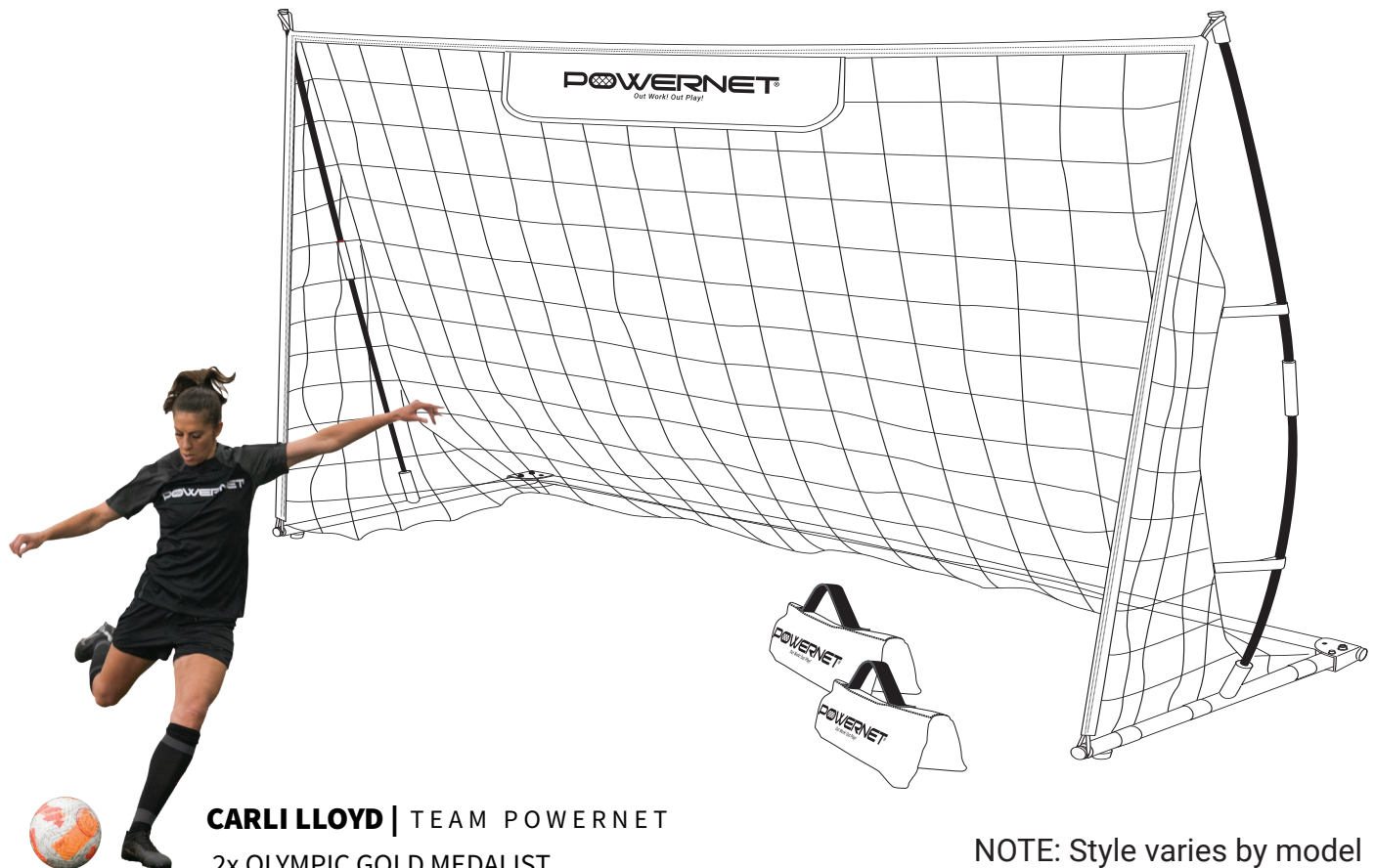


# POWERNET®

*Out Work! Out Play!*

## QUICK FRAME SOCCER GOAL



**CARLI LLOYD** | TEAM POWERNET

2x OLYMPIC GOLD MEDALIST

2x WORLD CUP CHAMPION

2x FIFA PLAYER OF THE YEAR

NOTE: Style varies by model

**For Models 1202 | 1202-2 | 1202-3**

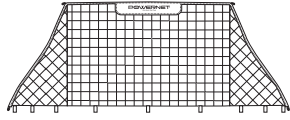
### **⚠ WARNING**

- Read all instructions before using.
- Poles are under tension. Use caution during assembly and disassembly. Failure to do so may result in injury.
- Use caution around sliding / moving parts to avoid pinching.
- Store equipment after use. Do not leave outdoors.

FOR VIDEO INSTRUCTIONS VISIT:  **POWERNET**  **TrainingNets.com**

## PARTS LIST

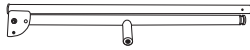
(1) NET



(2) UPPER POLE



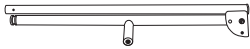
(1) FRAME LEG (L)



(2) LOWER POLE



(1) FRAME LEG (R)



(1) CARRY BAG



(1) FRAME CENTER  
BAR (m/m)



(2) SANDBAG

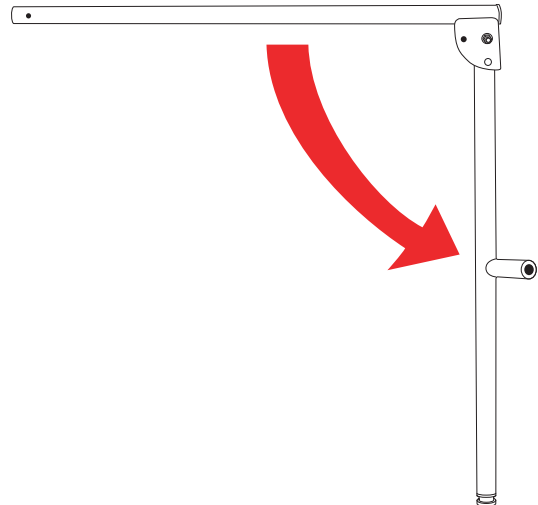
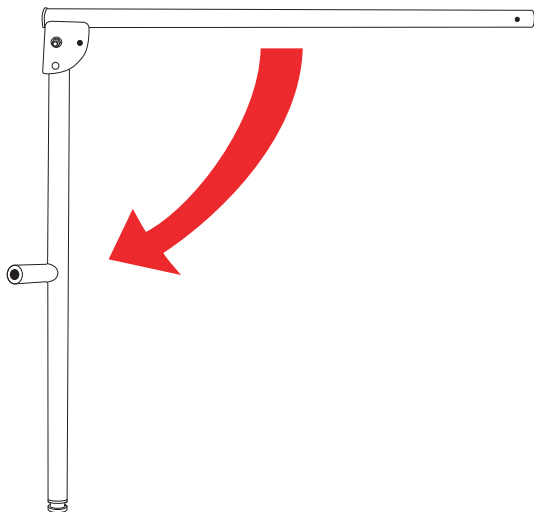
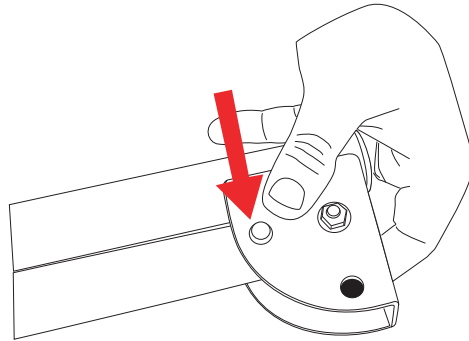


*12x6 Goal Only:*

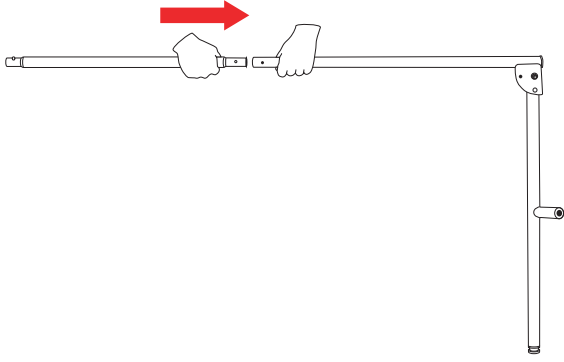
(1) FRAME CENTER  
BAR (m/f)

**1**

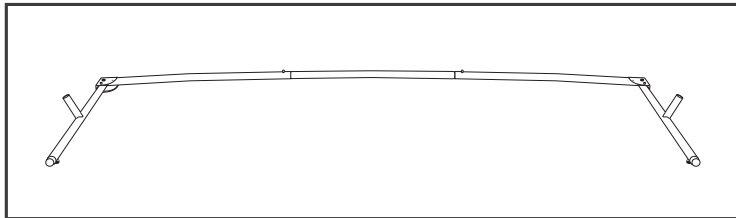
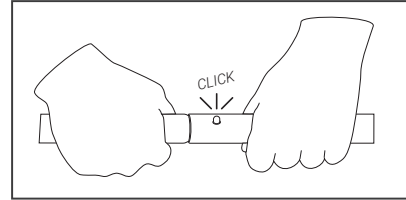
On each **Frame Leg**, push button down and spread bars apart to open and lock legs into place.



**2** For the 8x4 and 6x4 goals: Insert **Frame Center Bar (m/m)** into **Frame Leg (R)**. Now, connect **Frame Leg (L)** on opposite side.

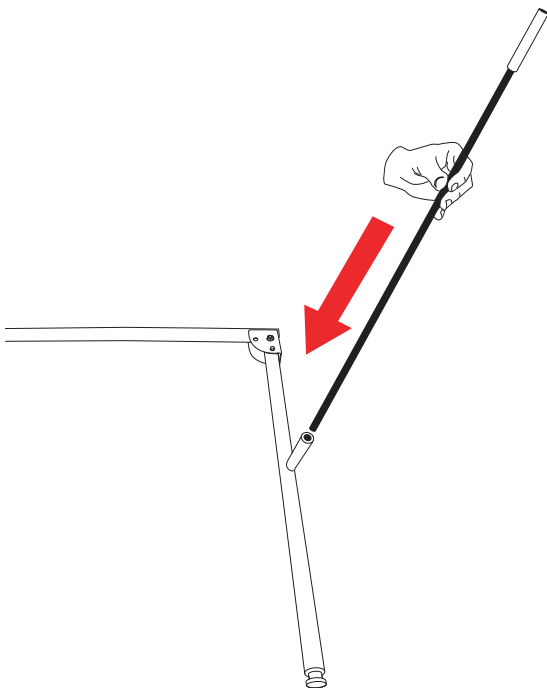


For the 12x6 goal: Connect **Frame Center Bar (m/m)** and **Frame Center Bar (m/f)** then insert into **Frame Leg (R)**.  
Now, connect **Frame Leg (L)** on opposite side.

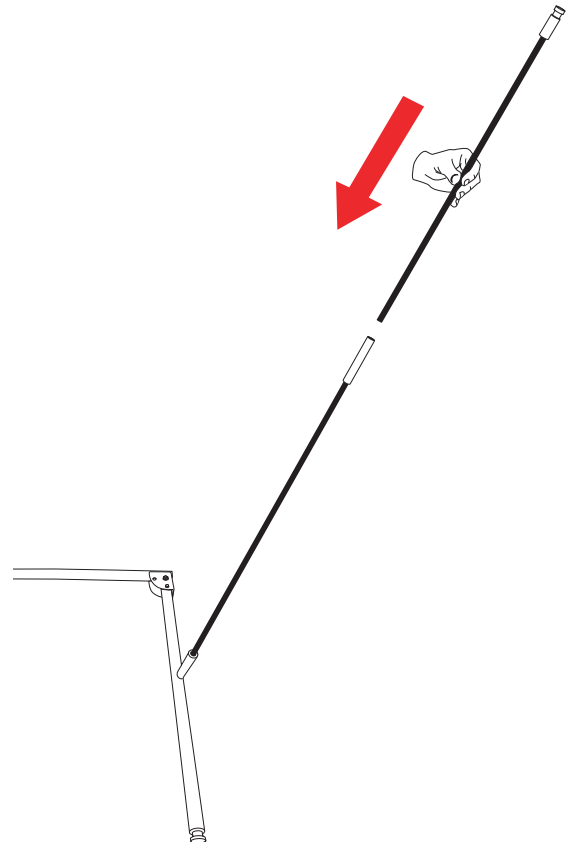


After completing Step 2, goal should look similar to this (depending on your goal size.)

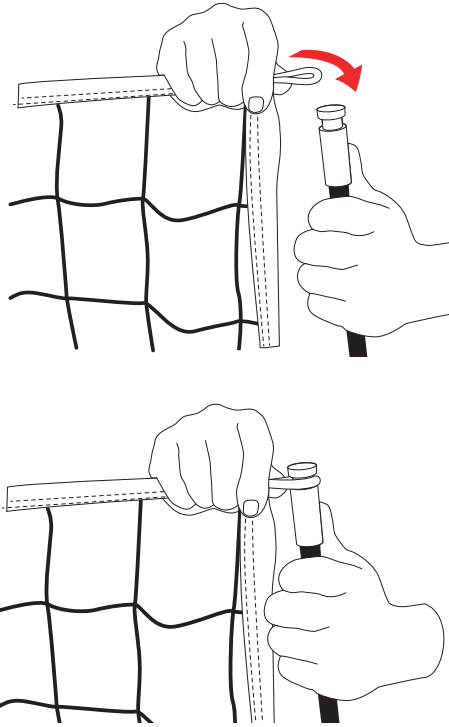
**3** Insert a **Lower Pole** into a **Frame Leg** post holder. Repeat on opposite side.



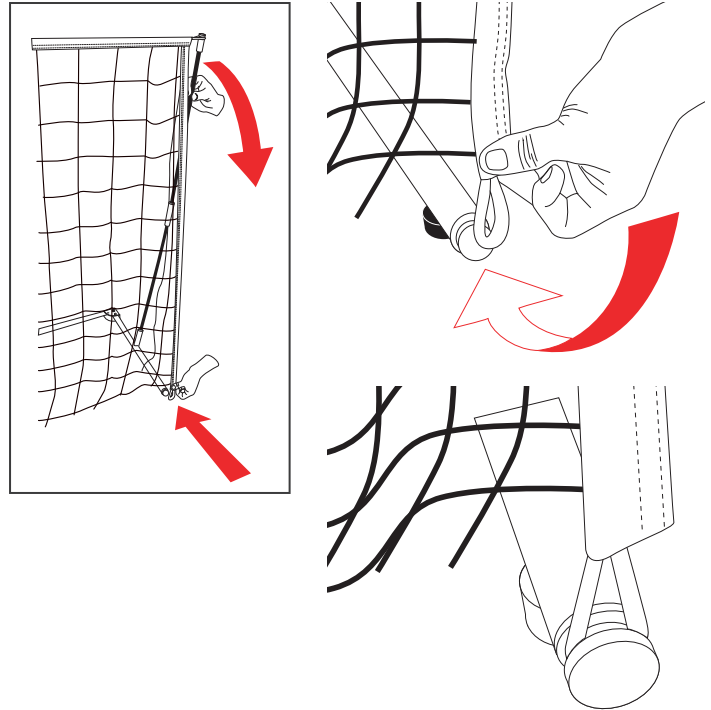
**4** Insert an **Upper Pole** into a **Lower Pole**. Repeat on opposite side.



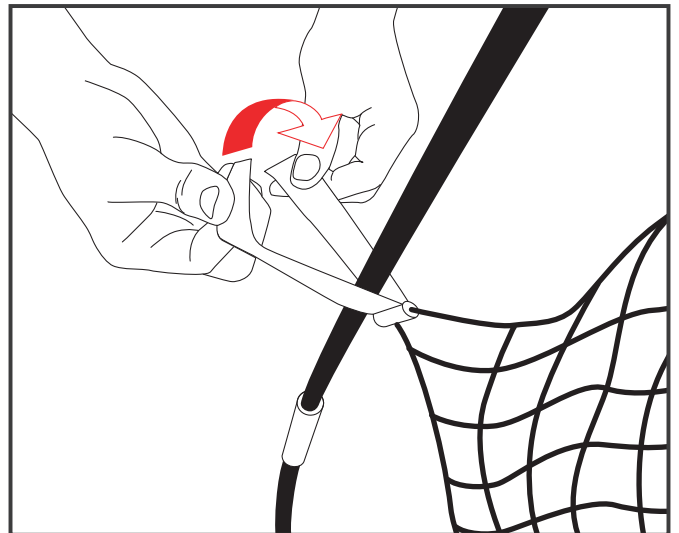
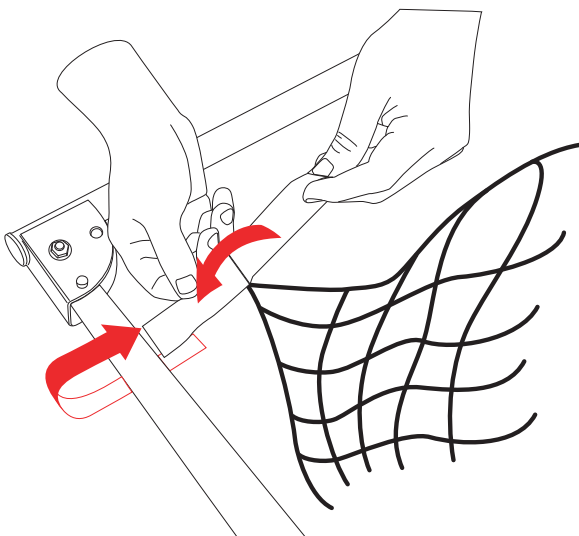
**5** Attach the top white loop on **Net** to a silver notch on an **Upper Pole**. Repeat on opposite side.



**6** Attach the bottom white loop on **Net** to silver notch on a **Frame Leg**. **NOTE: Bend the Upper Pole inward to make this step easier.** Repeat on opposite side.

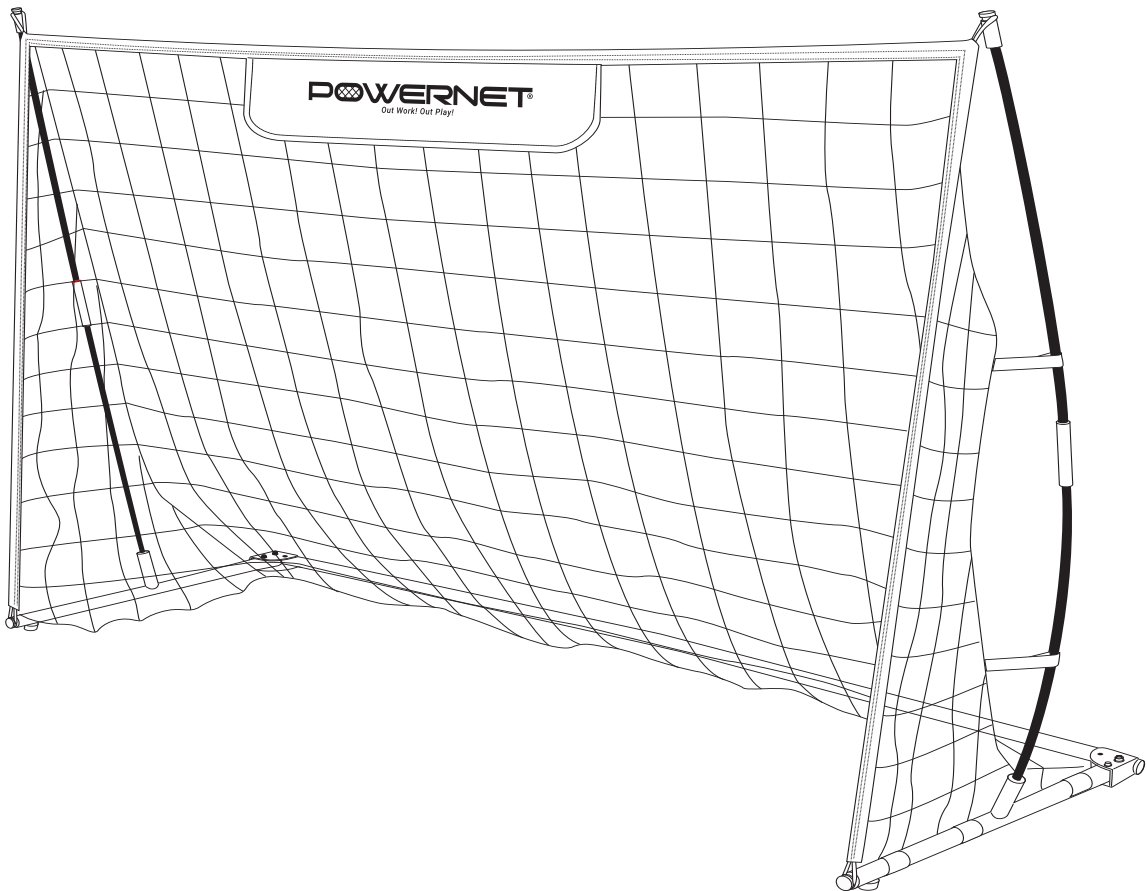
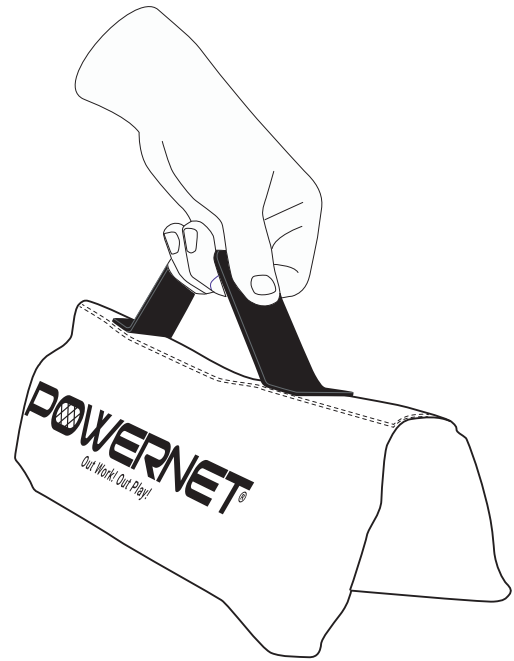
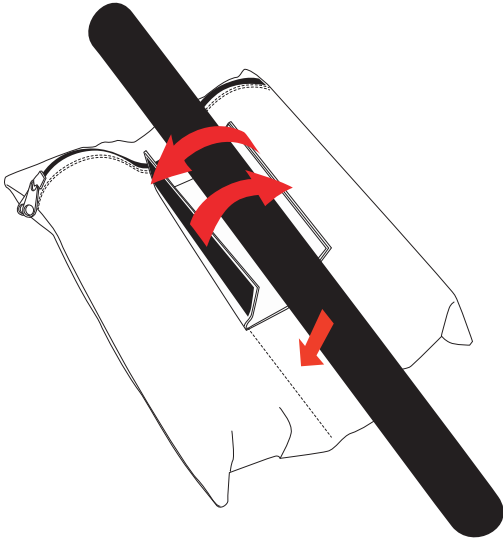


**7** Secure **Net** by attaching each strap to **Frame** and **Poles**.



8

Fill **Sandbag** with weight (**PowerNet Weighted Balls work great**) and strap to a **Frame Leg** for additional stability. Repeat on opposite side.



# POWERNET®

*Out Work! Out Play!*

## OUR VISION

Building confidence through sports is a far-reaching achievement that takes time and repetition.

Winners aren't built overnight. Individuals who challenge themselves to excel in sports walk away with something even greater than the game; pride, confidence and self-respect. This places them in a position to experience sustained success in all areas. Our driving force is to get PowerNet gear in the hands of the player. We trust in the process of training and hard work as we know it leads to success on and off the field. Our hope is to play a role in building winners in sports and in life.



*Carli Lloyd*  
CARLI LLOYD

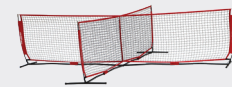
**CHECK OUT MORE  
POWERNET GEAR**  
***TrainingNets.com***



12x6 SOCCER GOAL



MANNEQUIN DEFENDER



12x3 4 WAY SOCCER

**FOR VIDEO INSTRUCTIONS VISIT:**



**POWERNET**

[www.PowerNetInc.net](http://www.PowerNetInc.net) | 909.203.5495