

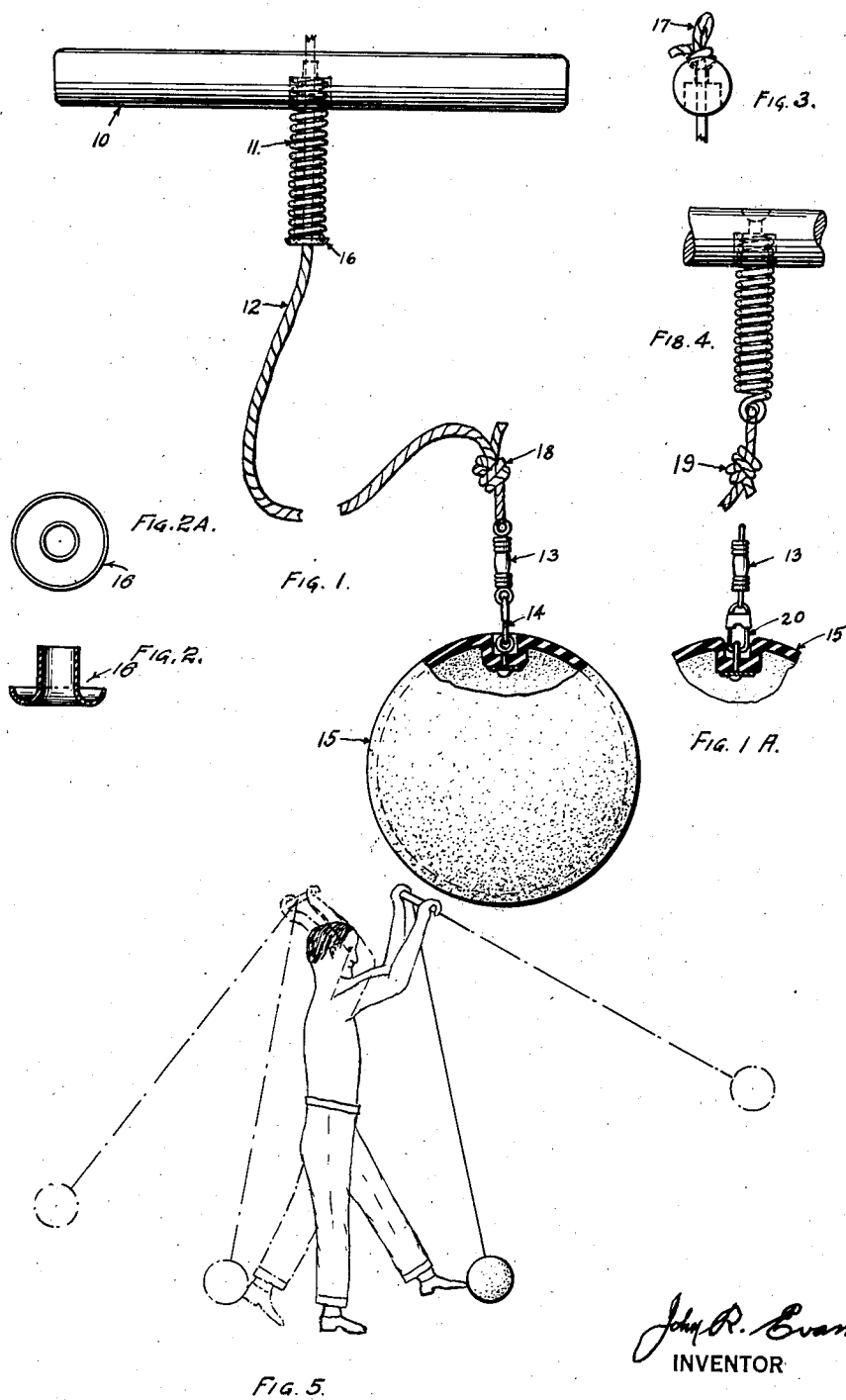
Jan. 9, 1940.

J. R. EVANS

2,186,016

EXERCISING BALL AND SUPPORT THEREFOR

Filed June 9, 1938



UNITED STATES PATENT OFFICE

2,186,016

EXERCISING BALL AND SUPPORT THEREFOR

John R. Evans, West Pittston, Pa.

Application June 9, 1938, Serial No. 212,695

5 Claims. (Cl. 272-57)

This invention relates to an improved exercising ball and support therefor adapted for use generally for exercising purposes as well as for training athletes in preparation for various sports such as football, soccer, and the like.

One object of the invention is to provide an exercising device which may be readily used either in a gymnasium or in the home and which does not require any expensive or cumbersome apparatus or accessories for its use.

Another object of the invention is to provide an improved exercising device which is very compact and may be readily folded into a small package and carried in the pocket when not in use.

Another object of the invention is to provide a device that will assist in training the eye, and enable the user to more efficiently gauge the speed and direction of moving objects.

Other objects and advantages of the invention relate to various improved details of construction and novel methods of operation as will be more fully set forth in the detailed description to follow.

Referring to the drawing:

Fig. 1 is a perspective view of the device illustrating the position of the parts at rest.

Fig. 1A is a front sectional view showing manner of attaching the cord to the ball.

Fig. 2 shows side view of a metal eyelet used in the end of the spring.

Fig. 2A shows plan view of the metal eyelet shown in Fig. 2.

Fig. 3 is a detailed sectional view taken through the forward position of the handle bar showing the cord attached to handle bar.

Fig. 4 shows an alternative arrangement whereby the cord is attached to lower end of the spring rather than directly to the hand bar.

Fig. 5 is a perspective view of the device illustrating the same in an operative position in the hands of the user, showing that the ball may be kicked back over the head and returned to starting position, thereby describing a complete circle.

In the embodiment of the invention illustrated herewith, 10 designates the handle bar made of wood or metal as shown in Fig. 1. Coil spring 11 is attached directly non-rotatably to handle bar 10. Guard 16 at the lower end of coil spring 11 is of metal and rounded to prevent wear of ball-supporting cord 12. The cord 12 may be made of leather, fibre, elastic, or similar material and may extend through guard 16 and coil spring 11 and be attached directly to handle bar 10 and metal swivel 13 as shown in Fig. 1; or according

to an alternative arrangement as shown in Fig. 4, the cord may be attached to lower end of the coil spring 11 instead of being passed through the spring for connection with the hand-bar.

A swivel connection designated by numeral 13 in the drawing, is secured to the free end of cord 12 for the purpose of removably attaching the cord to ball 15. The swivel connector also eliminates twisting, kinking and raveling of the cord 12 when the ball is connected thereto and yet the ball may spin freely on the end of the cord while in use. Eye bolt 14 is permanently attached to the ball and countersunk in an indentation in the surface of the ball. Ball 15 may be detached from the cord and used for batting or throwing purposes, if desired. The ball 15 is supported from the elastic, fibre, or cord of similar material, member 12, and handle bar 10 by means of an eye bolt and washer 14 and swivel 13 when the device is to be used as a kicking bag. As shown in Fig. 5 of the drawing the ball 15 may be struck by the toes of the user to drive it in an arc to the limit of its movement as determined by the cord 12, from which position it will be returned by the cord towards the foot of the user.

Knot 17, Fig. 3, designates means of attachment of ball supporting cord 12 to handle bar 10. The knot is inset in handle bar 10, and figures in the adjustment of ball supporting cord 12 to the desired length.

It will be seen that the device shown and described provides a novel form of kicking bag or exercising device which is capable of use as a kicking bag either in a gymnasium or in an ordinary room and is adapted to promote coordination of eye and muscle. The device is well adapted for training soccer, and football players to develop accuracy in kicking the ball, as well as developing muscles of the players.

What I claim is:

1. A device of the character described, comprising a hand-bar to be held horizontally between the hands above the head of the user, a cord, one end of the cord being secured to the hand-bar, the other end of the cord extending downwardly to a point below the knees and above the feet of the user and attached through the medium of a swivel connection to a ball to be kicked by the user's feet.

2. A device of the character described, comprising a hand-bar to be held horizontally between the hands above the head of the user, a coil spring attached to the mid-point of the hand-bar and extending normal thereto, a cord, one end of the cord being secured to the free end of the coil

spring, the other end of the cord extending downwardly and supporting a ball in a position freely suspended at the user's feet so that the ball may be readily kicked by the user's feet.

- 5 3. A device of the character described, comprising a hand-bar to be held horizontally between the hands above the head of the user, a coil spring attached to the mid-point of the hand-bar and extending normal thereto, a cord, one end of the cord extending through the spring and being 10 secured to the hand-bar, the other end of the cord extending downwardly to a point below the knees and above the feet of the user and supporting a ball in a position freely suspended at the 15 user's feet so that the ball may be readily kicked by the user's feet.

4. A device of the character described, comprising a hand-bar to be held horizontally between the hands above the head of the user, a coil

spring attached to the mid-point of the hand-bar and extending normal thereto, a cord, one end of the cord being secured to the free end of the coil spring, the other end of the cord extending downwardly to a point below the knees and above the feet of the user and attached through the medium of a swivel connection to a ball to be kicked by the user's feet. 5

5. A device of the character described, comprising a hand-bar to be held horizontally between the hands above the head of the user, a cord, one end of the cord being secured to the hand-bar, the other end of the cord extending downwardly to a point below the knees and above the feet of the user and secured to a ball, the ball being 10 freely suspended in a position to be kicked by the user's feet. 15

JOHN R. EVANS.