



ask the pro

# SWING THROUGH

**Derek James** explains the importance of good weight transfer in successful bunker play.

**W**eight shift in golf is probably the biggest difference between good and bad golfers. Many amateurs, especially in bunkers, are told by their mates to keep their legs still. These two pictures highlight how easy and natural the movement is on the left, where I transfer my weight correctly, compared to the rigid, chunky lack of movement on the right.

The picture on the left clearly demonstrates the correct movement through the ball. My

weight has moved onto my left foot. It is noticeable how my right heel has come off the ground, enabling me to move forward and turn and finish much higher. This also helps the club to zip through the sand to a fuller finish.

The picture on the right shows how my weight has stayed equally on both feet (right heel still in the sand), which means I have lost height, dipped into the sand and chunked the shot. It is impossible to follow through with speed if your weight stays on your right and a bunker shot

is very much like a full swing. Leg work, and thus weight shift, is what helps pros to zip the club through the sand.

Bad bunker players get rigid in the legs, and only use arms, which makes taking the correct amount of sand, which is crucial, simply impossible.

## BUNKER DRILL

Hit some sand shots with no thought of a target but simply hitting the sand behind the ball and following through to a full finish with your weight on your left foot and your right foot lightly on its toes.

To keep a bunker shot simple:

1. Aim left and open the clubface
2. Hit down into the sand behind the ball with your right hand
3. Transfer your weight onto your left side using your lower half (hips and legs) to a full finish. **CG**



## DEREK JAMES

Derek James is based at Southbroom Golf Club in KwaZulu-Natal as the director of golf and head professional.

His stellar playing record, where he won 11 professional tournaments, is eclipsed only by his career as one of South Africa's leading teaching professionals, specialising in the short game.

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