

## SETUP

Zip-N-Hit is designed for two players, identified throughout these instructions as "BATTER" and "PITCHER."

1. Unwrap the cords from the handles.
  2. Stretch out the cords; straighten and separate the cords toward the handles, allowing them to spin.
- NOTE: Zip-N-Hit will not pitch correctly if the cords are twisted.
3. The attachment end of the Zip-N-Hit can be attached using two methods. (Please refer to #1 or #2)
  4. The handle end of the Zip-N-Hit is held by the pitcher.

NOTE: Zip-N-Hit will not pitch correctly if the cords are twisted.

allowing them to spin.

1. Unwrap the cords from the handles.
2. Stretch out the cords; straighten and separate them as you unwind. Untangle the cords toward the handles.

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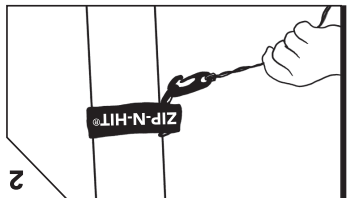
NOTE: To determine the proper height to attach the clip, align the cords to a desired height within the strike zone. Make sure the height is correct for each new batter. The batter stands about three feet in front of where the clip end is attached.

Never attach to a street sign.

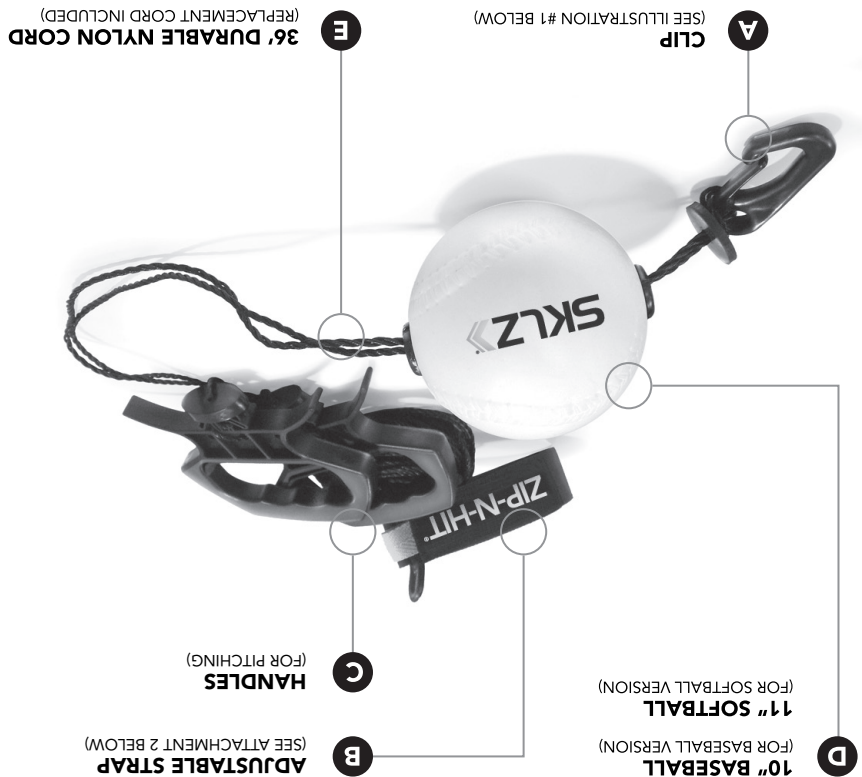
(B) provided, and attach the strap to a tree, sturdy post or pole up to 6" in diameter.

OR, attach the clip to the adjustable strap

Attach clip (A) at end of the cords to a chain link fence.



# ZIP-N-HIT PARTS



**⚠ WARNING:**

- » To avoid strangulation, keep away from small children.
- » Always inspect the Zip-N-Hit before using. Do not use your Zip-N-Hit if it appears to be damaged. If anything appears damaged, please call customer service (1-877-225-7275).
- » Make sure there is adequate space to use Zip-N-Hit safely. A ten foot safety zone around the pitcher and the batter is recommended.
- » Always use Zip-N-Hit in an area away from foot traffic. Nothing should obstruct the batter, pitcher or device when in use. Make sure others stay clear of the batting zone and pitching zone.
- » Inspect Zip-N-Hit prior to use to make sure it is in good working condition. Check the handles, cords and ball to ensure there is no damage and discontinue use if anything appears to be broken. The use of a practice bat is recommended so that you do not damage a high-end game bat.
- » Adult supervision is required. When not in use, Zip-N-Hit should be properly stored with cords wrapped around the handles. Keep away from small children, and pets.
- » The natural effects of friction from ball movement and bat contact with the cord will cause the cord to wear. Discontinue use at the first sign of excessive cord fraying.
- » Always wear a NOCSAE approved batting helmet when using Zip-N-Hit.

## BEFORE YOU BEGIN:

Thank you for buying SKLZ Zip-N-Hit. We are dedicated to providing you with the best tools and instruction possible to help you unleash your athletic potential. If there is anything else we can do to help you optimize your training, don't hesitate to send us an email ([customerservice@sklz.com](mailto:customerservice@sklz.com)) or give us a call (1-877-225-7275).

# INSTRUCTION MANUAL

**INCLUDES:**

- » Zip-N-Hit
- » Replacement cord
- » Carry bag



## LIMITED WARRANTY

Pro Performance Sports (PPS) / SKLZ warrants to the original consumer purchaser of any PPS/SKLZ product it manufactures that the product will be free of defects in materials or workmanship for 90 days (unless specified in alternate warranties) from the date of purchase. If defective and purchased from a retail store, return the product along with receipt to the retail store where the product was purchased. If the item was purchased from PPS/SKLZ, return the product along with the packing slip (proof of purchase) postage prepaid to the address below for replacement consideration. Label: Attn: Returns

This warranty does not cover damages resulting from accident, misuse, abuse or lost merchandise. Only valid in the USA. All returns sent to PPS/SKLZ require a Return Merchandise Authorization number (RMA). For returns to PPS/SKLZ and for all other Customer Service inquiries, please email [customerservice@sklz.com](mailto:customerservice@sklz.com) or call toll free, 1-877-225-7275 for a return authorization number for any exchange.

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COVERAGE, GET NEW PRODUCT  
INFORMATION AND SPECIAL DEALS  
FROM SKLZ

**PATENT #  
#6,042,491**

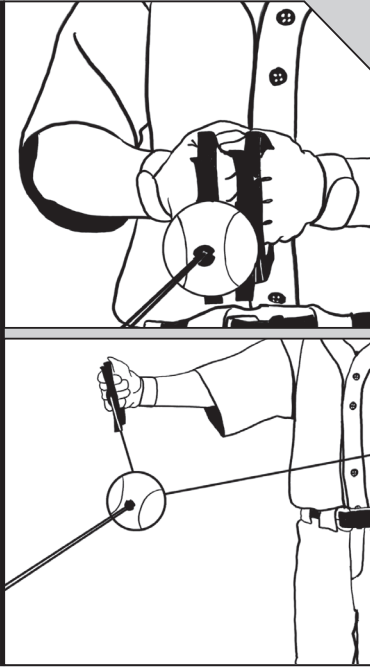
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PITCHING FOR BASEBALL AND SOFTBALL



USAGE

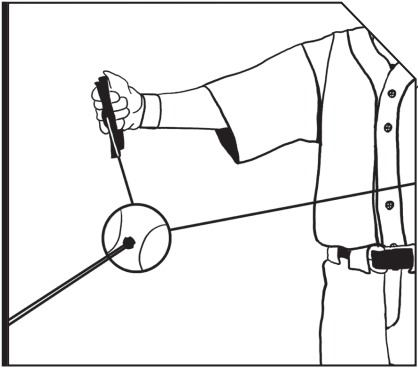
STEP 1 – Pitcher should hold handles (C) firmly, keeping cords (E) tight with as little slack as possible. Starting position of the (D) ball is near the handle end of the cords.

\* Read batter instructions prior to pitching to ensure batter is set up correctly.

STEP 2 – To “PITCH” the ball, assume a solid stance. Pull the handles apart and slightly back, keeping the cords pulled tightly throughout the duration of the pitch. Pitch speed varies with the force used to pull the handles apart.

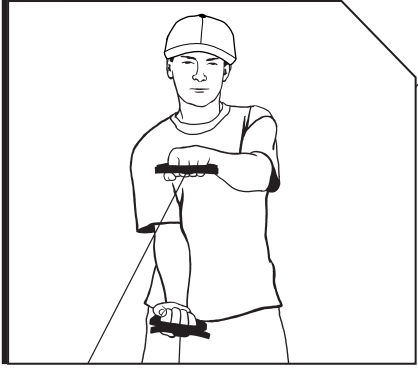
IMPORTANT:

Bring the handles back together after pitching the ball. As the ball is hit, separate handles about 12” to “CATCH” the ball upon return. Separating the handles helps absorb the impact of the returning ball.



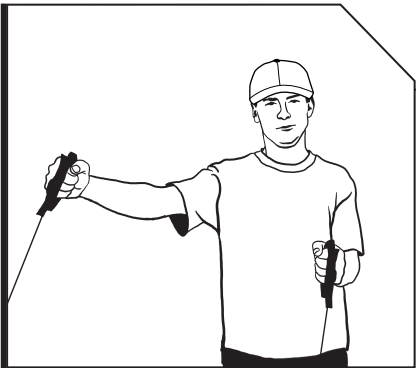
FASTBALL

Pull the hands evenly apart and wide to make the ball zip down the string at a high rate of speed. Speeds approaching 60 MPH can be reached by an experienced pitcher.



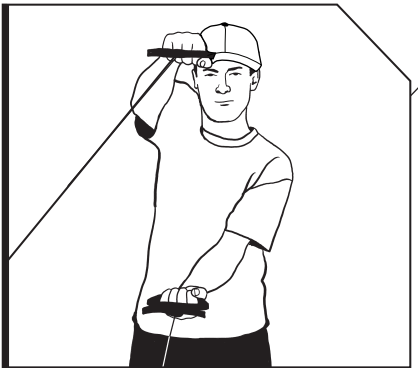
RISE BALL (SOFTBALL ONLY)

A great fastpitch technique! The pitcher holds hands vertically, hand over hand. Keep the top hand still and pull the bottom hand downward quickly. The ball will zip down the line and rise up as it approaches the batter.



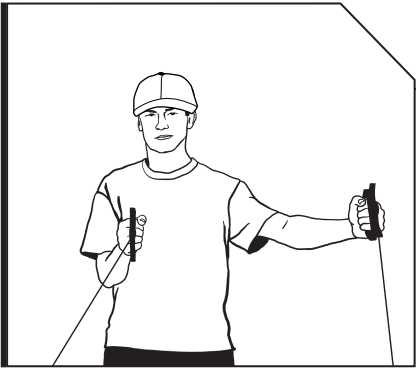
RIGHT HANDED CURVE BALL

Keep the left hand still and pull only the right hand outward. The ball will zip down the line and curve like a right-handed pitcher’s curve ball. The pitcher can achieve more movement and break on the ball by moving both hands to the right and upward just as the ball is zipped.



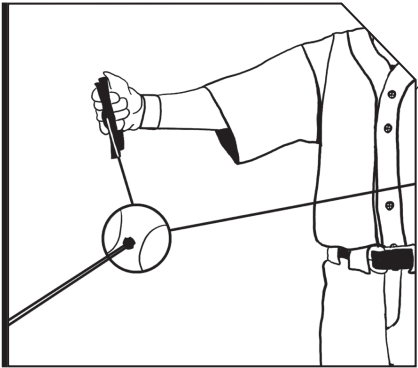
DROP BALL

The pitcher holds hands vertically, hand over hand. Keep the bottom hand still and pull the top hand upward quickly. The ball will zip down the line and drop as it approaches the batter.



LEFT HANDED CURVE BALL

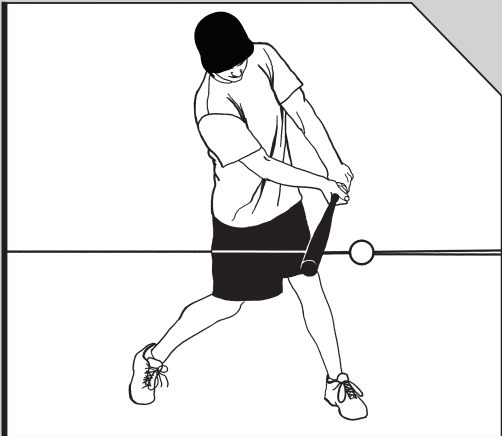
Keep the right hand still and pull only the left hand outward. The ball will zip down the line and curve like a left-handed pitcher’s curve ball. The pitcher can achieve more movement and break on the ball by moving both hands to the left and upward just as the ball is zipped.



CHANGE-UP

Use a short but quick and fast pulling motion. Pitcher can also let the line go slightly slack to allow the ball to drop as it reaches the batter.

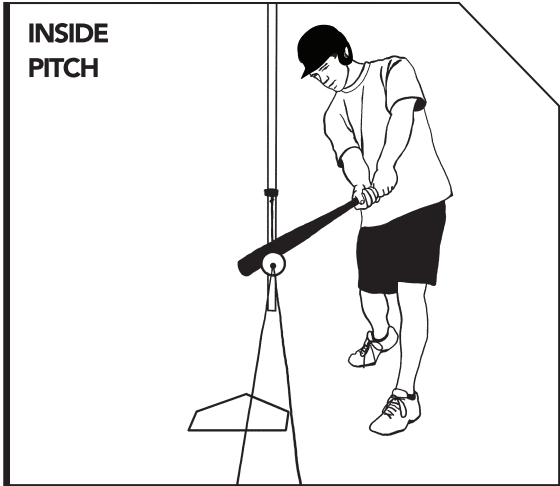
BATTING FOR BASEBALL AND SOFTBALL



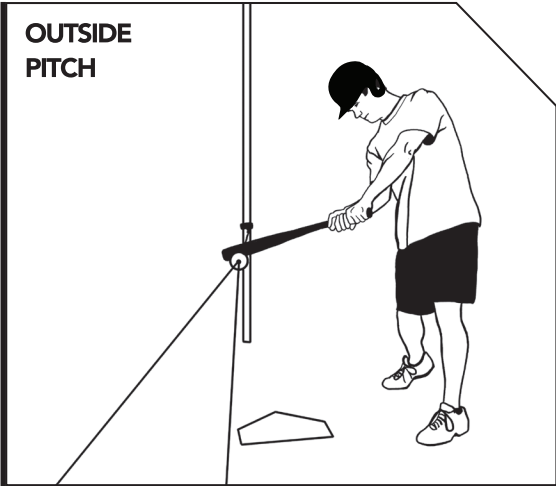
USAGE

To set the batter up, move ball to the position where the batter is standing. The batter sets up by laying the sweet spot of the bat directly on top of the cords, against the ball. The knob of the bat should be about 6 to 8 inches away from the batter’s waistline.

The batter should strive to hit the top half of the ball, keeping the bat on top of the cords. The cords provide a guide for the batter’s swing plane. An incorrect, uppercut swing will result in hitting the cords. When the ball is struck correctly, the batter has the sensation that the cords do not exist. Placing a home plate in the batting area provides a visual reference for the strike zone.



INSIDE PITCH



OUTSIDE PITCH

INSIDE / OUTSIDE TECHNIQUE

Pitcher holds Zip-N-Hit Pro tightly and takes one step to the right for an inside pitch (right handed batter) or one step to the left for an outside pitch.

PURPOSE:

Develop the appropriate swing and timing for both inside and outside pitches.