

Set Up Steps

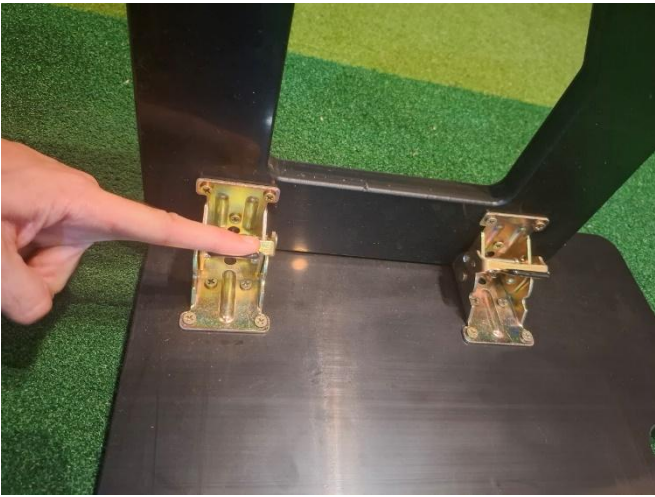
1. Unpack parts. The rebound board is already assembled.



2. **Lock Legs:** Open the legs, then put the 2 levers into the upward position.



3. Release Legs: Gently depress the 2 levers at the same time, so the legs unlock and can close.



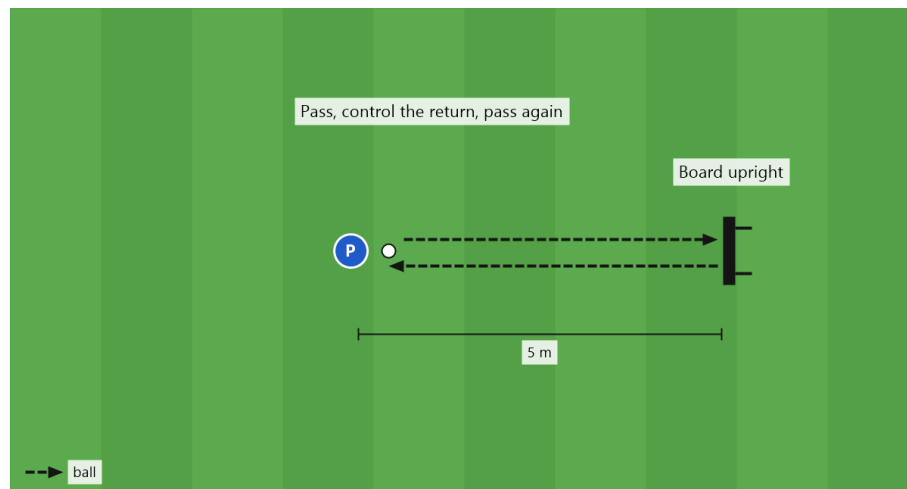
4. The rebound board can be placed upright or upside down, to make the ball bounce horizontally or more upwards.



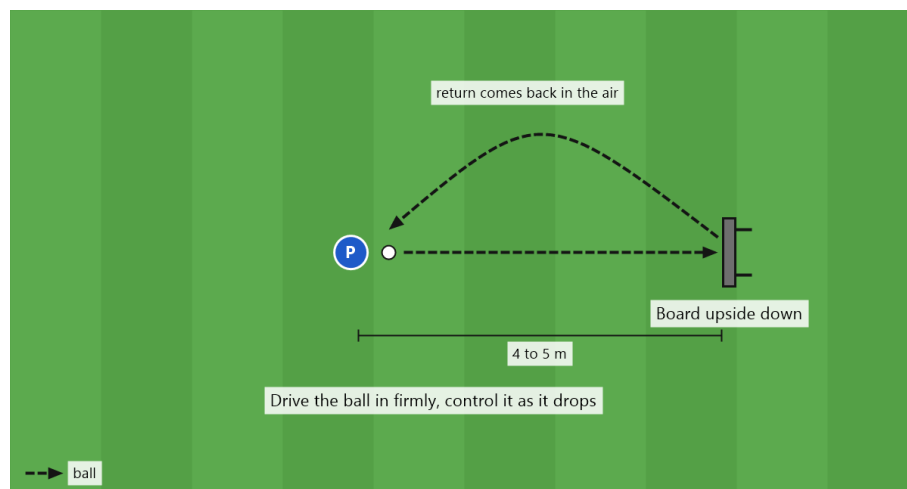
Example Drills

Distances are a starting point. Move closer for younger players and further back as the passing gets stronger. Dashed lines show the ball, solid blue lines show the player.

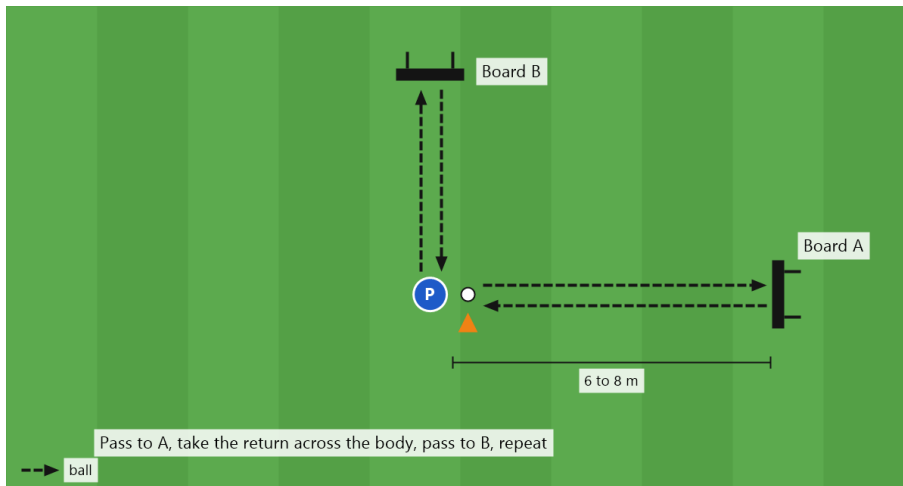
1. Two touch passing: Board upright, player 5 m away. Pass into the board, control the return with the first touch and pass again with the second. 20 passes with each foot, then move back to 8 m or go to one touch.



2. First touch from a high ball: Board upside down, player 4 to 5 m away. Drive the ball firmly into the face so it comes back in the air, and control it with the foot, thigh or chest as it drops. Strike harder for a higher return.



3. Receive, turn and pass: Two boards at right angles, each 6 to 8 m from a cone. Pass to board A, take the return across the body with the first touch so you face board B, pass to B, then repeat the other way. Use the dimpled board as one of the pair for a less predictable return.



4. One two around a cone: Board at about 45 degrees to the run, cone 3 m in front of it. Dribble toward the cone, pass into the board before reaching it, run around the cone and take the return in stride.

