SoccerPulse

Know Your Squad

App Documentation
iOS 2.1.3 | Android 1.3

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System Requirements

SoccerPulse runs on all iOS Devices operating at iOS 10.0 or higher and all Android Devices running 4.4 or higher.

Getting Started

To begin your SoccerPulse journey, download and install the app from either the Apple App Store or the Google Play Store.

1. Open the app and select **Create Account**.
2. Fill in the fields for **First Name**, **Last Name**, **Email Address** and **Password** (must be 6 characters or longer).
3. Select either a **Player Account** or a **Coach Account** (This will impact what capabilities you have and CANNOT be changed.)
4. Include a headshot for your profile image (This can be updated later).

Congratulations! You have successfully created a SoccerPulse account.

Billing

Depending on your subscription, you will either be billed monthly or every six months. All payment is due up front.

All payment is processed securely through either Google or Apple, depending on which type of device you sign up on.

This subscription is tied to your Apple ID or Google Play Account, so it cannot be shared with other coaches.

To allow other coaches to access a team that you have already created, they will need an Assistant Coach subscription.

If your subscription expires, all data is preserved, but not accessible to you until you renew your subscription.

IMPORTANT
<u>At least 1 coach per team MUST have an active Head Coach subscription for data to be available for all coaches.
If all coach subscriptions are Assistant Coaches OR Inactive, data will be locked.</u>

Subscriptions

Before you can create or join a team, you have to sign up for a SoccerPulse subscription. The app is FREE for all player accounts, but coach accounts require an active subscription to access and view data.

The subscription durations are:
- 1 month auto-renewing
- 6 months auto-renewing

To create a new team, you **MUST** have an active Head Coach subscription.

There are 2 Types of Head Coach subscriptions:
- **Head Coach One Team ($19.99 per month)**
- **Head Coach Five Teams ($29.99 per month)**

A coach with a Head Coach One Team subscription can create and be a member of only ONE team, while a coach with a Head Coach Five Teams subscription can create or join up to 5 teams.

For coaches who only want to join a team, we offer **Assistant Coach subscriptions, which are $4.99 per month or $24.99 for 6 months**.

There is no limit to how many Assistant Coaches you can have on your team.

Cancelling Your Subscription

If you need to cancel your subscription, you will need to leave the SoccerPulse app to do so. On iOS devices, complete the following steps:

1. Exit SoccerPulse and open Settings on your device
2. Scroll down and tap iTunes Store and AppStore
3. Tap your e-mail and Apple ID, View Apple ID and enter your password;
4. Tap Subscription - Manage and select SoccerPulse;
5. Turn off the auto-renewal option and tap Done.

Create Your Team

Once you have successfully signed up as a Head Coach, the next step is to create your team

1. Select **Create Team** from the bottom menu on iOS or the Top Menu on Android.
2. Fill in the fields for **Team Name**, **Team Age**, and **5 digit PIN.**
3. Include a team logo for your team.

Adding Players

Now that you have created your first team, we need to add our players.

1. Tell your players to download SoccerPulse on their device.
2. They will create a **Player Account** and select **Join a Team**.
3. **IMPORTANT**: **Make sure players select Allow Push Notifications so they will always be notified about new information**
4. Give them the team information including **your Last Name,** the **Team Name** and the **PIN** for the team.
5. Accept or Reject Join Requests from the **Manage Squad** screen.

Removing Players

When players or coaches move on or leave your team, you should delete them from the app.

1. Open up Manage Squad
2. Swipe left on the cell of the player you wish to delete

The player/coach will only be able to rejoin your team after sending another Join Request

Switching Teams

If you are using SoccerPulse as a Director of Coaching or are managing multiple teams, you can swap which team is selected.

On iOS devices, tap the team name in the Navigation bar on the Home screen and select the new team you'd like to view.

On Android devices, you can change teams by selecting Manage Squads, the new team you'd like to select, and turning on the "Select" button.

Deleting Teams

If you are starting a new season or accidentally created a team that you didn't want, you can delete it from the database.

WARNING: THIS WILL DELETE ALL EVENT DATA ASSOCIATED WITH THAT TEAM

1. Tap on the team name in the navigation bar on the Home Screen
2. Swipe left on the cell that contains the team you'd like to delete and press delete.

Player Status

Players will submit daily questionnaires that indicate their **soreness, fatigue, stress, sleep** and **mood**. Collectively, these give us an idea of how **ready** that player is to perform.

To submit a report, players will select **My Status** from the Home Screen, and then select the **Add Report** button in the top right corner.

1. Add Report button
2. Player Position
3. Current Mood
4. Current Resting Heart Rate
5. Current Streak (days in a row with a submitted report)
6. Export Player Data
7. Change from most recent report to prior report

Readiness Reports

The readiness reports are set on a scale of 1-10, with 10 being very sore/fatigued/stressed/poor sleep and 1 being no soreness/fatigue/stress/great sleep.

The reports ALWAYS preset to the value that was last submitted, so players are always indicating how they are feeling now comparatively to how they were feeling yesterday (or whenever the earlier report was submitted).

Players can also indicate any injuries they currently have, or add a comment to elaborate on their scores, such as…

"I'm very stressed because of exams."

or

"My left leg is more sore than my right."

Squad Status

As players submit reports, they will appear in the Squad Status view. **This will show us the most recent report first**, and any changes from the prior report, are shown above the player's profile picture.

Squad Status can be sorted by position or by player name. Clicking on a player will take you to a more detailed view. Red behind the number means a negative change, grey means no change, and green means a positive change
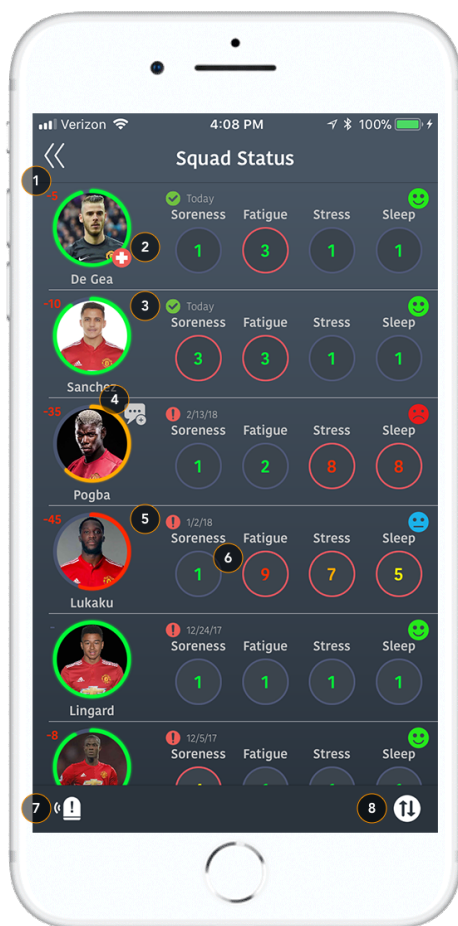
1. Overall change from previous report.
2. Player has reported an injury.
3. Player's current overall value. (Circle around profile pic)
4. Player has added a comment.
5. Player has not submitted a report today.
6. Negative change from prior report.

Team Overview

Select the large pulse in the middle of the Home screen to view Team Overview. **Team Overview gives coaches a helicopter view of how all their players are currently feeling**, how many of their players have submitted a report today, how many players are currently injured, and the averages of each report, which can be sorted by position.

Selecting the graph view allows coaches to look back over a week, month, three months, or each day to see the team average reported on that day.

1. Export data as .csv file
2. Total players in squad
3. Total goalkeepers
4. Total defenders
5. Total midfielders.
6. Total strikers
7. Pie chart view
8. Show team report history
9. Current team readiness
10. Current injured players
11. Number of players per zone
12. Reports submitted today
13. Team averages per category

Creating Team Events

SoccerPulse has a very powerful Events feature, which allows coaches to know how many players are attending events, how intense the event was, and even notifies the coaching staff if a player will not be attending an event last minute.

To create events, select **Events** from the Home screen and then select the **Add Event** button in the top right corner.
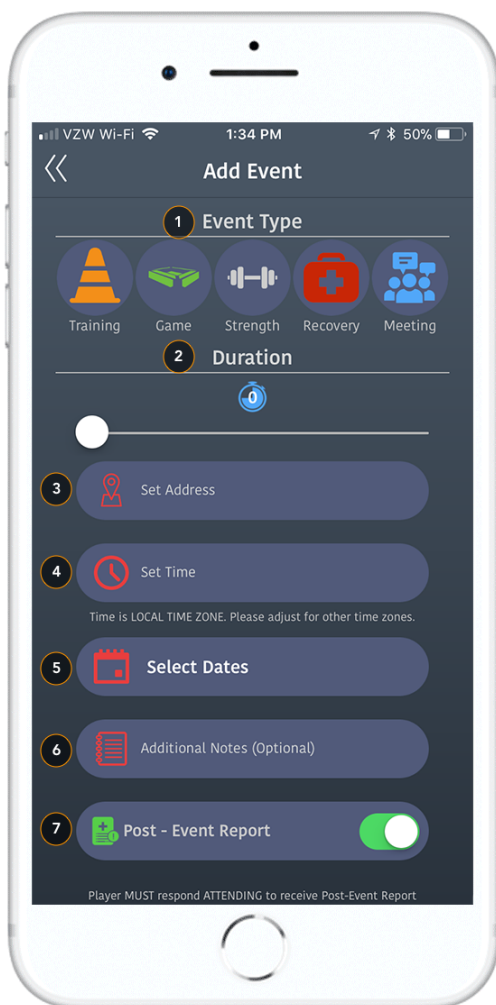
1. Set what type of event
2. Set how long the event will be
3. Set where the event will be
4. Set what time event will start
5. Set all dates when this event occurs
6. Add any additional information
7. By default set to Yes, choose if you want players to answer how intense the event was when it is over.

Pre-Event View

Before the event has started, coaches can see how many players are attending the event, which positions are attending, and remind players who have not responded that they need to answer.

If you don't want to wait for players to respond to an event, simply press the All Players Attending button. This will set all players who haven't yet responded to Attending (it will NOT affect players who have already responded Not Attending). You will be notified via push notification if any players said they were attending and change their status.

1. Reminds players who haven't responded.
2. Indicates **my attending status.**
3. Indicates how many coaches are attending.
4. Indicates how many goalkeepers, defenders, midfielders, and strikers are attending.
5. Indicates how many players are attending.
6. Sets all players **who have not responded** to **attending**.

Post-Event View

When the event has ended, a window will appear on the Home screen asking the player how intense the session was. Coaches can see all players RPE values by **selecting Events and then selecting Past Events. This is only viewable to coaches.**

IMPORTANT: Only players who attended the session will be asked to submit an RPE Report. You can swipe left on the cell of the player to change the players attendance to Attended or Did Not Attend.
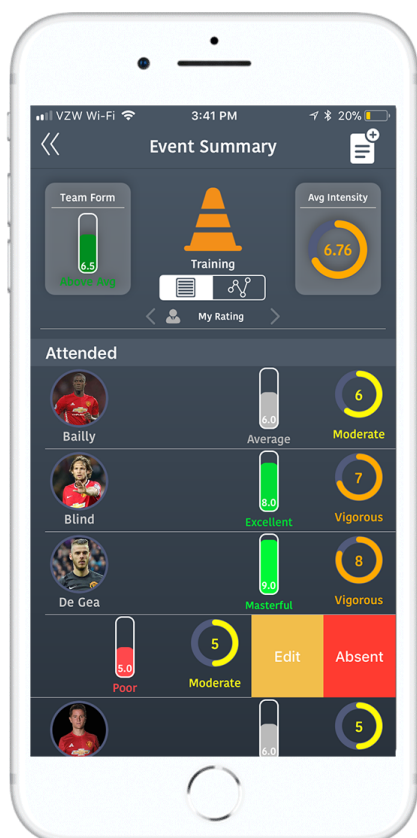
If a player did not respond, you can swipe left on their cell to change their RPE rating to the correct response or to set the appropriate attendance response.

Post-Event View

Rating Player Performance

From the same Post Event screen, **you can select the Add Report button in the top right corner to rate how the player performed in the event**. If the event was a game, you can also add the score, goals, assists, and MoTM awards.

Only players who attended the event can be rated, so be certain to correctly specify "Attended" for each player you wish to rate. You can always go back and edit this by pressing the **Add Report** button again.

You can see what other coaches thought of player performance for this event by pressing the right arrow button (assuming that another coach has submitted a rating).

If players did not submit their RPE, you can remind them by pressing the alarm button in the bottom right corner.

Individual Events

Players can add individual events that they complete on their own. They can do this by adding an event, just as a coach would add an event, but it will only be viewable to them.

To see a player's individual events as the coach, the player must set their Event Sharing to On in Settings (It is set to Off by default).

Individual Events function the same as Team Events, although they do not count toward attendance and can only be seen by the player and other coaches

1. This icon indicates event sharing is ON. When a player adds an individual event, they will be included in this data.
2. This indicates how many of each type of event has occurred during the selected time period.

Team Form

Team Form is the newest addition to SoccerPulse, and is currently only available on iOS devices. Team Form allows you to see all the player ratings that you have submitted over the course of the season, and compare to see which players are in the best form.

From the Team Form screen, you can see a more detailed view of your player's form by selecting him/her, or take a look at the Team Tactics view to see your best 11.

Injury List

The Injury List is accessible from the Home screen of the app. It details all current players who have said they have an existing injury, as well as any prior reports which contained a reported injury.

The injury list shows how many days players were injured, how many players are currently injured, and which injuries occurred most often.

Player Profiles

Players should edit their own individual profiles so that coaches can sort their team by position in Team Overview and in Squad Status.

To edit their profile, players should select their Profile Picture in the top right on the Home screen and then select Edit Profile (or select My Profile on Android).

This information is only viewable by the coaches and the individual player.

Team Messenger

Team Messenger allows you to send group or individual messages to players and coaches in the team. It's an easy way to keep everyone on the same page.

If you only want to receive notifications from other coaches, you can turn off push notifications for player messages inside the Team Chat.

Team Attendance

Team Attendance allows you to see all player attendance in one view, and is **accessed by selecting the calendar icon in the bottom right corner in Events**. It is best viewed on iPad and currently only available on iOS.

Team Attendance only shows events that have already happened, which is perfect for end of season meetings or for explaining to a player why they are not in the starting XI.
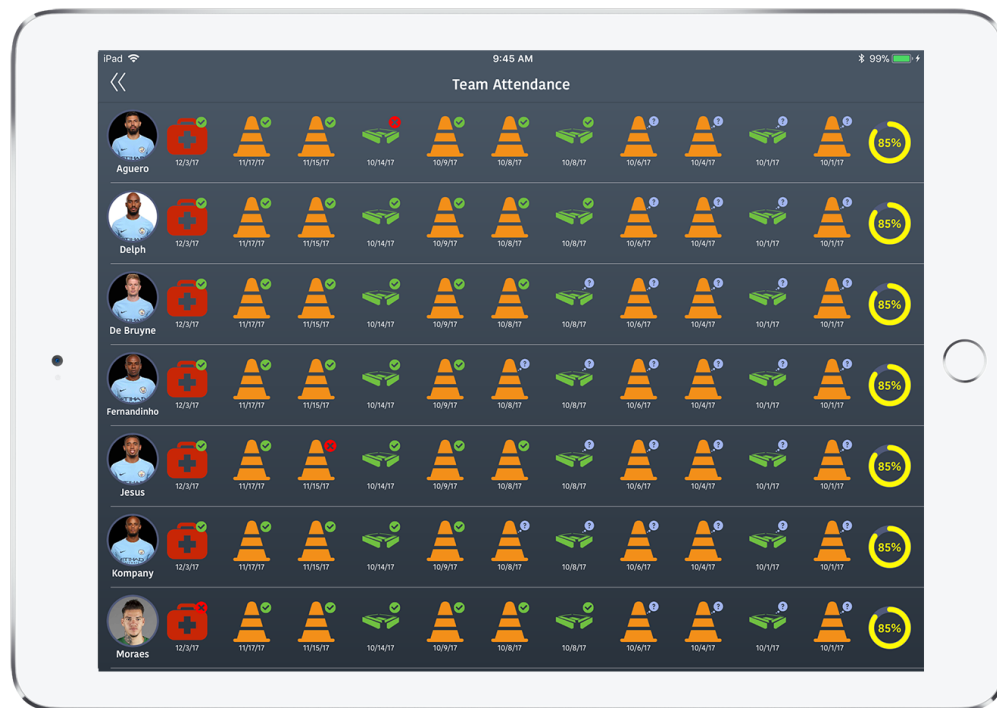
To edit a player's event attendance, select the player, which will bring you to his/her Individual Attendance. You can then swipe left on the event cell to change their Attending Status for that particular event.

Team Tactics

Team Tactics allows coaches to pick a starting XI and see which players are feeling the best and playing the best, based on the form that the coaches submitted. There are a variety of formations including 3-5-2, 3-4-3, 4-4-2, 4-4-2 Diamond, 4-3-3, and 4-2-3-1. We will be adding more formations in the future.

After you've picked your team, you can save it and see what other coaches on your staff thought or have saved as their starting XI. This can make player selection much easier as you will have the views of all staff members, not just your own.

Player Accountability

Of course, none of the data collected from SoccerPulse is very valuable if it is only submitted once a week. Players need to submit reports daily so that coaches can get an accurate picture of how the player is feeling, even on days when training doesn't take place.

Some ways to encourage players to remember to submit reports is to have them set the alarm in the app to a time that is a few minutes after they wake up. This will encourage them to get in the habit of doing it on a daily basis.

The streak feature can also be used to reward players. For instance, at the end of the season, the player with the longest streak gets an award. The streak always resets to 0 if you miss 1 day, so it's competitive up until the final week of the season.

Lastly, coaches can also send reminders to players about submitting reports. While this is the least desirable of the methods, it can still be effective as it only requires the push of a button and will send a push notification to the player.

Tips and Tricks

There are a few ways to get the most out of the SoccerPulse app. The most important thing to remember is that each player is different, meaning that a 5 for one player may be completely different than a 5 for another player.

Try not to compare players to each other, but instead compare the player to themselves. Get a feel for what sessions are harder or easier for certain players depending on their responses.

It is extremely important that players are honest with their feedback. You can set the readiness score to be hidden from the view of the player in Settings, which should eliminate some of the fear for players that a coach won't play them because of how they currently feel.

If players are honest and coaches are making proactive decisions based on that feedback up until the day of the game, then there should never be a circumstance where a player has to lie because they are afraid of losing playing time.

Tips and Tricks
Part II

Players will typically be the most sore 48 hours after a game or an intense session, so anticipate this and always have a lighter session following the game, with a rest day on the 2nd day to allow the body to repair itself.

A healthy player who is pushing themselves in training but not to the point of injury should look like a nice rollercoaster, with time spent in the yellow/orange after a game but always returning to green by the 2nd day of the week.

Players who are very stressed or not sleeping well may not recover as quickly, so you may need to lessen their training load during the session. This can be done by making the player a neutral player or by having him/her rotate with other players.

If you have 1 game every Saturday, try to plan your most intense session of the week for a Wednesday, which will allow the players to work very hard but still recover in time to be 100% for the game.

Support

For any issues or bugs, please contact us by email at soccerpulseapp@gmail.com, or you can reach the developer directly at matt@soccerpulse.net. There are tutorials and more information available on our website www.soccerpulse.net.