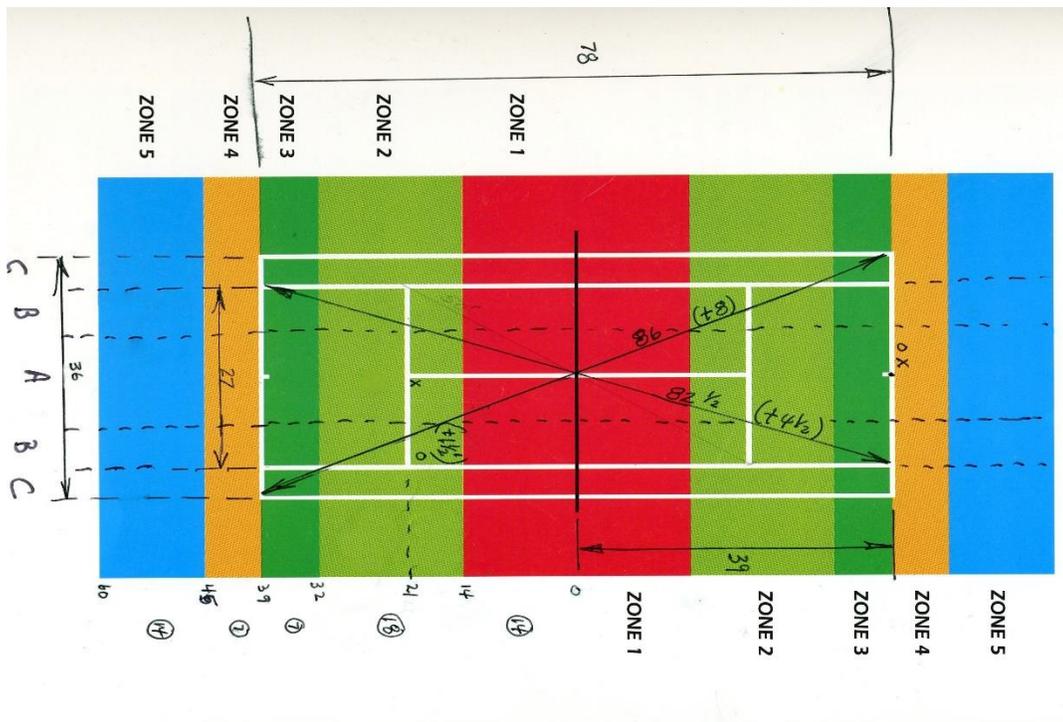


Quick Guide for the COACH 1

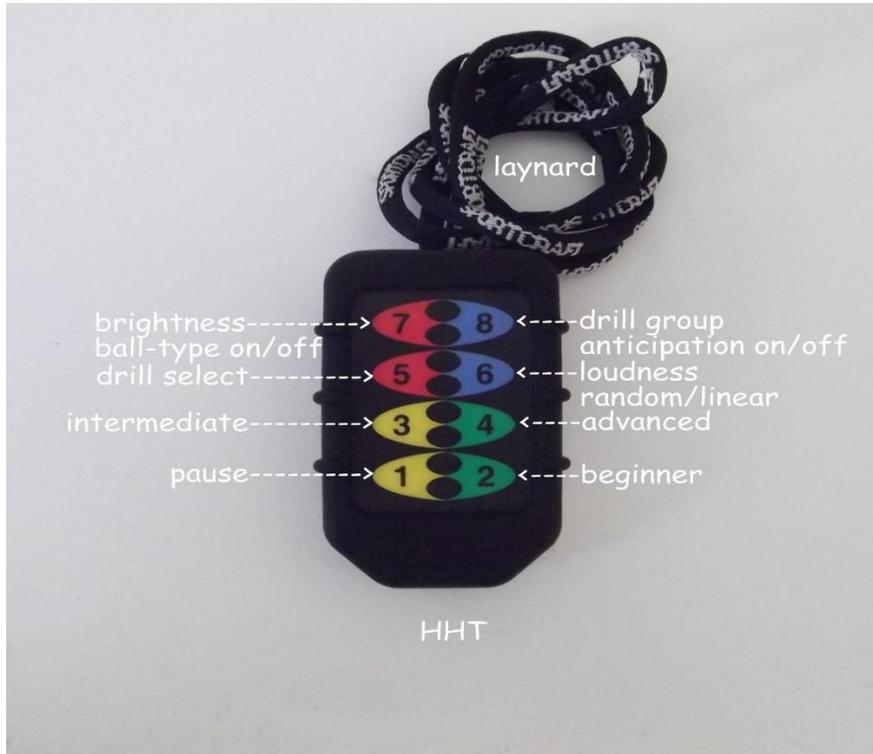
GROUP 2 ADVANCED DRILLS - RED (left LED flashes red)

(Patterns of Play - A Sequence of Movements with Position Changes)

1. 8 Baseline (BL) to zone 3 (and back to BL) Ground Strokes (GS)
2. 9 BL to zones 3, 4 & 5 (and back to BL) GS
3. 11 BL to zones 3, 4 & 5 GS
4. 11 BL to zones 3, 4 & 5 GS
5. 1 Return of Serve (RS), 7 GS in zone 4 (just behind BL)
6. 1 RS, 1 Approach (AS) & 6 Volleys (V) in zones 4, 3, 2.
7. 1 RS, 1 AS, 2 VOL & 2 Overheads (OH) in zones 4, 3, 2, 4.
8. 1 RS, 3 GS, 1 AS, 3 V & 3 OH in zones 4, 3, 2, 4.



Using the Remote



Basic Key Functions

1. Button 1 will STOP (PAUSE) a drill, and then re-START at the beginning.
2. Button 2 will select the lowest LEVEL of difficulty (Beginner, slow).
3. Button 3 will select the next LEVEL of difficulty (Intermediate, medium).
4. Button 4 will select the highest LEVEL of difficulty (Advanced, fast).
5. Button 5 will sequence to the next DRILL.
6. Button 6 will cycle the buzzer loudness thru 4 different levels, including MUTE.
7. Button 7 will cycle the Directional LED brightness thru 4 different levels.
8. Button 8 will switch between the 8 BASIC Drills and the 8 ADVANCED Drills.
9. Button 1 (press & release) followed by Button 8 (press & release) will toggle the Anticipation mode of operation.
10. Button 1 (press & release) followed by Button 7 (press & release) will toggle between Normal & Advanced [Color Mode of Operation](#) (call for information).
11. Button 1 (press & release) followed by Button 6 (press & release) will toggle between LINEAR & RANDOM modes.

Learning the Patterns of Play with the SSC1

(Coaches can train both Movement Execution and Stroke Technique)

Drill 1 (Advanced)

(RS, GS) This drill starts with a Return of Serve followed by 8 Ground Strokes that force player to move and hit in zone 3 and recover back to Baseline (zone 4).

1. Turn ON the SSC1 and press Button 5 one time to get out of Auto mode and into Drill #1.
2. Press Button #8 to get into Advanced Mode (Left large LED will flash RED).
3. Video Tape and replay the player's execution movement timing to examine and then retry.
4. Repeat Drill #1, but this time include the swinging of a racket with the proper racket timing (contact point at Beep) & stroke technique.
5. Select your choice or combination of skills to work on: Speed, Color, Random.
6. Repeat steps 3 thru 5.

Drill 2 (Advanced)

(RS, GS) This drill starts with a Return of Serve followed by 9 Ground Strokes that force player to move into zones 3, 4, 5 and recover to Baseline (zone 4).

1. Turn ON the SSC1 and press Button 5 two times to get out of Auto mode and into Drill #2.
2. Press Button #8 to get into Advanced Mode (Left large LED will flash RED).
3. Video Tape and replay the player's execution movement timing to examine and then retry.
4. Repeat Drill #2, but this time include the swinging of a racket with the proper racket timing (contact point at Beep) & stroke technique.
5. Select your choice or combination of skills to work on: Speed, Color, Random.
6. Repeat steps 3 thru 5.

Drill 3 (Advanced)

(RS, GS) This drill starts with a Return of Serve followed by 11 Ground Strokes that force player to move into zones 3, 4, 5 and recover to Baseline (zone 4).

1. Turn ON the SSC1 and press Button 5 three times to get out of Auto mode and into Drill #3.
2. Press Button #8 to get into Advanced Mode (Left large LED will flash RED).

3. Video Tape and replay the player's execution movement timing to examine and then retry.
4. Repeat Drill #3, but this time include the swinging of a racket with the proper racket timing (contact point at Beep) & stroke technique.
5. Select your choice or combination of skills to work on: Speed, Color, Random.
6. Repeat steps 3 thru 5.

Drill 4 (Advanced)

(RS, GS) This drill starts with a Return of Serve followed by 11 Ground Strokes that force player to move into zones 3, 4, 5 and recover to Baseline (zone 4).

1. Turn ON the SSC1 and press Button 5 four times to get out of Auto mode and into Drill #4.
2. Press Button #8 to get into Advanced Mode (Left large LED will flash RED).
3. Video Tape and replay the player's execution movement timing to examine and then retry.
4. Repeat Drill #4, but this time include the swinging of a racket with the proper racket timing (contact point at Beep) & stroke technique.
5. Select your choice or combination of skills to work on: Speed, Color, Random.
6. Repeat steps 3 thru 5.

Drill 5 (Advanced)

(RS, GS) This drill starts with a Return of Serve followed by 7 Ground Strokes in zone 4.

1. Turn ON the SSC1 and press Button 5 five times to get out of Auto mode and into Drill #5.
2. Press Button #8 to get into Advanced Mode (Left large LED will flash RED).
3. Video Tape and replay the player's execution movement timing to examine and then retry.
4. Repeat Drill #5, but this time include the swinging of a racket with the proper racket timing (contact point at Beep) & stroke technique.
5. Select your choice or combination of skills to work on: Speed, Color, Random.
6. Repeat steps 3 thru 5.

Drill 6 (Advanced)

(RS, AS, V) This drill starts with a Return of Serve, then an Approach Shot and then 6 Volleys.

1. Turn ON the SSC1 and press Button 5 six times to get out of Auto mode and into Drill #6.
2. Press Button #8 to get into Advanced Mode (Left large LED will flash RED).
3. Video Tape and replay the player's execution movement timing to examine and then retry.
4. Repeat Drill #6, but this time include the swinging of a racket with the proper racket timing (contact point at Beep) & stroke technique.
5. Select your choice or combination of skills to work on: Speed, Color, Random.
6. Repeat steps 3 thru 5.

Drill 7 (Advanced)

(RS, AS, V, OH) This drill starts with a Return of Serve, then an Approach Shot, and then 2 Volleys and 2 Overheads.

1. Turn ON the SSC1 and press Button 5 seven times to get out of Auto mode and into Drill #7.
2. Press Button #8 to get into Advanced Mode (Left large LED will flash RED).
3. Video Tape and replay the player's execution movement timing to examine and then retry.
4. Repeat Drill #7, but this time include the swinging of a racket with the proper racket timing (contact point at Beep) & stroke technique.
5. Select your choice or combination of skills to work on: Speed, Color, Random.
6. Repeat steps 3 thru 5.

Drill 8 (Advanced)

(RS, AS, V, OH) This drill starts with a Return of Serve, 3 Ground Strokes, an Approach shot, 3 Volleys, then 3 Overheads.

1. Turn ON the SSC1 and press Button 5 eight times to get out of Auto mode and into Drill #8.
2. Press Button #8 to get into Advanced Mode (Left large LED will flash RED).
3. Video Tape and replay the player's execution movement timing to examine and then retry.

4. Repeat Drill #8, but this time include the swinging of a racket with the proper racket timing (contact point at Beep) & stroke technique.
5. Select your choice or combination of skills to work on: Speed, Color, Random.
6. Repeat steps 3 thru 5.