ChatGPT

SweetSpotter: A DIY Golf Impact Trainer

INTRODUCTION

SweetSpotter is a minimalist, open-source golf training concept designed to give you immediate visual feedback on your strike location — without high-tech gear or costly equipment.

What You'll Need:

- Foam golf balls (any brand)
- Tacky putty (Blu Tack, museum putty, or similar)
- Your golf club of choice (start with your driver or iron)
- A safe hitting space (indoor net, garage mat, or backyard net)

HOW TO USE

1. **Prep the Ball**\ Roll a small piece of tacky putty into a thin disc or dot.

2. **Apply to Foam Ball**\ Stick the putty directly to the *center* of the foam ball. Press gently but firmly.

3. **Strike the Ball**\ Swing as usual toward a net or soft surface. The foam ball should *stick briefly* to the clubface and drop off, showing exactly where contact occurred.

4. **Read the Impact**

5. *Center hit?* You're golden.

6. *Heel or toe?* Check your alignment or swing path.

7. *High or low face?* Adjust your posture or ball position.

8. **Reset & Repeat**\ Remove the putty after a few swings. Replace when it becomes dirty or loses tackiness.

TIPS FOR EFFECTIVE USE

- Focus on *one clean strike at a time*
- Mark your foam balls to track test iterations ("toe test," "open face," etc.)
- Use your smartphone to record and compare results visually

DIY DRILLS

Drill 1: Sweet Spot Challenge\ Hit 5 foam balls and track how many contact the center. Aim for 3+.

Drill 2: Strike Pattern Mapping\ Deliberately hit heel/toe/high/low and observe how they look. Learn the patterns.

Drill 3: Pre-Range Calibration\ Warm up with SweetSpotter before going to the range. Get centered *before* hitting real balls.

LICENSE & CREDITS

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Concept developed by Andreas Pihlstrand & Chip (your AI assistant and tape enthusiast).

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Stick it. Spot it. Improve.