

20 MORE YARDS IN 10 MINUTES

ADD EXPLOSIVE DISTANCE TO YOUR DRIVES WITH FOUR SIMPLE MOVES

GO GOLF WORLD



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20 YEARS OF

TIGER WOODS

We celebrate his incredible career from childhood prodigy to global icon

> HIS 14 MAJORS RANKED AND RATED

> THE EVOLUTION OF HIS POWER SWING

> THE FIVE PLAYERS WHO FEAR HIM MOST

> WHY HE WILL WIN MORE MAJORS



STEPHEN GALLACHER

Exclusive Q&A with the Ryder Cup rookie

HUNTER MAHAN

Why he's the best ball-striker on Tour



HOW TO READ A GREEN WITH YOUR FINGERS

Lower your scores with Adam Scott's new AimPoint Express technique

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ENRIC LOPEZ

ON THE COURSE

Master 'hazardous' sand shots

Why you must stay in the present when there's trouble beyond the green.

Hitting a bunker shot towards water, trees, out-of-bounds, or even the club car park can pile big pressure on. It's hard to shake off the vision of thinning the ball into oblivion. The thing is, the clearer that picture in your mind, the more likely you are to do just that.

Your mind can only focus on one thing at a time, so occupy it positively. Count your paces from the ball to the hole to form an accurate picture of the

distance; identify the precise spot where you want the ball to land. In other words, focus on what you want to do, NOT what you don't want to do.

That vision of disaster is in the future, so ground yourself in the present. As you step into the bunker, feel the firmness of the sand with your feet. Then, as you prepare to hit, take three slow, deep breaths to slow your heart rate, put your body in sync with your brain and bring yourself back to the

present moment.

After your last look at your landing spot, return your gaze to the point where you want the club to enter the sand, swing promptly while that successful picture of the shot is still fresh in your mind. With effective focus you will swing as confidently as if the trouble wasn't even there.

■ **Eric Lopez is the Head Professional at PGA Catalunya, Girona, Spain**



Picture the ball hitting your chosen landing spot, then releasing down to the flag. Keep your mind active processing these images and visions of disaster can't form.

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