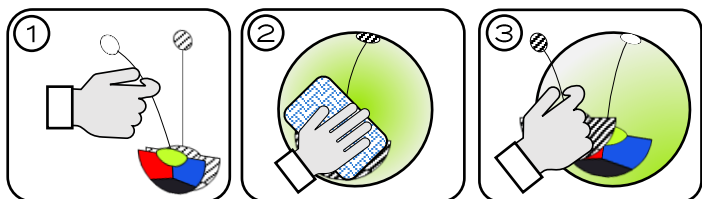




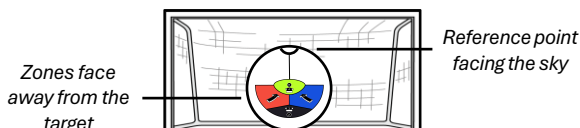
SETUP INSTRUCTIONS



1. Peel off the clear film from the front and place the sticker face down anywhere on the ball.
2. Apply a wet rag with firm pressure for 15 sec covering all parts of the image.
3. Remove the paper backing and allow the sticker to rest for 1+ min before use.

Rub with alcohol wipe or hand sanitizer to remove ink from ball when finished

PLAY INSTRUCTIONS



1. Stand behind the ball as directed on the top of the reference point.
2. Choose a kick type. Strike with the colored portion of your foot on the matching-colored ball zone.
3. Swing your leg through the ball in the direction of the follow-through arrow.

Flip sheet for instructions on how to use the KickMap for each kick type



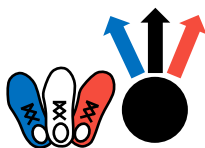
GENERAL TIPS



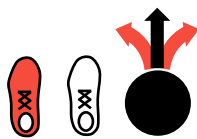
Always keep your ankle firm during the kick.



Always lean 45° away from the ball.



Always point standing foot towards the target.



Always step shoulder width from the ball.



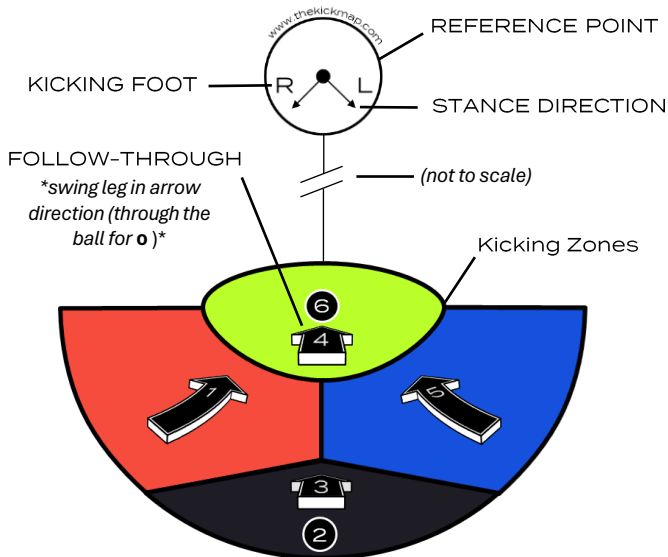
Standing foot influences height of the ball path.



Leaning influences height of the ball path.

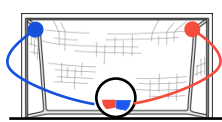
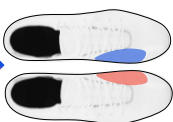


KICK INSTRUCTIONS

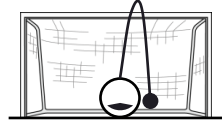


BEGINNER

1 CURVE
side spin

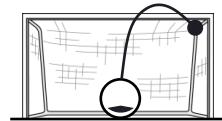


2 CHIP
back spin

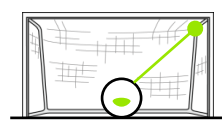


INTERMEDIATE

3 FLOAT
back spin

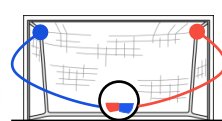


4 DRIVEN
back spin



ADVANCED

5 TRIVELA
side spin



6 KNUCKLE
no spin



For Trivela: stand behind the ball opposite to the direction on the reference point

MORE INFO

Scan the Code for video tutorials, downloadable instructions, and more info about the product.

