

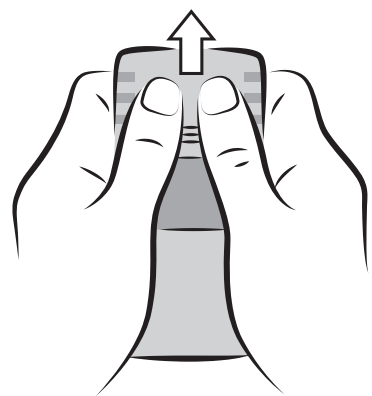


# SMART COACH™

## QUICK START GUIDE

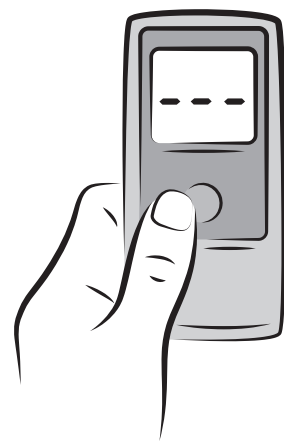


# BATTERY INSERTION AND GETTING STARTED



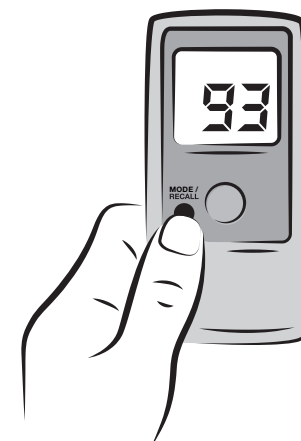
### INITIAL SETUP

- Remove the battery cover from the back of the Smart Coach radar™. Insert the batteries in the direction indicated by the polarity marks inside the battery compartment and replace the cover.
- Remove the clear plastic sticker that covers the GRAY button and display on the front of the unit and the yellow sticker from the back of the unit.
- We recommend you purchase "NiMH" rechargeable AAA batteries if you plan on using the Smart Coach radar in Constant-On mode.
- Don't use Carbon-Zinc or "Heavy Duty" batteries.



### INSTANT ON

- The Smart Coach radar will turn itself on and continue measuring ball speeds as long as you HOLD the GRAY button down.
- When the Smart Coach radar picks up a ball in flight, it will display the speed. Release the GRAY button and the speed will display for several seconds. If no ball was measured, the display will show "- - -"
- Do not worry about clearing the display before making a new measurement. Once you begin holding the GRAY button down for a new measurement, the display will be cleared.



### RECALL READINGS

- To recall the last 25 readings, simply TAP the black MODE/RECALL button. Each time the button is tapped, it will display the previously recorded speed, most recent first. A single dash "-" indicates that you have reached the end of the list.

### AUTOMATIC SHUT-OFF

- The Smart Coach radar continues to display the last speed until the button is pushed again or it will automatically turn itself off after several seconds of inactivity.

# SEE APP FOR MORE FEATURES

## DOWNLOAD THE POCKET RADAR COMPANION APP

Pair your device by following the instructions inside the App.

- Record Videos with Embedded Speed Graphic
- Download, Track and Share Speed Data and Videos
- Use a Smart-Phone or Tablet as a Remote Speed Display



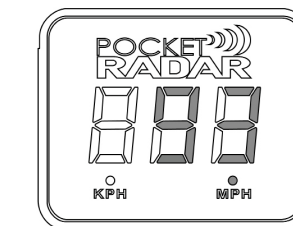
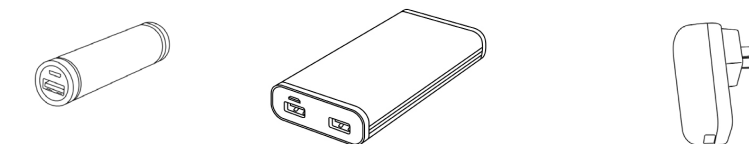
Download the App:



# ALTERNATE POWER OPTIONS

The Smart Coach radar can be powered via internal batteries or the USB connector.

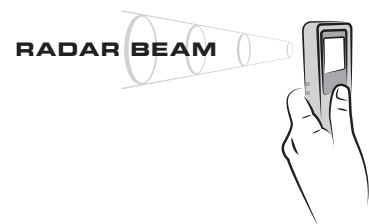
Use the Micro-USB connector on the side of the unit to connect to various power sources including USB power packs and phone chargers, or use it with the Pocket Radar Smart Display. Learn more at [PocketRadar.com/SmartCoach](http://PocketRadar.com/SmartCoach)



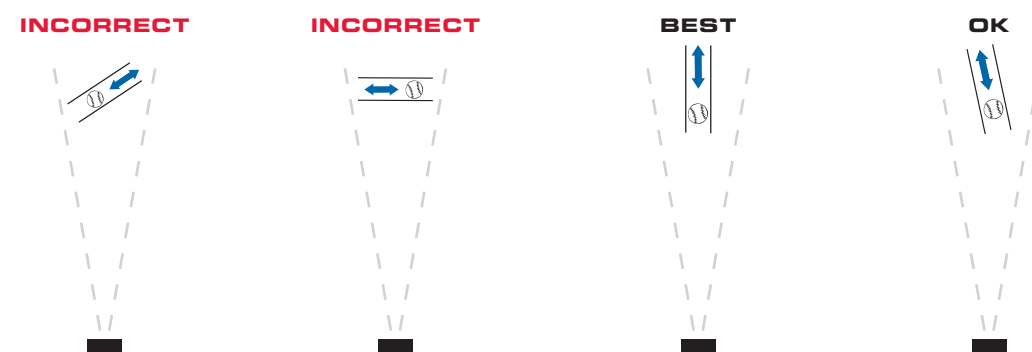
# HOW TO HOLD & AIM

The Smart Coach Radar Measures From the Back, Like a Camera Phone

### SIDE VIEW



### TOP VIEW

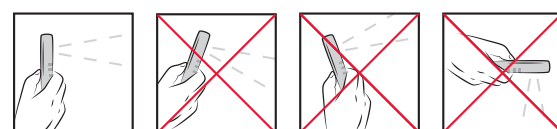


### VERTICAL IS CRITICAL

- The Smart Coach radar makes a measurement by sending out very low power radio waves and looking for them to bounce off a moving object. These radio waves are focused in a small cone shaped like a flashlight beam which comes out of the raised square on the back of the Smart Coach radar (the radar lens).
- Hold the Smart Coach radar straight up and down vertically like a camera phone with the radar beam pointing in-line with the path of the ball.
- If you tilt the Smart Coach radar down slightly, the beam may end up pointing into the ground and missing the ball.
- Do not block the radar lens.

### WATCH YOUR ANGLES

- All Doppler speed radar technology measures objects moving in-line with the radar beam, not perpendicular. To get the most accurate readings, make sure the path of motion is within the narrow radar beam cone (about the shape of a focused flashlight beam). Tilting the Smart Coach radar too far up or down may also cause the beam to miss the moving object.



Important to keep unit straight up-and-down. Do not tilt.



Keep the radar lens clear of any objects.

# KNOW YOUR SMART COACH™

**FRONT**

- Displays fastest Speed of a ball in flight
- Displays Remaining Internal AAA Battery Life
- Tap button to recall up to previous 25 speeds. Hold button down to cycle through modes. Release button when desired mode is displayed
- Micro-USB Connector on the side of unit
- Indicates When the Radar Beam is Active. Blinks when paired to mobile device
- Displays Units of Measurement
- Hold button down well before ball is in flight. Release when speed appears

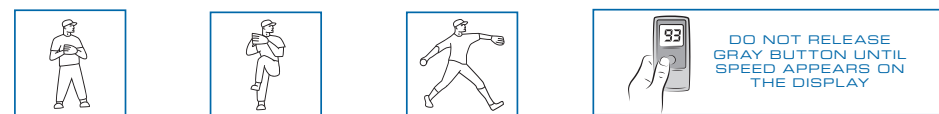
**BACK**

- Very low power radio waves are emitted from this radar lens in a narrow cone about the shape of a focused flashlight beam
- Battery compartment for 2 AAA alkaline batteries or rechargeable NiMH Batteries

# HOW TO USE THE SMART COACH™

## Advanced Measurement Details

The Smart Coach radar is specifically designed to measure the speed of a ball in flight, and find the fastest speed right out of the hand or right off the bat. As soon as you begin holding down the GRAY button, the radar beam is activated. As long as you HOLD the GRAY button down, the radar will continue to search for the speed of a ball. As soon as the Smart Coach radar picks up the speed of a ball in flight, it will display that speed. In order to capture the fastest speed right out of the hand or right off the bat, it is important to begin to HOLD down the GRAY button sometime before the ball is in flight. Release the GRAY button once the speed is displayed.

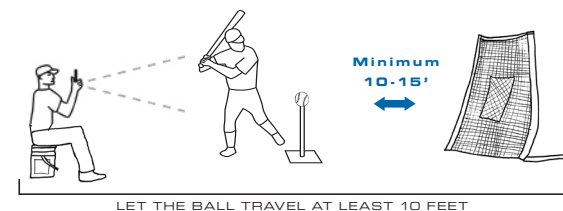
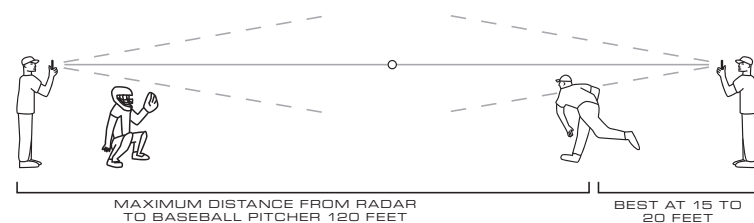


HOLD BUTTON DOWN DURING ENTIRE PITCHING MOTION

### SMART COACH RADAR FOR PITCHING

To accurately measure Pitch Speed, make sure the radar beam lines up directly with the path of the ball. Being too far off to the side or allowing the Smart Coach radar to tilt down slightly in your hand may result in a low or missed speed reading. Once the radar beam is positioned directly in line with the path of the ball, begin holding down the GRAY button as the pitcher starts their motion. Do not release until the speed appears on the display. You have just measured the fastest speed of the ball right out of the pitcher's hand.

**IMPORTANT NOTE:** Release the GRAY button as soon as the Pitch Speed appears to avoid also measuring the Exit Velocity of a hit



### SMART COACH RADAR FOR HITTING OFF A TEE OR SOFT TOSS

Exit Velocity (Ball Exit Speed off the bat) is a direct measure of the power of a hit. To accurately measure Exit Velocity, make sure the radar beam lines up directly with the path of the ball. Allowing the Smart Coach radar to tilt down slightly in your hand may result in the ball not being in the radar beam at the point of contact. Once the radar beam is positioned directly in line with the path of the ball, begin holding down the GRAY button as the hitter starts their motion. Release the button well after the ball is hit. The most consistent and accurate measurement of Exit Velocity occurs during a well-hit line drive.

### SMART COACH RADAR FOR HITTING WITH LIVE PITCHING

The Smart Coach radar is always looking for the fastest speed when it makes a measurement. To measure both Pitch Speed and Exit Velocity, HOLD down the GRAY button through the entire sequence. The first number that appears will be the Pitch Speed. If the Exit Velocity is faster than the pitch speed, it will be displayed after a short delay. A well-hit line drive should be faster than the incoming Pitch Speed.

**IMPORTANT NOTE:** If the Exit Velocity of the hit is SLOWER than the incoming Pitch Speed, then only the Pitch Speed will be displayed.

## HOW TO SELECT MODES

To select mode of choice, hold the MODE/RECALL button down constantly, and every 2 seconds it will cycle through to the next mode. Release button to execute the displayed mode.

- YOU CAN SELECT FROM:
- "Con" = Constant-on / Automatic Trigger
  - "Clr" = Clear Recall Memory
  - "Unit" = Change Units
  - "OFF" = Immediate Shut Down



Releasing the button when this is displayed will put the Smart Coach radar into Automatic Trigger / Personal Training Mode. (Note: Battery life will be substantially shorter in Constant-On mode).



Releasing the button when this is displayed will clear all of the recall memory. (Note: If you do not want to clear memory, continue holding the button down).



Releasing the button when this is displayed will cause the units to flash. Pressing the GRAY button will toggle between MPH or KPH. Tap the MODE/RECALL button to lock in choice.



Releasing the button when this is displayed will shut off the Smart Coach radar (Note: It will also automatically shut off after several seconds of inactivity).

### CAUTION

ALWAYS REMEMBER TO STAY SAFE WHEN MEASURING. NEVER PUT YOURSELF IN A PLACE WHERE YOU COULD BE STRUCK BY A MOVING OBJECT. WHEN POSSIBLE, MEASURE OBJECTS MOVING AWAY FROM YOU, RATHER THAN TOWARDS YOU.

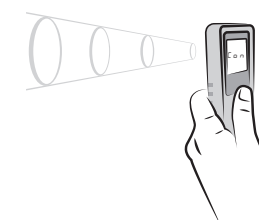
## AUTOMATIC TRIGGER / PERSONAL TRAINING MODE

### HOW TO ACCESS

Automatic Trigger/Personal Training Mode allows for speed measurement without having to manually trigger. To access, hold down the black MODE/RECALL button for 2 seconds, until a flashing "Con" is displayed, and then release. The Smart Coach radar is now in Constant-On mode, and it will automatically capture speed readings without having to be manually triggered. Position the radar beam directly in line with the path of the ball, either going away or coming towards you. Make sure it is held up vertical either by hand or use a smart phone tripod mount to set it up for hands-free operation. Pressing either button will take the Smart Coach radar out of Constant-On mode and return it to manual trigger mode.

### HOW IT WORKS

Automatic Trigger/Personal Training Mode provides easy measurement of Pitch Speed, Exit Velocity, or both speeds in the same sequence. Once entered, a flashing "Con" will appear and continue to display on the screen until a speed between 25 and 130 MPH is picked up. After 3 seconds, the speed will disappear from the display, and a flashing "Con" will reappear. If you are measuring Pitch Speed and Exit Velocity in the same sequence, the fastest speed of the two will continue to display for 3 seconds. If the Exit Velocity of the hit is faster than the incoming Pitch Speed, then both speeds will be stored in the RECALL memory. After a few minutes of inactivity, the unit will automatically shut off.



### IMPORTANT: BATTERY LIFE

Battery life will be substantially shorter in Constant-On mode. A brand new set of high drain Alkaline AAA batteries should last over an hour in this mode. We recommend you purchase "NiMH" rechargeable AAA batteries if you plan on using the Smart Coach radar in Constant-On mode. Do not use low drain Carbon-Zinc or "Heavy Duty" batteries.

## INTERFERENCE

- The Smart Coach radar is an extremely sensitive and accurate motion detector. Many everyday items may have unseen internal moving parts or may produce electrical interference that can generate false ghost readings.
- The Smart Coach radar has software designed to ignore most of these false ghost readings, but you need to be aware of things in your environment that may cause interference.
- One technique to test for interference is to make a measurement in the same direction with no obvious object in motion and see if you get a speed reading.
- Watch out for cell phone towers in the area that may cause interference with your radar.



Appliances



Fan Motion



Computers



Cell Phones



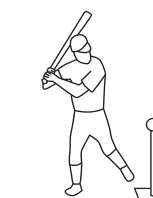
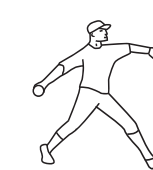
Microwaves



Florescent Bulbs

## GET BETTER FASTER

### FOR THE FIRST TIME, SEE IMMEDIATE RESULTS OF YOUR COACHING AND TRAINING



- PROVIDE INSTANT FEEDBACK WHILE OBSERVING MECHANICS AT THE SAME TIME

- TRAIN WITH MEASURABLE RESULTS AT HOME AND PRACTICE

### PITCHING

- Build muscle memory and find the ideal speed ranges between fastballs and off-speed pitches
- Establish ideal mechanics that will increase velocity and strikeout rates.

### HITTING

- Exit Velocity is a direct measure of the power of a hit. Every 1 MPH increase = 5 extra feet
- Find the right bat size that will provide the most power and consistency for any swing.

## SPECIFICATIONS

- Range: (depends on type and size of ball)
  - Baseball/Softball up to 120 feet away
  - Volleyball up to 200 feet away
  - Tennis Ball up to 70 feet away
- 25 to 130 MPH (Accuracy +/- 1 MPH)
- 40 to 209 KPH (Accuracy +/- 2 KPH)
- Recall Memory: 25 speed readings
- Size: 4.7 x 2.3 x 0.8 inches
- Weight: 4.5 ounces with batteries
- Battery Life (Typical Use):
  - 2 High Drain Alkaline AAA batteries (included)
    - Manual Trigger Mode > 1,500 Readings
    - Constant-On Mode > 1 Hour
  - 2 new NiMH rechargeable batteries (not included)
    - Manual Trigger Mode > 3,000 Readings
    - Constant-On Mode > 2 Hour
- NOTE: Not intended for measuring vehicle speeds

## PocketRadar.com

Make sure to visit PocketRadar.com for more tips, training drills, videos, support, FAQs, and more. **For more detailed instructions visit PocketRadar.com/SmartCoach**

## SUPPORT

For more detailed instructions visit [PocketRadar.com/SmartCoach](http://PocketRadar.com/SmartCoach)

We are happy to help. If you have any questions, concerns, or need any assistance, please contact us at:

[Support@PocketRadar.com](mailto:Support@PocketRadar.com)  
[PocketRadar.com](http://PocketRadar.com)  
 888.381.2672



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