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› ZEALFEEL 4x6ft Lacrosse Rebounder Instruction Manual

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ZEALFEEL 4x6ft Lacrosse Rebounder Instruction Manual

1. INTRODUCTION

This manual provides detailed instructions for the assembly, operation, and maintenance of your ZEALFEEL 4x6ft Lacrosse Rebounder. This multi-sport training aid is designed to enhance skills in lacrosse, baseball, volleyball, and soccer by providing consistent and powerful rebounds. Please read this manual thoroughly before assembly and use to ensure proper setup and safe operation.

The ZEALFEEL Lacrosse Rebounder features a durable construction with a powder-coated steel frame and high-strength 56-ply HDPE netting, built to withstand various weather conditions and extensive use. Its adjustable angle mechanism allows for versatile training scenarios, from ground balls to aerial shots.



Image 1.1: ZEALFEEL 4x6ft Lacrosse Rebounder with included accessories.

2. SAFETY INFORMATION

Please observe the following safety guidelines to prevent injury and damage to the product:

- Always ensure the rebounder is assembled correctly and all fasteners are securely tightened before use.
- Place the rebounder on a flat, stable surface. Use the provided ground stakes and sandbags (for 4x6ft model) to secure it, especially in windy conditions.
- Maintain a safe distance from the rebounder during use to avoid being struck by a rebounding ball.
- Supervise children during use.
- Inspect the net and frame regularly for any signs of wear or damage. Do not use if damaged.
- Do not climb on or hang from the rebounder frame.

3. PACKAGE CONTENTS

Verify that all components listed below are present in your package:

- 1 x Lacrosse Rebounder Net

- 1 × Removable Red Target Strip
- 2 × Sandbags (for 4x6ft model only)
- 4 × Ground Stakes
- 36 × Ball Bungee Cords
- 15 × Iron Tubes (various shapes for frame assembly)
- 2 × Metal Washers
- 2 × Nuts
- 2 × Bolts
- 1 × Allen Wrench
- 1 × Hex Wrench
- 2 × Pins (for angle adjustment)



Image 3.1: Detailed view of all components included in the package.

4. ASSEMBLY INSTRUCTIONS

Follow these steps to assemble your ZEALFEEL Lacrosse Rebounder. It is recommended to have two

people for easier assembly.

1. **Unpack Components:** Lay out all frame tubes, the net, and accessories on a clean, flat surface. Refer to the 'Package Contents' section to ensure all parts are present.
2. **Assemble the Main Frame:** Connect the various iron tubes (labeled 1, 2, 3, 4, 5 in the parts diagram) to form the rectangular main frame and the base support structure. Ensure all connections are snug.
3. **Attach the Support Legs:** Secure the two support legs (labeled 6 and 7) to the main frame using the provided bolts, nuts, and washers. Do not fully tighten yet, as some flexibility may be needed for angle adjustment later.
4. **Install the Net:** Carefully unroll the lacrosse rebounder net. Using the 36 ball bungee cords, attach the net to the assembled frame. Start by securing the corners, then work your way around, ensuring even tension across the entire net. The 56-ply HDPE netting is designed for high rebound elasticity.
5. **Attach Target Strip:** If desired, attach the removable red target strip to the net using its integrated fasteners. This helps improve aiming accuracy.
6. **Finalize Frame Connections:** Once the net is attached and tensioned, fully tighten all bolts and nuts on the frame and support legs using the provided wrenches.
7. **Secure with Ground Stakes and Sandbags:** Position the rebounder in your desired practice area. Insert the 4 ground stakes through the designated loops at the base of the frame into the ground. Fill the two sandbags (if applicable to your model) with sand and place them on the base of the rebounder for enhanced stability.



Image 4.1: Overview of product dimensions and accessories for assembly reference.

5. OPERATING INSTRUCTIONS

The ZEALFEEL Lacrosse Rebounder is designed for versatile training across multiple sports. Here's how to get the most out of your rebounder:

5.1 Multi-Sport Training

This rebounder is suitable for:

- **Lacrosse:** Practice throwing, catching, and shooting.
- **Baseball/Softball:** Improve throwing accuracy, fielding ground balls, and catching pop-ups.
- **Volleyball:** Work on passing and setting techniques.
- **Soccer:** Enhance passing, trapping, and shooting skills.

PARTS LIST

LACROSSE SPORTS

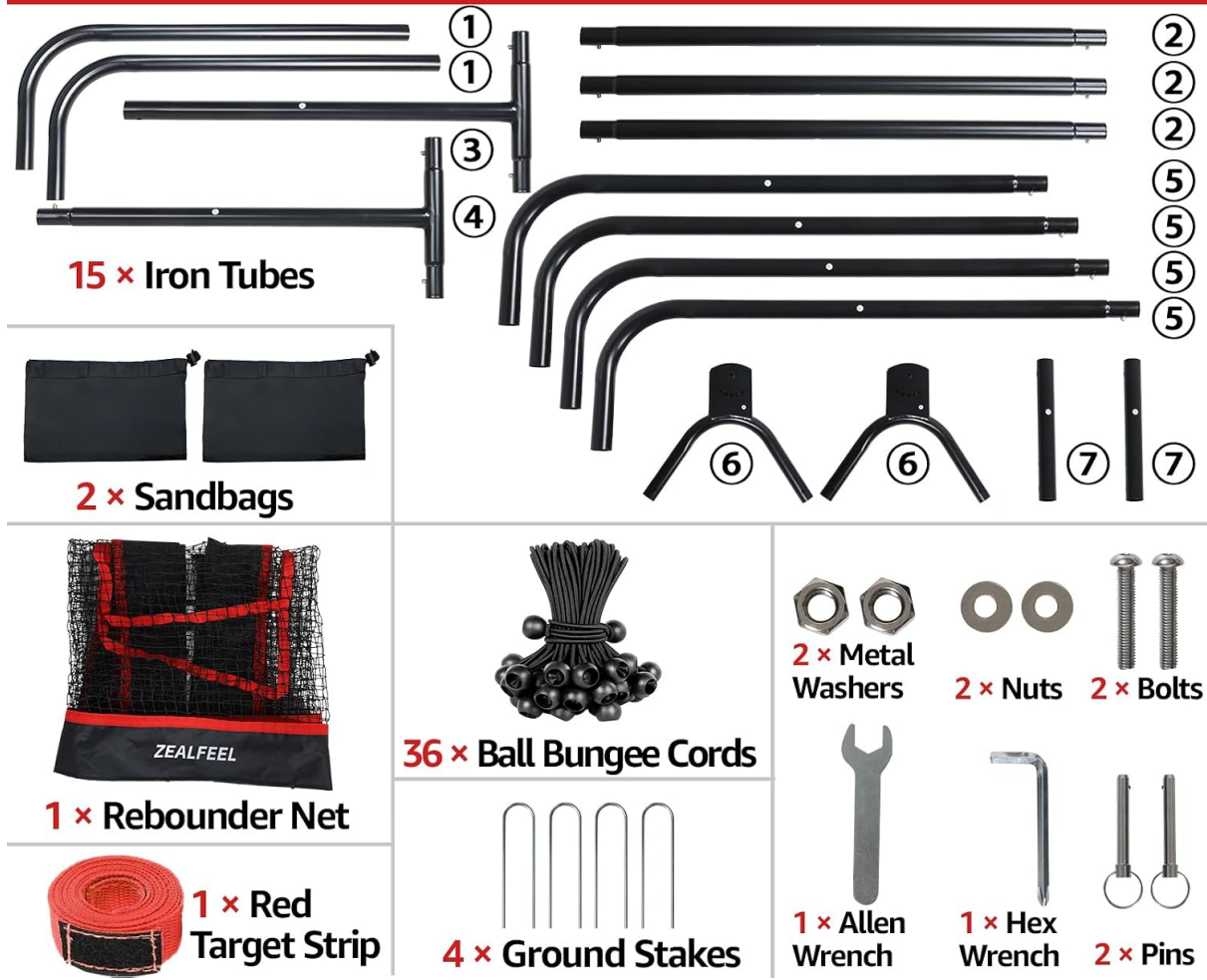


Image 5.1: The rebounder in use for various sports, demonstrating its versatility.

5.2 Skill Development

Utilize the rebounder to develop fundamental skills:

- **Ball Catching:** Practice receiving passes and shots.
- **Aiming:** Use the target strip to improve precision.
- **Game Sense:** Simulate game scenarios to enhance reaction time and decision-making.

4x6 FT Lacrosse Rebounder Net

SKILL DEVELOPMENT



BALL CATCHING



AIMING



GAME SENSE



Image 5.2: Visual representation of skill development areas facilitated by the rebounder.

6. ADJUSTABLE ANGLES

The ZEALFEEL Lacrosse Rebounder features 5 adjustable angles to simulate different game situations and allow for varied training drills. To adjust the angle:

1. Locate the adjustment pins on the side support legs.
2. Carefully remove the pins.
3. Adjust the main frame to the desired angle position.
4. Reinsert the pins securely into the corresponding holes to lock the angle in place. Ensure both sides are set to the same angle.

The 5 angles allow for:

- **Angle 1 (Scooping):** Ideal for practicing ground balls and low returns.
- **Angle 2 (Low Angle Return):** Suitable for practicing passes and shots that require a lower trajectory return.
- **Angle 3 (Straight Catches):** Provides a direct, straight return for fundamental catching and throwing

practice.

- **Angle 4 (High Speed Passing):** Generates faster, more challenging returns for advanced passing drills.
- **Angle 5 (Long Throw Catches):** Simulates higher, longer returns for practicing aerial catches and defensive reactions.



Image 6.1: Visual guide to the 5 adjustable angles and their applications.

7. MAINTENANCE

Regular maintenance will prolong the life of your ZEALFEEL Lacrosse Rebounder:

- **Cleaning:** Wipe down the frame with a damp cloth as needed. Avoid harsh chemicals.
- **Net Inspection:** Periodically check the 56-ply HDPE net for any tears, fraying, or loose bungee cords. Replace damaged components promptly.
- **Frame Inspection:** Ensure all bolts and connections remain tight. Re-tighten if necessary. Check the powder-coated steel frame for any signs of rust or damage.
- **Storage:** While designed for outdoor use, storing the rebounder indoors or under cover during prolonged periods of extreme weather (heavy snow, ice, intense sun) can extend its lifespan. The

rebounder can be disassembled for more compact storage.

8. TROUBLESHOOTING

If you encounter issues with your rebounder, refer to the following common problems and solutions:

Problem	Possible Cause	Solution
Weak or inconsistent rebound	Loose net tension; damaged bungee cords; incorrect angle setting.	Check and tighten all bungee cords. Replace any damaged cords. Adjust to a more upright angle for stronger returns.
Rebounder is unstable or tips over	Not properly secured; uneven ground; strong winds.	Ensure ground stakes are fully inserted. Use sandbags for added weight. Place on a level surface. Consider relocating in high winds.
Difficulty adjusting angles	Pins stuck; frame connections too tight.	Ensure pins are fully disengaged. Slightly loosen frame bolts if necessary, then re-tighten after adjustment.
Net tearing or fraying	Excessive wear; sharp objects; manufacturing defect.	Inspect for sharp edges on frame. Contact customer support for replacement net if under warranty or due to defect.

9. SPECIFICATIONS

Feature	Detail
Model Name	Lacrosse Rebounder
Size	4×6ft
Material	Alloy Steel (frame), 56-ply HDPE Nylon (net)
Color	Black & Red
Adjustable Angles	5 positions
Package Dimensions (L x W x H)	33.75 x 15.5 x 5.5 inches
Package Weight	9.97 Kilograms
Included Components	Rebounder Net, Target Strip, Sandbags (2), Ground Stakes (4), Bungee Cords (36), Assembly Hardware

10. WARRANTY INFORMATION

The ZEALFEEL Lacrosse Rebounder comes with a **1 Year Manufacturer Warranty**. This warranty covers defects in materials and workmanship under normal use. Please retain your proof of purchase for warranty claims. For specific terms and conditions, or to initiate a warranty claim, please contact ZEALFEEL.

customer support.

11. CUSTOMER SUPPORT

For any questions, assistance, or support regarding your ZEALFEEL Lacrosse Rebounder, please contact our customer service team. Refer to the contact information provided with your purchase or visit the official ZEALFEEL website for support options.

We are committed to providing high-quality products and excellent customer service.