

SENSUSPORT

Training Instructions: Pitching Level 1-3

Thank you for choosing SensuGlasses. With only a few training sessions a week, we promise that you and your game will profit from this revolutionary training approach.

Take your time to improve your feel and touch and go through the training sessions step by step. You decide whether to move on or to stick to the training session for a while.

Before you start, though, here are some points we like to emphasize:

- There is no wrong or right in feel. It is much more about good and bad, and strong or slight.
- These exercises are not intended to teach you how to putt, how to address the ball, how to move your putter, your body. All these aspects are part of your training with your golf professionals or shall be left to your own intuition.
- The following exercises are intended to help you focus on and improve feel. Feel for the ball, feel for your balance, and feel for your swing. And in feel, there is no right or wrong.
- Again: there is only what feels good to you, and what does not feel good to you.
- But: what feels good to you might change over time. So don't be too obsessed with how your swing has to feel.
- Be open for changes.
- Don't try to get it done quickly.
- Developing feel is a life long journey. And the more open you are to it, the more fun and inspiring this journey is going to be.
- Be aware that you unconsciously have been practicing feel all your life. But know it is time to bring all that to your consciousness.
- No matter how good you are already, don't hesitate to start with level 1. "Back to the Basics" is something you already know from practice and is always worth it. From there on, you decide how quickly you choose to advance to the next levels.
- You don't need to follow the levels exercise by exercise. Although we feel like it is a good way to build up feel over time.
- Some exercises might suit your game more than others. We challenge you to not only practice what you like.
- Don't forget to occasionally repeat levels you have already finished to keep practicing the basics
- Please contact your teaching professional or us for personalized instructions.

Your SensuSport Training Support Crew

Overview

- I. Feel Training Instructions – Putting
- II. Feel Training Instructions – Chipping
- III. Feel Training Instructions – Bunker
- IV. Feel Training Instructions – Pitching**

SENSUSPORT

Training Instructions: Pitching Level 1-3

Level: 1 – Learn to shift focus from sight to feel

In Level 1, we want you to rediscover your ability to focus on feel.

There is more than one “feel”, though. Within the 8 exercises you will vary your focus between feel for the impact and feel for the body and club movement.

There is no better or worse feel focus. You will have to decide for yourself, which focus suits your personality and your game the most.

But stay open to all feel foci as you might become best at one, that you did not prefer in the beginning.

Level 1 content:

Exercise 1: Develop and improve feel for impact

Exercise 2: Develop and improve feel for balance

Exercise 3: Develop and improve feel for rhythm and acceleration

Exercise 4: Develop and improve feel for body movement

Exercise 5: Develop and improve feel for club movement

Exercise 6: Develop and improve feel for overall movement

Exercise 7: Develop and improve feel for impact (2)

Exercise 8: Develop and improve feel for overall movement (2)

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Training Instructions: Pitching Level 1-3

Feel Training Instructions - Pitching

Level: 1 – Learn to shift focus from sight to feel

Settings of SensuDetector:

- (Icon Time): 3 or 4 seconds
- (Icon Sensitivity): 1
- (Random Mode): Off
- (Icon Glasses pre-set): both open

Exercise: 1

Practice Goal: Develop and improve feel for impact

Practice Time: 15 Minutes

Get a bucket of Balls and go to the Pitching Area or Range. In this exercise, do not hit towards a target.

In Exercise 1, it is not about making a good pitch or hitting the ball perfectly every time. Focus on what the impact feels like. Focus on what the sweet spot of your wedge or iron feels like as well as what an off-center hit feels like. We want you to hit soft, medium and hard pitches. It is up to you to determine soft, medium and hard.

- Switch on your SensuDetector
- place SensuDetector on the ground
- Put on your SensuGlasses
- Place Ball within 1 foot in front of SensuDetector

- **A) Switch on** your SensuGlasses, Hit 5 **soft** pitches using your SensuGlasses, Only focus on what the impact feels like

- **B) Switch off** your SensuGlasses
- Hit 1 **soft** pitch **not** using your SensuGlasses

- Repeat AB to a total of 3 rounds

- Repeat 3 rounds for medium pitches

- Repeat 3 rounds for hard pitches

Learning Takeaway: What do **my wedges/irons and the ball** feel like at impact? Center and off-center? Soft, medium and hard pitches? What is different with/without SensuGlasses?

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Training Instructions: Pitching Level 1-3

Feel Training Instructions - Pitching

Level: 1 – Learn to shift focus from sight to feel

Settings of SensuDetector:

- (Icon Time): 3 or 4 seconds
- (Icon Sensitivity): 1
- (Random Mode): Off
- (Icon Glasses pre-set): both open

Exercise: 2

Practice Goal: Develop and improve feel for balance

Practice Time: 15 Minutes

Get a bucket of Balls and go to the Pitching Area or Range. In this exercise, do not hit towards a target.

In Exercise 2, it is not about making a good pitch or hitting the ball perfectly every time. Focus on what your body movement feels like. Especially focus on balance. Where is your center of gravity? In what directions does it shift during the swing.

- Switch on your SensuDetector
- place SensuDetector on the ground
- Put on your SensuGlasses
- Place Ball within 1 foot in front of SensuDetector

- **A) Switch on** your SensuGlasses
- Hit 5 **soft** pitches using your SensuGlasses
- Only focus on what being in or off balance feels like to you

- **B) Switch off** your SensuGlasses
- Hit 1 **soft** pitch **not** using your SensuGlasses

- Repeat AB to a total of 3 rounds

- Repeat 3 rounds for medium pitches

- Repeat 3 rounds for hard pitches

Learning Takeaway:

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Training Instructions: Pitching Level 1-3

What do I focus on specifically when focusing on balance? What does 'being in balance' and 'being off balance' feel like? In soft, medium and hard pitches? What is different with/without SensuGlasses?

Feel Training Instructions - Pitching

Level: 1 – Learn to shift focus from sight to feel

Settings of SensuDetector:

- (Icon Time): 3 or 4 seconds
- (Icon Sensitivity): 1
- (Random Mode): Off
- (Icon Glasses pre-set): both open

Exercise: 3

Practice Goal: Develop and improve feel for rhythm and acceleration

Practice Time: 15 Minutes

Get a bucket of Balls and go to the Pitching Area or Range. In this exercise, do not hit towards a target.

In Exercise 3, it is not about making a good pitch or hitting the ball perfectly every time. Focus on what your body movement feels like. Especially focus on rhythm and acceleration of your movement.

- Switch on your SensuDetector
- place SensuDetector on the ground
- Put on your SensuGlasses
- Place Ball within 1 foot in front of SensuDetector

- **A) Switch on** your SensuGlasses
- Hit 5 **soft** pitches using your SensuGlasses
- Only focus on how the rhythm and the acceleration of each shot feel like and maybe differ

- **B) Switch off** your SensuGlasses
- Hit 1 **soft** pitch **not** using your SensuGlasses

- Repeat AB to a total of 3 rounds

- Repeat 3 rounds for medium pitches

- Repeat 3 rounds for hard pitches

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Training Instructions: Pitching Level 1-3

Learning Takeaway: What do I focus on specifically when focusing on rhythm and acceleration? What does a good rhythm feel like to me? In soft, medium and hard chips? What is different with/without SensuGlasses?

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Training Instructions: Pitching Level 1-3

Feel Training Instructions - Pitching

Level: 1 – Learn to shift focus from sight to feel

Settings of SensuDetector:

- (Icon Time): 3 or 4 seconds
- (Icon Sensitivity): 1
- (Random Mode): Off
- (Icon Glasses pre-set): both open

Exercise: 4

Practice Goal: Develop and improve feel for shoulder, arm and club movement

Practice Time: 15 Minutes

Get a bucket of Balls and go to the Pitching Area or Range. In this exercise, do not hit towards a target.

In Exercise 4 it is neither about making a good pitch nor hitting the ball perfectly every time. Focus on what your body movement feels like. Especially focus on shoulder, arm and club movement.

- Switch on your SensuDetector
- place SensuDetector on the ground
- Put on your SensuGlasses
- Place Ball within 1 foot in front of SensuDetector

- **A) Switch on** your SensuGlasses
- Hit 5 **soft** pitches using your SensuGlasses
- Only focus on how your shoulder, arm and putter movements feel like

- **B) Switch off** your SensuGlasses
- Hit 1 **soft** pitch **not** using your SensuGlasses

- Repeat AB to a total of 3 rounds

- Repeat 3 rounds for medium pitches

- Repeat 3 rounds for hard pitches

Learning Takeaway: What do I focus on specifically when focusing on shoulder, arm and club movement? What do these movements feel like to me? In soft, medium and hard chips. What is different with/without SensuGlasses?

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Training Instructions: Pitching Level 1-3

Feel Training Instructions - Pitching

Level: 1 – Learn to shift focus from sight to feel

Exercise: 5

Practice Goal: Develop and improve feel for overall movement

Practice Time: 15 Minutes

Settings of SensuDetector:

- (Icon Time): 3 or 4 seconds
- (Icon Sensitivity): 1
- (Random Mode): Off
- (Icon Glasses pre-set): both open

Get a bucket of Balls and go to the Pitching Area or Range. In this exercise, do not hit towards a target.

In Exercise 5 it is not about making a good chip or hitting the ball perfectly every time. Focus on what your body movement feels like. Focus on balance, rhythm, acceleration as well as shoulders, arms and club path (contact your teaching professional for individual focus instruction)

- Switch on your SensuDetector
- place SensuDetector next to practice green
- Put on your SensuGlasses
- Place Ball within 1 foot in front of SensuDetector

- **A) Switch on** your SensuGlasses
- Hit 5 soft chips using your SensuGlasses
- Only focus on what the movement feels like

- **B) Switch off** your SensuGlasses
- Hit 1 soft chip **not** using your SensuGlasses

- Repeat AB to a total of 5 rounds

- Repeat 5 rounds for medium chips

- Repeat 5 rounds for hard chips

Learning Takeaway: What do I focus on specifically when focusing on movement? What do balance, rhythm, acceleration as well as shoulders, arms and club path feel like? In soft, medium and hard chips. What is different with/without SensuGlasses? What is my favorite movement aspect when focusing on movement?

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Training Instructions: Pitching Level 1-3

Feel Training Instructions - Pitching

Level: 1 – Learn to shift focus from sight to feel

Exercise: 6

Practice Goal: Develop and improve feel for impact

Practice Time: 5 Minutes

Settings of SensuDetector:

- (Icon Time): 3 or 4 seconds
- (Icon Sensitivity): 1
- (Random Mode): Off
- (Icon Glasses pre-set): both open

Get a bucket of Balls and go to the Pitching Area or Range. In this exercise, do not hit towards a target.

In Exercise 6, it is not about making a good chip or hitting the ball perfectly every time. Focus on what the impact feels like. Focus on what the sweet spot of your wedge or iron feels like as well as what an off-center hit feels like.

- Switch on your SensuDetector
- place SensuDetector next to practice green
- Put on your SensuGlasses
- Place Ball within 1 foot in front of SensuDetector

- **Switch on** your SensuGlasses
- Randomly hit soft, medium and hard chips for about 5 minutes
- Only focus on what the different impacts feel like

Learning Takeaway: What do **my wedges/irons and the ball** feel like at impact? Center and off-center? Soft, medium and hard chips? What are the main differences I experience between soft, medium and hard chips?

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Training Instructions: Pitching Level 1-3

Feel Training Instructions - Pitching

Level: 1 – Learn to shift focus from sight to feel

Exercise: 7

Practice Goal: Develop and improve feel for movement

Practice Time: 5 Minutes

Settings of SensuDetector:

- (Icon Time): 3 or 4 seconds
- (Icon Sensitivity): 1
- (Random Mode): Off
- (Icon Glasses pre-set): both open

Take 3 to 5 Balls and find a free Spot on the practice green leaving room for chips from 10 to 40 feet. In this exercise, do not chip towards a hole.

In Exercise 7, it is not about making a good chip or hitting the ball perfectly every time.

Focus on what the movement feels like. If you want, you can stay focused on your favorite movement aspect or switch it up.

- Switch on your SensuDetector
- place SensuDetector next to practice green
- Put on your SensuGlasses
- Place Ball within 1 foot in front of SensuDetector

- **Switch on** your SensuGlasses
- Randomly hit soft, medium and hard chips for about 5 minutes
- Only focus on what the movement feels like

Learning Takeaway: What do I focus on specifically when focusing on movement? What do balance, rhythm, acceleration as well as shoulders, arms and club path feel like? In soft, medium and hard chips? What is my favorite focus when focusing on movement?

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Training Instructions: Pitching Level 1-3

Feel Training Instructions – Pitching

Level 2 – Developing feel for distance

In Level 2, we want you to rediscover your ability to judge the distance outcome of a chip only by feel.

We will ask you to either focus on impact feel, movement feel or both.

Building up on Level 1, you decide what area of movement feel you like to focus on.

Level 2 content:

Exercise 1: Learn to judge distance by impact feel (A)

Exercise 2: Learn to judge distance by movement feel (A)

Exercise 3: Learn to judge distance by impact feel (B)

Exercise 4: Learn to judge distance by movement feel (B)

Exercise 5: Learn to judge distance by impact and movement feel

SENSUSPORT

Training Instructions: Pitching Level 1-3

Feel Training Instructions - Pitching

Level: 2 – Developing feel for distance

Exercise: 1

Practice Goal: Learn to judge distance by impact feel

Practice Time: 15 Minutes

Settings of SensuDetector:

- (Icon Time): 3 or 4 seconds
- (Icon Sensitivity): 1
- (Random Mode): Off
- (Icon Glasses pre-set): both open

Take 3 to 5 Balls and find a free Spot on the practice green leaving room for chips of 10 to 40 feet.

Set 2 tees 10 feet from your ball, approx. 2 feet apart from each other building a gate to chip through.

In Exercise 1, try to leave the chip right on the line between the two tees. Focus on what the impact feels like and make a judgement whether the ball will stop right between the tees, short or long.

- Switch on your SensuDetector
- place SensuDetector next to practice green approx. 10 feet from the tees.
- Place Ball within 1 foot in front of SensuDetector

- **A) Switch on** your SensuGlasses
- Hit 5 chips using your SensuGlasses trying to make the ball stop right between the tees.
- Only focus on what the impact feels like
- Before the glasses open up again, give a judgement where the ball stopped

- **B) Switch off** your SensuGlasses
- Hit 1 chip **not** using your SensuGlasses trying to make the ball stop right between the tees

- Repeat AB to a total of 5 rounds

- Repeat 5 rounds for medium chips to approx. 25 feet

- Repeat 5 rounds for hard chips to approx. 40 feet.

Learning Takeaway: How good am I already in judging distance in pitching when relying on impact feel only? What do I focus on specifically? How does impact feel change with distance? What is different with/without SensuGlasses?

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Training Instructions: Pitching Level 1-3

Feel Training Instructions - Pitching

Level: 2 – Developing feel for distance

Exercise: 2

Practice Goal: Learn to judge distance by movement feel

Practice Time: 15 Minutes

Settings of SenuDetector:

- (Icon Time): 3 or 4 seconds
- (Icon Sensitivity): 1
- (Random Mode): Off
- (Icon Glasses pre-set): both open

Take 3 to 5 Balls and find a free Spot on the practice green leaving room for chips of 10 to 40 feet.

Set 2 tees 10 feet from your ball, approx. 2 feet apart from each other building a gate to chip through.

In Exercise 2, try to leave the chip right on the line between the two tees. Focus on what the movement feels like and make a judgement whether the ball will stop right between the tees, short or long.

- Switch on your SenuDetector
- place SenuDetector next to practice green approx. 10 feet from the tees.
- Place Ball within 1 foot in front of SenuDetector

- **A) Switch on** your SenuGlasses
- Hit 5 chips using your SenuGlasses trying to make the ball stop right between the tees.
- Only focus on what the movement feels like
- Before the glasses open up again, give a judgement where the ball stopped

- **B) Switch off** your SenuGlasses
- Hit 1 chip **not** using your SenuGlasses trying to make the ball stop right between the tees

- Repeat AB to a total of 5 rounds

- Repeat 5 rounds for medium chips to approx. 25 feet

- Repeat 5 rounds for hard chips to approx. 40 feet.

Learning Takeaway: How good am I already in judging distance in pitching when relying on movement feel only? What do I focus on specifically? How does movement feel change with distances? What is different with/without SenuGlasses?

SENSUSPORT

Training Instructions: Pitching Level 1-3

Feel Training Instructions - Pitching

Level: 2 – Developing feel for distance

Exercise: 3

Practice Goal: Learn to judge distance by impact feel

Practice Time: 5 Minutes

Settings of SensuDetector:

- (Icon Time): 3 or 4 seconds
- (Icon Sensitivity): 1
- (Random Mode): Off
- (Icon Glasses pre-set): both open

Take 3 to 5 Balls and find a free Spot next to the practice green leaving room for chips of 10 to 40 feet.

Set 2 tees 10 feet, 2 tees 25 feet and 2 tees 40 feet away from your ball, approx. 2 feet apart from each other building a gate to chip through.

In Exercise 3, try to leave the chip right on the line between the two tees. Focus on what the impact feels like and make a judgement whether the ball will stop right between the tees, short or long.

- Switch on your SensuDetector
- place SensuDetector next to practice green approx. 10, 25 and 40 feet from the tees.
- Place Ball within 1 foot in front of SensuDetector

- **Switch on** your SensuGlasses
- Randomly hit chips to the 3 Gates trying to stop the ball right between the two gates
- Only focus on what the impact feels like
- Before the glasses open up again, give a judgement where the ball stopped
- Repeat for about 5 minutes

Learning Takeaway: How good am I already in judging distance in pitching when relying on impact feel only? What do I focus on specifically? How does impact feel change with distances?

SENSUSPORT

Training Instructions: Pitching Level 1-3

Feel Training Instructions - Pitching

Level: 2 – Developing feel for distance

Exercise: 4

Practice Goal: Learn to judge distance by movement feel

Practice Time: 5 Minutes

Settings of SenuDetector:

- (Icon Time): 3 or 4 seconds
- (Icon Sensitivity): 1
- (Random Mode): Off
- (Icon Glasses pre-set): both open

Take 3 to 5 Balls and find a free Spot next to the practice green leaving room for chips of 10 to 40 feet.

Set 2 tees 10 feet, 2 tees 25 feet and 2 tees 40 feet away from your ball, approx. 2 feet apart from each other building a gate to chip through.

In Exercise 4, try to leave the chip right on the line between the two tees. Focus on what the movement feels like and make a judgement whether the ball will stop right between the tees, short or long.

- Switch on your SenuDetector
- place SenuDetector next to practice green approx. 10, 25 and 40 feet from the tees.
- Place Ball within 1 foot in front of SenuDetector

- **Switch on** your SenuGlasses
- Randomly hit chips to the 3 Gates trying to stop the ball right between the two gates
- Only focus on what the movement feels like
- Before the glasses open up again, give a judgement where the ball stopped
- Repeat for about 5 minutes

Learning Takeaway: How good am I already in judging distance in pitching when relying on movement feel only? What do I focus on specifically? How does movement feel change with distance?

SENSUSPORT

Training Instructions: Pitching Level 1-3

Feel Training Instructions - Pitching

Level: 2 – Developing feel for distance

Exercise: 5

Practice Goal: Learn to judge distance by impact and movement feel

Practice Time: 5 Minutes

Settings of SenuDetector:

- (Icon Time): 3 or 4 seconds
- (Icon Sensitivity): 1
- (Random Mode): Off
- (Icon Glasses pre-set): both open

Take 3 to 5 Balls and find a free spot next to the practice green leaving room for chips of 10 to 40 feet.

Set 2 tees 10 feet, 2 tees 25 feet and 2 tees 40 feet away from your ball, approx. 2 feet apart from each other building a gate to chip through.

In Exercise 4, try to leave the chip right on the line between the two tees. Focus on what the impact and movement feel like and make a judgement whether the ball will stop right between the tees, short or long.

- Switch on your SenuDetector
- place SenuDetector next to practice green approx. 10, 25 and 40 feet from the tees.
- Place Ball within 1 foot in front of SenuDetector

- **Switch on** your SenuGlasses
- Randomly hit chips to the 3 Gates trying to stop the ball right between the two gates
- Only focus on what the impact and movement feel like
- Before the glasses open up again, give a judgement where the ball stopped
- Repeat for about 5 minutes

Learning Takeaway: How good am I already in judging distance in putting when relying on impact feel and movement feel? Which sensory feedback is more dominant in my perception? What do I focus on specifically? How does feel change with distance?

Feel Training Instructions - Putting

SENSUSPORT

Training Instructions: Pitching Level 1-3

Level: 3 – Developing feel for starting direction

In Level 3, we want you to rediscover your ability to judge the starting direction of a pitch only by feel.

Same as in Level 2, we will ask you to either focus on impact feel, movement feel or both. Again, you decide what area of movement feel you like to focus on.

Level 3 content:

Exercise 1: Learn to judge starting direction by impact feel (A)

Exercise 2: Learn to judge starting direction by movement feel (A)

Exercise 3: Learn to judge starting direction by impact feel (B)

Exercise 4: Learn to judge starting direction by movement feel (B)

Exercise 5: Learn to judge starting direction by impact and movement feel

SENSUSPORT

Training Instructions: Pitching Level 1-3

Feel Training Instructions - Pitching

Level: 3 – Developing feel for starting direction

Exercise: 1

Practice Goal: Learn to judge starting direction by impact feel

Practice Time: 15 Minutes

Settings of SensuDetector:

- (Icon Time): 3 or 4 seconds
- (Icon Sensitivity): 1
- (Random Mode): Off
- (Icon Glasses pre-set): both open

Take 3 to 5 Balls and find a free Spot next to the practice green leaving room for chips of 10 to 40 feet. Pic a fairly straight line. In this exercise, do not chip towards a hole.

Place a tee 10 feet from your ball in the ground.

Try to stop the chip right at the tee. Focus on what the impact feels like and make a judgement whether the ball started straight towards the tee, left of it, or right of it.

- Switch on your SensuDetector
- place SensuDetector next to practice green approx. 10 feet from the tee.
- Place Ball within 1 foot in front of SensuDetector

- **A) Switch on** your SensuGlasses
- Hit 5 chips using your SensuGlasses trying to stop the ball right at the tee.
- Only focus on what the impact feels like
- Before the glasses open up again, give a judgement whether the ball started straight, left or right

- **B) Switch off** your SensuGlasses
- Hit 1 chip **not** using your SensuGlasses trying to make the ball stop right at the tee

- Repeat AB to a total of 5 rounds

- Repeat 5 rounds for chips to approx. 25 feet (

- Repeat 5 rounds for chips to approx. 40 feet

Learning Takeaway: How good am I already in judging starting direction in pitching when relying on impact feel only? What do I focus on specifically? How does impact feel change with distances? What is different with/without SensuGlasses?

SENSUSPORT

Training Instructions: Pitching Level 1-3

Feel Training Instructions - Pitching

Level: 3 – Developing feel for starting direction

Exercise: 2

Practice Goal: Learn to judge starting direction by movement feel

Practice Time: 15 Minutes

Settings of SensuDetector:

- (Icon Time): 3 or 4 seconds
- (Icon Sensitivity): 1
- (Random Mode): Off
- (Icon Glasses pre-set): both open

Take 3 to 5 Balls and find a free Spot next to the practice green leaving room for chips of 10 to 40 feet. Pic a fairly straight line. In this exercise, do not chip towards a hole.

Place a tee 10 feet from your ball in the ground.

Try to stop the chip right at the tee. Focus on what the movement feels like and make a judgement whether the ball started straight towards the tee, left of it, or right of it.

- Switch on your SensuDetector
- place SensuDetector next to practice green approx. 10 feet from the tee.
- Place Ball within 1 foot in front of SensuDetector

- **A) Switch on** your SensuGlasses
- Hit 5 chips using your SensuGlasses trying to stop the ball right at the tee.
- Only focus on what the movement feels like
- Before the glasses open up again, give a judgement whether the ball started straight, left or right

- **B) Switch off** your SensuGlasses
- Hit 1 chip **not** using your SensuGlasses trying to make the ball stop right at the tee

- Repeat AB to a total of 5 rounds

- Repeat 5 rounds for chips to approx. 25 feet (

- Repeat 5 rounds for chips to approx. 40 feet

Learning Takeaway: How good am I already in judging starting direction in pitching when relying on movement feel only? What do I focus on specifically? How does movement feel change with distances? What is different with/without SensuGlasses?

SENSUSPORT

Training Instructions: Pitching Level 1-3

Feel Training Instructions - Pitching

Level: 3 – Developing feel for starting direction

Exercise: 3

Practice Goal: Learn to judge starting direction by impact feel

Practice Time: 5 Minutes

Settings of SensuDetector:

- (Icon Time): 3 or 4 seconds
- (Icon Sensitivity): 1
- (Random Mode): Off
- (Icon Glasses pre-set): both open

Take 3 to 5 Balls and find a free spot next to the practice green leaving room for chips of 10 to 40 feet.

Pic a fairly straight line. Place one tee 10 feet, one tee 25 feet and one tee 40 feet from your ball in the ground.

Try to stop the chip right at the tee. Focus on what the impact feels like and make a judgement whether the ball started straight towards the tee, left of it, or right of it.

- Switch on your SensuDetector
- place SensuDetector next to practice green approx. 10, 25 and 40 feet from the tees.
- Place Ball within 1 foot in front of SensuDetector

- **Switch on** your SensuGlasses
- Randomly hit chips to the 3 tees trying to stop the ball right at them
- Only focus on what the impact feels like
- Before the glasses open up again, give a judgement whether the ball started straight, left or right
- Repeat for about 5 minutes

Learning Takeaway: How good am I already in judging starting direction in pitching when relying on impact feel only? What do I focus on specifically? How does impact feel change with distances?

SENSUSPORT

Training Instructions: Pitching Level 1-3

Feel Training Instructions - Pitching

Level: 3 – Developing feel for starting direction

Exercise: 4

Practice Goal: Learn to judge starting direction by movement feel

Practice Time: 5 Minutes

Settings of SensuDetector:

- (Icon Time): 3 or 4 seconds
- (Icon Sensitivity): 1
- (Random Mode): Off
- (Icon Glasses pre-set): both open

Take 3 to 5 Balls and find a free spot next to the practice green leaving room for chips of 10 to 40 feet.

Pic a fairly straight line. Place one tee 10 feet, one tee 25 feet and one tee 40 feet from your ball in the ground.

Try to stop the chip right at the tee. Focus on what the movement feels like and make a judgement whether the ball started straight towards the tee, left of it, or right of it.

- Switch on your SensuDetector
- place SensuDetector next to practice green approx. 10, 25 and 40 feet from the tees.
- Place Ball within 1 foot in front of SensuDetector

- **Switch on** your SensuGlasses
- Randomly hit chips to the 3 tees trying to stop the ball right at them
- Only focus on what the movement feels like
- Before the glasses open up again, give a judgement whether the ball started straight, left or right
- Repeat for about 5 minutes

Learning Takeaway: How good am I already in judging starting direction in pitching when relying on movement feel only? What do I focus on specifically? How does movement feel change with distances?

SENSUSPORT

Training Instructions: Pitching Level 1-3

Feel Training Instructions - Pitching

Level: 3 – Developing feel for starting direction

Exercise: 5

Practice Goal: Learn to judge starting direction by impact and movement feel

Practice Time: 5 Minutes

Settings of SensuDetector:

- (Icon Time): 3 or 4 seconds
- (Icon Sensitivity): 1
- (Random Mode): Off
- (Icon Glasses pre-set): both open

Take 3 to 5 Balls and find a free spot next to the practice green leaving room for chips of 10 to 40 feet.

Pic a fairly straight line. Place one tee 10 feet, one tee 25 feet and one tee 40 feet from your ball in the ground.

Try to stop the chip right at the tee. Focus on what the impact and movement feel like and make a judgement whether the ball started straight towards the tee, left of it, or right of it.

- Switch on your SensuDetector
- place SensuDetector next to practice green approx. 10, 25 and 40 feet from the tees.
- Place Ball within 1 foot in front of SensuDetector

- **Switch on** your SensuGlasses
- Randomly hit chips to the 3 tees trying to stop the ball right at them
- Focus on what the impact and movement feel like
- Before the glasses open up again, give a judgement whether the ball started straight, left or right
- Repeat for about 5 minutes

Learning Takeaway: How good am I already in judging starting direction in pitching when relying on impact feel and movement feel? Which sensory feedback is more dominant in my perception? What do I focus on specifically? How does feel change with distance?

SENSUSPORT

Training Instructions: Pitching Level 1-3