Free sample from The Golf Sim Build & Practice Planner. This is worksheet 7 of 20. Get all 20 worksheets: golfsimcave.com/kit/golf-sim-build-planner

Hitting Mat & Turf Planner

Sizing the mat to your stance and swing, and choosing a turf type

Mat size chosen

Stance width needed

Expected sessions per week

A mat that is too small forces an unnatural stance or clips the frame on a full swing; size it to your actual stance and ball position, not just the price tag.

Sizing to your stance and swing

Field	Value
Stance width, feet planted	
Room forward of the ball for a full weight transfer / divot	
Mat size chosen (length x width)	

Mat type comparison

Type	Feel	Best for
Budget turf mat	Firm, basic rubber base	A first budget build, day-one hitting
Commercial nylon turf	Lets the club slide through the shot, takes a real tee	A mid-range build used often
Foam-flex "softy" mat	Forgiving on fat shots through long sessions	Frequent, longer practice sessions
Fiber-bristle mat	Angled bristles absorb impact, easy on joints	Daily use, commercial-style feel

Wear and replacement checklist

- [ ] Hitting zone checked regularly for wear or compaction

- [ ] Mat rotated or the hitting position shifted occasionally to spread wear
- [ ] Manufacturer's replacement guidance followed once the surface degrades

Mats & turf

Current prices and all our picks: golfsimcave.com/kit/golf-sim-build-planner/gear/.

- **Elite 5'x4' Golf Hitting Mat**: A forgiving full-stance turf mat on a firm rubber base with rubber tees included.
- **Country Club Elite 4'x5' Golf Mat**: Dense commercial nylon turf that lets the club slide through and takes a real tee anywhere.
- **SIGPRO Softy 4'x7' Golf Mat**: A thick foam-flex base that stays forgiving on fat shots through long sessions.
- **Tri-Turf Hitting Mat Attack**: A compact three-surface add-on for short-game and wedge practice.

Current prices and our latest picks for each item: **golfsimcave.com/kit/golf-sim-build-planner/gear/**

Researched guidance, not professional advice. This is researched golf simulator build information, not electrical or professional advice. Test your own full driver swing in the room, follow manufacturer instructions, and use a licensed electrician for any new circuit or wiring.