

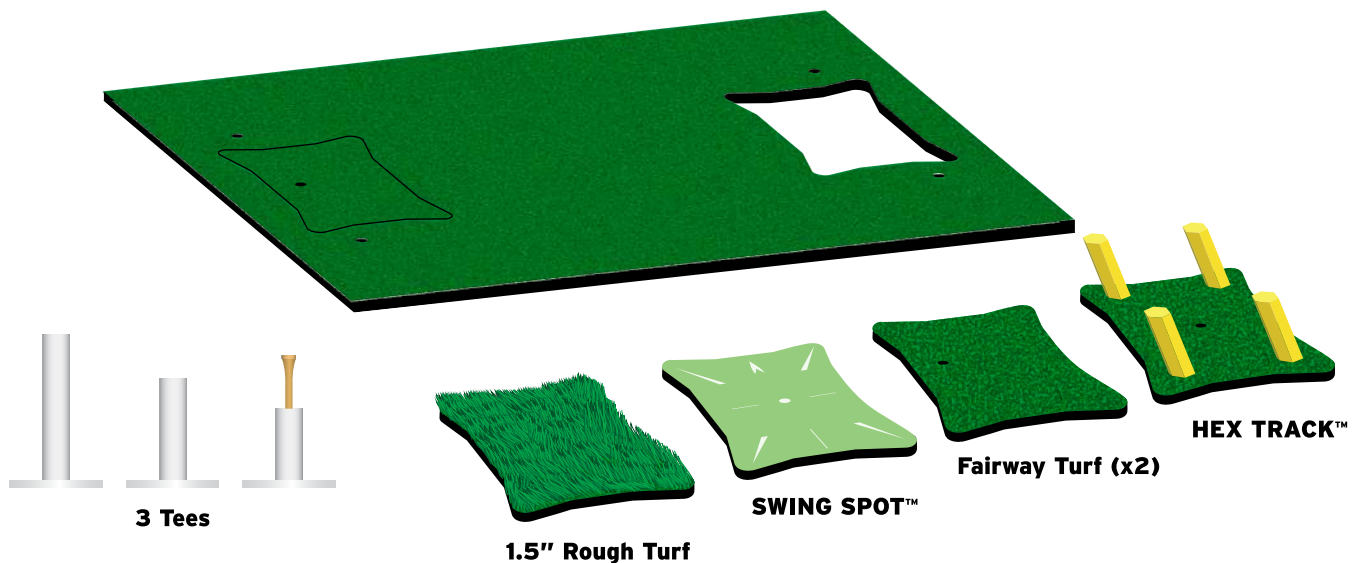
5' x 4' PRO GOLF MAT

The GoSports 5' x 4' PRO Golf Mat was developed to provide the ultimate home practice experience. The interchangeable inserts provide feedback on key swing elements, including hooks / slices, fat or thin shots, swing path, impact position, ball strike location and more. The PRO Mats will ensure you get more out of your at-home practice translating to success on the course. While hitting off any of the inserts, we recommend always having the fairway turf inserted into the same side of the mat on which you stand.

Setup

The GoSports® 5' x 4' PRO Golf Mat is best used with a golf practice net. The mat is compatible for both right and left handed golfers. For best results set up on flat, firm ground, with ample room to swing a club.

The mat features cutouts to swap out the hitting inserts for various training regimens. To swap the inserts, simply lift the mat and pop the insert out from underneath. The set also includes 3 rubber practice tees: 3.25" and 2.5" for common driver tee heights, and a 1.5" tee for use with a wood tee at any height. Always ensure a safe setup before beginning practice.



Customer Service

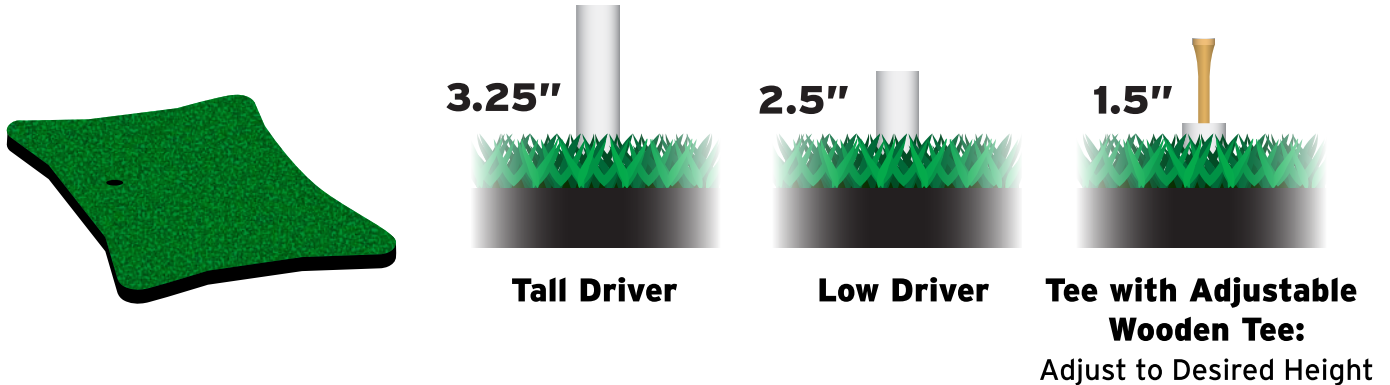
If you have any questions or concerns regarding your GoSports® Golf Mat please reach out to us at info@PlayGoSports.com and we will get back to you right away. We 100% stand behind our products and want to make sure you get the full enjoyment that you paid for. Enjoy!

Care Instructions

- Creases may be present upon unboxing, but they should dissipate over time. To help remove creases simply lay the mat flat for 3-4 days for the mat to fully flatten.
- The mat is designed for indoor or outdoor use, but prolonged exposure to the elements will shorten the product's lifespan. So we recommend storing the product inside if it won't be used for extended periods of time.
- Storage tip: roll up the mat and use a shock cord or tape to keep it rolled up.
- The mat can be cleaned by vacuum or a damp rag.

Fairway Turf

The 2 Fairway Turf inserts provide for traditional swing practice off robust fairway turf. These are also the inserts to use when pricing drivers using the 3 included tees. To start practicing simply choose your desired rubber tee and insert it from underneath into the fairway turf.



1.5" Rough Turf

The 1.5" Rough Turf insert allows for practice out of 2 types of rough. The insert can be placed so that the rough is 'down-grain' or 'into the grain' for varying difficulty. This is a great insert for practicing anything from chips, to irons, to hybrids.

Training Tip

Change the direction of the grain for added difficulty. Simply remove and flip the insert in the opposite direction to test your skills.



SWING SPOT™ Club Impact Detection

The SWING SPOT™ insert uses proprietary materials to provide valuable real-time information on several key aspects of your golf swing. This is a very valuable tool when hitting into a net where normally you would not be able to see the ball flight without an expensive flight tracking monitor. The insert is compatible with all clubs except driver.

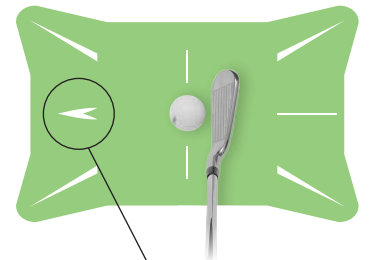
Note

We recommend using the SWING SPOT™ insert first, before the HEX TRACK™ (see next section), to first identify your swing tendencies. Then use the HEX TRACK™ for added corrective training, especially for hooks and slices.

How to Use

- Use the directional arrow to face in the proper direction for practice. The arrow should point in the direction of your swing.
- After a swing makes contact with the material, it will darken and reveal the trail of your swing. To 'reset' the material, brush the mat fibers back in the opposite direction using your hand, foot or club.
- Use the trail and markings on the material to analyze your swing to make corrections.

Place golf ball centered between center lines.



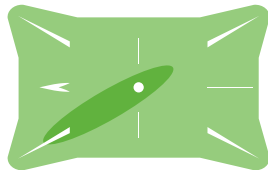
Always swing in the direction of the arrow

Note

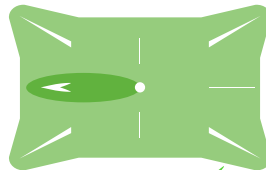
All shown in reference to right handed players. Reverse for lefties.

Slice / Hook

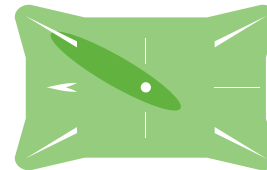
The Swing Spot insert can immediately identify if your shot was likely to hook or slice based on the path of your club. For right handed golfers, a slice has an outside in path while a hook is the opposite of inside out. Straight shots will show as a straight forward impact path.



Slice



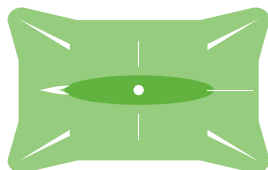
Straight ✓



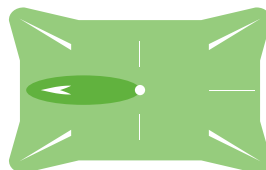
Hook

Fat / Thin Shots

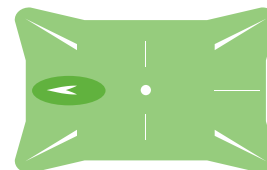
The Swing Spot insert can immediately identify if your shot was hit purely or if it was likely fat or thin. A pure strike will be ball-first contact with the divot pattern following the ball. Fat shots are identified with club contact before the ball and thin shots with little to no club contact on the mat surface.



Fat



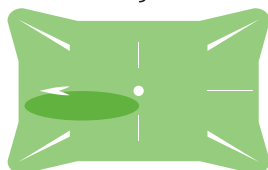
Good ✓



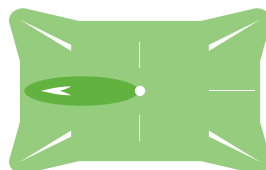
Thin

Hitting the Sweet Spot

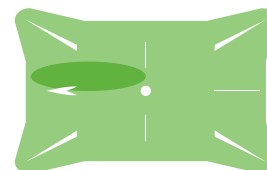
The Swing Spot insert can immediately identify if the ball hit the center of the clubface or not. Hitting the 'sweet spot' of the club is critical for good ball striking.



Off the Toe



Center ✓



Off the Heel

HEX TRACK™ Swing Path Guide

The HEX TRACK™ insert provides instant feedback for your swing path to correct hooks or slices or also practice draws or fades. This should be used after identifying your swing tendencies with the SWING SPOT™ insert. Once you have drilled with the HEX TRACK™ insert, go back to using the SWING SPOT to see if your path has improved.

To Set

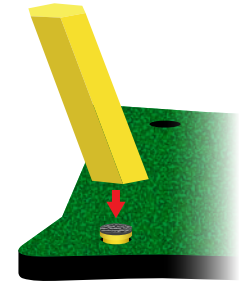
The insert includes 4 HEX Pylons that attach to the 4 corners of the insert by hook and loop (see illustration). The pylons can be inserted in varying combinations (see below) based on your desired practice drill. The angle of the pylons can also be adjusted for increased difficulty to get closer to the perfect path and ball strike.

To Reset

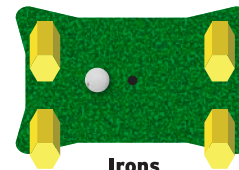
To reinforce a proper swing path, the pylons will break free on contact. Use this feedback to identify mistakes in your swing and make corrections. To reset simply retrieve the pylon and reattach to the upright connector.

Note

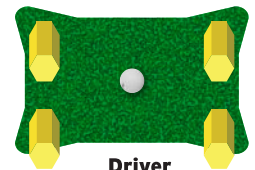
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Ball Placement



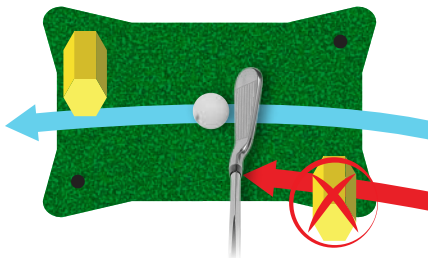
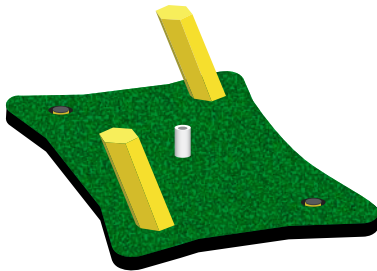
Irons
Just Forward
of Tee Hole



Driver
Place Tee in
Center Tee Hole

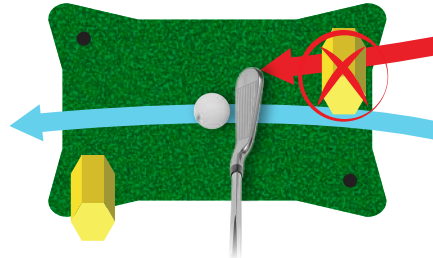
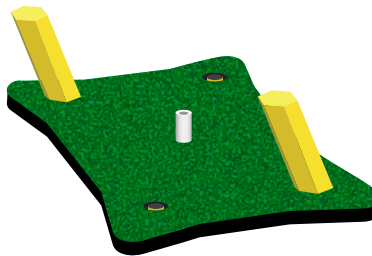
Fixing a Hook

Hooks are typically caused by an inside swing path that will hit the front bottom pylon. A neutral swing path will not hit this pylon leading to straighter shots.

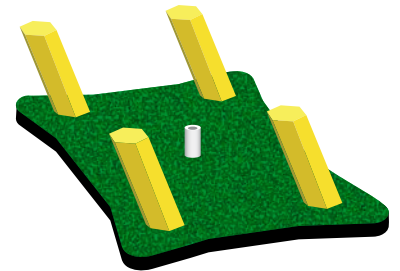


Fixing a Slice

Slices are typically caused by an outside swing path that will hit the front top pylon. A neutral swing path will not hit this pylon leading to straighter shots.



Perfect Swing Plane with All 4



Beginner - Facing Out



Pro - Parallel