Mat + two rods

Instructions, a safe start and basic coaching. GS + GR.

Standalone offer, 2 000 Kč, with delivery included within the Czech Republic. The pack contains one mat and its two alignment rods. A physical Spinner or Magic Level is not included. Basic coaching for the mat and Spinner is included without a time limit.

The following basic Spinner instruction is included with your mat purchase without a time limit. Use it if you have a Spinner. The standalone mat does not include a Spinner. The Spinner is supplied fully assembled, with wheel, shaft and grip.

GS / Before first use

1. Before use, check the aid's condition and that the wheel runs freely. Do not practise with a loose or damaged part. Contact Otakar.

2. Do not dismantle the wheel/head, axles, bearings or fixed glued construction joints. Do not immerse the Spinner in water.

3. Allow sufficient clear space and use a suitable soft working surface. Do not hit a ball with the Spinner. Concrete and hard flooring are not suitable surfaces for direct Spinner contact.

GS / First contact and continuation

1. Choose a reference line and the place or manner in which the wheel will touch down.

2. For the starting task, a right-handed player uses the left half of the wheel as seen from their own address position. A left-handed player mirrors the sides. Compare the tilt and continuation with the GS visual reference on the final page. If unsure, discuss the movement with Otakar. Do not estimate a numerical angle.

3. Begin with a short movement of roughly a half swing. At the end of the backswing and finish, the shaft is approximately parallel to the ground.

4. Observe your chosen contact, the amount of contact, the rotation / rocking action and how the movement continues. Assess more than the number of revolutions or whether the wheel spins.

5. After each attempt, compare the movement with your intention. Increase range and speed only while maintaining your intention and your own control.

6. Transfer this reference to a normal club. Check actual ball contact and the outcome with a normal club and ball.

The Spinner is not a direct measurement of sweet spot contact, smash factor or universal shot quality. There is no universal number of repetitions, practice duration or time needed to master the task.

GS / Care and servicing

Before use, check the condition and free movement of the wheel. Do not immerse the aid or dismantle fixed parts. If the wheel repeatedly fails to turn correctly, or you see a fault, send Otakar a description and a video or photos at iam@omg.golf. Any further servicing depends on the specific diagnosis. Removing a bearing cover is not routine customer maintenance.

This guide does not authorise a chemical maintenance procedure. Do not guess a cleaning product, quantity or application frequency. Discuss any specific chemical treatment with Otakar first. A one-off trial does not establish long-term compatibility.

The following section explains the supplied mat and two rods. A Spinner used in the follow-on exercise is not included in this standalone offer.

GR / Using the mat and two rods

1. Place the mat on a firm, stable base, such as flooring or carpet, or grass / soil outdoors where it can be secured through the anchoring holes. Sand is not a confirmed working base. A hard base under the mat does not make direct Spinner contact with hard flooring suitable. The Spinner still needs an appropriate soft working surface.

2. The two rods can be moved between positions 1 / 2 / 3 / MAX.

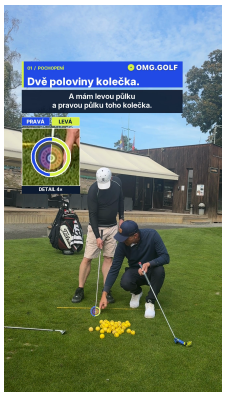
3. The green rubber stop is fixed and must not be removed. It is on the right for a right-handed player and mirrored to the left for a left-handed player. Insert the rod from the stop side and pull it back out by the stop.

4. For a right-handed player, the four blue marks are numbered from right to left. To start practising with an iron, position the Spinner wheel between the first two marks. For a left-handed player, mirror the setup. No new numbering is specified.

5. The mat creates a clear corridor and immediate feedback. Progress from a wider, easier space to a narrower, more precise space, and from slower, shorter movement towards greater fluency according to your own control. Do not invent forces or tolerances. Check transfer with a normal club and ball.

GS / Visual reference for first contact

These references use actual frames from the existing C05 V02 material, Rocking over the ball, full-frame v2, at 10 / 20 / 45 seconds. They show the two halves of the wheel, contact and the transition from the backswing. The crops preserve the original orientation. Left and right are the player's view at address. The camera faces the player. A left-handed player mirrors the task. These frames do not give a measured angle or replace the full movement demonstration. The original video, sound and duration are unchanged. This does not republish the complete clip.



The two halves of the wheel in the original front view. The colours come from the existing demonstration. Left and right are the player's view at address. For the starting task, a right-handed player uses the left half. A left-handed player mirrors it. Ask Otakar if unsure. Do not estimate a numerical angle.



Contact on the chosen half of the wheel. Compare your reference during a slow, short movement.



Transition from the backswing. Observe wheel orientation and continuation, as well as the number of turns.

Contact and help: iam@omg.golf | omg.golf/en/rohozka/