

## Set up

Standard bunker set up. Use a low point line to help with the specificity of sand location and head position at setup

## Client Keys

Develop a system for getting a consistent set up, grip, and ball position

## Coach Keys

Assist with feedback concerning set up of the grip, body position, ball position, and sand contact for each shot.

## Primary Uses

Stacked Centers

Sand entry point (solid contact)

## Factors of Progression (layers of detail)

Random targets

Adjusting trajectory



# Line(s) Drill

## Set up

2 line options: a single line 1-2 inches behind the ball, or an additional line 1-2 inches in front of the ball.

## Client Keys

Focus on club entry and low point. Can also use checkerboard for toe/heel location.

## Coach Keys

Help the student decode the reason for sand contact in the location each swing. Primary reasons are sternum location or arm timing.

## Primary Uses

Stacked Centers

Sand entry point and low point

## Factors of Progression (layers of detail)

Random targets

Adjusting trajectory

Adjust contact low point location





# Finish Position Training

## Set up

Standard bunker set up.

## Client Keys

Focus on follow through position. Hold the finish each shot to assess body position, arm position, club face angle

## Coach Keys

Assist with feedback concerning set up of the grip, body position, ball position, and sand contact for each shot.

## Primary Uses

Stacked Centers

Sand entry point (solid contact)

## Factors of Progression (layers of detail)

Knee positions

Chest position/spine extension

Handle height



# Backswing Training

## Set up

Standard bunker set up.

## Client Keys

Focus on the feeling of staying more stacked (over lead foot), chest extension, but arms closer (less width) than a normal swing.

## Coach Keys

Provide feedback for where the ball is compared to the body, or how wide the club is compared to the ball at takeaway or top of swing

## Primary Uses

Stacked Centers

Sand entry point (solid contact)

## Factors of Progression (layers of detail)

Shaft flatness or steepness

Arm rotation

Lead leg stability





# Single Arm Shots

## Set up

Standard bunker set up. Grip with two hands first, then leg go of the hand you're not training to ensure proper height on the grip.

## Client Keys

The trail arm is going to have more of a through/scoop pattern. The lead arm will have more of a throw as well. The lead arm most stay closer to the body than it might in a normal wedge shot to account for the club head passing the handle at impact.

## Coach Keys

Monitor body pivot, sand entry and low point, and axis tilt..

## Primary Uses

Sand entry point (solid contact)  
Low point depth control

## Factors of Progression (layers of detail)

Speed of the arm release  
Different distances



# 9-Iron Practice

## Set up

Exaggerated bunker set up. Pelvis lower from more knee bend. Use a low point line to help with the specificity of sand location and head position at setup

## Client Keys

Exaggerate the feelings of the flatter, narrower swing with a scoop release

## Coach Keys

Focus on axis tilt. It's easy to hang back or tilt back to try and create height. Help the student get the height from the face angle and release.

## Primary Uses

- Sand entry point (solid contact)
- Low point depth
- Use of bounce

## Factors of Progression (layers of detail)

- Random targets
- Adjusting trajectory



# Stab The Sand

## Set up

Standard bunker set up. Use a low point line to help with the specificity of sand location and head position at setup

## Client Keys

Try to point the butt end of the club about a foot in front of the golf ball in transition

## Coach Keys

Monitor swing path to make sure it doesn't go too far outside in.

## Primary Uses

Stacked Centers

Sand entry point (solid contact)

## Factors of Progression (layers of detail)

Random targets

Adjusting trajectory





# Woodchopper

## Set up

Place the club on your shoulder, then turn to face the target while staying level and swing the arms down behind your back

## Client Keys

Try to maintain stacked centers and full ulnar deviation.

## Coach Keys

Make sure the student doesn't rotate the face closed with the release. Monitor low point. It's easy for students to shank it with this drill.

## Primary Uses

Stacked Centers

Low point ahead of the ball

## Factors of Progression (layers of detail)

Vary distances





# Leave the Clubhead in the Sand

## Set up

Standard bunker set up. Use a low point line to help with the specificity of sand location and head position at setup

## Client Keys

Try to hit a shot while leaving the clubhead in the sand after impact.

## Coach Keys

Focus on face closing to help bury the club in the sand. Also, monitor the golfer being steep enough during the downswing. This drill is often combined with stab the sand.

## Primary Uses

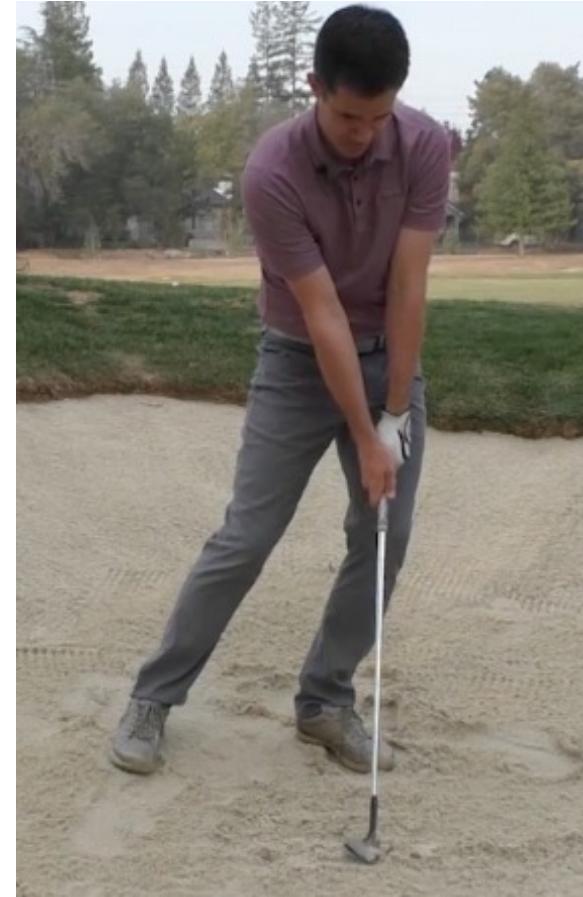
Stacked Centers

Low point ahead of the ball

Fixes too shallow an approach

## Factors of Progression (layers of detail)

Increase swing speed



# Bunker Play: Hands On Training

- Ribs (stand behind)
  - Set up – stacked
  - Backswing – stacked/less turn
  - Extension/tilt through impact
  - Resist spinning torso into finish
  - Staying Tall (not diving down)
- Handle guiding (stand behind to the left)
  - Narrow backswing
  - Stab the sand
  - Finish in the pocket
    - Left rotation
    - Face open
  - Hit for them (won't get much distance)



# Extension Through Impact

## Set up

Fingers on ribcage

## Client Keys

Aim for smooth acceleration and good finish

## Coach Keys

Guide a tall extended finish position.  
Great for golfers who tend to stay flexed and move down into impact.





# Assisted Stab the Sand

## Set up

Coach stands in front or target side

## Client Keys

Point butt end of the club a foot ahead of the golf ball

## Coach Keys

Guide a narrow wrist angle to start the downswing. Great for golfers who cast early and get too shallow.





# Assisted Finish Position

## Set up

Hands on grip just below students grip

## Client Keys

Follow my hands around to finish position

## Coach Keys

Guide finishing with the hands near the pocket. Can also aid the body position with your right side.





# Hit for them

## Set up

Hold the handle with left hand at top of the grip and right hand just below theirs.

## Client Keys

Let me hit the stroke for you

## Coach Keys

Help the student feel the low point ahead of the golf ball and speed through impact.





# Guided Stacked Backswing

## Set up

Stand in front of golfer with hand even with golf ball.

## Client Keys

Don't move behind my hand at any point in the swing

## Coach Keys

Monitor pivot in backswing and finishing on the front foot in finish. Monitor radius and sand location.



# Bunker Play: Troubleshooting

## Face on:

- Sway/Tilt
  - Sway/tilt
  - Backswing or downswing
- Narrow entry
  - Wide takeaway
- Lifting club in follow through
- Spin upper body/Shaft lean
  - Leave the club in the sand

## Down the line:

- Swing plane
  - Backswing
  - Downswing
  - Follow-through
- Face rotation
  - Top of backswing
  - Finish too closed
- Loss of posture/Flat shoulder



# Video Analysis Bunker Recap

## Three Traits:

- Stacked Centers
- Smooth Force
- Radius Control
  - Entry Point
  - Low Point
  - Divot Depth

## Face On:

- Stacked Centers
- Club Passing Handle @ Impact
- Trail Arm Straight in Follow Through

## Down the line:

- Face Rotation/Openness
- Low Left Club Head Finish
- More Level Shoulder Turn



# Bunker Shot Tour Benchmarks

Bunker Proximity to the hole: All Distances	Best = 7'1"
	Average = 9'9"
	Worst = 13'3"