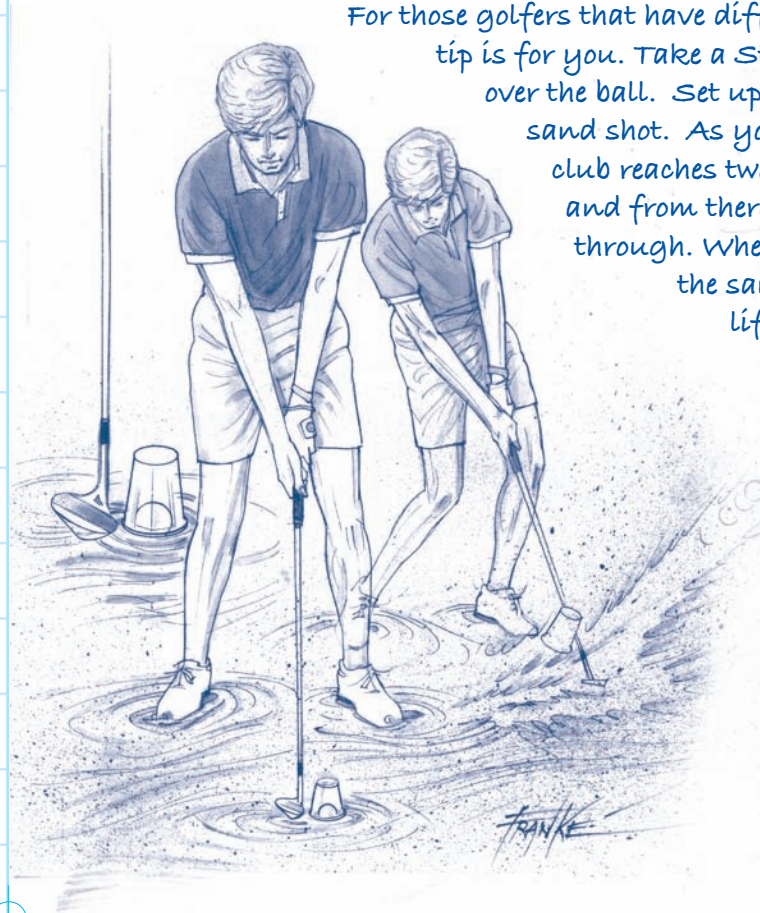


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BUILD YOUR GAME

The "Cup of Sand" Shot



For those golfers that have difficulty in the sand, this tip is for you. Take a Styrofoam cup and place it over the ball. Set up to the cup just like the sand shot. As you swing to the cup, the club reaches two inches behind the ball and from there just keep swinging through. When you hit the cup you get the sand under the cup. That lifts the ball up and out of the sand. This drill does two things: (1) makes you react to the cup and not the ball and (2) gives you an image that will help you long after using the cup.



CATEGORY:	SAND PLAY
LESSON:	THE "CUP OF SAND" SHOT
INSTRUCTOR:	DANA RADER
ILLUSTRATOR:	PHIL FRANKE