



TARGET™

SWING TRAINER



INSTRUCTIONS & PRACTICE DRILLS

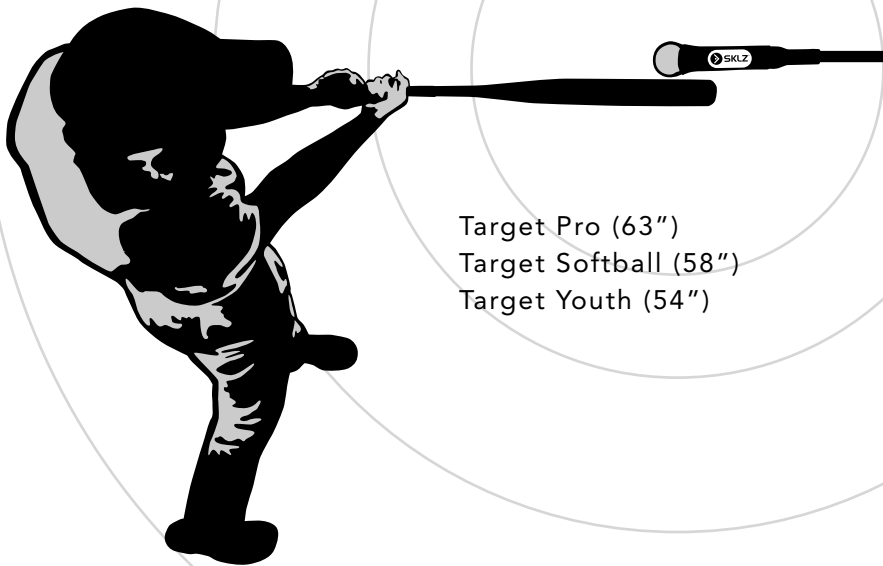
YOUTH

PRO

SOFTBALL

TARGET™

INSTRUCTIONS & PRACTICE DRILLS



Target Pro (63")
Target Softball (58")
Target Youth (54")

Top 10 Reasons the Target™ Is the BEST Coaching Tool Ever:

The Target Swing Trainer is designed for two players, identified throughout these instructions as "Batter" and "Coach."

1. "Horizontal hitter" design gives batter correct feedback on each swing.
2. Can be used in multiple positions for numerous drills.
3. Effective for drills to increase power and control bat speed.
4. Safe, portable and easy to use. No set-up required.
5. Allows for positive feedback and continuous improvement.
6. Use as a training tool and for time-efficient warm-ups.
7. No such thing as a bad toss or missed location.
8. Batter and coach know immediately if hit was a grounder, fly ball or line drive.
9. See immediate improvements in team's batting averages.
10. Comfort grip handle and patented sight sleeve make the Target Swing Trainer easy to use.



WARNING

Improper use of the Target™ can result in serious injury. Read and follow instructions for the proper and safe use.

The only sure way to eliminate the possibility of injury is to:

ALWAYS WEAR A HELMET WITH A FACE GUARD

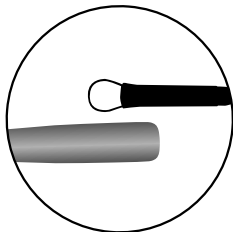
Use this product correctly in the manner described and you'll have hours of practice fun. Using otherwise could lead to serious injury. Adult supervision is a must. Inspect the ball, strap and shaft periodically for evidence of damage.

Use practice bats with this product as Pro Performance Sports does not accept responsibility for damage that may occur when using performance bats.

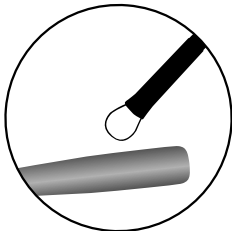
BEFORE USING YOUR NEW TARGET SWING TRAINER FIRST LEARN THE PROPER LOCATIONS AND "ANGLES OF USE."

The Target should always be held parallel to the bat.

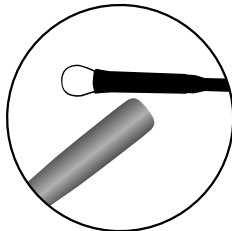
RIGHT!



WRONG!



WRONG!



ANGLES OF USE

Target™ Instructions For Use

1. Chose an area, inside or out, that has good safety clearance. About 24' in diameter and 10' in height.
2. The batter and coach stand facing each other – about 8' to 10' apart.
3. If facing a right handed batter, the holder slips his left hand into the safety strap. In facing a left handed batter, the holder slips his right hand into the safety strap. See illustration under Drill #3.
4. The coach should hold the Target™ with both the hands and the arms extended. The batter should check by holding the bat out to make sure he is at the correct distance from the Target to make contact only with the ball.
5. The batter should not make contact with the shaft and should focus on the ball end of the Target for contact. The shaft is very durable; however, repeated contact with the bat could cause breakage.
6. Location of the strike zone is determined by the coach. To begin, the coach should give the batter a stationary target out in front of the plate, where proper contact is made. (Similar to hitting from a batting tee.)
7. The coach holds the device firmly, but does not fight the momentum exerted when contact is made with the Target. **IMPORTANT: DO NOT FIGHT THE NATURAL MOMENTUM OF THE TARGET ONCE IT IS HIT.**
8. The coach changes strike location inside and out on the plate by changing his location in relation to the batter. The batter remains in the same position. The coach should make sure to place the Target in a proper location and at an angle to the batter so that proper contact is made on the ball.

THE 3 BASIC CONTACT LOCATION DRILLS

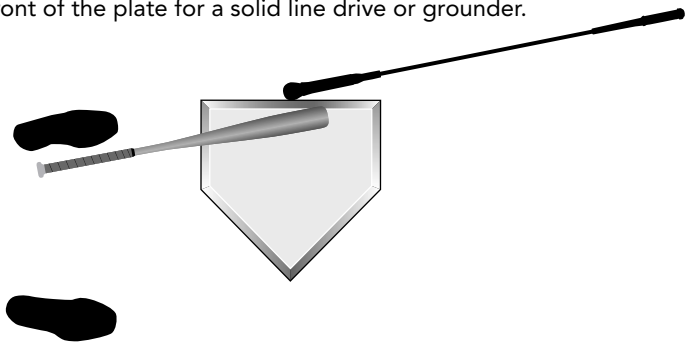
Drill 1

Middle Strike Pitch

Objective - To teach the batter where and when to attack the strike on the middle of the plate.

Procedure - The coach holds the ball end of the Target™ over the center front edge of the plate.

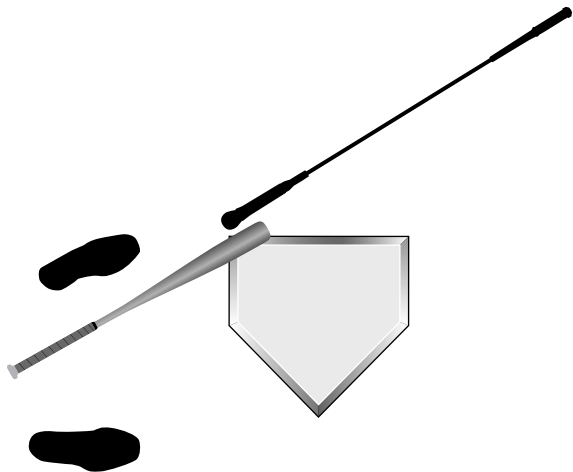
Coaching Point - The batter should be taught to attack the ball in front of the plate for a solid line drive or grounder.



Objective - To teach the batter where and when to attack the strike on the inside third of the plate.

Procedure - The coach holds the ball end of the Target™ over the inside third of the plate and a few inches in front of the plate.

Coaching Point - The batter should be taught to attack the ball in front of the plate, learning to pull the ball every time in this location.



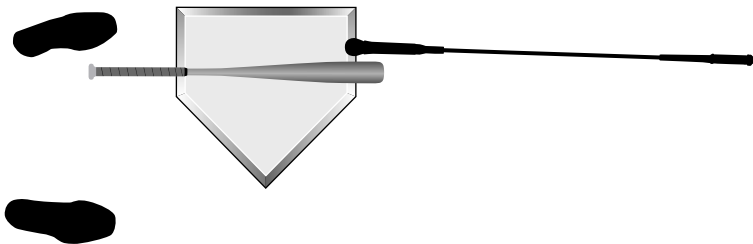
Drill 3

Outside Pitch – Opposite Field

Objective - To teach the batter where and when to attack the strike on the outside third of the plate.

Procedure - The coach holds the ball end of the Target™ over the outside edge of the plate.

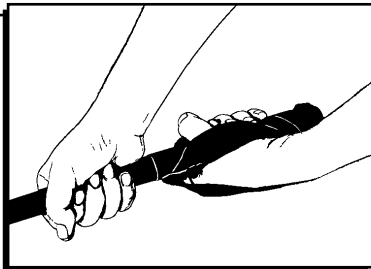
Coaching Point - The batter should be taught to hit this strike location to the opposite field.



FOR RIGHT HANDED BATTER:*

Place left hand through strap and grip rubber handle.

Place your right hand in front of the rubber grip. Hold the Target shaft loosely.



*Switch hands for left handed batter.

COACHING TIPS

- » Observe all actions of your batter from head to toe – before, during and after the swing.
- » Give positive feedback as well as negative feedback.
- » Expect and encourage improvements in skill and bat speed.
- » Batter should be taught to expect that every pitch is going to be a strike. They should be thinking, “yes, yes, yes” until they see the actual pitch location.
- » Teach batter to expect the pitch “away” and adjust to the “inside” pitch. They should expect the fastball and adjust to the off-speed pitch.
- » Teach batter to hit the ball where it is pitched. They should go with the pitch by taking everything away and off-speed to the opposite field and pulling everything on the inside half of the plate.
- » Teach the batter to be a good two-strike hitter. They should swing at any pitch “close” when they have two strikes. They always should remember that with a 2-strike count, if it is close enough to call a strike, it is close enough to hit. They must swing and make contact on anything hittable.
- » When batter is ahead in the count 3-1 or 2-0, they should look for the “perfect fastball” in a “tight zone” which is their power zone. They should look to hit anything hard in that power zone. If the ball is above or below that zone they should not swing.
- » The batter should put the hands at the top of the strike zone and should always swing down or through the ball.

INSTANT FEEDBACK ON SWING QUALITY

The unique horizontal “ball presentation” design of the Target™ gives the batter instant feedback as to the quality and power of each swing. Both the batter and coach can instantly tell upon contact whether the batter hit a line drive, a grounder, or a fly ball. The power of the swing can also be assessed by the speed of the reaction of the Target upon contact.

The batter should be taught to hit hard line drives and grounders. The batter and coach should read the reaction of the Target during each swing to insure proper contact is made. This instant feedback is vital to rapid skill development and bat speed improvement.



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90-DAY LIMITED WARRANTY – Target™

Pro Performance Sports warrants to the original consumer purchaser of any Pro Performance Sports product it manufactures that the product will be free of defects in materials or workmanship for 90 days (unless specified in alternate warranties) from the date of purchase. If defective, and purchased from a retail store, return the product along with receipt to the retail store where the product was purchased. If the item was purchased from Pro Performance Sports, return the product along with proof of the date of purchase (i.e. the packing slip), postage prepaid to the address below for replacement consideration:

**Pro Performance Sports
12375 World Trade Drive, Suite 101
San Diego, CA 92128 • Attn: Returns**

This warranty does not cover damages resulting from accident, misuse, abuse or lost merchandise. Only valid in the USA. All returns sent to Pro Performance Sports require a Return Merchandise Authorization number (RMA). For returns to Pro Performance Sports and for all other Customer Service inquiries, please call toll free: 1-877-225-7275

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U.S. Patent # 6,786,841 and D328935



MADE IN CHINA