



Step-by-Step: Taking it down

- 1) Take home plate pulley out of plate and insert into top of net. The notch in the plug will fit nicely.
- 2) Take the boom pulley off the end of the boom and insert into the net. Now take the boom out and lay on the ground.
- 3) Loosen the middle rear knob and lean the unit back to 45°.
- 4) Pull upward each “sleeve” on the side of the net frame, releasing the side joints. The unit will now collapse forward.
- 5) Loosen the top and bottom knobs. Remove the telescoping support pole and place it parallel to the top of the unit.
- 6) Secure this all together using 2 red “bungee balls.”
- 7) Fold inward the rear base frame.
- 8) Boom. If using the travel bag, place in the bag diagonally after the unit is in. If not using the travel bag, weave into the net to keep it with the unit.

Step-by-Step: Setting it up

- 1) Set on the ground with the rear base frame on top. Fold outward the rear base frame.
- 2) Unhook the 2 red “bungee balls.” Take the telescoping support pole and first place the gooseneck end into the top black (bigger) fitting and tighten the knob. Now insert the other end into the lower black fitting and tighten that knob.
- 3) Place one foot on the base and lift the net frame, straightening it out. Lower each “sleeve” over the side joints (be careful - keep you fingers clear!). The unit should now be standing at 45°.
- 4) Move the net to 90° and tighten the middle rear support knob.
- 5) Insert the Boom into the top fitting (make sure it is seated all the way in).
- 6) Place the boom pulley onto the end of the boom.
- 7) Take the plate pulley out of the net and place into home plate.

Travel Bag: The easiest way to put the unit in the bag is to stand it on end (with the hinged part of the frame upward). Unzip the bag completely and drape it over the unit. Zip up the sides first and then turn the unit over.

General tips for use:

- Be sure home plate pulley is kept in line with lower middle frame pulley at all times.
- Ball height is adjusted in the rear of the unit. Move the black cord up and down.
- Your goal is to achieve perfection with each swing. Concentrate. Watch where the ball lands in the target area. On a pitch down the middle, the ball should hit the middle of the target and not off to the side. Do the same with inside and outside pitches, setting up the net to represent left or right field. For every 10 swings you take, how many can you put in the dead center of the target?
- Use X-pattern plate locations for different pitches. Be sure to rotate the plate so the screen represents right or left field. Slide the plate ensuring the plate pulley is kept in proper alignment (see first bullet point in this section).
- Have a partner mimic a pitcher. Focus your eyes on the release point of the pitch and then re-focus to the ball. Don't just stare at the ball. That is not how you hit.
- It takes between 200-500 quality swings per day to become a great hitter. Pete Rose took 1000 swings a day for years. How many have you taken today?