

CAUTION

DO NOT use Kickmaster if a person or animal is within range.

DO NOT let a second person head Kickmaster.

Kickmaster should only be used by one player only.

DO NOT head Kickmaster, injury may be caused by the net or swivel which can sometimes return at high speed.

DO NOT wrap the cord around the hand.

DO NOT open the plastic case as it contains a strong loaded spring.

Hold on tightly to the case at all times - damage may be caused if unit is dropped.

To prevent the risk of injury to the user (or damage to ceilings etc, if the Kickmaster is being used indoors) make sure that the Kickmaster lock is in the correct position before training, ie when Kickmaster is being used for long shots and simulated pass returns the lock should be in the off position.

CARE INSTRUCTIONS

Do not use in wet conditions as this may affect electrical circuits and display.

Take care not to let the cord become soiled or saturated.

Excess dirt or moisture can damage Kickmaster's rewinding mechanism - keep clean and dry.

The manufacturer cannot be held responsible for any wear and tear on the net.

Play on hard surfaces, ie tarmac and concrete will accelerate wear on the net.

Product No. M06022-01



Techni Trainer

PLEASE READ BEFORE USE



DISTRIBUTED BY



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Please retain this leaflet for reference to the manufacturer.
Carefully made in China to European Safety Standards.

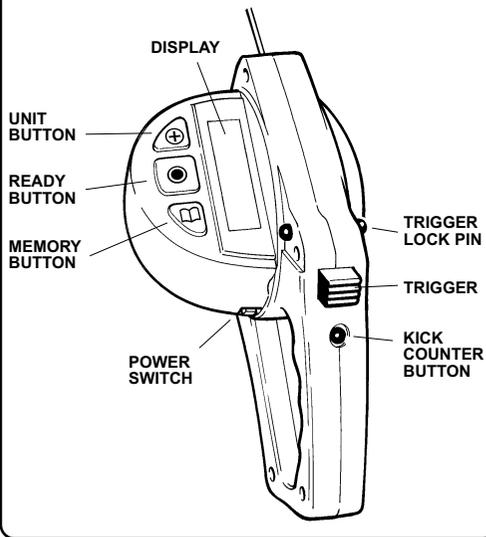


CUSTOMER HELPLINE (UK ONLY) 0870 8404255

We make every effort to ensure that this product reaches you in satisfactory condition.

However if you have any queries, need assistance, or find this product defective, please call our Customer Helpline.

FUNCTION BUTTONS



STEP 2 - Measure a Kick

- 1 Click READY button
- 2 Screen reads "READY", now kick the ball.
- 3 After data is recorded, the screen will display SPEED of kick.
- 4 To review the last kick measured, press the memory button.

NOTE: When the kick is not powerful enough, or the ball unintentionally pulls the cord before the kick, the screen will display "ERROR" and no record will be stored. Click "READY" button and start again.

To avoid error reading, ensure the cord is slack before the kick.

NOTE: Memory is cleared when the Techni-Trainer is switched off.

KICK MODE

Measure number of consecutive kicks

- 1 Press COUNTER button.
- 2 Screen displays "000 HIT"
- 3 Click COUNTER button each time you strike the ball.
- 4 Screen displays number of strikes.
- 5 To reset the counter press unit button.

AUTO-SLEEP

The unit will automatically go into sleep mode after 3 minutes of inactivity.

To restart press ready button.

SWITCHING ON

- 1 The word "TECHNI" is displayed on the screen when the unit is switch on.
- 2 The user can now choose between 2 modes.
 - a) Measure the speed of the kick (**Measurement Mode**)
 - b) Manual count the number of consecutive kicks (**Kick Mode**)

MEASUREMENT MODE

STEP 1 - Select Measurement Units

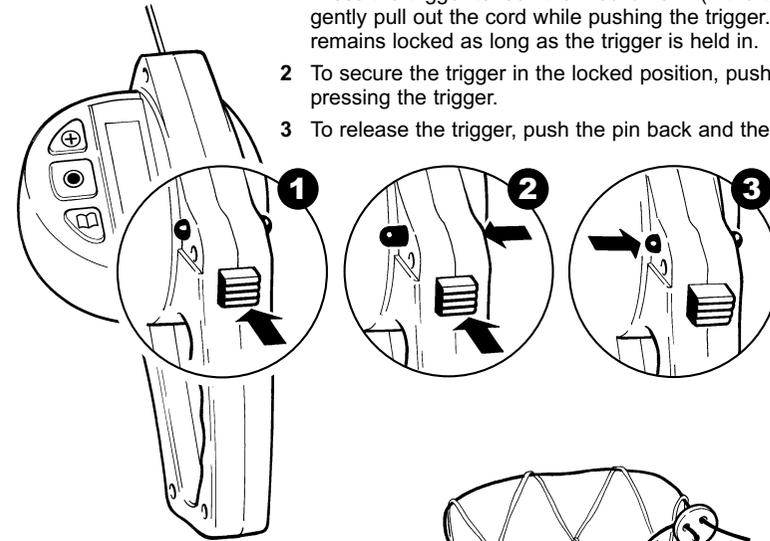
The unit can display imperial or metric units.

To change units of measurements, press the unit button to toggle between metric and imperial.

MEASUREMENT	IMPERIAL	METRIC
Speed	Miles/hour (MPH)	Kilometre/hour (KPH)

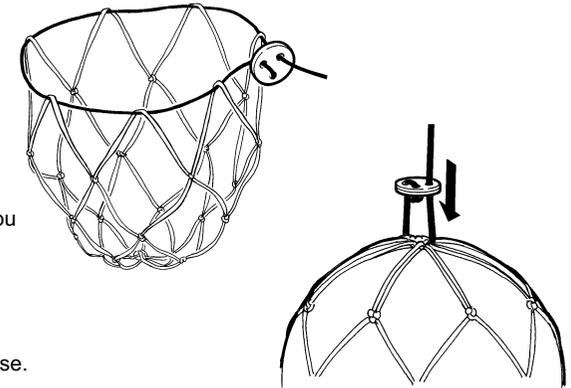
THE LOCK

- 1 Press the trigger to lock the mechanism. (If the trigger does not lock, gently pull out the cord while pushing the trigger.) The mechanism remains locked as long as the trigger is held in.
- 2 To secure the trigger in the locked position, push the pin across while pressing the trigger.
- 3 To release the trigger, push the pin back and the trigger will release.



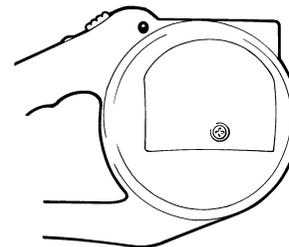
REPLACING THE BALL (FITS SIZE 4 OR 5 BALLS)

- 1 Feed the cord through the disk until you can fully open the net.
 - 2 Insert the new ball.
 - 3 Pull the cord back through the disk, closing the net.
- Your Techni-Trainer is now ready for use.



REPLACING THE BATTERIES

- 1 Unscrew the battery compartment retaining screw and remove the panel.
- 2 Insert the appropriate batteries. (2 x "AAA")
- 3 Replace the panel and screw.



BATTERY CARE INFORMATION

The batteries must only be replaced by an adult.

Do not use rechargeable batteries. Different types of batteries or new and used batteries are not to be mixed.

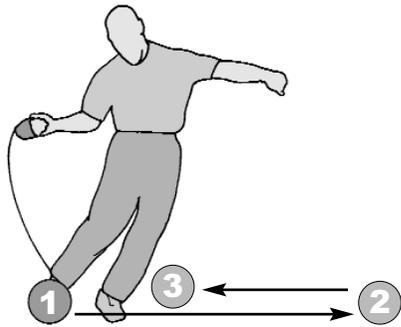
Only batteries of the same or equivalent type as recommended are to be used.

Batteries are to be inserted with the correct polarity.

Exhausted batteries are to be removed from the unit.

The supply terminals are not to be short-circuited.

Do not attempt to recharge non-rechargeable batteries.



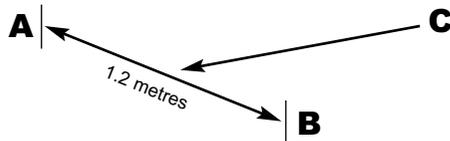
THE WEAKER SIDE

Work on both feet, pass with the right foot 1 trap with left 3. Pass with the left foot, trap with the right. Repeat.

TEST OF ENDURANCE

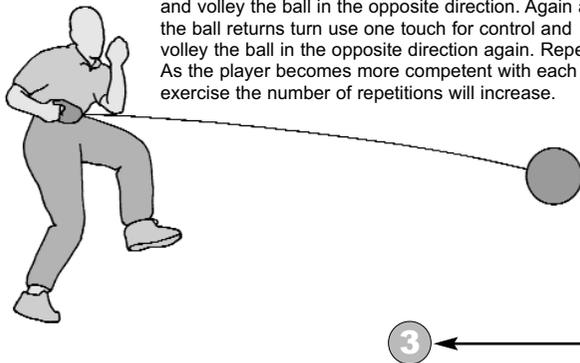
Use one leg to improve balance and strength. Stand at point 'C' and stay on one foot. Your kicking foot must not touch the ground. The ball must cross the line between points 'A' and 'B'.

See how many times you can volley the ball between points 'A' and 'B' before your kicking foot touches the ground. Better performance will be achieved if the player can incorporate rhythm and timing into each exercise.



THE SWITCH

Kick the ball forwards and then as the ball returns use one touch to control the ball and at the same time turn and volley the ball in the opposite direction. Again as the ball returns turn use one touch for control and volley the ball in the opposite direction again. Repeat. As the player becomes more competent with each exercise the number of repetitions will increase.

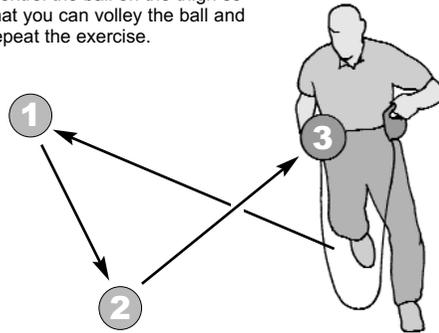


THIGH TRAP

You will soon determine the correct height to volley the ball to ensure the ball returns at thigh level after one bounce.

'1' kick with the left and trap with the right thigh '3'. Then alternate.

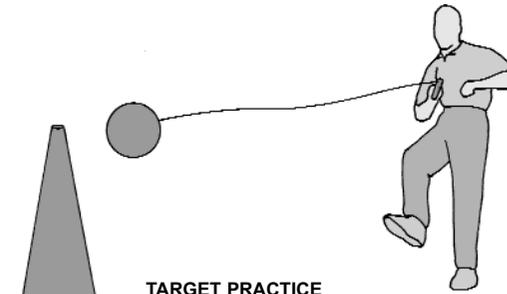
Control the ball on the thigh so that you can volley the ball and repeat the exercise.



GOAL

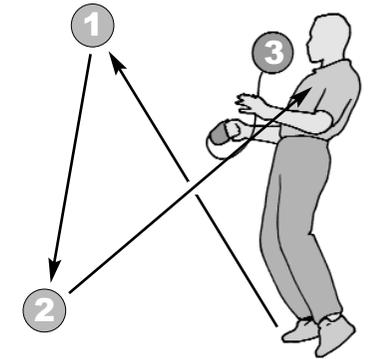
Kick the ball almost vertically with your right foot and then volley, keeping the ball low with your left.

This is good exercise to practice in front of goal. Imaging the ball is dropping as from a corner and then volley the ball into the net. Try 10 repetitions and then turn around and repeat the exercise using your left foot to kick the ball vertically and your right foot to volley into the net.



TARGET PRACTICE

Aim at a target, ie a post, cone, bucket, mark on the wall. First use your instep to pass the ball, then change and use the outside of the foot.



CHEST TRAP

First use your right foot to volley the ball, bring the ball under control using the chest then volley the ball this time using the left foot. Then repeat. Use both feet, control the ball on the chest '3', and then volley the ball '1' to repeat the exercise.

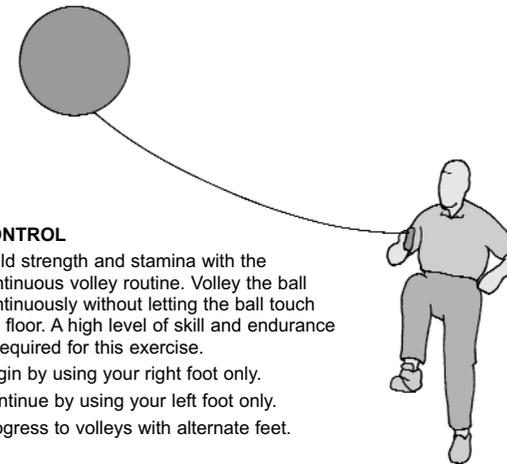
CONTROL

Build strength and stamina with the continuous volley routine. Volley the ball continuously without letting the ball touch the floor. A high level of skill and endurance is required for this exercise.

Begin by using your right foot only.

Continue by using your left foot only.

Progress to volleys with alternate feet.



KICK AROUND THE CLOCK

Set up a ring of eight cones or similar targets and number each one. The player must remain in the centre of the ring. The exercise involves shooting at each marker. The exercise can be made even more difficult by numbering the cones at random. The ball will constantly return to the player which will encourage ball control and better balance.

