

LESSON

Trent Wearer, who teaches at the Meridian Golf Learning Center, is the author of *Golf Scrimmages* and is one of *Golf Digest's* Top 20 Teachers under 40. Reach him at 720-234-4653 or trentwearer@golf.com.

Double Trouble

Sand shots become twice as tricky from awkward lies.

By Trent Wearer

Unless your ball lands smack dab in the middle of a greenside bunker, it's likely to rest above or below the level of your feet. The key to any uneven lie—especially ones this severe—is finding solid balance.

Ball Below Feet



Setup

- Squat down by bending your knees and tilting from your hips. Allow your arms to hang straight down.
- Take a wider stance for stability.

Ball Above Feet



Setup

- Grip down on the club.
- Stand tall with only a slight knee bend.
- Allow your arms to extend away from your body.



Swing

- Keep your weight slightly toward your heels to counter the slope pulling you toward your toes.
- Maintain your spine angle and knee-bend through impact.



Swing

- Keep your weight slightly toward your toes. The upward slope will pull you back towards your heels.
- Due to the setup, your arms and club will swing more around your body on a flatter plane.
- Aim right. The ball will have a tendency to pull left off the clubface (for right-handed players).

Practice Makes Perfect

To make sure you've placed the ball properly in your stance, start by taking a lot of practice swings. Find a nearby spot that resembles your lie in the bunker and pay attention to where the club contacts the ground. This will help you position the ball in your stance. Remember, you're not allowed to make contact with the sand prior to your shot.