teamson

Assembly Guide: Zealfeel Multi-Sport Lacrosse Rebounder

Model: ZF08-B-V2 (4x6 FT / 4x7 FT)

The Zealfeel Multi-Sport Rebounder is a powerhouse for solo training. Whether you're practicing Lacrosse, Soccer, Baseball, or Volleyball, this high-tension **56-ply HDPE net** is designed to provide consistent, powerful returns for over 60,000 hits.

Package Contents

Please ensure all parts are present before beginning assembly:

- **1 x** High-Strength 56-ply HDPE Net
- **1 x** Powder-Coated Alloy Steel Frame (Multi-piece)
- **36 x** Ball Bungee Cords (Heavy Duty)
- **1 x** Removable Red Target Strip (for accuracy drills)
- **4 x** Ground Stakes (for grass/dirt)
- **2 x** Sandbags (Included with 4x6ft model for indoor/hard surface stability)

Assembly Instructions

Step 1: Frame Assembly

Lay out the alloy steel tubes on a flat surface. Connect the tubes to form the rectangular face of the rebounder, followed by the rear support legs. Ensure all push-button connectors click into place. The frame is powder-coated to resist rust, making it suitable for all-weather use.

Step 2: Install the High-Performance Netting

Spread the net across the frame. Thread the **36 bungee cords** through the net edges and wrap them around the frame.

Note: For maximum "bounce back" performance, start at the four corners and then work toward the centers. This ensures the 56-ply netting is stretched to professional tension levels.

Step 3: Adjust Your Rebound Angle

This model features **5 adjustable angles**. Locate the adjustment bars on the rear of the frame:

- **Low/Flat Angle:** Ideal for ground balls and soccer passing.
- **Steep Angle:** Perfect for Lacrosse "pop-ups," volleyball setting, or baseball fly-ball simulations.

Step 4: Attach the Target Strip

Thread the **Red Target Strip** horizontally or vertically across the center of the net. Use this to focus your aim during throwing or shooting drills.

Step 5: Secure the Unit

- **Outdoors:** Drive the **4 Ground Stakes** through the base of the frame to prevent the unit from tipping during high-velocity shots.
- **Hard Surfaces:** Fill the **2 Sandbags** (if included) and place them over the rear base bar to provide counter-weight.

Multi-Sport Drill Guide

- **Lacrosse:** Set a steep angle for high-rebound "catch and release" practice.
- **Soccer:** Use a low angle to practice first-touch control and receiving ground passes.
- **Baseball/Softball:** Adjust to a mid-angle for consistent chest-high returns to practice fielding.

Maintenance & Safety

- **Check Tension:** Over time, bungee cords may need slight repositioning to maintain the center-net tension.
- **Weathering:** The HDPE netting is UV-resistant, but we recommend storing the unit in a dry area or using a cover during extreme winter conditions to prolong the elasticity of the bungees.