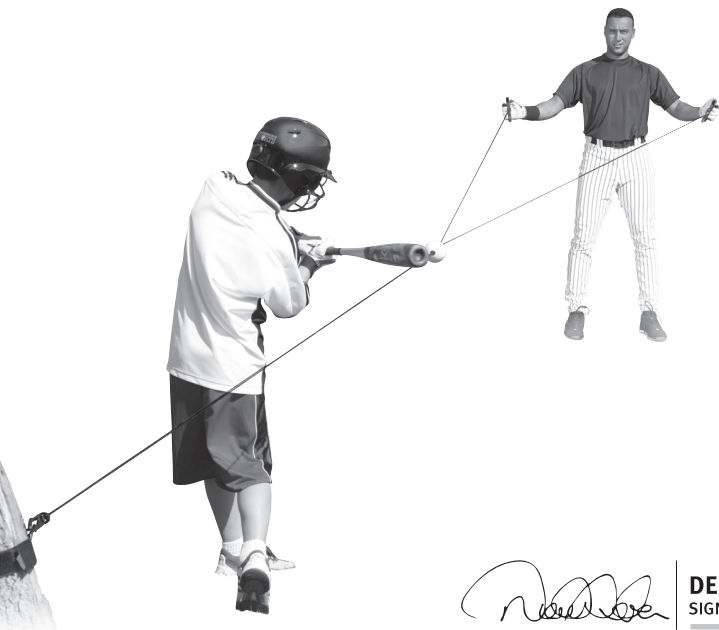




ZIP-N-HIT[®] PRO

MULTI-PITCH BATTING TRAINER

INSTRUCTIONS & PRACTICE DRILLS



A stylized, handwritten signature in black ink, which appears to be "Derek Jeter".

DEREK JETER
SIGNATURE SERIES

THROWS A PERFECT PITCH EVERY TIME!

ZIP-N-HIT[®] PRO

Zip-N-Hit[®] Pro acts like a portable batting cage, allowing batters to improve their swing almost anywhere. Players have fun while developing confidence and power. Zip-N-Hit Pro is as much fun to “pitch” as it is to bat.

Exercises in this booklet will help teach you “top-half” hitting, while reinforcing a level swing. You can practice hitting pitches of different speeds and movement. Fastpitch softball players will be able to practice hitting riser and drop pitches.

By consistently using the drills in this guidebook, you will see a noticeable improvement in your game as you become a more versatile batter.



SAFETY RULES

Make sure there is adequate space to use Zip-N-Hit® Pro safely. A ten foot safety zone around the pitcher and the batter is recommended.

Always use Zip-N-Hit Pro in an area away from foot and car traffic. Nothing should obstruct the batter, pitcher or device when in use. Make sure others stay clear of the batting zone and do not accidentally walk into the extended cords.

Inspect Zip-N-Hit Pro prior to use to make sure it is in good working condition. Check the handles, cords and ball to ensure there is no damage and discontinue use if anything appears to be broken. The use of a practice bat is recommended so that you do not damage a high-end game bat.

Adult supervision is required. When not in use, Zip-N-Hit Pro should be properly stored with cords wrapped around the handles. Keep away from small children, infants and pets.

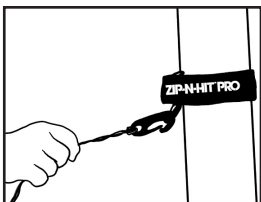
The natural effects of friction from ball movement and bat contact with the cord will cause the cord to wear. Discontinue use at the first sign of excessive cord fraying. See p.11 "CONSUMER NOTICE" for more information.

Always wear a NOCSAE approved batting helmet when using Zip-N-Hit Pro.

SETUP

Zip-N-Hit® Pro is designed for two players, identified throughout these instructions as "**BATTER**" and "**PITCHER**."

Unwrap the cords from the handles. Stretch out the cords; straighten and separate them as you unwind. Untangle the cords toward the handles, allowing them to spin. Zip-N-Hit Pro will not pitch correctly if the cords are twisted.



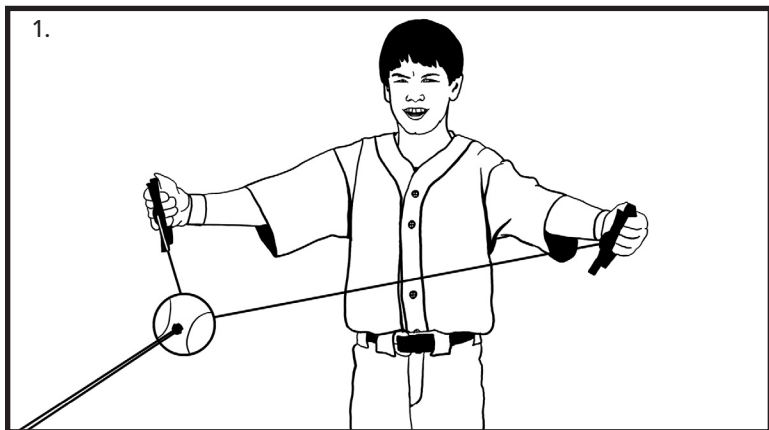
Zip-N-Hit Pro can be attached using two methods:

1. Attach clip at end of the cords to a chain link fence.
2. OR, attach the clip to the adjustable strap provided, and attach the strap to a tree or sturdy post or pole up to 6" in diameter. Never attach to a street sign.

To determine the proper height to attach the clip, align the cords to a desired height within the strike zone. Make sure the height is correct for each new batter. The batter stands about three feet in front of where the clip end is attached.

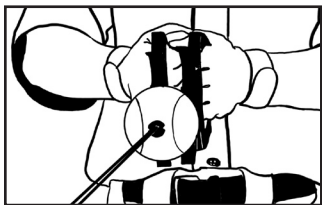
PITCHING

Zip-N-Hit® Pro's Unique Design Allows The Pitcher to "Throw" a Perfect Pitch Every Time.



Pitcher should hold handles firmly, keeping cords tight with as little slack as possible. Starting position of the ball is near the handle end of the cords.

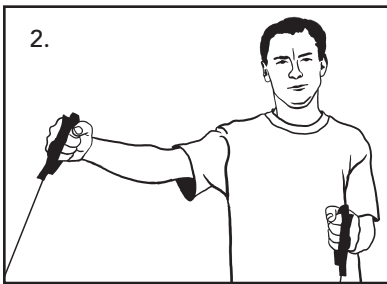
To "PITCH" the ball, assume a solid stance. Pull the handles evenly apart and slightly back, keeping the cords pulled tightly throughout the duration of the pitch. Pitch speed varies with the force used to pull the handles apart.



IMPORTANT: Bring the handles back together after pitching the ball. As the ball is hit, separate handles about 12" to "catch" the ball upon return. Separating the handles helps absorb the impact of the returning ball. Read batter instructions prior to pitching to ensure batter is set up correctly.

SIX TYPES OF PITCHES

1. FASTBALL: Pull the hands quickly apart and wide to make the ball zip down the string at a high rate of speed. Speeds approaching 60 MPH can be reached by an experienced pitcher.

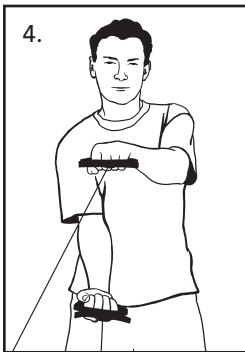
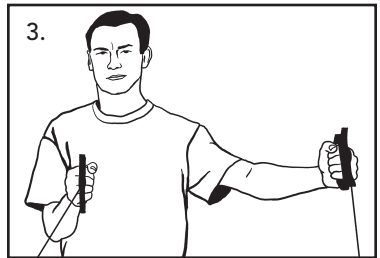


2. RIGHT HANDED CURVE BALL:

Keep the left hand still and pull only the right hand outward. The ball will zip down the line and curve like a right-handed pitcher's curve ball. The pitcher can achieve more movement and break on the ball by moving both hands to the right and upward just as the ball is zipped.

3. LEFT HANDED CURVE BALL:

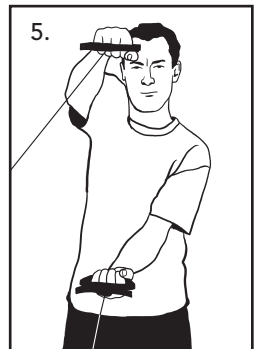
Keep the right hand still and pull only the left hand outward. The ball will zip down the line and curve like a left-handed pitcher's curve ball. The pitcher can achieve more movement and break on the ball by moving both hands to the left and upward just as the ball is zipped.



4. RISER: A great Fastpitch softball drill! The pitcher holds hands vertically, hand over hand. Keep the top hand still and pull the bottom hand downward quickly. The ball will zip down the line and rise up as it approaches the batter.

upward quickly. The ball will zip down the line and drop as it approaches the batter.

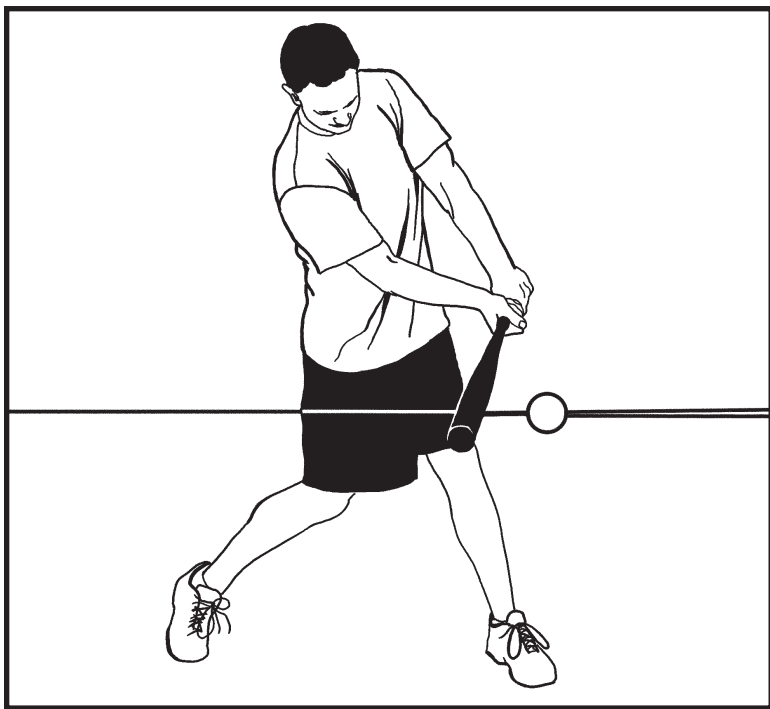
5. DROP: A great Fastpitch softball drill! The pitcher holds hands vertically, hand over hand. Keep the bottom hand still and pull the top hand



6. CHANGE-UP: Use a short but quick and fast pulling motion. The pitcher can also let the line go slightly slack to allow the ball to drop as it reaches the batter.

BATTING

Batters Perfect Their Swing Against the Challenge of a Variety of Pitches: Fast Balls, Curves and In the Strike Zone.



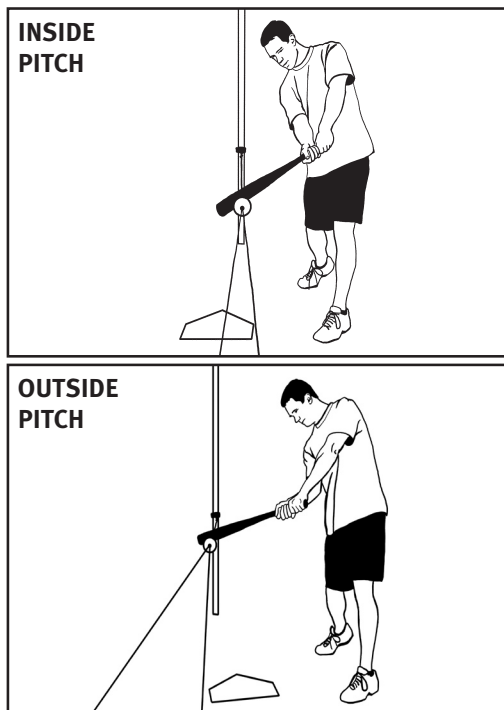
To set up the batter, move ball to the position where the batter is standing. The batter sets up by laying the sweet spot of the bat directly on top of the cords, against the ball. The knob of the bat should be about 6 to 8 inches away from the batter's waistline.

The batter should always hit down on the ball, keeping the bat on top of the cords. The cords provide a guide for the batter's swing plane. An incorrect, uppercut swing will result in hitting the cords. When the ball is struck correctly, batter has the sensation that the cords do not exist. Placing a home plate in the batting area provides a visual reference for the strike zone.

DRILLS

1. IN OR OUT DRILL

Purpose: **Develop the appropriate swing for an inside and outside pitch.**



Pitcher holds Zip-N-Hit Pro tightly and takes one step to the right for an inside pitch (right handed batter) or one step to the left for an outside pitch. For the inside pitch, the batter must turn the hips hard to allow the hands to get through the strike zone quickly. With a downward swing, the batter should try to make contact with the ball in front of the plate. For the outside pitch, the batter should allow the ball to get deeper towards the plate. The batter steps towards the ball and drives the hips and hands to the ball. The swing will be the same for an inside or outside pitch; the only difference is the position of the ball upon contact.



2. SPREAD DRILL

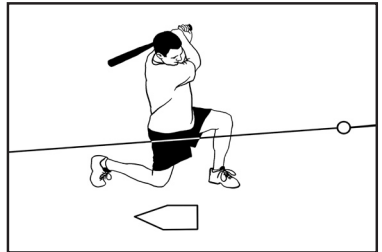
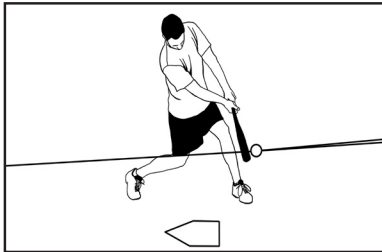
Purpose: **Develop the appropriate hand path getting the bat head to the ball.**

The starting position is after the batter has completed their stride and has started to turn the hips towards the ball. The batter's back foot and hips should be slightly back while keeping the hands back. The emphasis of the drill is

to work on the hands with limited use of the lower body. When Zip-N-Hit Pro is "pitched," the batter should throw the knob of the bat towards the ball in a downward plane. The batter will feel the sensation of getting the bat head out and through the ball.

3. LOW PITCH DRILL

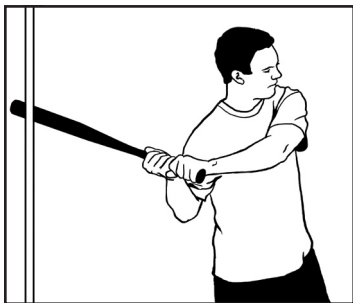
Purpose: **Develop a swing to hit the low pitch.**



To allow the batter to work on the low pitch, set the height of the clip end about six inches below the waistline. Many pitching instructors teach the low strike pitch, so it is important to master this pitch. When Zip-N-Hit Pro is "pitched," the batter flexes both knees a little more than normal and swings down through the ball. Once the batter completes the swing and follow-through, he/she should stop and kneel down, lightly touching the back knee (right knee for right-handed batter) to the ground. At this point, the batter's balance should be checked before the next swing. If the batter takes a swing and is off balance and unable to touch a knee to the ground, the starting position was incorrect. Batters should practice the low pitch inside, outside and down the middle. The pitcher can run through these three drill positions by moving one step to either side of center.



CORRECT POSITION



INCORRECT POSITION

4. FENCE DRILL

Purpose: **Develop a short, compact swing.**

This drill is beneficial for batters who tend to extend the hands and arms too quickly and create a long, loopy swing. Clip Zip-N-Hit Pro to a chain-link fence in the normal position. Batter assumes a stance with the back foot about 6 inches away from the fence. In this position, the batter is forced to throw the knob of the bat at the pitched ball.

If the batter releases the hands too early, the bat will strike the fence. Hint: If the batter is fearful of hitting the fence, start the drill without “pitching” the ball and have the batter swing in slow motion.

5. GAME-TIME HITTING DRILL

Purpose: **Anticipate game situations and develop mental aspects of hitting.**

The drill works well when a batter has mastered the fundamentals of hitting. Set Zip-N-Hit Pro to the normal position, as a variety of pitches will be “pitched” for this drill. Start in the first inning with no one on base and no outs. The first batter’s goal is to take a couple of pitches and find a good one to hit. If the first batter in the first inning gets a hit, it is the goal of the next batter to advance the runner with either a hit and run or to hit the ball behind the runner to the right side. The situation is now first and third-no outs. With a man on third and less than two outs, it is the next batter’s goal to score the runner. The batter should do one of three things on the first good pitch: **1.** Get a base hit, **2.** Hit a sacrifice fly, or **3.** If the infield is back, hit a ground ball away from the third baseman and pitcher. This drill teaches batters how to strategically react in real game situations and endless scenarios are possible.

BONUS MATERIAL - BATTING FUNDAMENTALS:

The following drills will help develop basic mechanics of a baseball or softball swing. Consider these fundamentals when using the Zip-N-Hit Pro.

- 1. Balance:** The batter should be balanced throughout the swing. Stance should start with the weight on the balls of the feet and evenly distributed. Test the batter's balance by gently shoving them in the chest. If the batter can be knocked off balance, they should reposition themselves in a more solid stance. A properly balanced stance translates into speed, quickness and strength in the batter's swing.
- 2. Stance:** A comfortable stance with the hands above the shoulders works best. Feet should be parallel to the pitcher's mound, knees bent in an "athletic" position with the batter's weight evenly distributed on both feet.
- 3. Load or Inward Turn:** When a batter is able to set up in a solid stance, the next step is to gather strength and time pitches. This is done by shifting the batter's weight back to a 60/40 split, with the majority of the weight on the back leg and turning inward slightly. When this movement occurs, the hand naturally moves back about 3 inches, but never behind the batter's head. In this position, a batter can maximize strength, power and quickness for a good swing. Additionally, this movement allows the batter to time the swing to the pitch.
- 4. Stride:** When taking a stride, a batter moves the front foot towards the pitcher, as if walking away from their hands. The ideal stride is slightly towards home plate with the batter landing softly on the big toe of the front foot. The stride is short - no more than 4 to 8 inches is ideal. A long stride is undesirable for two reasons. It dissipates the batter's strength and the batter tends to drop the hands and head, making it difficult to track the ball.
- 5. Swing:** A good swing starts with the strongest muscles in the body: the hips and legs. At the end of the stride, the batter has landed softly on the big toe of the front foot. From this position the back foot starts to pivot and the hips begin to turn aggressively. The batter's hands work with the hips and start a downward swing. The downward swing generates line drives and hard ground balls. Throwing the knob of the bat towards the ball results in the downward swing and helps get the bat head quickly through the strike zone. These movements should occur with the batter's head moving from the front shoulder to the back shoulder or keeping his/her head down through the swing. Finally, the batter drives through the ball and finishes the swing. Many players will stop the swing after contact. The goal is to accelerate the hands through the ball and follow through.

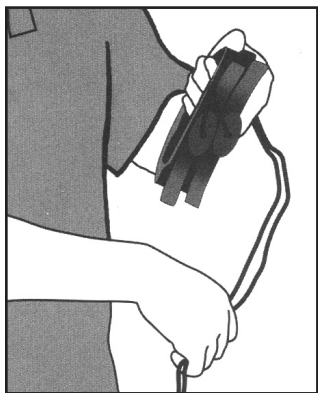
CONSUMER NOTICE:

Great care was taken in selecting a material for the Zip-N-Hit Pro cord that was both functional and durable. However, the cord is subject to a tremendous amount of heat and abrasion. This is caused by the friction of the ball traveling down the cord and the bat striking the cord. As a result, the cord is subject to significant wear and may eventually break. This will be accelerated with the use of a wooden or rough surfaced bat.

Continuous uninterrupted use of the Zip-N-Hit Pro could cause the cord to heat up. To maximize the life of the cord, allow "cool down" periods of 10 seconds between each pitch. Also have a "cool down" period after 15 minutes of continuous use.

Discontinue using the Zip-N-Hit Pro if the cord shows excessive fraying at either end. Replacement cords may be purchased at www.sklzstore.com or by calling Customer Service at: **877-225-7275**.

CARE AND STORAGE:



CLEAN Zip-N-Hit Pro with a soft cloth and warm, soapy water.

IMPORTANT: Wrap the cords tightly around the Zip-N-Hit Pro handles when not in use. Proper storage will add to the life of the cord and make set-up easier the next time it is used.



Nylon bag included for storage and travel.



ZIP-N-HIT® PRO HELPS BATTERS OF ANY AGE OR SKILL LEVEL IMPROVE THEIR GAMES.



- » **COMPETITIVE LEAGUES**
- » **COLLEGIATE PLAY**
- » **RECREATIONAL PLAY**
- » **FASTPITCH SOFTBALL**

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Additional U.S. and P.C.T. Patents Pending
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