BALL MACHINE
USER MANUAL

✔ Suitable for beginners and advanced
✔ Practice various shots from the air or with a bounce
✔ Play alone or in a group

ATTENTION!

➡ Never cross in front of the ball machine when a program has been activated.

➡ In case a ball is completely empty, throw it in used balls box.

STEP 1

To use the ball machine:

1. Place the machine 1 m away from the baseline (see drawing).
2. Press the power button for 2 seconds (machine calibrates and screen will display "press test", "calibrate" etc) Please do not calibrate the machine.

Now the machine is ready to use.

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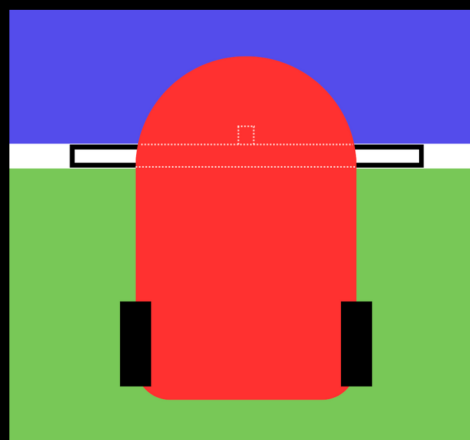
3 MAIN PROGRAMS (we recommend to start with these)

✔ Practice basic elements of tennis (perfect for improving your level).
✔ For players with different levels.

STEP 2

Choose the program and push the button accordingly.

Manual – practice one specific shot (you choose where the machine directs the ball).
2-line – practice shots one-by-one from right and left.
Sweep – machine shoots balls randomly (to practice playing with an opponent).

MEANING OF SETTINGS

MENU ▼/▲ buttons allow moving up and down on the screen.

SETTINGS +/- buttons allow to select and change numerical values.

Many programs allow you to change the speed and height of the ball, add spin to the ball and change the speed machine shoots the balls with.

Speed – ball speed
Elevation – ball height
Spin – adding spin to the ball (not necessary for beginners)
Angle – turning machine right or left
To turn left choose - and to turn right +. If you are right-handed and wish to practice forehand, direct the machine left with a minus sign.
Feed – density of balls shot per second
Depth – the distance of balls shot A (Deep), B (Mid), C (Short)

MANUAL

Beginner
Speed: 50
Elevation: 30
Spin: 0
Angle: - 2 or +2
Feed: 04

Intermediate
Speed: 55
Elevation: 18
Spin: 0 (change if you prefer)
Angle: - 2 or +2 (or more)
Feed: 04

Advanced
Speed: 60
Elevation: 18 (or higher, check that balls are not shot in the net)
Spin: 0 (change if you prefer)
Angle: - 2 or +2 (or more)
Feed: 04

If you wish to practice attack shot from shoulder height [useful], then
Speed: 45
Elevation: 45
Spin: 0
Angle: - 2 or +2
Feed: 06

2-LINE

Beginner
2-line: > narrow <
Speed: 50
Spin: 0
Row: C
Feed: 04

Intermediate
2-line: > medium <
Speed: 55
Spin: 0
Row: C
Feed: 04

Advanced
2-line: > medium <
Speed: 60
Spin: 0
Row: B
Feed: 04

SWEEP

Beginner
Rnd sweep > Row C
Speed: 50 (be ready for balls shot higher)
Spin: 0
Feed: 04

Beginner 2
Rnd sweep > Row C
Speed: 55
Spin: 0
Feed: 04

Intermediate
Rnd sweep > Row B
Speed: 60
Spin: 0
Feed: 04

Advanced
Rnd sweep > Row B
Speed: 65
Spin: 0
Feed: 04

STEP 4

Test and start the game.

1. Push the green **PLAY/PAUSE** button – machine gives you 25 seconds.
2. When starting the program for first time, test to see where balls are shot (if needed, can change the settings).

When using the machine alone

push the green PLAY/PAUSE button if you want to pause or when adding new balls to the ball machine.

When using the machine in a group

✔ you can take turns (e.g. first player has 4 shots, second one has 4 shots etc.).
✔ Or you can take longer turns (e.g. every player gets 5 minutes).

6-SHOT DRILLS

Choose between 12 various drills to improve different skills.

These drills imitate point games.

✔ You get 6 shots in a row after which there is a short pause and then the machine continues.
✔ The location and the speed of the balls varies.
✔ You can choose how much time you get after each shot (2–9 seconds).

**Push the button "DRILLS" until a desired exercise is displayed.**

With some exercises you might need to move the ball machine further than 1 m from the baseline (since the machine can shoot balls further).

DRILLS

All-Courter – utilizes both the front and back court with some top spin and less ball speed.

**Grinder** – utilizes the full back court with different types of spin.

Power Baseliner – utilizes the full back court with little spin and more ball speed.

All-Courter   Grinder   Power Baseliner
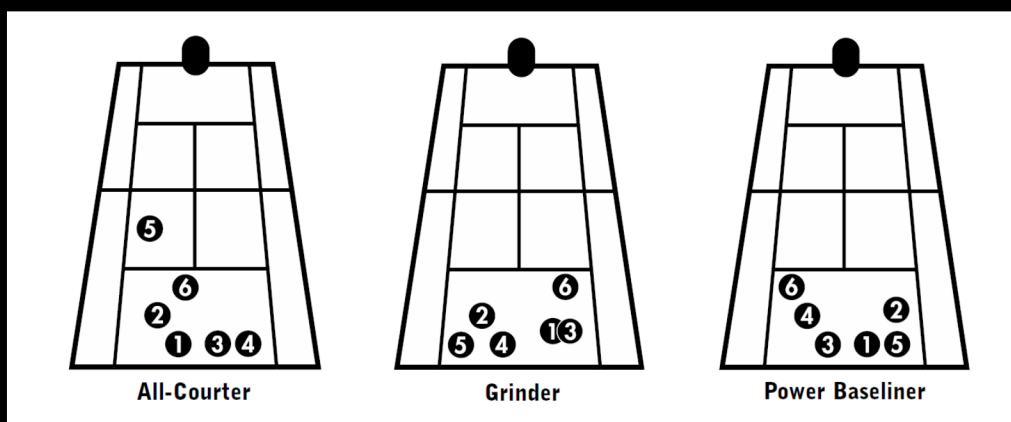
Approach – emphasizes the approach from behind the baseline into the front court with balance and speed.

**Attack/Defend** – designed to move a player in all directions from the baseline.

Forehand Plus – challenges the player to maintain dominant court position by using their forehand for every shot.

Approach   Attack / Defend   Forehand Plus
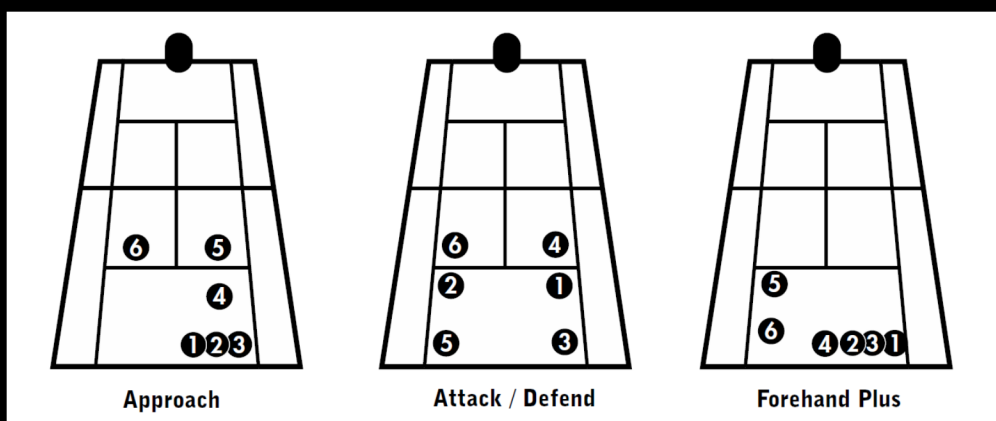
Beginner – drill to help beginners improve and build confidence.
Intermediate – drill that will help intermediates improve their court coverage and execute a variety of shots.
**Advanced** – drill for advanced players to develop higher shot tolerance and learn to quickly identify 'opportunity' balls that can be attacked.
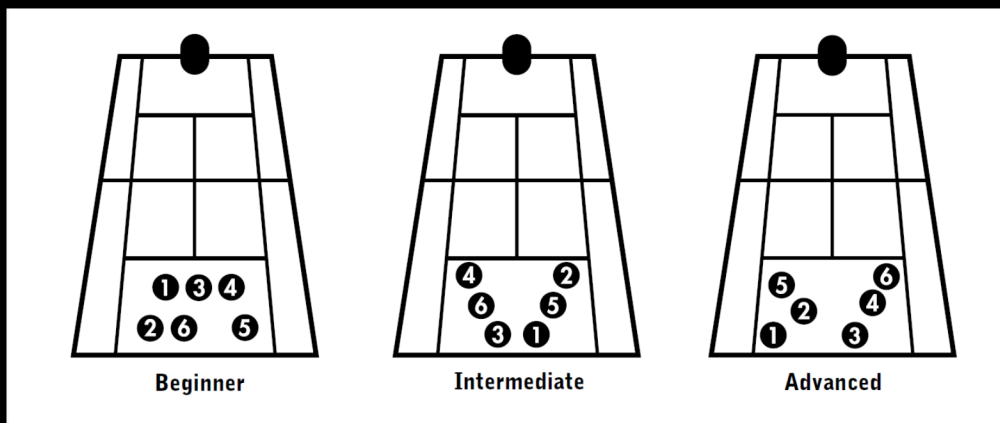
Moon Baller – utilizes a high arc over the net with moderate to heavy top spin. Like "Grinder" drill, but shots balls a bit higher and further.
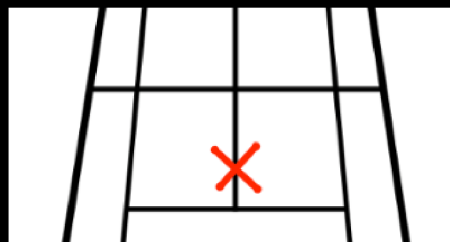**Slicer** – drill with backspin or underspin that utilizes a low arc over the net.
Lefty – simulates strong forehand groundstrokes and strong backhand volleys.
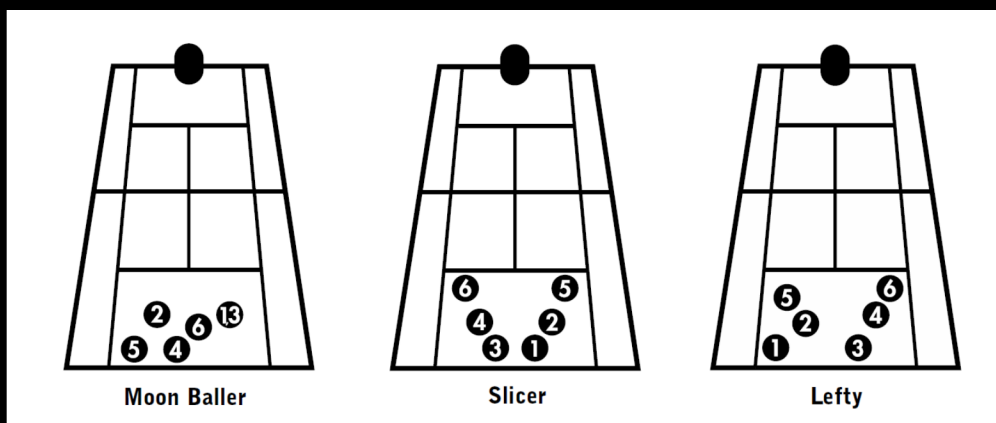
RECOMMENDATIONS AND IDEAS FOR GAMES

✔ With all the exercises you can also practice volley shots (without bounce) (stand around 1m from the service line).

COMPETING OR SETTING A GOAL ALONE OR IN A GROUP

✔ E.g. try how many times you can flawlessly target (can also choose a specific target, e.g. right corner of the court)

✔ Target specific boxes (big baseline box, service box, right/left doubles alley) – try to shoot the ball e.g. 3 times into every box.

AFTER USING THE BALL MACHINE

1. Clean the court from ball dust with a vacuum.
2. Switch off the ball machine by holding the power button for 2 seconds.
3. Put the ball machine on charge.

In case the machine is not working or there are any errors, call +372 5323 7690.