

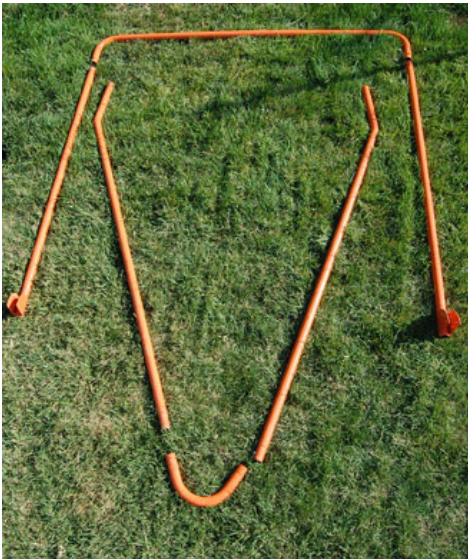
## Backdoor Goals Lacrosse

# Practice Goal

1. Take the pieces out of the box and lay them out. The picture below shows which piece is which. The two front and back pieces are identical and there is no need to worry about which is left or right.



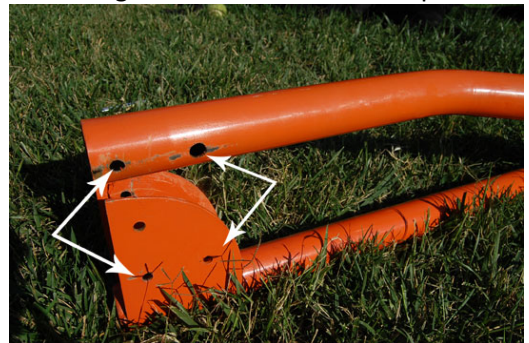
2. Place the pieces so that you can slide them together. There is a front face of the goal, which is the top U shape, and a back triangular stand.



3. Connect the pieces by pushing them together matching the metal buttons with the holes. You should have a top U piece and a bottom triangle. Then place the triangle over the U like the picture below.



4. Be sure to match up the last hole in the bottom triangle to two holes on the top U.



5. Place the bolts in the corner holes as below. Tilt the back triangle stand up and place the pin through the holes as shown.



6. Lift the front of the goal back to stand it upright. String the netting with the provided string or use bungees to attach the net to the goal.
7. To move it, take the pins out, flip the back up, and place the pins through the other set of holes.