



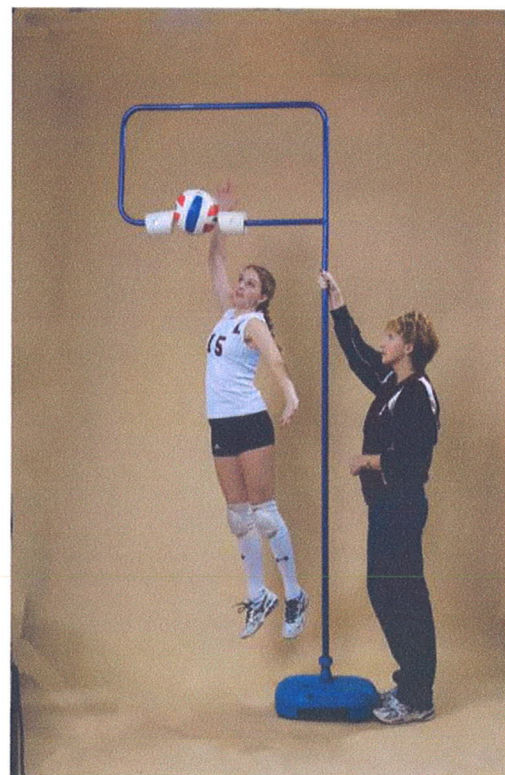
TS612

SPIKE-IT

SUGGESTIONS

The Spike-It has been designed to allow a coach to work on one technique at a time. Best results are usually obtained when the coach instructs the player on a one-to-one basis. Each coach will develop his/her own imaginative drills using the Spike-It. The following are some suggestions for your consideration:

1. For inexperienced players:
 - a) Keep the Spike-It at a level whereby the player can reach the ball without jumping.
 - b) Initially work without a net. Gradually progress to using the Spike-It at a height slightly above the net.
 - c) Emphasize contacting the ball with an open hand.
 - d) Conduct drills teaching hand position, wrist snap, topspin and follow-through.
2. For experienced players:
 - a) Raise the Spike-It to a more elevated position above the net.
 - b) Emphasize refinement of ball contact and topspin.
 - c) Conduct drills teaching approach, take-off and vertical jumping (watch for the common mistakes of one foot take-off and leaning too far forward when jumping).
 - d) Work on perfecting proper arm swing and hitting the ball above and in front of the attacking shoulder.





SPIKE-IT

ASSEMBLY INSTRUCTIONS

The Spike-It has been shipped in two separate cartons. When you have received both cartons, proceed as follows:

Frame:

1. The smaller frame piece has an insert. One end of the insert is bolted onto the frame. The other end of the insert has a bolt and nut attached. Remove the bolt and nut from the small end of the insert. Leave the insert attached to the smaller frame piece.
2. Attach the larger frame piece to the insert on the smaller frame piece. Be sure the two foam pieces are facing each other. Attach with the bolt and nut.

Pole:

1. Remove the bolt and lock nut from the pole. Slide the inner pole over the joiner tube on the frame. Align the holes, replace the bolt and lock nut, and tighten.
2. To adjust the height of the frame, hold the inner pole with one hand and turn the outer pole (larger diameter) to the left with the other hand to loosen. The inner pole can now slide up or down inside the outer pole. To lock, turn the outer pole to the right. During use, it is advisable to have the spiker hitting toward the direction of the locked rotation.
3. To use the plastic base, fill with sand and insert the outer pole into opening. Insert the pole straight in. Be careful not to damage the inside of the plastic base. It is recommended that someone hold onto the Spike-It pole when in use.
4. To load the ball, simply tip the Spike-It toward the player.