Global Sports Solutions GmbH

Sport
Coaching

TRAINER V3

- Software overview -

Visualize your training

SportCoaching® TRAINER

Table of content

Objectives of the *SportCoaching®* software

- Planning and managing of sport lessons and practice hours
- Training preparation, realization and sum up
- Saving time and improving preparation of sport lessons and practice hours
- Fast available drill repertoire out of many different training areas
- Easy creation and collection of new training ideas
- Central drills collection and sports-knowledge database

SportCoaching® users

- Honorary coaches and assistants
- Trainers with acknowledged licences
- Full/half-time professional coaches(Diploma and Licensed)
- Sports teachers
- Sports education(ongoing education, universities, associations, clubs, sport camps etc.)

Deverlopers and authors of *SportCoaching®*

- Developers with wide-ranged IT knowledge and long-year professional experience
- Authors: Coaches and sport teachers with a fundamental education and broad experience

Drill design

Transform new ideas into reality, create your own drills

- Drill graphic with pre-defined field of the licensed sport (soccer, tennis etc.)

- Available training symbols for creating drills(players, coach, run/shooting symbols etc.)

- Edit already saved drills and save it as a new drill

- Explanation text to describe a drill(objective, sequence, variations etc.)

- Properties as filter and search criterias (number of players, lasting time, load etc.)

- 'Zoom' functionality of the sports field (segment zooming, field halves etc.)

- Integration of own video files

- Integration of own pictures or graphics (jpg, bmp oder gif)

- 'Export' functionality for drills to import them into other programs

- Drill can be displayed as a picture instead of a sports field

- Enhancement of the *SportCoaching®* TRAINER database with additional available

  drills collections from the *SportCoaching®* LIBRARY series

Drill design

Design, describe and characterize your drills

Eigenschaften - Volley-Rally

Volley-Rally

Name	Volley-Rally
Form	Übung
Spielstärke	Fortgeschritten
Mind. Spieleranzahl	3
Max. Spieleranzahl	6
Dauer	15 min.
Intensität	
Dauer	
Dichte	
Umfang	
Videopfad	
Bildpfad	
Datum	29.12.99

Properties

Bemerkungen

Volley-Rally

Ziel:
Verbessern der Sicherheit und
Plazierung des Volleys

Ablauf:
- Spieler 4 pendelt hinter Spieler 3
zwischen der Vorhand- und
Rückhandseite.
- Abaluf siehe Zahlen in der
Zeichnung
- Positionen werden nach zwei
Minuten gewechselt

Coach:
Der Coach bringt nach Ballverlust
einen neuen Ball auf Spieler 4 ins
Spiel.

Organisation:

Drill graphic

Explanations

Visualize your training

Drill design

Create and your drills with a pre-defined sports field, symbols and objects

Sportsymbole

Tools

Sport symbols

Edit

Practice objects

Zoom/Insert a picture

Text/Characters

Drill graphic
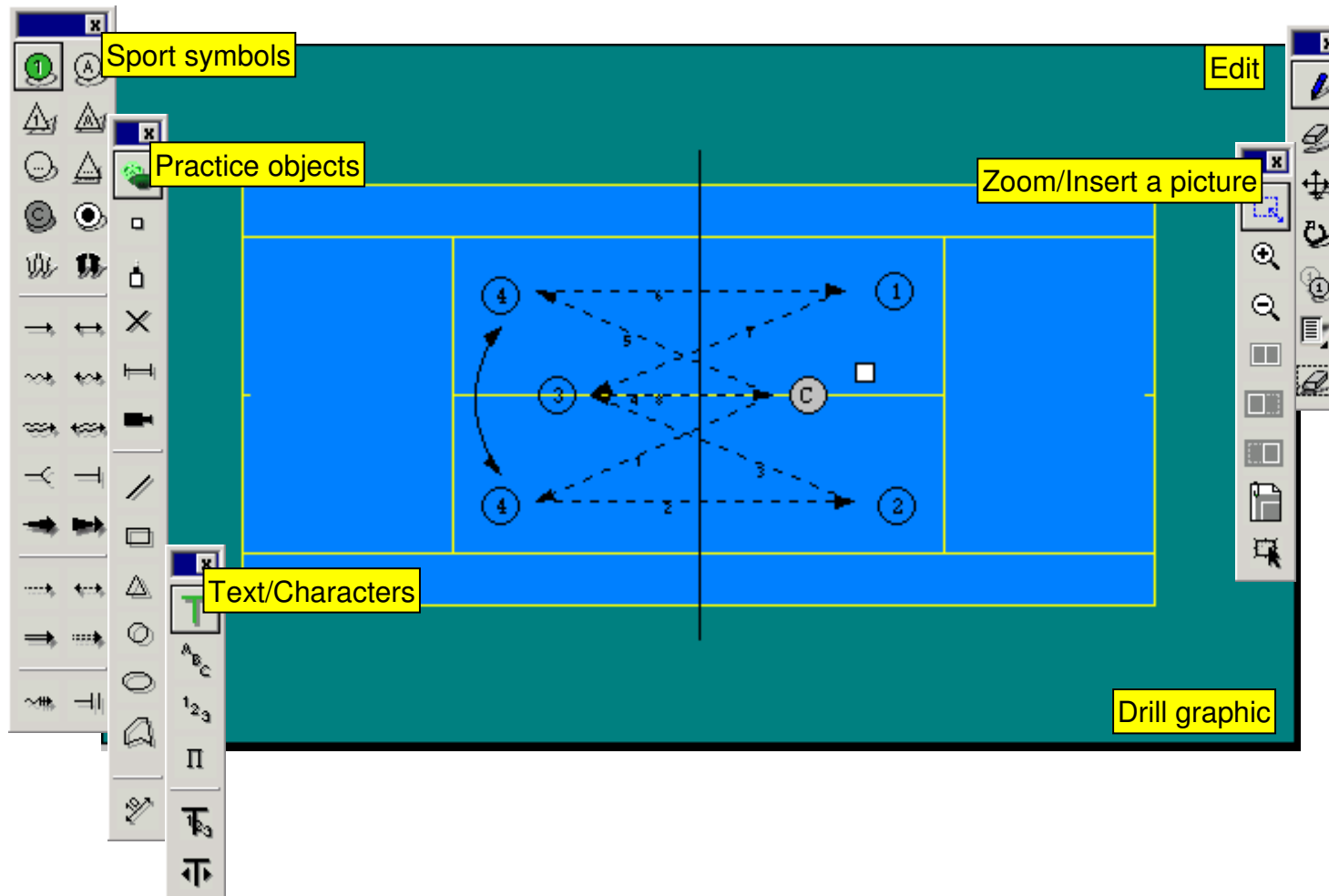
Visualize your training

Practice planning

The practice plan – The guideline to your success

- Arrangement of different drills to a practice plan

- Individual adjustment of the practice plans to students, classes, players and teams

- Practice plans can be printed

- The practice plan can be passed on to students and teams (additional recognized service)

- Practice plans can be changed anytime (Number and sequence of drills, times etc.)

- Time planning of the practice or the sport lessons

- Professional preparation within shortest time

- Systematic and objective-driven training and education

- Practice plan as a guideline to lead the sport lesson or practice unit

Visualize your training

Practice planning

Preparation is everything ...

Practice plan with different in views

• Drills as symbols
• List view
• Layout-view(Portrait/Landscape)

Practice plans can be adapted invidually

Practice plan Setup… -> Paper format

Practice planning

Practice plans can be adapted invidually

Practice plan Setup… -> Drills format

Practice plans can be adapted invidually

Practice plan Setup… -> Cover sheet

Practice plans can be adapted invidually

Practice plan Setup… -> Header/Footer

Practice planning

Practice plans can be adapted invidually

Practice plan Setup… -> Time bar
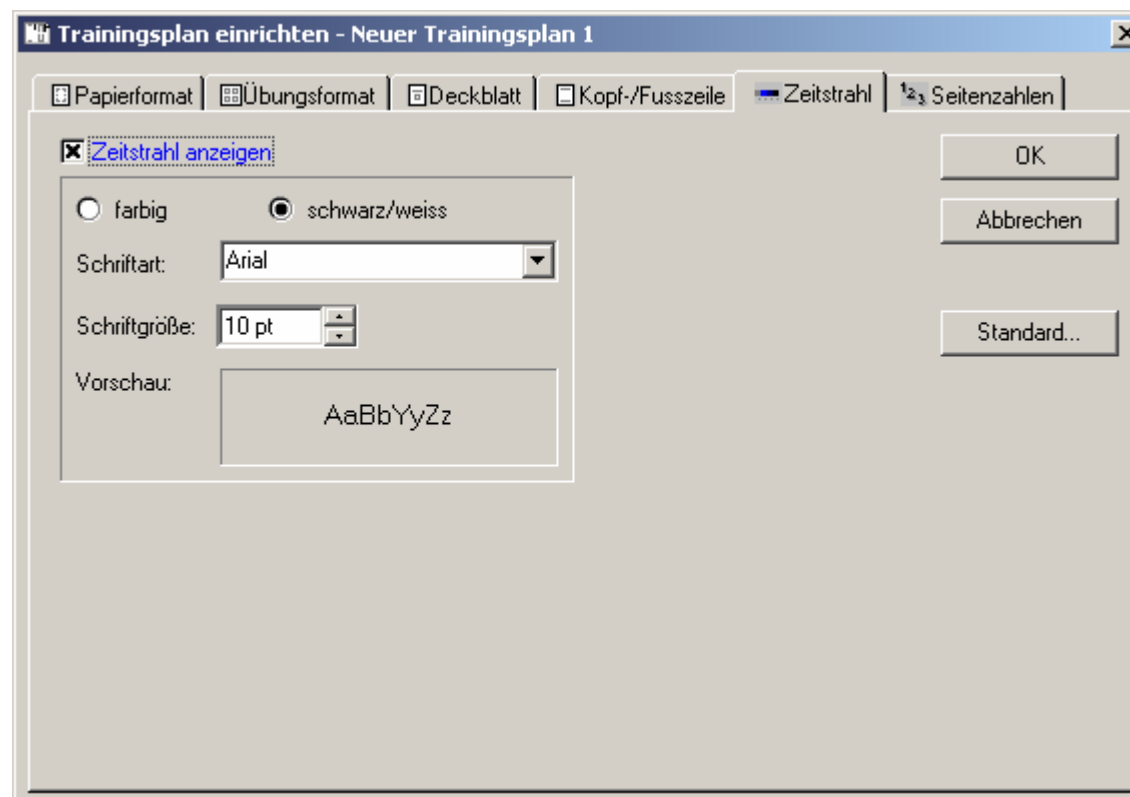
Practice planning

Practice plans can be adapted invidually

Practice plan Setup… -> Page numbering

SportManager

The assistant coach

The SportManager manages all practice plans and drills within an individually definable and subdividing structure (Condition, tactics etc.).

• Administration of practice plans and drills

• Clear setup of the database structure

• 'Search and find' functionality

• Filter functionality

• 'Preview' functionality (Quick View)

• 'Drag & drop' of drills into practice plans

Visualize your training

SportManager

Clear administration of practice plans and drills

The SportManager is split into three viewing panels:

Tree view for practice areas

Listing
• Drills
• Practice plans

Preview panel
• Drills
• Practice plans

Visualize your training
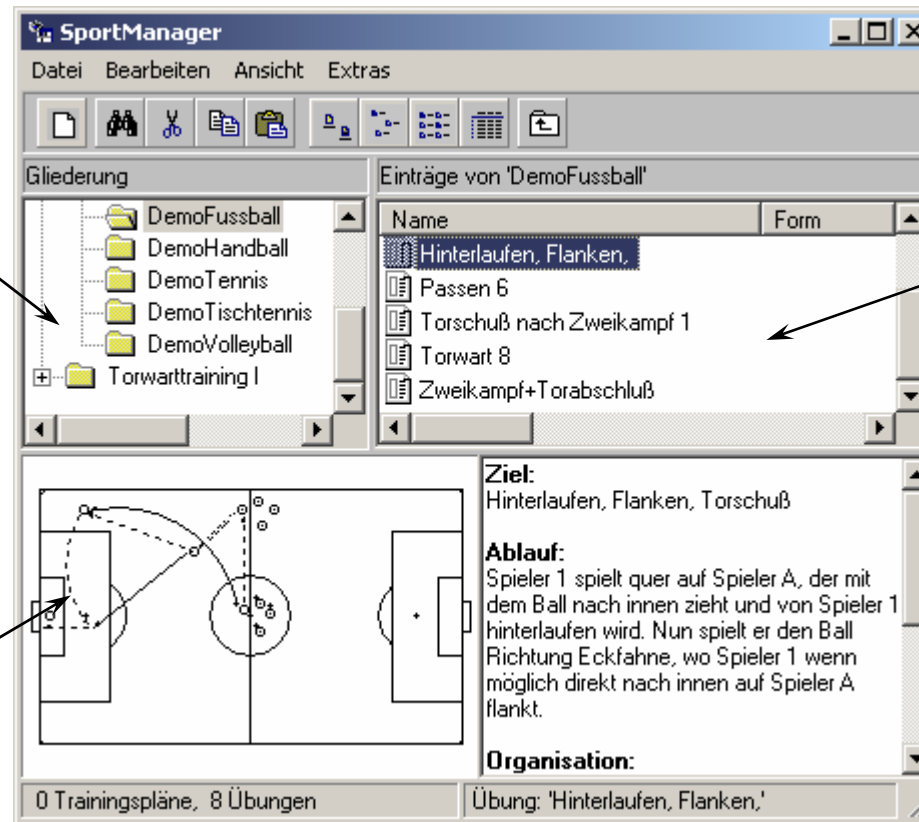
SportManager

Creation of practice plans with the SportManager

The *SportManager* serves as a tool to create new practice plans.

You can search for the wanted drill after you have opened the *SportManager*. If the drill fits into your training program, you can copy the drill from the SportManager with a ‚Drag&Drop' action into the practice plan.
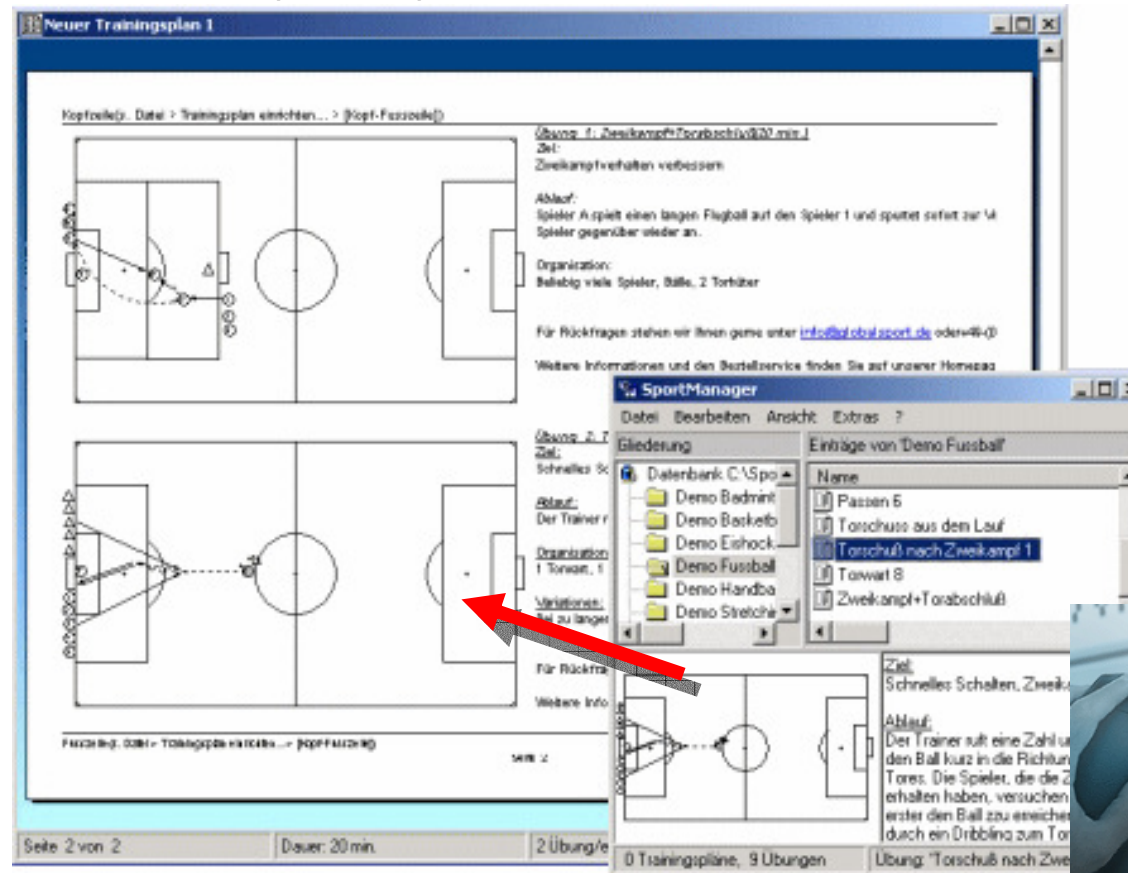
SportInfo-Manager

The sports-knowledge database

The *SportInfo-Manager* manages all additional information and theory items in order to be able to prepare an optimum training:

• Input of text and picture entries

• Comfortable administration of all entries

• Clear structured table of content ('Tree view' display)

• Extensive text editor functionalities to generate and edit entries

• 'Search & Find' functionality for entries

• 'Filter' functionality

• Entries can be copied into drill or practice plan explanations
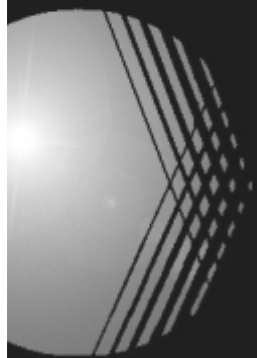
SportInfo-Manager

The sports-knowledge database

Table of content

Listing of the entries

Text editor for entries

Entries can be copied directly into the explanation text
of a practice plan or a drill

Visualize your training

Advantages for coaches and teachers

Think a step ahead ...

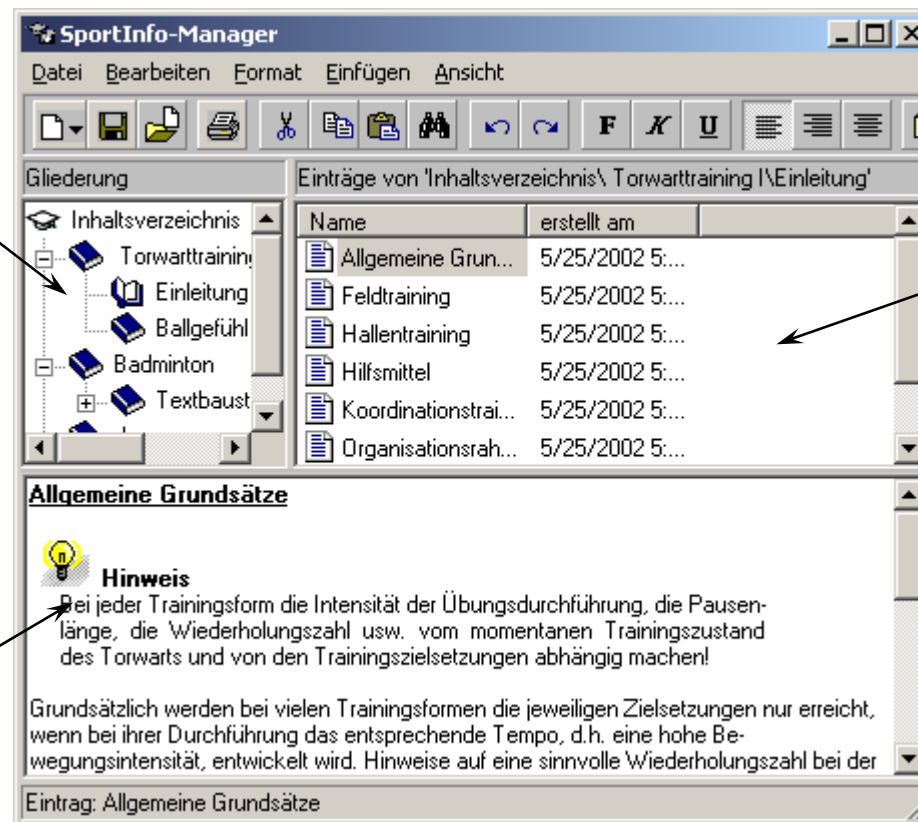- Shorter preparation time due to already saved drills and practice plans

- Drills collection for all training areas centrally available and expandable

- Clear demonstration of game tactics and team lineups

- Easy and fast creation of drills without additional software programs

- Continous practice planning (Preparation, realization and sum up)

- Individual design of sport lessons and practice units

- Training work and quality visible for students, players, teams, clubs

Advantages for students, players and teams

Think a step ahead …

- Higher motivation through a sophisticated, challenging and diversified training

- Sporting development based on a thorough planned training and realization

- Pass on of individual worked-out practice plans and drills

- Individual support with player-specific input fields

- Practice units can be self-performed based on the given plan from the coach

- Game tactics can be shown graphically to the team and players, and then passed on as a printout
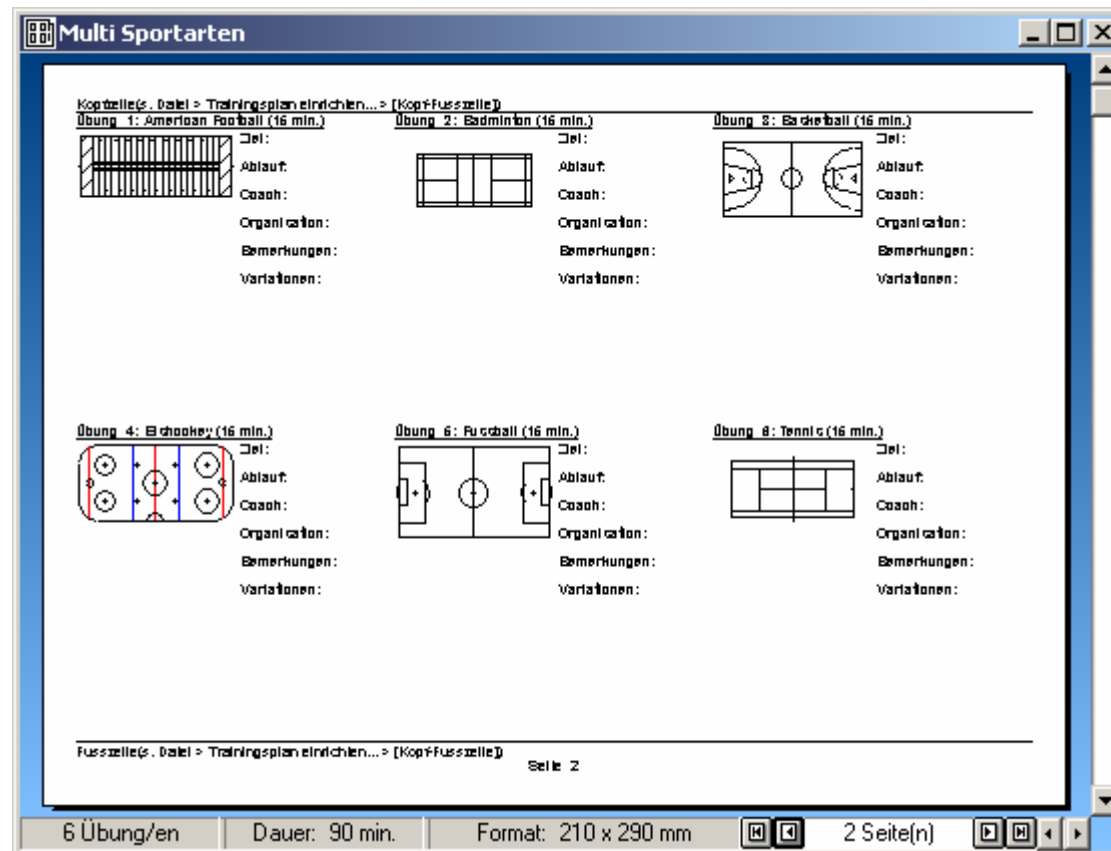
Visualize your training

Sports

Manage several sports with one software

1. **American Football**

2. **Baseball**

3. **Badminton**

4. **Basketball**

5. **Ice hockey**

6. **Field hockey**

7. **Soccer/Football**

8. **Handball**

9. **Lacrosse**

10. **Rugby**

11. **Squash**

12. **Tennis**

13. **Table tennis**

14. **Volleyball**

15. **Waterball**

(Further sports in development)

Visualize your training

Discover …

… free download available soon under www.GLOBALSPORT.de
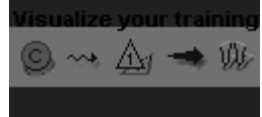
Thank you very much for your attention.