

ACE PLUS

120 Volts AC 50/60 Hz

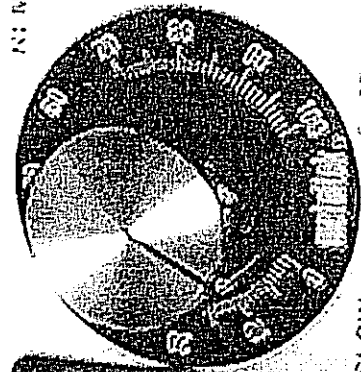
P
O
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OFF

IN

RECALL



SLOW

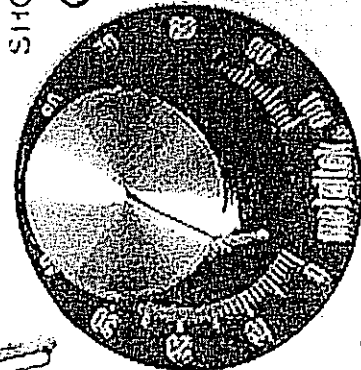
FAST

BALL FREQUENCY

OFF

SHO

TO



SLOW

FAST

SPEED

ON

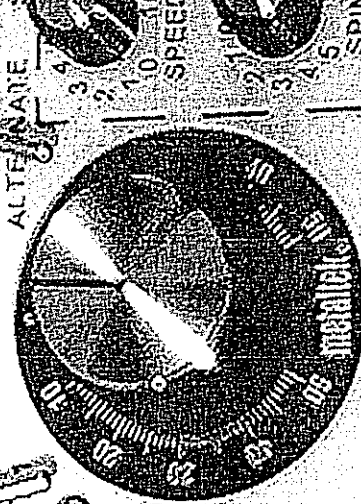
FLAT

1-2

ALTE

NAVE

SHOT



BACKSPIN

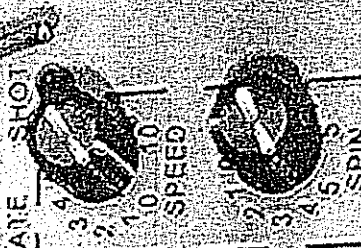
TOPSPIN

SPIN

OFF

2-1

SHOT



SLOW

FAST

SHOT 2

OPERATING INSTRUCTIONS – ACE PLUS

(Picture of control box)

The control box is located on the right side of the Playmate cabinet.

1. **POWER**- This switch controls the power to the machine. When it is illuminated, power is being supplied.
2. **INTERVAL** – This knob sets the interval at which balls are pitched. Turning the knob clockwise increases the number of balls pitched to a maximum of approximately one ball per second. Turning the knob counterclockwise decreases the number of balls per minute.
3. **SPEED 1/ BACK SPIN** – The speed knobs control both the speed and the spin of the balls being pitched. Turning this knob clockwise will increase the speed of the bottom pitching wheel, thereby increasing the speed at which the ball is pitched as well as the amount of back spin placed on the ball. Turning this knob counterclockwise will decrease the speed of the bottom pitching wheel, and thus decrease the amount of back spin, as well as the overall speed at which the ball is pitched.
4. **SPEED 1/ TOP SPIN** – Turning this knob clockwise will increase the speed of the top pitching wheel, thereby increasing both the speed at which the ball is pitched, and the amount of top spin placed on it. Turning this knob counterclockwise will decrease the speed of the top pitching wheel, and thus decrease the speed of the ball, and the amount of top spin placed on it.

The two **SPEED** knobs work in conjunction with each other to set the overall speed, and the amount of spin on the ball. For example, setting both the **BACK SPIN**, and

the TOP SPIN knobs at 100, would pitch a ball at a very high speed with practically no spin at all. Likewise, setting the BACK SPIN knob at 70, and the TOP SPIN knob at 50, would pitch a ball at a more moderate speed with slightly more back spin. The reverse of this would pitch a ball with slightly more top spin.

5. **SPEED 1 SWITCH** – Setting the SPEED 1 SWITCH to the ON position will activate both the SPEED 1 controls. Setting this switch to the OFF position will deactivate the SPEED 1 controls.
6. **SPEED 2/BACKSPIN** – This knob operates in the exact same manner as the SPEED 1/BACKSPIN control above. It works in conjunction with the SPEED 2/TOPSPIN control.
7. **SPEED 2/TOP SPIN** – This knob operates in the exact same manner as the SPEED 1/TOPSPIN control above. It works in conjunction with the SPEED 2/BACKSPIN control.
8. **SPEED 2 SWITCH** – Setting the SPEED 2 SWITCH to the ON position will activate the SPEED 2 controls. Setting the SPEED 2 SWITCH to the OFF position will deactivate the SPEED 2 controls.
9. **ALTERNATE SWITCH** – The ALTERNATE SWITCH changes the sequence with which the machine alternates between the two different speeds. It can be used to select a pattern that will alternate from SPEED 1 to SPEED 2, or the reverse. This switch will only operate if both the SPEED 1 and SPEED 2 switches are set to the ON position.
10. **REMOTE** – This machine is equipped with a radio remote control system. By selecting the ON position of the REMOTE toggle switch, the hand held remote becomes activated. By selecting the OFF position of the REMOTE toggle switch, the hand held remote becomes deactivated. For more information of the radio remote control system please see below.

OTHER CONTROLS

RADIO REMOTE CONTROL – The hand held remote control unit activates and deactivates the ball delivery system of the Playmate tennis machine. Push the button once to activate the delivery system, and once more to deactivate it. The remote control is only active when the POWER switch is illuminated, and the REMOTE toggle switch is in the ON position. The radio antenna is located in the back of the ball hopper. Make sure this antenna is pointing upward in order to increase the range of the remote control system.

OSCILLATION AND ELEVATION – The crank handles controlling the vertical and horizontal angle of the ball are located on the backside of the machine's cabinet. When the OSCILLATION crank handle is turned clockwise, the horizontal angle of the ball's delivery is increased from a single direction to full court coverage using a programmed sweeping action to one, two, or three different hit positions. When the OSCILLATION crank handle is turned counterclockwise, the horizontal angle decreases. There are approximately 15 full turns between the minimum and maximum oscillation.

The vertical angle, or shot elevation of the ball's delivery is controlled by the ELEVATION crank handle. When this handle is turned clockwise, the vertical angle decreases. As the handle is turned counterclockwise, the vertical elevation of the ball's delivery increases. There are approximately 23 full turns between the minimum and maximum elevation.

NOTE: Any control adjustments can be made while the machine is running, provided the safety precautions are being followed.

PLEASE SEE PLAYMATE'S MANUAL OSCILLATION SYSTEM

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PLAYMATE CONSUMER CONNECTION

We are here during business hours to help provide technical assistance to our customers. If you experience difficulty with your Playmate Tennis Ball Machine, Alumalift, or Ball Mower, please feel free to contact us at one of the following numbers.

Phone: (919) 544-0344
Toll Free (USA): 1-800-776-6770
Fax: (919) 544-1430

Or write us at:

METALTEK
455 Kitty Hawk Drive
Morrisville, NC 27560
USA

Dear Valued Customer,

Congratulations on the purchase of your new Playmate Tennis Ball Machine; the best ball machine in the world! We have packed over 25 years of experience and dedication into the production of each and every ball machine to leave our new high tech facility in Morrisville, North Carolina. It has been our mission to create the most durable, dependable, and player-friendly machines possible, all the way from the gear motors and pitching wheels, to the fully programmable control boxes and remote controls. We hope that you enjoy our ball machines as much as we do, and encourage your comments and suggestions on how we could better serve you in the future. Please feel free to contact us on our Consumer Connection Line at 1-800-776-6770.

Sincerely,

Alfred F. Yarur
President and CEO

INTRODUCTION

The best way to improve your tennis game is to practice. That may sound like simple advice, but it's advice we take very seriously here at Metaltek. We believe that the best way to practice your game is to spend some quality time on the court with a ball machine. Only by utilizing a ball machine as a constant partner will you be able to repeatedly attack all the shots that make up your range as a player, whether that means strengthening your weaknesses or perfecting your strengths. A ball machine is your best choice of practice partner when it comes to developing a well-rounded game.

In this age of technological development, we have tried to find a happy balance between technical complexity and ease of operation. We have worked hard to maintain the clean, simple appearance of our design and the utility of our controls, while generating machines that can offer full game simulation and programmability. Even if you are still having trouble programming the VCR, we hope that our machines will present themselves without difficulty. After only a short while with this manual you should be able to have your new Playmate up and running, and be practicing the shots that you want to be practicing!

WARRANTY AND LIMITATIONS OF LIABILITY

FULL THREE –YEAR WARRANTY - The PLAYMATE tennis machine is warranted against defects in materials and workmanship for three (3) years from the date of delivery. During the warranty period, METALTEK will repair or, at its option, replace at no charge components that prove to be defective, provided the parts are returned, shipping prepaid, to METALTEK.

This warranty does not apply to the normal wear and tear to the machine or its components as received from proper use.

Nor does this warranty apply to any damage to the machine or remote control, or to any other components caused by accident or misuse or as a result of service or modification by any persons other than those certified by METALTEK. No other express warranty is given by METALTEK.

METALTEK SHALL NOT BE LIABLE FOR CONSEQUENTIAL DAMAGES.

OBLIGATION TO MAKE CHANGES – Products are sold on the basis of specifications applicable at the time of sale. METALTEK shall have no obligation to modify or update products once sold.

METALTEK'S PLANT: REPAIR POLICY
455 Kitty Hawk Drive
Morrisville, NC 27560
USA

REPAIR TIME – Parts are normally repaired and returned within five (5) working days of receipts at METALTEK'S plant.

SHIPPING INSTRUCTIONS – Parts should be returned in a protective package to avoid in-transit damage. Such damage is not covered by warranty.

SHIPPING CHARGES – Whether the machine is in warranty or out of warranty, the customer should prepay shipment to METALTEK.

FURTHER INFORMATION – Service contracts are not available. Machine control circuitry and design are proprietary to METALTEK and manuals are not available to customers. Should other problems or questions arise regarding repairs, please call METALTEK.

IMPORTANT SAFETY INSTRUCTIONS

WARNING! To reduce the risk of electrical shock, fire, injury to persons, and other damage when using this product, please follow these basic safety precautions.

1. Read all instructions carefully before operating this machine.
2. To protect against the risk of electrical shock, never immerse any part of this machine in water or any other liquid.
3. Always use a grounded three-prong extension cord to supply power to this ball machine.
4. Close supervision is necessary when operating this machine near children.
5. Never walk in front of this machine when it is operating. Tennis balls leave the machine at high speeds and could cause serious injury.
6. Always stand to the side, or behind the machine when attempting to alter the settings of the various controls.
7. If it is necessary to free a jammed tennis ball, make sure that the machine is turned **OFF and unplugged**.
8. Always wear protective eyewear when attempting any repairs or adjustments on this machine.
9. Never attempt any repairs or adjustments on this machine when it is plugged in. Always turn the power switch **OFF and unplug** the power cord.
10. This machine is intended for pitching tennis balls **only**. Never attempt to use this machine with any other type of ball, or any foreign objects whatsoever.
11. Always make sure to turn this machine **OFF** when it is not in use.

ELECTRICAL REQUIREMENTS

A heavy-duty power cord (not included) is recommended for use with the Playmate Tennis Machine. All machines should be plugged into a 120V 50/60 Hz outlet (220V 50/60 Hz outlet for overseas machines equipped with transformers). If you are using an extension cord of 100 feet long or less, we recommend that you use a 16 gauge or heavier extension cord that is grounded. For longer distances, a 14 gauge grounded extension cord is recommended.

GETTING STARTED

Your new Playmate should have arrived securely packed. Make sure to inspect the machine for any damages that could have occurred during shipment. Inside the packing box, you should have found the owner's manual, warranty card, and hand held remote control. If any of these are missing, please notify Metaltek immediately. Your new Playmate should be ready for use in only a few minutes by completing the following easy steps.

1. **ASSEMBLING THE HANDLES** – The handles are reversed along the sides of the machine for compact shipment. To place them in their proper position, loosen the black triangular head screws until they are free. Swing the handles around 180 degrees until they are running parallel to each other behind the machine. Line up the holes and replace the triangular head screws, tightening until snug. **DO NOT OVERTIGHTEN.**
2. **ASSEMBLING CRANK HANDLES** – If you have purchased an ACE BASIC equipped with a large hopper, it will be necessary to assemble the crank handles for the Oscillation and Elevation controls. To do this you will need a 1/8 hexagonal wrench. While facing the back of the machine, check to see that the two shafts exiting the cabinet just below the hopper are protruding as far as possible. Place the crank handle onto the shaft for the Oscillation control, making sure to line up the flat surface of the shaft and the set screw. Tighten the set screw securely. Repeat the above for the Elevation control.
3. **SUPPLYING POWER** – Plug an extension cord into a grounded three-prong outlet of the proper ratings (see **ELECTRICAL REQUIREMENTS**), and attach the other end to the power cord on the right side of the machine.
4. **FILL THE HOPPER** – Depending on whether your machine has a large or small hopper, it will hold anywhere from 200 to 300 tennis balls. We recommend using pressureless tennis balls because they respond better for a longer period of time. Pressureless tennis balls are available from Metaltek by the gross.
5. **SET THE CONTROLS** – Your machine is just about ready for use. The last thing you will need to do is set the controls to a specific program. Make sure to carefully read the **OPERATING INSTRUCTIONS** before attempting to use this machine.

NOTE: If possible, save the shipping box that your Playmate arrived in. Not only will it provide a safe place for long term storage, but will also provide proper protection if it is ever necessary to ship your Playmate in the future.

CARE AND MAINTENANCE

With proper care and maintenance, your Playmate tennis ball machine should last for years and years of effortless operation. These few basic steps will help to keep your machine in great shape, and deter any future mechanical problems.

1. **PERIODIC CLEANING** – Over a period of use, various debris, and ball fuzz will begin to build up on the interior of the ball machine cabinet. This should be cleared away periodically to avoid excessive build up that could clog mechanical parts. Use a damp cloth to wipe down both the interior and exterior surfaces of the machine. Very gently use a dull object to help break away large clumps of debris. Never scrape at the surface of your Playmate ball machine with a sharp object, or use any harsh abrasives or solvents. Loose debris can be vacuumed out of the ball machine cabinet. Never use a hose to attempt to spray debris out of the interior of the machine. Excessive water pressure can damage the sensitive electrical components, as well as increase the risk of electric shock.
 2. **PERIODIC LUBRICATION** - The majority of the moving parts inside the ball machine are lubricated and sealed at the factory. These parts should require no lubrication at all. In order to maintain the ease of operation however, periodic lubrication of the Oscillation and Elevation crank arm linkage is recommended. To do this, turn the machine upside down, resting the hopper on a piece of cardboard or other protected surface. Turn the Oscillation crank handle a few times while inspecting to see that the threaded linkage is free of debris and obstruction. Place a few dabs of lubrication (we recommend a white lithium grease) on both sides of the plastic seat and continue to rotate the Oscillation crank handle several times to assure the even distribution of the lubricant. Repeat with the Elevation linkage.
 3. **STORING** – When the machine is not in use, it should be stored in a proper and secure fashion. Ideally, it should be placed in a dry and clean area that offers shelter from the elements. Even though the ball machine is constructed from anti-rust aluminum, excessive exposure to wind, rain, sunlight, etc., can often interfere with the operation of the sensitive electrical components, and cause fading and/or other damage to the finish. If the machine is kept outdoors, it should always be covered when not in use. A fitted, waterproof cover is available from Metaltek.
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TROUBLESHOOTING

PROBLEM	POSSIBLE CAUSE	APPROPRIATE ACTION
Inconsistent ball speed	*Pitching wheels are heavily worn. The pitching surface has become dirty.	*Wheels need to be sanded and/or cleaned. Use medium grit sandpaper to restore the textured surface of the wheels.
Ball is not pitched	*Tennis balls and/or pitching wheels are wet. *A ball has jammed.	*Wheels and/or tennis balls require cleaning and drying. Remove any wet balls from the hopper. *Turn off power and remove any jammed balls.
Feeding disk does not turn	*Loose electrical connection. *There is a problem with the remote relay.	*Turn the machine upside down and check the connection of cord #3 at the side of the control box. *Turn the Remote ON/OFF switch to off. If the feeding disk works properly, check the remote. See remote troubleshooting below.
Balls repeatedly jam	*The ball feed wire is damaged or missing.	*Inspect the position of the feed wire over the feed disk. Make sure it allows only one ball to enter each slot in the feed disk as a time. If it is missing, call Metaltek for a replacement.
Remote does not function properly	*Antenna is not facing upward. *Battery is dead. *Remote ON/OFF switch on control panel is set to OFF	*Reposition antenna *Replace battery in hand held remote. *Set Remote switch to ON
Elevation and Oscillation handles do not turn easily.	*Threaded linkage arms are clogged with debris, or lack proper lubrication.	*Clean debris from the threaded linkage arms and lubricate with a light coating of lithium grease.

<p>Pitching motors and/or interval motor do not operate properly.</p>	<p>*Loose electrical connection.</p>	<p>*Turn the machine upside down and check the connection of cords #1 and #2 at the side of the control box.</p>
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THE OFFICIAL PLAYMATE DRILL BOOK

Here at Metaltek, one of our primary concerns is that our customers get the most out of their Playmate Tennis Machines. In order to insure this, we have put together a collection of practical drills to help acquaint players with the practice capabilities of our ball machines. While these drills range in difficulty, they are all intended to help develop valuable technical skills, as well as to simply make practicing more fun. We hope that by utilizing these drills, players will not only become more confident when using the ball machine, but will become better tennis players as well. This is, after all, why we designed our ball machine in the first place.

We appreciate hearing from you about our products. If you have any comments or suggestions about how we could improve on these drills, or if you have designed your own drills and would like us to include them in this booklet, please give us a call on our Consumer Connection line at 1-800-776-6770.

PLAYMATE

Ball Machine Drill

Skill Level: 2.5 and up

Skill Objectives:

1. Moving aggressively from baseline to net.
2. Using momentum to generate power.

Procedure:

1. Ball machine is located deuce side at the baseline at one end of the court.
2. Ball machine is set to feed balls across the net into the deuce court to land halfway between the baseline and the service line.
3. Players are lined up behind the baseline of the deuce court, opposite the ball machine.

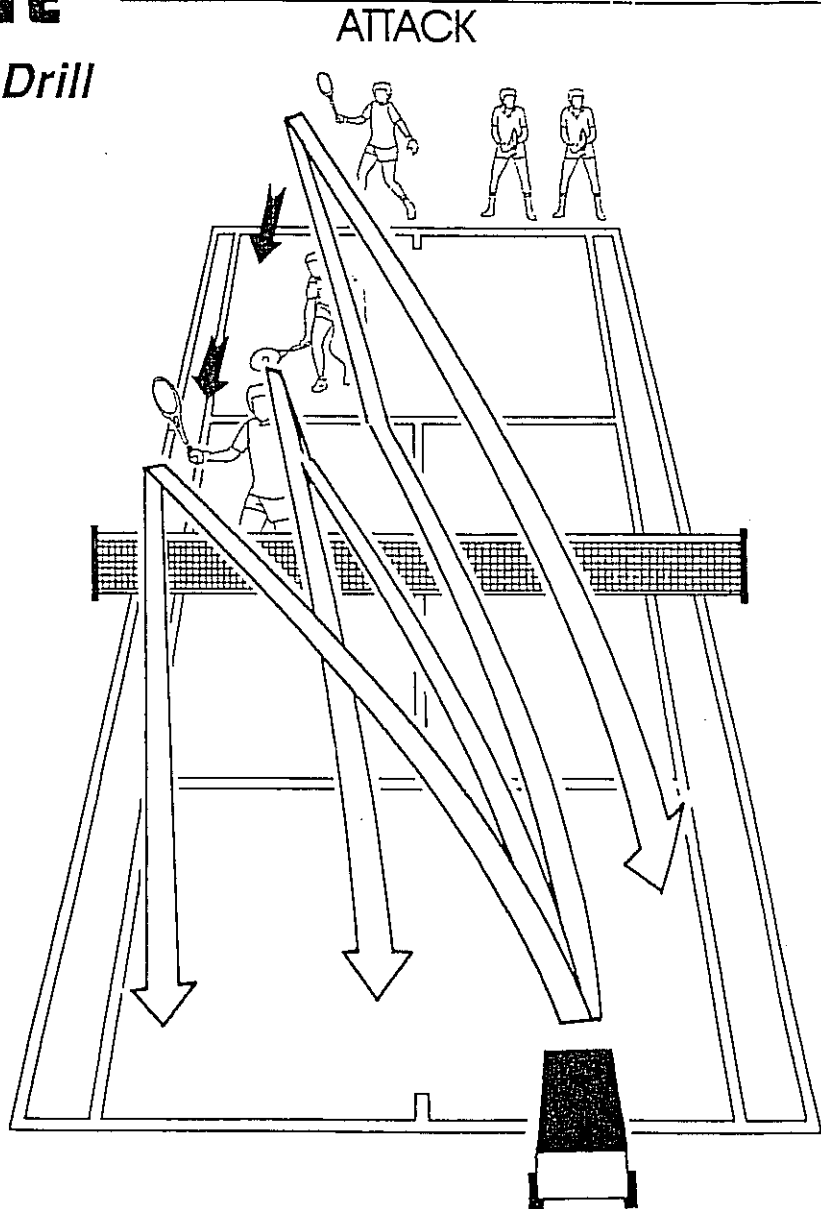
Sequence:

1. Ball machine feeds ball to deuce court.
2. First student in line hits forehand groundstroke crosscourt.
3. Ball machine feeds second ball.
4. Student closes in and hits half-volley or low volley from near the service line.
5. Ball machine feeds third ball.
6. Student continues closing in, takes split-step, and puts ball away with an aggressive volley down the line.
7. Next student in line repeats the same sequence and the drill continues in the same pattern with students rotating to the end of the line after each three-shot sequence.

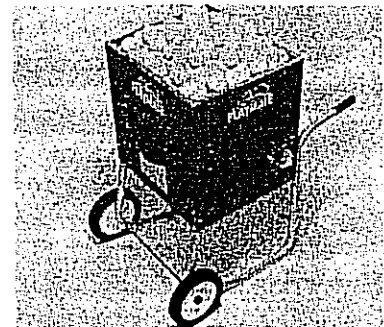
Options:

1. From the same formation, students hit only backhands.
2. Students hit forehand/backhand/forehand.
3. Students hit backhand/forehand/backhand.

Adapted from the USPTR'S
Instructional Manual, Volume 5,
International Book of Drills.

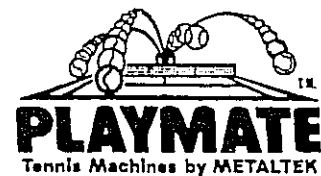


THE TENNIS BALL THROWING MACHINE FOR SERIOUS TENNIS



Write or call for free brochures

METALTEK, Dept.
P.O. Box 30399
Raleigh, NC 27622
919/782-6353



PLAYMATE

Ball Machine Drill

Skill Level: 3.0 and up

Skill Objectives:

1. Closing in behind the serve.
2. Reacting to the direction of the return.
3. Setting up the putaway volley.

Procedure:

1. Ball Machine is located inside the baseline at the center of one end of the court.
2. Ball machine is set to feed three balls before an interval - one to the ad court, one up the middle, and one to the deuce court.
3. Players are lined up behind the opposite baseline near the center of the court.

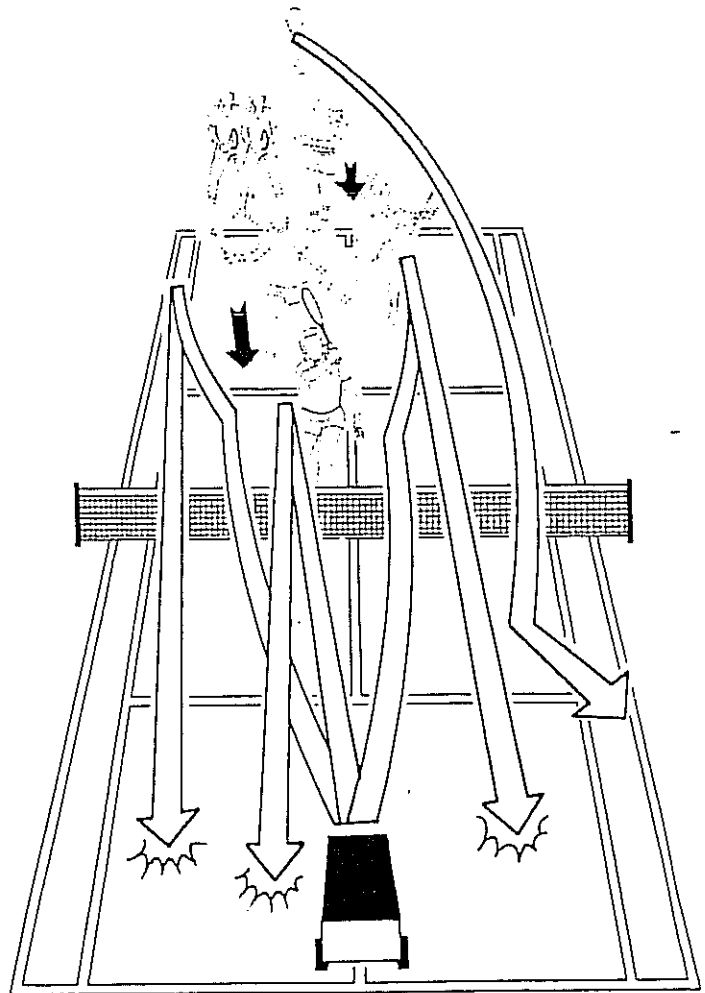
Sequence:

1. First player in line serves from the deuce side of the court and follows in behind the serve.
2. Ball machine feeds first ball.
3. Player makes first volley and continues closing in to the net.
4. Ball machine feeds second ball.
5. Player takes split step, hits second volley and recovers.
6. Ball machine feeds third ball.
7. Player reacts to the direction of the ball, steps into position to volley, and puts the third ball away.
8. Player rotates to the end of the line and the next player repeats the same sequence.

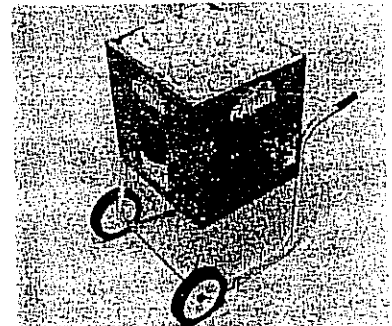
Option:

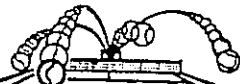
1. Players serve from the ad court and repeat the same three-volley sequence.
2. Re-set the ball machine to feed the same three-ball sequence in reverse, first to the deuce court, then up the middle, then to the ad court. Players repeat the drill serving from both the deuce and ad courts.

Serve and Three Volleys



THE TENNIS BALL THROWING MACHINE FOR SERIOUS TENNIS




PLAYMATE
Tennis Machines by METALTEK

Adapted from the USPTR'S *Instructional Manual, Volume 5, International Book of Drills.*

PLAYMATE

Ball Machine Drill

Skill Level: 3.5 and up

Skill Objectives:

1. Controlling the direction of quick volley exchanges.
2. Picking up eye contact with the ball quickly.

Procedure:

1. Ball Machine is located half-way between the baseline and the service line on the deuce side of one end of the court.
2. Ball machine is set to feed three balls in quick succession before an interval.
3. Ball machine's partner stands at the service line in the ad court on the same end of the court as the ball machine.
4. Opponents are at the service line in the deuce and ad court across the net.

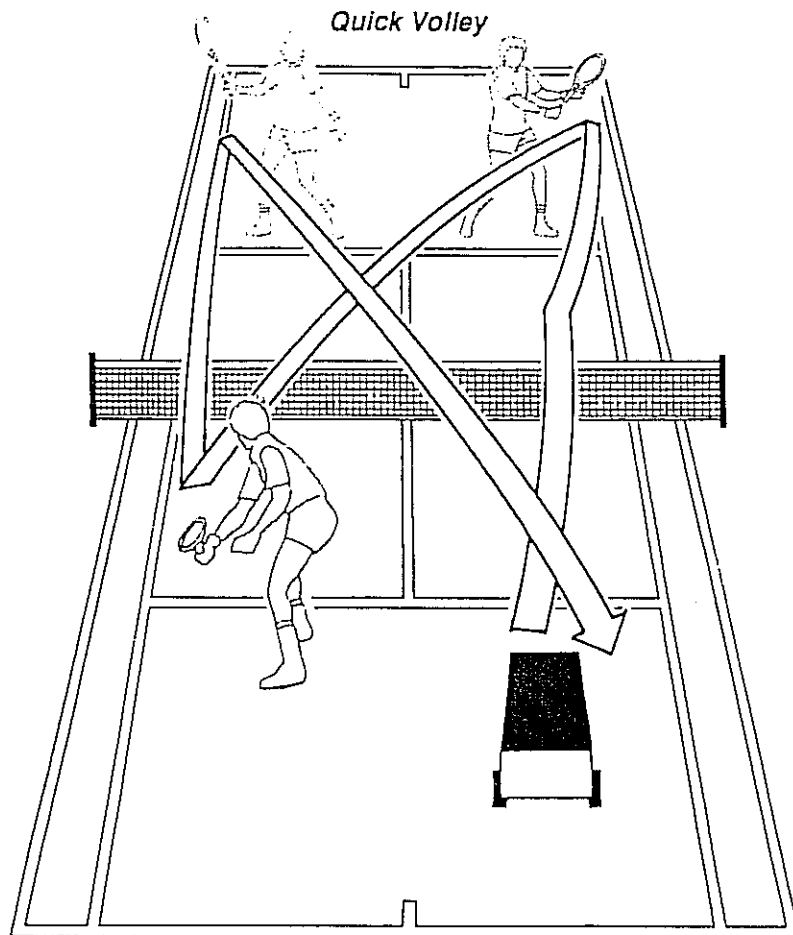
Sequence:

1. Ball machine feeds down the line to ad court opponent.
2. Ad court opponent takes split step and volleys crosscourt to ball machine's partner.
3. Ball machine's partner takes split step and volleys down the line to deuce court opponent.
4. Deuce court opponent takes split step and hits winning volley crosscourt toward ball machine.
5. The same sequence is repeated each time a ball is fed.

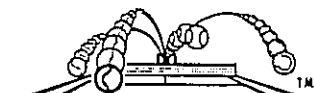
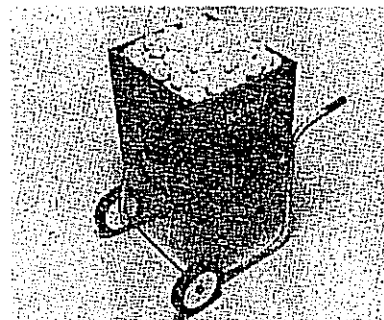
Options:

1. Players hit only forehand volleys or backhand volleys.
3. Players see who can go the longest without an error.

Adapted from the USPTR'S Instructor's Manual, Volume 5, *International Book of Drills*.



THE TENNIS BALL
THROWING MACHINE
FOR SERIOUS TENNIS



PLAYMATE
Tennis Machines by METALTEK

PLAYMATE

Ball Machine Drill

Skill Level: 3.0 and up

Skill Objectives:

1. Forehand approach and putaway volley.
2. Backhand approach and putaway volley.

Procedure:

1. Ball machine is located inside base-line at center of one end of the court.
2. Ball machine is set to feed a short ball to the deuce court, then a short ball to the ad court, alternating from one side to the other continuously throughout the drill.
3. Players form two lines at the base-line corners across the net from the ball machine.

Sequence:

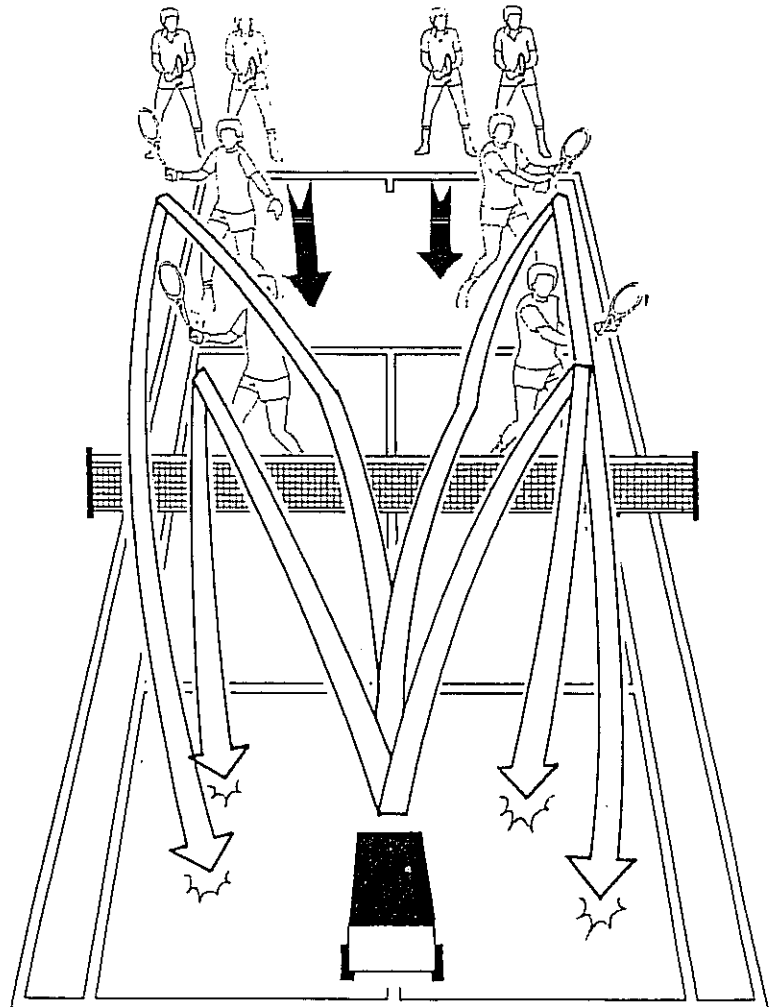
1. Ball machine feeds short ball to the deuce court.
2. First player in line on the deuce side of the court moves in, hits forehand approach shot down the line and continues closing into the net.
3. Ball machine feeds short ball to the ad court.
4. First player in line on the ad side of the court moves in, hits backhand approach shot down the line and continues closing into the net.
5. Ball machine feeds short ball to the deuce court.
6. Deuce court player puts the ball away with a forehand volley and rotates to the end of the ad court line.
7. Ball machine feeds short ball to the ad court.
8. Ad court player puts the ball away with a backhand volley and rotates to the end of the deuce court line.
9. Next two players in line repeat the same sequence.

Option:

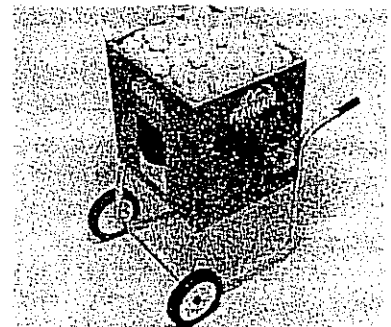
1. Pro feeds lob to each player after the volley. Player hits overhead.


Adapted from the USPTR'S
Instructional Manual, Volume 5,
International Book of Drills.

Approach and Volley



THE TENNIS BALL
THROWING MACHINE
FOR SERIOUS TENNIS




PLAYMATE
Tennis Machines by METALTEK

PLAYMATE

Ball Machine Drill

Skill Level: 3.0 and up

Skill Objectives:

1. Placement of overhands hit on the bounce.
2. Returning overhands.
3. Proper positioning and footwork.

Procedure:

1. Ball machine is located at the center of one end of the court, halfway between service line and baseline.
2. Ball machine is set to feed lobs with a high arc, to be played back after the bounce.
3. Players are divided into two groups, one group at each end of the court.
4. One group is lined up behind the center of the service line, across the net from the ball machine.
5. The other group is lined up behind the ball machine, behind the center of the baseline.

Sequence:

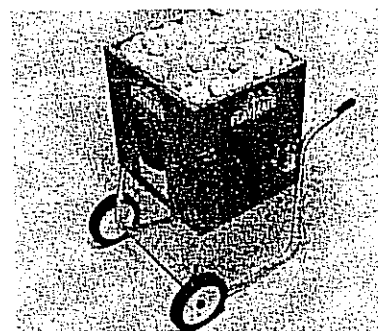
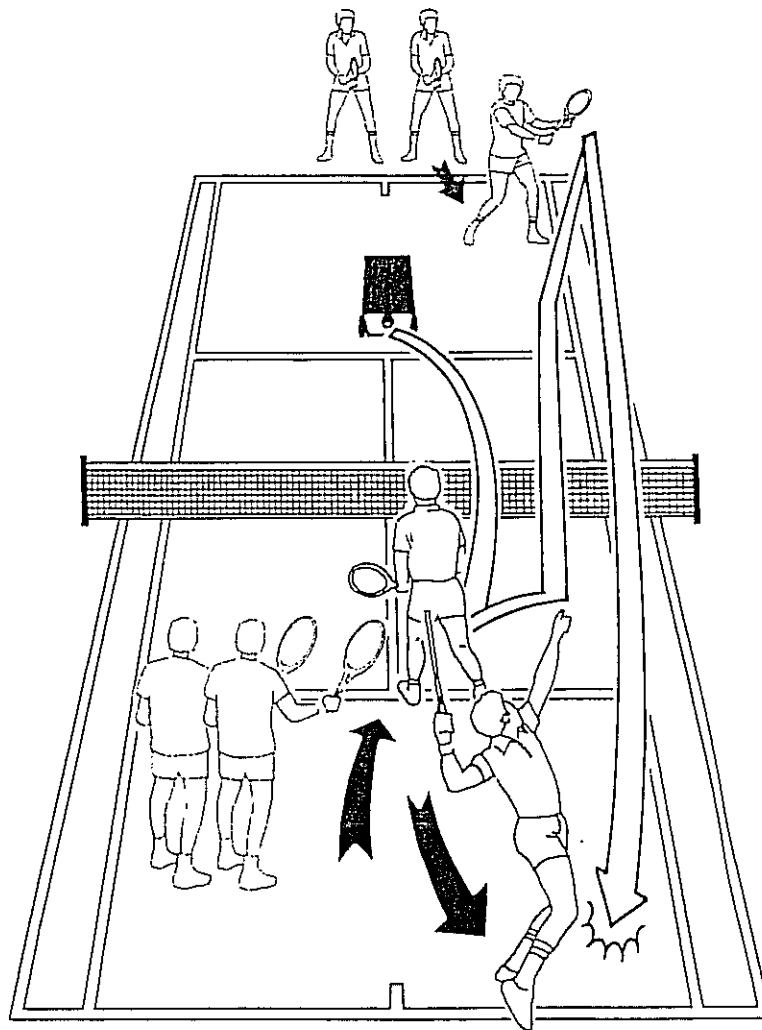
1. First player in line across the net from the ball machine runs forward and touches the net with his racquet.
2. Ball machine feeds lob.
3. Player backs up, lets ball bounce, and hits overhead smash into the deep corner of the ad court.
4. First opponent in line runs down the ball and hits backhand groundstroke down the line.
5. First player runs in and touches net again.
6. Ball machine feeds second lob.
7. Player backs up, lets the ball bounce, and hits overhead deep into the corner of the deuce court.
8. Opponent runs down the ball and hits forehand down the line.
9. Players rotate to the end of the line and the next two players in line repeat the same sequence.

Options:


1. From the same formation, opponents return crosscourt.

Adapted from the USPTR'S
Instructional Manual, Volume 5,
International Book of Drills.

Bounce, Smash & Save



THE TENNIS BALL
THROWING MACHINE
FOR SERIOUS TENNIS


PLAYMATE
Tennis Machines by METALTEK

PLAYMATE

Ball Machine Drill

Skill Level: 3.0 and up

Forehand Poach to Backhand Line

Skill Objectives:

1. Footwork and Recovery.
2. Forehand volleys.
3. Backhand groundstrokes down the line.

Procedure:

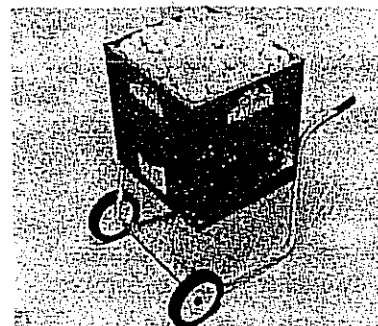
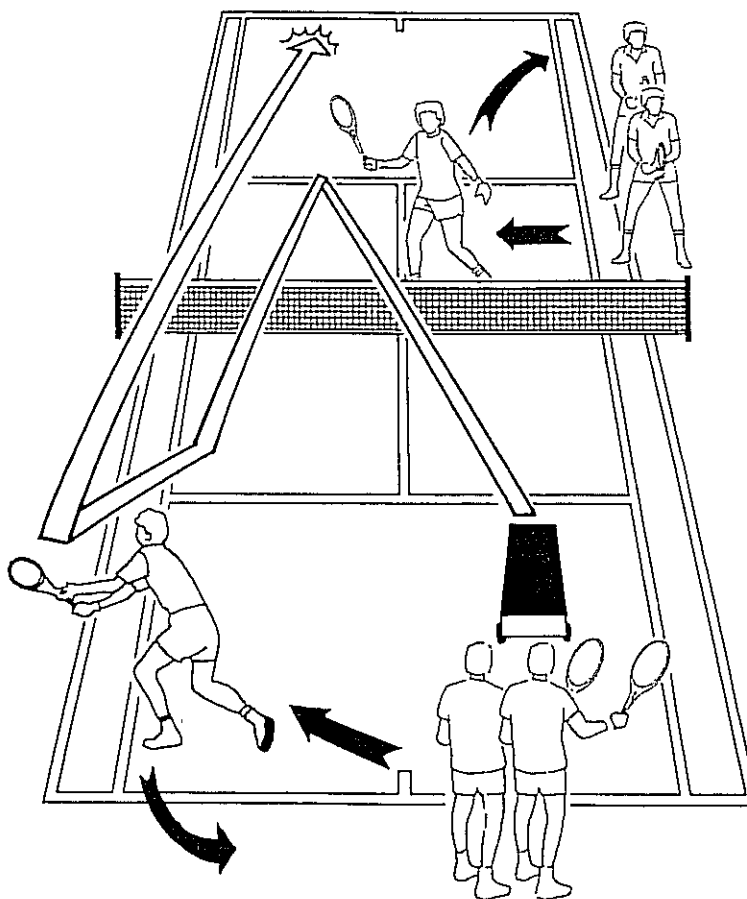
1. Ball machine is located halfway between service line and baseline on the deuce side of one end of the court.
2. Ball machine is set to feed crosscourt.
3. Students are divided into two groups.
4. One group is lined up behind the baseline of the deuce court, behind the ball machine.
5. The other group is lined up along the sideline of the ad court service block, across the net from the ball machine.

Sequence:

1. Ball machine feeds crosscourt.
2. The first student in line poaches to the right to cut off the ball and hits forehand volley into the opponent's ad court, then recovers back to the sideline.
3. First opponent in line moves wide to the left to run down the volley, hits backhand groundstroke down the line, then recovers to the center of the baseline.
4. The same sequence is repeated and players rotate to the end of the line after two shots each.

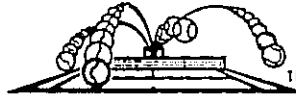
Options:

1. Run drill as backhand poach to forehand line.
2. Run drill as forehand poach to forehand cross.
3. Run drill as backhand poach to backhand cross.



THE TENNIS BALL
THROWING MACHINE
FOR SERIOUS TENNIS

Adapted from the USPTR'S
Instructional Manual, Volume 5,
International Book of Drills.


PLAYMATE
Tennis Machines by METALTEK

PLAYMATE

Ball Machine Drill

Skill Level: 3.5 and up

Skill Objectives:

1. Recovery Footwork
2. Backhand approach and volley down the line.
3. Forehand passing shots

Procedure:

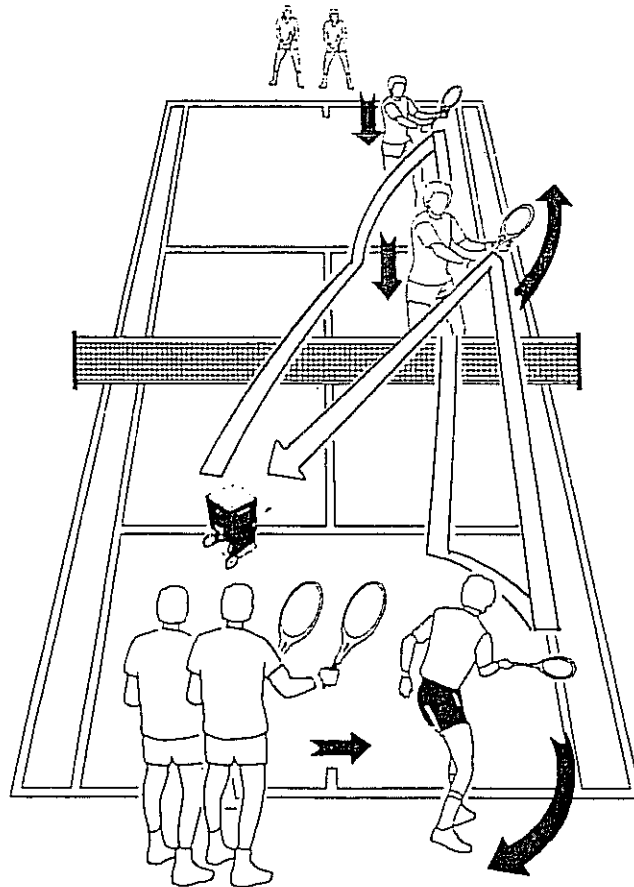
1. Ball machine is located just behind the service line on the ad side of one end of the court.
2. Ball machine feeds short balls into ad court.
3. Players are divided into two groups, one group at each end of the court.
4. Each group lines up behind the baseline at the center of the court.

Sequence:

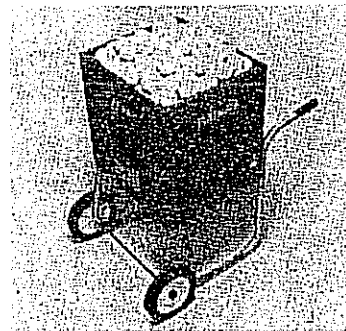
1. Ball machine feeds short ball crosscourt.
2. First player in line across the net moves in, plays backhand approach shot down the line, and continues closing in.
3. Opponent moves to the right and hits forehand ground-stroke back down the line in an attempt to pass net player, then recovers.
4. Net player closes in, takes split step, and hits backhand volley back down the line.
5. Opponent covers the line and hits forehand passing shot crosscourt to end the sequence.
6. Players rotate to the end of the line and the next two players in line repeat the same sequence.


Adapted from the UPSTR'S Instructor's Manual, Volume 5, *International Book of Drills*

Forehand Close and Pass



THE TENNIS BALL
THROWING MACHINE
FOR SERIOUS TENNIS




PLAYMATE
Tennis Machines by METALTEK

PLAYMATE

Ball Machine Drill

Skill Level: 3.5 and up

Skill Objectives:

1. Recovery Footwork
2. Forehand approach and volley down the line
3. Backhand passing shots

Procedure:

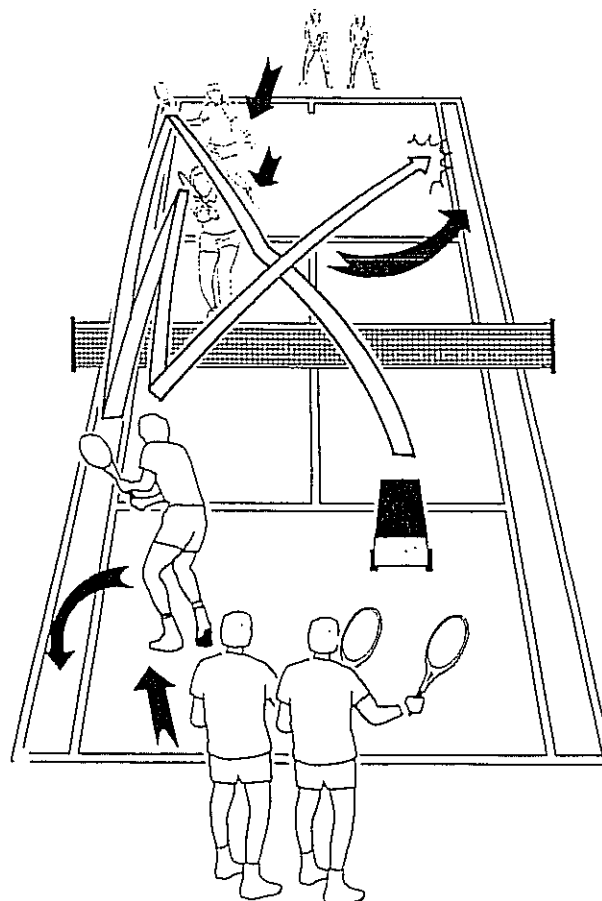
1. Ball Machine is located just behind the service line.
2. Ball machine is set to feed short balls into the deuce court across the net.
3. Players are divided into two groups, one group at each end of the court.
4. Players are lined up behind the baseline at the center of the court.

Sequence:

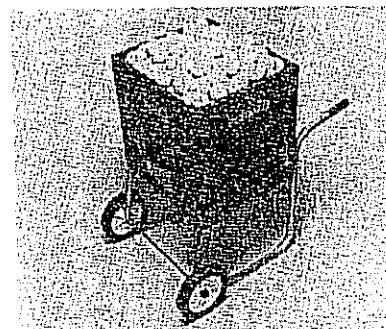
1. Ball machine feeds short ball crosscourt.
2. First player in line across the net moves in, plays forehand approach shot down the line, and continues closing in.
3. Opponent moves to the left and hits backhand groundstroke down the line in an attempt to pass the net player, then recovers.
4. Net player closes in, takes split step, and hits forehand volley down the line.
5. Opponent covers the line and hits backhand passing shot crosscourt to end of the sequence.
6. Players rotate to the end of the line and the next two players in line repeat the same sequence.

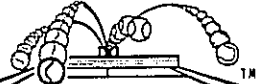
Adapted from the USPTR'S Instructor's Manual, Volume 5, *International Book of Drills*

Try To Pass



THE TENNIS BALL
THROWING MACHINE
FOR SERIOUS TENNIS




PLAYMATE
Tennis Machines by METALTEK

PLAYMATE

Ball Machine Drill

Skill Level: 3.5 and up

Backhand Poach to Forehand Line

Skill Objectives:

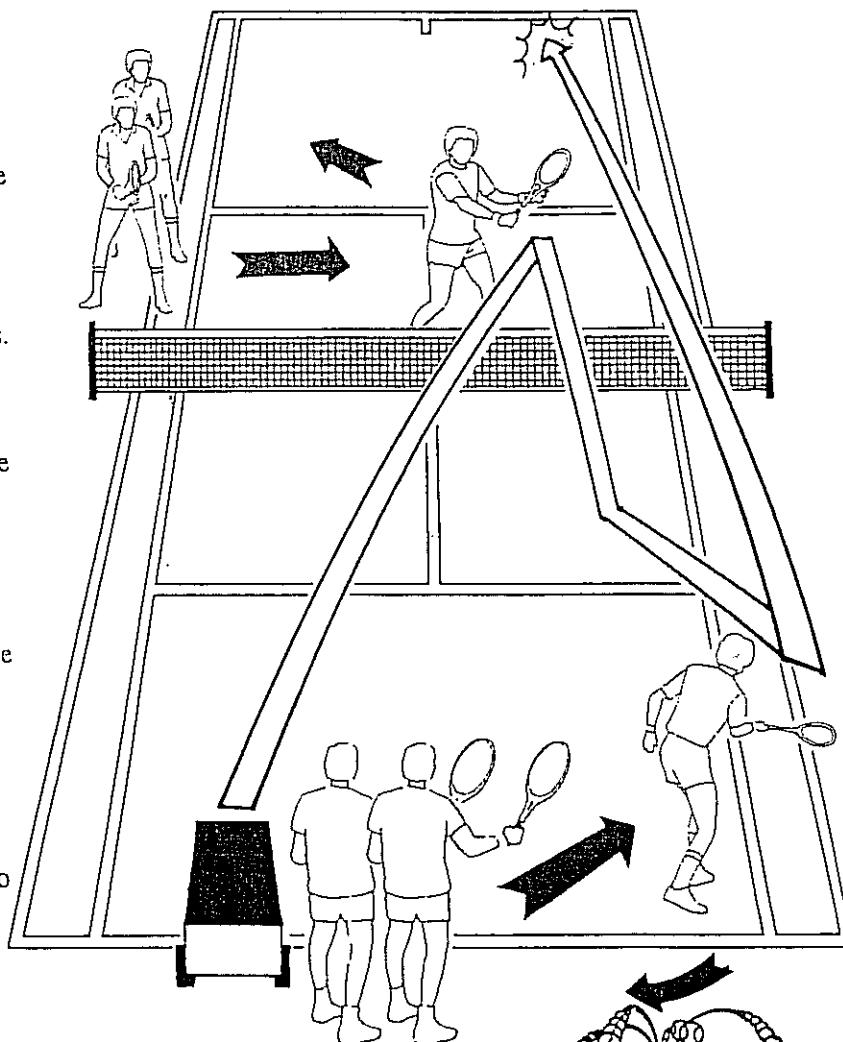
1. Footwork and recovery.
2. Backhand poaching volley.
3. Forehand groundstrokes down the line.

Procedure:

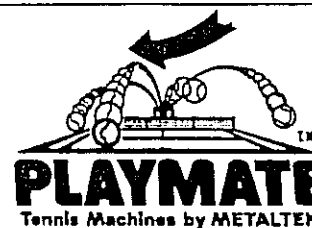
1. Ball machine is located at the service line on the ad side of one end of the court.
2. Ball machine is set to feed into the opposite ad court.
3. Students are divided into two groups.
4. One group is lined up behind the ball machine, behind the baseline at the ad court sideline.
5. The other group is lined up along the sideline of the deuce court service block, across the net from the ball machine.

Sequence:

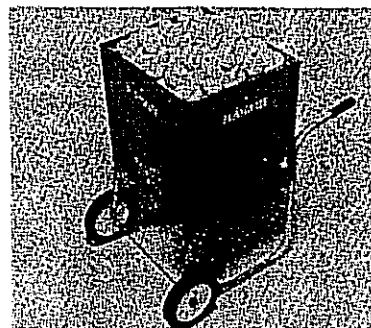
1. Ball machine feeds crosscourt into the ad court.
2. First student in line across the net poaches to the left to cut off the ball and hits backhand volley into the opponent's deuce court, then recovers back to the sideline.
3. Opponent moves wide to the right to run down the volley and hits forehand groundstrokes down the line, then recovers to the center of the baseline.
4. The same sequence is repeated and players rotate to the end of the line after two shots each.



THE TENNIS BALL
THROWING MACHINE
FOR SERIOUS TENNIS



Playmate Drill Exchange drills adapted from the USPTR's International Book of Drills.



PLAYMATE

Ball Machine Drill

Skill Level: 4.0 and up

Skill Objectives:

1. Footwork and positioning on the overhead.
2. Placement of overheads hit out of the air.
3. Returning overheads crosscourt.

Procedure:

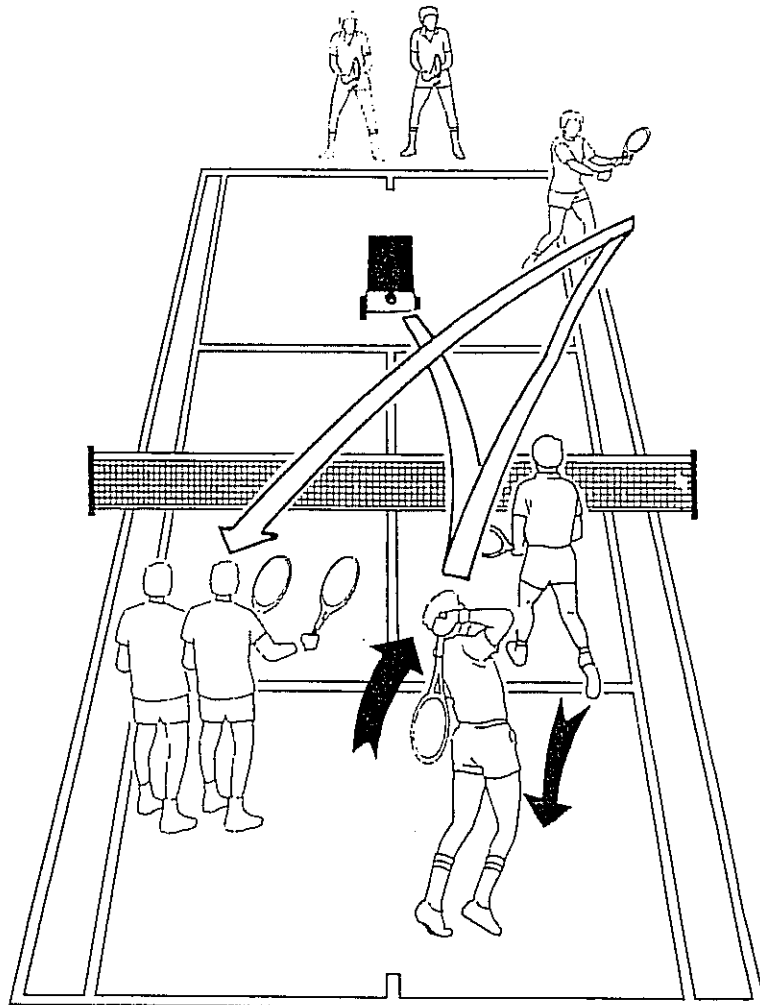
1. Ball machine is located at the center of one end of the court, halfway between the baseline and the service line.
2. Ball machine is set to feed lobs.
3. Students are divided into two groups, one group at each end of the court.
4. One group is lined up behind the center of the service line, across the net from the ball machine.
5. The other group is lined up behind the ball machine, behind the center of the baseline.

Sequence:

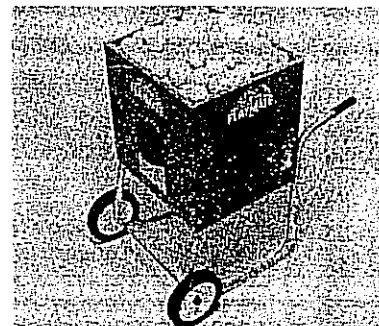
1. First student in line across the net from the ball machine runs forward and touches the net with his or her racquet.
2. Ball machine feeds lob.
3. Student backs up and hits overhead out of the air, aiming for the far corner of the opponent's ad court.
4. Opponent runs wide to the left and hits backhand return crosscourt.
5. First player runs in and touches the net again.
6. Ball machine feeds second lob.
7. Student backs up and hits overhead out of the air, aiming for the far corner of the deuce court.
8. Opponent runs down the ball and hits forehand groundstroke crosscourt.
9. Students rotate to the end of the line and the next two students in line repeat the same sequence.


Adapted from the USPTR'S
Instructional Manual, Volume 5,
International Book of Drills.

Corner to Corner



THE TENNIS BALL
THROWING MACHINE
FOR SERIOUS TENNIS




PLAYMATE
Tennis Machines by METALTEK

PLAYMATE

Ball Machine Drill

Skill Level: 4.5 and up

Backhand Close and Pass

Skill Objectives:

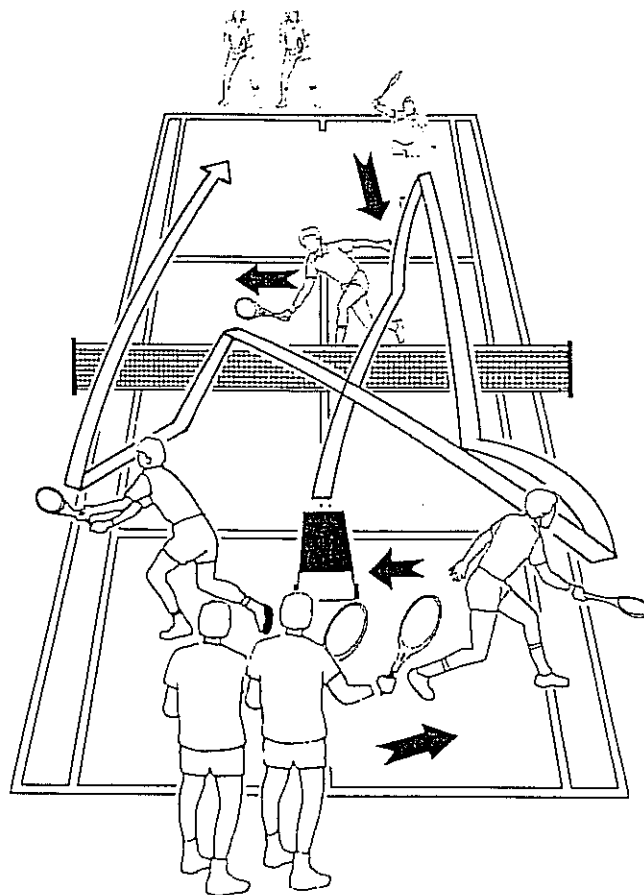
1. Footwork and movement.
2. Backhand approach and volley.
3. Forehands and backhands down the line.

Procedure:

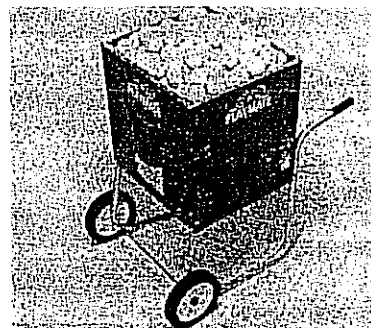
1. Ball Machine is located just behind the service line at the center of one end of the court.
2. Ball machine is set to feed short balls into the ad court across the net.
3. Players are divided into two groups, one group at each end of the court.
4. One group is lined up behind the ball machine, behind the baseline on the ad side of the court.
5. The other group is lined up across the net from the ball machine, behind the baseline on the ad side of the center mark.

Sequence:


1. Ball machine feeds short ball into the ad court.
2. First player in line across the net runs in, plays backhand approach shot down the line and continues closing in.
3. Opponent runs wide to the right, hits forehand groundstroke crosscourt and recovers to the center of the baseline.
4. First player closes in to cut off the crosscourt return, takes split step, and hits forehand volley into the opponent's ad court.
5. Opponent runs down the volley and hits backhand groundstroke down the line to end the sequence.
6. Players rotate to the end of the line and next two players in line repeat the same sequence.



THE TENNIS BALL
THROWING MACHINE
FOR SERIOUS TENNIS



Adapted from the USPTR'S *Instructor's Manual*,
Volume 5, International Book of Drills.


PLAYMATE
Tennis Machines by METALTEK

PLAYMATE

Ball Machine Drill

Skill Level: 4.5 and up

Skill Objectives:

1. Footwork and movement.
2. Forehand and approach volley.
3. Improve ackhands and forehands down the line.

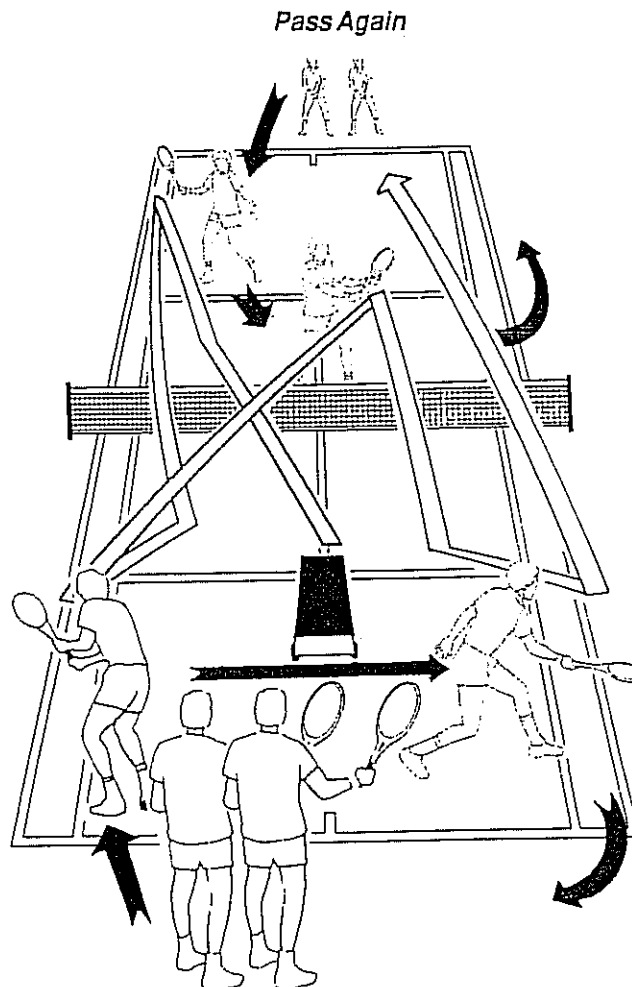
Procedure:

1. Ball Machine is located just behind the service line at the center of one end of the court.
2. Ball machine is set to feed short balls into the deuce court across the net.
3. Players are divided into two groups, one group at each end of the court.
4. Each group is lined up behind the baseline at the center of the court.

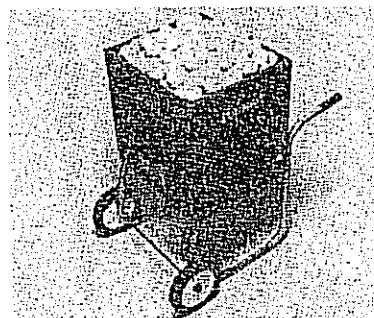
Sequence:

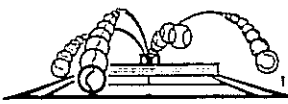
1. Ball machine feeds short ball into the deuce court.
2. First player in line across the net runs in, hits forehand approach shot down the line and continues closing in.
3. Opponent moves left to cover the down the line shot and hits backhand groundstroke crosscourt.
4. First player closes in, takes split step and hits backhand volley crosscourt deep into the opponent's deuce court.
5. Opponent runs wide to the right to cover the crosscourt volley and hits forehand groundstroke down the line to end the sequence.
6. Players rotate to the end of the line and next two players in line repeat the same sequence.

Adapted from the USPTR'S Instructor's Manual, Volume 5, *International Book of Drills*.



THE TENNIS BALL
THROWING MACHINE
FOR SERIOUS TENNIS




PLAYMATE
Tennis Machines by METALTEK

PLAYMATE BALL MACHINE DRILLS

One of the most stimulating approaches in tennis is to be on "the attack". Aggressive moves, put-away volleys, power hits, domination of the court. But with that added power and pace comes the risk of lower percentage shots especially to those who expect success without practice.

A solution for you or your students is drills and when you have the option of working with a Playmate Ball Machine, drills can run smoother and more efficiently.

In the "Attack" drill the objective is to learn how to move aggressively from the baseline to the net using momentum to generate power.

The ball machine is placed on the deuce side at the baseline of one end of the court with a setting to feed balls across the net into the deuce court, landing halfway between the baseline and the service line. Players are lined up behind the baseline of the deuce court, opposite the ball machine.

Step 1. Ball machine feeds ball into deuce court.

Step 2. First player in line hits forehand groundstroke crosscourt.

Step 3. Ball machine feeds 2nd ball.

Step 4. Player closes in and hits half-volley or low volley from near the service line.

Step 5. Ball machine feeds 3rd ball.

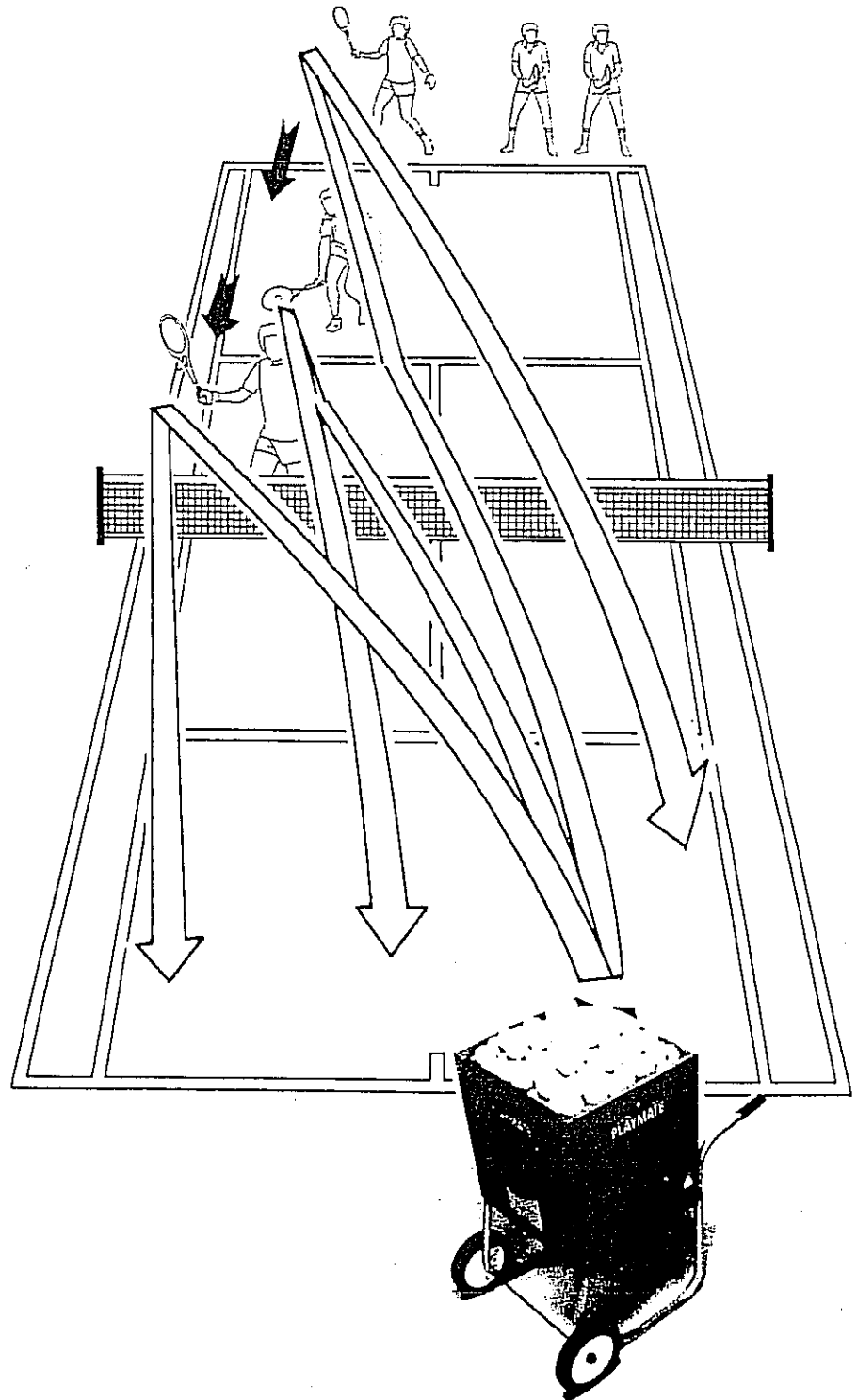
Step 6. Player continues closing in, takes split step, and puts the ball away with an aggressive volley down the line.

Step 7. Next player in line repeats the same sequence and the drill continues in the same pattern with players rotating to the end of the line after each 3-shot sequence.

Using the same formation, players can also change to all backhand shots or alternate backhands and forehands to add variety and good work-out on aggressive strokes.

USPTR members receive special discounts on Playmate Ball machine. For more information, write Metaltek, PO Box 30399, Raleigh, NC 27622 or call (919) 782-6353.

The Attack

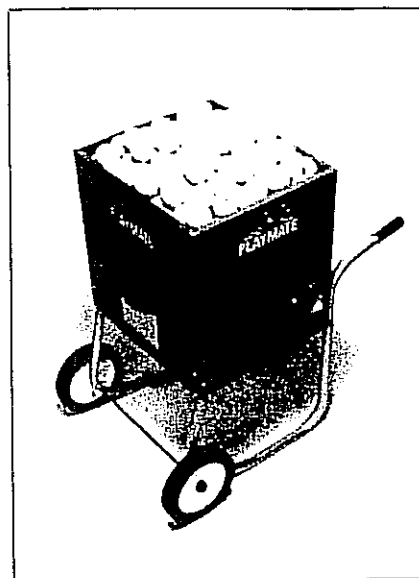


THE PLAYMATE BALL MACHINE

Aggressive Overheads By Eddie Parker

As tennis continues to grow, more and more players are learning to play the net more successfully. An aggressive overhead is an important part of your overall game but the only way to develop a consistent overhead smash is through practice. The Playmate Ball machine drill is designed to do many different drills. One of my favorite drills teaches how to move back and play overheads. This drill will help you start close to the net and practice playing overhead smashes while moving backwards.

- Step One. Players A, B, C start at the net.
- Step Two. The Playmate Ball Machine lobs the ball deep.
- Step Three. Players A, B, C back up and play the shot.
- Step Four. Then, each player must close into the net for an "imitation" volley.
- Step Five. Continue the drill until the overheads improve or until they "drop."
- Step Six. For more students... speed up the drills. (i.e., 6 players, 3 shots per person)



Working With A PLAYMATE

An easy solution to working one-on-one, you against an infallible machine, helping to groove your own strokes...or what to do with the 24 juniors who signed up for your Day Camp program.

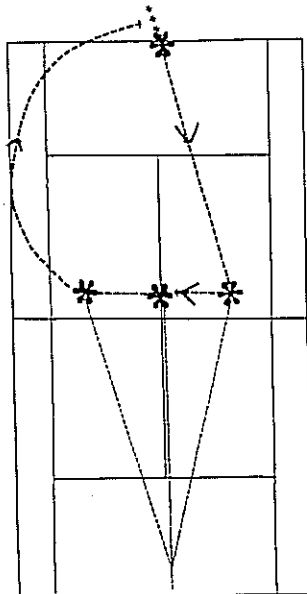
There are a variety of options to choose from when you work with a Playmate. You can increase or decrease the depth, pace, direction, and interval of time between one feed and the next. Combine these functions with different drills outlined in the USPTR Manual V and you have a sure winner in helping your students improve without boredom.

One of the most popular drills is the forehand/backhand groundstroke. For this drill, place the ball machine in the middle of the opposing baseline and set the interval for every-other ball feed. The machine feeds into the deuce court and ad court alternately. The player can then hit down-the-line forehand and down-the line backhand groundstrokes. After ten balls on each side, switch and hit ten cross-court forehand and backhand shots.

SERVE AND VOLLEY DRILLS

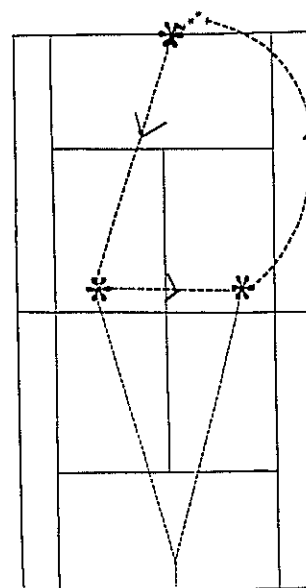
The serve and volley drills are designed to help players not to be afraid to come to the net behind their serve. The drills also aid in developing volley control along with better ball placement. Using these drills with your students will increase their confidence by helping them to become a more aggressive net player. Aggressive tennis is the key to becoming a great player in singles and especially in doubles.

- I. The serve with three volleys
- II. The serve with two volleys



This drill will work with four to eight students and is designed to help a student make their first volley and then work on closing in to the net to put the following shot away. The Playmate Ball Machine is so adaptable that drills can be rotated to the deuce or ad court. This drill really challenges the students to close in at net.

The drill sequence would be as follows: Player * serves, moves to net, makes the first volley, moves back to the middle of the court, plays one more volley and then closes in and puts the ball away.



A faster paced drill with much more action. This drill helps you the same way as with three volleys but forces you to put the ball away more quickly.

Both drills can be performed from either side of the court and I highly recommend them for top Juniors and tournament players.

Aggressive tennis is the key to becoming a great player in singles and especially in doubles.
—Eddie Parker