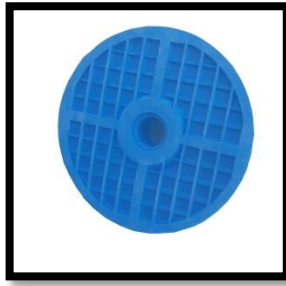


SuperTee™ Instructions

Perfect for tennis and baseball practice!

Set-Up:

- 1) Simply slide the red pole into the blue base from the bottom up and the SuperTee is ready to use!
- 2) Adjustable height. Simply slide the top part of the red pole up to raise the height and twist to secure in place.



Drill Ideas:

- 1) To make SuperTee practice realistic, be sure to integrate movement. For instance, set up spots or donuts a few feet away from the child and then instruct them to move to touch the spot between hits. In this manner, they will learn to reposition with adjusting steps without being taught verbally.
- 2) A second idea is to do the same as drill #1 but then to add a whistle indicating when they should touch and when they should hit. This would speed up the movement without saying "Come on, move faster!" This little exercise would get the new player moving better and save the coach's voice at the same time!

