

Owner's Booklet



Hit Grounders, Fly Balls and
Line Drives Accurately

PRO MODEL



WARM UP TIPS

Important Warm-Up Guidelines

1. Warm-ups should include stretching exercises.
2. Warm-ups increase body temperature to allow you to move freely. Sweating is a good indication you are achieving this purpose.
3. Warm-ups prevent muscle soreness or over extended tendons.
4. Learn to stretch properly to prevent injury or pain.
5. Don't compete with your friends during warm ups. Everyone is a little different. Only stretch as much as you can comfortably do so.
6. Stretching should be done before and after workouts.
7. Stretching should be done slowly and without sudden or jerking motions.
8. Your body will lose fluids. Be sure to drink plenty of water to replace the loss.
9. Get your arm warmed by playing catch with other teammates. Start close and slowly move apart.

SAMPLE PRACTICE PLAN

Activity	Time	Drill
Warm up	10 min.	Stretching and Jogging up to 400 yards.
Drills and review of basic skills	25 min.	Fielding drills, "taught skills", (e.g. grounders, throwing to first base, etc.)
Teach new skills	15 min.	Position players to field ball hit in the air and on the ground.
Play & practice	20 min.	
Cool down & evaluate	10 min.	Easy jogging, stretching, quick review and reminder of next practice time.

Remember to drink plenty of water and not the energy robbing sugar soft drinks!

ATTENTION ALL PARENTS!!!

Many parents feel they need to be involved with their children's sporting activities, *and they are right!* However, some of the ways you can be involved may surprise you.

Remember, most teams already have a coach and sideline comments do not aid in a child's concentration. Being good sportsman, cheerleader or taxi driver is the *most important* thing you can offer. Your actions will do more than any words.

Adults most often measure success by what is accomplished. What is even more important, *(even in failure,)* is to encourage kids to try again. You've heard many stories of great inventors or athletes who did not succeed the first time they tried. However, many of them became a "success" because of their willingness to put failure aside and try again.

1 Show by example that good sportsmanship is the way to play the game, and that winning and losing are both parts of the game.

2 Encourage young players to give their all no matter what they are undertaking. Teach them that giving their best effort is more important than winning every game. Winning will eventually be the result of persistence.

3 Support you child in their activities but be careful not to inflict undue pressure. Let them "test the waters" for themselves. Each child must learn their talents and find what avenue they can and will succeed in. As a parent, you simply steer your children toward opportunity. They will excel at those things they are most interested in.

- A successful coach does much more than teach the fundamentals of the game.
- A successful coach inspires players to do their best, keep a winning attitude and have fun.
- A successful coach always instills good sportsmanship in their players, by action and word.
- A successful coach prepares the team mentally for each game.
- A successful coach always tries to put players in a position to be successful.

ACCU-BAG

The Accu-Bag is durable, padded Nylon bag with handle, carrying strap, and 2 ball pockets. The main compartment is large enough to hold up to 2 Accubats or a Accubat and glove. Use the large interior pocket for stowing scorebooks and notes.



Navy / Cream Ball Cap

Just Hit It! Quality twill construction, full embroidery in front and back, adjustable velcro strap.



Gray Denim Ball Cap

Just Hit It! Quality denim weave, full embroidery in front and back, adjustable strap in back.



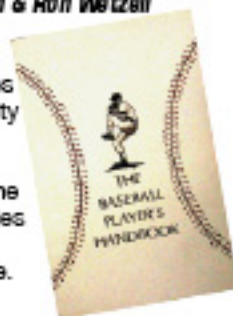
ACCU-HANGER



Keep the dugout organized and your players ready to go. The AccuHanger is ideal for hanging bats, helmets and gloves. It's compact, portable design fits most any fence. Includes vinyl numbers for personalizing each player's hanger. Available in Red, Blue, Black or Light Blue.

The Baseball Player's Handbook by Tom Green & Ron Wetzell

This is another tool for players & coaches to improve their ability to play the game. It's a make sense approach to the game along with the theories to hitting, pitching, offense, and defense.



Toll Free 888-987-4228 Fax 763-413-0430
www.accubat.com

WARRANTY

100% 6 Month Frame Warranty
Lifetime limited warranty of the frame

If any problems occur with your Accubat, you may call 888-987-4228 for assistance. If you wish to return an Accubat for repair or replacement under warranty, please follow these instructions. Delays or a voided warranty may accrue if all the proper information is not included.

You **MUST** include your name, address, and daytime phone number. A copy of your purchase receipt (this can be a charge copy or store cash register receipt).

AME Innovations, Inc.
P.O. Box 122, East Bethel, MN 55011-0122

Shipping Address
13915 Lincoln St. NE, Ham Lake, MN 55304

DIRECTIONS

Stand with your shoulders in line with the direction you wish the ball to go.



Hold the Accubat so the logo side faces your target. This will help insure good and consistent contact with the ball

Hold the ball like a badminton birdie. Do not toss it like you would with a regular bat.



Keep your "batting arm" relatively straight when swinging. You can determine the altitude or flight path by tilting the bat up or down, or simply swing straight.

Follow through with your swing. Let the Accubat do the work. If used correctly, you won't have to swing hard.



Common misconceptions about the Accubat

1 *"It looks like a tennis racquet, therefore it must work like a tennis racquet!"*

While the Accubat does resemble a tennis racquet, it is not designed to function like one. The netting has elasticity in it which does the work for you! Simply strike the ball "out of" your hand or glove without a big toss of the ball - just like badminton.

2 *"The Accubat will take the place of a regular bat!"*

The Accubat is strictly for fielding practice. Most parents would like to help their children with their drills and practice routines, but some lack the skills necessary. The Accubat allows anyone - even kids - to aid in the practice of fielding.

The accuracy the Accubat offers will save you immeasurable practice time. Traditional bats fail to offer consistent accuracy, especially when it comes to pop-ups! With the Accubat, pop-ups are a breeze for the professional and the novice alike.

3 *"I can hit it to the outfield fence!"*

The Accubat is a coaching tool and is not designed to hit the ball so far that you are not in coaching range. The Accubat will allow you to hit a variety of game situations and still be able to coach the player.

**Coaches Tip -
Playing "Hit & Catch"**

If you use a glove on one hand, you can get both catching and throwing practice at the same time.

BACK TO THE BASICS

Safety First

Do not use until you have read all instructions and safety issues.

Do not allow children to use the Accubat unsupervised.

Do not use the Accubat in an area which has obstructions that may interfere with your swing.

Do not use the Accubat if rubber straps or netting are worn or broken. Replace as necessary before use.

Do not clean with solvents of petroleum products. Use soapy water to clean, then dry completely before use.

Do not allow anyone to stand close enough to be hit by the Accubat.

Do not swing the Accubat with both hands.

Do not hit a "pitched" ball with the Accubat.

Do not use the Accubat if it is cracked. Bat breakage could produce flying debris with might cause injury to batter or fielder.

Do not use in the rain. Be sure the grip (and your hands) are dry prior to use. (If it does get wet, dry it off before storing.)

Exposure to excessive sunlight can dry out the tensioning bands. Store in the accubag or a shaded area.

Using standard baseballs and softballs will help prolong the life of the net.

Catching

Catching is one the most important skills a player can learn. Many young children are afraid of the ball. That fear may cause them to flinch before the ball reaches their glove, resulting in a missed catch, *or at worst - an injury.*

First things first...

Help them to overcome their fear of the ball with easy tosses back and forth. Encourage them to play catch at home with siblings or parents using a tennis ball (*or a similar soft, non-threatening ball*).

Teach the basics:

1. Keep your eye on the ball - all the way to the glove.
2. Have both hands ready, keeping a relaxed "feel" in your arms.
3. Bend elbows slightly when catching (*to absorb the speed of the ball*), and squeeze glove shut upon catching the ball.
4. Place bare hand over glove to ensure the ball stays in.

Team Tryouts!

This is an excellent time to use the Accubat. In the past, you have worn yourself out by hitting balls to dozens of kids during tryouts. The Accubat allows you to be consistent and is easier on your arm and elbow.

MORE DRILLS

Who's on first?

First Baseman:

Here are some basic drills to teach a beginner:

The Stretch:

Keeping one foot on the bag while stretching to meet the throw is a skill even the pros practice. First, determine the first baseman's "radius of reach". Once this has been determined, practice throwing "short" to them. Make them have to stretch to reach - but not so much that they have to lift their foot from the bag.

Stop the Ball!

Once the stretch has been learned, beginners sometimes make the mistake of keeping their foot on the bag - even if it means missing a catch! To prevent that, purposely throw high or wide to show the importance of not letting the ball get past you. This exceeds the importance of making the play at the bag, since passed balls can easily result in extra bases or runs scored.

Infielders:

Begin by having your basemen field short hits between first, second and third bases. Instruct each infielder as to their responsibilities at each base. It's important to give all players the opportunity to practice base drills for each position. The more you know about your players strengths, the easier it will be to create a well rounded team. Make them all familiar with each baseman's duties.

Outfielders:

Since most balls are hit rather short by beginners, teach beginning outfielders how to backup infield players. This is a great basic skill to learn and it will keep them interested in the game. The Accubat is perfect for giving your players practice with grounders and pop-ups.

Coaching Tip:

When teaching players to slide, make sure they know the correct techniques. Explain the consequences of improper sliding. Be cautious with young players.

Sportsmanship:

You are the leader of the team so talking about and displaying good sportsmanship at all times is the best way to teach it to all your players. This will make the game more fun for all.

ACCUBAT'S FITNESS GUIDE

Warming up

Prior to any sporting event or practice, warming up is very important. You will have less chance of injury and will be ready for a good practice or game! Getting into shape and staying in shape during the playing season is known as conditioning. This determines how long you can play without getting tired and helps prevent any unnecessary injuries such as pulled muscles. The next few exercises are good for conditioning and getting you in shape at home.

1. Shoulder lifts:

Stand with your arms down at your side. With a small weight in each hand, slowly lift your arms straight out from your sides and hold for 10 seconds. Slowly bring them back down and repeat 10 times.

2. Arm circles:

Stand with your arms straight out from your body at either side. Do not lock your elbows. Begin circling your arms, keeping your body still and straight. First circle forward for 10 seconds then stop. Begin circling backwards for 10 seconds and stop. Repeat this 10 times alternating front and back.

Stretching

Failure to stretch is the number one reason why muscles are pulled in a game. Improper warm-up and over stretching muscles which are used during a game can result in injury.

1. Shoulder stretches:

Place your arms straight up over your head and grab your wrist with your other hand. Gently pull on your arm and stretch those muscles on the inside of your shoulder. Change arms and repeat the process.

2. Inner thigh and groin stretches:

Sit on the ground with legs spread apart as far as possible. Try to touch your elbows to the ground between your legs, keeping your knees straight. Bounce gently once you have stretched as far as your can.

2A. Staying in the sitting position, bring legs together straight out from you. Reach forward to touch your toes, again bouncing gently time to go a little further. Eventually you should be able to place your head down to your knees.

3. 2nd thigh stretch:

Lying down with one leg forward, keep your forward leg straight out and bend the other knee. Lean backwards, feel the stretch along the front of your thigh. Switch legs and repeat.

PLAYER'S CODE

Do:

- Be prompt to practice and games.
- Listen when coach is speaking.
- Tell coach if sick or injured.
- Ask questions if you don't understand.
- Follow instructions to best of your ability.
- Hustle on the field. Run, don't walk.
- Wear you uniform properly.
- Encourage your teammates.
- Give your best effort.
- Be alert.
- Take care of all equipment.
- Invite people to games.
- Have fun and be a winner.
- Always show good sportsmanship.

OFFENSE

Philosophy

The offense includes at-bats and baserunners. In both instances, you want to be aggressive. At the plate, you have to approach each pitch as if it's going to be a strike and to stop your swing if it's a ball. On the bases, you want to put pressure on the defense to make the plays. In terms of hitting, certainly we will take every hit we can get, but offense is about scoring runs, not just about getting hits. For that reason, you will be learning different techniques for advancing the runner, i.e., how to manufacture runs without hits.

Goals

1. Identify your hitting cues.
2. Be prepared for your first at-bat each game.
3. Be prepared, focused, relaxed and get a good look at the ball.
4. Stay under control - don't let one pitch destroy your at-bat; don't let one at-bat destroy your whole game. Your next line drive is one pitch away.
5. Be aggressive/be patient: expect every pitch to be a strike, but know the strike zone.
6. Know what your pitch is so that on 2-0, 3-0, 2-1, 3-1 counts, you commit yourself to the pitch you can drive.
7. Focus on hitting the ball hard, not hitting the ball far.
8. Be the toughest out in the ballpark every game.
9. Be able to execute all offensive techniques, including a line drive, ground ball to the right side, fly ball, bunts, etc.
10. Keep strike-outs down to 10 - 15% of your at bats.
11. Take pride in driving in runners in scoring position.
12. Score runners on 3B with less than two outs.
13. No called 3rd strikes on the fastball. Look fast ball and adjust.

Don't:

- Talk when coach is speaking.
- Razz players, coaches, or umpires.
- Be a "bush leaguer."
- Be a poor "sportsman."
- Treat equipment carelessly.

DEFENSE

Philosophy

The common wisdom in baseball is that good pitching and good defense will beat good hitting. We plan to put that view into practice. Following are the basic principles we want to drive the defense.

- If pitchers throw strikes and the defense makes the routine plays, we'll be playing the game the right way.
- Practice the first principle: first pitch for a strike, first batter out every inning, first inning a shutout.
- Make all plays with the score in mind.
- Play for the out when we're ahead.
- Keep the double play intact and be able to execute the double play when the opportunity exists.
- Keep the tying or winning run off 2B.
- The lead throw from the outfield must be accurate to the relay or cut-off man.
- Prevent the big inning.

Goals

1. Each player will know what his responsibility is on every play.
2. Infielders will turn at least 1 double play per game.
3. Catchers will throw out 33% of base stealers.
4. The team will average no more than 1 error per game.
5. Outfielders will have 10 assists for the season.

COACHING TIPS

Communication

One way to avoid misunderstandings or disagreements with your team (and parents) is to practice good communication. Parents need reassurance that their son or daughter will be able to have playing time. However, explain that your goal will be to formulate a winning team. You can eliminate their concerns by explaining your coaching techniques and team goals at the very first practice.

Instruct parents to explain to their kids how important it is to play as a team. Too many kids are heartbroken if they are overlooked for their favorite position. Take time to teach strategy.

No matter the age or experience level of the group, everyone needs a refresher course in the basics. Do not assume that your players know all the rules or the game or when to run and when to slide, etc...

Explain to the team and their parents that you will give each player an opportunity to prove their abilities both in practice and during games. Make sure you team can trust you to a person of your word. A few games into the season, when you know who your starters are, try encouraging your players as to how important they are to the team, and make sure they get playing time, when appropriate. Don't forget to set goals that each player can reach. It's important that you build their self-esteem.

Practice at Home

The unique design of the Accubat allows you to practice in the smallest back yard or park.

Be consistent

You should be consistent with your tone of voice and your nonverbal communications. Beginning with the basics requires a lot of patience by is what's needed to teach new players. Just the same, it can be frustrating to get players to forget bad habits.

Remember to dole out compliments as easily as you do criticism. You are the road map by which your team will navigate. Your attitude guides their emotions during practice and in games. Positive reinforcement works to build better players and teams. remember every player can contribute their way to the success of the team.

If a coach is a "screamer", it seldom helps the team function at their best. Unless you explain to younger players that you may become frustrated and loud during the game, they probably will take it personal and may become discouraged.

Remember that teaching sports can give you an opportunity to relate some of life's lessons to your players, as well. Being on time, playing fair and respecting an umpires' authority can impact young minds for life.

Here are some questions you can ask yourself as a coach.

1. Are you making yourself clear to the team? Are you speaking in a manner they can relate to?
2. Do you repeat your instructions and allow for questions?
3. Are your facial expressions giving away your frustrations?
4. Do you really care about the opinions of your team and/or parents?
5. What are your players learning about your actions and reactions?