



NOVA Autotennis User Guide

First time here? No worries!
Let's enjoy tennis and get started with confidence.

How to Use — Easy 5-Step Process

STEP 1

Check Our [Website](#) in Advance

Please review the User Guide and reservation system before your visit.

You can easily check everything from home.



STEP 2

Arrive & Get Ready

Prepare your drinks, change into tennis shoes, attach a vibration dampener, and change clothes if needed.

Please complete your preparation before payment.

STEP 3

Reception & Payment

Confirm your racket, shoes, and reservation details at reception.

Receive your court tag after payment.

Your playing time starts once you receive your court tag

STEP 4

Enjoy Playing on the Court!

Please follow all safety rules and prohibited actions.

Have fun and enjoy your session!

STEP 5

After Playing

Return all balls to the machine, put equipment back in its designated place, and return your court tag to reception.

If you wish to continue playing, please return to reception after your session.

 **Important** : Your usage time starts after payment.
Please complete all preparations beforehand so you can begin playing immediately.

Reservations — Web Booking Recommended, Walk-ins Welcome



Web Reservation (Recommended)

- ✓ You can make a reservation from the “[予約する \(Reserve\)](#)” page on our website.
-  Reservations can be made easily from your computer, smartphone, or tablet.
- ★ To ensure availability, we highly recommend **booking in advance**.



Walk-in (No Reservation Required)

- ✓ You may also use the facility without a reservation on a first-come, first-served basis.
-  The maximum number of tokens you can use continuously at one time is 3 tokens.
-  After finishing, you may line up again and continue playing if a court is available.
-  **Email Notification Service** : During busy periods, we will provide you with a waiting number tag. Scan the QR code and register your email address to receive a notification when your turn is approaching.

What to Bring & Rental Items

✓ Required Items



Tennis Racket

※Rental rackets are available.



Tennis Shoes

Please wear shoes with clean soles. Outdoor athletic shoes are also acceptable.

※Rental shoes are available.



A Positive Attitude!

Don't worry if you don't play perfectly at first.
Just relax and enjoy the game!

+ Recommended Items



- Change of clothes
- Towel
- Water or sports drink

Changing rooms and vending machines are available.



Insect repellent
(recommended during summer)



Rental Racket

¥300 each
(tax included)



Rental Shoes

¥400 per pair
(tax included)



Rental Socks

¥150 per pair
(tax included)



【Please Note】

1. Shoes with spikes or damaged soles are not permitted, as they may damage the court.
2. Rackets with worn or peeling grip tape may not be used.

Pricing System — 1 Token = 8 Minutes of Court Time

Single Session

Day	1 Token (1 Game)
Weekdays	¥470 (tax included)
Weekends & Holidays	¥530 (tax included)

Court Time

1 Token = 8 minutes of court use

(5 minutes of machine operation: Approximately 75 balls)

Token Packages

Package	Price (tax included)	Valid For
20 Tokens	¥8,400	6 months
100 Tokens	¥39,000	1 year
200 Tokens	¥70,500	1 year

※Payment Information

Token packages cannot be purchased using QR-code payment.



We accept:

Cash, Credit cards, IC transportation cards, iD, QUICPay, Other major cashless payment methods

Your package will be exchanged for tokens at the reception desk.

How Your Playing Time Works

Basic Rule : 1 Token = 8 minutes of court use (5 minutes of machine operation)

 **Example: Using 3 Tokens**

3 Tokens Purchase at reception	×	8 minutes The court time for each token	=	24 minutes of court use
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 **Machine operating time: 15 minutes (5 minutes × 3)**

 **Time Management:**
Please keep track of your own playing time.

- You will receive a court tag showing your return time
- Please use the court clock or timer to manage your session.
- Return your court tag to reception before your scheduled return time.

 **Important Notes**

- Any unused tokens remaining after your court time has ended cannot be carried over and will be forfeited.
- If you need to stop playing due to illness or injury, please inform a staff member as soon as possible.

Recommended Number of Tokens & Playing Time (1) : Walk-in Play (No Reservation)

1. If You Do Not Have a Reservation

Tokens	Playing time (min)	Break Time (min)	Total Court Time (min)
1	5	3	8
2	10	6	16
3	15	9	24



Important:

For walk-in play, you may use up to 3 tokens at one time.

If you would like to continue playing after your session, please return to the waiting line. You may play again if a court is available.

¹/₂ Recommended Number of Tokens & Playing Time (2) :

Reserved Sessions (30 or 60 Minutes)

🕒 2. 30-Minute Reservation

Tokens	Playing Time (min)	Break (min)	Total Court Time (min)
3	15	9	24
4	20	10	30
5	25	5	30

👍 Recommended:

- For first-time visitors, **4 tokens** is the recommended option.
 - Using **5 tokens allows very little break time**, so it is recommended only for players who are already familiar with Auto Tennis.
- *For 4–5 token sessions, the break time is shortened to keep the total court time within the 30-minute reservation period.

🕒 3. 60-Minute Reservation

Tokens	Playing Time (min)	Break Time (min)	Total Court Time (min)
7	35	21	56
8	40	20	60
9	45	15	60
10	50	10	60

👍 Recommended:

- For first-time visitors, **8 tokens** is the recommended option.
 - Using **9-10 tokens allows very little break time**, so it is recommended only for players who are already familiar with Auto Tennis.
- *For 8–10 token sessions, the break time is shortened to keep the total court time within the 60-minute reservation period.



Make the Most of Your Auto Tennis Session: What You Can Do During Break Time

①

Shadow Swings

Practice your swing using the Ace Trainer or Power Stroke training equipment.

②

Tennis Guide Practice

Use our Tennis Guide training equipment to improve your technique.

③

Serving Practice

You may use missed balls to practice your serves.

④

Ball Feed Practice

You may also use missed balls for additional stroke practice.

⑤

Coaching & Advice

Parents can coach children, senior players can help juniors, and experienced players are welcome to assist beginners.

⑥

Video Analysis

Tripods and smartphone holders are available for recording your strokes.

⑦

Footwork Training

Practice your movement using our agility ladder and training cones.

⑧

Balance Training

Balance balls are available to improve stability and body control.



**Please
Note**



Rallying between players is not permitted.



Do not hit balls toward the side or rear safety nets.

If you would like to borrow any training equipment, please ask our staff at the reception desk.

Additional Services — Enjoy Tennis Even More



Serving Practice (Unlimited Balls)

Weekdays

Time-based (10-minute units), unlimited balls!

Solo Practice

¥470 (tax incl.)

Practice for 2

¥710 (tax incl.)

- ⚠ Cannot be used at the same time as Auto Tennis.
- ⚠ May be paused during busy periods.
- ℹ Multi-session tickets accepted (solo practice only).
- ⚠ No reservation system available.



Other Convenient Services



String Replacement

For details, please see our other website,
["Gut Restringing Shop Nova"](#).



Try a New Racket

Per person: ¥300 (tax incl.)
※Free if you bring your own racket



Try a Used Racket

Per person, per try: ¥500 (tax incl.)
※Up to 5 rackets per try

["Gut Restringing Shop Nova"](#)
Website



📄 Machine Setting Tips — Picture a “Coach Feeding Balls”

STEP 1

Practice with Slow Balls



STEP 2

Get the Feel of the Feed
Rhythm



STEP 3

Speed Up to Rally Pace

This Is “Coach-Style Ball Feeding,” Not a Rally



Since the court is a standard half-court, balls come from a short distance. Picture a coach feeding balls to you, and get ready to move before the ball comes out — this lets you play with the same rhythm as on a real court.

- ✓ Set the machine to slow balls, move your feet, and use your whole body
- ✓ 4-second feed rhythm — get a feel for it
- ✓ Gradually increase the speed and shift to a rally mindset



**Recommended Initial
Settings**
(details on next page)

Speed “2–3”

Spin “Flat”

Left/Right
“OFF”

Quick Guide: How to Operate the Machine — Start Here If It's Your First Time

Recommended Initial Settings for Each Button



Spin Button

Start with "Flat"

Adjusts the ball's spin



Up/Down Button

Start by leaving it as is

Default setting is "slightly upward"



Speed Button

Start with "2-3"

Adjusts the ball's speed



Left/Right Button

Start with "OFF"

Locks the ball to the center of the court

Important Notes

 Insert tokens one at a time
(inserting 2 or more at once will jam the machine)

 There is no pause function

 Settings can be changed while playing

Using the Up/Down Button

Slow ball →

Fast ball →

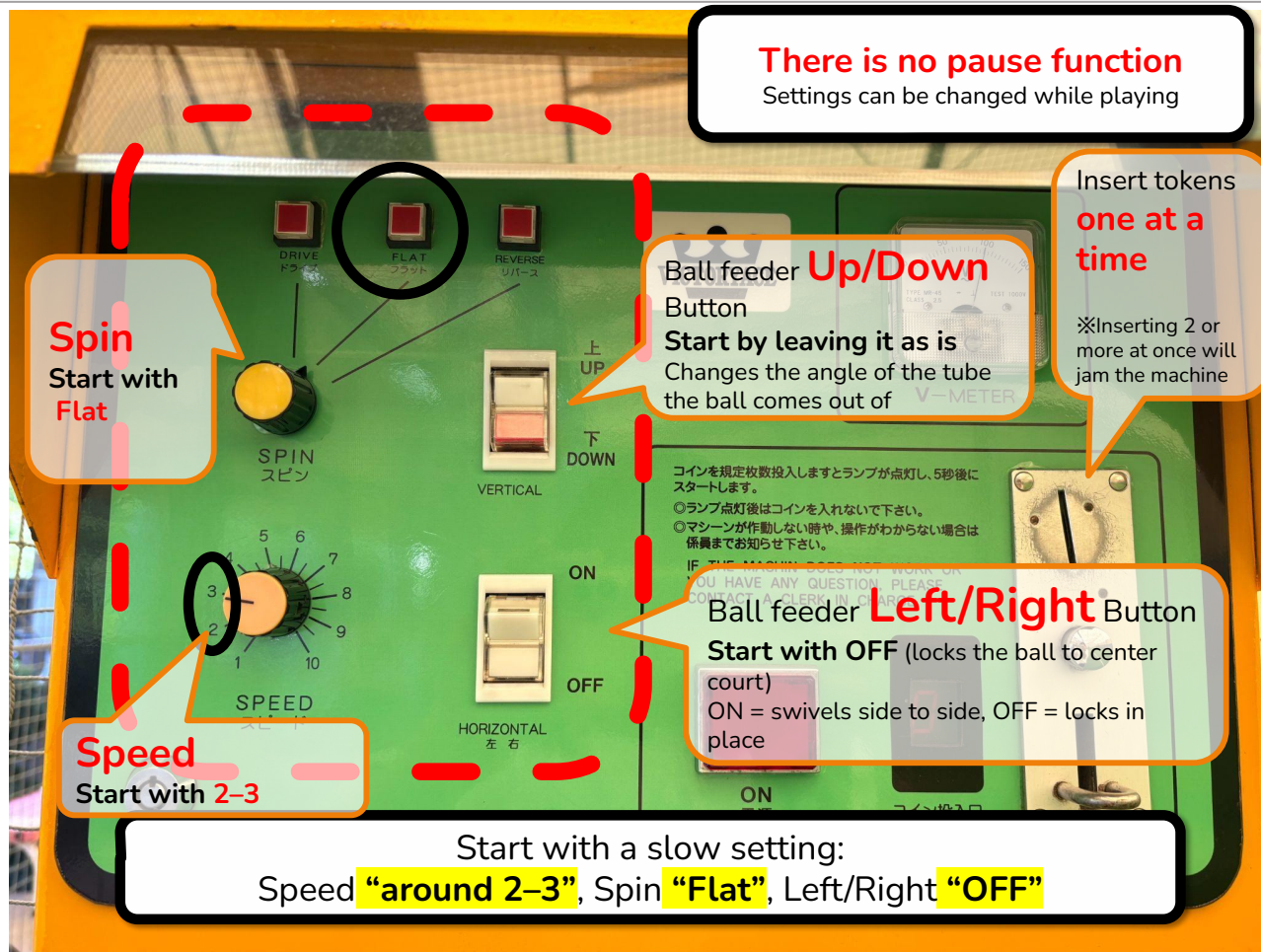
Raise it up high, and...

→ **Great for high-volley and smash practice!**

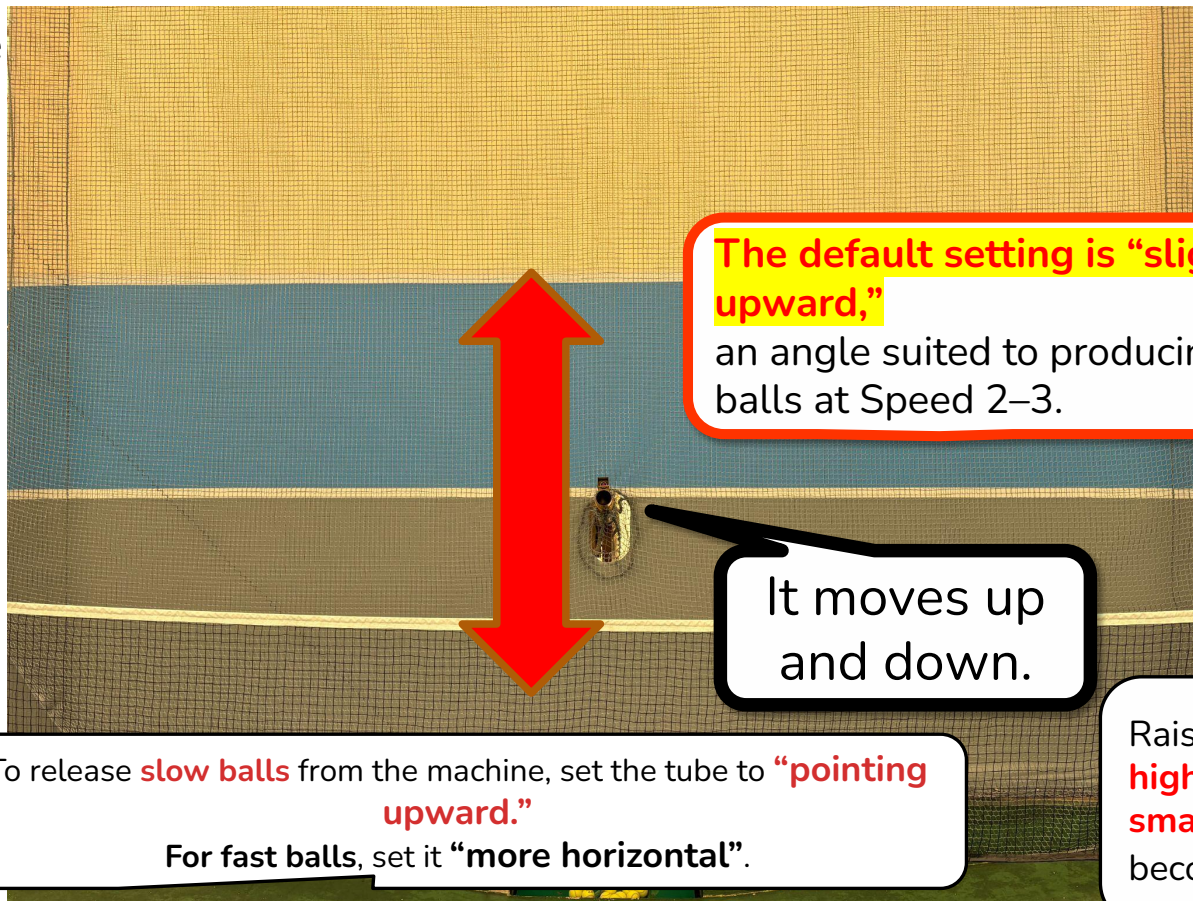
※The up/down button resets to default each time, so it needs adjusting with every token inserted.

Recommended Settings for First-Time Users

The machine contains approximately **30 tennis balls**. The balls you hit return to the machine and are reused continuously.



Ball Chute Up/Down Setting



The default setting is “slightly upward,”

an angle suited to producing arcing balls at Speed 2–3.

It moves up
and down.

To release **slow balls** from the machine, set the tube to “**pointing upward.**”

For fast balls, set it “**more horizontal.**”

Raise it up high, and
**high-volley and
smash** practice
becomes possible.

Ball Chute Left/Right (Swivel)

※It won't alternate perfectly left and right; the direction changes every 4 balls.

“ON” moves it side to side.

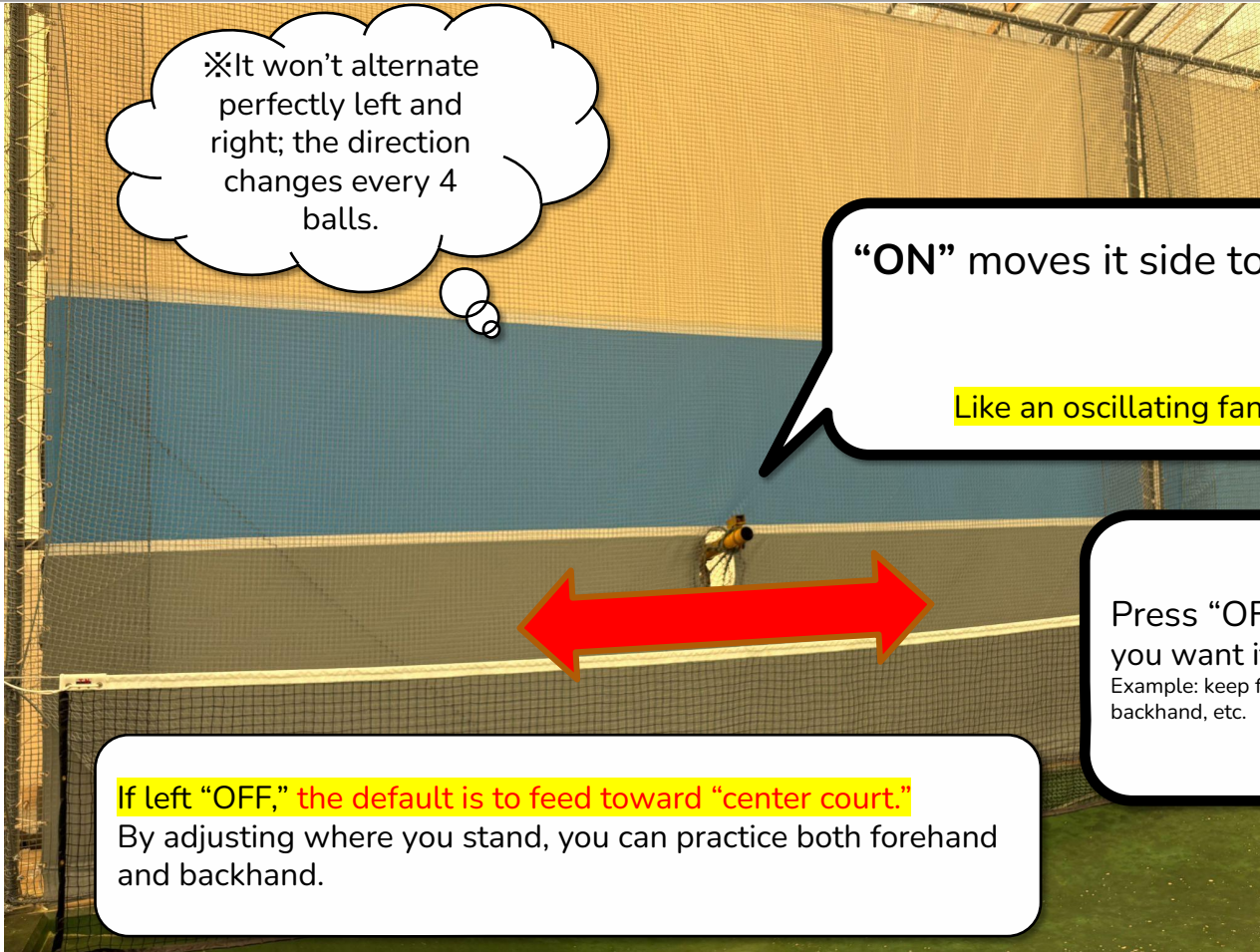
Like an oscillating fan

Press “OFF” at the moment you want it to lock in place.

Example: keep feeding cross-court to your backhand, etc.

If left “OFF,” the default is to feed toward “center court.”

By adjusting where you stand, you can practice both forehand and backhand.



! Play Safely — Rules to Follow



Safety Rules



Maximum of 2 people on the court at a time

※Switching players mid-session is fine



Be careful not to step on balls

Watch your footing and roll balls forward, back toward the machine



Keep 15 balls or fewer on the court

If too many balls are left on the court, the machine may run out of balls and stop feeding. For the best playing experience, please keep the number of balls on the court to about 15 or fewer.



Return training equipment to its designated spot

Please put it back before you start playing



Health & Physical Condition



Take it easy if it's been a while since you last played

If it's been over a year, start with a lighter volume



Stretch before and after playing

A great way to enjoy tennis for years to come!



Stay hydrated and take breaks often

Prioritize your health, including heat stroke prevention



About Tokens



Tokens cannot be taken home or carried over

Please use them within your session time



If you feel unwell and need to stop

Please let a staff member know as soon as possible.
In some cases, we can exchange your remaining tokens for a voucher.



Prohibited Actions & Summary — For Everyone’s Enjoyment



Main Prohibited Actions

Category	Prohibited Action
Safety	Entering the sloped area at the front of the court
Safety	Rallying (hitting balls back and forth with another player)
Safety	Hitting balls or rackets against the side/rear ceiling or nets
Equipment	Use of vibration dampeners under 5cm (allowed in some cases with conditions) *Since dampeners that are too small can cause the machine to malfunction, we ask you to remove them, or staff members secure them in place with fishing line.
Manners	Drinking, smoking, or being under the influence of alcohol at the facility
Manners	Behavior that disrupts other guests' concentration
Time	Filming that includes other guests in the shot
Manners	Staying on the court beyond your allotted time



A Note About the Balls

The balls used are durable, **non-pressurized balls** . They feel harder and heavier to hit than regular balls, so if it's your first time,

Start with about 50% of a full swing to get a feel for the impact. Please remember to take care of yourself afterward — massaging your wrists, elbows, and shoulders, etc.

We also offer **free vibration dampener rentals** at reception to help prevent injury. Just ask a staff member if you'd like one.

**Enjoy Auto Tennis for
Better Skills, Refreshment, and
Health!**

**We hope everyone will enjoy the facility
with consideration for others.**

*For further rules and details, please see the Terms of Use on our website.