



## COURT VISION TRAINING GUIDE

### PERFECT FOR PRACTICE WITH:



**D-MAN**  
HANDS-UP DEFENSIVE MANNEQUIN

VISIT [SKLZ.COM](http://SKLZ.COM) FOR  
INSTRUCTIONAL VIDEO AND CONTENT



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Thank you for choosing SKLZ Court Vision. We are dedicated to providing you with the best tools and instruction possible to help you unleash your athletic potential. If there is anything else we can do to help you optimize your workouts, don't hesitate to send us an email ([customerservice@sklz.com](mailto:customerservice@sklz.com)) or give us a call (1-877-225-7275).

### BEFORE YOU BEGIN:

- » Read all setup and usage instructions carefully.
- » Always check equipment for wear or damage before use.  
If any is found, do not use product and please contact SKLZ toll free at **1-877-225-7275 x128**.
- » This product is not suitable for children under 3 years of age.

### CARE:

Avoid leaving the Court Vision out in the sun or cold weather for a long period of time as this will reduce the life span of the product.

### ⚠ WARNING:

- » Straps should only be used to secure the product properly in place. Don't use straps to hang Court Vision around the neck.
- » Do not put any part of the Court Vision in your mouth.
- » If this product is used incorrectly, it can damage the product or cause harm to the user.

### SETUP

- » To put on, stretch the elastic strap over your head and position the goggles as shown.
- » Use plastic buckle to adjust size.
- » Goggles should fit comfortably on your face.



#### IDEA SUBMISSION

If you have an idea for a new and innovative sports training product, visit [SKLZ.com](http://SKLZ.com) to submit your concept. Some restrictions may apply.

### LIMITED WARRANTY

REGISTER YOUR PRODUCT AT [SKLZ.COM](http://SKLZ.COM) TO ENSURE WARRANTY COVERAGE, GET NEW PRODUCT INFORMATION AND SPECIAL DEALS FROM SKLZ

Pro Performance Sports (PPS) / SKLZ warrants to the original consumer purchaser of any PPS/SKLZ product it manufactures that the product will be free of defects in materials or workmanship for 90 days (unless specified in alternate warranties) from the date of purchase. If defective and purchased from a retail store, return the product along with receipt to the retail store where the product was purchased. If the item was purchased from PPS/SKLZ, return the product along with the packing slip (proof of purchase) postage prepaid to the address below for replacement consideration. Label: Attn: Returns

This warranty does not cover damages resulting from accident, misuse, abuse or lost merchandise. Only valid in the USA. All returns sent to PPS/SKLZ require a Return Merchandise Authorization number (RMA). For returns to PPS/SKLZ and for all other Customer Service inquiries, please email [customerservice@sklz.com](mailto:customerservice@sklz.com) or call toll free, 1-877-225-7275 for a return authorization number for any exchange.

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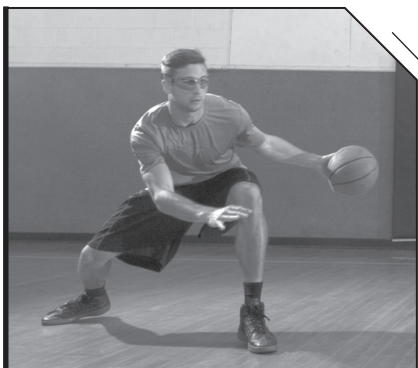
### POWER DRILL

#### STEPS:

- 1 – Start at the baseline and begin to walk toward 1/2 court (approximately 42ft), pushing the ball into the ground (power dribble).
- 2 – Once you reach half court, switch hands and repeat.

#### TRAINING TIP:

Stay low in an athletic position. Progress by increasing speed to a sprint during the drill.



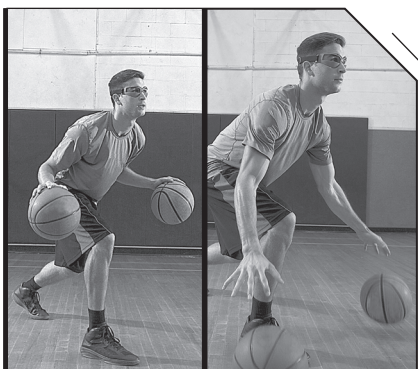
### CROSSOVER

#### STEPS:

- 1 – Start in the corner of the baseline with hips and knees slightly bent. Begin jogging forward with a right-handed power dribble.
- 2 – After three dribbles with the right hand, cross over to the left hand and change directions.
- 3 – Repeat this across the full length of the court (approximately 84ft).

#### TRAINING TIP:

Pause during each crossover staying low and under control. You should move at a fast pace, pause, and then explode out of your pause. Exaggerate the depth of the crossover and keep your opposite arm and eyes up.



### TWO BALL - SEQUENCE DRIBBLING

#### STEPS:

- 1 – Start at the baseline with one basketball in each hand.
- 2 – Dribble both basketballs at the same time in the same rhythm so that both balls hit the floor at the same time.
- 3 – You should move at a walking pace to half court (approximately 42ft). Concentrate on your rhythm.

#### TRAINING TIP:

Bend at the hips and knees. Stay low and under control.



### TWO BALL - NON-SEQUENCE DRIBBLING

#### STEPS:

- 1 – Start at the baseline with one basketball in each hand.
- 2 – Dribble both basketballs at the same time in an opposite rhythm so that one ball hits the ground while the other hits your fingertips.
- 3 – You should move at a walking pace to half court (approximately 42ft). Concentrate on your rhythm.

#### TRAINING TIP:

Bend at the hips and knees. Stay low and under control.