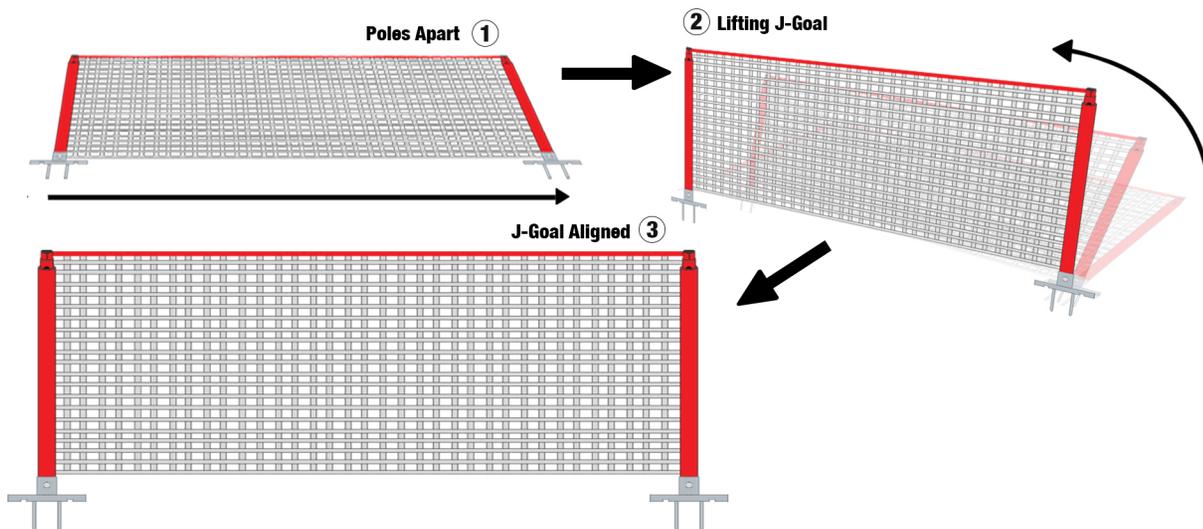


— REGULATION PORTABLE GOAL —  
**J-GOAL**  
STEP BY STEP INSTRUCTIONS

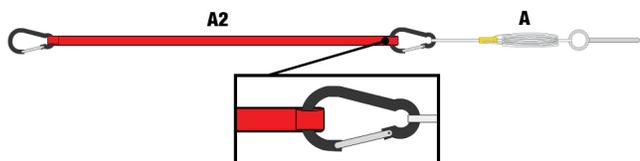
- 1** Remove parts from the bag, place all the items on the ground and remove velcro strap from net.



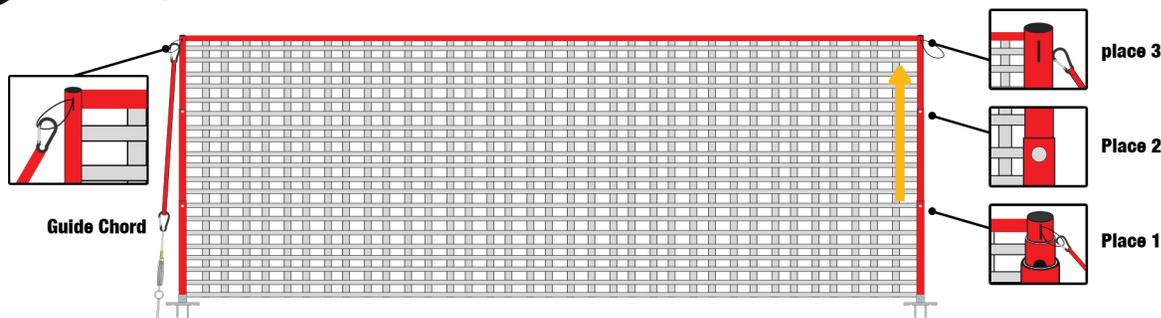
- 2** Pull telescoping poles apart away from each other, then lift and align poles from both sides.



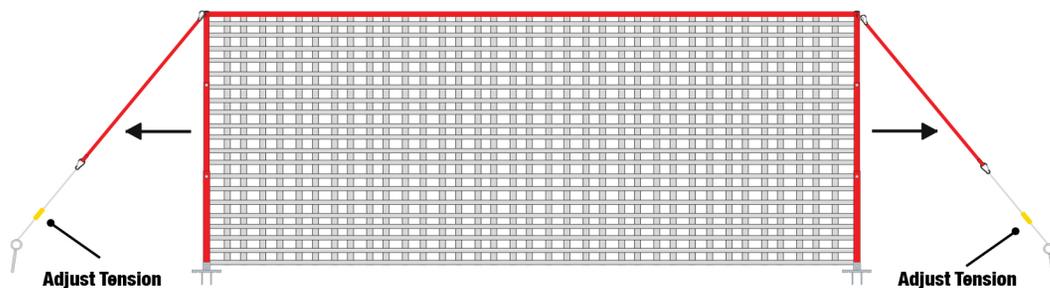
- 3** Unroll guide chords and connect both Chords A and A2 together using carabanners and loop in chord strap.



- 4** Connect guide chord A2 to J-goal using caribinner. Then pull telescoping poles out and click into place using push pins.



- 5** Place spike from guide chord A into grass surface at a 45 degree angle to create tension. Get ready to start your training session.

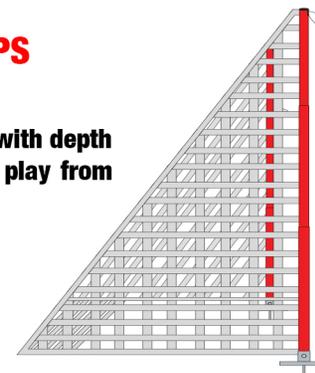


**NOTE:** "Bending may occur during this step, this is normal. Keep in mind that the poles will not break"

**! OPTIONAL STEPS**

- 6** Pull back net to create a goal with depth or leave net hanging flat and play from either side of the goal.

**NOTE:** Soccer balls will not go through flat goal even if cane spikes are not being use.



- 7** Lower the poles to desire position to play soccer tennis.