

3 biggest bunker mistakes

1. Head dropping down: This is usually down to make sure you get down into the sand but it can cause the elbows to collapse which actually causes you to hit the ball and not the sand, so stay tall and allow the club to swing and you will hit sand more consistently
2. Scooping: This is a big one in the bunker, trying to help the ball up and out by scooping. Keep the left arm straight and turn the body through the shot with confidence, the club will lift it if you let it.
3. Not turning the body through: Use your body the same way you do on the fairway and turn back and through and the club can do the rest for you

The best way to overcome a sway is to allow the body to turn instead.

GOOD LUCK