

GENERAL INSTRUCTIONS

1. MAINTENANCE

When you receive TAPE-2-TAPE it will be rolled up. Unroll it and put something heavy on it for a few hours and it will flatten out. The more TAPE-2-TAPE is used the flatter the sheet will stay. Due to the chemical and physical characteristics of plastics slight warping may occur. This is normal due to changes in temperature and the terrain that TAPE-2-TAPE is used on. To prevent or remove warping keep TAPE-2-TAPE away from direct sunlight and always use on a flat, hard surface.

To improve the gliding of the puck on TAPE-2-TAPE spray a light coating of a silicone lubricant on the passing surface. To prevent this surface from getting marred, apply a piece of clear tape on the bottom of hockey sticks.

TAPE-2-TAPE can be cleaned with any general purpose, household cleaner.

2. THE HOOD

The hood of TAPE-2-TAPE comes with a plug on the bottom to it fill with sand or antifreeze (DO NOT use water as freezing could cause the hood to crack) to give TAPE-2-TAPE additional weight to keep still. This will also improve the rebound qualities of TAP-2-TAPE.

Although the hood is very durable, it is not designed to withstand constantly being hit by pucks.

3. PUCKS AND SCREWS

When TAPE-2-TAPE is not in use remove the screws and pucks from the sheet. This will help in the storage of TAPE-2-TAPE as well as avoiding the danger of stepping on the screws.

4. STORAGE

To store TAPE-2-TAPE it can be rolled up the way it was shipped and when ready to use repeat the flattening process described in the MAINTENANCE section.

HELPFUL TIPS FOR USING TAPE-2-TAPE

1. STICK HANDLING

Using a proper grip while stick handling will generate the best results. Placing the upper hand even with the top of the stick and the lower hand twelve to fifteen inches down the shaft creates the ideal positioning for stick handling, passing and most shots.

2. USING THE STICK EFFECTIVLY

The blade of the stick should always be flat on the shooting surface when practicing different techniques. If the stick blade is not flat on the surface either adjust the stance or the style of stick. The length of the stick is also very important. The top of the shaft should reach the bottom of the player's nose in bare feet.

3. PASSING

Starting with the stick flat on the board turn the TOE of the blade inward and the HEEL of the blade outward then reverse this motion. Keeping the puck in the middle of the blade or slightly closer to the heel will generate the best results.

Using the above techniques with feet shoulder-width apart start sliding the puck across the surface. Do not forget to roll wrists and extend arms away from the body.

RELAX, as muscles react more quickly when they are loose. Try not to slap the puck, treat it as if it were an egg. As you are moving the puck from TOE to HEEL try and form a dome over the puck when stick handling from forehand to backhand

For best results use a proper hockey stance with head up and eyes on the target. Using a sweeping motion spin the puck from the HEEL to the TOE towards the target. When finished the toe of the sticking should be pointing at the target.

For receiving passes keep head up looking at target with stick flat on the surface. Relax wrists and when the puck hits the stick to provide a cushion to cradle the puck.

4. SHOOTING

As mentioned above, most shots require the grip to be twelve to fifteen inches apart. Most shots require a weight transfer from the back leg to the front leg. The exception to this is the "flip shot". The way the stick follows through with this shot determines the location of the shot. For example a high follow through will shoot the puck into the upper part of a net and a low follow through will shoot the puck into the lower part of a net.

Practicing visualizing where the puck is intended to travel will improve the ability

to aim the puck.

When practicing, it is equally important to work on aim as well as the speed of the shot. It is also important to work on hitting all areas of the net.