

BEFORE YOU BEGIN

- » Children under the age of 12 should always have an adult present.
- » Always inspect the Star-kick Trainer before using. Do not use if it appears to be damaged.

ASSEMBLY INSTRUCTIONS

STEP ONE

- » Wrap the Star-Kick Ball Glove around the ball starting from the back
- » Place the ball between your legs and squeeze tightly
- » Stretch the glove around the ball using the hook and loop straps
- » Connect the straps in a straight line
- » Alternate tightening each side of the hook and loop straps until the sides fit snugly around the ball

STEP TWO

- » Loop the neoprene waistband around waist and secure the fasteners on each side
- » Locate the swivel hook toward the front of your body around the waist
- » Attach the elastic action cord to the swivel hook located on the neoprene belt
- » If the strap is too long for the player, simply snip off the portion not needed

STEP THREE

- » Adjust the elastic action cord to desired length by sliding the Tri-glide
- » Shorten the elastic action cord by sliding the Tri-glide toward the ball
- » Lengthen the elastic action cord by sliding the Tri-glide away from the ball

FOLLOW EXERCISES

Passing - Inside of the Foot

- » Toe pointed up
- » Lock ankle & position hips toward the target
- » Strike with inside the foot
- » Follow through with the foot towards the intended target
- » Improves passing control & accuracy

Passing - Outside of the Foot

- » Toe pointed down
- » Position hips toward target
- » Strike with outside the foot
- » Follow through with the foot towards the intended target
- » Improves passing control & accuracy

Trapping/Receiving - Insole foot

- » Stop passing using the insole of the foot
- » Bring the ball to a dead stop
- » Improves overall touch and ball control

Goal keeping/Ball Handling

- » Use overarm, locked elbow movement to throw ball out and down
- » Use both hands to catch
- » Improves general goal keeping skills

Shooting - Instep Drive

- » Toe pointed down
- » Position knee directly over ball
- » Strike the ball on the laces
- » Follow through kick and drive
- » Improves shooting & long distance passing power & accuracy

Shooting - Long & Short Chip

- » Toe pointed down
- » Strike the bottom of the ball using the toe area
- » Raise toe upon striking the ball toward the target
- » Follow through will determine the distance & height the ball travels
- » Improves shooting & long distance passing power & accuracy

Juggling

- » Use the thigh or foot to keep the ball in the air
- » Alternate juggling ball from one foot or thigh to the other
- » Improves touch and foot coordination

Overhead Throw

- » Pick up ball from ground
- » Grip ball with both hands and place behind head
- » Arch your back and extend ball downward to gain thrust
- » Throw ball straight out at intended target and retrieve