

**ALUMINIUM
FLAT-PACK****4' X 3' TARGET TRAINING DEMOUNTABLE GOAL (FLAT-PACK)** (4' x 3' Multi-Surface) - One section crossbar.**FITTING
INSTRUCTION****tsaGoal**
www.itsagoal.net

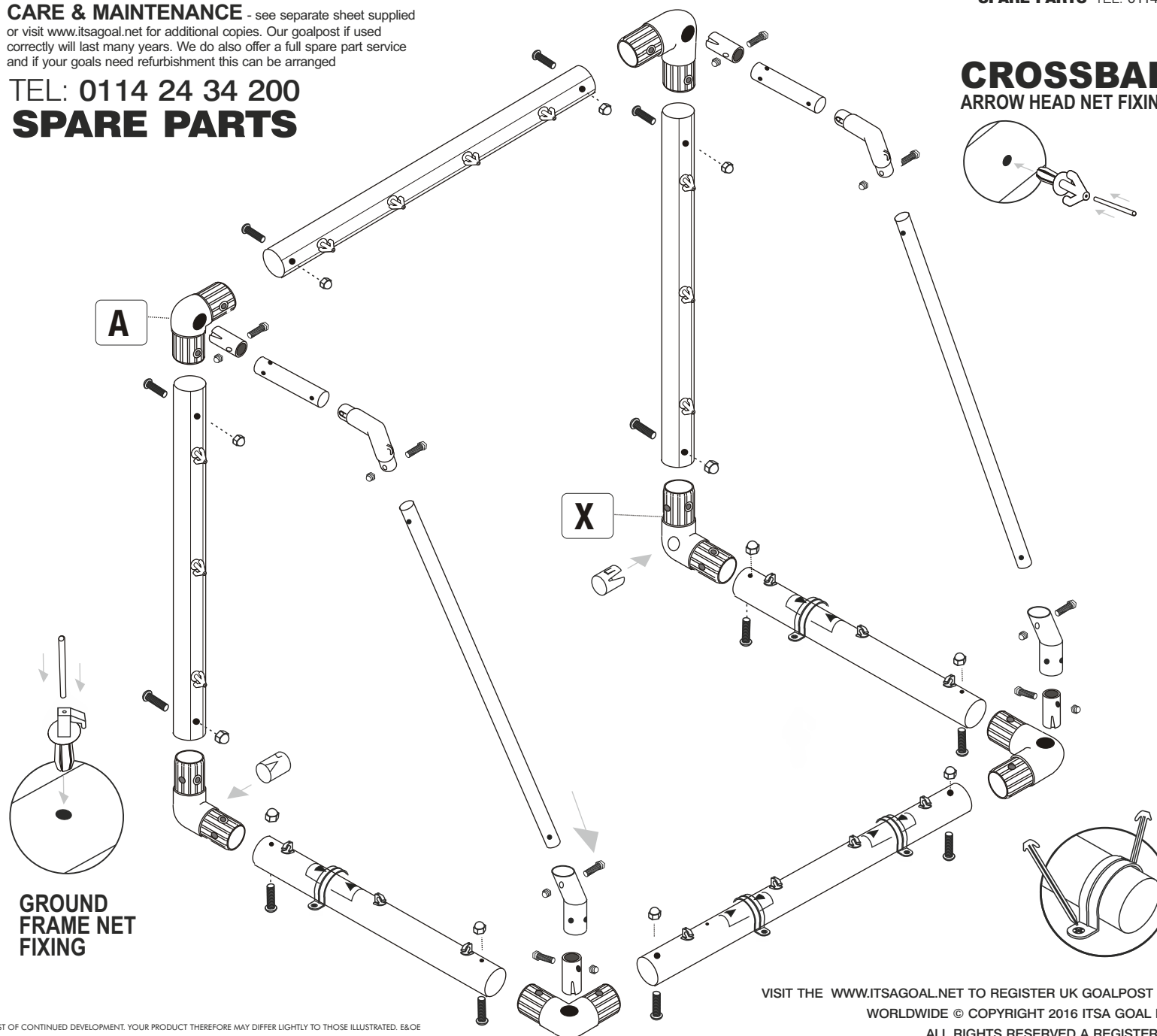
SPARE PARTS TEL: 0114 24 34 200

COMPONENTS

A	FLANGED CORNER BRACKET with attached FLANGED BUSHES 2 HOLES	x4	
X	FLANGED CORNER BRACKET with attached FLANGED BUSHES 4 HOLES	x2	
B	NYLON SPIGOT	x4	
C	BLANKING CAP	x2	
D	MULTI-SURFACE ANCHOR	x4	
E	GROUND PEG	x8	
F	NYLON STANCHION ELBOW	x2	
G	NYLON LOWER BACK STANCHION CONNECTOR	x2	
I	NET TIE	x12	
J	M10 SOCKET DOME SCREW AND HEX DOME NUT - 75mm LONG	x12	
K	M8 HEX SCREW AND HEX DOME NUT - 50mm LONG	x8	
L	ARROW HEAD NET FIXING with attached LOCKING PIN	x10	
NH	NET HOOK	x8	
AK	HEX KEY FOR COMPONENT J	x1	
NET	GOAL NET 4' x 3'	x1	

CARE & MAINTENANCE - see separate sheet supplied
or visit www.itsagoal.net for additional copies. Our goalpost if used
correctly will last many years. We do also offer a full spare part service
and if your goals need refurbishment this can be arranged

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SPARE PARTS

**CROSSBAR
ARROW HEAD NET FIXING****POST SECTIONS**

Aluminium Sections and Tubes

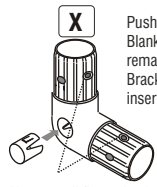
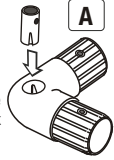
M	CROSSBAR SECTION 1190mm LONG - 70mm Diameter	x1	
N	BACKBAR SECTION 1190mm LONG - 70mm Diameter	x1	
O	SIDEBAR SECTION 580mm LONG - 70mm Diameter	x2	
P	UPRIGHT SECTION 815mm LONG - 70mm Diameter	x2	
Q	TOP STANCHION TUBE 100mm LONG - 40mm Diameter	x2	
R	BACK STANCHION TUBE 850mm LONG - 40mm Diameter	x2	

GOAL POSTS MUST BE ANCHORED AT ALL TIMES
Optional longer pegs are available for use on sandy ground. On
grass, a risk assessment of soil and weather conditions suitability
should be carried out when anchors or optional counter weights are
to be used. Please note optional guy ropes are available; the guy
ropes can be fixed to both sides of the goals to provide extra
stability and reduce sideways sway.

CORNER BRACKETS

BEFORE YOU START TO ASSEMBLE YOUR GOAL PREPARE THESE FIRST.

Push and Lock the Spigots to four of the six Corner Brackets.

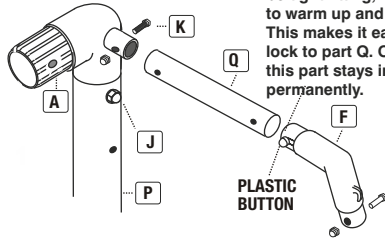


Push and Lock the Blanking Caps to the two remaining Corner Brackets. (already inserted)

Note: small flange bushes are already inserted to create tight fitting bolts.

CORNER BRACKET, STANCHION & ELBOW ASSEMBLY

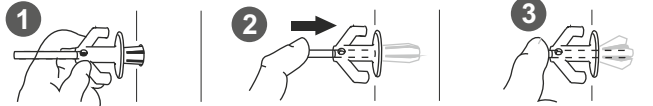
NOTE: Ensure Top Stanchion holes are aligned with the Stanchion Elbow.



NOTE - The Plastic button on the stanchion elbow is designed to be tight fitting, push in and out to warm up and make pliable. This makes it easier to insert and lock to part Q. Once connected this part stays in place permanently.

DO NOT THROW THE LOCKING PINS AWAY

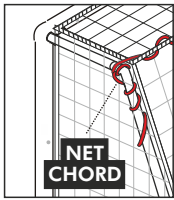
ARROW HEAD NET FIXING



1 Insert Arrow Head into holes on posts

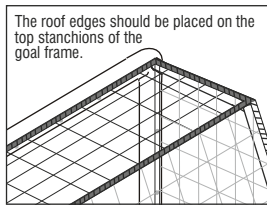
2 Push locking pin down centre

3 Ensure locking pin is inserted fully in the posts



To help define the roof of the net. Tie the cord to one side and pull the net chord tight and wrap neatly down and around the stanchion section.

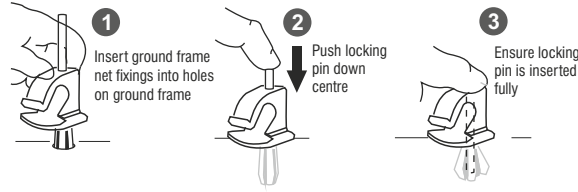
If you are regularly attaching or detaching the net then apply colored tape to the roof corners of net to help identify the roof area.



The roof edges should be placed on the top stanchions of the goal frame.

DO NOT THROW THE LOCKING PINS AWAY

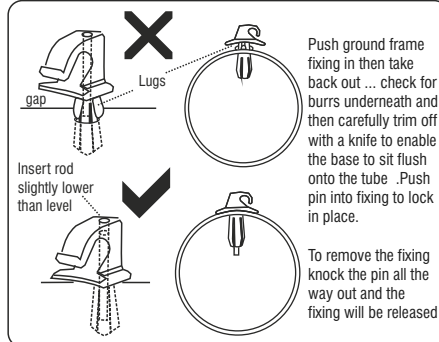
GROUND FRAME NET FIXING



1 Insert ground frame net fixings into holes on ground frame

2 Push locking pin down centre

3 Ensure locking pin is inserted fully



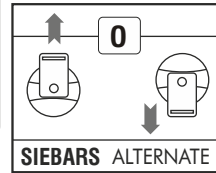
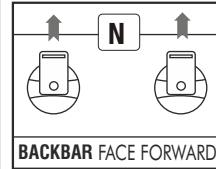
Insert rod slightly lower than level

Push ground frame fixing in then take back out ... check for burrs underneath and then carefully trim off with a knife to enable the base to sit flush onto the tube. Push pin into fixing to lock in place.

To remove the fixing knock the pin all the way out and the fixing will be released

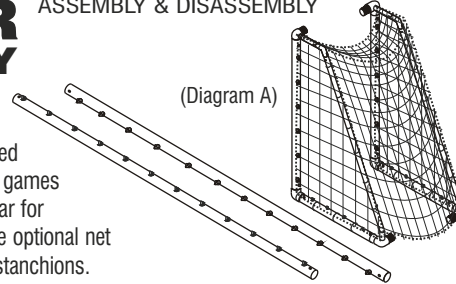
On back frame fix all the same way with opening facing inwards. On side frames along the ground fit alternate.

FIXING POSITIONS



FASTER MATCH DAY ASSEMBLY & DISASSEMBLY

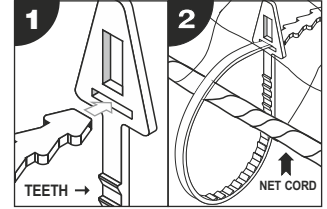
The goal net can be left attached to the pre-assembled goal post side frames. After games detach crossbar and back bar for storage. We advise fitting the optional net ties to the side frames and stanchions.



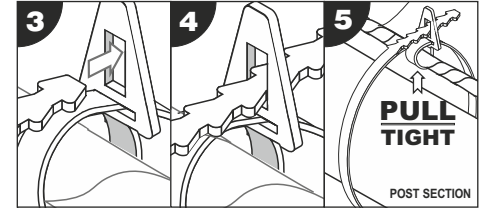
REMOVABLE NET TIES - OPTIONAL

ENSURE THAT YOU TIGHTEN THE NET TIE AROUND THE NET-CORD (no more than 340mm apart)

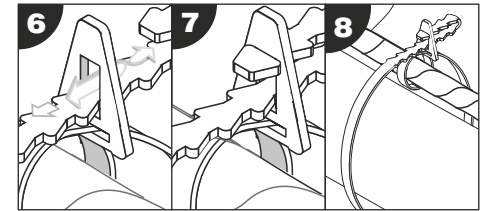
Ensure the teeth of the Net tie are facing you (see step 1). Loop the Net Tie around the Net Cord and slide the end into the horizontal slot and pull tight onto Net Cord (see step 1-2).



The vertical slot of the Net Tie is used to secure the net to the post. Loop the Net Tie around the post and insert through vertical slot and twist to lock. (steps 3 - 5).



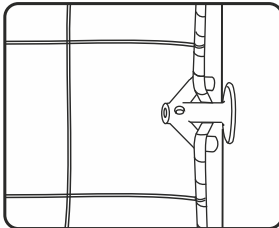
Any excess Net Tie can looped back into the vertical slot. This will also secure the net tie in a fixed position (steps 6 - 8). If Net Ties are to be removed after use then do not loop back into vertical slot.



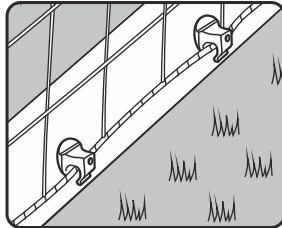
SMALLER STANCHION NET TIES

Smaller net ties are ideal to attach nets to the side frames and the back net support tubes. These are useful when you leave your nets attached to the goals at all times as shown on the diagram to the left. (Diagram A).

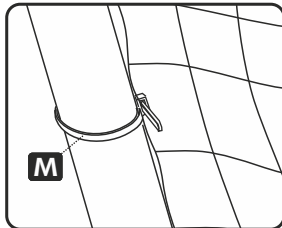
ANCHORING YOUR GOAL ON GRASS - POSITION YOUR GOAL ON A LEVEL PLAYING SURFACE. PLACE THE MULTI-SURFACE ANCHOR OVER EACH SIDE OF THE GROUND FRAME (POSITIONS SHOWN) HAMMER THE PEGS THROUGH THE HOLES IN THE ANCHOR DOWN UNDER THE FRAME INTO THE GRASS. ADDITIONAL ANCHORS OR LARGER PEGS CAN BE PURCHASED FOR USE ON SOFT GROUND OR SAND. ANCHORS WITH EXTRA BOLTS CAN BE USED FOR HARD SURFACES SUCH AS TARMAC. COUNTER BALANCE WEIGHTS CAN ALSO BE USED (SUPPLIED SEPARATELY).



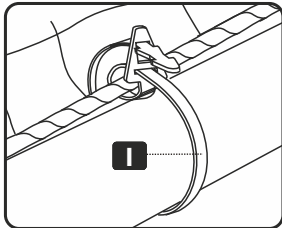
FIT NETS TO ARROWHEAD FIXINGS



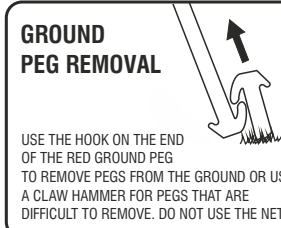
FIT NETS TO GROUND FRAME FIXINGS



OPTIONAL - STANCHION TIES

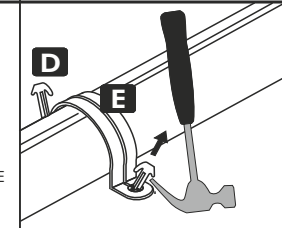


OPTIONAL - NET TIES

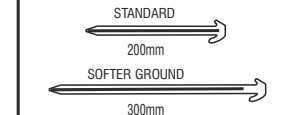


GROUND PEG REMOVAL

USE THE HOOK ON THE END OF THE RED GROUND PEG TO REMOVE PEGS FROM THE GROUND OR USE A CLAW HAMMER FOR PEGS THAT ARE DIFFICULT TO REMOVE. DO NOT USE THE NET.

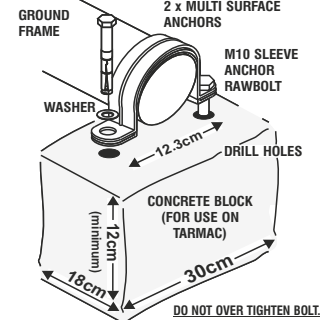


LONGER GROUND PEGS ARE AVAILABLE SEPARATELY.

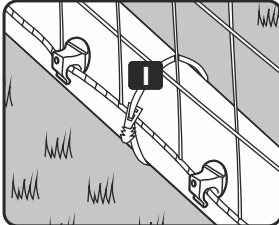


Longer pegs are to be used on sandy or soft ground earth. A risk assessment of soil conditions suitability should be carried out when anchors are to be used.

THIS METHOD SECURELY ANCHORS YOUR GOAL DOWN ON TARMAC

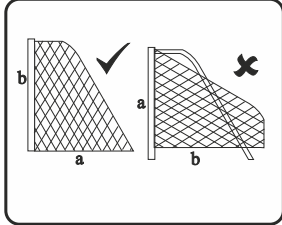


DO NOT OVER TIGHTEN BOLT.

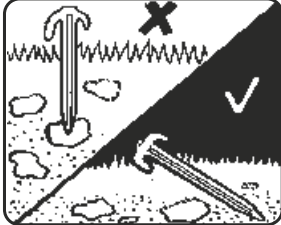


OPTIONAL - small stanchion net ties and larger net ties are ideal to fit nets tightly to the side ground frames and stanchions. This is ideally when nets are left attached to the fully assembled side frames.

On back frame fix all the ground frame net fixings the same way with opening facing inwards. On side frames along the ground fit them alternate.



SQUARE MESH Net is cut to shape. Simply throw over the frame and fit each end onto top stanchion by securing on each corner of crossbar. NOTE: If your net does not fit the first time, you may be fitting it to the goal frame upside down i.e. that is to say the net from the crossbar to the floor (a) is longer than the length of the net to the bottom of the upright (b).



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