



FOOTBALL FLICK URBAN SKILLS TRAINER 2023 VERSION

ASSEMBLY INSTRUCTIONS



Initial assembly should take around 10 minutes.

IMPORTANT: REVIEW CAREFULLY AND KEEP FOR FUTURE REFERENCE

Developed in the UK by iControl Sport Limited / Football Flick
Assembled in India.

SAFETY AND CARE:

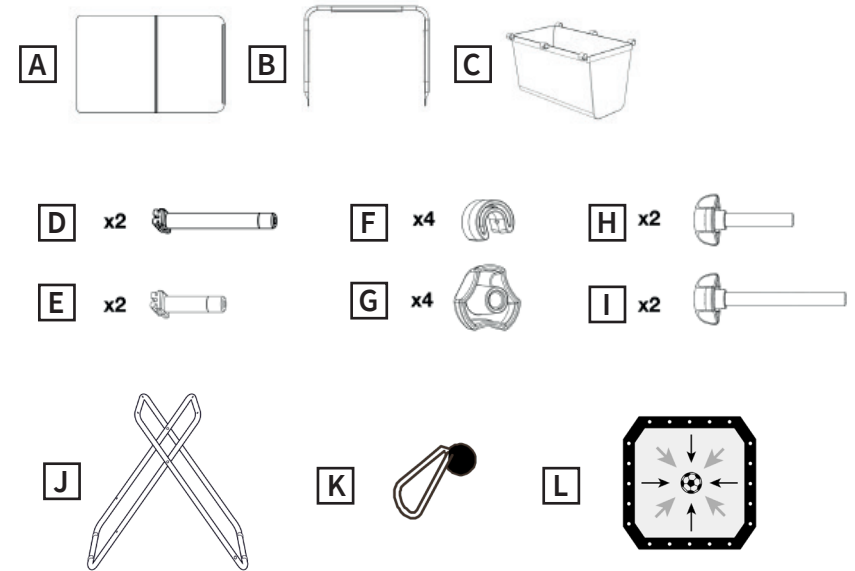
When not in use, always store the unit in the bag provided in a dry place.

Prolonged exposure to sunshine, rain, snow etc., will cause deterioration of the unit.

The Football Flick Urban Skills Trainer has been designed to be used with standard weight footballs of any size. It has not been designed to be used with heavier adaptations or any other objects. Do not sit, stand or apply pressure to the unit with any other object other than a standard weight football. Assembly should be carried out by an adult. After assembly, regularly check all fastenings are secure.

The Football Flick Urban Skills Trainer should be used responsibly and under the supervision of adults where children may be using the unit.

INCLUDED PARTS



STEP 1 Open red X Frame (J). Ensure that the rubber feet are flat on the ground. If they are not, or if fixing holes do not align in step 5, close and re-open X Frame (J) in opposite direction. Now attach the Ball Net (C).

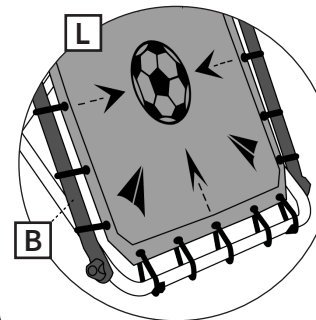
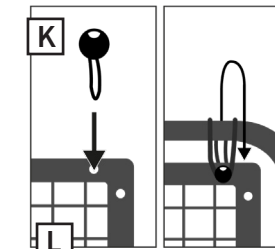
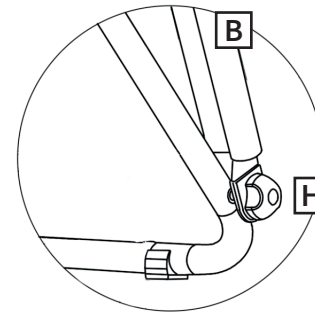
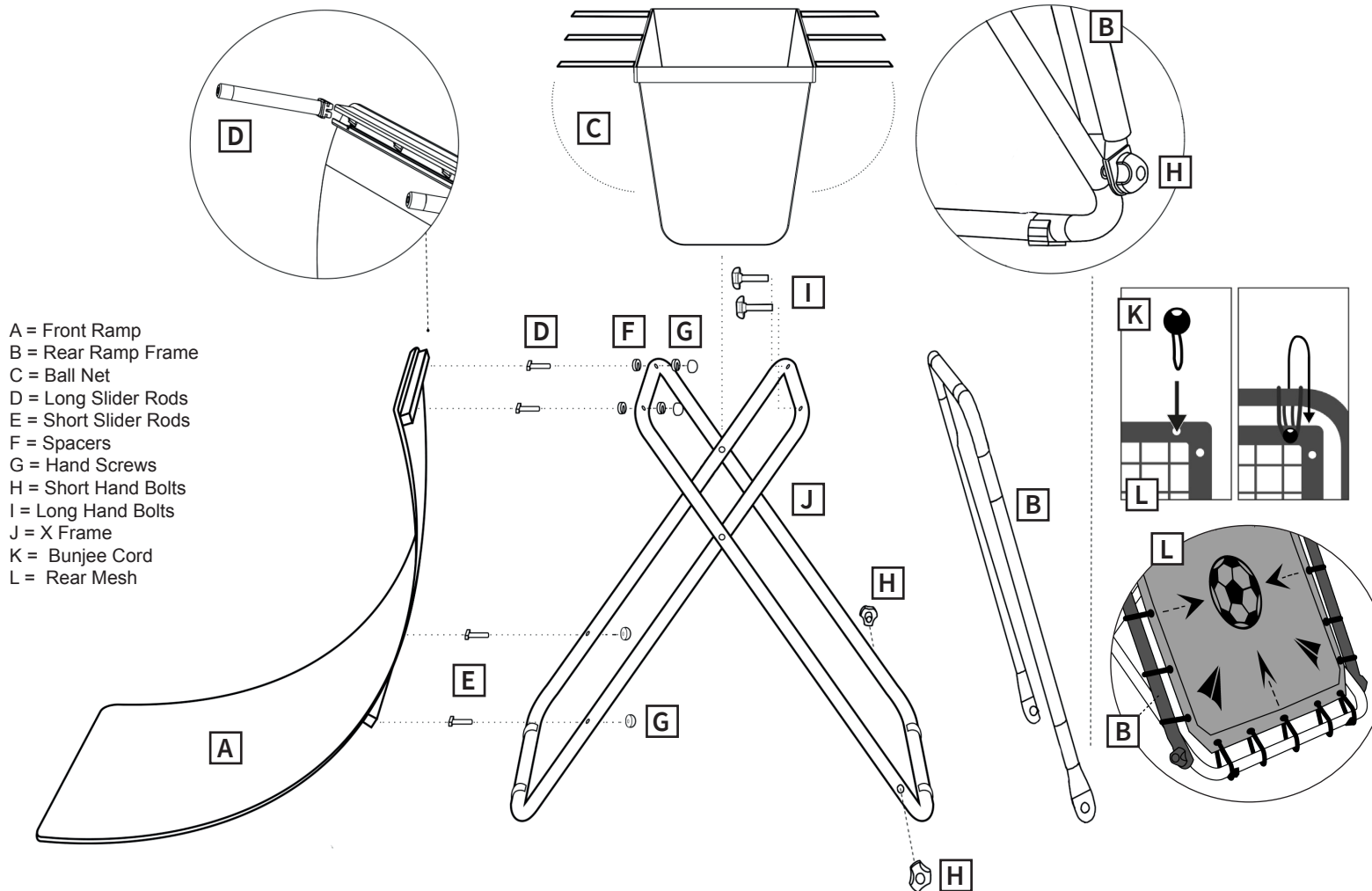
STEP 2 Take Front Ramp (A) and insert 2 Long Slider Rods (D) into the upper metal channel. Insert 2 Short Slider Rods (E) into the lower metal channel.

STEP 3 Feed the Large Slider Rods (D) through the X Frame (J), this can be made easier by lifting the X Frame (J) to a slightly higher position. Place 4 Spacers (F) in position (See ADJUSTING Section for options). Loosely tighten Hand Screws (G) onto each rod. Now feed the Short Slider Rods (E) through the lower section of the X Frame (J). Tighten all 4 Hand Screws to secure Front Ramp.

STEP 4 Attach Rear Frame (B) using 2 x Short Hand Bolts (H) to the lower frame side fixing point of the X Frame (J). Once attached and with the rear frame flat on the ground, slide the fasteners under the base of the X Frame (J) and close the fasteners around the lower X Frame (J) tube, ensuring that this is not over stretched.

STEP 5 Lift (pivot) Rear Frame (B) and attach to the top fixings on the X Frame (J) using 2 x Long Hand Bolts (I).

STEP 6 Attach Rear Mesh (L) using Bunjee cords (K) to create tension. Attach in four opposite corners and then fill the remaining spaces on Rear Mesh (L).



COLLAPSING Simply reverse the procedure in steps 1-5 ignoring the removal of the Ball Net (C). Store the unit away in the carry bag provided and place the loose parts in the inside pocket of the bag.

ADJUSTING The Front Ramp (A) and The Front Ramp Spacers (F) can be arranged in 3 different positions (see below) to create different angles of return and a further 2 positions to create unpredictable returns. Adjust the Rear Ramp Mesh tension by following step 5 of the set up instructions.

