

# SKLZ



## SWING TRAINER™ DRILLS GUIDE

Thank you for choosing SKLZ Swing Trainer. 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).

### BEFORE YOU BEGIN:

- » Read all the setup and usage instructions carefully before using. If the setup and/or usage instructions are not followed correctly, it could result in injury or damage to Swing Trainer.
- » Always check for wear and tear before use. If any is found, do not use Swing Trainer and please contact SKLZ customer service toll free at 1-877-225-7275 x128.
- » Make sure you have all Swing Trainer components. Please contact SKLZ customer service toll free at 1-877-225-7275 x128 if you are missing anything.
- » Athletes under 18 years of age should use under adult supervision.
- » Not suitable for children under 3 years of age.
- » Use practice bats while using Swing Trainer. SKLZ does not accept responsibility for damage that may occur when using performance bats.
- » Before using your new Swing Trainer, first learn the proper placement locations and "angles of use." Swing Trainer should always be held parallel to the bat.



### ⚠WARNING:

- » The only sure way to eliminate the possibility of injury is to, always wear a NOCSAE approved helmet. Recommended use with a face guard.
- » While using Swing Trainer, please have others stay clear of the batting area to reduce the risk of injury.

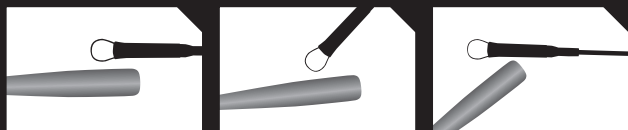
### ⚠CAUTION:

- » When in use, make sure Swing Trainer is set up in a clear area to avoid damage to property.

### CARE/STORAGE:

- » Do not leave the Swing Trainer outdoors for extended periods of time.
- » Keep away from fire and heat sources.

### ANGLES OF USE:



RIGHT

WRONG

WRONG

VISIT [SKLZ.COM](http://SKLZ.COM) FOR  
INSTRUCTIONAL VIDEO AND CONTENT



Training Videos & Articles: [SKLZ.com](http://SKLZ.com)  
[facebook.com/SKLZbaseball](https://www.facebook.com/SKLZbaseball)  
[twitter.com/SKLZ](https://twitter.com/SKLZ)

### USAGE

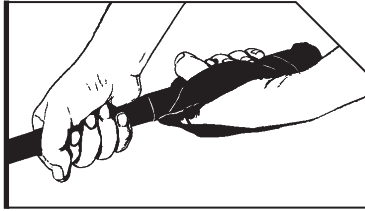
- 1 - Choose an area that has good safety clearance – about 24' in diameter and 10' in height.
- 2 - The batter and coach should stand facing each other – about 8' to 10' apart.
- 3 - If the coach is facing a right-handed batter, the coach should slip his left hand into the Safety Strap. If the coach is facing a left-handed batter, the coach should slip his right hand into the Safety Strap. See illustration under grip setup.
- 4 - The coach should hold the Swing Trainer with both his/her hands and arms extended. The batter should check to make sure he/she is at the correct distance from the target to make contact only with the ball by holding the bat out.
- 5 - The batter should not make contact with the shaft and should focus on the ball end of the Swing Trainer for contact. The shaft is very durable; however, repeated contact with the bat could cause breakage.
- 6 - The location of the strike zone should be determined by the coach. To begin, the coach should give the batter a stationary target out in front of the plate, where proper contact is made (similar to hitting from a batting tee).
- 7 - The coach should hold the Swing Trainer firmly, but do not fight the natural momentum of the target once it is hit.
- 8 - The coach should change the strike location inside and out on the plate by changing his/her location in relation to the batter. The batter should remain in the same position. The coach should make sure to place the target in a proper location and at an angle to the batter so that proper contact can be made with the ball.

## GRIP SETUP

Place left hand through strap and grip rubber handle.

Place your right hand in front of the rubber grip. Hold the Swing Trainer shaft loosely.

\*Switch hands for left handed batter.



### IDEA SUBMISSION

If you have an idea for a new and innovative sports training product, visit SKLZ.com to submit your concept. Some restrictions may apply.

PATENT #:  
6,786,841

### LIMITED WARRANTY

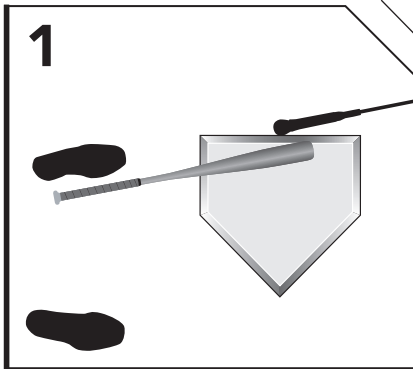
REGISTER YOUR PRODUCT AT SKLZ.COM TO ENSURE WARRANTY COVERAGE, GET NEW PRODUCT INFORMATION AND SPECIAL DEALS FROM SKLZ

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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## DRILLS

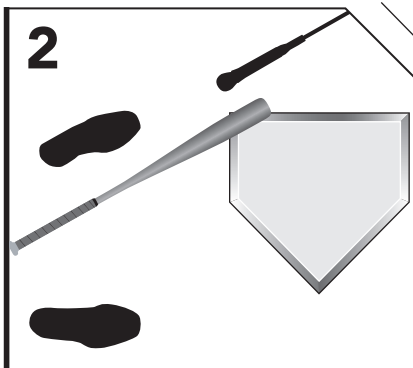


### MIDDLE STRIKE ZONE

**Objective** - To teach the batter where and when to attack the middle of the plate.

**Procedure** - The coach should hold the ball end of the Swing Trainer over the center front edge of the plate.

**Coaching Point** - The batter should be taught to attack the ball in front of the plate for a solid line drive or grounder.

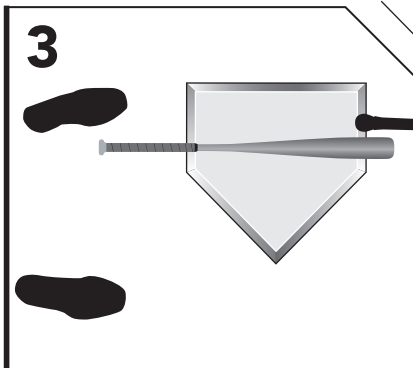


### INSIDE PITCH - PULL THE BALL

**Objective** - To teach the batter where and when to attack the inside third of the plate.

**Procedure** - The coach should hold the ball end of the Swing Trainer over the inside third of the plate and a few inches in front of the plate.

**Coaching Point** - The batter should be taught to attack the ball in front of the plate, learning to pull the ball every time in this location.



### OUTSIDE PITCH - OPPOSITE FIELD

**Objective** - To teach the batter where and when to attack the outside third of the plate.

**Procedure** - The coach should hold the ball end of the Swing Trainer over the outside edge of the plate.

**Coaching Point** - The batter should be taught to hit this strike location to the opposite field.