



## PITCH SHOTS

These shots should be played with a pitch, sand or lob wedge and will fly high with minimal roll. Normally about 2/3 air and 1/3 roll.

1. Place the ball between the **White Stripes (B)**
2. Place feet inside the **White Arced Lines (E)** with your toes parallel to the **Angled White Line (G)**
3. Put 60% - 65% of your weight on the left foot
4. Make sure the club face is pointing at the intended target
5. Depending on the length of the shot, make a normal backswing with normal wrist break
6. Finish with most of the weight on the left foot

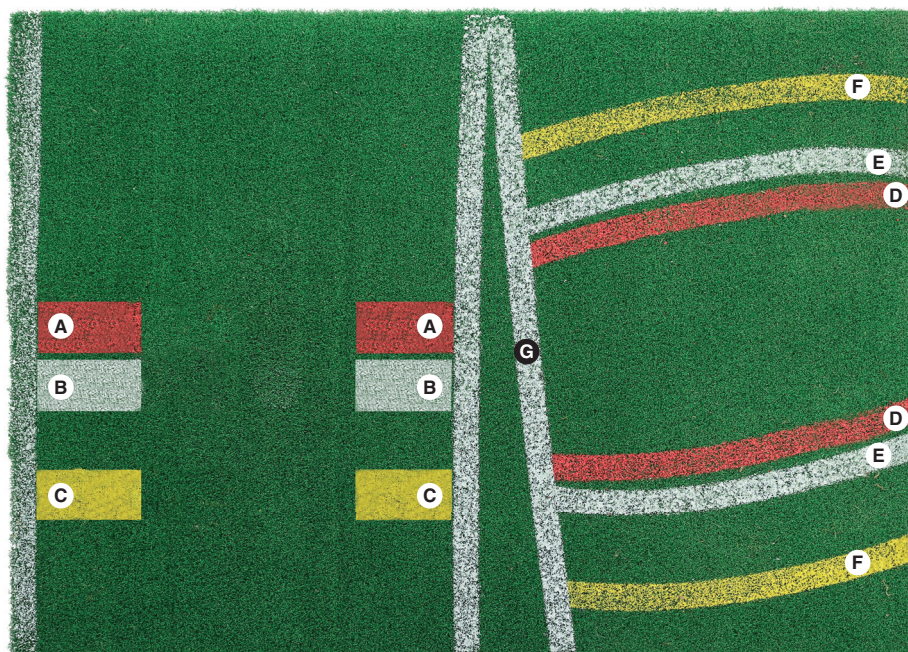


## SAND/LOB WEDGES

Should be played with a sand or lob wedge and will fly high with very minimal roll. Normally about 80% air and 20% roll.

1. Place the ball between the **Yellow Stripes (C)**
2. Place feet inside the **Yellow Arced Lines (F)** with your toes parallel to the **Angled White Line (G)**
3. Put 60% - 65% of your weight on the left foot
4. Make sure the club face is pointing at the intended target
5. Depending on the length of the shot, make a normal backswing with normal wrist break
6. For both sand and lob wedge shots, it is okay for the club to pass the hands at impact
7. Finish with most of the weight on the left foot

# PURE PITCH MAT INSTRUCTIONS



36" (Width) x 26" (Length)

## KEY:

- |                   |                       |
|-------------------|-----------------------|
| A. Red Stripes    | D. Red Arced Lines    |
| B. White Stripes  | E. White Arced Lines  |
| C. Yellow Stripes | F. Yellow Arced Lines |
|                   | G. Angled White Line  |

## INSTRUCTIONS



### CHIP SHOTS

These shots should be played with anything from a 5 iron to a pitching wedge. Chip shots are hit with no wrist break and stay low with lots of roll.

1. Place the ball between the **Red Stripes (A)**
2. Place feet inside the **Red Arced Lines (D)** with your toes parallel to the **Angled White Line (G)**
3. Put 60% - 65% of your weight on the left foot
4. Make sure the club face is pointing at the intended target
5. Make a short arm/shoulder stroke similar to a putting stroke with no weight change or wrist breakdown
6. Finish with most of the weight on the left foot