



TENNIS INSTRUCTIONS

(IMPORTANT – READ THESE INSTRUCTIONS
PRIOR TO USE.)

Radar guns are very sensitive devices. It is essential to read these instructions and the Quick Start Guide that comes with the Pocket Radar Ball Coach carefully before using. To visualize how the beams of the Pocket Radar work, imagine the beam of a flashlight. It starts narrow and gradually gets wider as it goes away from the source of the light AND it also gets weaker. The maximum accurate transmission of the Pocket Radar is about 60 feet from the holder of the unit. The Pocket Radar works equally well if pointing at the incoming ball or when it is traveling away from the hitter.

The unique thing to keep in mind is that, while pressing the blue button on the unit is all you have to do, you need to press it at the **RIGHT TIME!** The Pocket Radar Coach has optional settings for “constant-on” use and also for quick-press immediate one-time feedback. Note that the ball speed measurement range is between 25 and 130 miles per hour. So, if you hit slower or faster than this range, your ball speed will not register accurately.

We want to share 3 primary ways for a coach or teaching pro to use the Pocket Radar for tennis. Here are some options and things to consider in order measuring ball speeds effectively. Optional to holding the unit is to use cellphone adapter. Inexpensive choices for these are detailed in one of the PDF's on our webpage.

#1 BEHIND THE FENCE



Stand about 4-6 feet behind a fence to measure serve or groundstroke ball speed. Note that standing too close to the fence can cause interference and result in false readings. Be sure to press the button just before or just as the server contacts the ball.

#2 BEHIND THE NET



Sit on the court behind the net to measure the server. Just be sure to keep your head below the height of the net! And, make certain that you press the button just before or as the server contacts the tennis ball.

#3 BEHIND THE PLAYER



You can also use the Pocket Radar by standing behind a player on the baseline to measure the ball speed of groundstrokes. Be sure to press the button just before or as the hitting contacts the ball. Remember to stand far enough back to aim at the ball and not the player.