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D-MAN

SKLZ

**LIMITED WARRANTY**

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 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: 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 or call toll free, 1-877-225-7275 for a return authorization number for any exchange.

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**IDEA SUBMISSION**  
 If you have an idea for a new and innovative sports training product, visit SKLZ.com to submit your concept. Some restrictions may apply.  
 PATENT NO. #6,866,595; 7,198,580  
 European Patent #04814968.6  
 Other U.S. and PCT patent pending.

**INSTRUCTION MANUAL**

- INCLUDES:**
- » D-Man
  - » Weighted base
  - » Ground stake

Thank you for choosing SKLZ D-Man. 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 training, 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.
- » You will need water or sand to fill the base.

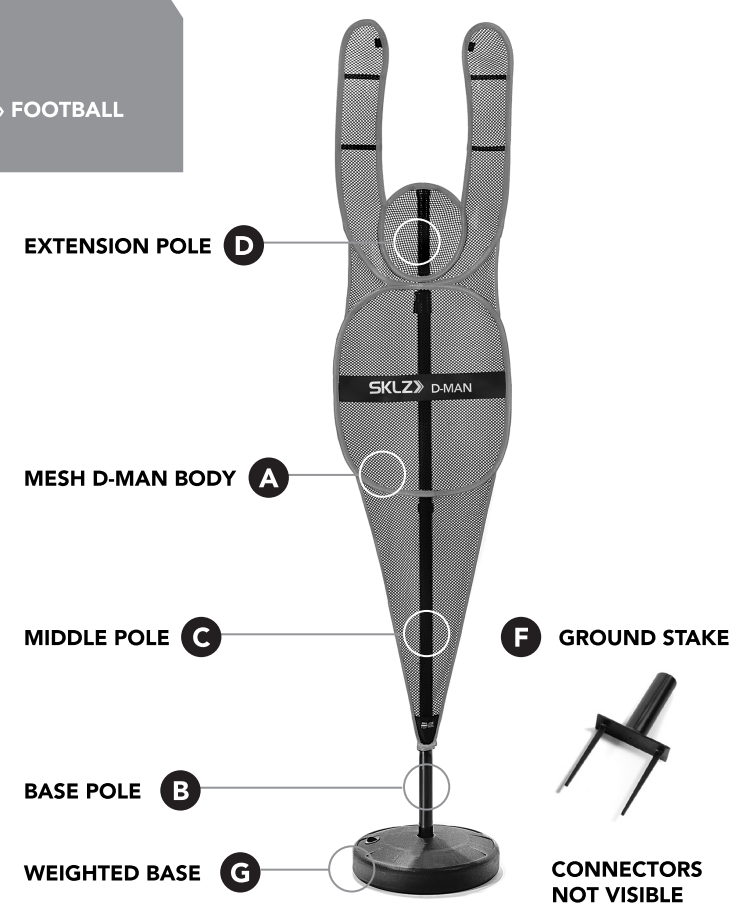
**CARE INSTRUCTIONS:**

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

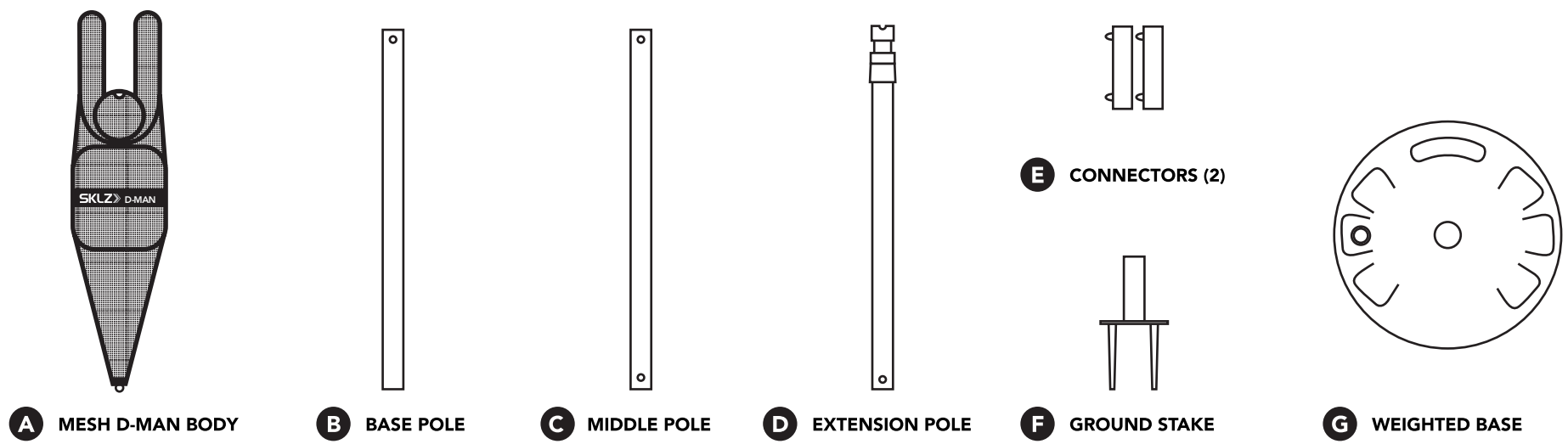
**WARNING:**

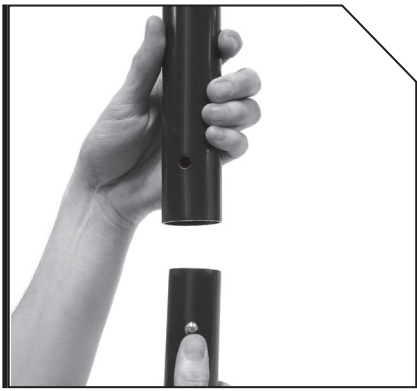
- » Running into or tackling the D-Man may damage the product or cause injury.
- » When connecting the pole keep your fingers clear to avoid being pinched.
- » If this product is used incorrectly it can damage the product or cause harm to the user.

**D-MAN**  
 PERFECT FOR:  
 » BASKETBALL » FOOTBALL



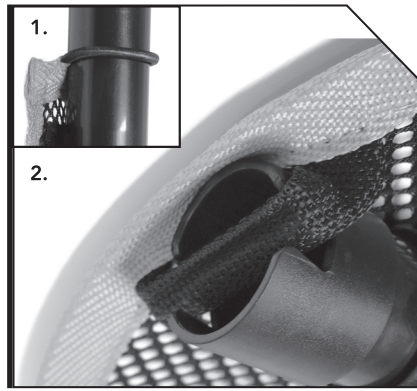
**D-MAN PARTS:**





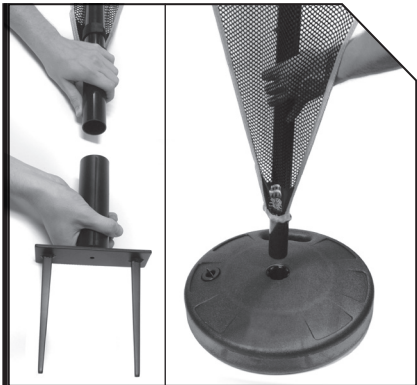
**STEP 1  
POLE ASSEMBLY**

1. Attach both pole connectors to the middle pole.
2. Attach the base pole to one end of the middle pole and the extension pole to the other end.



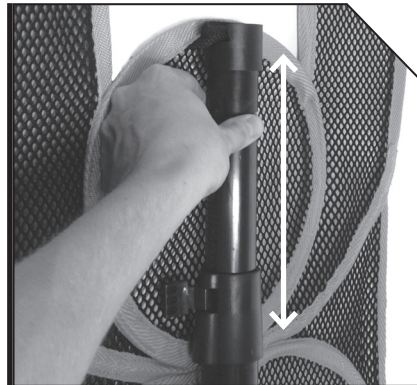
**STEP 2  
ATTACH D-MAN BODY**

1. Feed the bottom of the assembled pole through the bottom loop of the D-Man body.
2. Fit the loop at the top of the D-Man's head into the notch at the top of the extension pole. Be sure the D-Man body isn't twisted and lays flat.



**STEP 3  
BASE SETUP**

1. Determine whether you want to use the base or ground stake. (The ground stake provides maximum stability on grass, dirt or sand.)
2. If you are using the weighted base, open the top of the pour hole and fill with sand or water.
3. Insert the bottom of the pole fully into the base or ground stake with the snug-fit connection.



**STEP 4  
HEIGHT ADJUSTMENT & POSITIONING**

1. Un-clip the tab and adjust the D-Man to the desired height and re-clip the tab to secure.
2. Use the Velcro straps to secure the D-Man to the pole.
3. Place the D-Man on the court or field in the ideal defensive position. If using the ground stake, insert the prongs fully into the ground so the D-Man stands vertically.

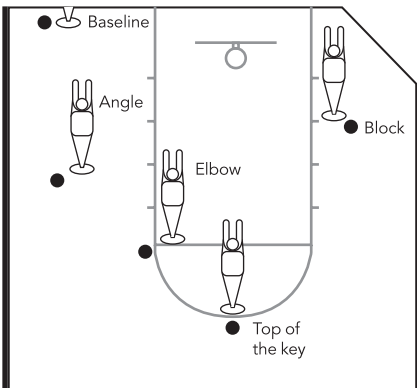
**D-MAN BASKETBALL DRILLS**

**D-MAN FOOTBALL DRILLS**

Football Drills work best with 2 D-Men

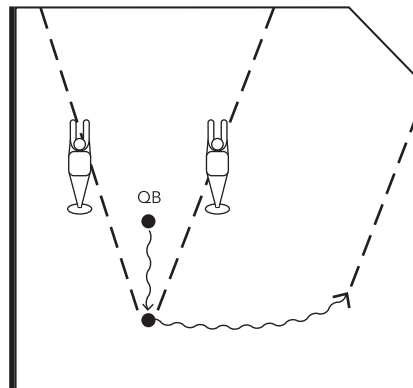
- BASKETBALL KEY:** ● = PLAYER  
○ = BALL PASSER/RECEIVER  
———— = PLAYER MOVEMENT  
~~~~~ = DRIBBLERS MOVEMENT  
- - - -> = PASS

- BASKETBALL KEY:** ● = QB  
○ = RECEIVER OR RUNNING BACK  
———— = PLAYER MOVEMENT  
~~~~~ = BALL CARRIER  
- - - -> = PASS



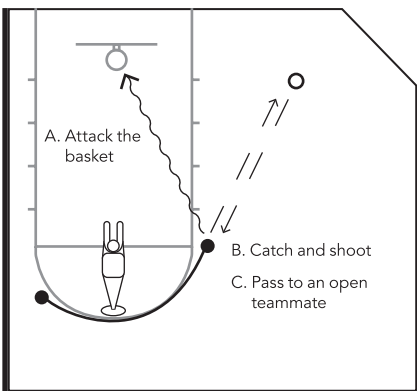
**SHOOTING**

1. Place the D-Man in between you and the basket about an arms length away. The D-Man acts as a defender challenging your shot
2. Practice shooting over the D-Man with the proper arc. Adjust the height of the D-Man accordingly. Practice from different location on the court; baseline, angle, elbow, top of the key, block etc...



**QUARTERBACK**

1. Working on throwing over the line (D-Man)
2. Creating throwing angles by rolling out of the pocket.

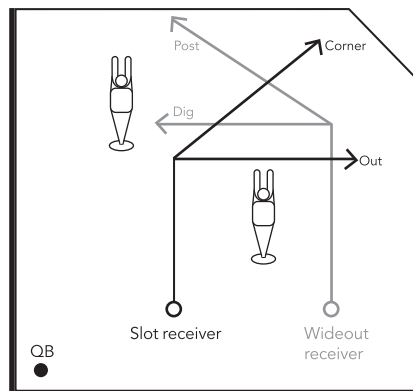


**COMING OFF A SCREEN**

1. Jab step to set the defender up for the screen.
2. The player should run off the screener (D-Man) closely not allowing the defender to slip in between.
3. After coming off the screen the player should be ready to receive the ball by getting his or her feet set and squared to the basket. From here the player should practice 3 things.

- A. Catch the ball and attack the basket
- B. Catch and shoot
- C. Catch and pass to an open teammate

Practice coming off the screen going right and left.



**RECEIVER & QUARTERBACK**

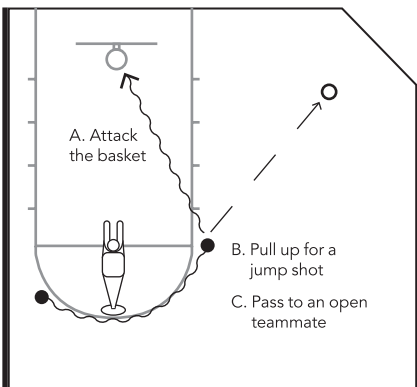
1. Receiver and quarterback work to complete passes against the D-Man positioned as a corner and safety.

There are 2 route options for the slot receiver:

- A. Out
- B. Corner

There are 2 route options for the wide receiver:

- A. Dig
- B. Post

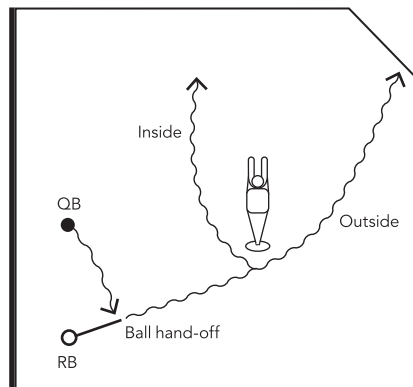


**ON-BALL SCREEN**

1. Set the defender up for the screen
2. The ball handler should go off the screen (D-Man) closely not allowing the defender to slip in between
3. After coming off the screen the ball handler should practice 3 things

- A. Attack the basket
- B. Pull up for a jump shot
- C. Pass to an open teammate

Practice coming off the screen going right and left.



**RUNNING BACK & QUARTERBACK**

1. Running back works on receiving the hand-off from the quarterback and cutting off the tackle.