

^{**}Make sure the ball is facing the Power Disc

^{**}Make sure the word "POWER" is facing the Power Disc

^{**}Make sure the tighten all the YELLOW parts EVERY DAY



WARNING

YOU MUST READ THE BELOW BEFORE YOU BEGIN USING YOUR EYE COACH!

1. <u>YOU MUST NOT</u> hit on the Eye Coach until you have watched the video for the shot you want to practice.

Go to www.theeyecoach.com > videos > 17 Shot Instructional Videos. Pick one of the 17 shots to start working on. Watch that video before you begin and do this with every shot.

2. YOU MUST BEGIN at half speed!

DO NOT hit at full speed until you can hit 10 in a row squarely in the Sweet Spot (middle of the racquet) to prevent possible string breakage.

- 3. <u>YOU MUST TIGHTEN</u> the following (in <u>YELLOW</u> on the diagram) EVERY DAY before you begin. If you don't, screws will come loose and the machine won't perform properly.
 - a. Wing nuts that secure the Power Bar to the base
 - b. Bolt that secures the Power Disc to the base
 - c. Wing bolt that holds the stem to the Power Bar
- 4. YOU MUST REPLACE parts as scheduled below*
 - a. Tennis Ball 12 hours or 12,000 hits, \$10
 - b. Arm 50 hours or 50,000 hits, \$40

*It is important to keep the machine in excellent condition every day to achieve the maximum benefit of Point of Contact Training.