HOW TO USE THE PICKLEBALL BALL MACHINE

RESERVE COURT 3 and hit the check mark to include the ball machine. At the front desk, leave your car keys in exchange for the ball machine storage locker key.   Ideally only Court 3 is used for the ball machine; pull the divider nets to contain balls.

Note: These directions are laminated and posted on the inside door of the storage shed.

You are now ready to walk over to Court 3 with the key and FOB (remote) in hand. The following is the process:

1. **Unlock the storage locker.**
2. **Disconnect the battery charger.**
3. **Place the court mat in the center of the baseline.**
4. **Wheel the machine to the center of the baseline onto the mat.**
5. **Lower the tray in the front—DO NOT LOOSEN THE WINGNUTS TOO MUCH!**
6. **Turn machine on**
7. **Decide which shot (s) you desire to work on.**

Before you change the setting, please use the remote control (FOB) and hit the "A" key to check the feed as this setting might suffice for your workout session. You may want to increase or decrease the speed and/or the feed rate by moving the numbers either up or down.   After making these adjustments you are ready to begin your workout but make certain the machine is in the pause mode (press "A" to pause) before going to the other side of the court.

CAUTION: Never stand in front of the machine! Be careful of the many "balls on court".

Note: The standard setting can be used for almost every essential shot except for the lob.

Pre-select shots:

Third shot drop, Return of serve, Volley deep, Volley short

PRO TIPS

1. Make practice fun
2. Practice makes permanent (Make sure your technique is ok)
3. Practice makes perfect. (Assume technique is good)
4. Practice with a partner for real time targets (Hit it at their feet)

Once your session has finished, first raise the tray to its upright position, roll the machine back into the shed, put mat back into the shed, <u>plug in the battery charger</u>. Use the blower in the shed to blow off any plastic residue on the court. Lock up the shed and of course return the FOB and the key to the FRC.

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