



How Does It Work

1 Swipe Member Card

Each shooting lane is equipped with a bar code reader. As soon as a card is swiped through the reader, the RapidShot computer is activated and awaits your commands.

2 Set Player Preferences

The RapidShot Hockey Training System is controlled by four command buttons using a hockey stick. Players use the command buttons to adjust the 8 passing speeds and 8 intervals between passes.

3 Select Playing Mode

Players can choose between Competition Mode, Duel Mode, Training Mode or Stick Testing Mode.

4 Shoot

Select start and keep your head up... a series of 16 passes will be fired at the speed and interval selected. An instant before each pass reaches the player's stick, the shooting target will light up. The speed, accuracy, reaction time and an overall point value are instantly calculated after each shot and displayed on the computer monitor.

5 Get Day Report

After a session of shooting, members can view their [Day Report](#) on the internet site, summarizing their performance. Details include speed, reaction time, points, hit rates for each target and [World Rankings](#) status.

6 Check Online Rankings

All rankings recorded during Competition and Duel Mode shooting are uploaded to www.rapidshot.com regularly throughout the day. Players can visit the web site at anytime to monitor their standings and compare with other players in their age group.