



# KEEPER GOALS

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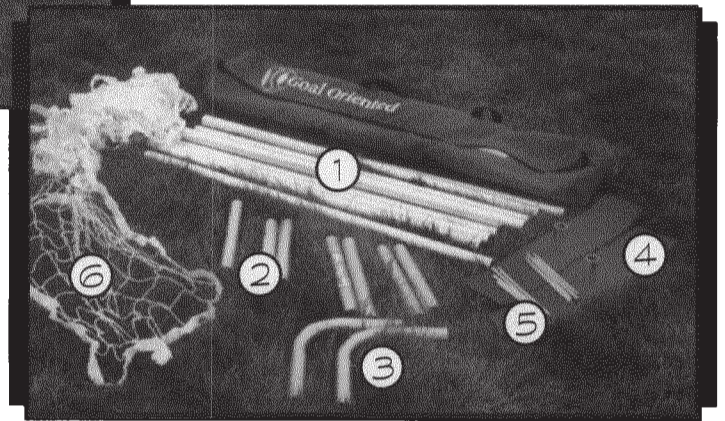


Flat Faced Interactive Training  
(FFIT™) Goal  
(Rebounding, too)

FFIT™  
To Play  
Anywhere!

### COMPONENTS

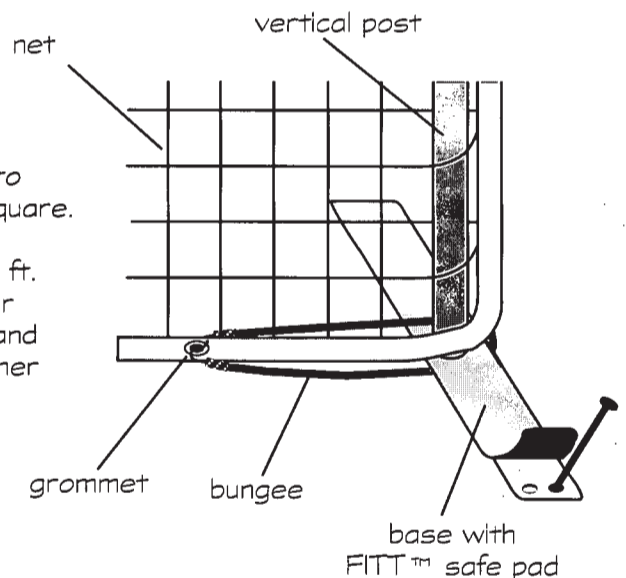
1. Ten aluminum tubes each 43 inches long
2. Seven sleeves each about 13 inches long (used to interconnect the tubes)
3. Two bent (upper) corner sections
4. Two zinc bases with attached red neoprene pads
5. Eight zinc plated spikes
6. Net



One suggested method of net attachment:

We suggest you weave three sides of the net's perimeter onto one or more inter-connected tubes, alternating every other square.

For enhanced REBOUNDING: At the net's bottom, using a 2 ft. long bungee (with a hook at each end), hook the grommet near the vertical post, stretch the bungee out under the flat base and back to reconnect with the same grommet. Repeat at the other vertical post. (New rebounding option, see backside).



### FFIT™ GOAL ASSEMBLY INSTRUCTIONS

1. Attach net to one or more inter-connected tubes.
2. Connect up to six tubes (using sleeves) to form the goal's horizontal bar.
3. Connect bent corner section to ends of horizontal bar assembly.
4. With entire horizontal assembly on the ground, place one base at each of the two bent corner sections. Distance between the bases should not exceed overall width of horizontal bar.
5. Secure bases by driving spikes through base holes (lift flaps on neoprene pads to access holes). **BE SURE TO DRIVE THE SPIKES AT VARIED ANGLES, NOT PERPENDICULAR TO THE GROUND.** (A claw hammer will work best when later extracting the spikes).
6. Using one sleeve per side, connect two alum tubes to form the goal's vertical posts.
7. Attach both vertical posts to each of the bent corner ends of the horizontal.
8. With assistance, and while grasping vertical posts, lift fully assembled goal, then place bottom of verticals onto respective base center nubs.
9. Spread net across entire horizontal and down the verticals.
10. NOTE: Sleeves are designed to fit tightly around the tubes. Avoid denting sleeves. Avoid grit & dirt inside sleeves.
11. VARIATIONS: Experiment with the goal's width and height for many possible combinations!

**WARNING:** This goal is intended to serve only as a soccer-ball receiving, rebounding goal or target. THIS IS A PRACTICE GOAL NOT DESIGNED FOR USE AS A "GAME-DAY" GOAL. As with all soccer goals, avoid play-action physical contact with this goal and with its components- such contact can cause injury. Continuous adult supervision is necessary when handling and/or using this goal and/or its components. This goal includes parts which pose a danger if handled improperly or in a manner that is inconsistent with their intended use.

