

Xampion Coach:

How to create a new account and access data from team training sessions / games or from players' individual training sessions

ver 1.1 07-2020

XAMPION.COM



How to Create a New Account and a Team

1.Open https://coach.xampion.com

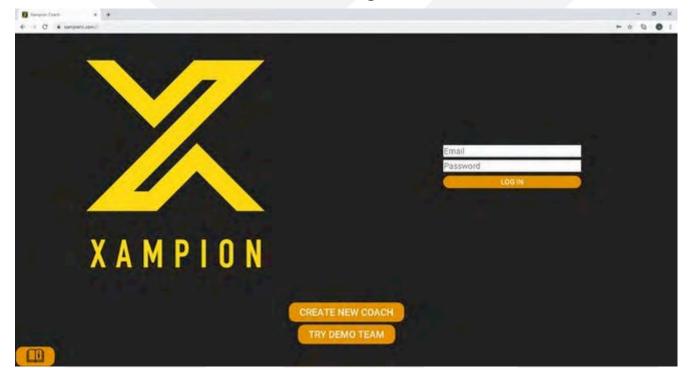
2.Sign in with your Xampion Player/ Coach account details or create a new account by selecting "CREATE NEW COACH".

3.Select "CREATE TEAM +". Please note: If you will be invited to a team by another coach, you do not need to create a team.

4.Enter team name and select "MAKE NEW TEAM"

Recommended browser: Google Chrome





XAMPION.COM



How to Invite Players to a Team

1.Select "Players" from the pull down menu at the top left corner



2.To add players, please select the "+" icon at bottom right corner.

3.Insert the email your player used to register their Xampion Player App and press "SEND THE INVITATION".

4.Players will automatically see the invitation on their Xampion Player App. Once they accept the invitation, they are automatically added to your team and you will see them on this page.

5.Once player has accepted the invitation, please select Edit the player info (number and position) and select "SAVE" to confirm.

	XAMPION)	Kampion03	1	
NUMBER	FIRST NAME	LAST NAME	POSITION	
	Avde	Nee)		
1				
	riese .			
		- 1000		
	Aut .	Mate		
	i internet i	au .		
Choose player to exit or delete	REMOVE PLAYER			



XAMPION.COM



How to Invite Other Coaches to a Team

Before a new Coach can be invited to your team, they must have a Xampion Coach user account (Please see page 2 "How to Create a New Account" if a new Coach user account needs to be created)

1.Select "Team Admin" from the top left pull down menu.

2.Insert the Coach's email and then select "ADD COACH +"

≓n i sa	COLCH II
N A M E Demo test 10.10 U45	
LICENSE EXPIRATION DAY None	
Coaches	
ADD NEW COACH coach2@.test.com	

TRAIN **Smarter**.

PLAY BETTER.



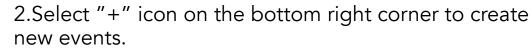


To access your team's data you first need to create an "event" in the calendar. An "event" is a team training session or a game. Creating events is flexible and you can create the "event" in advance before the event takes place or afterwards.

The data from your players is automatically linked to your team in Xampion Coach as soon as the data has been uploaded by the players to their Xampion account.



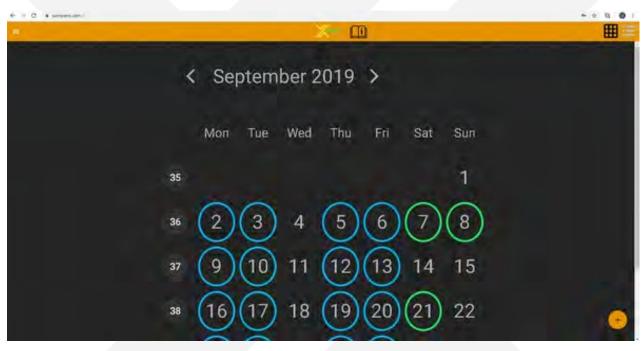
1.Select "Calendar".





3.Fill in information about the event: Name, Start/Stoptime, Type and Surface. Select "SUBMIT".

4.Select the "list mode" icon on the top right corner to see all the events as a list. Click on an event to edit the event or click the bin icon to delete the event.



AME	
NO WEEKY EVENT	No.•
START TIME	8 Oct 2019 13:30
AD TIME	8 00: 2019 1 5:30
TYPE:	Team Training -
aufr/ce	Artificial bur

TRAIN **Smarter**.

PLAY BETTER.

XAMPION.COM

XAMPION

How to Analyze Data from a Single Session or Several Sessions

Select "Statistics" from the pull down menu on the top left corner. You have three options to choose just below the orange bar at the top. You can view:

1.All Statistics from a single event for all players: Please select "ANALYZE SINGLE EVENT" to see a table of event data for the selected event. Select "GRAPH VIEW" to analyze a particular time interval.

2.Statistics for a single parameter for all players across several Events: Please select "EVENT COMPARISON".

3.All statistics for a single player across several events: Please select "SINGLE PLAYERS STATS".

			enarter (Ti			
	ANALYZE SINGLE EVENT		2VEHT DVMEARISON			310.53.498.51CS	
1050 OVE TO			78,1615-1815 + Choose e				All typ
5:15 - 18:15 Team Trai							
					Area and a star	The last of the last of the	
State of Street			al touches Touches left	Touches right		es right Passes left	Passes Righ
4	7630	27 0	196 74	122	2	15 31	7
10	5941	34 3	282 30	252 518	4	30 13 96 52	15: 29
NAME OF TAXABLE	7225	16 2 26 3	636 118 371 74	297	3	96 52 47 32	29
		20 0	3/1 (4)	297	- 91	4/ 32	1/3
OVINE CARD ALL RVEHTS							
URAPH TABLE TO C	sv						
DOWNLOAD ALL EVENT	EDATA						
			const				
	ana arte un provier	and the second se	EVENT COMPARISON			SIND F FLAVER STATE	
		-	Second Contraction				
nna evento		testi 7.8. 17:15 - 17:34, 7.8	1, 16:15 - 78:15, 6.8. 16:45 - 1 - × Ch	DILAD ACTIVITY			Distr
Second State							
Player	7.8. 17:15	7.8, 16:15	6.8, 16:45	3,8, 11	:00 3.	8. 17:00	SUM
Player	7.8. 17:15	5 7.8, 16:15 7630	6,8, 16:45 9279	3.8. 17	3. 8649	8, 17:00	SUM
4				the second se			SUM
4 10	1987	7630	9279	8446 6580	8649	35991	SUM
4 10 7	1987 1443	7630 5941	9279 7290	8446	8649 6603	35991 27857	SUM
Player 4 10 7 AVG	1987 1443 3401	7630 5941 8104	9279 7290 9162	8446 6580 15307	8649 6603 8688	35991 27857 44662	SUM
4 10 7	1987 1443 3401	7630 5941 8104	9279 7290 9162 8577	8446 6580 15307 10111	8649 6603 8688	35991 27857 44662	SUM
4 10 7	1987 1443 3401	7630 5941 8104	9279 7290 9162 8577	8446 6580 15307	8649 6603 8688	35991 27857 44662	SUM
4 10 7	1987 1443 3401	7630 5941 8104	9279 7290 9162 8577	8446 6580 15307 10111	8649 6603 8688	35991 27857 44662	SUM
4 10 7 AVG	1987 1443 3401 2277	7630 5941 8104 7225	9279 7290 9162 8577 2000 8577	8446 6580 15307 10111	8649 6603 8688	35991 27857 44662 36170	
4 10 7	1987 1443 3401 2277	7630 5941 8104 7225	9279 7290 9162 8577	8446 6580 15307 10111	8649 6603 8688	35991 27857 44662 36170	
4 10 7 AVG	1987 1443 3401 2277	7630 5941 8104 7225	9279 7290 9162 8577 2000 8577	8446 6580 15307 10111	8649 6603 8688	35991 27857 44662 36170	
4 10 7 AVG Kotyents Activity	1987 1443 3401 2277 7.8, 17:15	7630 5941 8104 7225 .ees 118, 7715 - 1734, 7.8 5 7.8, 16:15	9279 7290 9162 8577 0000 constants 1078-18(15.66,1645 ju. 1 1078-18(15.66,1645 ju. 1 0000 constants 1078-18(15.66,1645 ju. 1 0000 0000 constants 1078-18(15.66,1645 ju. 1 0000 constants 1078-18(15.66,1645 ju. 1 0 0000 constants 1078-18(15.66,1645 ju. 1 0 0000 constants 1078-18(15.66,1645 ju. 1 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	8446 6580 15307 10111 3000 (heyes 3.8. 17	8649 6603 8688 7980	35991 27957 44662 36170 sNitle R. W78 starts 8. 17:00	
) 10 7 AVG ecsyate Activity Vistance	1987 1443 3401 2277 7.8.17:15 1442	7630 5941 8104 7225 	9279 7290 9162 8577 0000 (2000) 0000 (2000) 1016-1815.66.1645 (1*) 6.8. 16:45 7290	8446 6580 15307 10111 1 1 3.8, 17 6580	8649 6603 8688 7980 :00 3.1 6603	35991 27557 44662 36170 sovidLe Nu Arrectory 8. 17:00 27857	10 June M
4 10 7 AVG Moseyare Activity Distance High tempo	1987 1443 3401 2277 7.8, 17:12 1442 8	7630 5941 8104 7225 .eest 7.8, 1725, 1235, 234 5 7.8, 16:15 5941 34	9279 7290 9162 8577 200 1019 and - 0 1019 an	8446 6580 15307 10111 1 3000 (Mayor 3.8.17 6580 48	8649 6603 8888 7980 200 33 6603 48	35991 27857 44662 36170 sN& & AVR: dATS 8. 17:00 27857 175	10 June M
4 10 7 AVG AVG AVG Other Sprints	1987 1443 3401 2277 7.8.17:15 1442 8 0	7630 5941 8104 7225 5 7.8.46:15 5941 34 3	9279 7290 9162 8577 200 1015 18:15,68,16:45 1015 18:15,68,16:45 1015 18:15,68,16:45 1015 18:15,7290 37 3	8446 6580 15307 10111 10111 32000 (Mayor 3.8.17 6580 48 9	8649 6603 8688 7980 200 33 6603 48 9	35991 27857 44662 36170 swidle % Avectors 8 17:00 27857 175 24	10 June M
4 10 7 AVG AVG Activity Distance High tempo Sprints Total touches	1987 1443 3401 2277 7.8, 17:15 1443 8 0 74	7630 5941 8104 7225 5 7.8.16:15 5941 34 3 282	9279 7290 9162 8577 1012-1015-06-1645 1012-1015-06-1645 1012-1015-06-1645 1012-1015-06-1645 1012-1015-06-1645 1045 1045 1045 1045 1045 1045 1045 10	8446 6580 15307 10111 0 111 0 0 0 0 0 0 0 0 0 0 0 0 0	8649 6603 8688 7980 200 33 6603 48 9 184	35991 27857 44662 36170 svidue huwrsediers 8. 17:00 27857 175 24 8. 36	10 June M
4 10 7 AVG AVG Distance High tempo Sprints Total touches Total touches	1987 1443 3401 2277 7.8.17:15 1443 8 0 74 4	7630 5941 8104 7225 5 7.8, 7715, 7738, 7.8 5 7.8, 16:15 5941 34 3 282 30	9279 7290 9162 8577 1016 18:15:59:16:45 1 * 16:16 18:15:59:16:45 1 * 6:8: 16:45 7290 37 3 3 1113 33	8446 6580 15307 10111 1 1 1 1 1 5880 48 9 9 183 54	8649 6603 8688 7980 :00 3: 6603 48 9 184 54	35991 27857 44662 36170 swille huvre stars 8. 17:00 27857 175 24 836 175	10 June M
4 10 7 AVG AVG AVG AVG Stance High tempo Sprints Total touches Touches right	1987 1443 3401 2277 7.8, 17:12 1442 8 0 74 4 70	7630 5941 8104 7225 .sect 7.8, 1725, 1235, 235, 5 7.8, 16:15 5941 34 3 282 30 252	9279 7290 9162 8577 1079 and	8446 8580 15307 10111 1 3800 (keys) 3.8.17 6580 48 9 183 54 129	8649 6603 8888 7980 200 34 6603 48 9 184 54 130	35991 27857 44662 36170 SN& & AMERICAN SN& & AMERIC	10 June M
4 10 7 AVG AVG AVG Distance lightempo Sprints Total touches Fouches left Strikes left	1987 1443 3401 2277 7.8.17:15 1443 8 0 74 4 70 1	7630 5941 8104 7225 5 7.8.46:15 5941 34 3 3 262 30 252 4	9279 7290 9162 8577 200 162 8577 1628 1628 1628 1638 16345 7290 37 3 3 113 33 80 3	8446 8580 15307 10111 seeg flays 3.8.17 6580 48 9 183 54 129 7	8649 6603 8688 7980 200 33 6603 48 9 184 54 130 7	35991 27857 44662 36170 svidue % Avectors 8 17:00 27857 175 24 836 175 661 22	10 Juan M
	1987 1443 3401 2277 1443 8 0 0 74 4 70 1 8	7630 5941 8104 7225 5 7.8.18:15 5941 34 3 282 30 252 4 30	9279 7290 9162 8577 	8446 6580 15307 10111	200 3: 6603 8688 7980 200 3: 6603 48 9 184 54 130 7 30	35991 27857 44662 36170 8-17:00 27857 175 24 8-36 175 661 22 105	10 June M
4 10 7 AVG AVG Distance High tempo Sprints Total touches Total touches	1987 1443 3401 2277 7.8.17:15 1443 8 0 74 4 70 1	7630 5941 8104 7225 5 7.8.46:15 5941 34 3 3 262 30 252 4	9279 7290 9162 8577 200 162 8577 1628 1628 1628 1638 16345 7290 37 3 3 113 33 80 3	8446 8580 15307 10111 seeg plays 3.8.17 6580 48 9 183 54 129 7	8649 6603 8688 7980 200 33 6603 48 9 184 54 130 7	35991 27857 44662 36170 svidue % Avectors 8 17:00 27857 175 24 836 175 661 22	10 Juan Mi

XAMPION.COM



How to Analyze Data Using Graph View

In "Graph view" you can define a specific time interval during a single event to analyze.

1.Select "Statistics" from the top left corner and choose an event to analyze. Then select "GRAPH VIEW".

2.To select a specific time interval within the event timeline, use the left hand mouse button to highlight the time interval you want. Tip: you can also start from the right and move the mouse left whilst keeping the left mouse button pressed down. Click the right mouse button to zoom back to the whole timeline for the event.

3.Select "GET VALUES" to display all data from the time interval in table format.

4. You can also define a time interval to use as a set of reference data to use when comparing data from other events against your reference data. This is useful as it helps you monitor your team's progress. Select "SAVE AS REFERENCE" to save the time interal data as your reference data.



XAMPION.COM

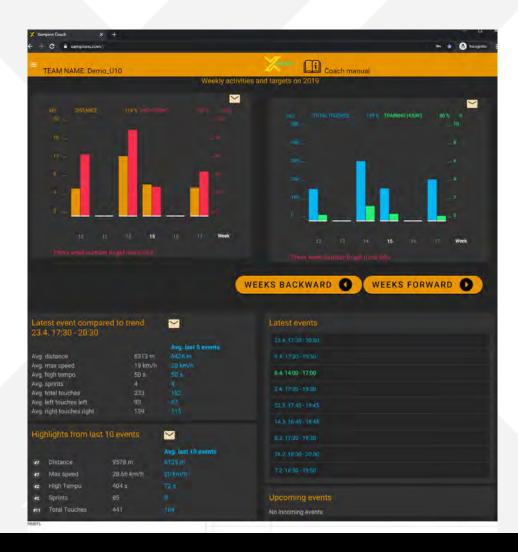


How to Analyze Players' Overall Progress

The Dasboard View allows you to see an overview of your team's overall performance over several weeks.

The Dashboard displays:

- Histograms of weekly activities and goals
 - In this window you can easily monitor your team's overall work load and how your players have performed against your training targets. Please refer to the more detailed Xampion Coach guide on how to set training goals.
- Comparison of the latest event against trend
- Highlights from the last 10 events
- List of Players' personal training sessions
- Latest events



TRAIN **SMARTER.** PLAY **BETTER.**

XAMPION.COM



How to Analyze Players' Individual Training Sessions

"Players' personal practices" shows the last 50 personal practices of the team's players outside team events (team training sessions or games). Any session that lasts more than 15 minutes is listed here.

Information displayed from players' personal practices;

- Player Number (click to display player name)
- Time of the session
- Duration of the session
- Distance run during the session
- Number of Sprints during the session
- Player's personal high tempo seconds during the session
- Total number of Ball Touches (Left and Right foot)
- Number of Strikes and Ball Controls (Left and Right foot)

=					-							
	TEAM NAM	E: Dem	o_U10	_								
Pla	yers' persona	I PRAC	TICES		2							
	Time	Length	Distance	sprints	tempo	TTou	LTou	RTou	LStr	RSI	LPase	RPase
#5	28. Apr 15 : 59	00:56	2595m		15s	236	166		14	10	88	42
#7	28. Apr 13 : 48	02:30	6983m	2	21s	428	93	335	0		62	260
#7	27. Apr 15:43	01: 30	2434m	2	15s		4		0	0		
#7	27. Apr 13 : 20	01: 42	2380m		10s		2	3		0		
#11	27. Apr 11 : 47	03: 34	13759m	21	146s	511	175	336	16	45	88	172
#2	27. Apr 10:03	02: 51	8471m		50s	167	63	104			22	54
#7	26. Apr 17 : 11	01: 40	7164m		37s	202	76	126			43	79
#2	26. Apr 16 : 55	02:10	6529m	0	35s	147	46		3		19	68
#11	26. Apr 16 : 33	02: 31	8428m		39s	488	155	333	4	16	63	221
#7	26. Apr 13 : 23	01:58	4046m		26s	471	139	332			83	231
#11	25. Apr 17 : 17	02:10	8309m		42s	393	117	276		34	63	159
#7	25. Apr 17 : 0 9	02:13	6366m	.4	37s	175	51	124			31	92
#2	25. Apr 17 : 0 8	02:15	4987m	1	38s	114	41		4			36
#7	24. Apr 18 : 18	01:23	3021m	0	8s		3	1				
#7	24. Apr 13 : 32	01: 39	3745m	0	12s	306	67	239		7	43	188
#5	23. Apr 17 : 10	00:19	538m	0		21	18	3				
#2	23. Apr 17 : 0 4	00: 25	668m	0		27					5	12
#7	23. Apr 17:01	00:28	611m	0		33	9	24			5	16
#7	22. Apr 19 : 0 7	01:09	5276m	1	15s	10						
#11	22. Apr 16 : 14	02:18	8217m		66s	221	62	159	3	25	30	72
#5	22. Apr 0 8 : 50	01: 55	3317m	2	27s	358	283	75	18		159	37
#7	21. Apr 18: 11	01: 23	3889m	1	27s	246		187		0	32	159

XAMPION.COM



Questions and customer support:

Customer care Email for any questions about Xampion Coach: <u>support@xampion.com</u>

XAMPION.COM