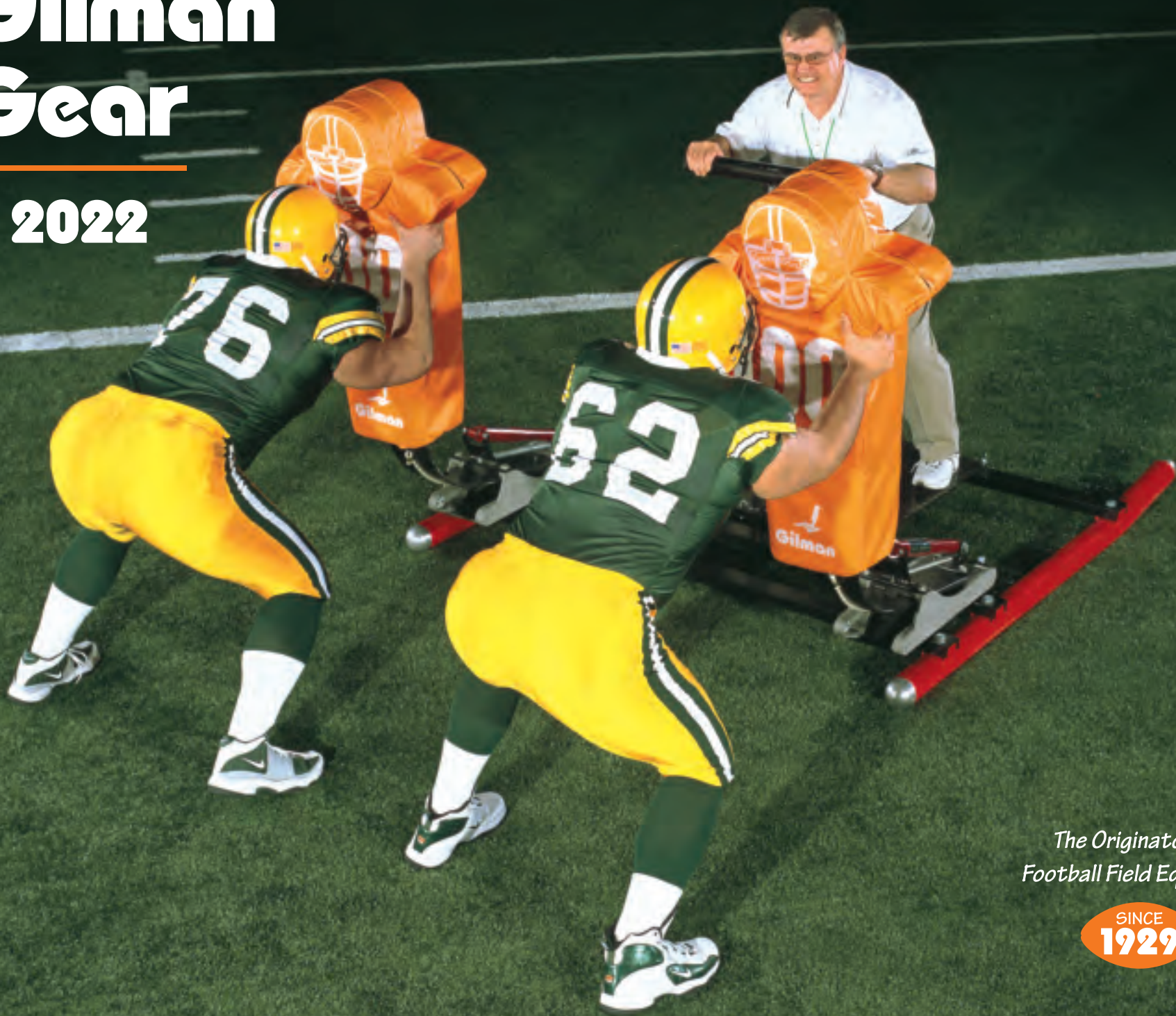


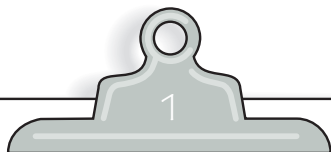
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2022



*The Originator of
Football Field Equipment*





SINCE
1929



▶ 1-MAN SLED

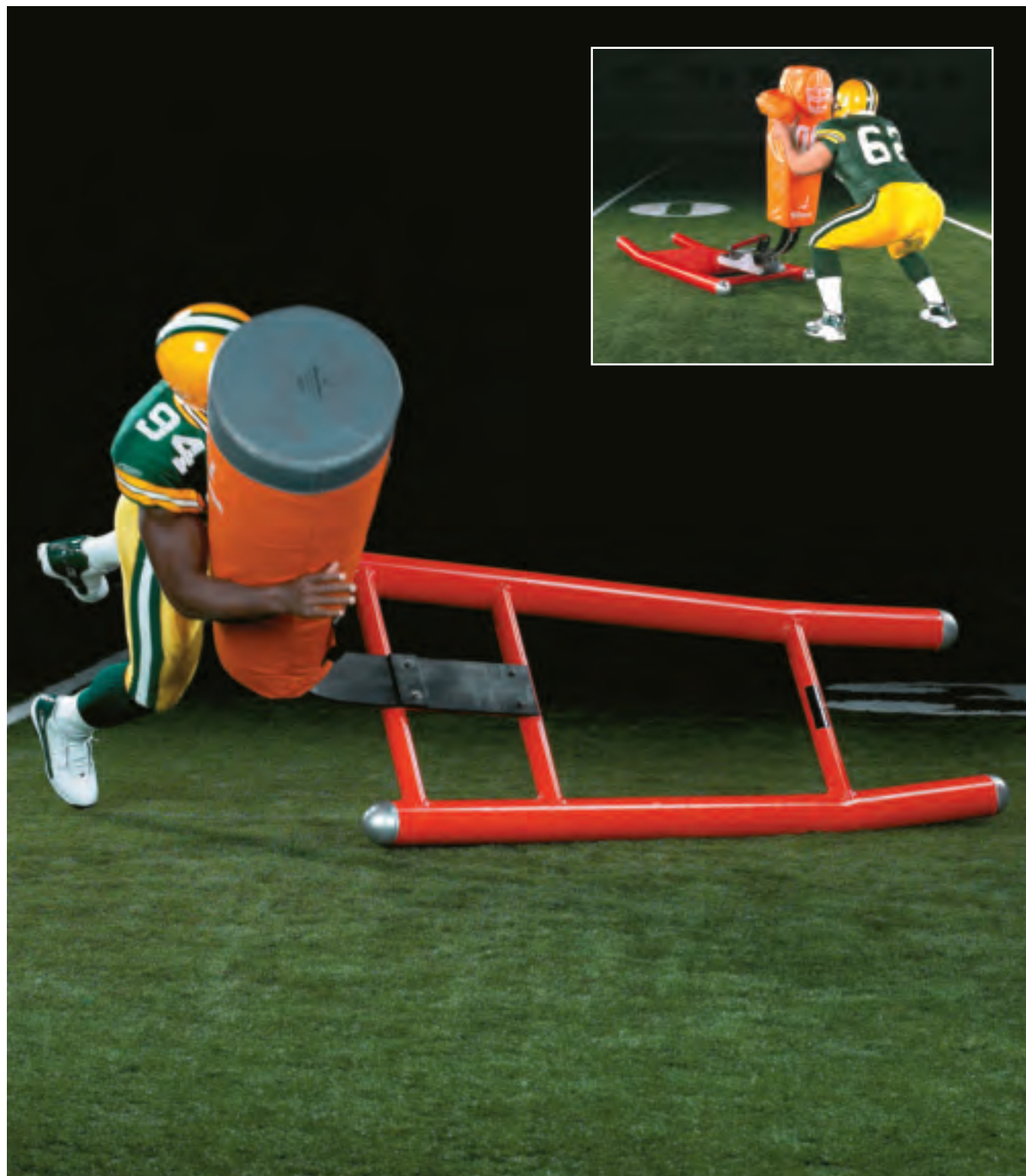
All of football comes down to beating your man one-on-one: block or tackle. To play the game you must be able to block the man in front of you or tackle a man in the open field. There's no cheating on the 1-MAN SLED. It's one man against the machine. No teammates to help out. Either execute the block or get knocked on your tail. Make a tackle or fall to your knees. Blocking the 1-Man teaches hip explosion, hand thrust, and body leverage. Tackling the 1-Man develops arm wrap, leg drive, and upper body strength. The sled demands second effort, boosts self-confidence and makes good form a habit.

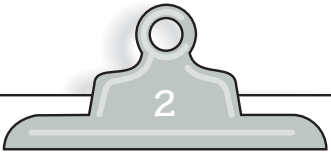
"The coaching point is to make a habit of wrapping up and driving through a ball carrier!"

	Cylinder	Bod	Cone/"V"	Fit./Zone
				
TACKLEBACK				
#T201K 265 lbs.	\$ 1345	\$ 1365	\$ 1365	\$ 1385
LIFTBACK				
#LIFT1 296 lbs.	\$ 1590	\$ 1610	\$ 1610	\$ 1630
RAMBACK				
#RAM1 425 lbs.	\$ 1895	\$ 1915	\$ 1915	\$ 1935

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▶ FIT SLED

The FIT SLED is the perfect blocking sled. Teaches leverage and balance! The tilt of the pad teaches a blocker to bend his knees and set his feet underneath his hips and extend his arms upward. The unique curvature of the chassis teaches a blocker to stay square or the sled will spin. The ability to load weight onto the chassis challenges a blocker to explode into the block and sustain leg drive. The Fit Pad teaches a blocker to fit his hands in the armpit area and then grip and lift the entire sled. Also used for tackling! The specially designed roll bar will tip the sled back up after it is turned on its side. Get more reps with this sled because it eliminates the need for a player to stand it back up. Efficient use of time is critically important when practice time is limited. A weight horn is located on the chassis of the sled. Add weight by sliding Olympic plates onto the horn. Can be used on grass or turf!



“The coaching point is leverage and balance!”

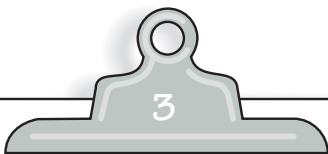
Bod	Cone / "V"	Fit / Zone
\$ 1720	\$ 1720	\$ 1740

FIT SLED
#FITS1 225 lbs.

Add \$ 275 for Liftback Mechanism
Add \$ 625 for Ramback Mechanism

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▶ GRIP & RIP SLED

The GRIP & RIP SLED is used to teach players to get off blocks! It's the perfect tool to teach hand placement, grip, rip and shed technique. Using this tool, a defensive player can work on attacking with the hands, setting the feet and shedding the block with a violent thrust of the arm. Ideal for teaching: two hand throws, one arm stab and the technique called "snatch and pull". This sled features a narrow set of parallel bars with a rounded top and bottom. The diameter of the bar allows a good hand grip. The weight of the sled compels a defender to hit, lift and shed in one fluid motion. The sled is designed to roll back up once it's knocked over. Two options available: Order the GRIP & RIP SLED as a complete unit. Or order the Grip & Rip Bar as an accessory. The Bar is vinyl-dipped to enhance tactile grip.



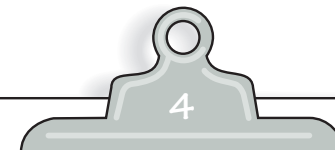
"The coaching point is block destruction!"

	no.	weight	price	special
GRIP & RIP SLED	GRS1	230 lbs.	\$ 1645	
GRIP & RIP BAR	GRB1	5 lbs.	\$ 240	(4 for \$940)

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▶ THRUSTBACK 1-MAN SLED

The THRUSTBACK teaches pad level, hips and hands! And then feet after contact! The sled offers dual action. 12" of forward thrust and 5" of upward lift. The forward thrust teaches a defensive lineman to "shoot his hips" and "bring his feet" after contact. The upward lift teaches a defensive lineman to get extension and separation. The low pad level teaches a defensive lineman to keep his head and eyes up. The heavy weight of the sled simulates the weight and girth of an offensive lineman. The sled doesn't "run" or "turn". It teaches a defensive lineman to maintain balance and stay square. Outfitted with the new Zone Pad, two linemen can execute a double team block while getting four hands on the pad and driving it up and off the line of scrimmage.



"The coaching point is to bring the feet after contact!"

Body	Fit/Zone
	
THRUSTBACK 1-MAN SLED #TB1 583 lbs.	\$3800 \$3820

US Patent #8,960,678

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▶ THRUSTBACK 2-MAN SLED



The THRUSTBACK 2-MAN SLED teaches the fundamentals of run block destruction. Against this sled, a defender must get his feet on the ground quickly and maintain a power base. A power base ensures that a defender will not get turned out of his gap. The Bod Pad encourages proper body alignment with an emphasis on hat and hand placement and getting the correct power angles with the knees in front of the toes. Work a defensive progression that includes:

- 6 point stance to strike pad with heavy hands, get proper hand placement and lock out.
- 3 point stance to work hip explosion, base and leg drive.
- 2 point stance to lift, separate and escape.

Stand between the pads with a Snap Stick and work get-offs. Defenders can destroy the block, get separation and then escape off the outside shoulder of the pad!

Mounted on a heavy chassis, the sled offers realistic resistance and forces players to strain and maintain leg drive. Wide pad spacing allows the defender to take an offset alignment to work on stunting and slanting.

"The coaching point is to maximize reps and time efficiency!"

Bod	Fit / Zone
	
\$7125	\$7165

THRUSTBACK 2-MAN SLED
#TB2 895 lbs.

US Patent #8,960,678

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▶ 2-MAN SLED

The 2-MAN SLED teaches two blockers to come off the ball with a coordinated charge. Ideal for teaching Tackles and Tight Ends to combo block and Fullbacks the mechanics of the drive block. Wide pad spacing allows you to take an inside or outside shade on the ball. Hip explosion will knock the sled off the line and sustained leg drive will move it down field. If you don't stay square on the pad, the sled will veer off to one side or the other. To drive the sled, you must maintain proper base and foot fire. Pad splits 42". Sled length 6'.

"The coaching point is to teach two blockers to work in unison against realistic resistance!"

	Cylinder	Box	Cone/"V"	Fit/Zone
				
CHARGEBACK				
#202R 493 lbs.	\$2110	\$2150	\$2150	\$2190
LIFTBACK				
#LIFT2 560 lbs.	\$2525	\$2565	\$2565	\$2605
RAMBACK				
#RAM2 580 lbs.	\$3055	\$3095	\$3095	\$3135

Add \$350 for Coach's Platform - #P7 (185 lbs.)

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▶ 3-MAN SLED

The 3-MAN SLED gives you the look of a "34" defense. Ideal for half line work with your Center, Guard and Tackle. Develops the teamwork and coordination necessary to execute plays. A half line workout gives the left and right side of your line extra reps in practice. Easier for the coach to watch and coach three blockers coming off the ball. Pad splits 42". Sled length 12'.

"The coaching point is to come off the ball with a coordinated charge!"

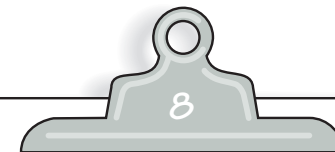
	Cylinder 	Pod 	Cone/"V" 	Fit/Zone 
CHARGEBACK #304R 695 lbs.	\$3190	\$3250	\$3250	\$3310
LIFTBACK #LIFT3 737 lbs.	\$3620	\$3680	\$3680	\$3740
RAMBACK #RAM3 1050 lbs.	\$4290	\$4350	\$4350	\$4410

Add \$350 for Coach's Platform - #P7 (185 lbs.)

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▶ 4-MAN SLED

The 4-MAN SLED is a defensive sled. Against this front your D-line can work on stance, alignment, gap control and explosion. The coach can make a formation strength call, prompting the defense to align properly on the sled. On movement, the D-line can strike the pad with either the hand or shoulder and then swim, rip or explode through the sled. Pad splits 40". Sled length 14'.



"The coaching point is to teach the D-line gap control and alignments against an offensive front!"

	Cylinder	Box	Cone / "V"	Fit / Zone
				
CHARGEBACK #404R 800 lbs.	\$4290	\$4370	\$4370	\$4450
LIFTBACK #LIFT4 850 lbs.	\$4825	\$4905	\$4905	\$4985
RAMBACK #RAM4 1200 lbs.	\$5600	\$5680	\$5680	\$5760

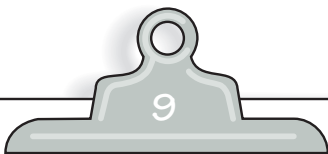
Add \$350 for Coach's Platform - #P7 (185 lbs.)

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▶ 5-MAN SLED

The 5-MAN SLED gives you the look of a "50" defense. Against this front, you can work your interior line on stance, take-off and leg drive. Wide pad spacing gives you the angles to execute any kind of block. From a head-up alignment, drive through the center of the pad to execute a drive block. From an outside shade, hit the pad at an angle and execute a reach block. Line up between the pads and execute a down or cut-off block. Pad splits 40". Sled length 20'.

"The coaching point is to teach proper stance and alignment against realistic targets and resistance!"

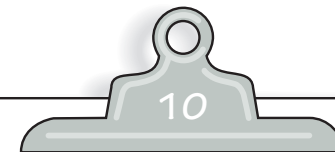
	Cylinder 	Box 	Cone / "V" 	Fit / Zone 
CHARGEBACK #405R 1075 lbs.	\$5325	\$5425	\$5425	\$5525
LIFTBACK #LIFT5 1265 lbs.	\$6030	\$6130	\$6130	\$6230
RAMBACK #RAM5 1520 lbs.	\$6860	\$6960	\$6960	\$7060

Add \$350 for Coach's Platform - #P7 (185 lbs.)

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▶ 7-MAN SLED

The 7-MAN SLED gives you the closest simulation of 8 men in the box. A double tight formation is needed to block it. Get both Tight Ends involved in your offensive block scheme. Develop the "push" up front that is so vital to every offense. The only way to build powerful leg drive is against a heavy sled. Daily team take-offs against the 7-Man builds powerful hamstring and calf muscles. When it comes down to a 4th quarter drive, your O-line will have the strength and stamina to knock a defender off the ball! Pad splits 42". Sled length 26'.



"The coaching point is to teach your blockers to get off on cadence in conjunction with the proper techniques of the base block!"

	Cylinder	Box	Cone / "V"	Fit / Zone
				
CHARGEBACK #607R 493 lbs.	\$7360	\$7500	\$7500	\$7640
LIFTBACK #LIFT7 560 lbs.	\$7940	\$8080	\$8080	\$8220
RAMBACK #RAM7 580 lbs.	\$9390	\$9530	\$9530	\$9670

Add \$350 for Coach's Platform - #P7 (185 lbs.)

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▶ COMBO

The COMBO is a power sled. Built to train big, powerful men. Pads on both sides: high on one side, low on the other. Because it's stationary, the force of a blow is deflected in the movement of the pad instead of the movement of the sled. The force generated by the recoil of the pad is similar to the sustained thrust of a blocker's charge. Every muscle in your body must work to fight the pressure. Flexing the pad back and forth is similar to a bench press and will build upper body strength. Working against this sled helps develop more hitting force, better balance and footwork. On the tall side, work on basic blow delivery. On the short side, practice goal line charge and low block protection.

“The coaching point is to teach explosive get-off, leverage, hand placement and knee bend!”

	Body	Cone / "V"	Fit
			
COMBO 4-MAN #804R 1200 lbs.	\$7800	\$7800	\$7960
COMBO 5-MAN #106R 1475 lbs.	\$8975	\$8975	\$9175

Add \$350 for Coach's Platform - #P7 (185 lbs.)

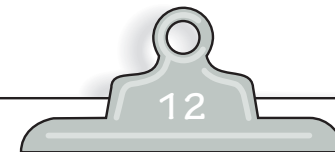
Add \$275 per pad for Liftback Mechanism

Add \$625 per pad for Ramback Mechanism

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▶ LOW BLOCK

The LOW BLOCK offers a realistic aiming point and hitting surface for down linemen. The 25" pad level simulates a man in a goal line stance, or a man attempting a cut block. On defense, use the sled for basic hip explosion from a six-point stance, goal line charge and low slant releases. On offense, use the sled for basic team take-off, scramble and crab blocks, and sprint out protection.



"The coaching point is that the low man always wins!"

	Short Bod 	Short Cone / "V" 	Short Fit 
LOW BLOCK 2-MAN #202LB 450 lbs.	\$2110	\$2110	\$2150
LOW BLOCK 3-MAN #304LB 500 lbs.	\$3190	\$3190	\$3250
LOW BLOCK 5-MAN #506LB 850 lbs.	\$5325	\$5325	\$5425

Add \$350 for Coach's Platform - #P7 (185 lbs.)

Add \$275 per pad for Liftback Mechanism

Add \$625 per pad for Ramback Mechanism

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13

▶ GRAB BAG

The GRAB BAG offers a target representing a player's upper body. Inside the torso is a spring mechanism that permits the "upper body" to rotate left or right. Shoulder pads and jersey can be strapped on for added realism. Use the Grab Bag to teach a player how to use his hands and where to find the contact and control points. Against this sled, work on the rip, swim, club, counter, slap, spin and bull rush moves. Narrow base allows a Pass Rusher to shoot straight up field.

"The coaching point is to learn how to apply pressure and use leverage to turn a blocker's shoulders!"

	no.	weight.	price
GRAB BAG	201GB	325 lbs.	\$2475

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▶ SHIVER BOARD SLED

The SHIVER BOARD SLED is used to teach proper footwork, body position and blow delivery. Use the Board to practice a good two hand strike while developing the habit of hitting with the heel of the hand. Players can work on quick reflexes to deliver the strike with speed and power. Developing the proper "lock-out" technique with the elbows within the frame of the body and the thumbs up is vital defensive fundamental. Excellent for working out a group of players. Allows maximum repetition. Use it during pre-practice and post-practice routines. The Board has three height adjustments: 36", 42" and 48". The height adjustments allow a good bent knee posture from different defensive positions. The Board is 10' long and mounted on a Gilman sled chassis. The striking surface is 6" thick and 12" high. Optional coaching platforms can be added to increase the weight of the sled.

"The coaching point is to teach proper body position and blow delivery!"

	no.	weight	price
SHIVER BOARD SLED	SBS1	700 lbs.	\$3600

Add \$350 for Coach's Platform - #P7 (185 lbs.)

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▶ GAUNTLET

The GAUNTLET develops tough, hard-nosed ball carriers. Running through the machine teaches explosion, body lean, second effort and ball security. The tunnel simulates a swarming gang of arm tacklers. A total of 16 spring-loaded rubber arms are distributed over 4 rows. Top row is designed to strip the ball; bottom row to trip you up. Every step through the tunnel is met with resistance. Use the Gauntlet to improve tackling skills. Tackle a lightweight bag through the tunnel to make sustained leg drive a habit. When ordered with pads, the Gauntlet doubles as a 2-Man Sled. Optional Wheel Package makes the sled portable.

“The coaching point is to accelerate into the hit and run through the arms of a tackler!”

	Cylinder	Bod	Cone / "V"	Fit / Zone
				
GAUNTLET 2-MAN #202GS 664 lbs.	\$ 4960			
GAUNTLET 2-MAN #202GS 675 lbs.		\$ 5000		
GAUNTLET 2-MAN #202GS 694 lbs.			\$ 5000	
GAUNTLET 2-MAN #202GS 686 lbs.				\$ 5040

GAUNTLET w/ 12 arms and no pads
#200GS-12 536 lbs. \$ 3200

GAUNTLET w/ 16 arms and no pads
#200GS-16 604 lbs. \$ 3700

Gauntlet Wheel Package -
#W1 78 lbs. \$ 900

US Patent #D313638

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▶ TURF PACKAGE

The TURF PACKAGE is designed to protect a turf field from damage caused by sled use. Order the package as standard equipment on a new Gilman sled or retrofit an existing sled. The Wheel Transport Kit and Stainless Steel Runners can be ordered separately or together as a package.

The Stainless Steel Runner is made from grade 302 polished stainless. The advantages of stainless steel:

- Never rusts. **No rust stains!**
- Eliminates paint. **No paint stains!**
- Eliminates abrasion. **No drag!**
- Rounded and capped ends. **No sharp edges!**

The WHEEL TRANSPORT KIT moves the sled off the field. The kit consists of a front and back wheel assembly. Each assembly clamps to the chassis. The back wheel pivots for ease in steering. The front wheel is fixed. Both wheels have two positions. Up – when the wheels are off the ground and nesting on the chassis. In this position, the sled is ready for blocking and tackling. Down – when the wheels are engaged and the whole sled is elevated. In this position, the sled moves easily. The number of kits needed depends on the size of the sled. Four kits are required for 5 to 7-Man Sleds and two kits for 2 to 4-Man Sleds.

	no.	weight	price
STAINLESS STEEL RUNNER ●	SSR	100 lbs.	\$ 250 ea.
WHEEL TRANSPORT KIT w/Steering	WTK	110 lbs.	\$1075 set

● Additional price per runner to upgrade to stainless steel.

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SLED PADS

OPTION 1 "V" PAD

The "V" PAD offers a tapered and rectangular target. Measures 22" wide by 42" long.

"The coaching point is hand punch!"

OPTION 2 CONE PAD

The CONE PAD offers a tapered and round target. Measures 18" wide by 45" long.

"The coaching point is blocking angles!"

OPTION 3 CYLINDER PAD

The CYLINDER PAD offers a straight and round target. Measures 12" wide by 39" long.

"The coaching point is arm wrap!"

OPTION 4 BOD PAD

The BOD PAD offers a head, shoulders, and torso. Measures 15" wide by 41" long.

"The coaching point is hand placement!"

OPTION 5 ZONE PAD

The ZONE PAD offers the "look" of a "big lineman" with extra wide shoulders and torso. Measures 30" wide by 42" long.

"The coaching point is double team blocking!"

OPTION 6 FIT PAD® US Patent #9,254,223

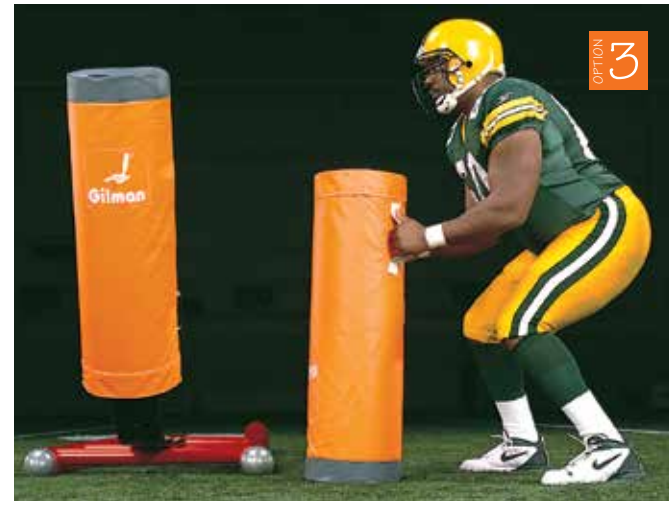
The FIT PAD® offers a double decker pad. Top pad mimics the look and feel of a shoulder pad with jersey. Allows hand grip on side.

"The coaching point is to get a hand grip!"

	no.	weight	price	special
ZONE PAD	ZP	28 lbs.	\$405	(5 for \$2000)
FIT PAD	FIT	17 lbs.	\$405	(5 for \$2000)
SHORT FIT PAD	SFIT	12 lbs.	\$405	(5 for \$2000)
"V" PAD	VP	30 lbs.	\$385	(5 for \$1900)
CONE PAD	COP	30 lbs.	\$385	(5 for \$1900)
BOD PAD	BOD	16 lbs.	\$385	(5 for \$1900)
SHORT BOD PAD	SBOD	14 lbs.	\$385	(5 for \$1900)
CYLINDER PAD	CP	14 lbs.	\$365	(5 for \$1800)

Colors:	RED	BLUE	YELLOW
	GREEN	ORANGE	BLACK

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OPTION 1



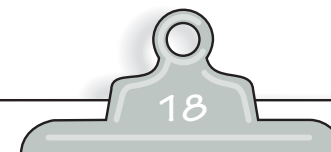
OPTION 2



OPTION 3



OPTION 4



▶ SLED OPTIONS

OPTION 1 CHARGEBACK

The flat leaf spring bolts right to the chassis. The action comes from the deflection of the spring. When hit, it absorbs the shock and comes back with an equal amount of force.

🔑 **"The coaching point is to teach a proper base!"**

OPTION 2 LIFTBACK

Comes with a "lift" mechanism. Allows each pad to be driven upward. The degree of lift is determined by setting a pin in one of three slots. The first slot locks it down. The second and third slots allow 5" and 8" of upward lift.

🔑 **"The coaching point is to teach a player to roll and sink his hips, and get full arm and leg extension!"**

OPTION 3 RAMBACK US Patent # 6,036,609

Comes with a "ram" mechanism. Allows each pad to be driven back and then lifted up. Only after the pad is driven back 3" will it release and lift up 3".

🔑 **"The coaching point is to knock a defender off the ball and get leverage on the block!"**

OPTION 4 SPRING HEIGHT

Football players come in all shapes and sizes. Gilman offers a variety of spring sizes. 74" for pro, college and high school. 64" for junior high. 54" for low block simulation. A spring with reduced tension for young players.

🔑 **"The coaching point is to teach proper pad level and aiming points!"**

	no.	weight	price
LIFTBACK MECHANISM	RP195	32 lbs.	\$275
RAMBACK MECHANISM	RP196	55 lbs.	\$625
LEAF SPRING - Tall	RP146	54 lbs.	\$400
LEAF SPRING - Medium	RP147	47 lbs.	\$375
LEAF SPRING - Short	RP148	40 lbs.	\$350
LEAF SPRING - Youth	RP149	20 lbs.	\$275



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▶ CRAB SLED

The CRAB SLED turns speed training into functionally explosive power. Unique design offers two methods of resistive training. Push the sled! Get down in a crab stance, grip the handlebar and push the sled. Lateral handlebar allows player to balance his weight and get a comfortable grip before pushing the sled. Pushing the sled develops an explosive burst. Pull the sled! The sled can be pulled with a variety of harnesses. Pulling the sled develops individual as well as overall muscle groups. Weight horn holds up to six plates. Aerodynamic ground runners glide easily over turf or grass. Dual pull hooks keep the sled centered and allow it to move in a "straight-line" path. Eliminates "fishtailing." Available with five different harnesses. All welded chassis. No assembly required. Powder coated. **Made entirely of aluminum. Will never rust!**

"The coaching point is to develop explosive hip strength and power!"

The CRAB SKI is an optional upgrade that clips onto the bottom of the sled. Allows use of the sled on a gym floor, linoleum floor or smooth concrete floor during off-season workouts. Bottom side covered with high density carpet.

	no.	weight	price	special
CRAB SLED	CRAB1	16 lbs.	\$295	(4 for \$ 1160)
CRAB SKI	CSR1	11 lbs.	\$165	(4 for \$ 640)

Colors: RED BLUE BLACK

US Patent #7,972,224

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▶ KING CRAB SLED

The KING CRAB SLED develops power at the height of a player coming out of a stance. The special elevated handlebar allows a player to drive the sled in a posture that simulates game conditions. An athlete can generate force more efficiently when operating from a power position. Develop strength and power in the three most important joints: knees, ankles and hips. Use it to increase work capacity and pillar strength. Excellent for general physical preparation. The narrow width of the vertical bars allows an athlete to get a "thumbs up" grip. The handlebars are removable. Once removed, the sled can be driven from a lower tandem bar. Overall height of handlebar is 39". Overall width is 13". All welded chassis. Powder coated. **Made entirely of aluminum. Will never rust!**

"The coaching point is to develop powerful triple extension!"

The KING CRAB SKI is an optional upgrade that clips onto the bottom of the sled. Allows use of the sled on a gym floor, linoleum floor or smooth concrete floor during off-season workouts. Bottom side covered with high density carpet.

The HAND PAD is a pad that slips over the handlebar to promote hand gripping strength when driving the sled in off-season workouts.

	no.	weight	price	special
KING CRAB SLED	KING1	28 lbs.	\$ 450	(4 for \$ 1780)
KING CRAB SKI	KCSR1	13 lbs.	\$ 185	(4 for \$ 720)
HAND PAD	HP1	4 lbs.	\$ 120	(4 for \$ 460)

Colors: RED BLUE BLACK

US Patent #7,727,089 / #7,972,224 / #8,617,007

O n e Y e a r W a r r a n t y

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- A STEP IN HARNESS**
- B BELT HARNESS**
- C SHOULDER HARNESS**
- D ROPE HARNESS**

The **STEP IN HARNESS** is a padded harness sized to fit any athlete. No Velcro. No buckle. Step into the closed loop and go. Padded waist belt includes "D" ring and "V" belt attachment for sled. Hook it up to a lat pull down machine for resistance movements.

The **BELT HARNESS** is a padded harness with Velcro fasteners to adjust to a variety of waist sizes. Rotate the belt around the waist to allow movement in different directions. Ideal for backpedaling and side shuffling!

The **SHOULDER HARNESS** criss-crosses the shoulders. Allows you to maintain proper running form and mechanics. Ideal for sprinting!

The **ROPE HARNESS** develops hand strength. Excellent for rope pulls from a seated or standing position. Made from 2" diameter poly Dacron rope.

"The coaching point is to build core body strength!"

	no.	weight	price	special
STEP IN HARNESS	STEP1	2 lbs.	\$ 75	(4 for \$ 288)
BELT HARNESS	BH1	1 lb.	\$ 60	(4 for \$ 232)
SHOULDER HARNESS	SH1	1.5 lbs.	\$ 60	(4 for \$ 232)
ROPE HARNESS - 15'	RH15	16 lbs.	\$285	(4 for \$1120)
ROPE HARNESS - 30'	RH30	32 lbs.	\$380	(4 for \$1500)

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▶ INDOOR RAMBACK

The INDOOR RAMBACK is an off-season workout machine. Add this machine to your weight room to perfect the mechanics of blocking. It's the most realistic way to practice blocking without going live. The 6' by 8' platform is equipped with a Ramback mechanism and a choice of Bod, Fit or Zone pad. This mechanism allows the pad to compress in 3" before it releases and lifts 3". Against this pad, a blocker can deliver a crushing blow and drive the pad back, then use body mechanics and leverage to lift the pad up. A blocker must keep his butt low while throwing his hands on initial contact. The machine teaches leverage and builds power!

"The coaching point is to work against a realistic target to perfect the techniques of contact, explosion and extension!"

Bod	Fit/Zone
	
\$3250	\$3270

INDOOR RAMBACK
#INRAM 600 lbs.

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▶ ROLL TACKLE RING®

The ROLL TACKLE RING® is foam filled, donut shaped ring! This is the first moving tackle dummy! The coach controls the speed and angle of movement. Practice straight line or angle tackling. Offers game like simulation of a ball carriers movement. Teaches a defender to read and react to movement. Takes the head out of tackling! Promotes "heads-up" tackling! Makes shoulder leverage tackling a habit. Use it to teach the concept of "eyes through the thighs!" Teach a tackler to target the backside hip of a ball carrier, wrap the arms, run the feet and roll! The low height of the donut hole teaches a tackler to get low. The ability to wrap the arms around and through the donut hole teaches a tackler to clamp and lock up a ball carrier. Finish the tackle by running the feet and rolling the Ring over with upper body strength. Use it year round to keep tackling sharp! There's no limit! Use it during non-padded or padded practices! Use it to replace contact drills in practice! Design details make the Ring the best on the market! Won't wobble or tip because of its stable 12" width. Shock absorbent foam gives players a soft landing. One piece construction makes the Ring durable and long lasting. Available in six sizes!

"The coaching point is to teach rugby style tackling!"

	no.	weight	height	price	special
TACKLE RING	ROLL1	27 lbs.	60"	\$575	(4 for \$2260)
TACKLE RING	ROLL2	19 lbs.	52"	\$500	(4 for \$1960)
TACKLE RING	ROLL3	16 lbs.	48"	\$450	(4 for \$1760)
TACKLE RING	ROLL4	13 lbs.	45"	\$400	(4 for \$1560)
TACKLE RING	ROLL5	12 lbs.	42"	\$375	(4 for \$1460)
TACKLE RING	ROLL6	11 lbs.	39"	\$350	(4 for \$1360)

Color: RED BLUE YELLOW

Cover: 18 oz. vinyl-coated polyester

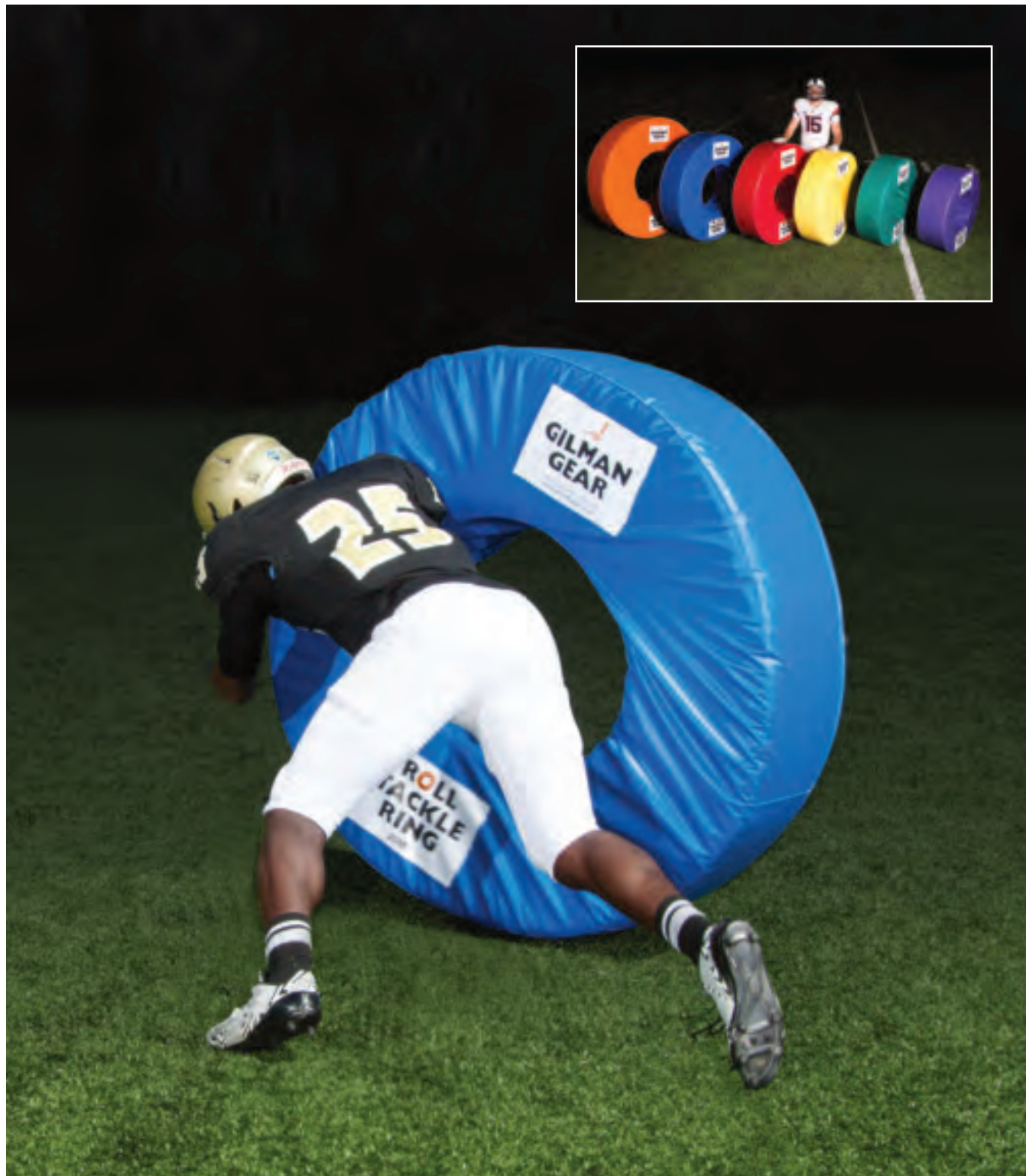
Core: solid polyether foam

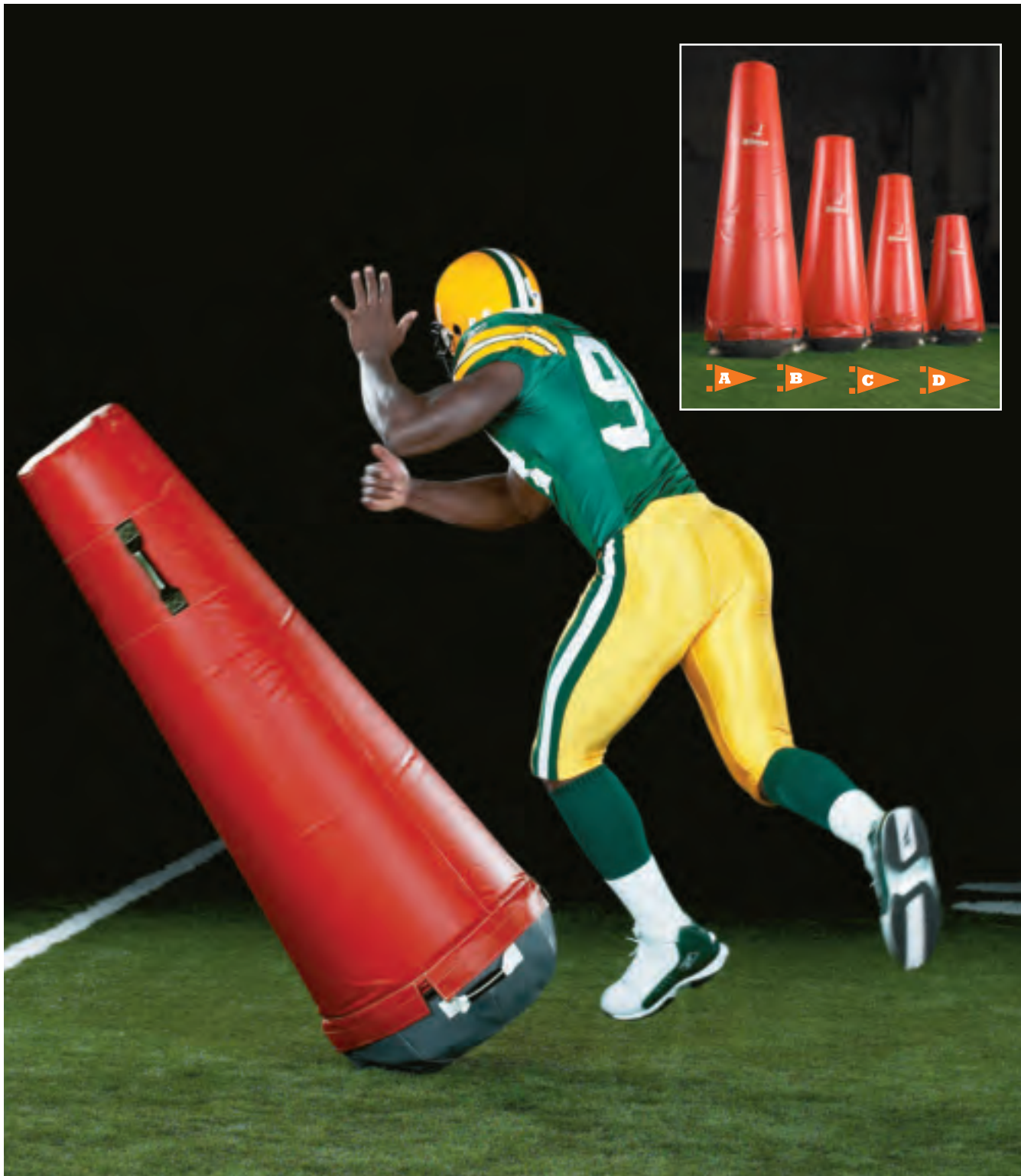
US Patent: #11,148,031

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- A FIGHTBACK**
- B COMEBACK**
- C POPBACK**
- D THROWBACK**

The FIGHTBACK is an extra tall pop-up. Top is solid foam. Bottom is weighted. Zip them together and you're ready to go. Arrange bags to represent the drops of DB's in zone coverage and run pass skelly. Measures 72" tall.

"The coaching point is to read the coverage, find the open seam and hit the Receiver on the fly!"

The COMEBACK is a medium pop-up. Ideal for teaching Receivers escape moves against press coverage. Measures 65" tall.

"The coaching point is to coordinate the hands and feet while going full speed and strike the bag violently!"

The POPBACK is a short pop-up. Ideal for teaching Pass Rushers hand combat. Measures 58" tall.

"The coaching point is to club and rip!"

The THROWBACK is a mini pop-up. Set-up scout team alignments on offense and defense. Ideal for walk throughs. Measures 50" tall.

"The coaching point is scout team reads!"

	no.	weight	price	special
FIGHTBACK	FB26	135 lbs.	\$775	(4 for \$3000)
COMEBACK	CB20	105 lbs.	\$675	(4 for \$2600)
POPBACK	PB20	100 lbs.	\$600	(4 for \$2300)
THROWBACK	TB20	85 lbs.	\$525	(4 for \$2000)

Colors: **RED** **BLUE**

Cover: 18 oz. vinyl-coated polyester
 Bottom: 22 oz. vinyl-coated polyester
 Core: solid polyether foam

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▶ ARMS

1 DEAD BALL ARM

Half football sewn onto a swivel arm. Provides a visual target that can be violently hit without causing a loose ball.

"The coaching point is to speed up the drill!"

2 QB ARM

Creates the look of a QB with arms cocked and ready to fire. Arms swivel 360°. Velcro on top.

"The coaching point is to teach your Pass Rushers to strip the ball from the QB!"

3 PASS SET ARM

Creates the look of a blocker with arms extended. Velcro on the inside of both arms.

"The coaching point is to teach your Pass Rushers to club or rip through the extended arms of a blocker!"

The ~~Wilson~~ Velcro football comes with a double patch of Velcro.

	no.	weight	price	special
DEAD BALL ARM	DB2	7 lbs.	\$ 205	(4 for \$800)
QB ARM	QB2	5 lbs.	\$ 140	(4 for \$540)
PASS SET ARM	PS2	3 lbs.	\$ 135	(4 for \$520)
DOUBLE VELCRO BALL	VB2	1 lb.	\$ 95	(4 for \$360)

Colors:

RED

BLUE

OPTION 1



OPTION 2



OPTION 3



- A PRESS RELEASE ARMS**
- B DISTRACTION ARMS**
- C LOW BAR ARMS**

The PRESS RELEASE ARMS simulate press man coverage with two arms extended to jam a receiver. Perfect tool to practice hand combative releases at the LOS! Receiver can read and react to the movement of the dummy. Adjustable in height.

"The coaching point is to teach release moves off the LOS!"

The DISTRACTION ARMS simulate the look of a defender in coverage with arms reaching up and out to bat away the ball. Use it as a distraction drill. Teach receivers to "high point" the ball. Use a Jugs machine to shoot the ball into different windows for a rapid-fire catching drill. Enhances a receiver's eye focus on tight window throws. Also used by QB's to throw over the outstretched arms of a defender!

"The coaching point is to teach a receiver to catch the ball in traffic!"

The LOW BAR ARMS simulate the look of a defender trying to re-direct a receiver with hip disruption. Use it in combination with the Distraction Arms to create a matrix of tight windows. Shoot the ball between the parallel arms to teach a receiver to make tough low catches. Adjustable in height.

"The coaching point is to increase eye focus at catch point!"

The COMEBACK is a custom pop-up dummy with Velcro on the top and sides of the dummy to hold the Distraction Arms.

	no.	weight	price	special
PRESS RELEASE ARMS	#FRA	3 lbs.	\$135	(4 for \$ 520)
DISTRACTION ARMS	#DA2	5 lbs.	\$225	(4 for \$ 880)
LOW BAR ARMS	#LBA	3 lbs.	\$135	(4 for \$ 520)
COMEBACK w/ VELCRO	#CBV	105 lbs.	\$675	(4 for \$2600)

Colors:

RED BLUE

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▶ SACKMASTER

The SACKMASTER is a pass rush machine with arms. The arms extend 24" in front of the body with a bent elbow posture. The height of the arms can be adjusted from 50" to 56". Every part of the dummy flexes. The shoulders can be twisted left or right. The torso can be bent forward or backward. And the arms can be slapped away, batted down or pressed upward. Mounted on a weighted tire with an off-arm roller for ease in movement. Use it indoors or outdoors.

"The coaching point is to slap, swat, club or swipe away the extended arms of the blocker!"

	no.	weight	price
SACKMASTER	SACK1	295 lbs.	\$1775

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STANDBACK V2

STANDBACK V5

The STANDBACK V2 is a heavyweight bag. It has the gravity and weight of a Nose Tackle who won't give ground easily. Powerful leg drive is needed to block this dummy. It's the dummy of choice for Wing "T" teams that emphasize shoulder blocking skills. Use it to teach the mechanics of hip explosion and shoulder blow delivery. Ideal for drilling play-oriented blocks such as the cross, trap, post-lead, counter-iso, and reach-fire. Offers the proper aiming point and height for high school players. Measures 18" in diameter by 4'3" tall. Six handles.

The STANDBACK V5 is a heavyweight bag. Offers the proper aiming point and height for pro and college players. Measures 21" in diameter by 5'0" tall. Six handles.

"The coaching point is to teach the proper fit of the chest, shoulder, and head in relation to the height of the block!"

	no.	weight	price	special
STANDBACK V2	V2	75 lbs.	\$310	(4 for \$1200)
STANDBACK V5	V5	100 lbs.	\$360	(4 for \$1400)

Color:

RED

Cover:	18 oz. vinyl-coated polyester
Bottom:	22 oz. vinyl-coated polyester
Core:	wool fiber and foam chips

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A ZONE BLOCK 1
B ZONE BLOCK 2
C MONSTERBACK

The ZONE BLOCK 1 is a dummy with a wide flat surface at the top, supported by a tapered round bottom. Jersey numbers screened on chest pinpoint the "sweet spot." Sealed air pocket behind "sweet spot" absorbs impact. Offers the proper aiming point and height for high school players. Ideal for Chute and Board drills. Measures 20" wide by 53" tall. Two handles.

The ZONE BLOCK 2 is an extra 6" in height. Offers the proper aiming point and height for pro and college players. Measures 20" wide by 59" tall. Two handles.

"The coaching point is to aim for the 'numbers,' strike with tight hands, and maintain eye contact during the block!"

The MONSTERBACK is a stout bag that won't bend in half or kick-out when hit. Like a heavy bag, it provides mass resistance. Like a light bag, it's easy to move around. Ideal for Wing "T" shoulder blocking drills. Measures 16" in diameter by 54" tall. Four handles.

"The coaching point is to develop explosive thrust with the forearm and maximum extension of the hips!"

	no.	weight	price	special
ZONE BLOCK 1	ZB1	28 lbs.	\$270	(4 for \$1040)
ZONE BLOCK 2	ZB2	33 lbs.	\$285	(4 for \$1100)
MONSTERBACK	MB7	40 lbs.	\$350	(4 for \$1360)

Colors: **RED** **BLUE**

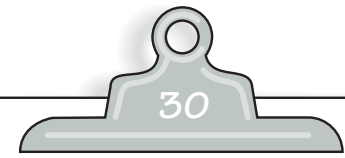
Cover: 18 oz. vinyl-coated polyester

Bottom: 22 oz. vinyl-coated polyester

Core: molded urethane foam

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- A BLOCKAIDE 1**
- B BLOCKAIDE 2**
- C BLOCKAIDE 3**

The BLOCKAIDE 1 is a lightweight bag made of soft foam. Offers max protection to the player hitting the bag. Easy to move. Stands by itself. This is the bag of choice when needing a target to "tee-off" on. Tackle it with your DB's. Sack it with your Rush Ends. Stalk block it with your Wide Receivers. Kick-out block it with your Fullbacks. Measures 18" in diameter by 56" tall. Two handles.

The BLOCKAIDE 2 is a lightweight bag made of soft foam. Measures 14" in diameter by 52" tall. Two handles.

The BLOCKAIDE 3 is a lightweight bag made of soft foam. Measures 14" in diameter by 46" tall. Two handles. Not pictured.

"The coaching point is to sprint to the bag, step on the toes of the defender, and then explode!"

	no.	weight	price	special
BLOCKAIDE 1	B1856	16 lbs.	\$ 200	(4 for \$780)
BLOCKAIDE 2	B1452	12 lbs.	\$ 175	(4 for \$680)
BLOCKAIDE 3	B1446	10 lbs	\$ 160	(4 for \$620)

Colors: RED BLUE

Cover: 18 oz. vinyl-coated polyester
 Bottom: 22 oz. vinyl-coated polyester
 Core: solid polyether foam

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A FULLBACK
B "I" BACK
C HALFBACK

The FULLBACK is a square-shaped step-over. High profile shape demands high knee action. Also doubles as a stand-up dummy. Measures 14" square by 52" tall. Two handles.

The "I" BACK is a trapezoid-shaped step-over. Slanted sides reduce risk of tripping. Sized between the square and half-round. Stays in place. Won't spin out if nudged by incidental foot contact. Eliminates the hassle of halting a drill to reposition the bags. Measures 9½" thick by 16" wide by 49" long. One handle.

The HALFBACK is a half-round step-over. Low profile shape encourages quick feet. Stays in place. Won't spin out if nudged by incidental foot contact. Also doubles as a hand shield. Measures 8" thick by 16" wide by 42" long. Two handles.

"The coaching point is to develop foot speed, coordination, dynamic balance, and lateral agility!"

	no.	weight	price	special
FULLBACK ●	FBD	12 lbs.	\$ 185	(6 for \$ 1080)
"I" BACK ▲	IBD	15 lbs.	\$ 160	(6 for \$ 930)
HALFBACK ▲	HBS	14 lbs.	\$ 150	(6 for \$ 870)

Colors: **RED** **BLUE** **YELLOW**

Cover: 18 oz. vinyl-coated polyester

Bottom: 22 oz. vinyl-coated polyester

Cores: ● solid polyether foam

▲ molded urethane foam

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JET STEP

The JET STEP is a low-profile agile bag that teaches quick feet. Used by all position groups. Low profile shape avoids high vertical lift and promotes quick pick up and reset of feet. QB's use it to improve footwork and the rhythm of the drop without compromising upper body mechanics. Gain distance and speed with your drop while keeping your upper body balanced and compact. Execute a 3, 5 or 7 step drop while stepping over the bags. Excellent for sprint out agilities. Measures 4-½" thick by 12" wide by 39" long. Aerodynamic shape increases the speed of the drill and reduces the risk of tripping. Excellent tool for offensive linemen because low profile foot movement is essential for balance and change of direction



"The coaching point is to teach quick feet and agility!"

	no.	weight	price	special
JET STEP	JET	5 lbs.	\$ 120	(6 for \$ 690)

Colors:

RED BLUE YELLOW

Cover: 18 oz. vinyl-coated nylon
Core: solid polyurethane foam



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A BIG BERTHA **B** "A" FRAME

The BIG BERTHA is a big, massive hanging dummy. Simulates the mass and force of an on-rushing D-lineman. When using this dummy, a blocker learns to keep his hands up, his head back, his body square and get the proper separation from a rusher. Teaches blocker to set and hold his feet against a big and powerful bull rusher. Develop good body posture while learning the mechanics of the punch. Swinging the dummy at a blocker tests his ability to get his hands up quickly and time the blow. Striking the dummy tests a blockers ability to punch with good extension and explosive hands. Against this dummy, work a variety of pass sets from a vertical kick-slide to a hard inside power step. Measures 35" in diameter and 55" tall. Weighs 210 lbs. Constructed with wraparound hanging straps, cast metal "O" ring and shackle for easy setup.

"The coaching point is to teach the fundamentals of pass pro!"

The "A" FRAME is a portable frame designed to hold a Big Bertha. The dummy is suspended from a welded hook at the center of the frame. The frame is 12' long and 10' high. Rugged steel construction. Solid 12" diameter wheels make it easy to move on and off the field. Wheel locks make the frame stationery during use.

	no.	weight	price
BIG BERTHA	BIG1	210 lbs.	\$ 975
"A" FRAME	A12	305 lbs.	\$2025

Color: **RED**

Cover: 18 oz. vinyl-coated polyester
Core: molded urethane foam

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- A** SWINGBACK
- B** SLIDEBACK
- C** DROP-IN SANDBAG

The SWINGBACK is a hanging dummy. Narrow width encourages a tight punch. Ideal for teaching the elements of pass pro: footwork, hand position and punch. Move the bag laterally to teach footwork and base. Swing the bag sideways to teach the timing of the punch. Add weight with Drop-In Sandbags. Built to take a pounding. "O" ring and shackle make set-up quick and easy. Measures 20" diameter by 50" tall. Two handles.

The SLIDEBACK is the suspension frame for the Swingback. Stainless steel top bar is fitted with a trolley mechanism. Trolley moves the bag left and right as well as back and forth. Bag movement challenges a blocker to move his feet while maintaining knee bend. Wide steel pontoons make the frame stable and portable. Measures 12' long x 8' tall.



"The coaching point is to coordinate the hands and feet while timing the punch!"

	no.	weight	price
SWINGBACK ●	SB20	58 lbs.	\$ 595
SLIDEBACK	SD12	650 lbs.	\$2100
DROP-IN SANDBAG	SG10	12 lbs.	\$ 35

Colors:

RED

Cover: ● 18 oz vinyl-coated polyester
 Bottom: ● 22 oz. vinyl-coated polyester
 Core: ● molded urethane foam



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▶ DRIVEBACK

The DRIVEBACK is a leg drive machine. Teaches "run through" tackling. Develops the ability to lock-on a ball carrier and knock him back. Gets a tackler in the habit of maintaining a good base, keeping his hips in front of the ball carrier. The overhead bar has a slight downward pitch, giving the dummy automatic movement. A running back doesn't stand still - he's a moving target! The dummy comes at you like a running back in the open field. Tackling the dummy and driving it down an 18' span makes leg drive and follow-through a habit. A trolley mechanism fitted with wheel bearings rides easily over the bar, eliminating drag and pinching. Optional elastic shock cords available. When engaged, the elastic cord gives the dummy resistance and "fight-back". The elastic shocks are available in two tensile strengths: 100 lbs. for pro and college, and 50 lbs. for high school. Excellent tool for teaching pass pro. Simulates an on-rushing "bull rusher" when the dummy is propelled by the elastic tension cord. Teaches a blocker to strike and create force in their hands. Also requires a blocker to "time up" the punch and develop good hand and eye coordination.

The TACKLE DUMMY hangs from the Driveback frame. Measures 20" diameter by 60" tall.

"The coaching point is to develop a punishing tackling style by running through a ball carrier!"

	no.	weight	price
DRIVEBACK	DRIVE1	480 lbs.	\$ 2900
TACKLE DUMMY	TD20	35 lbs.	\$ 350
ELASTIC SHOCK - 100 lbs.	ES100	2 lbs.	\$ 250 pr.
ELASTIC SHOCK - 50 lbs.	ES50	2 lbs.	\$ 200 pr.

Color: **RED**

Cover: 18 oz. vinyl-coated polyester
Core: molded urethane foam

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▶ POST MOUNT

The POST MOUNT with a Liftback assembly is used for teaching run defense. In ground post mounts, allow a defensive player to strike a blow and then get penetration up field. The Liftback mechanism allows you to strike, lift and shed the pad in the same way that a defender defeats a blocker's charge. Great for teaching 6 point explosion and the tilt nose technique. Use it to teach inside nose and tackle games out of different defensive fronts. Two options are available: a 74" spring and a tall Bod Pad or a 54" spring and a short Bod Pad.



"The coaching point is to maximize defensive reps while installing a game plan against all offensive sets and line schemes!"

	no.	weight	price	special
POST MOUNT - 74"	RING1	175 lbs.	\$ 1125	(4 for \$ 4460)
POST MOUNT - 54"	RING2	161 lbs.	\$ 1075	(4 for \$ 4260)



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▶ FIT SHIELD®

The FIT SHIELD® is a double decker shield. The bottom pad is firm and supports a softer top pad that is easy to grip. The top pad is mesh covered to give it the look and feel of a jersey. Perfect to grip and squeeze with your hands. There is a crease between the pads to allow a full hand grip anywhere along the side. The top pad simulates the shoulder pads with arm-pit and breast plate targets. Jersey numbers offer a visual for eye focus. The narrow width of the top pad encourages a blocker to bring the hands in tight to strike. It's a natural for shooting the hands and gripping with the thumbs up! The pad has a shoulder and back strap and is designed to be worn. Allows the holder of the pad to move and take on blocks with his hands. The shoulder and back straps have a quick release buckle for easy on and off. Supplemental handles are stitched on each side to allow a player to pull the shield tight to the body. According to many state football associations, the wearing of a protective pad doesn't count against the time limits for "live" contact. The safety and realism of this pad makes it a viable substitute for "live" contact drills. Wear it during non-padded or padded practices. Two handles.

"The coaching point is to hand strike, squeeze and thumb lift!"

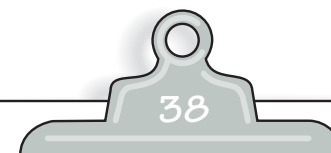
	no.	weight	price	special
FIT SHIELD	FITS	5 lbs.	\$215	(6 for \$1260)

Colors: RED BLUE YELLOW

US Patent #9,254,429

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▶ HANDS-FREE® ▶ GRIP PAD

The HANDS-FREE SHIELD® is worn not held. Frees players from having to hold the bag! Allows a free range of motion with arms and complete use of the hands. Defenders can breakdown into a stance, take on blocks with their hands or drop into pass coverage! The pad mirrors the shoulders, the armpit and width of the chest. Jersey numbers create another landmark for hitting. Use this pad to teach hand placement and punch. The pad is made from a high density foam that is lightweight and shock absorbent. Adjustable web straps fasten around the neck and back to insure a snug fit.



“The coaching point is to allow the scout team to move and react while going full speed!”

The GRIP PAD is a shield that offers a target in the shape of a player's shoulders, armpit and torso. Covered in mesh material, it has the look and feel of a jersey. Jersey numbers provide a visual landmark for eye focus. Perfect target to shoot the hands, get a violent grip and shed the blocker. Shoulder strap allows player to wear the shield and keep the hands free to take on the defender. Wearing this pad, a player or coach can give a “real time” look. Linebackers or Edge Rushers can strike a violent blow, use their hands to grip, control and shed the blocker to hunt down the ball carrier. Use this pad to teach OLB's and D-Ends to win the battle on the Edge!



“The coaching point is to shoot the hands and set the edge.”

	no.	weight	price	special
HANDS-FREE SHIELD ●	FREE1	3 lbs.	\$ 170	(6 for \$ 990)
GRIP PAD ▲	GRIP1	3 lbs.	\$ 160	(6 for \$ 930)

Colors: ● RED ● BLUE ● YELLOW
▲ BLACK

Cover: ● 18 oz. vinyl-coated polyester
▲ 14 oz Armormesh

Core: ensolite foam



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▶ FIREBALL™

The FIREBALL gives you a striking surface like a med ball, but easier to handle because it has 4 handles on the back, allowing the holder of the ball to brace it against their body or hold at different heights. The Fireball's flat surface on the front simulates the breast plate of a defender. This 9" diameter breast plate surface encourages tight hands to the chest. Perfect for the two-hand punch or a single punch with a long arm. Pick-up the Fireball and O-linemen can work on initial pass sets, proper hand carriage, punch timing and snapping of the elbows. The weight of the ball is 7 lbs, so its not cumbersome to hold like a heavy med ball. Because of the round contour of the surface, you can teach players the upper cut or double under technique. Use it for off season conditioning and then transition to on the field drill work. Measures 17" for the outside diameter and 13" thick. The molded foam core can take an unlimited number of shots without losing its shape. The shape and pliability of the ball offer a real time look versus the old-fashioned "hard as a rock" med balls.

"The coaching point is use an advanced med ball that offers a cleaner surface to strike and more security for the holder!"

	no.	weight	price	special
FIREBALL	FB1	7 lbs.	\$ 195	(6 for \$ 1140)

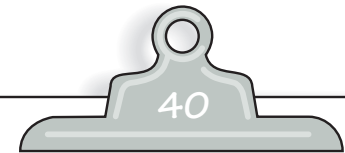
Colors: RED BLUE YELLOW

Cover: 18 oz. vinyl-coated polyester
Core: Molded polyurethane foam

US Patent Pending

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▶ BAD RAD SHIELD

The BAD RAD SHIELD was inspired by Dan Radakovich, the legendary offensive line coach of the Pittsburgh Steelers. This bag is great for teaching contact with the shoulder to the chest of the defender. The smaller size allows the blocker to work his hands under the shield to aid in the finish. This shield allows the holder to grip the bag with one hand as the handles are spaced close together and allows the other forearm to give physical resistance. The bag can be held tight to the chest and perfectly fits the width of the body. Measures 4" thick by 17" wide by 20" tall.

"The coaching point is eyes playside, shoulder to the chest and accelerate through the defender!"

	no.	weight	price	special
BAD RAD	BAD1	3 lbs.	\$ 130	(6 for \$ 750)

Colors: RED BLUE BLACK

Cover: 18 oz. vinyl-coated polyester
Core: solid polyether foam

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A ROVER
B RUSHER
C ROBBER

The ROVER is a short hand shield. Offers a short target area with a flat hitting surface. Hold it tight against the chest and it's ideal for teaching the "punch" on pass pro. Slide your forearm through the handles and brace it against your hip to simulate the resistance of a run block. The foam is soft enough to allow a blocker to grab and squeeze. Measures 5½" thick by 20" wide by 30" long. Two handles.

The RUSHER is a long hand shield. Offers a long target area with a flat hitting surface. The foam is soft enough to allow a blocker to grab and squeeze. Measures 5½" thick by 20" wide by 43" long. Two handles.

The ROBBER is a mini shield. Offers a chest target with a flat hitting surface. Measures 5-½" by 20" by 24" long. Two handles. Not pictured.

"The coaching point is to simulate a run block with live resistance!"

	no.	weight	price	special
ROVER	ROV4	4 lbs.	\$ 130	(6 for \$750)
RUSHER	RUSH4	6 lbs.	\$ 135	(6 for \$780)
ROBBER	ROB4	3-1/2 lbs.	\$ 105	(6 for \$600)

Colors: **RED** **BLUE** **YELLOW**

Cover: 18 oz. vinyl-coated polyester
 Core: solid polyether foam

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A

B



42

▶ COMBO SHIELD

The COMBO SHIELD is a two-way shield. Facing one way, it's a vertical shield. Flip it over and turn it around and it's a horizontal shield. With the handles located on the side, the bag can be pulled tight to the body to create a more solid blocking surface. The bag has better support against your body than it does when being held in space by your hands. It's more "user friendly" and easier to hold. When held vertically, it's great for pass blocking because it teaches a tight punch. When held horizontally, it's great for run blocking because the increased width allows double team and combo blocks. Both sides of the shield have landmark jersey numbers to establish aiming points. Measures 5½" thick by 20" wide by 30" long. Four handles.

"The coaching point is the versatility of working run or block schemes against the same shield!"

	no.	weight	price	special
COMBO SHIELD	COMBO	6 lbs.	\$ 150	(6 for \$ 870)

Colors: RED BLUE YELLOW

Cover: 18 oz. vinyl-coated polyester
Core: solid polyether foam

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BOD SHIELD **FLIPBACK**

The BOD SHIELD is a true-to-life target depicting the head, shoulders, armpits and chest. Ideal for teaching hand placement. Measures 5 ½" thick by 24" wide by 34" long. Three handles.

"The coaching point is to keep tight hands to the breastplate!"

The FLIPBACK is a forearm shield. Protects area from elbow to knuckles. Allows full range of motion without tying up your hands. Wear it in scrimmage or "thud" practice drills. Ideal for martial arts training. Two elastic web handles stretch to fit any size arm. Measures 3" thick by 9" wide by 18" long. Sold in pairs.

"The coaching point is to attack a defender's arms with a violent slap or chop!"

	no.	weight	price	special
BOD SHIELD	BODS	8 lbs.	\$ 180	(6 for \$1050)
FLIPBACK	FB650	2 lbs.	\$ 110 pr.	(6 pr. / \$ 630)

Colors: RED BLUE YELLOW

Cover: 18 oz. vinyl-coated polyester
Core: molded urethane foam

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- A** HAND TARGET
- B** HAND CHECK PAD
- C** ARM PROTECTOR

The **HAND TARGET** is worn on each hand. Fits like a glove. Use it to teach punch combinations while developing hand and eye coordination. Strike a left-right or right-left combination against targets held at different levels. Improve hand quickness. Develop the stamina and reflexes of a boxer! Measures 2 1/2" thick by 8" wide by 10" long.

"The coaching point is quick and explosive hands!"

The **HAND CHECK PAD** simulates press coverage at the line of scrimmage. Use it to teach Receivers to get off a jam with a variety of escape moves. Also used as a target by D-Lineman to practice the rip, club and chop moves. Slide your arm inside this pad and grab the inner handle. Offers total arm protection. Measures 8" in diameter by 25" long.

"The coaching point is to teach escape moves against press coverage!"

The **ARM PROTECTOR** offers protection for the entire arm from the point of the shoulder to the wrist. When practicing pass rush moves, a defender can attack full speed and violently without risking injury.

"The coaching point is to teach pass rush moves against live targets!"

	no.	weight	price	special
HAND TARGET	HTP	1 lb.	\$ 88 pr.	(4 pr: for \$332)
HAND CHECK PAD	CHEK1	4 lbs.	\$ 240 pr.	(4 pr: for \$920)
ARM PROTECTOR	AP1	3.5 lbs.	\$ 250 pr.	(4 pr: for \$960)

Colors:

RED BLUE YELLOW

Cover: 18 oz. vinyl-coated polyester
Core: ensolite foam

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GIANT PUSHBACK **HOG HANDLER**

The GIANT PUSHBACK is an air-filled shield. Angular shape encourages a dip and lift blocking charge. Ideal for load, seal, and arc blocks. Mirrors the curvature of the chest and hips when a player crouches in a hitting position. Measures 10" thick by 20" wide by 42" long. Four handles.

The HOG HANDLER is a foam-filled shield. Angular shape forces blocker to hit low and maintain a flat back. Use it to practice rooting out a submarine charge from a head-up or inside gap alignment. Also useful for teaching a reach or scramble block against a man on an outside shade. Measures 5½" thick by 20" wide by 50" long. Five handles.

"The coaching point is to get underneath the pads of a defender by firing out low and getting the proper shoulder fit at the point of attack!"

	no.	weight	price	special
GIANT PUSHBACK ●	PB585T	5 lbs.	\$ 165	(4 for \$640)
HOG HANDLER ▲	PB50KS	9 lbs.	\$ 190	(4 for \$740)

Colors: RED BLUE

Cover: 18 oz. vinyl-coated polyester

Cores: ● air
▲ solid polyether foam

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- **A CHUTE**
- **B LONG BOARD**
- **C SHORT BOARD**

The CHUTE teaches a lineman to fire-out low. Develops maximum forward thrust. Blocker must stay low for the first two steps then climb on the block. Each stall measures 54" wide by 60" deep and slants up from 46" to 52" front to back. Lightweight and portable. Powder coated red. *Made entirely of aluminum. Will never rust!*

"The coaching point is to explode off the ball, roll the hips and hit on the rise!"

The LONG BOARD teaches a wide base. Made from molded foam. Beveled sides prevent ankle injury. Will never splinter, crack or warp. Measures 2 1/2" thick by 12" wide by 92" long.

"The coaching point is to maintain a wide base from stance through contact!"

The SHORT BOARD teaches the correct approach steps prior to contact. Measures 2 1/2" thick by 4" wide by 36" long.

"The coaching point is to gain ground with the first step and quickly plant the second step without over-striding!"

	no.	weight	price	special
CHUTE 1 STALL	LOW1	46 lbs.	\$ 500	
CHUTE 2 STALL	LOW2	75 lbs.	\$ 830	
CHUTE 3 STALL	LOW3	103 lbs.	\$ 1160	
CHUTE 4 STALL	LOW4	138 lbs.	\$ 1490	
CHUTE 5 STALL	LOW5	162 lbs.	\$ 1820	
LONG BOARD	B96	35 lbs.	\$ 220	(5 for \$ 1075)
SHORT BOARD	T36	2 lbs.	\$ 55	(5 for \$ 250)

Color: RED

Color: ORANGE

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▶ DEFENSIVE CHUTE

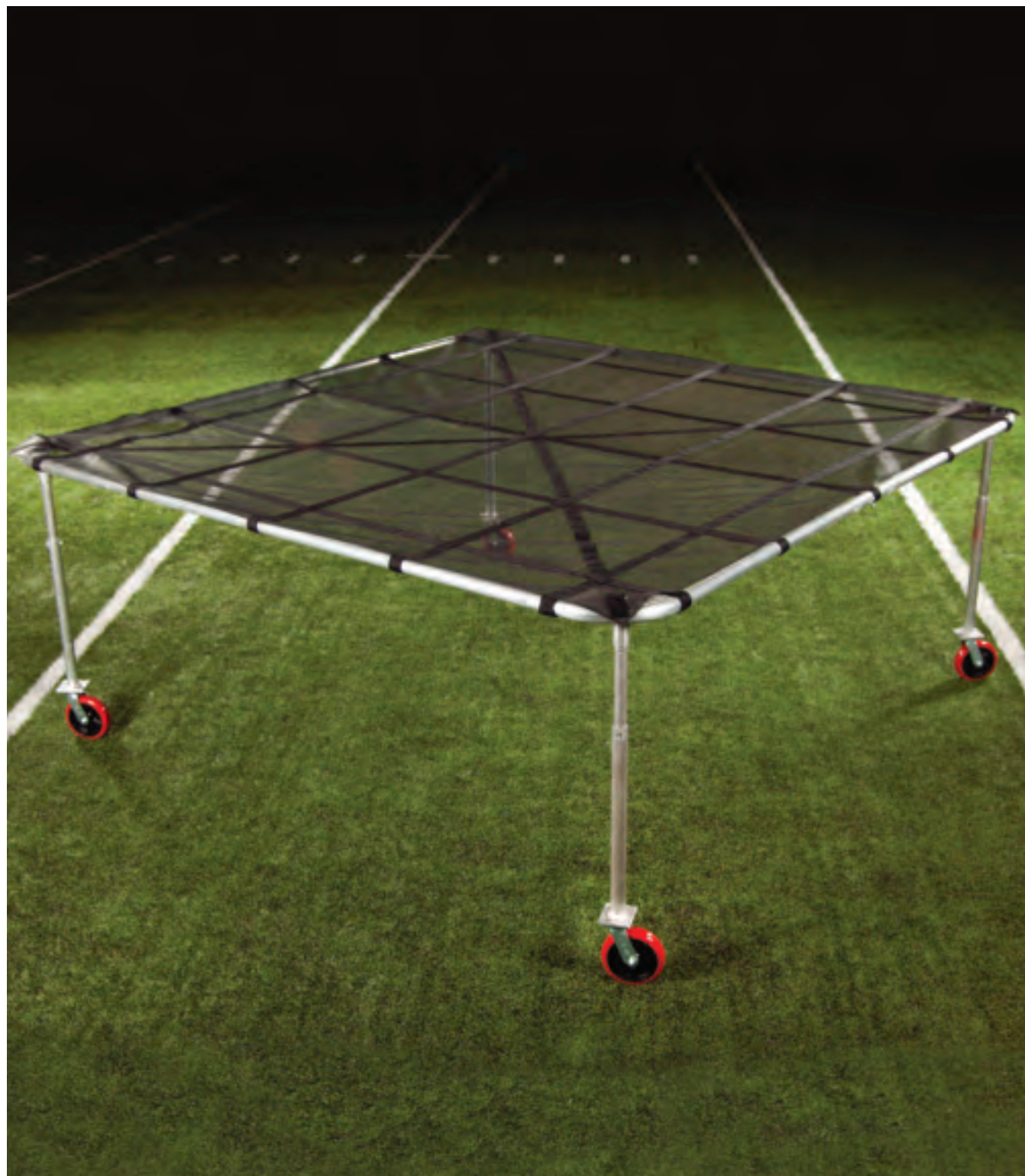
The DEFENSIVE CHUTE offers a wide-open space ideally suited to one-on-one scrimmage drills and individual agilities. Use the Chute to teach DB's, Backers and D-Lineman to stay low in a good defensive posture while backpedaling, moving laterally or firing out from a stance. Place step-over dummies inside of the Chute and work agility drills while staying low. Measures 10' x 10'. Adjustable in height from 42" to 66". Top frame has extra strength and rigidity to prevent it from bending out of shape. Welded corner sockets keep the legs perfectly vertical. 8" solid polyurethane wheels with swivel capability offer easy movement on grass or turf. Lightweight and portable. *Made entirely of aluminum. Will never rust!*

"The coaching point is to stay low with knees bent and weight balanced so you can go in any direction!"

	no.	weight	price
DEFENSIVE CHUTE	DC1	110 lbs.	\$ 1450

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▶ SUPER CHUTE

The SUPER CHUTE offers a wide open training space. Measures 20' by 10'. Makes playing low a habit. Multiple players can work at the same time. Clear span design gives players the freedom to enter and exit the chute from any side. Soft mesh top allows players to work without helmets. Great for off-season conditioning and agility drills. Teach DB's the basic fundamental of low pad level as well as the skills of breaking on the ball and change of direction. Ideal for "W" and "Star" drills. Back-pedaling and breaking at 45° and 90° angles. Top frame has extra strength and rigidity to prevent it from bending out of shape. Side frame truss reinforces the structural integrity of the frame. Welded corner sockets keep the legs perfectly vertical. Spreader bar keeps the mesh screen taut. 8" solid polyurethane wheels with swivel capability offer easy movement on grass or turf. Adjustable in height from 42" to 66". Lightweight and portable. *Made entirely of aluminum. Will never rust!*



"The coaching point is to play with low pad level while going in and out of breaks!"

	no.	weight	price
SUPER CHUTE	SUP1	190 lbs.	\$2475

T w o Y e a r W a r r a n t y



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PLAYMAKER CHUTE **SCREENLINER**

The PLAYMAKER CHUTE is a chute without partitions. Ideal for teaching zone and combo blocking schemes. Use it to practice the cross, trap, reach, iso and counter-trey blocks. Work half-line or full-line blocking assignments against players positioned under the chute. The screen is adjustable in height from 46" to 66". Four suspension rods control the height and angle of the screen. Measures 4' deep. Select the size based on workout groupings: 3 linemen-16', 4 linemen-20', 5 linemen-24' and 6 linemen-28' in length. New and improved screen made from reinforced I-beam grating offers added strength and durability. Standard equipment includes black powder coating and a wheel package that includes 8" solid swivel wheels for optimal maneuverability. Very easy to move the Playmaker Chute from one practice location to another, or on and off the field. *Made entirely of aluminum. Will never rust!*

The SCREEN LINER prevents helmet scratches! Made from a non-marking PVC.

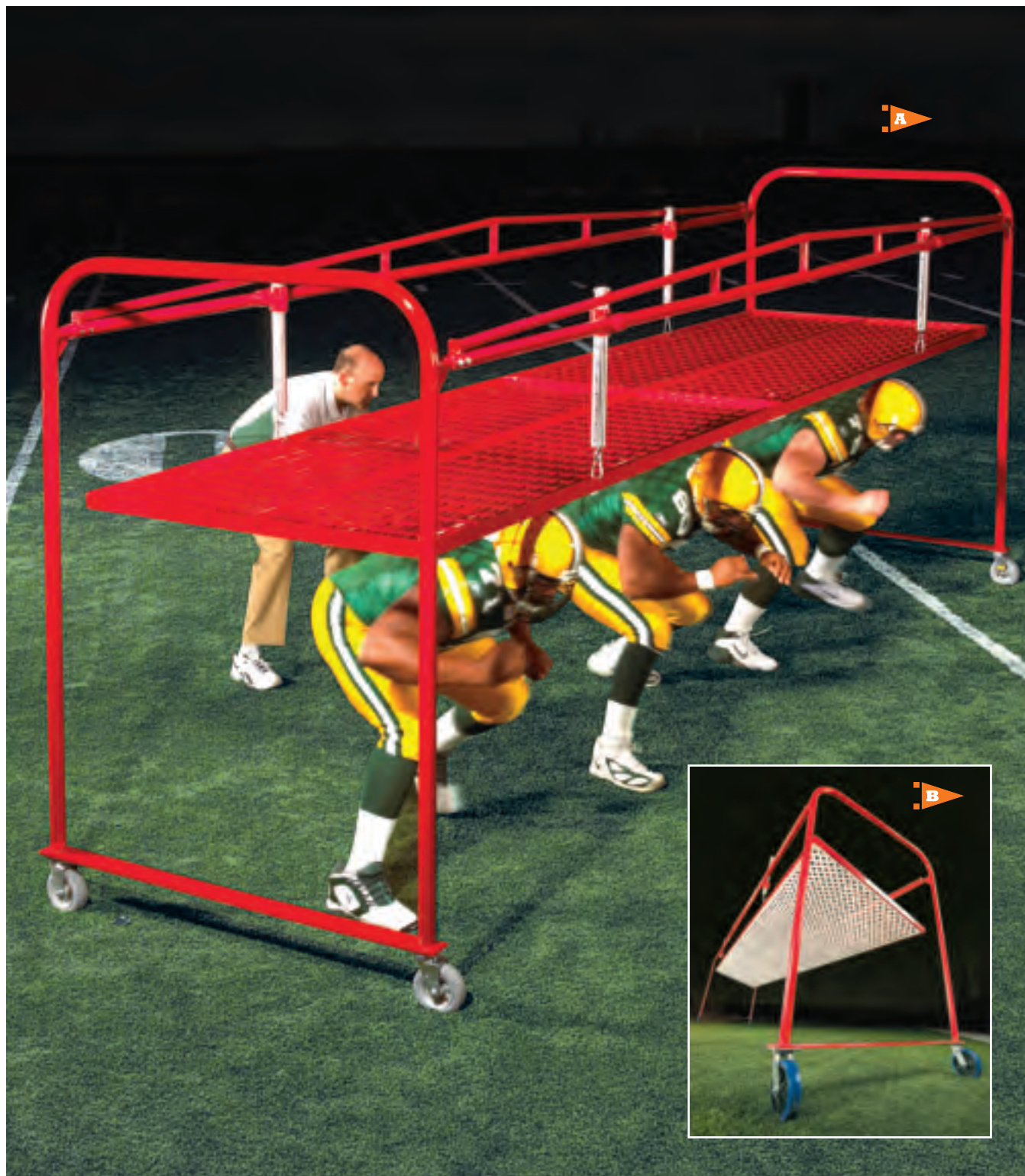
"The coaching point is to maintain low pad level while executing a full range of combo blocks!"

	no.	length	weight	price
PLAYMAKER CHUTE	PC16	16'	235 lbs.	\$ 3700
PLAYMAKER CHUTE	PC20	20'	275 lbs.	\$ 4000
PLAYMAKER CHUTE	PC24	24'	325 lbs.	\$ 4300
PLAYMAKER CHUTE	PC28	28'	411 lbs.	\$ 4600
SCREEN LINER	SL16	16'	40 lbs.	\$ 225
SCREEN LINER	SL20	20'	50 lbs.	\$ 275
SCREEN LINER	SL24	24'	60 lbs.	\$ 325
SCREEN LINER	SL28	28'	70 lbs.	\$ 375
WHEEL PACKAGE	WPPC		24 lbs.	(included)

Colors: **BLACK**

T w o Y e a r W a r r a n t y


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A

B



50

A BALL CARRIER ARCH **B WIDE RECEIVER ARCH**

The BALL CARRIER ARCH teaches Backs and Receivers low pad level when throwing a block, releasing into pass routes and accelerating in and out of breaks. Place the Ball Carrier Arch at the points of attack. Challenge your Backs to run under the Ball Carrier Arch with an explosive burst and cut back against pursuit. Cut back runners have the skill to stop on a dime, shift their weight and accelerate off the break. Blast through two Ball Carrier Arches to teach your Backs to "lower the boom" when throwing a block. Measures 55" tall by 37" wide. Web-foot design makes each Ball Carrier Arch stable and self-supporting. Lightweight and portable. Powder coated. *Made entirely of aluminum. Will never rust!*

The WIDE RECEIVER ARCH is a taller version of the Arch specifically designed for wide outs. Offers 2 height settings starting at 54" and going up to 62". Easy to adjust. Simply press the snap buttons and lift. Standard width is 37". Powder coated. *Made entirely of aluminum. Will never rust!*



"The coaching point is to emphasize knee bend, balance and low pad level!"

	no.	weight	price	special
BALL CARRIER ARCH	A1	20 lbs.	\$ 295	(4 for \$1160)
WIDE RECEIVER ARCH	A2	24 lbs.	\$ 340	(4 for \$1340)

Color:

RED

Cover: 18 oz. vinyl-coated polyester
 Core: ensolite foam

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▶ LINEMAN ARCH

The LINEMAN ARCH teaches low pad level prior to the contact phase of the block. Gets a blocker to bend his knees and create the power generating angles in his hips and knees. Single overhead bar allows blockers to approach from any angle and get through it with a single step. Use it to teach low pad level when pulling, trapping and reach blocking at the line of scrimmage. Use it to teach hunting linebackers at the second level. Gets blockers in the habit of bending their knees and exploding up through their hips. The Lineman Arch is 60" wide and 54" tall. "T" shaped feet allow tight spacing along the line of scrimmage and provide stability. Lightweight and portable. Quick and easy to move to different spots on the field whenever the blocking scheme or the play call changes. *Made entirely of aluminum. Will never rust!*

"The coaching point is to teach low pad level prior to the contact phase of the block!"

	no.	weight	price	special
LINEMAN ARCH	LA1	15 lbs.	\$310	(4 for \$1220)

Color: **RED**

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► MOBILITY ARCH

The MOBILITY ARCH develops dynamic mobility. Use it to improve flexibility and range of motion in the groin, gluts, hamstring and lower back while bending, stepping, squatting and lunging. Excellent tool for off-season conditioning and in-season flexibility training. Also ideal for obstacle courses and agility stations. Measures 42" wide. Adjusts from 30" to 52" with twelve height settings to choose from. To adjust the height, press the button and slide the frame up or down to the next stop. Select the height that's right for your players. The Arch can be set up two different ways. Set the feet in a "T" formation. Now the Arch is stable and won't tip. Use it for mobility training. Set the feet in an "L" formation by unscrewing the front foot. Now the Arch resembles a hurdle and will tip forward. Use it for jumping. For storage, simply rotate the feet parallel to the top bar and stack it on the floor or against a wall. Wider and taller than a hurdle so big people can lunge under it. Safer than a hurdle because there's no crossbar to step on. Lightweight and portable. Use it indoors or outdoors. Powder coated. *Made entirely of aluminum. Will never rust!*

🗣️ **"The coaching point is to develop knee bend and supple hips!"**

	no.	weight	price	special
MOBILITY ARCH	MA1	30 lbs.	\$ 395	(6 for \$ 2310)

Colors: RED BLUE BLACK

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▶ HIGH RELEASE NET

The HIGH RELEASE NET is a multi-purpose QB trainer. Using this net, a QB can work independently. It's like having your own Receiver to catch every throw. Use the net to work on accuracy. By hitting the pocket, the QB gets instant confirmation that he's thrown a good ball. Teach your QB to release the ball at the highest point. Teach your QB to throw the ball up and over a defender. Place the net 12 yards down field and raise the net to 9' high to simulate a Linebacker with a deep drop. Throw the ball over the net and pull it down to the Receiver. The net measures 6'6" wide by 4'6" high. It is adjustable in height up to a maximum of 10'. Mounted on 8" swivel wheels for ease in movement. *Made entirely of aluminum. Will never rust!*

"The coaching point is to simulate every throw in your offense, short to intermediate, field to boundary while maximizing repetition time!"

	no.	weight	price
HIGH RELEASE NET w/ Diagonal Pockets	NET3	90 lbs.	\$ 1195

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A DROP-IN NET **B** DROP-IN COMBO

The DROP-IN NET teaches the QB to throw a high trajectory pass that turns over at its zenith to drop into the Receiver's hands. This throw is synonymous with the "Streak" and "Fade" routes. Both throws call for pinpoint accuracy. By using this net, a QB can work alone and get a maximum number of reps. It's a great off-season trainer. Place the net 40 yards down the sideline and let the QB take a drop from the near or far hash and drop the ball into the net. Place the net in the corner of the end zone and work on throwing the ball with "touch" to complete the fade route. The pocket measures 48" x 48". The net is angled from a low point of 63" to a high point of 87" to help capture the ball. Mounted on 8" swivel wheels for ease in movement. *Made entirely of aluminum. Will never rust!*

"The coaching point is to throw a high trajectory pass that drops down into the outstretched arms of a streaking Receiver!"

The DROP-IN COMBO combines two nets in one. The basket net in the center of the frame and the single pocket net mounted on the backside of the frame. Offers the QB an opportunity to complete two different throws: the deep ball on a "fade" route and a short rhythm pass on an "out" pattern.

	no.	weight	price
DROP-IN NET	DROP1	94 lbs.	\$ 1170
DROP-IN COMBO	CDROP	97 lbs.	\$ 1400
BACKSIDE NET	BACK1	5 lbs.	\$ 230

T w o Y e a r W a r r a n t y

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ELEVATOR NET

The ELEVATOR NET is adjustable in height and in the angle of the target. The Target is a 30" diameter ring that rotates from a vertical position to a horizontal position and any angle in between. The 30" diameter opening of the ring challenges the QB to make precision throws. The adjustable height and the rotational options allow the QB to practice every throw in the playbook. From the short curl and stop routes to the long post and go routes to the red zone fade routes. Like nothing else, it teaches a QB to throw the high ball to a leaping receiver. Being able to adjust the target to different heights and angles allows a QB to throw the precision touch pass. The Target can be adjusted from a base of 66" to a max height of 92". And elevator jack is used to raise or lower the Target. The net is 30" in diameter by 60" long with a drawstring bottom to make it easy to retrieve the footballs. The base is mounted on 8" wheels with a pivoting two bar so it can be hooked up to a gator and easily moved from field to field or into an indoor field house.

"The coaching point is to make precision throws on all passing routes!"

	no.	weight	price
ELEVATOR NET	ELNET1	245 lbs.	\$ 1200

US Patent Pending

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▶ PORTABLE QB NET

The PORTABLE QB NET gives the QB a passing net that he can use anywhere on the field. This allows the QB to work on any field, at any time, both indoors and outdoors. It eliminates the need to string nets from Goal Posts. It creates an instant workout space for QB's. The net measures 9½' high by 18' long. There are three drop pockets measuring 18" x 26". Coach can call out which pocket to hit by calling out the color. A QB can work on a 3, 5, or 7 step drop and then throw into the net for accuracy and ball placement. Ideal for developing proper throwing mechanics. During the off-season, throw weighted balls against the net to build strength and condition your QB's. Develop proper release points. Use the Net to warm up your QB before throwing routes. The Net has the proper weight and height to support a weighted ball progression. Mounted on heavy duty 10" wheels for ease in movement. *Made entirely of aluminum. Will never rust!*

The QB DOT is a colored 12" diameter dot that gives the QB multiple throwing targets. Can be fastened anywhere on the net. Four colors: Green, Yellow, Orange and Purple. Not pictured.



"The coaching point is to get QB reps anywhere on the practice field!"

	no.	weight	price
PORTABLE QB NET	PORT1	300 lbs.	\$ 4000
QB DOT	DOT1	4 lbs.	\$ 120 set of 4

T w o Y e a r W a r r a n t y



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► QB BUDDY

The QB BUDDY is a portable single pocket net. Self standing and easy to move! Offers the coach flexibility of setting up every pass route in your offensive playbook! Using this net, a QB can make all the throws and get multiple reps over a short period of time. Place the net at intervals and depths where the receiver route would terminate their routes. Use managers to simulate defensive backs in coverage. When a manager covers the net, the QB must check down and find the open receiver. Based on coverage and read, the QB must throw to the uncovered net. Using a timer, a QB will develop quick decision making ability. Since the drop pocket is small, the QB must develop good "touch", ball placement and accuracy. Use seven QB Buddy's to set up your whole passing tree and let your QB work on 7 on 7 drills without receivers. Measures 42" wide by 76" tall. Pocket size is 15" x 15". Lightweight and easy to move!

Made entirely of aluminum. Will never rust!

"The coaching point is to get QB reps anywhere on the practice field!"

	no.	weight	price	special
QB BUDDY	QB1	28 lbs.	\$575	(4 for \$2260)

T w o Y e a r W a r r a n t y

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▶ THE DISTRACTOR

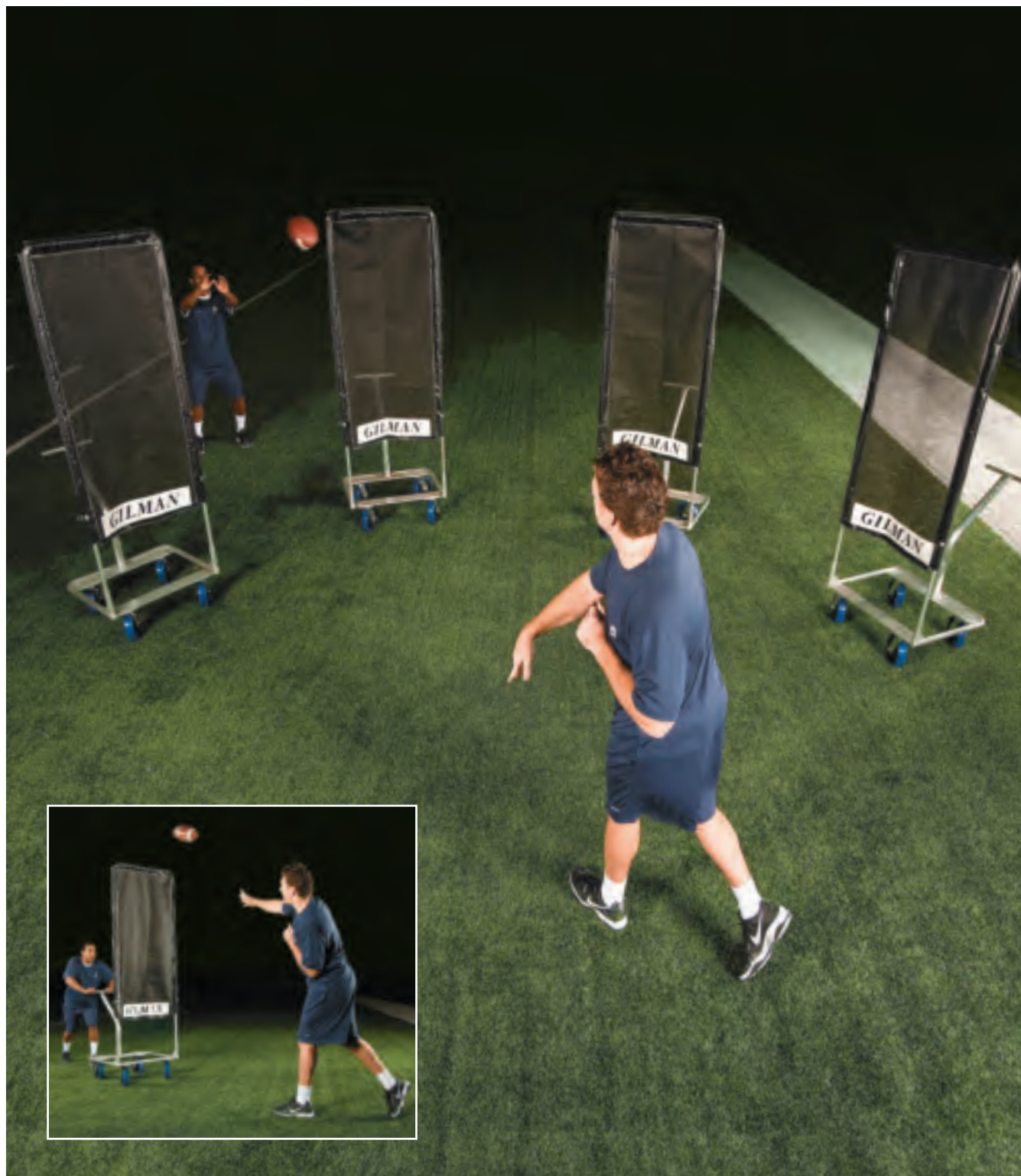
The DISTRACTOR teaches QB's to make touch passes over and between defenders. When a receiver runs pass patterns over the middle, they are often visually obscured by D-Ends, Backers or DB's dropping into coverage. When a receiver runs behind the screen, he's "covered". The QB must anticipate when a Receiver "uncovers" and deliver the ball on target. Use it to simulate pocket movement when a QB must step around a defender to complete a pass. Create a pocket using 4 Distractors to simulate throwing lanes during pass skelly. Also excellent for teaching QB's screen throws over on-rushing linemen, touch throws over zone defenders and touch throws into the seams when facing underneath coverage. Use it as a distraction drill for all receivers, tight ends and running backs who have to catch the ball behind zone defenders. The screen tests a receiver's ability to find the ball and track it into his hands when coming out of a break. Screen width is 30". Screen height is adjustable from 6'5" to 9'9" with six intermediate height settings. The screen is made from a black mesh material. A handlebar is mounted to the back of the frame to steer and push the frame around the field. 8" swivel wheels allow for easy movement. *Made entirely of aluminum. Will never rust!*

"The coaching point is to coach your skill players to throw and catch the ball under defensive pressure!"

	no.	weight	price	special
THE DISTRACTOR	COVER 1	60 lbs.	\$ 750	(4 for \$2960)

T w o Y e a r W a r r a n t y

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▶ QB STEP RIGHT®

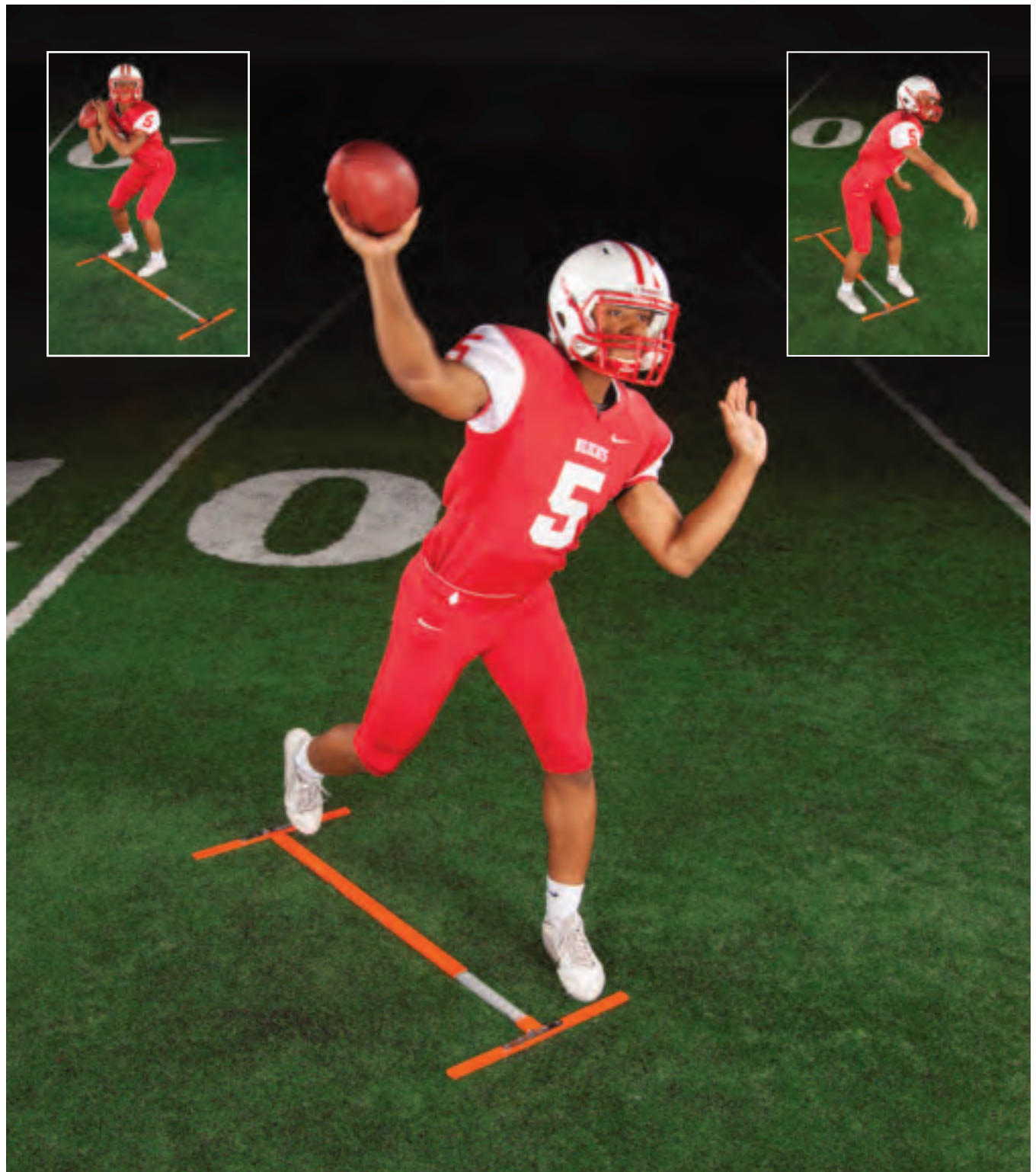
The QB STEP RIGHT® develops proper lower body fundamentals! First, it teaches the proper stride length. Second, it teaches the QB to step properly toward the target forcing the hips to "fire" to maximize accuracy and velocity. By using this tool, a QB can develop a consistent stride and proper hip rotation and eliminate the habit of over-striding. The QB Step Right has a double "T" structure. Place it on the ground and bisect the center bar with the insteps of both feet with the back foot touching the starting bar. When the QB steps forward, he places his front foot parallel to the center bar and keeps it within the front "T" bar. It gives the QB visual evidence and instant feedback on his technique. By practicing these mechanics, a QB develops consistent footwork and good hip rotation which lead to accurate throws and excellent ball velocity. Use it in the offseason to develop muscle memory in any QB's stride. Use it in-season to warm up and hone footwork techniques. The double "T" telescopes from a minimum spacing of 32" to a maximum spacing of 52". The center bar has a built in tape measure so it's easy to set the correct spacing every time. Customize the setting based on the height of the QB. The QB Step Right is made of lightweight aluminum. The front and rear "T" bar is hinged and folds in half for compact storage. Available with an optional QB Travel Bag.

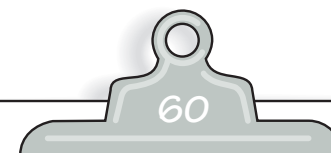
"The coaching point is to teach a QB to rotate his hips through the throw"

	no.	weight	price	special
QB STEP RIGHT	QSTEP	4 lbs.	\$ 175	(4 for \$680)
QB TRAVEL BAG	QBAG	1 lb.	\$ 45	(4 for \$160)

T w o Y e a r W a r r a n t y

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▶ QB WEDGE

The QB WEDGE is an excellent tool for teaching both weight transfer and full body mechanics which are critical to throwing the football with accuracy, velocity and distance!

Use the Wedge for a QB who throws and his back foot stays on the ground and fails to transfer his weight. Stepping downhill on the Wedge, a QB expunges from his muscle memory the impulse to throw flat footed or throw off his back foot.

Use the Wedge for a QB who locks out his front knee as he steps to throw. Stepping uphill on the Wedge forces the lead knee to stay bent through the throw.

Use the Wedge for a QB who over-strides. Placing the high end of Wedge in front of his lead foot you have shortened the QB's stride which is critical to increasing power and accuracy.

The Wedge is lightweight and portable. Top surface is padded with turf for safety and comfort. *Made of aluminum. Will never rust!*



"The coaching point is to teach weight transfer and full body throwing mechanics!"

	no.	weight	price	special
QB WEDGE	EDGE1	18 lbs.	\$ 170	(4 for \$ 660)

T w o Y e a r W a r r a n t y



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▶ LACELESS FOOTBALL™

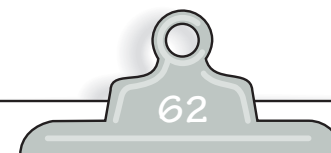
The LACELESS FOOTBALL is a regulation size football without laces. It is the perfect training tool for QB's who run the up tempo, zone read, spread option attack from the "Gun". In this offense, the ball must come out quickly. There's no time for the QB to rotate the ball looking for the laces. The QB must catch, grip and rip the ball in a matter of seconds. By working with a laceless ball, the QB has no choice. He must learn to grip and throw the ball without the help of laces. Work a progression of drills in which the QB takes the shot gun snap and throws the quick slant or bubble screen. By using one of the Gilman Nets, a QB can get a lot of repetitions in a fast paced tempo to perfect his ability to catch, grip and rip. Available in two sizes: College and Youth!

"The coaching point is to develop the ability to catch, grip and rip the ball!"

	no.	price	special
LACELESS FOOTBALL - College	LBAL1	\$ 90	(4 for \$340)
LACELESS FOOTBALL - Youth	LBAL2	\$ 80	(4 for \$300)

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▶ **DISTRACTOR STICK**

The **DISTRACTOR STICK** simulates a defender's arm reaching in to grab a piece of the QB. Use it to try and knock down his arm, strip the ball from his hand and disrupt his throwing motion by jabbing him in the shoulder, back or hips. The QB must maintain his poise and throwing profile amid the chaos of a fierce pass rush. Poking and jabbing the Stick is an attempt to distract the QB's attention and disrupt his rhythm. A well trained QB will slide away from pressure and make the throw. Also used to jab and poke the ball loose from Running Backs, Tight Ends and Wide Receivers. Teaches ball security and concentration. Overall length is 48". Padded end measures 5½" x 24". High strength aluminum shaft. Lightweight and safe.



"The coaching point is poise and pocket awareness under duress!"

	no.	weight	price	special
DISTRACTOR STICK	STICK1	5 lbs.	\$150	(4 for \$580)

Colors:

RED BLUE



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▶ THOR'S HAMMER

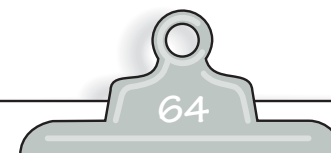
The THOR'S HAMMER is a boxing glove on a stick. It's a tool to punch and poke at the football while a running back is carrying the ball. Use it to teach ball security. Today's defenses will attack the football and try and create a turnover. It is critically important for a ball carrier to carry the football high and tight and practice the 5 points of pressure. If a ball carrier is not squeezing the ball tight against his chest, the ball will come out when "punched". Use it as a distraction tool to challenge Wide Receivers to focus and concentrate on a thrown football. The padded glove is mounted on an extension pole giving the holder a long reach.

"The coaching point is to simulate pressure on the football!"

	no.	weight	price	special
THOR'S HAMMER	TH1	13 lbs.	\$ 185	(4 for \$ 720)

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▶ THOR'S HELMET

The THOR'S HELMET is a helmet on a stick! Use it to teach a ball carrier to attack a defender with a stiff arm. Usually a defender will lead with his helmet and the best way to fend off the tackle is to shoot the palm of the hand at the helmet. Use it to practice warding off an angle tackle. Forces a RB to have a tighter landmark when delivering a stiff arm. Plunge the stick at a ball carrier to test quick reflexes and peripheral vision. Eliminates "live" collisions in practice. Promotes safety. The helmet is mounted on an extension pole giving the holder a long reach.



"The coaching point is to teach a stiff arm!"

	no.	weight	price	special
THOR'S HELMET	HAT1	9 lbs.	\$230	(4 for \$900)



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▶ HEAVYBALL

The HEAVYBALL is a weighted football. Forces a ball carrier to tuck the football and concentrate on the 5 points of protection. Eliminates bad habits. Can't carry the ball "loose" or down low with a weighted football. Improves physical conditioning while making the hands and arms stronger. Equally important, the weighted ball is used for mental conditioning. The message it teaches is, "Don't drop the ball!" To carry a weighted football, it must be held high and tight. Carry it during all agility drills. Use it with resistance bands. It's the over train principle. After carrying a weighted ball, a running back will naturally put the squeeze on a lighter regulation football.

Two options available: Send us the game ball used in your program or order the stock **Wilson** ball.

"The coaching point is mental and physical toughness when carrying a football!"

	no.	weight	price	special
HEAVYBALL - custom	HB1	11 lbs.	\$ 165	(4 for \$640)
HEAVYBALL - stock	HB2	11 lbs.	\$ 185	(4 for \$720)

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A BALL HARNESS **B ELASTIC HARNESS**

The BALL SECURITY HARNESS teaches a ball carrier to protect the ball with four points of pressure. Carrying the ball this way prevents it from getting punched out from the front, back or sides. In today's age of defensive stripping and attacking the football, this tool is a must to prevent fumbles. The football is held in a soft and pliable cradle that includes a cup at each end to secure the ball. After the ball is inserted into the cradle it is fastened with a Velcro strap. A six foot long tail strap with hand grip allows a partner to trail behind the ball carrier to apply resistance.



"The coaching point is to teach a ball carrier to secure the football!"

The ELASTIC BAND HARNESS incorporates the ball cradle with rubber bands. The ball cradle has a loop through which a series of rubber bands is slipknotted. For running backs a 2 1/2" wide "max band" is used in a series of four connected bands. For wide receivers a 1/2" wide "mini band" is used in a series of two connected bands. By using the rubber bands, a player can work independently and get more reps.



"The coaching point is to teach a wide receiver quick hands and eye focus!"

	no.	weight	price	special
BALL SECURITY HARNESS	BSH1	1 lb.	\$ 60	(6 for \$ 330)
ELASTIC HARNESS - Mini	MIN1	2 lbs.	\$ 105	(6 for \$ 600)
ELASTIC HARNESS - Max	MAX1	6 lbs.	\$ 235	(6 for \$ 1380)



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▶ SLIPSKIN®

The SLIPSKIN® is a slip-on cover for a football. It makes the ball slick and slippery as if it were wet. Holding on to a slick ball is a challenge. A ball carrier must tighten his grip and secure the ball with the five points of contact: the fingers, the hand, the forearm, the elbow and the chest. Working with a slick ball makes secure ball handling a habit. QB's and Backs can work on their exchange. Ball Carriers can work on covering up the ball. Receivers can work on the "catch and tuck." Kick-off and punt specialists can work on fingertip catches. An interior strap allows you to pull back one side of the cover to allow the ball to be thrown. Made from Lycra. Available in five colors. Specify color when ordering.

"The coaching point is to secure the football high and tight and squeeze the index finger over the nose of the football!"




	no.	price	special
SLIPSKIN	SLIP1	\$29	(6 for \$168)

● Colors: RED BLUE ORANGE

US Patent # 6,398,677


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-  **GUIDEBACK**
-  **TRAFFIC CONE**
-  **SPOTBACK**

The **GUIDEBACK** marks the splits for the O-line and the points of attack for the Backs. Sand weighted. Available in a stock length of 35' with 2' splits and 3' player positions. To order a custom Guideback, please send in measurements of splits and player positions.

The **GUIDEBACK TNT** is a line marker for teams that run both ends open with double wide-outs. The TNT runs Tackle to Tackle at 28' long with 2' splits and 3' player positions.

 **"The coaching point is to learn the splits and the points of attack!"**

The **TRAFFIC CONE** is used to set up obstacle courses and agility stations. Heavy rubber base prevents wind blow-over. Easy to stack. Available in three sizes: 2", 6" and 12". High visibility Fluorescent Orange.

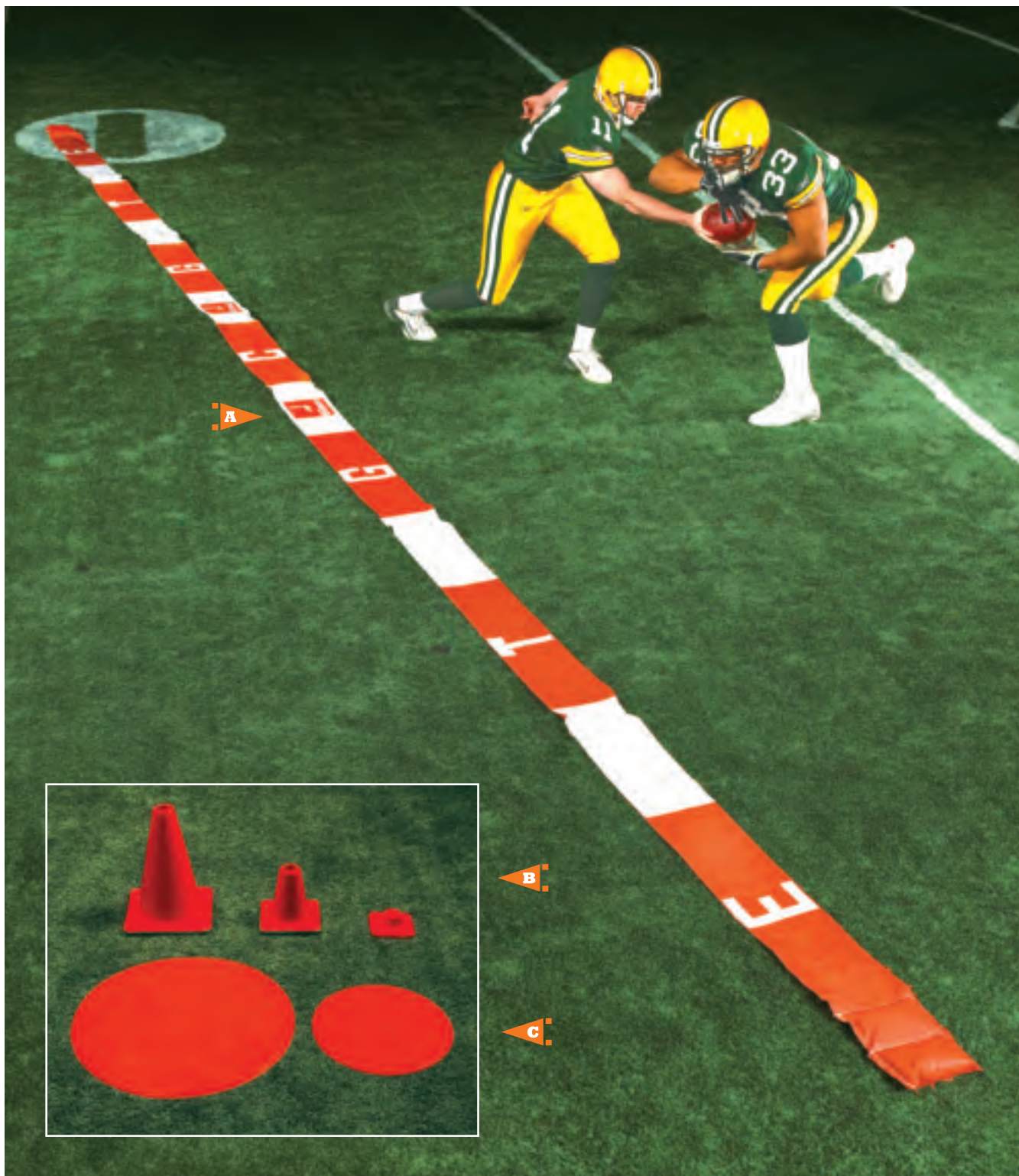
The **SPOTBACK** is a throw down disk marker. Use it to spot the drop points for DB's and break points for Receivers. Mark the location of the wall for punt returns. Use them on the sidelines to organize special teams before taking the field. Available in two sizes: 12" and 19". High visibility Fluorescent Orange.

	no.	weight	price
GUIDEBACK-Custom	GB10	35 lbs.	\$ 10 per foot
GUIDEBACK-Stock	STOCK	30 lbs.	\$ 280
GUIDEBACK TNT	TNT	25lbs.	\$ 250
SPOTBACK - 19"	SPOT19	26 lbs.	\$ 288 set of 12
SPOTBACK - 12"	SPOT12	12 lbs.	\$ 192 set of 12
TRAFFIC CONE - 12"	TC12	22 lbs.	\$ 240 set of 20
TRAFFIC CONE - 6"	TC6	30 lbs.	\$ 270 set of 30
TRAFFIC CONE - 2"	TC2	10 lbs.	\$ 210 set of 30

● Colors:

RED	BLUE	YELLOW
GREEN	ORANGE	BLACK

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▶ COMBAT RELEASE GLOVE

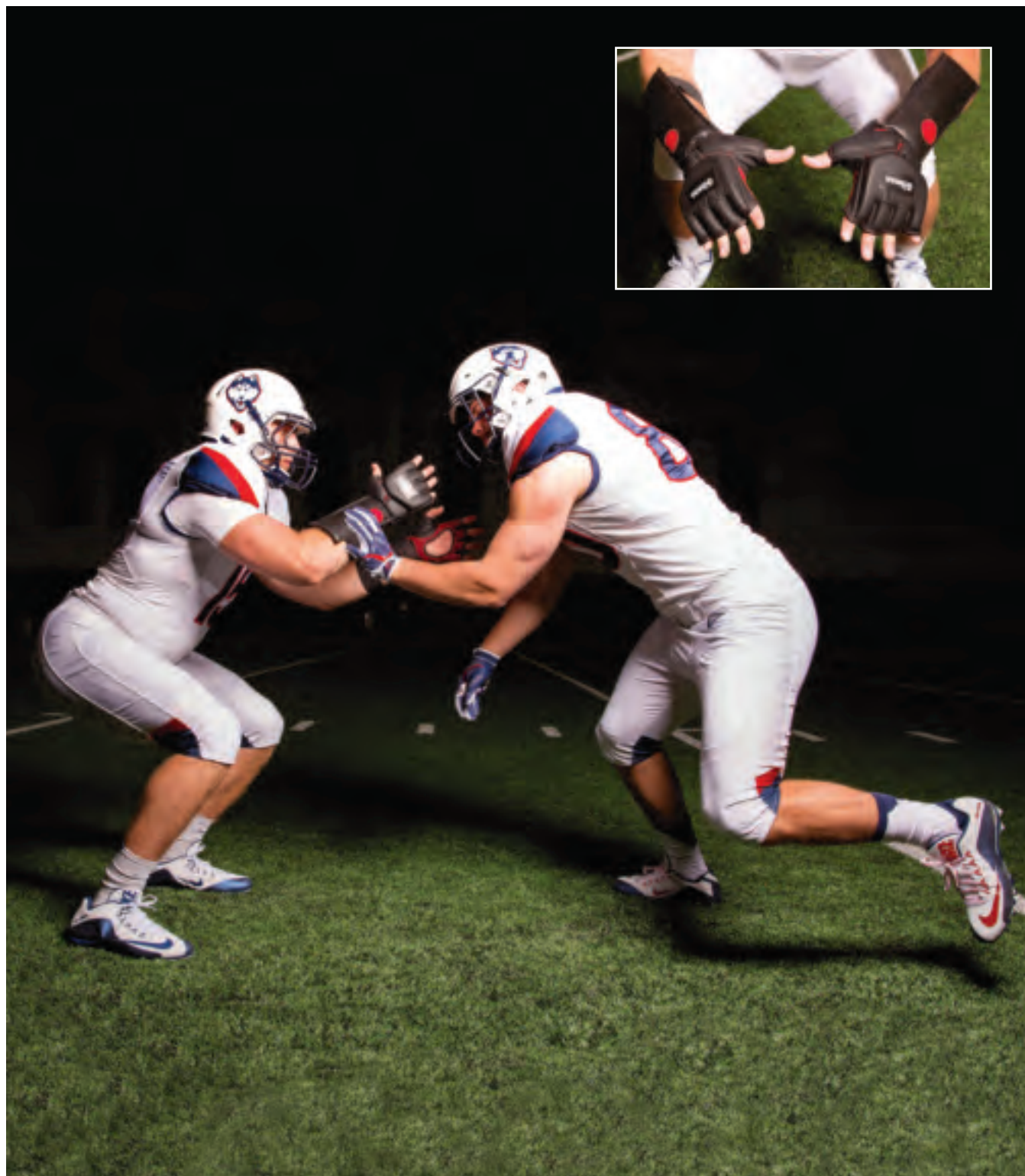
The COMBAT RELEASE GLOVE helps teach Wide Receivers and Tight Ends how to use their hands to release off the line of scrimmage. This lightweight, elongated Glove fits on the hand comfortably while allowing a full range of motion with the fingers and hands which is necessary to simulate game conditions. Padding covers the hand, wrist and forearm. Easy to slip on and take off. A red target dot marks the precise location of the wrist bone and offers a visual aiming point. The glove emphasizes the critical target points that are essential in defeating pressman coverage. By wearing the Gloves, a defender can take the "hits" while greatly reducing the chance of injury. It's a safe alternative to going live! Get maximum repetition while placing a premium on fundamentals and safety. Going against a realistic target makes sound technique a habit and increases muscle memory. A must for every Wide Receiver Coach.

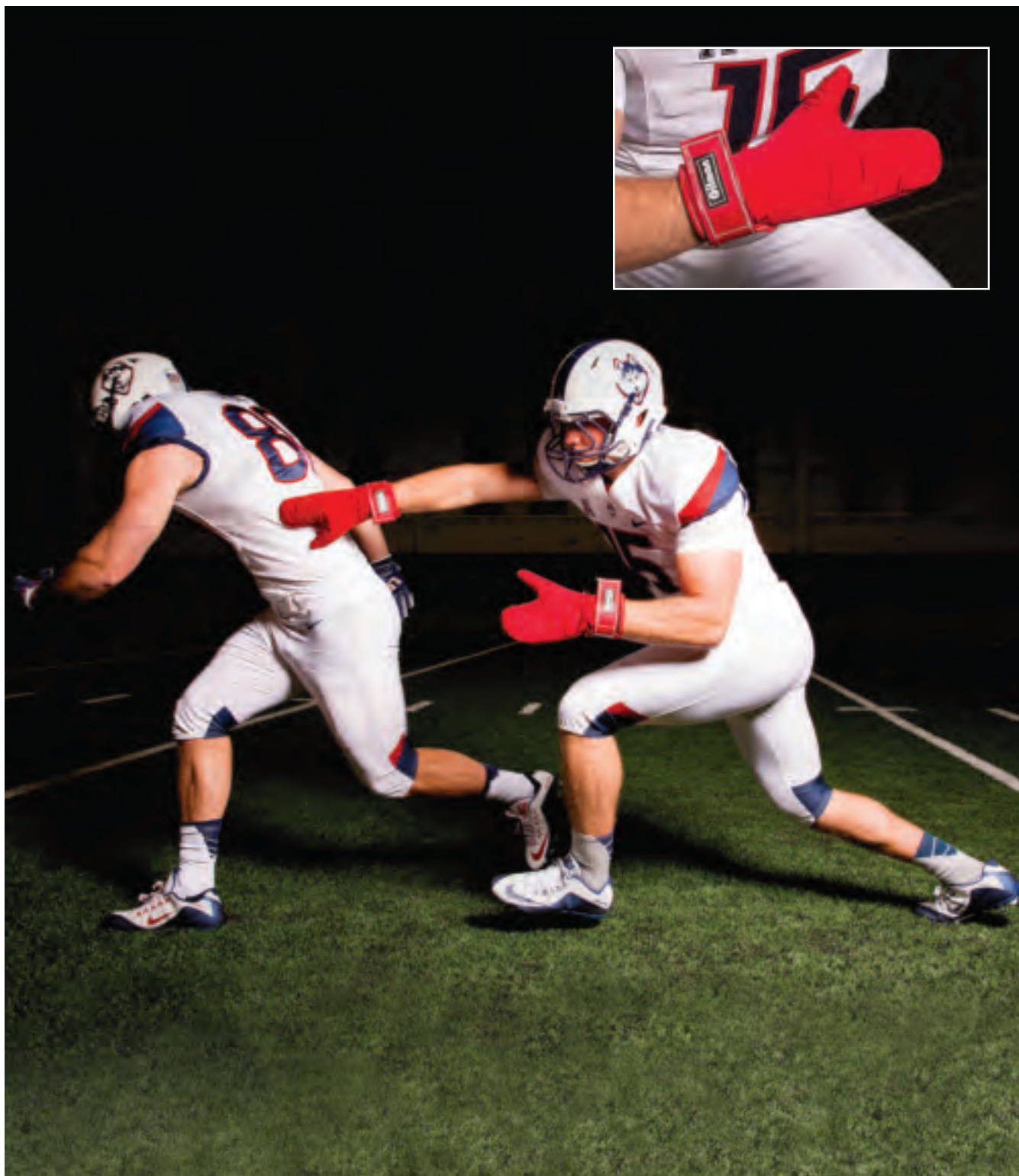
"The coaching point is to develop proper release techniques while keeping the players and coaches safe!"

no.	weight	price	special
COMBAT RELEASE GLOVE BAT1	1 lb.	\$180 pr.	(Opr. for \$1050)

Color: **BLACK**

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► PRESS PROTECTOR™

The PRESS PROTECTOR™ allows a DB to use proper hand placement without holding a receiver! Practice proper techniques and fundamentals associated with press coverage in an effort to eliminate costly defensive holding and pass interference calls. Wearing the mitts helps a defender stab and steer without grabbing cloth. The mitts are padded so a DB can still jam with an open palm and re-direct. The thumb is free so that hand placement is exactly the same as in a game-like situation. Just can't hold. Excellent for teaching one or two-handed jams. Easy to slip on and take off. A Velcro strap fastens around the wrist to prevent the mitts from sliding off. Lightweight and safe to wear! Covered in Lycra making the mitts slick and slippery. Minimizing defensive holding and pass interference calls are critically important for team success!

“The coaching point is to teach a DB to defend without holding!”

	no.	weight	price	special
PRESS PROTECTOR	PRESS1	1 lb.	\$ 76 pr.	(6 pr. for \$444)

Color: RED BLUE BLACK

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▶ ELASTIC BALL ▶ TRIPOD STAND

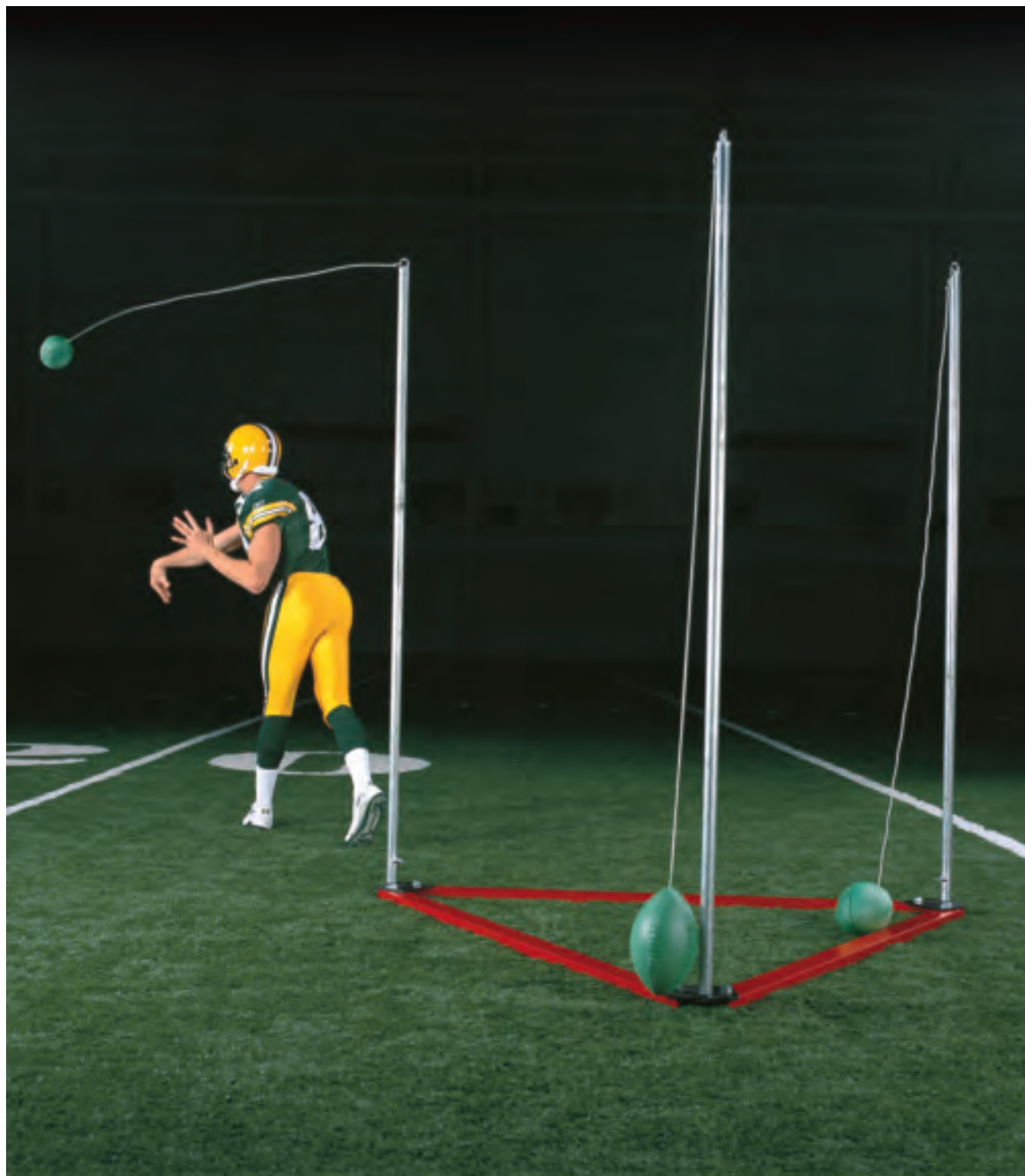
The ELASTIC BALL is a foam ball attached to a 6' elastic cord. At the end of the cord is a snap hook. Clip it to a fence or the Tripod Stand. Play pass and catch on your own. Use it to practice eye focus and fingertip catches.

"The coaching point is to catch the ball with your eyes!"

The TRIPOD STAND sets up a throwing and catching station anywhere on the field. Allows three Receivers to work simultaneously.

	no.	weight	price	special
ELASTICBALL	ELASTIC	14 oz.	\$ 90	(6 for \$528)
TRIPOD STAND	STAND	142 lbs.	\$ 500	

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- A** SCRIMMAGE VEST
- B** SNAP HAT
- C** JUMBO SNAP HAT

The SCRIMMAGE VEST is a tunic-style vest. One size fits all. Easy to slip on and take off. Comfortable to wear. Super lightweight. Made from a rugged polypropylene mesh that will not fray or tear. Can take a pounding in live contact scrimmages. Elastic straps with Velcro fasteners ensure a snug fit. Mesh won't absorb sweat, dries fast and allows air to circulate. Also used as scout team jerseys. Optional sewn-on numbers available.

The SNAP HAT is a helmet cap. Easy to slip on and off. Made from stretch Lycra with a strong elastic band. Grips helmet and fits tight. Speeds up changeover from one special teams unit to the next. Ideal for scout teams.

The JUMBO SNAP HAT is an extra large helmet cap designed to fit over the Guardian Cap. Made of stretch lycra with a strong elastic band around the bottom edge to cling to the helmet.

"The coaching point is to change teams without changing uniforms!"

	no.	price
SCRIMMAGE VEST ●	SV12	\$180 set of 12
SNAP HAT	SH12	\$120 set of 12
JUMBO SNAP HAT	JSH12	\$180 set of 12

Add \$30 per vest for sewn-on numbers front and back.

● Colors:	RED	BLUE	YELLOW
	GREEN	ORANGE	BLACK
	NEON		

Now available in Neon Green for sideline signal callers!

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▶ LANDING MAT

The LANDING MAT is a big crash pad. Soft foam breaks the fall and makes every landing a safe one. Encourages your players to go "full bore" in practice drills. Kick blockers dive onto it. Backs use it to practice leaping over a pile-up at the goal line. Receivers use it to practice making diving catches. Rush Ends use it to practice sacking the QB. Linebackers and DB's use it to practice tackling. Measures 10" thick by 72" wide by 120" long. Four side handles make it easy to move.

"The coaching point is to get full extension at the block point!"

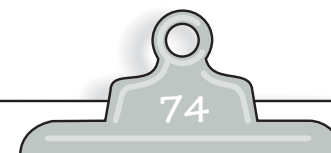
	no.	weight	price	special
LANDING MAT	LM1	90 lbs.	\$900	(4 for \$3540)

Colors: RED BLUE ORANGE

Cover: 18 oz. vinyl-coated polyester

Core: solid polyether foam





▶ TACKLE MAT

The TACKLE MAT is a big thick mat that is designed to teach the techniques of tackling without the risk of injury. Using this mat, work on a progression starting with three-quarter speed "form" tackling to full-speed knock back tackling. It allows a tackler to put a ball carrier on his back under safe conditions. Use it to teach a variety of tackling techniques including: head-up tackling, profile tackling and angle tackling. Helps teach arm wrap, leg drive, hip explosion and full speed run through. Great tool for Defensive Backs, Linebackers and Defensive Ends! Using this mat, defensive players can get lots of repetitions. The mat is 26", thick 72" wide and 96" long—big enough to allow a tackler to get full body extension across the top of the mat without touching the ground.



"The coaching point is to safely teach the fundamentals of tackling!"

	no.	weight	price	special
TACKLE MAT	TM1	130 lbs.	\$ 1500	(4 for \$5940)

Colors:

RED BLUE ORANGE

Cover:

18 oz. vinyl-coated polyester

Core:

solid polyether foam



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A JUGS® PRO
B SNAP ATTACK®
C CART

The CART is designed to easily move the Jugs® or Snap Attack®. One end has a basket holder for balls and the opposite end has a holder for a Generator. The machine mounts to a center pedestal that allows the operator to adjust the angle and direction of flight. The diamond shaped deck is mounted on 8" casters. Pivoting tow bar provides two methods of transport: "T" handle for manual pulling and trailer hitch.

The JUGS® PRO is the deluxe model. Max throwing distance is 80 yards. Delivers tight spiral punts and passes as well as end over end kicks. Includes two ball sliders, tripod legs and transport wheel.

The JUGS® FIELD GENERAL is the economy model. Max throwing distance is 50 yards. Delivers tight spiral punts and passes.

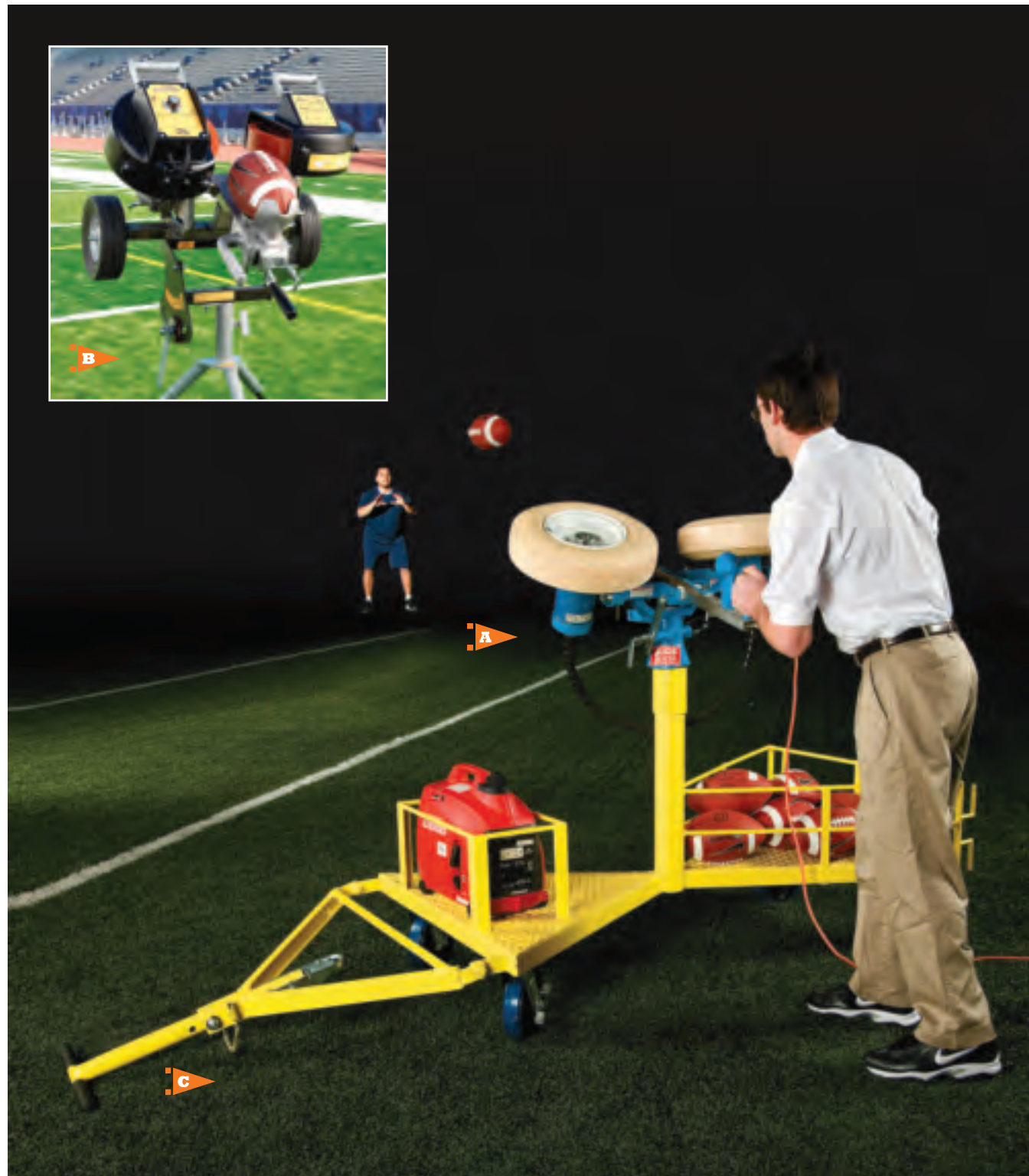
The SNAP ATTACK® is a premium machine. Designed for passing, punting, kick-offs and snapping. Able to pass the ball left and right handed or punt the ball left and right footed. Built with two high powered motors that provide instant recovery to the wheels for rapid repetition.

The AERIAL ATTACK is the economy model. Designed to punt, pass and do end over end kicks. Right footed kicks only.

"The coaching point is to save the leg of the kicker and the arm of a QB!"

	no.	weight	price
JUGS® PRO	JC1	127 lbs.	\$3725
JUGS® FIELD GENERAL	JC2	94 lbs.	\$3225
CART	JC3	180 lbs.	\$1150
JUGS® COMBO W/ PRO	JC4	302 lbs.	\$4850
JUGS® COMBO W/ GENERAL	JC5	269 lbs.	\$4350
JUGS® GENERATOR	JC6	30 lbs.	\$1225
SNAP ATTACK®	SA1	118 lbs.	\$3999
AERIAL ATTACK	AE1	85 lbs.	\$2999
SNAP ATTACK® ADAPTOR	ASA	6 lbs.	\$200

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FAIR CATCH™ **SURE-HOLD**

The FAIR CATCH™ is a sideline kicking net. Designed to catch the ball and not interfere with the kick. The pocket design lets a Kicker take his steps and get high leg elevation without snagging his cleats in the net. The frame is stable and balanced and won't tip in the wind. The net is attached to the frame with Velcro. Set-up is simply a matter of extending the legs and top bar. Breakdown is as easy as folding down the legs and top bar. Comes with a zippered travel bag. Open face of net measures 50" wide by 82" tall. *Made entirely of aluminum. Will never rust!*

"The coaching point is to get into a rhythm and feel the ball coming off your foot!"

The SURE-HOLD is a portable ball holder. Holds ball in an infinite number of positions. Can be used with or without a kicking block. Triangular design is stable in windy conditions. Legs fold up into a compact carrying baton. Lightweight. Powder coated Red.

"The coaching point is to tee up the ball without a holder!"

	no.	weight	price
FAIR CATCH ●	FCC1	43 lbs.	\$ 750
SURE-HOLD	SH2	1 lb.	\$ 40
● Colors:	RED	BLUE	BLACK

US Patent #259,052


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► ASSIGNMENT MAT

The ASSIGNMENT MAT is a vinyl square used to designate the position of players in either an offensive or defensive formation. Set up a defensive alignment and work on "run footwork". Each mat has a molded black outline of a player's helmet, numbers and armpits. Against these landmarks, a lineman can take a head up position or an inside or outside shade. Make it a habit to focus on targets. Teach linemen to come off the ball at the right angle and with the correct steps to execute a block. Excellent for learning play assignments and footwork fundamentals while getting multiple repetitions. Use it for "walk throughs" during which plays can be run versus multiple defensive looks. Teach assignments, line calls, and footwork! Defensive coaches use them to practice blitz and stunts against multiple offensive formations. Better than garbage cans because the Mats are not an obstacle that must be side stepped. The Mats are easy to set-up and store. Available in three colors. Size is 30" x 30".

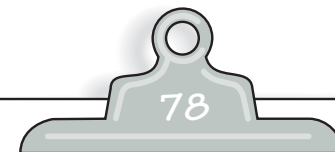
"The coaching point is to get more reps without using bodies!"

	no.	weight	price
ASSIGNMENT MAT	AM30	96 lbs.	\$336 set of 12

Colors: **ORANGE** **YELLOW** **LIME GREEN**

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► HAY BALER®

The HAY BALER® is a heavy duty, heavyweight dummy designed to be thrown, pressed, squatted or carried to develop strength, power and overall conditioning. The primary application is to improve triple extension and build rotary power. The secondary applications allow you to do a metabolic conditioning routine relevant to your sport. This multi-functional piece of resistance equipment gives you another tool for your training program. A Hay Baler workout includes the following exercises:

- Hammer Throw
- Caber Toss
- Twist
- Duck Walk
- Fireman's Carry
- Clean, Press & Toss
- Bent-Over Row
- Lunge & Squat

Available in five different weights: 35 lbs., 50 lbs., 75 lbs., 100 lbs. and 120 lbs. Molded urethane foam core. Will never lose its shape! Four different handle locations allow the bag to be held in a vertical or horizontal position.

“The coaching point is to implement non-traditional workout tools that are fun, safe and confidence building!”

	no.	weight	price	special
HAY BALER	HB35	35 lbs.	\$350	(4 for \$1360)
HAY BALER	HB50	50 lbs.	\$400	(4 for \$1560)
HAY BALER	HB75	75 lbs.	\$450	(4 for \$1760)
HAY BALER	HB100	100 lbs.	\$500	(4 for \$1960)
HAY BALER	HB125	125 lbs.	\$525	(4 for \$2060)

Colors: RED BLUE BLACK

O n e Y e a r W a r r a n t y

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▶ TRI-FOLD LADDER

The TRI-FOLD LADDER is a welded step ladder made from rigid flat bar that will never lose its shape. It solves the age old problem of stopping the drill to pull the web based ladders taut because someone kinked it up with their feet. Made of $\frac{3}{8}$ " thick by 1" wide rigid flat bar so it lays low to the ground and is not a tripping hazard. Made of aluminum so it's lightweight and easy to carry from the field house to the practice field. Constructed with two sets of stainless steel hinges so each end folds to the center for compact storage. Use it on grass or turf. Perfect for all rapid fire footwork and agility drills. Lay two of them side by side to create a double ladder. Available in two sizes:

	Large	Medium
Square Size:	20" x 23"	16" x 17"
Overall Size:	17' 7"	14' 3"
Folded Size:	6' 6"	5' 5"

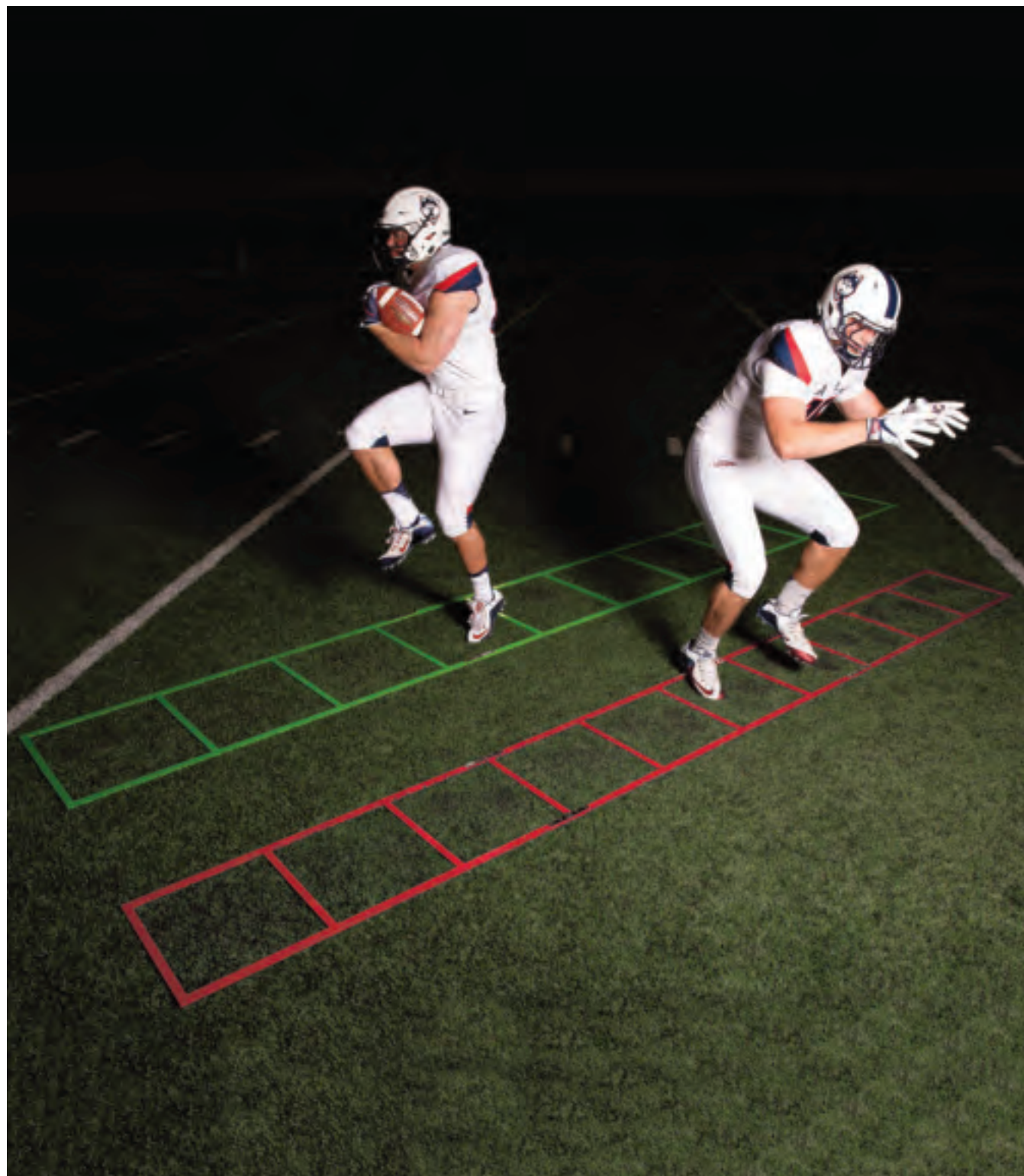
 "The coaching point is time efficiency and repetition!"

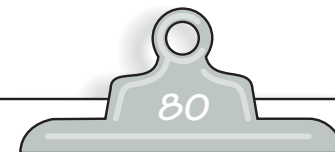
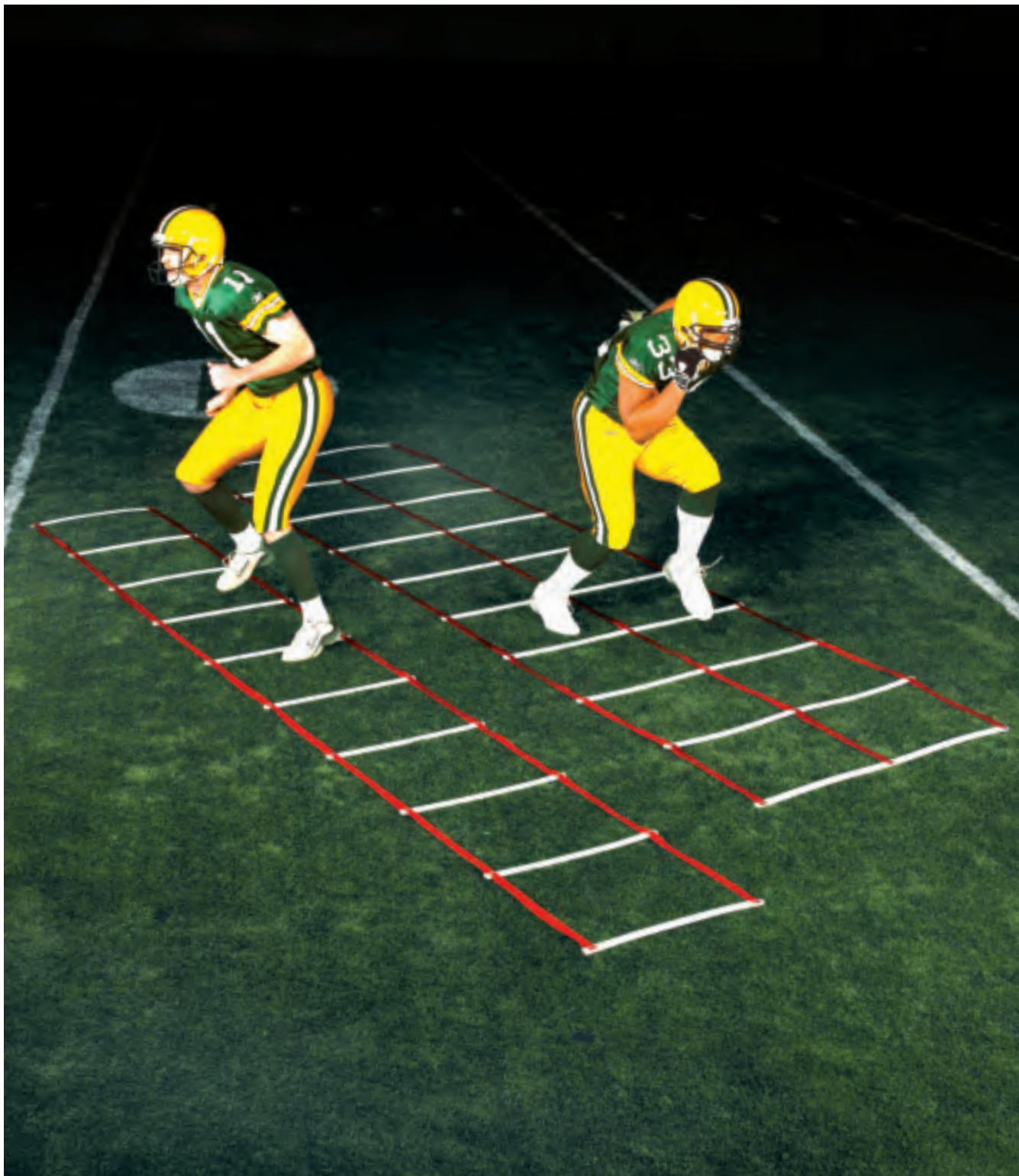
	no.	weight	price	special
TRI-FOLD LADDER Large	TL17	25 lbs.	\$400	(4 for \$1560)
TRI-FOLD LADDER Medium	TL14	21 lbs.	\$375	(4 for \$1460)

Colors: RED BLUE BLACK

T w o Y e a r W a r r a n t y

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▶ QUICK STEP

The QUICK STEP is a low stepper. Sets up in seconds. Roll it out and you're ready to go. No tools required. Pull the side straps taut and the plastic crosspieces create running squares. Each square measures 20" x 22". Thin and flexible crosspieces promote low footwork and will not shatter if stepped on. Roll it up for easy storage when the workout is finished. Use it in the field house or out on the field. Develops speed, quickness and agility. Available in two sizes. Single row measures 2' x 16' and double row measures 4' x 16'.



"The coaching point is to develop quickness, agility and coordination!"

	no.	weight	price	special
SINGLE QUICK STEP	QS1	5 lbs.	\$105	(4 for \$400)
DOUBLE QUICK STEP	QS2	11 lbs.	\$130	(4 for \$500)

Colors:

RED BLUE

O n e Y e a r W a r r a n t y



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▶ PORTABLE ROPE

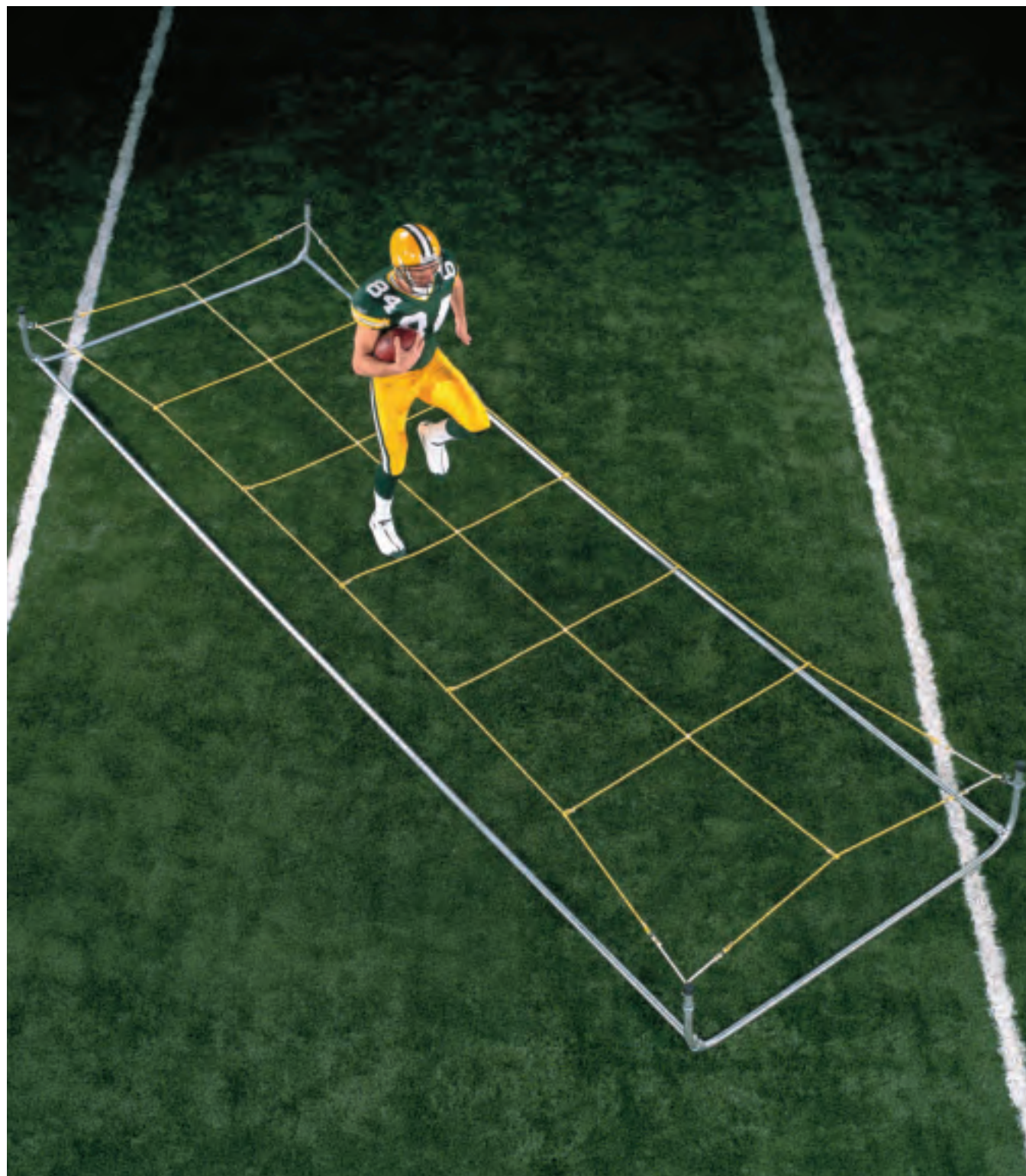
The PORTABLE ROPE is a high stepper. Rope height adjusts from 4" to 16". Sturdy pipe frame made from galvanized steel. Rugged polypropylene rope is spliced into a series of running squares. Safety features include bungee cord suspension system, rubber end caps, and clear running lanes. Sets up in minutes. Use it in the field house or out on the field. Conditions your athletes while developing agility, coordination and high knee action. Rope matrix available in two sizes: 12 squares or 16 squares. Frame measures 19' long by 5' wide.

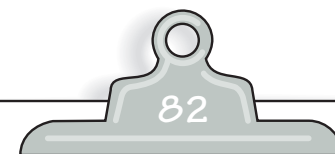
"The coaching point is to exaggerate form running mechanics to build a more powerful and fluid stride!"

	no.	weight	price
PORTABLE ROPE w/ 12 Squares	PR12	100 lbs.	\$ 520
PORTABLE ROPE w/ 16 Squares	PR16	105 lbs.	\$ 540

O n e Y e a r W a r r a n t y

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A HOOP B SNAP STICK

The HOOP gets Rush Ends in the habit of turning the corner to the QB. Speed around a circle is a better measure of quickness than linear foot speed. Develops balance and body lean. Made from bright orange PVC pipe. Available in two sizes: 12' and 6' in diameter.

"The coaching point is to explode off the edge and lean inside to the QB!"

The SNAP STICK is a ball on a stick. Telescopes from 4' to 8'. Allows coach to work "get-offs" from a standing position instead of kneeling down over the ball. Set the stick at 4' and work one-on-one. Set the stick at 8' and work the entire line. Molded foam ball is safe if stepped on. Green color blends in with grass to teach eye focus.

"The coaching point is to improve explosion off the ball!"

	no.	weight	price	special
HOOP - 12'	H12	4 lbs.	\$ 95	(4 for \$360)
HOOP - 6'	H6	2 lbs.	\$ 60	(4 for \$220)
SNAP STICK	SNAP1	3 lbs.	\$ 110	(4 for \$420)

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▶ POWER BAG™

The POWER BAG™ is a sandbag used to build strength and power from the shoulders to the wrist. Thrust the bag at an upward angle to simulate getting full extension on the punch. To balance the weight of the bag, you must maintain a staggered stance and keep your head and shoulders back in perfect pass protection posture. Repeated gripping of the bag strengthens the fingers and develops "heavy hands." New inner lining creates a double wall of protection. Increases bag durability and longevity. New canvas side handles guard against puncture and leakage.

"The coaching point is to teach your pass blockers to snap the elbows and punch through a defender while keeping the head and shoulders back!"

	no.	weight	price	special
POWER BAG	POW25G	25 lbs.	\$ 90	(6 for \$510)
POWER BAG	POW35G	35 lbs.	\$ 100	(6 for \$570)
POWER BAG	POW50G	50 lbs.	\$ 115	(6 for \$660)
POWER BAG	POW75G	75 lbs.	\$ 135	(6 for \$780)
POWER BAG	POW100G	100 lbs.	\$ 155	(6 for \$900)

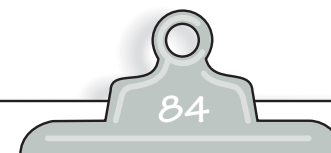
Colors: RED BLUE

Cover: 18 oz. vinyl-coated polyester
Core: silica sand

O n e Y e a r W a r r a n t y

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▶ PLAYBALL

The PLAYBALL is a modern medicine ball made of molded urethane foam. Pebbly texture enhances grip. Won't slip when the hands are sweaty. Can take a pounding without losing its shape. Has excellent rebound characteristics. Won't absorb moisture and get hard. Surface stays soft and pliable. QB's use them in a series of plyometric exercises to strengthen the muscles in the shoulder, forearm, and wrist. O-linemen use them to synchronize the hands and feet while stepping and punching. Available in two sizes and three weights.



"The coaching point is to over-train the muscles to create explosiveness in the punch!"

	no.	dia.	weight	price	special
MEDIUM	PBM	18"	15 lbs.	\$ 235	(6 for \$ 1380)
SMALL	PBS10	12"	10 lbs.	\$ 155	(6 for \$ 900)
SMALL	PBS8	12"	8 lbs.	\$ 145	(6 for \$ 840)

O n e Y e a r W a r r a n t y



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85

▶ SHIVER BALL®

The SHIVER BALL® is 28" in diameter. Use it to practice low block protection. The ball is a realistic simulation of the cut block because it's a moving target and is knee high. To defend against the ball, you must drop into a low hitting position and keep your hands in front of your body. Ball movement tests a player's reflexes. Quick hands are needed to stop the ball. Quick feet are needed to react to the movement of the ball. Made from molded urethane foam. Pebbly texture makes the ball less slippery in wet conditions.

"The coaching point is to get down low and use your hands to shed a blocker and keep him off your legs!"

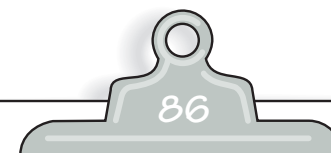
	no.	weight	price
SHIVER BALL	SB1	50 lbs.	\$550

US Patent #5,433,438

O n e Y e a r W a r r a n t y

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▶ POWER RING®

The POWER RING™ is better than a tractor tire because it's safe to use on a basketball court or turf field. Won't scuff the court or damage the turf. Flipping the Ring increases work capacity, leg and core strength. Improves explosive power, hip flexibility and triple extension! Gets athletes in a better hip, knee and ankle position to generate maximum power. Also doubles as a plyometric box. Two athletes can jump on the Ring at the same time. Three sizes are available, so athletes can increase the degree of difficulty by progressing to a thicker Ring. Great metabolic and non-impact conditioner! Perfect for off-season and pre-season training. Dual parallel grip handles allow athletes to progress from high to low to increase knee bend and flexibility. Teaches athletes how to bend!

Recommended drills with the Ring:

- Flip it!
- Push it!
- Pull it!
- Jump on!
- Jump off!
- Single Leg Hop!

Available in three sizes and weights:

48" OD	48" OD	48" OD
15" width	18" width	21" width
150 lbs.	200 lbs.	250 lbs.

🔑 "The coaching point is to increase triple extension and explosiveness!"

	no.	weight	price	special
POWER RING	PR150	150 lbs.	\$ 1025	(2 for \$ 2000)
POWER RING	PR200	200 lbs.	\$ 1250	(2 for \$ 2450)
POWER RING	PR250	250 lbs.	\$ 1500	(2 for \$ 2950)

Color: RED BLUE BLACK

Cover: 18 oz. vinyl-coated polyester
Core: closed cell foam
Handles: 16

US Patent #10,758,770

O n e Y e a r W a r r a n t y

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▶ BULL RING™

The BULL RING™ is a 16" diameter steel ring. Inside of the Ring is a triangle with an intersecting center line bar. The geometry of the Ring simulates the shoulders, armpit and chest of a defender. The Ring offers infinite gripping positions. Practice both offensive and defensive hand placements:

- Armpit to Armpit
- Armpit to Breastplate
- Breastplate to Shoulder Epaulet

The Bull Ring is a partner resistance tool. It teaches players how to attack the stability of an opponent, not just how to overpower him! This tool teaches the power magnification of levers. These are the same principles found in martial arts. The human body makes force three different ways: push, pull and torque. Use the Bull Ring to develop the core strength used in torque as well as the technical ability to apply force when pushing or pulling. Because the Bull Ring is a "non-contact" tool, it can be used on the practice field during "no contact" periods, in off-season workouts and in the weight room. Get multiple reps in a short period of time. Made from 3/4" round bar. Available in steel or aluminum. The steel Ring is heavy. The aluminum Ring is light. Vinyl dip coating provides a smooth surface which is easy to clean and comfortable to grip.

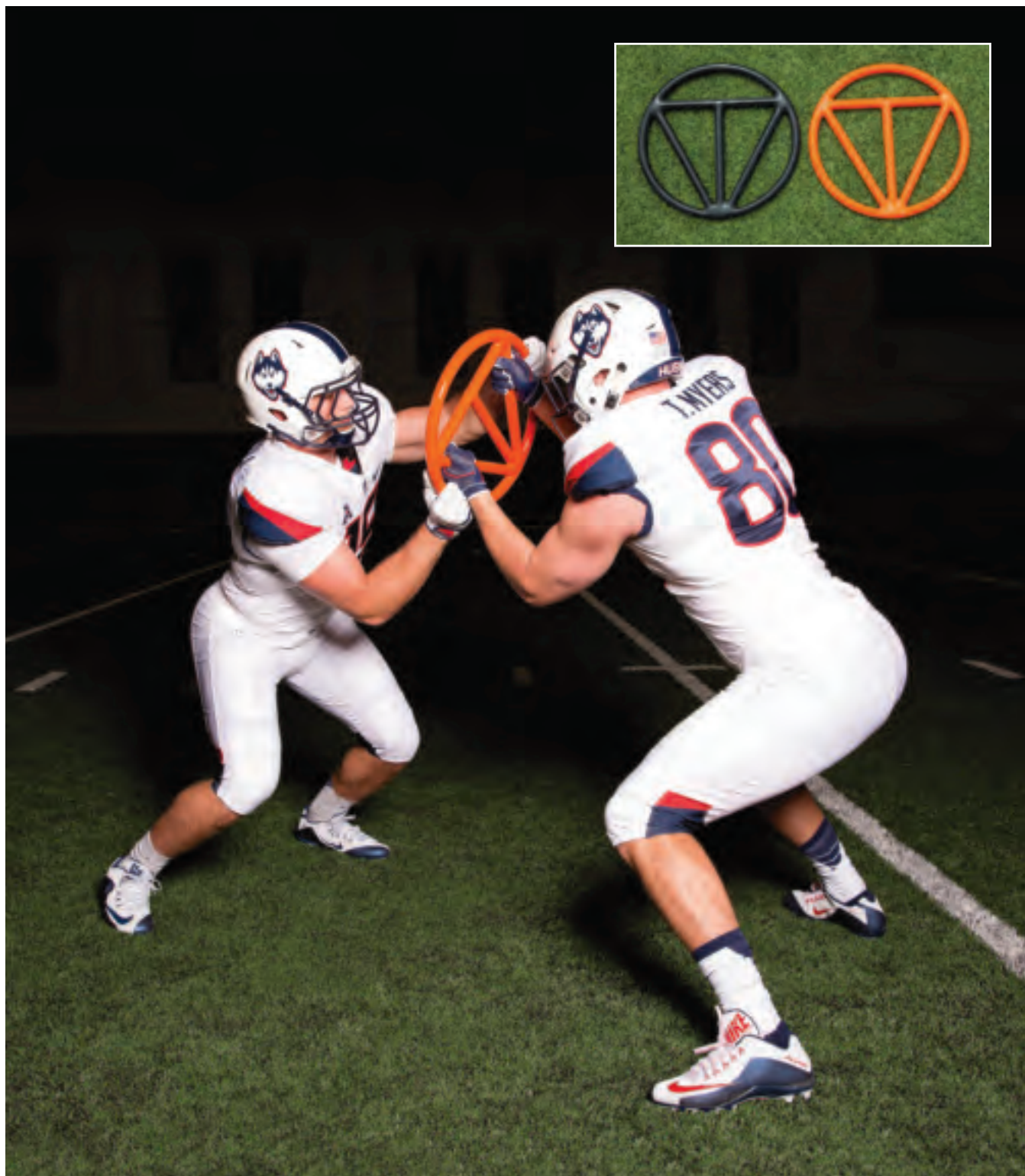
"The coaching point is to attack the stability of an opponent!"

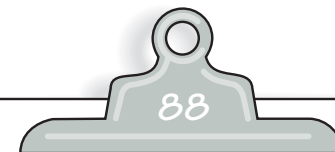
	no.	weight	price	special
BULL RING ●	BULL1	14 lbs.	\$188	(6 for \$1098)
BULL RING ●	BULL2	6 lbs.	\$199	(6 for \$1164)

Color: BLACK ORANGE

F o u r Y e a r W a r r a n t y

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► PUNCH PAD

The PUNCH PAD is a two sided wall pad. One side has a series of octagonal targets. The opposite side has a series of body shapes. The pad offers a visual target to teach the concept of delivering a punch with tight hands. Use this pad to coordinate the pass set, the footwork and the punch for both inside and outside defenders. Take power steps with proper posture and balance and then time up a powerful punch. Great workout tool during non padded practices! Use it indoors during off-season conditioning workouts. Easy to hang using pre-set grommet locations along the top border. High density 9" thick foam makes the pad stand up to repeated pounding. Available in two lengths: 9' and 18' long.



"The coaching point is to strike with proper hand placement and posture!"

	no.	length	width	weight	price
PUNCH PAD	PP1	9'	42"	43 lbs.	\$1150
PUNCH PAD	PP2	18'	42"	82 lbs.	\$2125

Colors:

RED BLUE BLACK



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▶ FUMBLE MAKER™

The FUMBLE MAKER™ is a football mounted on a coil spring and supported by an anchor plate. The ball is filled solid with foam so it can take a lot of punishment without losing its shape. Mount the football on the wall in your meeting room or to a rack in your weight room. Every time your players go into a meeting room or weight room, they can club, punch or chop the ball. The ball re-sets itself after being hit. The player gets the sensation of causing a fumble. It's a psychological tool to teach ball awareness and to get your players in the habit of attacking the ball and creating a fumble. Get your defensive players into the habit of: "See the football - Create a fumble!" Motivate your players to increase take-aways and win more games! Available with anchor plate for wall mounting or dual plates for rack mounting.

The PORTABLE STAND is an optional upgrade for the Fumble Maker. Allows placement of the Fumble Maker in the meeting room, weight room or indoor practice field. Heavy steel plate makes it stable. Wheel casters make it easy to move.

"The coaching point is to get players in the habit of attacking the football!"

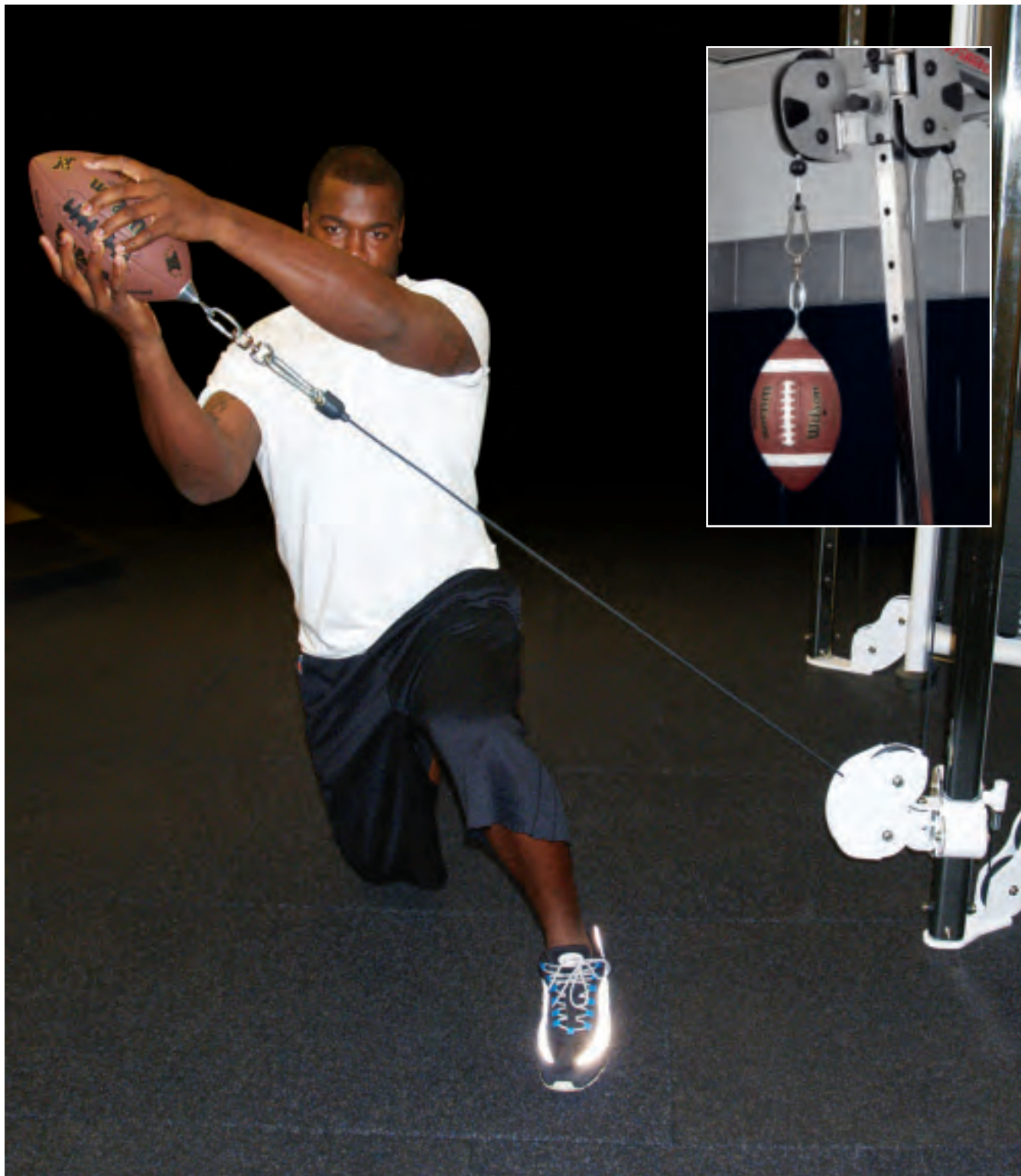
	no.	weight	price	special
FUMBLE MAKER - Wall	FM1	15 lbs.	\$260	(4 for \$1020)
FUMBLE MAKER - Rack	FM2	18 lbs.	\$275	(4 for \$1080)
PORTABLE STAND	PS1	115 lbs.	\$495	(4 for \$1960)

US Patent #8,894,512

O n e Y e a r W a r r a n t y

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90

► FUNCTIONAL FOOTBALL TRAINER

The FUNCTIONAL FOOTBALL TRAINER is a regulation size football that is filled with polyurethane foam and fitted with an eyebolt so it can be attached to a resistance machine. Gripping the ball and pulling it in various sport specific movements against resistance will increase gripping strength in a player's fingers and hands. Standard pull down movement helps develop back and rotator cuff muscles. Use it to isolate the triceps through a push down or overhead triceps extension. Tight Ends, Wide Receivers and Running Backs can work at pulling the ball down and then tucking it away. Using a tension cord tethered to the bottom of a rack, Centers and Long Snappers can pull the ball against resistance to develop a more powerful shot gun or long snap. Resistance training with a "real" football is of greater functional value versus using a medicine ball that does not mimic the exact shape and feel of a football. Available in two sizes: College and Pro.



"The coaching point is to develop powerful gripping strength!"

	no.	weight	price	special
FUNCTIONAL TRAINER - College	FBT2	3 lbs.	\$170	(4 for \$660)
FUNCTIONAL TRAINER - Pro	FBT3	3 lbs.	\$185	(4 for \$720)

US Patent #9,017,229

O n e Y e a r W a r r a n t y



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▶ BUNGEE TRAINER

The BUNGEE TRAINER is a bungee cord with a rope ring and sliding pulleys that allow 360 degree movement around your body. With this tool, an Offensive Lineman can pass set while experiencing game like resistive force. When one end is stationary and you move toward it, it offers assistive training. Use it for change of direction drills and to test speed and quickness out of a stance. Excellent for step and punch drills and take-off's. Elastic resistance puts stress on the lower body and forces an O-Lineman to play with his cleats on the ground and to anchor his core. It's a great workout for your lower body. Simulates the same dynamic force and resistive stress experienced in blocking a defender without the physical contact. Available in two sizes: 9' long and 24' long.

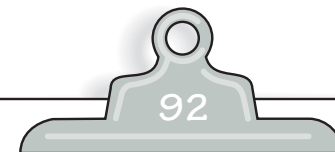
"The coaching point is to strengthen your lower body and core to develop stability and balance out of your stance!"

	no.	length	price	special
BUNGEE TRAINER	BT9	9'	\$250	(4 for \$ 960)
BUNGEE TRAINER	BT24	24'	\$375	(4 for \$1460)

O n e Y e a r W a r r a n t y

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▶ CUFF N JAM™

The CUFF N JAM is a pair of specialized rubber hand cuffs that slip over the wrists and keep the hands tight. In the battle of the LOS, the first to get inside hands wins! With inside hands, the O-lineman has better hand control, leverage and power. Wearing Cuffs during drill work helps train muscle memory which in turn produces optimal performance. Cuffs make proper hand position a habit and will eliminate costly holding penalties during the game. Cuffs are easy to slip on and off. Miniature foam rollers that surround the elastic surgical tubing make the Cuffs very comfortable to wear. Won't bite into the skin. A tension cord that ties both Cuffs together provides resistance should a lineman try to widen his hands.



“The coaching point is to make inside hands a habit!”

	no.	price	special
CUFF N JAM	CUFF2	\$34	(12 for \$384)



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▶ TRAINING ROPE

The TRAINING ROPE strengthens muscle groups in your upper back, biceps and forearms. Excellent for developing finger and hand strength. Use the rope as a station in your functional training circuit. Ideal for battling rope workout and Tug of War competitions. A battling rope regimen includes the following exercises:

- Double Ripple
- Alternate Ripple
- Side to Side
- Alternate Side to Side
- Double Twist
- Double Wiggle
- Squat & Pull

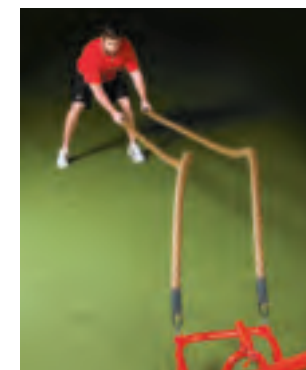
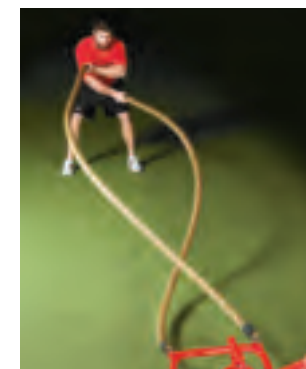
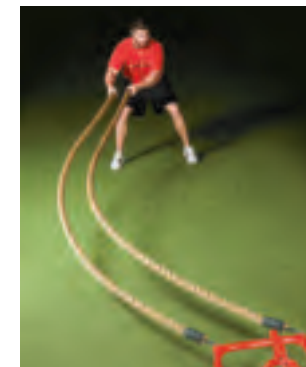
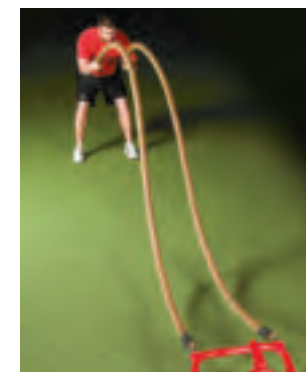
Available in 2" diameter poly Dacron rope. Ends are whipped with twine, shrink wrapped and sealed with a rubber cap. Designed not to fray or to unravel. Color: Black.

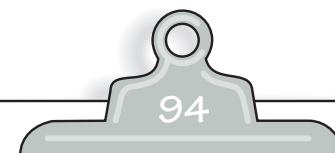
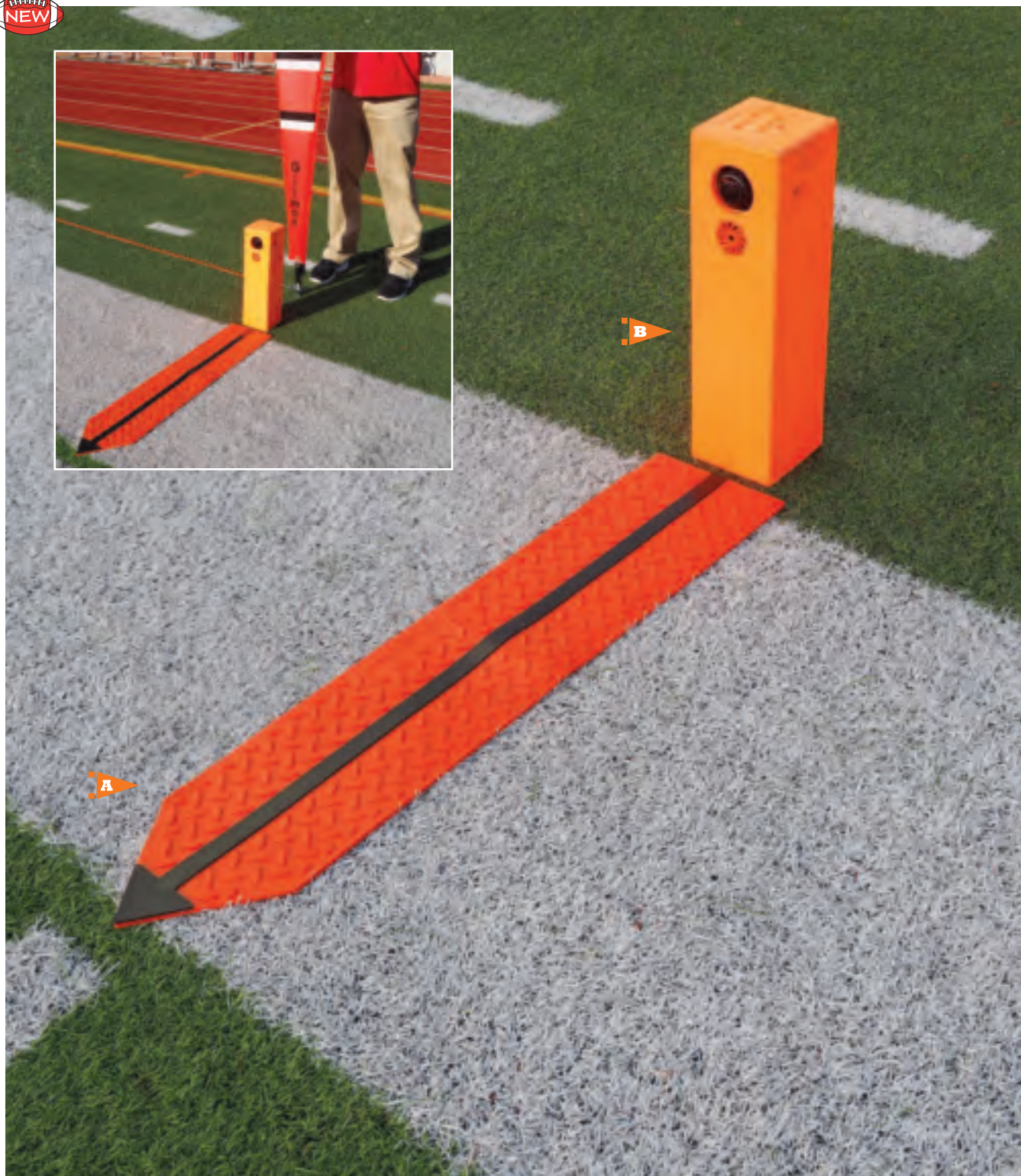
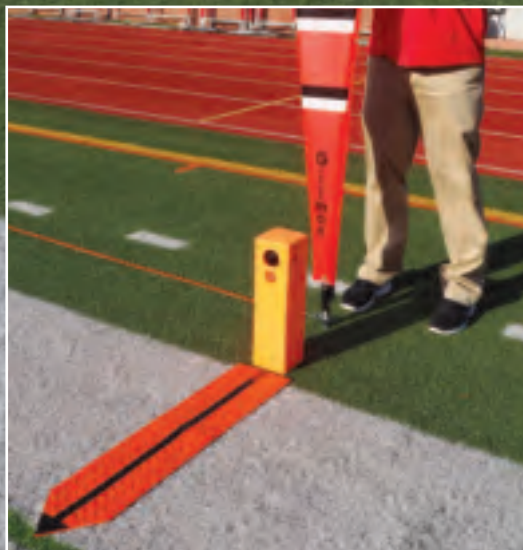
"The coaching point is a total upper body workout!"

	no.	weight	price
TRAINING ROPE - 30'	TR30	32 lbs.	\$325
TRAINING ROPE - 50'	TR50	64 lbs.	\$425

T h i r t y D a y W a r r a n t y

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-  FIRST DOWN ARROW
-  LINE TO GAIN PYLON

The FIRST DOWN ARROW marks the first down line to gain on the field. Placed at the foot of the Bullseye Stick. If a ball carrier runs out of bounds and the chain crew drops the Bullseye Stick, it remains in place on the field to mark the spot. Made of molded poly-vinyl with a non-ski diamond pattern on the surface. Fluorescent orange with a raised black arrow pointing to the exact line to gain for a first down. High visibility marker for players and coaches! Measures 8" wide x 37" long. Designed for broadcast TV in conjunction with the use of Line to Gain Pylon Cam. Approved for use by the NFL.

The LINE TO GAIN PYLON CAM is a specially designed wireless version of the Pylon Cam that is placed behind the Ground Ribbon and in front of the Line to Gain Bullseye Stick. It provides a high-definition camera feed that records the action within a 10-yard radius of the first down line to help verify whether the ball carrier successfully gained a first down along with other compelling game action. The camera system includes the ability to provide audience viewers and replay officials with slow motion video playback. The 4 K technology camera features 360-degree wide lens optics with full zoom capabilities. A valuable tool for officials to use in Instant Replay reviews and featured replays for the broadcast TV audience. The Line to Gain Pylon Cam is not available for public sale.

	no.	weight	price
FIRST DOWN ARROW	MARK1	2 lbs.	\$ 85
LINE TO GAIN PYLON CAM	PCAM2	10 lbs.	NA

US Patent Pending

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▶ PYLON CAM®

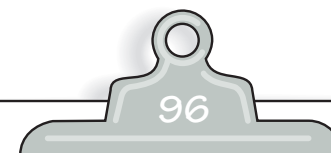
The PYLON CAM is a high tech Pylon with four cameras molded inside. The Pylon Cam shares the same properties as the conventional Gilman Pylon. Same size, color, weight and molded foam construction. The difference is the innovative way that Gilman molds the camera technology inside of the Pylon. It protects the camera from taking a beating and makes the Pylon safe in the event a player falls on it. The Pylon Cam is outfitted with HDTV high definition and high resolution cameras. The cameras are positioned in such a way to provide a shot of the sideline including the end zone sideline as well as a view of the goal line and a panoramic view of the red zone. These cameras capture a ground level shot that is not available from any other source. Was the receiver in bounds when he caught the ball? Did the ball carrier break the plane of the Goal Line? The Pylon Cam provides answers in a high definition video feed that can be replayed with stop action and slow motion detail. Use it for Instant Replay reviews to corroborate or over turn a decision on the field. Use it to enhance the viewing experience of a TV audience that craves the "WOW" factor. Use it as a premium End Zone channel for those sitting in premium suite box areas and have access to special video feeds.

 "The coaching point is to improve officiating with the use of field level cameras!"

	no.	weight	price
PYLON CAM	PCAM	9 lbs.	NA

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▶ LOGO PYLON

The LOGO PYLON takes the corner markers to a new level of sophistication. Each face of the pylon displays an embroidered patch that gives added exposure to a school logo, a conference logo or a championship game logo. Pylons have a high exposure frequency in Broadcast TV and print media. Dresses the field for signature events such as the Super Bowl, College Football Championships and classic rivalry games such as the Army Navy.

Commemorate Breast Cancer Awareness Day by branding the Logo Pylons with pink emblems! Commemorate Military Appreciation Day by branding the Logo Pylons with American Flags! If the Head Coach autographs the Logo Pylon with a Sharpie, this piece becomes a collector's item that may be put up for auction on the school's website.

The SUPER LOGO PYLON offers two different logos on the Pylon; a school logo on two sides and conference logo on the other two sides. Builds brand recognition for the school and the conference! With increasing Network TV exposure, branding one of the most photogenic field markings is a must. Customer must supply an .eps vector logo.

	no.	weight	price
LOGO PYLONS	LP12	70 lbs.	\$ 648 set of 12
SUPER LOGO PYLONS	SLP12	81 lbs.	\$ 864 set of 12



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A SIDELINE MARKERS
B WEIGHTED PYLONS
C MARKER CASE

The **SIDELINE MARKER** stands out on the field. Won't fold up or blow over because it's made from a solid foam triangle with a weighted bottom. Bold black numbers stand out against a background of fluorescent orange. Convenient carrying handle at bottom. Stackable for compact storage.

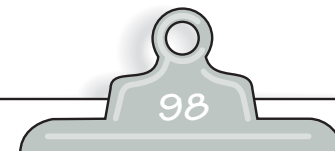
The **WEIGHTED PYLON** is the safest and most durable Pylon on the market. Made of a high-tech "I" skin molded foam with a weight embedded at the bottom. Heaviest pylon on the market. Won't blow over. Won't puncture and lose their weight like sand-filled pylons. Always stands straight. Shock absorbing foam protects the player in case of contact with the Pylon. Fluorescent color is luminous and long lasting because the color is dyed into the foam. No fabric cover to tear or fade. Designed for use on grass or turf. Preferred Pylon of the NFL!

The **MARKER CASE** is a zippered bag with wraparound handles. Holds complete set of 11 Sideline Markers.

	no.	weight	price
SIDELINE MARKERS	SM11	55 lbs.	\$495 set of 11
SIDELINE MARKERS	SM22	110 lbs.	\$968 set of 22
WEIGHTED PYLONS	WP12	93 lbs.	\$408 set of 12
WEIGHTED PYLONS	WP8	62 lbs.	\$272 set of 8
WEIGHTED PYLONS	WP4	31 lbs.	\$136 set of 4
MARKER CASE	MC1	5 lbs.	\$140

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▶ SIDELINE CART

The SIDELINE CART is a wheeled storage cart. Designed with a rack on both sides; one for the Ten-Yard Chains and the other for the Down Marker. The central bin holds one set of 11 Sideline Markers and the front bin holds one set of 12 Weighted Pylons. The chain is stored in a cup holder. Makes field set-up a "one-trip" event. Narrow width permits entry through a standard doorway. The cart keeps everything off the floor and neatly organized. Combines convenience with safe storage. Rolls easily on three 12" wheels. Back wheel swivels for fingertip steering. Overall width is 27". Powder coated Saturn Yellow. *Made entirely of aluminum. Will never rust!*

The DOUBLE SIDELINE CART holds two sets of Sideline Markers as well as a full complement of Ten-Yard Chains, Down Marker and Weighted Pylons. Overall width is 42 1/2". Powder coated Saturn Yellow. *Made entirely of aluminum. Will never rust!*

The SIDELINE CART WITH HITCH allows hook-up to a gator. Hitch fits a 1 7/8" ball. Equipped with a jack stand to keep the cart level when detached from a gator. Powder coated Saturn Yellow. *Made entirely of aluminum. Will never rust!*

	no.	weight	price
SINGLE SIDELINE CART w/ Wheel	SC1	112 lbs.	\$1350
DOUBLE SIDELINE CART w/ Wheel	DS1	127 lbs.	\$1500
SINGLE SIDELINE CART w/ Hitch	H01	108 lbs.	\$1325
DOUBLE SIDELINE CART w/ Hitch	DH1	123 lbs.	\$1475

T w o Y e a r W a r r a n t y



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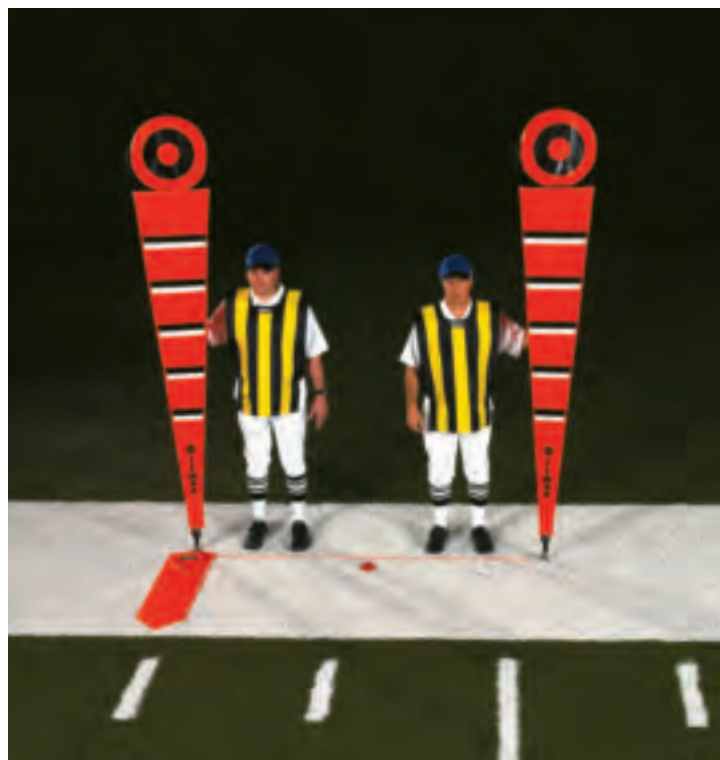
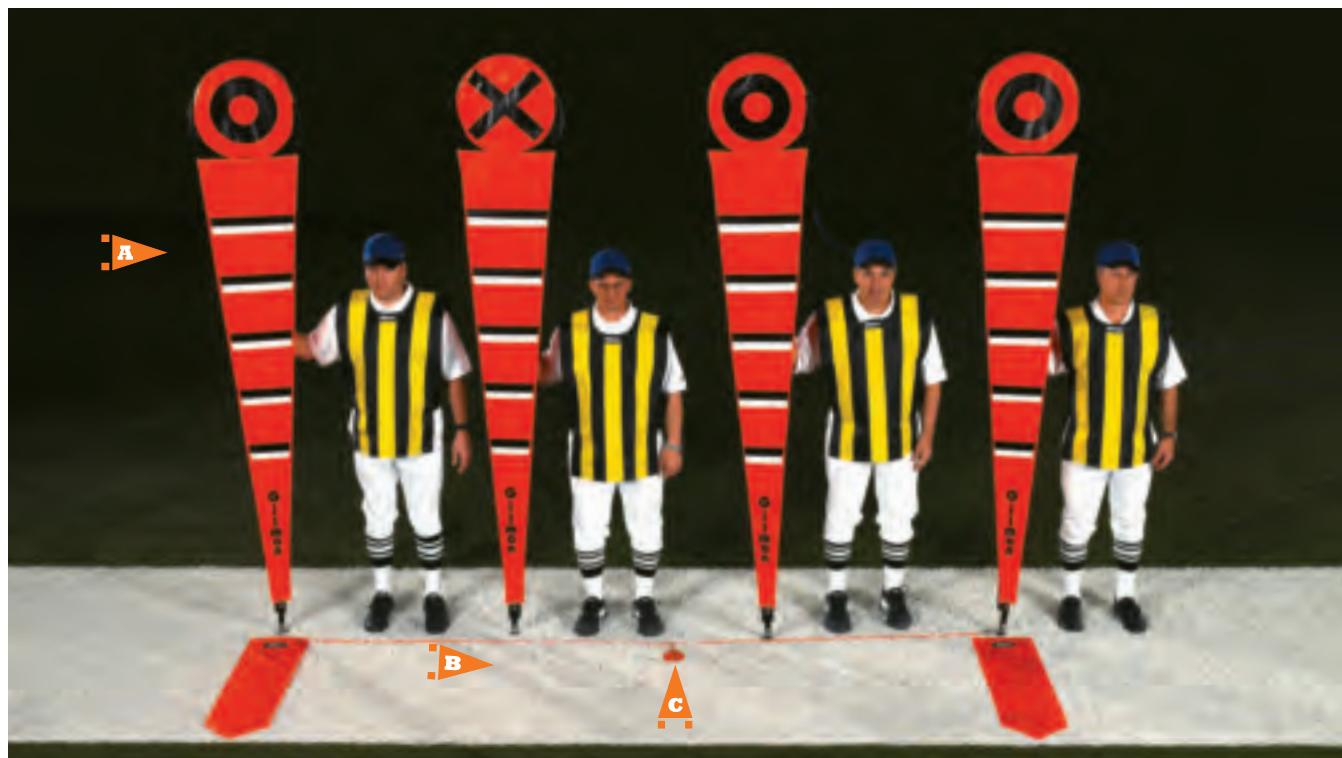
A PRO SET
B ORANGE CHAIN
C CLIP-ON

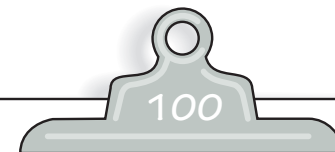
The PRO SET is the Ten-Yard Chain designed for the NFL! Offers high visibility and safety. Aluminum sticks are lightweight and padded. The shield is screened with black and white stripes and safety padded. Swivel snap hooks prevent tangled chains. Rubber caps seal the end. The High School model is a basic set of Bullseye Markers with Ten Yard Chain. The College model adds a Drive Start Marker to the set. The NFL model adds two additional Bullseye Markers to the set.

The ORANGE CHAIN makes on-the-field measurements highly visible. Orange color alerts everyone on sideline to its presence. Eliminates trip-ups and headset wire tangles.

The CLIP-ON is a plastic dial to record yard line for chain measurements.

	no.	weight	height	price
PRO SET - NFL	PR06	60 lbs.	102"	\$1000set
PRO SET - College	PR04	45 lbs.	102"	\$ 750set
PRO SET - HS	PR03	30 lbs.	102"	\$ 550set
ORANGE CHAIN	OC10	2 lbs.		\$ 65 ea.
CLIP-ON	CLIP	1 lb.		\$ 35 ea.





A PRO DOWN
B FLIP CARD

The PRO DOWN is a mechanical down marker. The numbers measure 13" tall. Changing downs is a matter of raising or lowering the three levers on the side of the head. Wrapped with foam all the way around the box. Aluminum pole is safety padded with foam rubber and sealed with a rubber cap.

The FLIP CARD is a rotational marker. The numbers measure 12" tall. Changing downs is a matter of "flipping the card" on the spindle shaft. The "down" panels have a numbered tab to make it easier to select and flip. The panels are made from crack resistant black plastic. Each panel is held in place by its own set of pivoting hinges. Aluminum pole is safety padded with foam rubber and sealed with a rubber cap. Built to offer many seasons of trouble-free operation!

	no.	weight	height	price
PRO DOWN	PD1	8 lbs.	95"	\$ 425
FLIP CARD	FLIP1	10 lbs.	91"	\$ 325

O n e Y e a r W a r r a n t y

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VESTS

The PRO CREW VEST is designed for the NFL. Black with yellow stripes for the chain crew and scarlet for the down box holder. Tunic style with elastic side panels.

The BALL BOY VEST is designed for the NFL. Navy with fluorescent orange "X" on the front and back. Single front ball pocket. Tunic style with elastic side panels.

The "K" VEST is designed for the NFL. Navy with fluorescent orange "K." Worn by official who holds balls used for kicking.

The TIME OUT GLOVE is designed for the NFL. Fluorescent orange glove used to signal TV time-outs.

The DIAMOND VEST is a standard crew. Fluorescent orange with black diamond pattern.

The INSTANT REPLAY VEST is lime green. Worn by official who handles the headsets for the head referee during instant replay reviews.

The CONFERENCE VEST is white with conference logo. Builds brand awareness for conference affiliation.

The NETWORK TV VEST is yellow with conference logo. Available with optional numbers.

The MEDIA VEST is a tan vest. Tunic style. One size fits all. Available with optional numbers.

The RED HAT is worn by the person on the field who signals the TV Timeout. Minimum order 4.

	no.	price	special
PRO CREW VEST	PV7	\$70 ea.	
BALL BOY VEST	BB4	\$75 ea.	
"K" VEST	KV1	\$70 ea.	
TIME-OUT GLOVE	TG1	\$35 ea.	
DIAMOND VEST	DV3	\$40 ea.	
CONFERENCE VEST	CV1	\$48 ea.	(12 for \$528)
INSTANT REPLAY VEST	RV1	\$48 ea.	
MEDIA VEST	PV1	\$48 ea.	(12 for \$528)
RED HAT	RH1	\$50 ea.	

Additional charge for digital imaging and numbering.

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▶ BULLSEYE CAP

The BULLSEYE CAP fits on the "lollipop" of the ten-yard chain stick. Brands the field to recognize conference affiliation, Bowl Game sponsors or for special events such as the College Football Championship. Dresses up the field and builds brand awareness. High exposure value because of sideline location. A one-time art charge is required to prepare a proof. Designed to fit 16" Gilman Bullseye. If using a different brand, size must be specified. Additional charge for digital imaging based on quantity.

	no.	price
BULLSEYE CAP	CAP1	\$ 120 pr.
ART CHARGE	ART	\$ 95 ea



- A GOAL POST PAD**
- B DONUT PAD**
- C GOAL WRAPPER**
- D JUMBO PAD**

The GOAL POST PAD enhances safety, dresses up the field, and boosts team spirit. Wraps the gooseneck with impact absorbent foam. Slips on and fastens with Velcro. Covered inside and out with 18 oz. vinyl-coated polyester. Two options available: Sewn-on block letters and trim which give the pad a raised "tackle-twill" look or digital imaging which allows logos and special fonts.

The DONUT PAD sits atop the Goal Post Pad. Offers high visibility branding space to promote conference affiliation, team sponsors or to emphasize a thematic message.

The GOAL WRAPPER fits around the existing pad. Offers the opportunity to change the look of the pad without replacing the pad. Use the Wrapper to dress out the pad for special events and promotions such as Breast Cancer Awareness, Military Appreciation Day, Play 60 and Classic Rivalry Games as well as for Bowl Games and Championship Games. Please advise measurement of the pad to insure a proper fit.

The JUMBO PAD is an oversize pad designed for Goal Posts with hydraulic device to raise and lower gooseneck. Extra large diameter to cushion mechanical system.

	no.	height	ID	OD	price
GOAL POST PAD	●●▲ GPP18	72"	6"	18"	\$ 800pr.
GOAL POST PAD	●●▲ GPP12	72"	4"	12"	\$ 700pr.
DONUT PAD	■ NUT2	10"	6"	18"	\$ 340pr.
GOAL WRAPPER	■ GW72	72"			\$ 500pr.
JUMBO PAD	■ JP72	72"	12"	36"	\$2100pr.

● Add \$70 per pair for lettering and \$70 per pair for trim.

■ Add \$95 for art charge - #ART

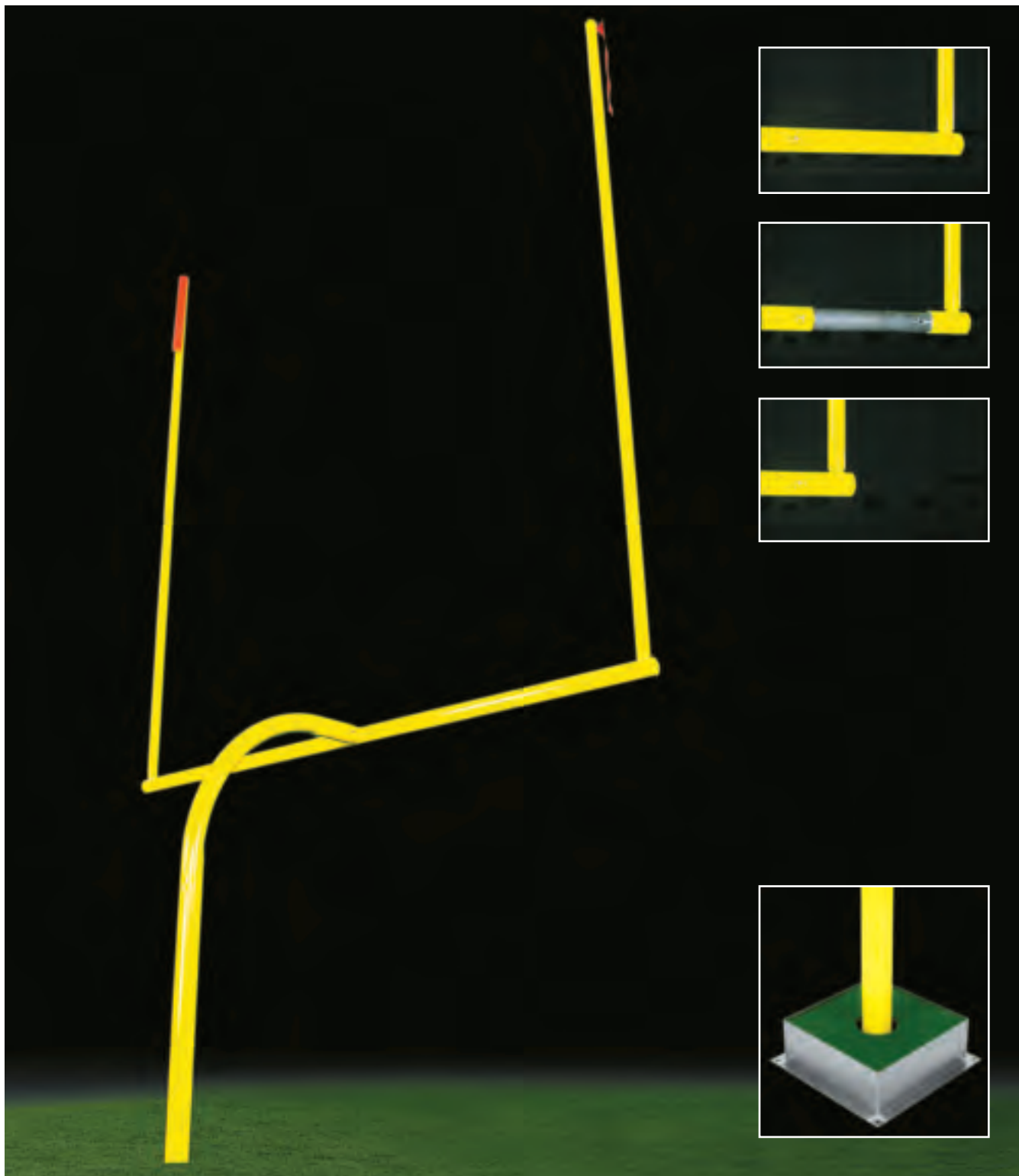
▲ Add \$250 per pair for digital printing.

Colors:

RED	BLUE	YELLOW	GREEN
NAVY	KELLY	MAROON	GOLD
FOREST	PURPLE	ORANGE	COLUMBIA
GRAY	BLACK	TURQUOISE	WHITE

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▶ GOAL POSTS

The PRO GOAL STEEL is a "slingshot" style goal post with a 6' offset. Designed for safety. Built to last. Made from heavy wall steel pipe to resist bending. Crossbar features a rugged clamping system. Includes plate-style ground sleeve. Priced unpainted.

Gooseneck	4" ID	Schedule 80	6' Offset
Crossbar	3" ID	Schedule 40	18'6" or 23'4"
Upright	2" ID	Schedule 40	20' or 30'

The PRO GOAL ALUMINUM is a "slingshot" style goal post with a 6' offset. High tech aluminum offers unmatched strength and durability. Lightweight. Corrosion resistant. Bigger pipe sizes create a powerful appearance. Includes plate-style ground sleeve.

Gooseneck	6" ID	Schedule 40	6' Offset
Crossbar	5" ID	Schedule 40	18'6" or 23'4"
Upright	4" ID	Schedule 40	20' or 30'

The ADJUSTABLE CROSSBAR is designed for the stadium that hosts both high school and college games. Telescopes from a college width (18'6") to a high school width (23'4").

The ACCESS KIT is a box frame set at the base of the gooseneck to create a void above the anchor plate. Includes two drop-in plugs for the box.

	no.	width	weight	price
PRO GOAL STEEL ●	PGS18	18'6"	1300 lbs.	\$ 5300 pr.
PRO GOAL STEEL ●	PGS23	23'4"	1400 lbs.	\$ 5500 pr.
PRO GOAL ALUMINUM ●	PGA18	18'6"	850 lbs.	\$ 8000 pr.
PRO GOAL ALUMINUM ●	PGA23	23'4"	900 lbs.	\$ 8400 pr.

- Add \$ 1600 for powder coated Saturn Yellow or White.
- Add \$ 800 for 30' uprights.
- Add \$ 4000 pr. for Adjustable Crossbars.
- Add \$ 1000 pr. for Access Kit.

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A LONG NECK GOALS
B SOCCER GOALS
C SOCCER FLAG

LONG NECK GOALS are designed with an 8' offset. The longer set back allows the placement of a soccer goal without encroaching on the live area of the net. Allows football and soccer to be played on the same field without resorting to a combination goal.

The PORTABLE SOCCER GOAL meets NFHS and NCAA standards. Designed for combo football/soccer field. All aluminum construction. Portable with 4 wheels per goal. Rolls easy on grass or turf. Includes 3mm white polyethylene net, net clips, 4 flip-up tires, 4 semi-permanent ground anchors and 6 saddle anchor bags. Size 8' height x 24' width x 3' depth x 8' base. Powder coated White.

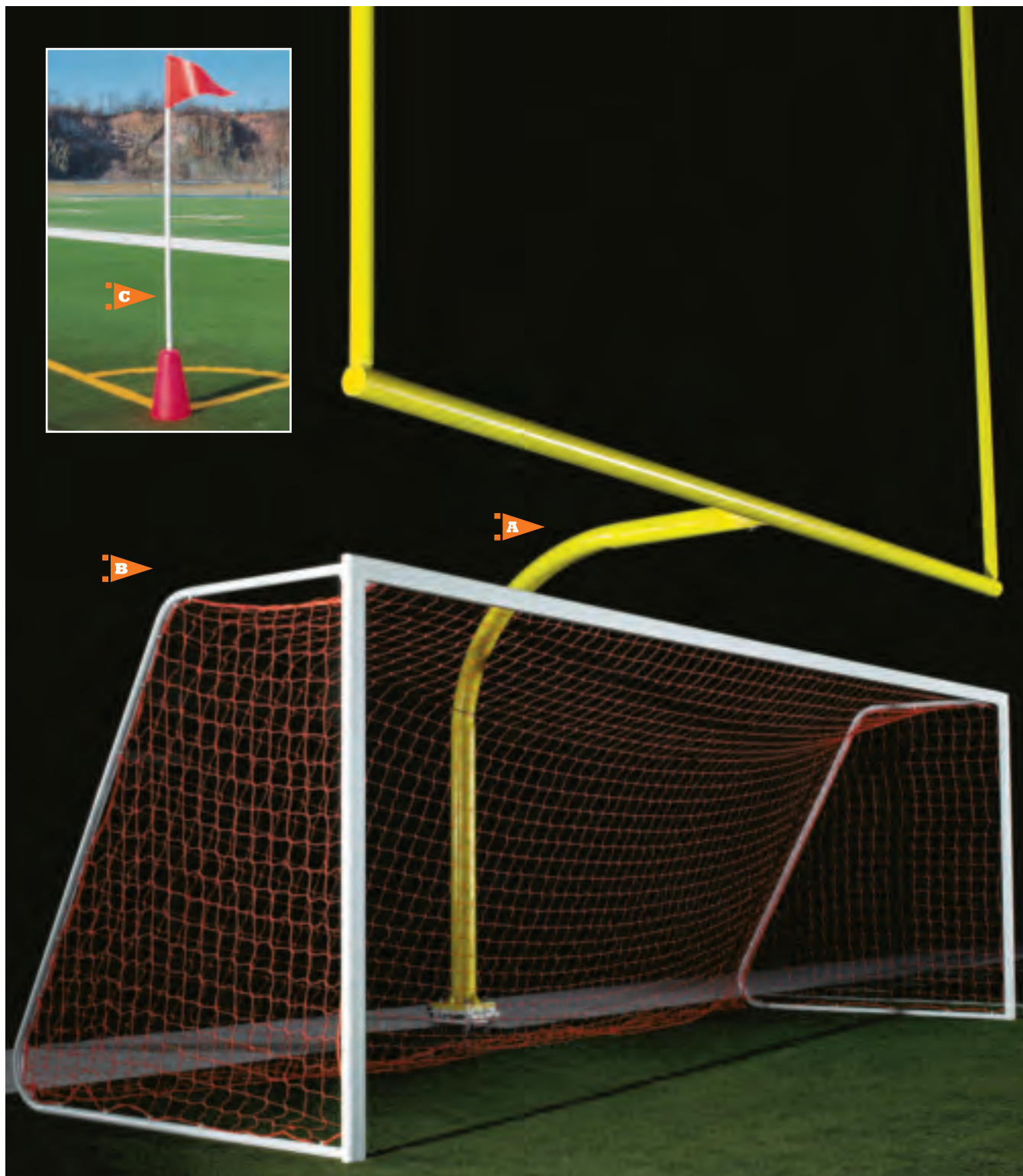
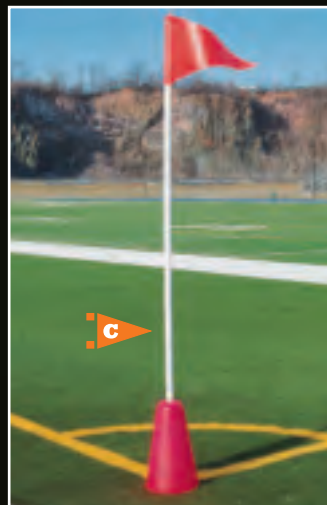
The WEIGHTED SOCCER FLAG is a must for turf fields. Heavy molded foam base. Flexible PVC pole. Fluorescent flag. Overall height 70". Overall weight 17 lbs. Approved by NCAA and the National High School Federation. Four flag poles per set.

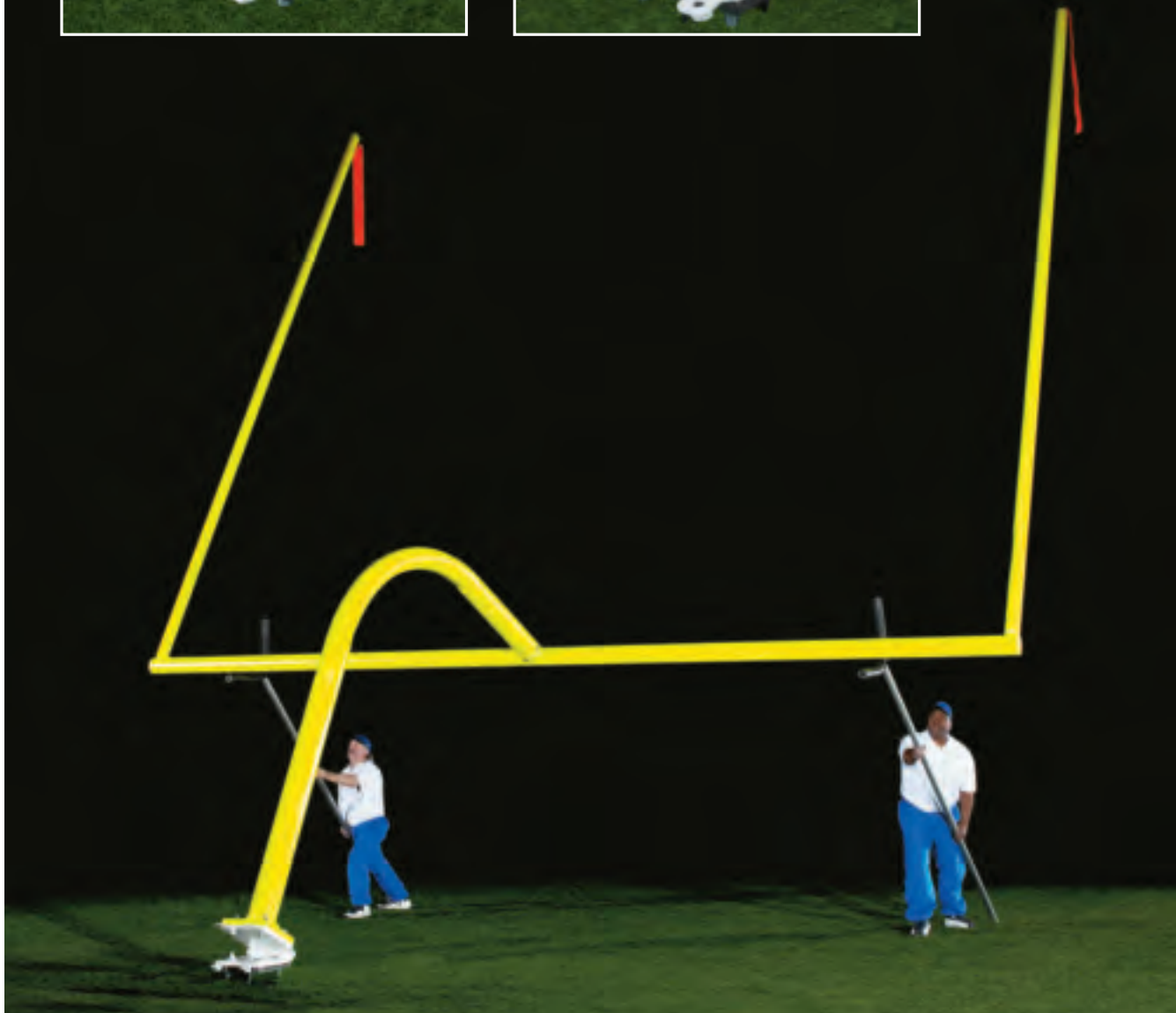
	no.	width	weight	price
LONG NECK GOALS ●	LNG18	18'6"	850 lbs.	\$8200 pr.
LONG NECK GOALS ●	LNG23	23'4"	900 lbs.	\$8500 pr.
SOCCER GOALS	SG24	24'	550 lbs.	\$9200 pr.
WEIGHTED SOCCER FLAG	WSF		60 lbs.	\$ 380 set

- Add \$ 1600 for powder coated Saturn Yellow or White.
- Add \$800 for 30' uprights.
- Add \$4000 pr. for Adjustable Crossbars.
- Add \$ 1000 pr. for Access Kit.

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▶ HINGED GOAL POSTS

The HINGED GOAL POST can be lowered to the ground within seconds after a game to discourage fans from rushing the field and trying to pull down the goal posts. The added benefit of the hinge system is the time savings involved in installation and disassembly. The hinge is located at grade level. This optimizes safety and permits leveling of the entire post from the ground up. A standard Goal Post Pad fits over and protects the hinge. The hinge is designed for strength and safety. It features a continuous and reinforced hinge with a rugged 1 1/2" diameter shaft pin. Dropping the Goal Post involves unscrewing the two heavy-duty "T" handle bolts and then using Yoke Poles to lower the crossbar to the ground. Four ground personnel can accomplish the task in 30 seconds. When the Goal Post is on the ground, the uprights can be quickly removed. The hinge is designed for aluminum goals only. The package includes four yokes, two hinge mechanisms, two ground sleeves and a complete set of aluminum goal posts.

	no.	width	weight	price
HINGED GOAL POST	HPG18	18'6"	900 lbs.	\$10,000 pr.
HINGED GOAL POST	HPG23	23'4"	950 lbs.	\$10,200 pr.

- Add \$1600 for powder coated Saturn Yellow or White.
- Add \$800 for 30' uprights.
- Add \$4000 pr. for Adjustable Crossbars.
- Add \$1000 pr. for Access Kit.

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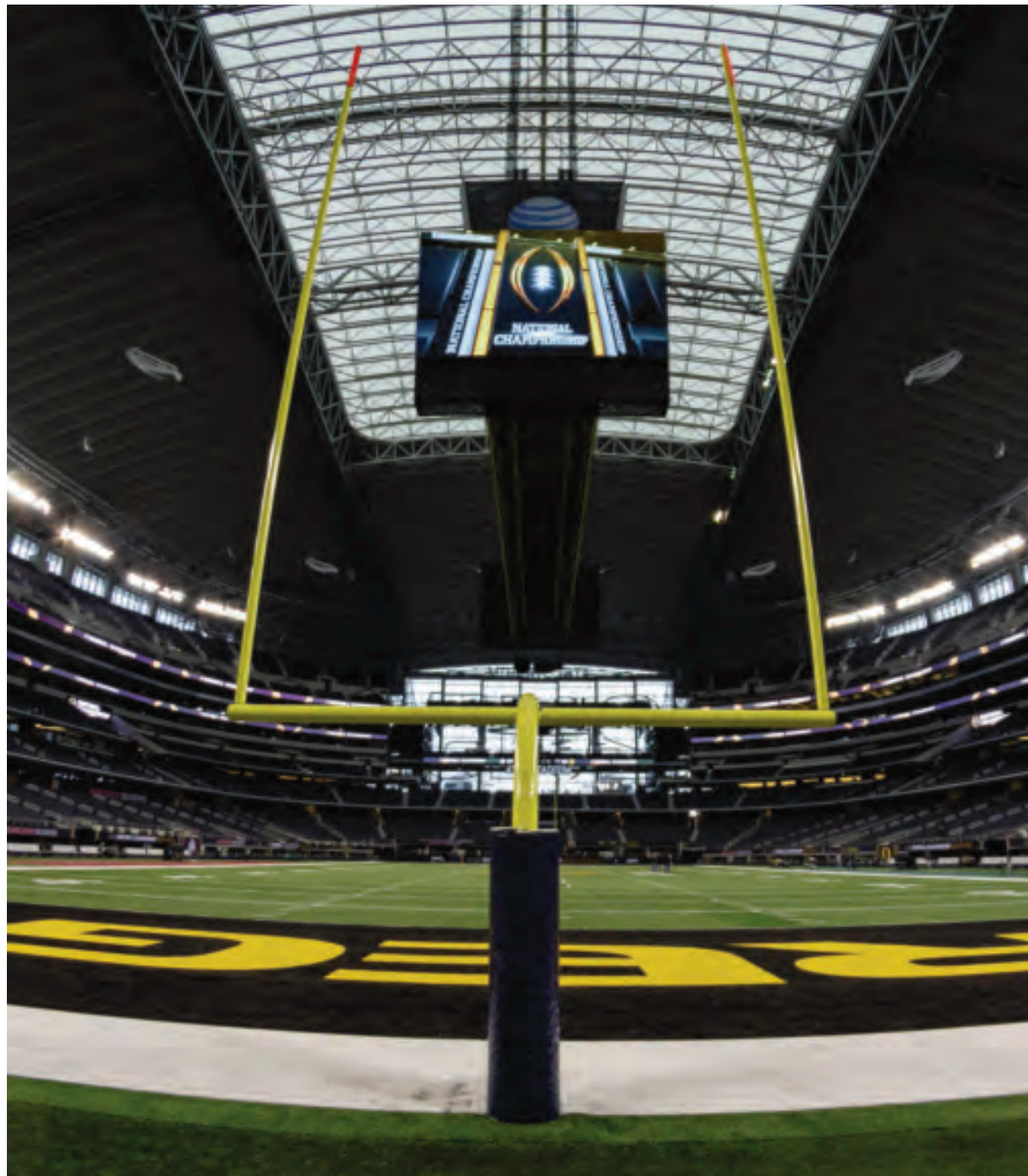
▶ NFL GOAL POSTS

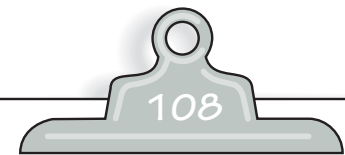
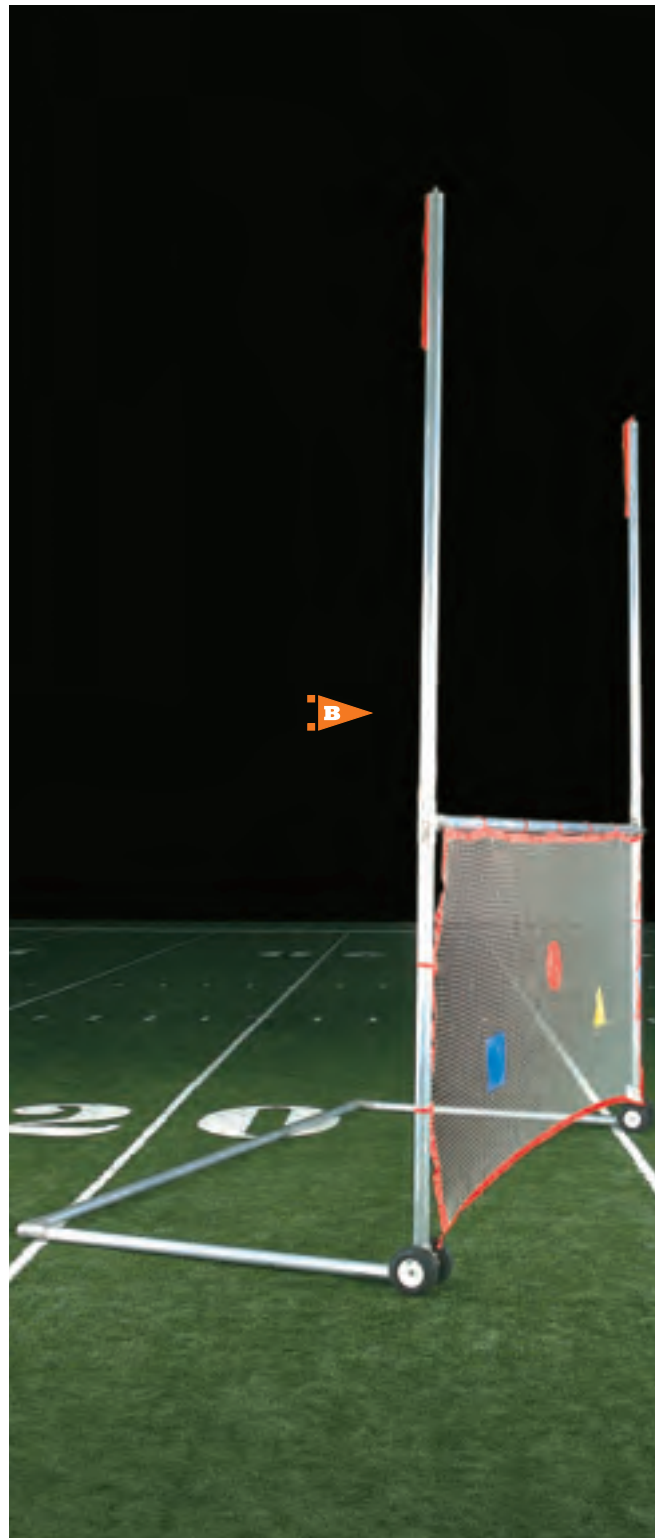
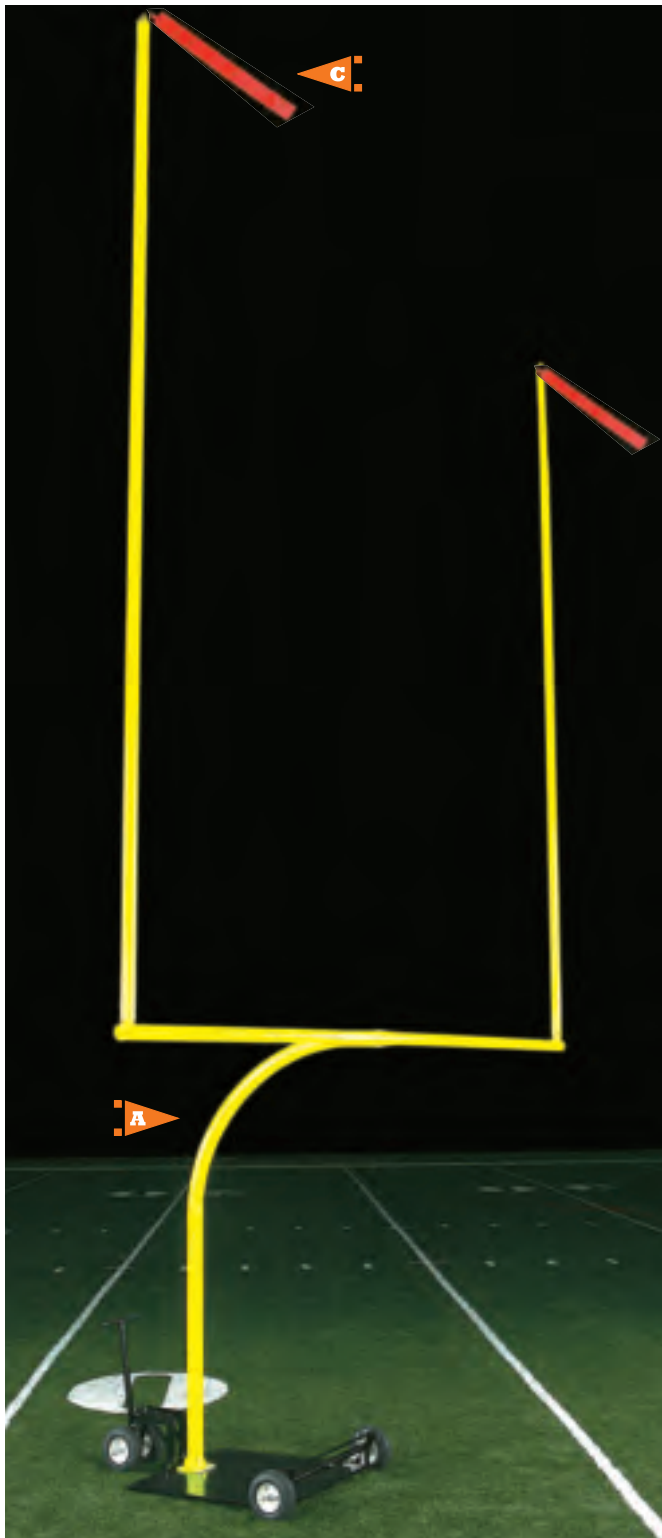
The NFL GOAL POST is engineered to support 35' uprights. The Gooseneck is designed with an innovative system to reinforce and buttress the Gooseneck to handle the extra weight and wind load. All components are beefed up in size and wall thickness to withstand the stress and load of standing 45' in the air. Engineered to withstand a wind load of 100 mph! Base plate is compatible with the standard ground anchor plate system. Check with factory to obtain the engineered drawings for in ground footings. Available with Adjustable Crossbars to accommodate high school games. Eliminate labor intensive change outs from NFL to high school specifications. Powder coated Saturn Yellow.



	no.	price
NFL GOAL POST	NFL18	\$ 15,150 pr.
NFL GOAL POST w/ Adjustable Crossbar	NFLA18	\$ 20,150 pr.

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-  **ROLLAWAY GOAL**
-  **"H" GOAL**
-  **STREAMERS**

The ROLLAWAY GOAL is an aluminum goal on wheels. Ideal as a back-up goal for game field. Meets NCAA and National Federation rules. Gooseneck is set 4' in back of crossbar. Uprights are 20' high. Mounted on heavy steel plate. Outfitted with dual pivoting wheels to provide steering. Rolls easily on four 12" wheels. Available with safety Blanket Pad.

The "H" GOAL is a low-cost portable goal. Made from lightweight 4" aluminum tubing. Outfitted with a dual set of 12" wheels. Easy to assemble.

The STREAMER shows wind direction. Features a rugged snap-hook with a spring-lock clip. Fluorescent color. Measures 4" x 42". Available in two styles: snap-hook or pipe clamp.

	no.	width	weight	price
ROLLAWAY GOAL ●	ROL18	18'6"	884 lbs.	\$ 5400 ea.
ROLLAWAY GOAL ●	ROL23	23'4"	955 lbs.	\$ 5500 ea.
"H" GOAL ●	HG18	18'6"	230 lbs.	\$ 2700 ea.
"H" GOAL ●	HG23	23'4"	270 lbs.	\$ 2800 ea.
BLANKET PAD	BP1		20 lbs.	\$ 550 ea.
STREAMERS - Hook	SH4		3 lbs.	\$ 100 set
STREAMERS - Clamp	SC4		3 lbs.	\$ 100 set

● Add \$800 for powder coated Saturn Yellow or White.

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SKY POLES END ZONE NET

The SKY POLE is a system of poles and cables designed to hold an End Zone Net. The poles have an exposed height of 40'. The poles slide into ground sleeves that are cemented in the ground. The poles are assembled from interlocking 5" diameter aluminum pipes. Guide wires hold the poles in place. The net is raised and lowered with a pulley system. Package includes: poles, ground sleeves, wire rope and pulleys. Sky Pole is sold in pairs. One pair per End Zone.

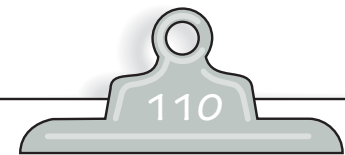
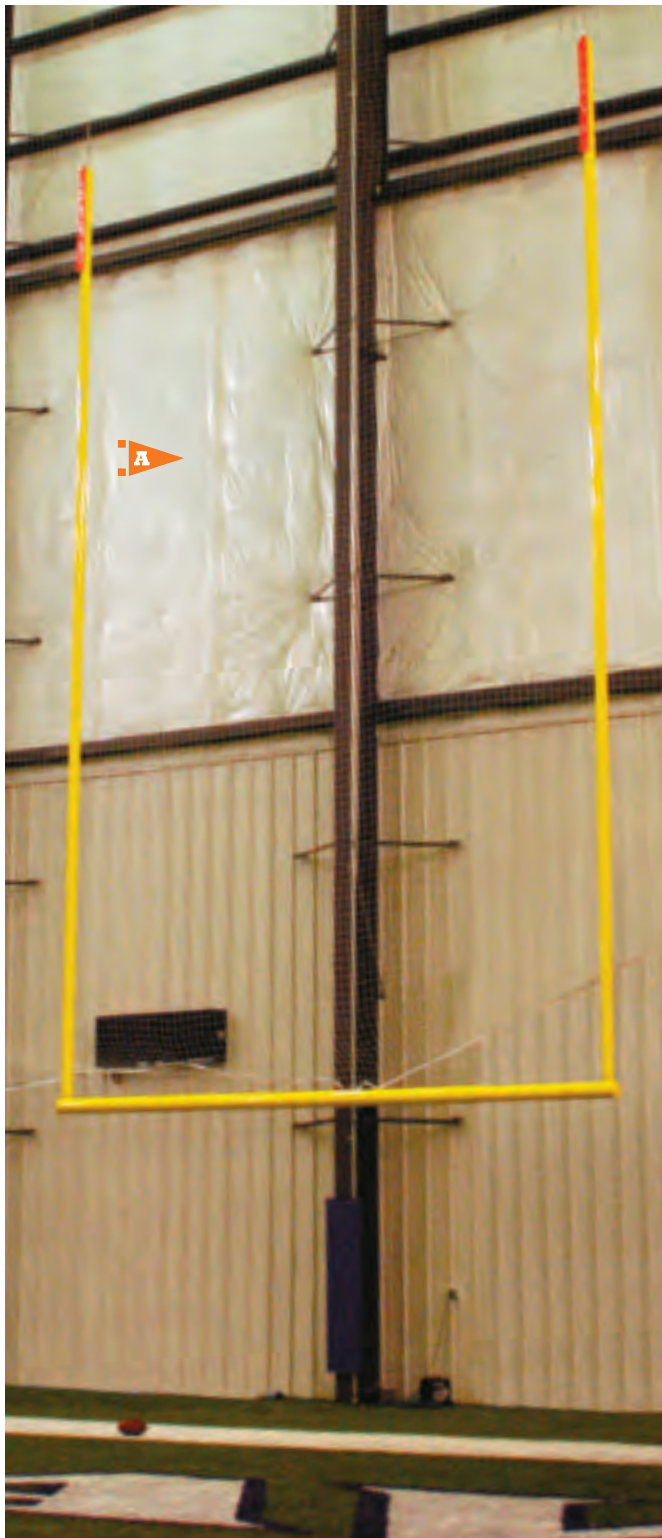
The END ZONE NET catches PAT's and field goal attempts. Measures 40' x 50'. Rugged knotted netting with a 4" square mesh. Tape bound with grommets in each corner and every 12' across the top. Ultra-violet treated to prevent sun rot. Color: Black.

	no.	weight	price
SKY POLE	SKY1	360 lbs.	\$ 6500 pr.
END ZONE NET	EZNET	30 lbs.	\$ 1500 ea.
PULLEY HARDWARE KIT	PHK1	25 lbs	\$ 450 set

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A **SUSPENSION GOAL** **B** **GOAL NET**

The **SUSPENSION GOAL** is designed for an indoor field house. Uprights and crossbar made from 4" aluminum tubing. Uprights 30' tall. Crossbar available in 18'6" or 23'4" width. Suspended from the ceiling with wire rope. Powder coated Saturn Yellow.

The **GOAL NET** is designed for an indoor field house. The outline of a crossbar and uprights are sewn onto a regular End Zone Net. Bright yellow 4" tape stands out against the black netting. Uprights 30' tall. Crossbar available in 18'6" or 23'4" width. Grommets along the top border. Overall net size 40' high by 50' wide.

	no.	weight	price
SUSPENSION GOAL - 18'	SG18	130 lbs.	\$ 2800
SUSPENSION GOAL - 23'	SG23	135 lbs.	\$ 3000
GOAL NET - 18'	GN18	35 lbs.	\$ 1800
GOAL NET - 23'	GN23	35 lbs.	\$ 1900

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- A** LOGO TARP
- B** FIELD STENCILS
- C** SPECIAL TEAMS MAT

The BENCH TARP protects the grass in the high traffic area of the team bench. Prevents the grass from being torn up. Made from a permeable fabric that allows air and water to pass through. This woven mesh has excellent tear strength and abrasion resistance. Outside edge is hemmed and heat sealed. Grommets at 3' intervals around the entire perimeter. Standard size: 15' x 150'.

The LOGO TARP is a two color tarp with a 4' tall logo printed at each end. The 6' wide coaching box area is one color and the 9' team box area is a second color. The color coding is a visual reminder for coaches and players to stay in their designated area. Eliminates the need for a "get back" coach. Call for pricing on multiple logos.

The FIELD STENCILS come in an eight-piece package. Each set contains 0, 1, 2, 3, 4, 5, G & arrow. Made from 1/8" flexible polyvinyl. Won't warp or crack. 6' tall.

The HASH MARK is a stencil with four pre-cut hash marks. Made from 1/8" flexible polyvinyl. Won't warp or crack.

The SPECIAL TEAMS MAT organizes personnel on the sideline before entering the game. Avoid penalties and costly time-outs. Size: 4' x 8'. 11 spots. Grommets in each corner. Available with team logo. Customer must supply .eps vector file.

	no.	weight	price
BENCH TARP	BT150	240 lbs.	\$ 1925 ea.
LOGO TARP	LT150	240 lbs.	\$ 2975 ea.
FIELD STENCILS	FS6	95 lbs.	\$ 800 set
HASH MARK	HM4	20 lbs.	\$ 225 ea.
SPECIAL TEAMS MAT	MAT1	6 lbs.	\$ 450 ea.

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PORTABLE POLES LOGO NET

The PORTABLE NET POLES offer an End Zone Net system on a turf field where in-ground foundation sleeves cannot be installed or at a stadium with open end zones where a cable system is not an option. The assembly consists of two 40' aluminum flag poles with a complete pulley system and two heavy weight steel anchor plates. The flag poles are seamless aluminum pipe tapered from a 6" top to a 10" bottom diameter. The steel plates are 1" x 8' x 9'. Welded cleats allow the plates to be moved by fork truck. Pole system is engineered to hold a net 40' high x 50' wide. The whole assembly can be disassembled for off-season storage. One pair of poles per End Zone.

The LOGO NET is a custom End Zone Net with a logo integrated into the netting for high visibility. The logo is strategically placed above the crossbar and between the uprights for maximum exposure. From a distance, the black netting is invisible to the eye and the logo is the focal point of the end zone. Sell the logo space to premium game sponsors. Offers a priceless advertising opportunity. Every time an extra point or field goal attempt is made, the Logo will catch the attention of stadium spectators and the broadcast TV audience. Measures 40' x 50' with corner grommets. Net size and grommet location can be customized to fit stadium rigging requirements. Customer must supply eps vector logo.

	no.	weight	price
LOGO NET	LN1	40 lbs.	\$ 4300
ART CHARGE			\$ 95
PORTABLE NET POLES	PNP	6800 lbs.	\$20,250 pr.

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- A CARRY-ALL BAG**
- B DUFFEL BAG**
- C MESH BAG**
- D BELT BAG**

The CARRY-ALL BAG is a pro style travel bag. Holds complete uniform. Features wraparound web handles, rugged two-way zipper, interior side pockets and name tag window. Measures 15" wide by 17" deep by 30" long. Made of rugged 18 oz. vinyl-coated polyester.

The DUFFEL BAG is an economy travel bag. Features drawstring closure and side carrying handle. Measures 15" diameter by 30" long. Made of rugged 18 oz. vinyl-coated polyester.

The MESH BAG is an all-purpose travel and utility bag. Features wraparound web handles, heavy-duty zipper and name tag window. Mesh fabric speeds air-drying and dissipates odors. Permits visual inspection without opening bag. Made of rugged polypropylene mesh. Measures 15" diameter by 36" long.

The BELT BAG buckles to your waist. Holds game ball and keeps it dry. Measures 13" long by 6" wide. Color: Navy Blue.

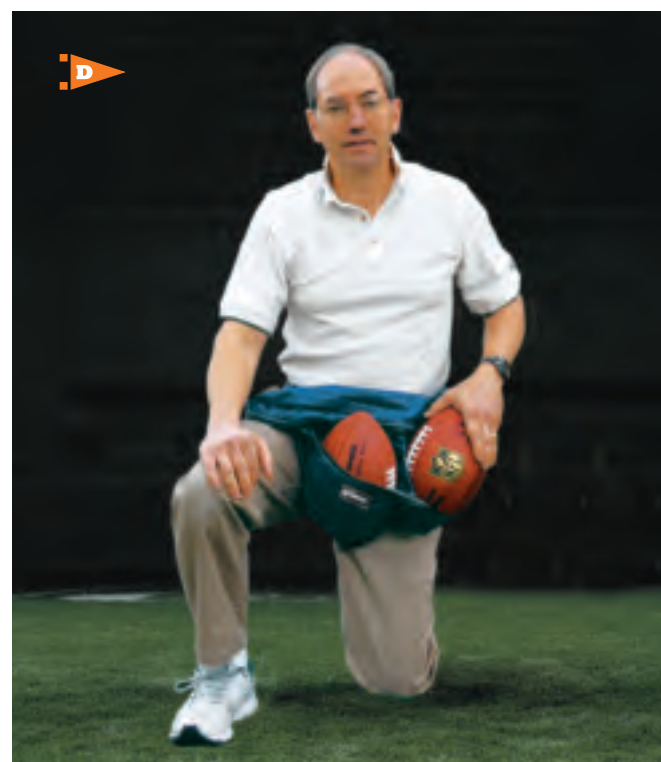
The DOUBLE BELT BAG holds two game balls. Made expressly for the NFL. Measures 27" long by 6" wide. Color: Navy Blue.

	no.	price	special
CARRY-ALL BAG ●	CB30	\$90	(12 for \$1020)
DUFFEL BAG ●	DB30	\$50	(12 for \$540)
MESH BAG ●	MB36	\$70	(12 for \$780)
BELT BAG	BB13	\$ 50	
DOUBLE BELT BAG	DB27	\$ 60	

● Colors:

RED	BLUE	YELLOW
GREEN	ORANGE	PURPLE
NAVY	GRAY	BLACK

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 **TRACK TARP**

Protect rubber tracks from abrasions made by steel tipped cleats and tire "black marks" from field tractors. Made from a lightweight and tough PVC polyester fabric. Allows water to seep through. Will not waterlog or stick to track surface. The perimeter edge is weighted with a galvanized steel chain that keeps the tarp from puckering or curling up and becoming a tripping hazard. Eliminates need for anchor nails or stakes. Easy to roll up when not in use. Available in three different sizes. Color: Gray with Black edging.

	no.	dimension	weight	price
TRACK TARP	TT1	15' x 30'	90 lbs.	\$725
TRACK TARP	TT2	15' x 40'	113 lbs.	\$800
TRACK TARP	TT3	15' x 50'	136 lbs.	\$875

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SUB-VARSITY SLED

The SUB-VARSITY SLED is designed for junior high and middle school programs where the weight range is 120 to 175 lbs. and the age range is 13 to 15 years old. Scaled down in size and weight to fit the needs of younger and lighter players. Outfitted with 64" springs that offer the correct pad level for junior high players.

"The coaching point is to keep your head up, neck bulled, eyes to the sky and knees bent to create a power-producing angle between your hips and ankles!"

	Cylinder	Box	Cone/V	Fit
SUB-VARSITY 1-MAN #201SV 215 lbs.	\$1280	\$1300	\$1300	\$1320
SUB-VARSITY 2-MAN #202SV 336 lbs.	\$1660	\$1700	\$1700	\$1740
SUB-VARSITY 3-MAN #304SV 515 lbs.	\$2540	\$2600	\$2600	\$2660
SUB-VARSITY 5-MAN #405SV 815 lbs.	\$4100	\$4200	\$4200	\$4300
SUB-VARSITY 7-MAN #607SV 1150 lbs.	\$5460	\$5600	\$5600	\$5740

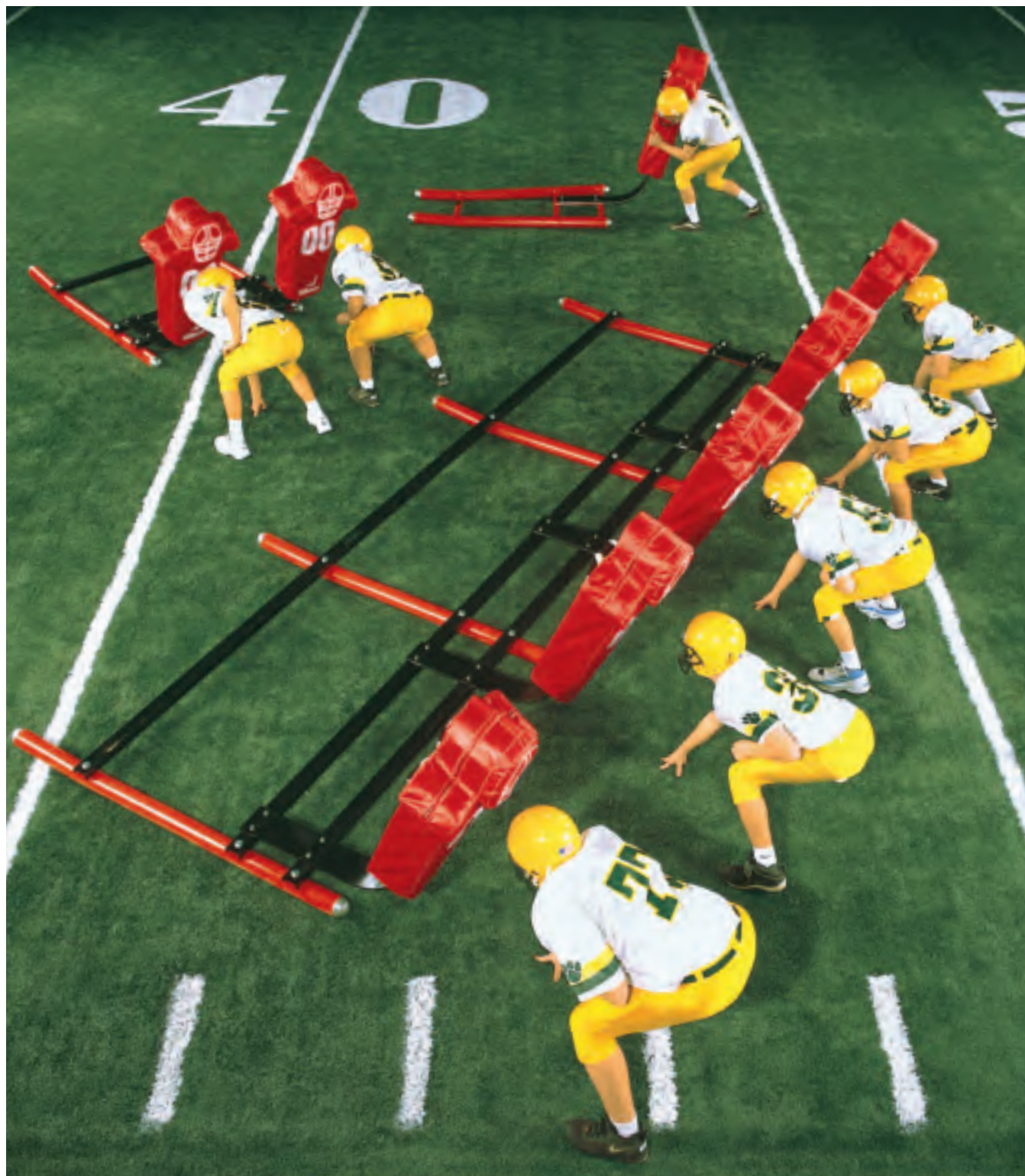
Add \$350 for Coach's Platform - #P7 (185 lbs.)

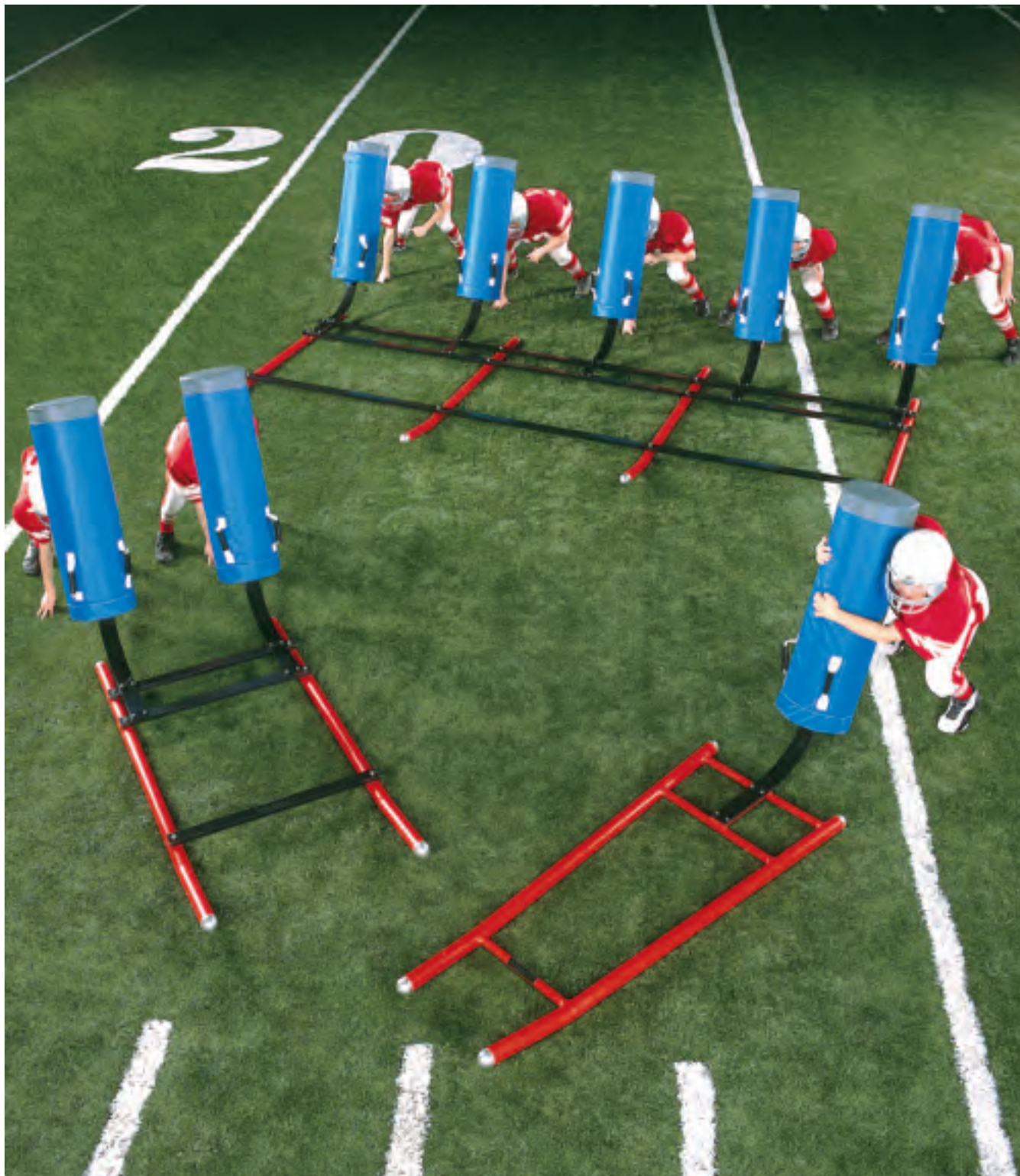
Add \$275 per spring for Liftback Mechanism

Add \$625 per spring for Ramback Mechanism

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▶ YOUTH SLED

The YOUTH SLED is designed for "pee-wee" football where the weight range is 60 to 120 lbs. and the age range is 10 to 12 years old. Scaled down in size and weight to fit the needs of "pee-wee" players. Features a lighter steel chassis and modified springs with reduced tension. The modified spring offers the correct pad level for "pee-wee" players.

“The coaching point is to teach youngsters the basics of stance, weight transfer, and blow delivery!”

	Cylinder	Pod	Fit
			
YOUTH 1-MAN SLED #201M 88 lbs.	\$1140	\$1160	\$1180
YOUTH 2-MAN SLED #202M 132 lbs.	\$1300	\$1340	\$1380
YOUTH 3-MAN SLED #304M 210 lbs.	\$1880	\$1940	\$2000
YOUTH 5-MAN SLED #405M 358 lbs.	\$3400	\$3500	\$3600
YOUTH 7-MAN SLED #607M 490 lbs.	\$4660	\$4800	\$4940

Add \$350 for Coach's Platform - #P7 (185 lbs.)
Add \$275 per spring for Liftback Mechanism

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▶ SIGN PADS

The SIGN PADS create a renewable revenue stream for your program. Place them around the perimeter of football and soccer fields. Offer prime exposure opportunities for advertisers and sponsors. Always in the line of sight when viewing games in the stadium. These triangular foam signs measure 9' long by 3' tall. Sections fasten together to form continuous chains. Triangular foam braces support each section making them stable and wind-resistant. The pads safely cushion the shock of an accidental collision. Add a section each year as new sponsors are signed on.

The SIGN BLANKET drapes over the Sign Pad and fastens with Velcro. The Blanket is easy to change out as new sponsors come aboard. Printed front and back. High-resolution digital imaging offers an unlimited range of color and art. Customer must supply an .eps vector file. A one-time art charge is applied to prepare a proof.

	no.	weight	price
SIGN PAD	SIGN1	30 lbs.	\$ 525
SIGN BLANKET	BLK1	2 lbs.	\$ 275
ART CHARGE	ART		\$ 95

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SOUVENIR PYLONS

The Souvenir Pylon is a miniature Gilman weighted pylon. Scaled down in size and weight to make it a desk top collector's item. Authentic in all details. Each face of the pylon displays an embroidered team logo. 8" tall. Customer must provide an .eps vector file.

Fundraiser: Great way to raise money! This is a "must have" product for friends of the program! The margins are lucrative so a team can turn a nice profit.

Gift: Great gift to suite box holders or to athletic donors. Also used as an award at football banquets or as a gift to program volunteers. In addition, it makes a unique class reunion gift for championship teams.

Premium: Used by corporations as a premium giveaway to thank consumers for buying a new product or signing up for a new service.

Retail: Great novelty to sell in the bookstore or on the athletic department website. For the avid fan that has all the logo collectibles, this is a one of a kind game related souvenir. Fans will buy them to show their team spirit and loyalty.

	no.	weight	quantity	price
SOUVENIR PYLONS	SP1	19 oz.	1 - 6 doz.	\$23 ea.
			7 - 15 doz.	\$22 ea.
			16 - 40 doz.	\$21 ea.
			41 - 100 doz.	\$20 ea.
			101-250 doz	\$19 ea.
			251+doz	\$18 ea.

US Patent #9,248,592



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EMAIL:
sales@gilmangear.com



WEBSITE:
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LIMITED WARRANTY: Marty Gilman, Inc., warrants all of its products to be free from defects in material and workmanship under normal use for a period of one (1) year from the date of delivery to the original buyer. Sled springs and frames are warranted for a period of four (4) years. Gilman's sole obligation and buyer's sole remedy is to repair or replace, at our option, any part which is found to be defective during the warranty period. Repair or replacement must be made only by Gilman. Any product thought to be defective must be returned to Gilman for inspection at the buyer's sole expense. A Return Authorization Number (RA#) must be obtained from Gilman before returning a product under a warranty claim. This warranty does not cover products damaged in shipment or any product damaged as a result of misuse, negligence, accident, improper assembly, ordinary wear and tear, vandalism or by repairs, alterations or use of replacement parts not manufactured or installed by Gilman.

DISCLAIMERS OF WARRANTIES: Marty Gilman, Inc., makes no warranties, representations or promises, either express or implied, as to the quality or performance of its products other than those set forth above, and Gilman expressly disclaims all implied warranties, including but not limited to, the warranty of merchantability and warranty of fitness for a particular purpose. Gilman neither assumes responsibility for nor authorizes any other person to assume for it any liability in connection with the sale of its products. In no event shall Gilman be liable for consequential damages, personal injury or property damage.

GENERAL WARNING: Gilman Gear is designed to protect the safety of players. However, by the very nature of the sport, the methods of practice and conditioning to play the sport, and the equipment designed for the sport and such practice, it is possible that serious bodily injury or death, or property loss and damage could result from the use of Gilman Gear products. The User knowingly and voluntarily assumes all risk of serious injury, death and property damage related to the use of Gilman products including those which may result from the negligence of Marty Gilman, Inc., (including its employees and agents), the User or any other person or cause. Use of Gilman products shall constitute a release by the User of Marty Gilman Inc., and its shareholders, officers, employees and agents and their respective successors and assigns from all liability for injury, death and property loss or damage which is in any way related to the use of Gilman products, including any and all liability that may result from the negligence of Marty Gilman, Inc. (including its employees and agents), the User or any other person or cause. Marty Gilman, Inc. assumes no liability for improper use, negligent assembly, unauthorized alteration or modification, lack of supervision, the physical condition or health of any User, or other conditions affecting the User and use of any Gilman product. The sole responsibility of Marty Gilman, Inc. is governed by its limited warranty. Consult all written materials accompanying Gilman products prior to any use or assembly.

LOST OR DAMAGED FREIGHT: Shipments of Gilman products leave the factory in perfect condition. If a product is delivered short or in a damaged condition, it is the responsibility of the delivering carrier. Customers must take care when receiving shipments to inspect the cartons for damage before signing the delivery receipt. All shortages and damage should be noted on the delivery receipt before signing for the shipment.

CONCEALED DAMAGE: If a product is found to be damaged after being removed from its box, notify Gilman and the delivering carrier immediately. Ask the carrier to fill out a "Concealed Damage Report." Normally, there is a 5-day grace period within which to file a claim.

INSPECTION OF FREIGHT: The customer is responsible for inspecting the freight upon delivery to check for lost or damaged freight. If the customer fails to verify the piece count or fails to note freight damage on the delivery receipt, then the customer is responsible for replacement of the lost or damaged products.

FREIGHT CLAIMS: Gilman is not responsible for lost or damaged freight. Claims for lost or damaged freight must be reported within 5 days of delivery. The claim must include a copy of the delivery receipt with a written notation of the shortage or damage. Replacements will only be sent after the freight claim has been approved by the freight carrier.

REFUSAL OF SHIPMENT: If a shipment is refused for any reason, and the merchandise is returned to the factory, the customer will be charged for all freight costs and a re-stocking charge of 15%.

RETURN POLICY: To return a product, call Gilman in advance for a return authorization number. Please state date of purchase, invoice number, and reason for return. To receive credit or replacement, the RA# must appear on all labels. All returns, except those covered by warranty, will be subject to a 15% re-stocking charge. All returns must be shipped prepaid.

WARRANTY RETURN: To receive replacement under warranty, the customer must first return the product with the alleged defect. If a defect exists and the product is under warranty, the company will repair or replace the product and pay the freight to return it to the customer.

FREIGHT QUOTE: Call shipping desk for freight estimates. Gilman selects freight carriers who offer the lowest cost delivery. Freight quotes are valid for 7 days only. The customer is responsible for differences between estimated and actual freight cost. Additional charges apply for residential delivery, lift gate service or inside delivery.

DELIVERY: Gilman makes every effort to accommodate customer delivery requests, however we cannot guarantee delivery dates. If a specific deadline is required, the customer is responsible for expedited shipping costs.

RUSH CHARGE: Expedited order processing is available upon request. A rush charge will be calculated based on the quantity, product model and any customization required.

STANDARD TERMS: Net 30 Days. Unpaid balances subject to a 1.25% per month interest charge.

CASH IN ADVANCE: Youth teams, booster clubs, individuals, and other non-school entities as well as companies with non-credit accounts must submit payment with order. First time orders from new credit accounts must pay cash in advance.

JULY BILLING: July 1st billing is available with an authorized purchase order or with a signed purchase order agreement. Any unpaid balance will be subject to an interest charge after July 31st.

ORDERS: To be accepted, an order must be accompanied by either a hard copy purchase order or a signed purchase order agreement. To obtain a purchase order agreement, call the sales desk with the list of products you wish to purchase. The sales desk will email a quote. The purchase order agreement must be signed by a school principal, athletic director or business manager.

CREDIT CARD: Payment may be made using Visa, MasterCard, American Express & Discover.



WIRE TRANSFER: Wire transfer payments must include a \$35 bank processing fee.

PRICES: All prices are FOB Gilman, Connecticut, and do not include inside delivery, assembly, installation or freight charge. All prices are subject to change without notice.

HANDLING CHARGE: All orders are subject to a charge for packaging and freight preparation. A \$30 charge is added to truck shipments and a \$5 charge is added for UPS or FedEx ground shipments. Truck shipments that require an oversize pallet will be assessed a pallet charge.

EMAIL CONTACTS:

sales@gilmangear.com

(new orders, quotes, purchase agreements or payment plans)

info@gilmangear.com

(requests for catalogs or product questions)

accountsreceivable@gilmangear.com

(questions regarding invoices, statements or payments)

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BORN ON DATING:

The hallmark of Gilman Gear is longevity. The Gilman product is built to last. In a contact sport like football, the product takes a beating. That's why we stamp every Gilman product with the year it was born! That way you can calculate the years of service. Gilman is proud of how long our products last, and we want everyone to know it. There's a reason no other company dates their products. Nothing lasts longer than Gilman Gear!





Football Forever

Dear Coach:

We are proud to celebrate our 93rd year in business! The key to longevity is building a quality product that endures the test of time. And the ability to evolve and invent new products that are relevant to the changing needs of the coaching profession. Like our customers, who are driven to pursue excellence on the field, we too, strive to build "best in class" products that are functional and safe.

The challenge today is, how do you teach the game of football when both the number of full contact practices and full-padded practices have been reduced. In addition, full contact periods have been scaled back in time as well as the number of full contact scrimmages. More than ever before, there is a crying need for realistic and safe practice tools to teach the skills and fundamentals of the game. In 2015, Gilman introduced the Roll Tackle Ring which revolutionized the way tackling is taught in America becoming the most popular tool for teaching tackling. This year, Gilman is introducing four new products to help make practice training safer.

My father, Marty Gilman, founded the company in 1929. Back then, the players were the dummies. Marty invented what became the basis of the industry: the blocking and tackling sleds, the pop-up tackling dummy and the hand-held blocking shield.

Today, the mission remains the same! Building the highest quality products and bringing the latest innovations to the Game!

"Always A Step Ahead" is more than a slogan. It's how we run our business!

Yours in football,

Neil Gilman
President



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Since 1929

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