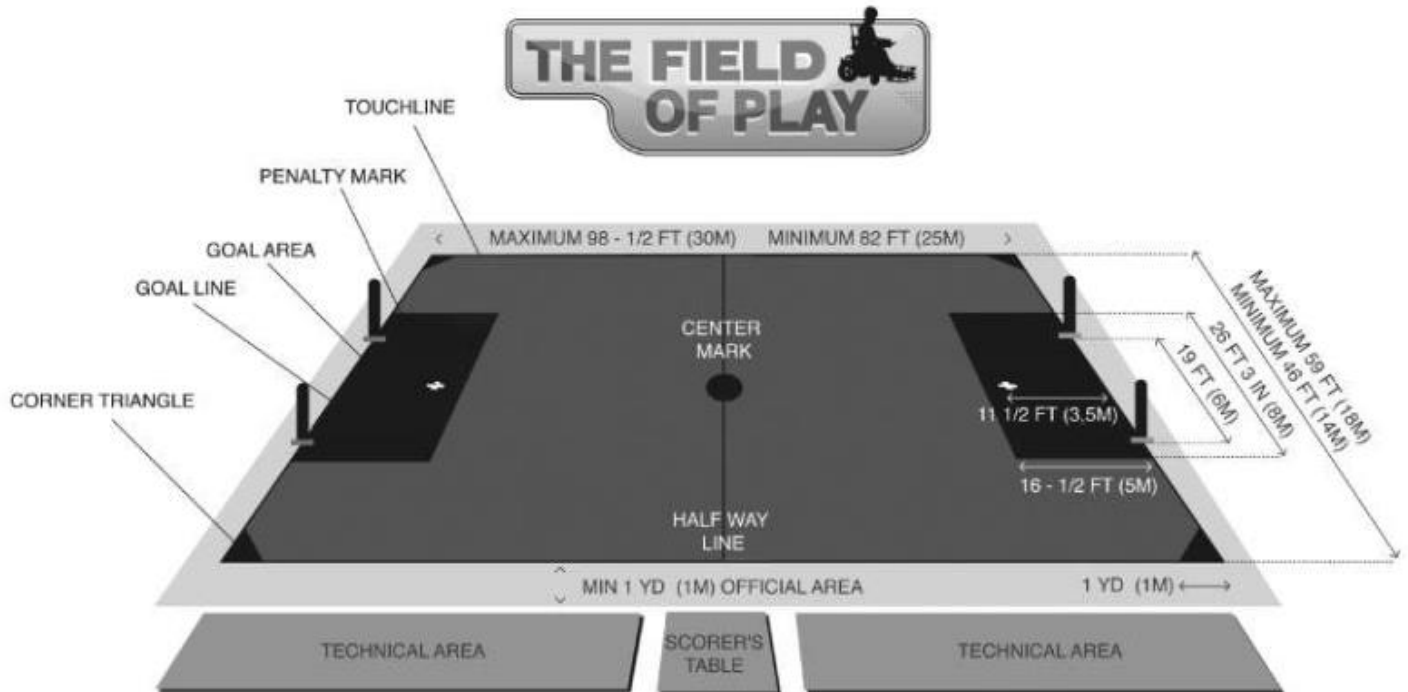


START OF PRACTICE

- Request the storage room key from Jim Farrow or Jim Wice to access the training materials.
- Mark the Goal Area and Corner Triangle (fig.1 below) in the basketball court with the colored tape (blue). Some strike force chairs are stored in the basement of the gym. Please bring these strike force chairs to the gym (1st floor).



- ⚠️ • Some players will need assistance entering the gym. Please, make sure at least one volunteer is available to assist in opening the back entrance of the gym and the basement doors that direct players through the elevators.
- ⚠️ • As players arrive to the gym, they will need assistance to transfer on the strike force chairs and/or securing the front guard on the strike force chairs. Each chair has their on front guard labeled with the name of the player. Make sure the chairs are TURN OFF when assisting players.
 - Tools required : wrenches, mallet and trigger clamps are usually used to facilitate placing the front guards. Any player or coach available will be there to assist and provide directions.

To attach the guard, place each side of the guard on the mount and push it backward (to the rear of the chair). On each mount is a guiding bolt to indicate where the guard should be placed. Once the holes underneath the guard fall on the guiding bolts, place the four (4) 5/16" bolts and tighten firmly with a 1/2" wrench. The chair is now ready to go for Power Soccer!

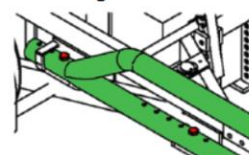
Push back



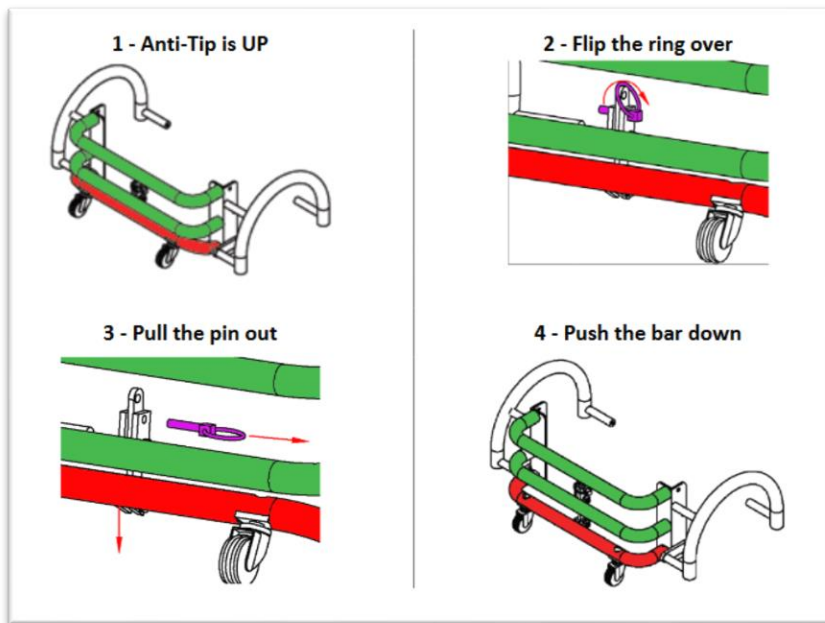
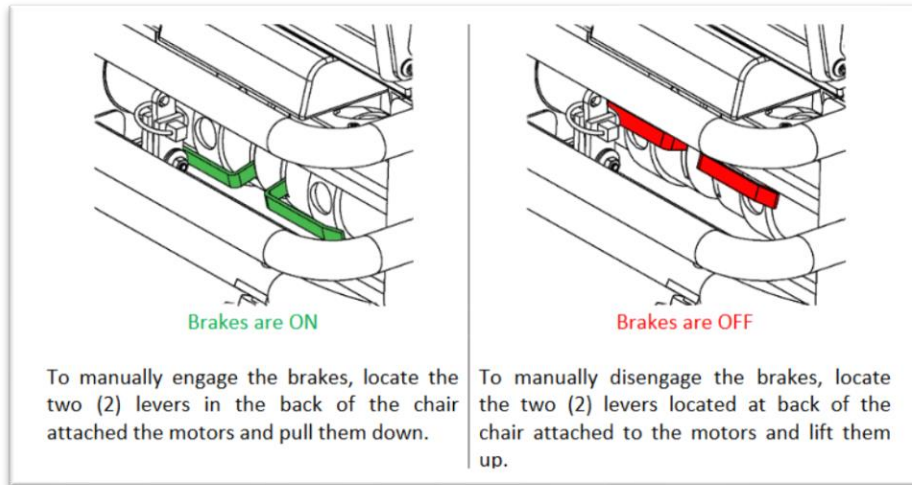
Place in the mounts



Tighten UP!



- At start of practice , make sure the Brakes are OFF (fig. 3) AND the anti-tip bar is DOWN (fig.4). Both are located in the back of the strife force chairs.



DURING THE PRACTICE

MATERIALS

- Check if the soccer balls need pumping more air. Ask the coach for directions.
- Place the goal posts in the goal area.
- Cones should be available and placed when instructed.

PRACTICE

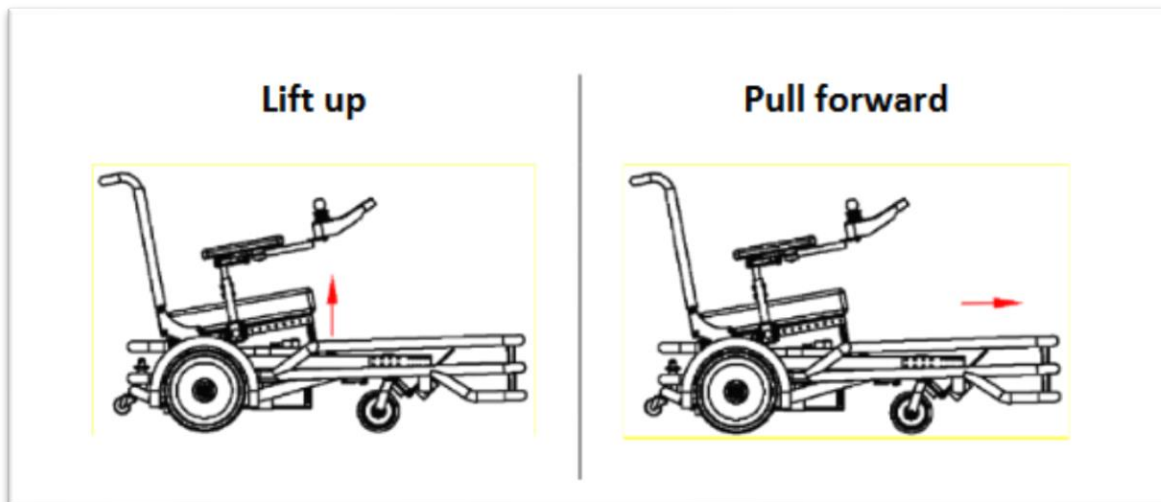
- Players need constant assistance setting up the ball where instructed.
- Game strategies plans will be provided separately.

SOME FRIENDLY REMINDERS.

The strike force chairs can spin 360 very fast! . Please be mindful how you distance yourself from the players to avoid any injury.

END OF PRACTICE

- Remove the front guards and place them back in the storage room
 - Note: Some players take their guards with them. Please secure the guards in the back of their chairs. They will provide instructions.



- Brakes should be ON and the anti-tip bar UP.
- Strike force chairs should be stored in the basement **AND connected to their power source.**
- Make sure all the materials back into the storage room and lock it up. Key to be returned to Jim F. or Jim W.

Contact Information via call or text:

Jim Farrow 617-519-1286

Jim Wice 617-777-3861

Juan Carlos Ramirez 774-273-0712