



# Goal Oriented, Inc.

**"Our Goal... your best shot!"**

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[www.soccergoals.com](http://www.soccergoals.com)

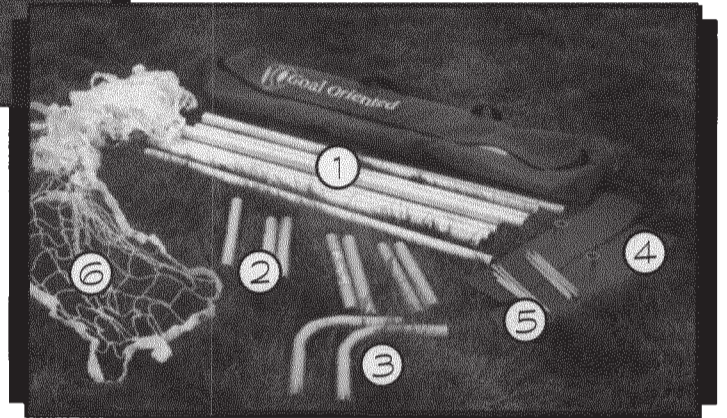


Flat Faced Interactive Training  
(FFIT™) Goal  
(Rebounding, too)

FFIT™  
To Play  
Anywhere!

## COMPONENTS

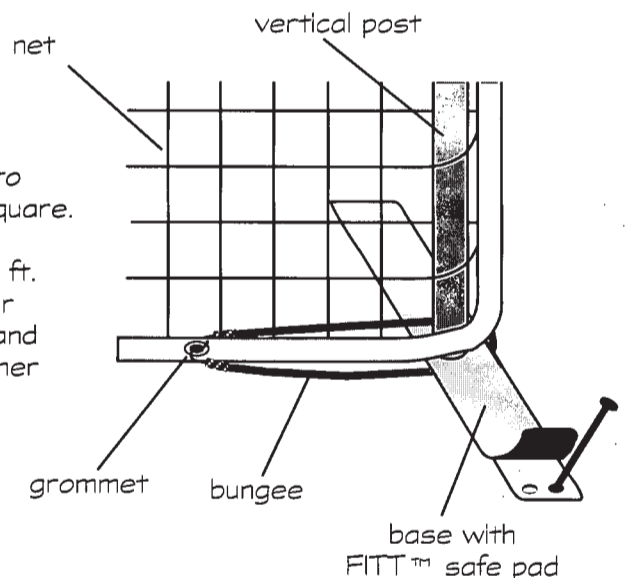
1. Ten aluminum tubes each 43 inches long
2. Seven sleeves each about 13 inches long (used to interconnect the tubes)
3. Two bent (upper) corner sections
4. Two zinc bases with attached red neoprene pads
5. Eight zinc plated spikes
6. Net



One suggested method of net attachment:

We suggest you weave three sides of the net's perimeter onto one or more inter-connected tubes, alternating every other square.

For enhanced REBOUNDING: At the net's bottom, using a 2 ft. long bungee (with a hook at each end), hook the grommet near the vertical post, stretch the bungee out under the flat base and back to reconnect with the same grommet. Repeat at the other vertical post. (New rebounding option, see backside).



## FFIT™ GOAL ASSEMBLY INSTRUCTIONS

1. Attach net to one or more inter-connected tubes.
2. Connect up to six tubes (using sleeves) to form the goal's horizontal bar.
3. Connect bent corner section to ends of horizontal bar assembly.
4. With entire horizontal assembly on the ground, place one base at each of the two bent corner sections. Distance between the bases should not exceed overall width of horizontal bar.
5. Secure bases by driving spikes through base holes (lift flaps on neoprene pads to access holes). **BE SURE TO DRIVE THE SPIKES AT VARIED ANGLES, NOT PERPENDICULAR TO THE GROUND.** (A claw hammer will work best when later extracting the spikes).
6. Using one sleeve per side, connect two alum tubes to form the goal's vertical posts.
7. Attach both vertical posts to each of the bent corner ends of the horizontal.
8. With assistance, and while grasping vertical posts, lift fully assembled goal, then place bottom of verticals onto respective base center nubs.
9. Spread net across entire horizontal and down the verticals.
10. NOTE: Sleeves are designed to fit tightly around the tubes. Avoid denting sleeves. Avoid grit & dirt inside sleeves.
11. VARIATIONS: Experiment with the goal's width and height for many possible combinations!

**WARNING:** This goal is intended to serve only as a soccer-ball receiving, rebounding goal or target. THIS IS A PRACTICE GOAL NOT DESIGNED FOR USE AS A "GAME-DAY" GOAL. As with all soccer goals, avoid play-action physical contact with this goal and with its components- such contact can cause injury. Continuous adult supervision is necessary when handling and/or using this goal and/or its components. This goal includes parts which pose a danger if handled improperly or in a manner that is inconsistent with their intended use.



## 2000 upgrade- FFIT Goal **bungee** add-on and 2000 **Adjustable/Rebounder** option

With respect to the net, we suggest you “weave” or “thread” three sides of the net onto one of the aluminum (alum) tube sections: Identify one of the net’s lower corners: the two lower corners lie approx. six squares to the OUTSIDE of each of the two grommets. Furthermore, the net’s white label is attached near an upper corner. With tube in hand, weave or thread the tube, back and forth, through the perimeter squares, starting from a lower corner, up the vertical, across the horizontal, and back down the second vertical. This will take approx. 3 minutes.

Once the net is “woven” or “threaded” onto one of the alum sections, **attach the 30-inch bungee** onto that same section of tubing, one bungee hook to each end of the tube. This bungee attachment will have the effect of “locking” the net on the tube, thereby precluding the net from easily or readily unraveling from that tube.

When you set up the goal: Remove the pole section containing the attached net. Remove the bungee cord. Connect a sleeve section onto both ends of this tube containing the attached net. Attach two more alum sections, one onto each sleeved end. This is recommended as a means of extending the length of the section with the net, thereby reducing the likelihood of a portion of the net slipping off the tube. Proceed with regular setup using these three sections as part of the horizontal bar.

When you’re thorough using the goal: Systematically GATHER the netting onto one alum section. Isolate this section containing the entire threaded net. **Re-attach the bungee** cord as before. If you insert (into the carrying case) the pole with netting as the final component to re-enter the case, and if you choose to carry the case as you would a back-pack (the straps are specifically made long enough), the netting within the case will serve as a cushion up against your back.

### 2000 Adjustable/Rebounder

Beginning this year, several of our goal kits include the use of a zinc-plated ADJUSTABLE or Variable (steel) horizontal bar coupled with an aluminum, SpringClipButton inserted at one end. When using this adjustable feature, begin by inserting the aluminum section (button end first) all the way into the multi-hole portion of the zinc-plated steel sleeve. Once your goal is set up and your net is stretched across the face of the goal, you can increase the goal’s horizontal span (in approx. 2 inch increments) by expanding the telescoping tube sections. This adjustment is intended to tighten the net, thereby increasing the net’s rebounding potential. Finally, you might also consider attaching short bungee sections from the net’s lower corners to the vertical poles’ baseplates. This will help to prevent the net’s “creeping” up the vertical posts.