



## HOW TO USE THE INTERACTIVE PERFECT PITCH REBOUNDER

### READ CAREFULLY BEFORE USE!

The patent pending **Perfect Pitch Rebounder (PPR)** is very different from a backboard, a ball machine, or any other rebounder. Why? Because it is **INTERACTIVE**. What does this mean? Like your own coach, it guides you to improve in many different ways. Unlike your own coach, there is only a one-time investment! Here's how it works:

Players hit on regular walls and rebounders all the time and pretty much anything they do “works” in that the ball comes back. If they feel rushed, they can back up and let the ball bounce twice. If their shots are not directionally consistent, they just move a little more to one side or the other. The **PPR** is different. It actually forces you to improve at least 3 parts of your game. With these 3 fundamentals in place, you should be able to hit 10 balls in a row after just a few minutes of practice.

- 1) **Point of Contact (POC)** – It requires accuracy to hit many balls in a row. And, if you don't have a consistent POC you won't have directional control. This requires good balance, a steady head, and racquet extension through the point of contact. Without that, chances are you make too many mistakes and predictably hit too many balls crosscourt (meaning you have trouble hitting down the line). Consistently hitting circles of the **PPR** target zone simulates consistent and accurate play. The take home tip is if you hit straight and between the lines of the **PPR**, the ball will rebound straight back to you. However, if you hit crosscourt, the ball will come off the top at an angle and rebound off the side. This is NOT the **PPR's** fault! The **PPR** is just teaching the hitter to extend his/her swing more forwards.
- 2) **Consistent Swing Speed** – Consistent swing speed produces more consistent play in all racquet sports and makes it easier to be consistent on the **PPR**. Inconsistent swing speed makes it more difficult, just like real play. Tips to keep in mind: Without the Power Absorbing Foam Tube (PAFT) installed, the harder you hit, the further the ball will rebound. This is why each unit comes with a PAFT so that the hardest hitters can still practice in a confined area. Yes, the **PPR** can handle 60-80 mph groundstrokes! See the instructions that come with the unit or watch any of our **PPR** videos.
- 3) **Prepare Early** – One of the key ingredients to being a better player is early preparation (eyes, feet, racquet, etc.). An average groundstroke rally for most racquet sports is 2 seconds between hits. But, the **PPR** only allows 1.5 seconds between hits! When used properly, it helps players to significantly improve one of the hardest things to practice – early preparation! Remember that if you prepare late, chances are your swing will be rushed and inconsistent, and you will be off balance. Since this 1.5-second interval is faster than real play, it automatically forces early preparation, faster positioning, and quick recovery. This prepares players to compete at higher and higher levels of play.

## MORE PRACTICAL BENEFITS:

1. **Practice Anywhere** – At home in driveway, garage, basement, or patio, etc. At schools, clubs, or carnivals! Practice anywhere there's a 10x20 foot area.
2. **Transition Balls** – The **PPR** performs equally well with a variety of balls, including low-bouncing pickleball balls, all levels of transition and regular tennis balls, and even high-bouncing racquetball balls.
3. **Multiple Sports** – tennis, pickleball, POP tennis, racquetball, beach tennis, paddle tennis, etc. Note: To practice the “dink” in sports like pickleball, hit softly to the **PPR's** center target so that the ball rolls off the bottom of the tarp.
4. **Weatherproof** – For long-term durability, we don't recommend leaving the unit outdoors for any extended period of time, but it is basically waterproof. The main concern would be the tarp fading after prolonged exposure to sunlight.
5. **“No Tools Needed” Set-up** – Most users will not set up the unit and break it down for each use, but with a little practice set-up time will be under 2 minutes. There is also an optional carry case available to make transport easy.
6. **Locking Wheels** – The **PPR** is one of the few rebounder/backboards on wheels. Our trademark 4-inch smooth-rolling **PPR** make it easy to roll the unit in and out of storage, a garage, or from your patio to your driveway. Wheels lock when **PPR** is in use.
7. **Great for Many Abilities** – The white “Power Absorbing Foam Tube” (PAFT) is designed for harder hitters. See videos on our website to see this feature in action. Yes, harder hitters can use the **PPR** without it, but adding the PAFT allows harder hitters to use the **PPR** in a smaller area. Using the PAFT also shortens the time between shots, helping players speed up their racquet preparation even more!

## TROUBLESHOOTING:

1. **SET-UP** – Detailed instructions are included with each unit. It may help you to also watch the video on this product page of our website that shows how to set up the **PPR** most efficiently.
2. **PLAY** – At first, some beginners and intermediate players will have trouble keeping the ball in play on the **PPR**. If this is the case, re-read page 1 of this document, and try the following exercise. Keep in mind that the **PPR** is a REAL training aid, in that it “aids” the user to improve their strokes and their game.

**Exercise:** Line up the ball and hit straight on the **PPR**. Just one shot at a time. Bounce, hit, and catch with your non-racquet hand. Do that a few times until you can hit accurately into the target zone. Bounce, hit, catch. Set up again. Etc. Then hit two balls in a row accurately. Then build up from there. Patience is required.

At a recent coach's convention, we had an average female college tennis player hit 390 in a row on the unit and we had to stop her. At the same convention, we gave out 100 free prizes to attendees who hit 10 in a row. However, we did have someone in the booth reminding those having trouble to hit straight ahead and extend through each stroke to become consistent. This is why better players as you see in the videos can immediately succeed and have fun while fine-tuning their strokes. With a little guidance we have also had advanced beginners be successful.