

Xampion coach Manual

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1 Getting started

In this section you can see short presentation how to start using Xampion coach.

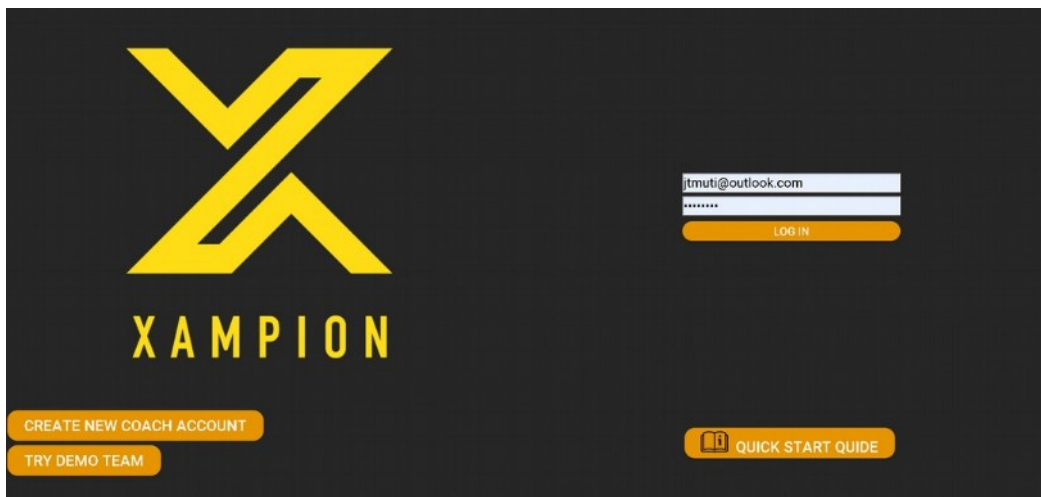
1.1 Questions and Customer Support

Customer Care Email:

support@xampion.com

1.2 Creating of new account and team

1. Open <https://coach.xampion.com> We recommend to use of Google Chrome browser



2. Sign in with your Xampion Player/Coach details or to create a new account, please click the button CREATE NEW COACH ACCOUNT. Fill in the form and press SUBMIT. **Note:** If you have received an invitation code via email, please enter it on this page. This will automatically add you to the correct team. If you have an invitation code, you can skip points 3. – 5. below (which are for registering a new team).

3. Sign in with just generated account.
4. Press CREATE TEAM +
5. Fill your team name under NAME and press MAKE NEW TEAM. You become automatically new team's "team admin" - user.

1.3 Invite players to team

1. Press left up corner and choose Players

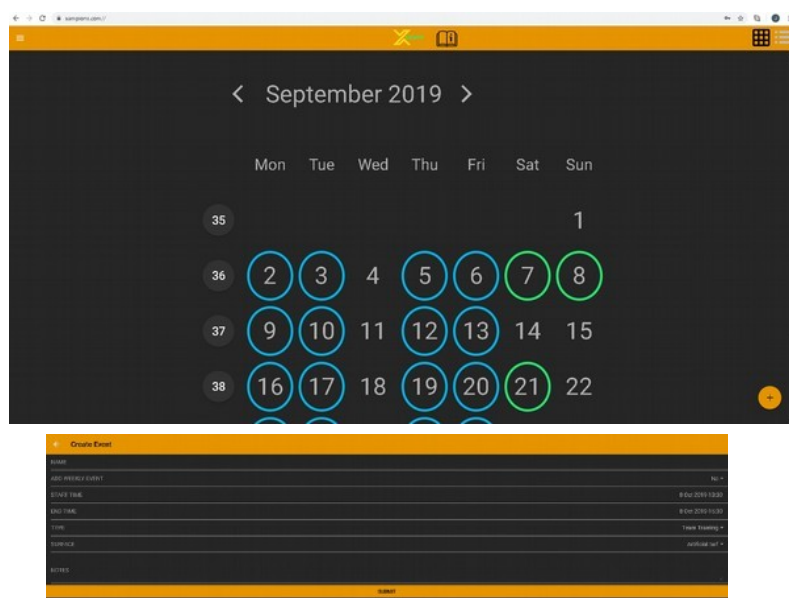
NUMBER	FIRST NAME	LAST NAME	POSITION
4	Anda	Shan	
2	Toni	Hydar	
1	Hanna	Lark	
3	Rob	Spencer	
10	Juan	Maria	
7	Sam	Elio	
5	Ali	Trick	

2. Press + icon in right down corner, fill player's Xampion user email and press SEND INVITATION.

3. Once the player has accepted the invitation, the player's information is displayed on this page. The coach can then edit the player's number and position by choosing the number, editing it and pressing SAVE.

1.4 Creating Team Events

The Calendar allows you to access data from your team events (e.g. games or training sessions). Events must be created in order to access data fully, and can be created before or after the event. Then, when new data is uploaded to the system from Xampion sensors, it is automatically updated in the Calendar.



1. lick the drop-down menu in the upper left corner and choose Calendar.
2. Press the + icon to create a new event.
3. Enter the event's Name, Start/Stop-time, Type and Surface. You can also create a recurring event (e.g. regular training sessions). To finish creating a session, click SUBMIT.

1.5 Analysing data

Statistics are available when the data is uploaded to the service and event is created.

1. Press left up corner and choose Statistics.
2. Under ANALYZE SINGLE EVENT you can see a table giving a summary of data for the chosen event (see the table below). Click GRAPH VIEW to select the specific time interval during this event you want to analyze.

Player#	Position	Distance	High tempo	Sprints	Total touches	Touches left	Touches right	Strikes left	Strikes right	Passes left	Passes Right
4		7630	27	0	196	74	122	2	15	31	75
10		5941	34	3	282	30	252	4	30	13	152
7		8104	16	2	636	118	518	4	96	52	297
AVG		7225	26	3	371	74	297	3	47	32	175

3. Under EVENTS COMPARISON you can choose one activity to analyze across several events and all players.

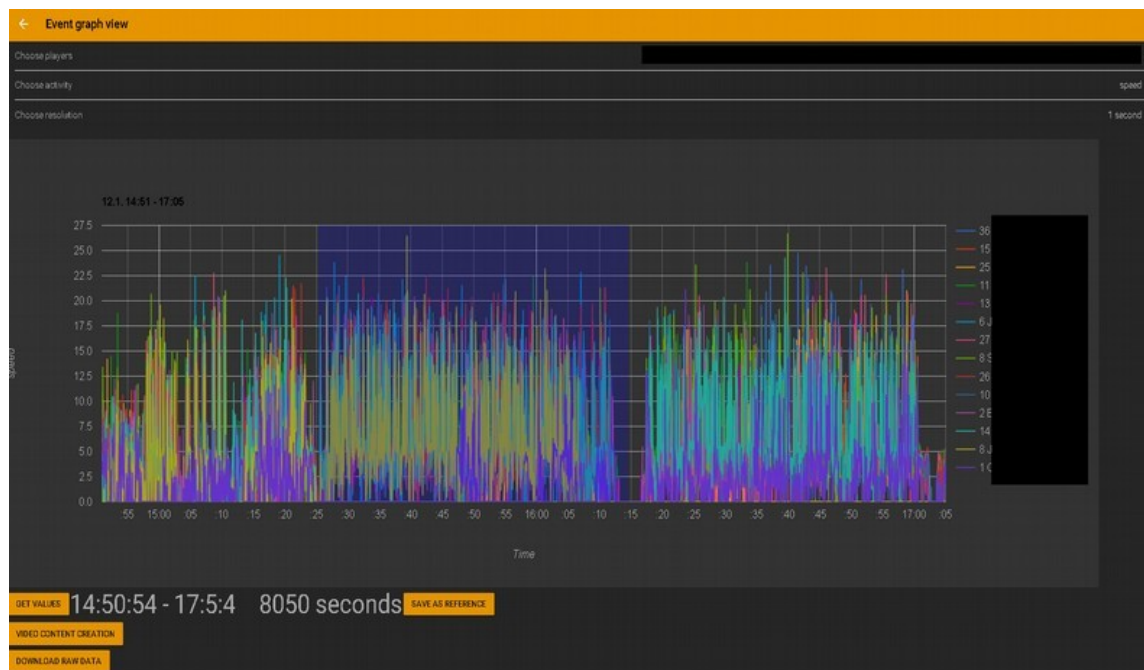
Player	7.8. 17:15	7.8. 16:15	6.8. 16:45	3.8. 17:00	3.8. 17:00	SUM
4	1987	7630	9279	8446	8649	35991
10	1443	5941	7290	6580	6603	27857
7	3401	8104	9162	15307	8688	44662
AVG	2277	7225	8577	10111	7980	36170

4. Under SINGLE PLAYERS STATS you can analyze all statistics / activities of one player across several events.

Activity	7.8. 17:15	7.8. 16:15	6.8. 16:45	3.8. 17:00	3.8. 17:00	SUM
Distance	1443	5941	7290	6580	6603	27857
High tempo	8	34	37	48	48	175
Sprints	0	3	3	9	9	24
Total touches	74	282	113	183	184	836
Touches left	4	30	33	54	54	175
Touches right	70	252	80	129	130	661
Strikes left	1	4	3	7	7	22
Strikes Right	8	30	7	30	30	105
Passes left	1	13	13	28	28	83
Passes Right	40	152	52	67	67	378

1.6 Analysing data - Graph view

In Graph view you can select a specific time period within a single event and analyze just this time interval. You can also save data during a chosen time interval as your reference data to use as a comparative data set against which to monitor your team's progress.



1. Click the menu in the upper left corner, select Statistics and then select the event you want. Then click GRAPH VIEW.
2. Select the time interval by highlighting it with your mouse. Mark the start of the time interval by pressing the left button of your mouse. Keep pressing the left mouse until you have highlighted the time interval you want. You can repeat this to zoom in further. If you click the right button of your mouse, the view goes back to “zoom all”.
- 3 GET VALUES shows the data of this time interval in a table view. You can also save time intervals you have chosen as reference (select SAVE AS REFERENCE).

2 System

Xampion Coach automatically collates Xampion player data in one place from the whole team.

Xampion Coach is designed so that it can be used by various users in a club / team (for example, sports manager or strength & conditioning coach).



Clicking this icon opens you in sign in page Quick start guide and as signed in the latest Xampion coach manual.

TRY DEMO TEAM

Clicking this icon opens you access to demo teams where you can check demo-teams.

2.1 User levels and user handling

There are 4 different user levels to different kind of users. The table below defines what each can do. Xampion coach can be used in club level so that club user (can be for example coaching manager or club physical coach) can look after teams work.

	Coach	Team Admin	Club user	Club admin
ADD players to team	X	X	X	X
Team Event ADD/EDIT	X	X	X	X
Team data read	X	X	X	X
Edit TEAM		X		X
Add coaches to TEAM		X		X
delete coaches from TEAM		X		X
Create new TEAM				X
Delete TEAM				X
Edit CLUB				X

2.2 Xampion player relationship to Xampion coach

Xampion coach is tool that combines Xampion player data to coach.

2.3 Xampion EDGE

Xampion EDGE is mobile app that works only in Android devices. It has two features: it shows real time clock that runs same time that sensor clocks and can be used to sync data to video, Xampion EDGE can download all the team players sensors and upload data automatically to their accounts. See also chapter 9: Xampion EDGE

2.4 Word definitions

Game	-	Event that includes game against other team.
Team training	-	Training event that is done with coach.
Practice	-	Personal training session without team coach.
Distance	-	Running distance in meters.
Tempo	-	Tempo value is calculated to each second. It is value 0 – 100 where 100 is personal record of speed or acceleration. Tempo indicates the power that player is running.
High tempo running.	-	High tempo is more than 70 in tempo scale. That means high intensity running.
mid tempo speed.	-	Mid tempo is 30-70 in tempo scale. That means running on moderate speed.
Low tempo or jogging.	-	Low tempo is less that 30 in tempo scale. That means standing, walking or jogging.
Htempo75	-	Second that are in the 70-75 of tempo scale.
Htempo80	-	Second that are in the 75-80 of tempo scale.
Htempo85	-	Second that are in the 80-85 of tempo scale.
Htempo90	-	Second that are in the 85-90 of tempo scale.
Htempo95	-	Second that are in the 90-95 of tempo scale.
Htempo100	-	Second that are in the 95-100 of tempo scale.
Sprints	-	Sprint is running snippet that includes at least 2 s of high tempo running.
Player#	-	Marked player number
Position	-	Marked player position
Strikes	-	Kicks that are longer passes or shots are counted as a strikes (kickSpeed>35km/h).
Passes	-	Kicks that are typical 10 – 25 m passes as a passes. (15km/h<kickSpeed<35km/h)

Other	-	Kicks that are too weak as a passes are counted to other (kickSspeed<15km/h).
BallCTRL	-	Ball control is receiving touch with foot to pass(receiving the ball).
PassIn	-	Pass that is proceeded by inside part of the foot.
PassLaces	-	Pass that is proceeded by laces part of the foot.
PassOut	-	Pass that is proceeded by outside part of the foot.
Total touches-		Total amount of ball touches that includes strikes, passes, snaps and ball controls
Touches left	-	Ball touches with left foot
Touches right-		Ball touches with right foot

3 Calendar

Calendar is vital element of Xampion coach system. Calendar is including all the team events, and these are the only time slots where players data is readable to coach. In calendar you can also add and edit weekly targets that can be seen in dashboard 4.1.

This feature is a vital element of the Xampion Coach system. It lists all the team events – creating team events is the only way for a coach to view player data, so it is very important that you create events for the times you want to analyze player data. You can also add weekly targets using the calendar.

3.1 Adding Event

Event can be adding before or after the real session. Those can also be edited afterwards. Event can be made single or weekly. Below is an example of making single one-hour team training event. If you want to have some extra prewarming or cool down also in change the start and end times.

Events can be added before or after the session takes place, so you don't have to worry about always creating the event before the session happens. You can also edit the event afterwards if you enter something incorrectly. You can make the event a weekly event if you wish, so that you don't have to constantly create an event for a weekly training session, for example. Additionally, you can change the view from a calendar view to a list view by clicking the buttons in the top right of the screen. See an example of a normal event below:

Create Event	
NAME	
ADD WEEKLY EVENT	No
START TIME	18 Oct 2019 17:00
END TIME	18 Oct 2019 18:00
TYPE	Team Training
SURFACE	Artificial turf
NOTES	
SUBMIT	

Making weekly event add start time that is time of the first event start. Stop time is time of the last event stop time. The start time day is defining the week day and weekly starting clock time. Stop time clock defines the event stop time every week. End date defines the last possible event date. If end day is later week day than start day the weekly events are generated until last weekday inside time slot. Below is example of one month weekly events making and list of generated events.

To create an event, click 'Add New Event' and fill in the details of the event. When entering the details of a weekly event, the date represents the first and last occasions of this repeating event,

meaning it will not repeat after the specified date, while the time represents the start and end time of the event on that day each week. See an example of a weekly event below:

← Create Event

NAME

ADD WEEKLY EVENT Yes

WEEKLY EVENT START DATE (DEFINES WEEKDAY AND EVENT START TIME) 1 Oct 2019 17:00

WEEKLY EVENT END TIME 29 Oct 2019 18:00

TYPE Team Training




SURFACE Artificial turf

NOTES

SUBMIT

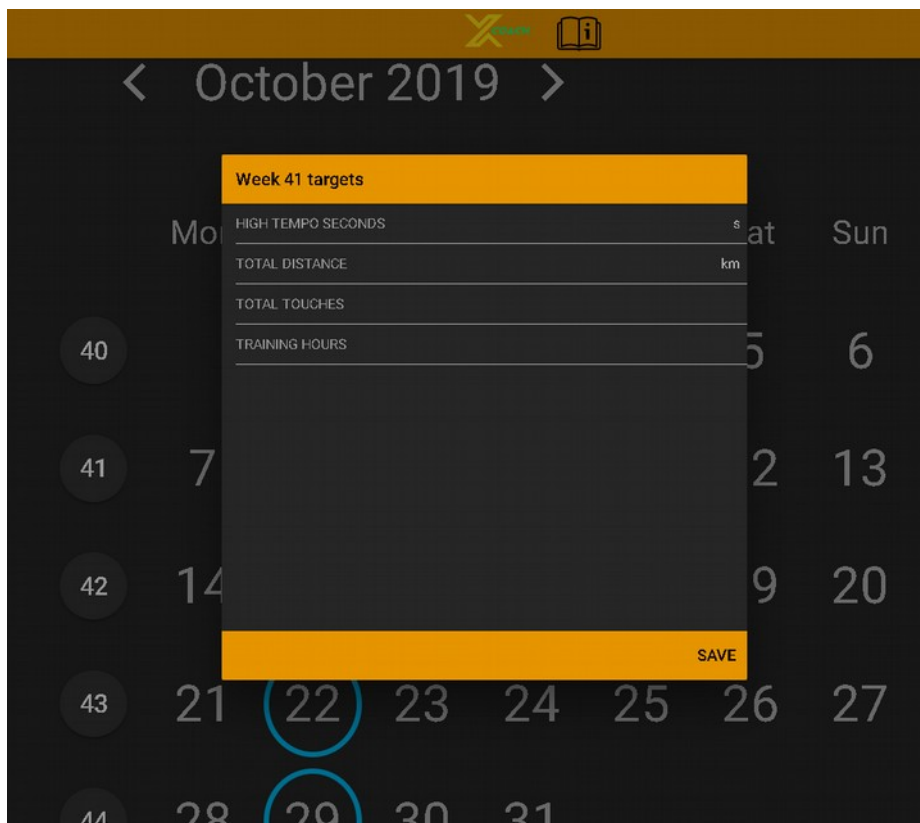
29.10. 17:00 - 18:00 / Team Training
22.10. 17:00 - 18:00 / Team Training
15.10. 17:00 - 18:00 / Team Training
8.10. 17:00 - 18:00 / Team Training
1.10. 17:00 - 18:00 / Team Training

3.2 Editing event

  Pressing the calendar/list -button you can choose calendar or list view. In the list view pressing even you can edit all the values of the event in similar page than in generating event. Updating event take some time. If you can see changes in in event press  and choose dashboard to refresh view (works when you are not already in dashboard page).

To edit an event, first change the view to list view by using the button in the top right corner of the screen. Now click on the event you wish to edit and update the details of the event. Please be aware it may take a moment for the event to update properly once you have submitted the edits.

3.3 Adding targets



This feature allows you to add weekly targets to track your training goals and measure player development. These targets are shown on data on the Dashboard, as explained in Section 4.1: ‘Weekly Overview’. To add a weekly target, press the week number to the left of the calendar, enter your target values, and press ‘Save’. Please note, this needs to be done separately every week.

4 Dashboard

Dashboard is the main view, showing a summary of team data. Currently, its features include: a general week by week overview of core statistics; a list of recent trainings and games; a list of upcoming trainings and games; a comparison of the latest event to the average of prior events; highlights and records set during recent events; and a brief overview of personal training conducted by players individually.

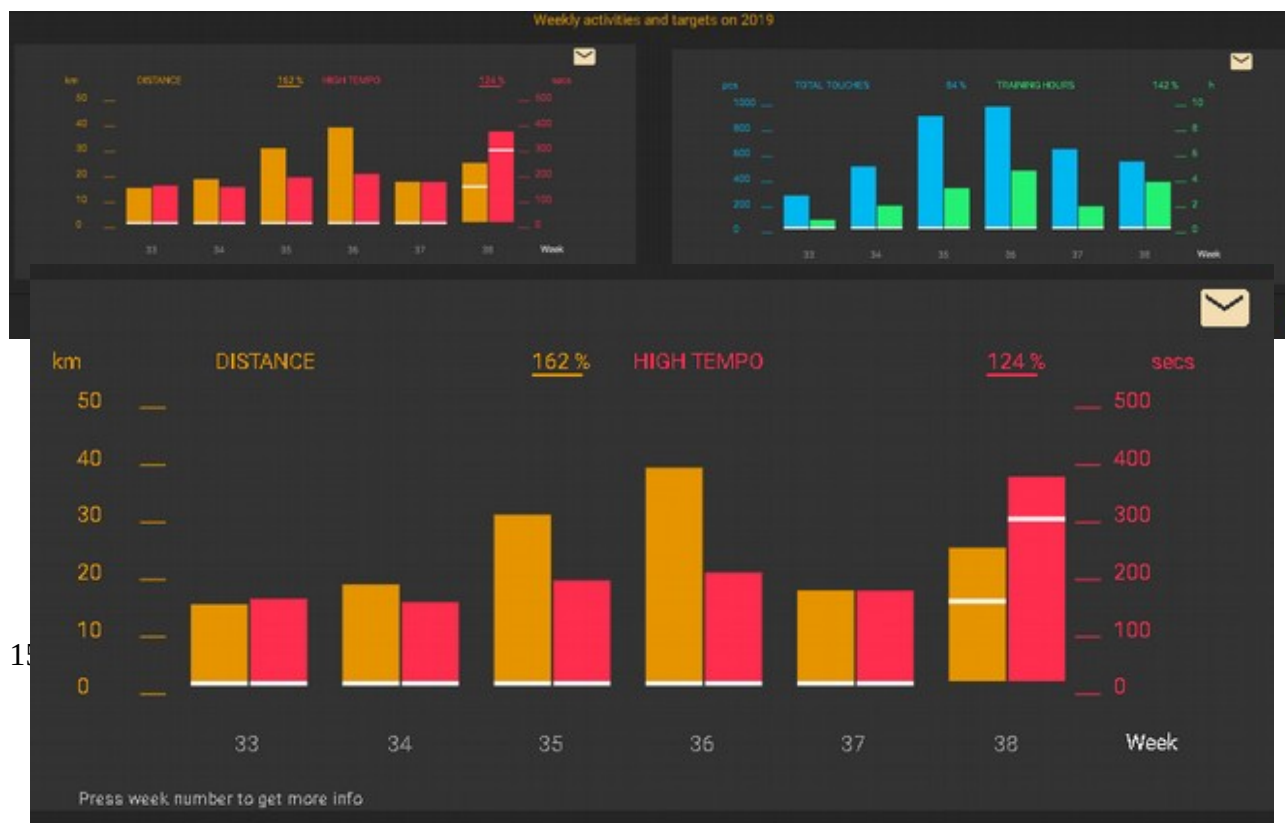
The Dashboard is under constant development, and new features will be introduced over time. If you have suggestions for how the Dashboard could be improved or better cater to your needs, please contact support@xampion.com.

The following subsections (3.1 – 3.7) go into more detail on each of the features of Dashboard.

4.1 Weekly Overview

This feature of the Dashboard provides an overview of your team's performance on a weekly basis. This can help with your team's load planning and monitoring progress against your training program. The graphs display team averages of the distance run by players, the amount of time spent running at a high tempo, the total number of ball touches and the total number of hours spent training during the week. These are presented as average figures of the available player data in order to provide a rough estimate of the performance of the team as a whole.

The graphs show the past six weeks by default, but you can click the 'Weeks Backward' and 'Weeks Forward' buttons to adjust this. Additionally, you can click on the number of the week in order to see a breakdown of the data player by player for that week. More detail on this feature can be found in Section 4.1.1: 'Goals'.



In the histogram there are colour marked activity percentage numbers in. Value is always calculated according the last week in histogram. There are two format of number that are separated by underline. If the value is NOT underlined is percentage value compared to 5 earlier weeks average. If value is underlined it is compared to preset TARGET – value. Target values can be set to help coach follow the training program. More about target setting is in calendar section 6.3 Targets. If the right bar is ongoing week you can follow the training week compared to last weeks or targets.

4.1.1 Player Breakdown

After pressing dashboard – histogram week number you can go to goals-page. There you can see how all players have worked during the chosen week. Left bars are team averages and horizontal lines are settled targets. Colour of the line is explaining the activity of the target. More about target setting is in the section 6.3. You can navigate from week to week with “week backward/forward” - button.

By pressing the week number at the bottom of the Weekly Overview graphs, you can open a more detailed breakdown of the data for that week. This new graph presents the data player by player, so you can see how each individual has performed and have a direct comparison to the rest of the team. Additionally, the team average for that week is shown on the far left of the graph.

You will sometimes see a coloured line going through the entire data set. This represents a target set for the team, and allows you to compare your players’ performance to the targets you have set. The colour of the line shows what data the target refers to: a red line, for example, refers to the amount of time spent running at a high tempo. More information about setting targets for your team and sessions can be found in Section 6.3: ‘Adding Targets’.

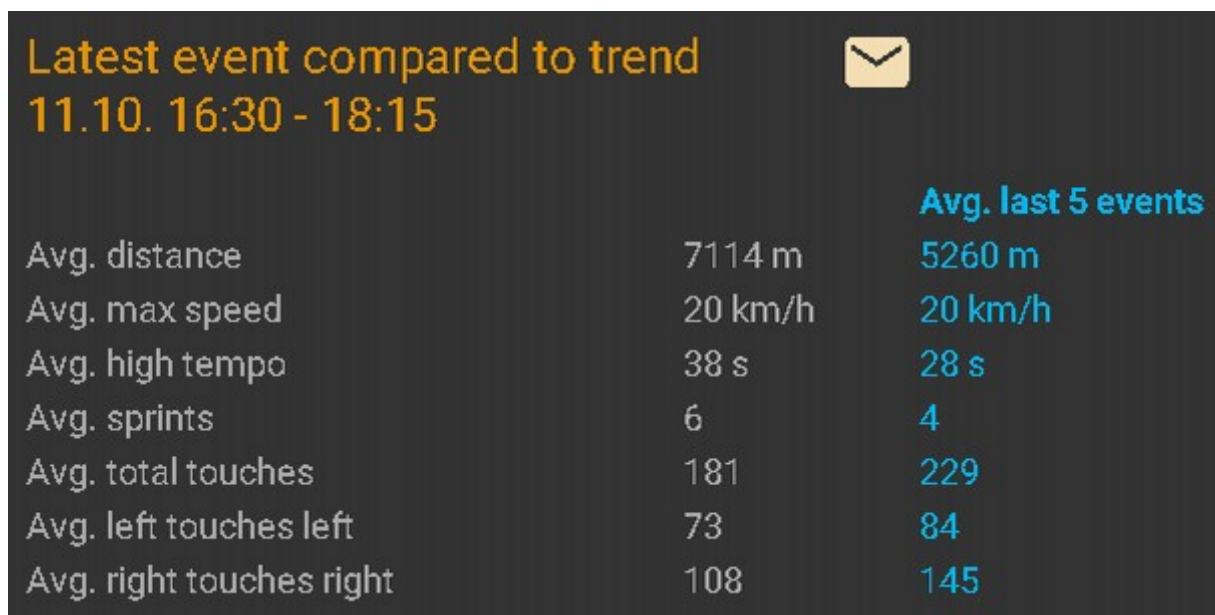
You can navigate to earlier and later weeks by pressing the ‘Week Backward’ and ‘Week Forward’ buttons located at the bottom of the page.



4.2 Recent Event to Trend Comparison

This window is explaining how your latest event team average values varies compared to last five events averages that are marked in blue. Time info is from latest event.

This feature allows you to compare your team's performance at your latest event to the average values of the previous five events. The date and time in the header specify the exact event. If your team did particularly well or poorly in your last game, this section can help show you why!



		Avg. last 5 events
Avg. distance	7114 m	5260 m
Avg. max speed	20 km/h	20 km/h
Avg. high tempo	38 s	28 s
Avg. sprints	6	4
Avg. total touches	181	229
Avg. left touches left	73	84
Avg. right touches right	108	145

4.3 Records from Last 10 Events

This window is explaining the team's players best values. If you point player number with mouse, you can get the player name. Blue values are average of the team last 10 event values.

This feature shows you the records set by your players in each category over the past ten events. With this, you can see which of your players are running the furthest and fastest, and keep track of who makes the most contact with the ball. Here, the player number is presented, but you can hover over the number with your mouse to show the player's name. The blue values on the right show the average of the entire team over the last ten events, which you can use to compare your player records with.

Highlights from last 10 events

			Avg. last 10 events
#54	Distance	9549 m	5118 m
#6	Max speed	25.16 km/h	20 km/h
#32	High tempo	123 s	33 s
#32	Sprints	28	4
#11	Total touches	671	182

4.4 Individual Player Training (Practices)

This window lists latest 50 personal practices that team players have done. Here is listed sessions that are outside coach events. Coach can give good feedback to players how have done personal practises!

This feature presents a basic overview of data collected during individual player training sessions (in other words, personal practice sessions without the coach). This is ideal to keep track of practice a player is doing outside of scheduled team sessions, and can allow you to give good feedback to players who have shown particular dedication to practice!

Players' personal PRACTICES

	Time	Length	Distance	tempo	TTou	LTou	RTou	LStr	RStr
#54	10. Oct 19 : 15	00:46	388m	0s	1	0	1	0	0
#54	10. Oct 16 : 06	01:23	2894m	5s	230	29	201	1	16
#32	9. Oct 19 : 30	00:20	837m	4s	34	8	26	0	0
#54	9. Oct 19 : 30	00:18	521m	5s	17	5	12	1	1
#11	9. Oct 19 : 30	00:33	1257m	6s	32	12	20	0	1
#54	7. Oct 18 : 15	00:29	419m	0s	5	1	4	0	1
#11	7. Oct 18 : 15	00:25	431m	3s	26	6	20	1	0
#8	6. Oct 12 : 34	02:17	9510m	14s	211	128	83	3	1
#54	6. Oct 12 : 03	02:51	12826m	36s	315	103	212	6	26
#32	5. Oct 12 : 32	00:24	1873m	15s	54	26	28	1	1

4.5 Recent Events

This is a simple list of the ten most recent events. You can click on each event to access the statistics page for that event in full detail. To make it easier for you to find the event you are looking for, blue text is used for team trainings, while green is used for games.

4.6 Upcoming events

This is a list of up to five upcoming events entered into the calendar. For an event to appear in this list, you must have already created it using the steps in Section: 1.3 'Creating Team Events'. As with the list of recent events, blue text is used for team trainings, while green text is used for games.

5 Statistics

Statistics part is do deep dive event data and comparing different events to each other. You can open statistics-page clicking left up corner and choosing statistics or pressing any event in dashboard latest events list. In every statistics table you can reorder rows according activity by pressing the column heading.

The Statistics page presents all the data collected by Xampion sensors for every event in full detail. The Statistics page can be found by clicking the drop-down menu in the upper left-hand corner of the screen and choosing 'Statistics'. Alternatively, if you are on the 'Dashboard' page you can simply click on any event in the 'Recent Events' list to be taken directly to the Statistics page for that event.

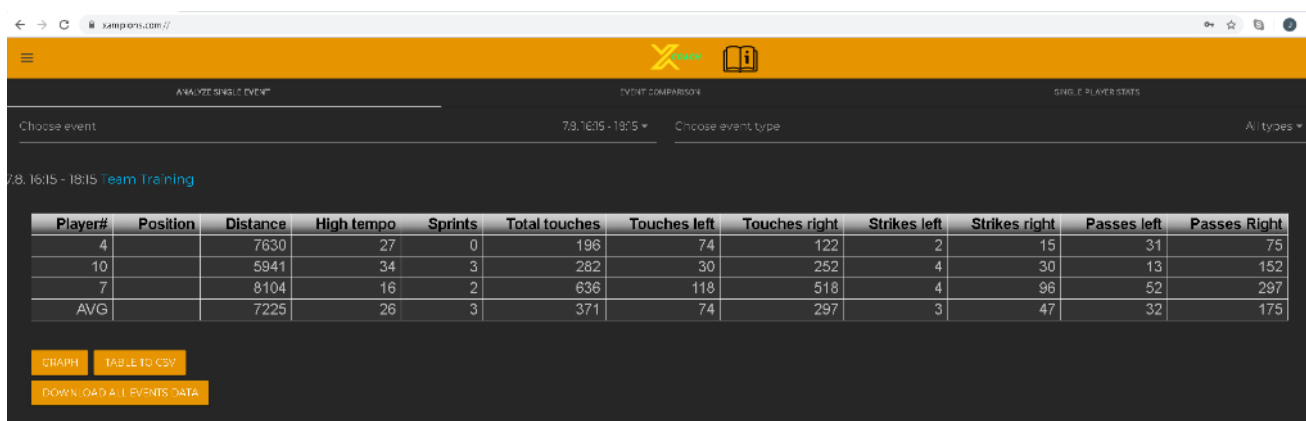
In the tables found on this page, you can reorder the rows to show, for example, the furthest distance travelled or the greatest number of right-footed strikes. To do this, simply click on the header you wish to prioritize (for example, click on 'Distance' to reorder the rows to a descending list of the distance travelled by each player). Additionally, you can click again to change the order from descending to ascending.

5.1 Analyse single event

Analyze single event is data overview of the event. It shows in one table all the basic values and is basic navigation page to other features. In this page you can choose any event where data is. You can filter the event type so that is you can easily find specific event by browsing just games.

Using this feature, you can find all data from a particular event presented in a table. Simply select the event you wish to analyze using the drop-down menu titled 'Choose Event'. Additionally, you can filter the events you see listed by selecting the event type, for example games, in the drop-down menu on the right of the screen titled 'Choose Event Type'.

From this page, you are able to access additional features, as detailed below (sections 5.1. – 5.1.2.3)



Player#	Position	Distance	High tempo	Sprints	Total touches	Touches left	Touches right	Strikes left	Strikes right	Passes left	Passes Right
4		7630	27	0	196	74	122	2	15	31	75
10		5941	34	3	282	30	252	4	30	13	152
7		8104	16	2	636	118	518	4	96	52	297
AVG		7225	26	3	371	74	297	3	47	32	175

5.1.1 Download all events data

Pressing this button, you can download all events and player sessions data in semicolon separated text format. Downloading might take some time because large data amount. Open the downloaded file with Excel or Calc. Choose all data and press text to columns (use only semicolon separator). Adding filter to 1st row you can easily research team or player training in any way you want.

This feature allows you to download all data from all events to your personal computer. This is raw data, that is not processed in any way. This means that you can use and analyze the data in whatever way you please, but also means that it is presented in a less user-friendly and easy-to-digest format.

Please be aware that the download may take some time due to the large amount of data.

The data is downloaded in a text format that requires slight adjustment to be viewed properly by you. The original format is a semicolon-separated text format, which you can open using programs such as Microsoft Excel or LibreOffice Calc (we recommend Microsoft Excel).

Once you have opened the file:

- Select all cells by clicking Ctrl and A on your keyboard simultaneously
- Now click on the menu at the top of the screen titled 'Data', and then click on 'Text to Columns' (This will open a window)
- Select 'Delimited' and then click 'Next'
- Tick 'Semicolon' and ensure that every other option is unticked (usually 'Tab' is already ticked, please ensure this is unticked)
- Click 'Finish'

Additionally, you can filter this data to make it easier to analyze. This means you can reorder the rows based on the specific data you would like to focus on – much the same as is possible on all of the tables on the 'Statistics' page of the Xampion Coach website as described above in section 4.

To do this:

- Select any cell with data
- Click on 'Data' (from the bar at the top of the screen)
- Select 'Filter'

You should now see boxes with arrows beside each of the cells in the first row. Click on these and select the way you would like to reorder your rows.

5.1.2 Graph view

In Graph View you can choose wanted time interval in the event and analyze just it. To get Graph view press left up corner, press Statistics and choose wanted event. Then press GRAPH VIEW. You can choose the time interval by colour it with mouse left button pressed. You can do this many times in row to get exactly wanted time interval. Click mouse right goes back to zoom all. When you have wanted time interval in chart press “GET VALUES”. Then you will get updated 4 tables below the chart: basic table, physical table, kick type table and kick style table. After pressing GET VALUES you activate other features: Save as reference, video content creation and download raw data. Remember that last pressed get values defines what time interval features are using.

Graph View enables you to analyze specific times during your session exclusively, for example to analyze a single drill during training, or a particular portion of the game (such as the final ten minutes). To access Graph View, click the button titled ‘Graph View’ located underneath the tables found on the ‘Analyze Single Event’ page.

You can select your desired time interval by clicking and dragging your mouse from the desired start point to the desired end point and then releasing the left mouse button. This will then immediately zoom in to show your selection. To zoom further or adjust more, you can repeat this process many times. To return to viewing the entire period of data capture (e.g. the whole game or training session) simply right click anywhere on the graph.

Once you have selected the time interval you want to analyze, click the ‘Get Values’ button located beneath the graph. This will then produce four tables which you can view by scrolling down on the page.

The four tables are (in this order):

- Overview table
- Physical Data table
- Kick Type table
- Kick Style table

Once you have clicked 'Get Values' you will also unlock several other features: 'Download Raw Data', 'Save as Reference', and 'Create Video Content'.

Please bear in mind that the tables and other features will only use the time interval selected when 'Get Values' was last pressed. So, if you select a time interval, click 'Get Values', then select a different time interval, the tables and other features will still be using the original time interval rather than the updated selection. Always press 'Get Values' after selecting a time interval to ensure the data is correct for the time interval you would like to analyze.



5.1.2.1 Download raw data

Download raw data button allows you to download the selected time interval data in semicolon separated text format. All the time stamps are in epoch time and each second has own time stamp. In the first heading row is there are listed all players and each player has columns for time stamp, movement length in second (cm), personal tempo value for the second and list of kicks in the second (if exist). Below is screenshot of the data in excel-view.

This feature allows you to download the data from the selected time interval in the same format as is detailed in Section 5.1.1: 'Download All Data from All Events'. To be able to read the data properly, please follow the two procedures detailed in section 4.1.1. Additionally, to be able to read everything in each cell, you can adjust the width of the column it is in. To do this, click and drag the line separating two column letters (e.g. C and D – these column letters are located just above the data selection and just below the menu tabs at the top of the page). Alternatively, you can double click this separating line to instantly change the width of the column to an appropriate size.

This data is presented second by second, with each second being represented by a row. This means that you can see all the data collected by Xampion sensors for every second they are active. For technical reasons, each of these seconds is defined using Epoch Time (also known as Unix Time). This is simply a way for our technology to understand time, which we would otherwise understand in dates, hours, minutes and seconds.

The first row has several headings for each player:

- Time Stamp (in Epoch Time)
- Distance Travelled (listed as ‘Motion’ and measured in centimetres)
- Tempo Value (recorded as detailed in section 2.3 ‘Word Definitions’)
- Kicks (if applicable for that second)

Below you can see an example of the data.

#16	timeStart	#16	motid	#16	temp	#16	kicks	#3	Nick one	timeStart	#3	Nick one	motid	#3	Nick one	temp	#3	Nick one	kicks	#7	Nick three	timeStart	#7	Nick three	motid
41	1564473286000		10.0.01					1564473286000		176.0.3										1564473286000		296			
42	1564473287000		60.0.05					1564473287000		114.0.13				1564473287362	kick_l_pass_mid_24.83km/h					1564473287000		179			
43	1564473288000		77.0.07					1564473288000		70.0.12										1564473288000		141			
44	1564473289000		134.0.12					1564473289000		14.0.02										1564473289000		167			
45	1564473290000		141.0.13					1564473290000		65.0.11				1564473290450	trap_L					1564473290000		134			
46	1564473291000		140.0.13					1564473291000		76.0.13										1564473291000		125			
47	1564473292000		147.0.13					1564473292000		118.0.2										1564473292000		127			
48	1564473293000		148.0.13					1564473293000		110.0.19										1564473293000		105			
49	1564473294000		140.0.13					1564473294000		107.0.18										1564473294000		117			
50	1564473295000		138.0.12					1564473295000		95.0.16										1564473295000		122			
51	1564473296000		122.0.11					1564473296000		95.0.16										1564473296000		134			
52	1564473297000		137.0.12					1564473297000		107.0.18										1564473297000		268			
53	1564473298000		150.0.13					1564473298000		34.0.06										1564473298000		211			
54	1564473299000		136.0.12					1564473299000		39.0.07										1564473299000		130			
55	1564473300000		138.0.12					1564473300000		5.0.01										1564473300000		123			
56	1564473301000		144.0.13					1564473301000		35.0.06										1564473301000		98			
57	1564473302000		142.0.13					1564473302000		35.0.06										1564473302000		107			
58	1564473303000		139.0.12					1564473303000		305.0.52				1564473303753	kick_l_pass_in_21.78km/h					1564473303000		81			
59	1564473304000		111.0.1					1564473304000		151.0.26										1564473304000		89			
60	1564473305000		113.0.1					1564473305000		192.0.31										1564473305000		82			
61	1564473306000		121.0.11					1564473306000		205.0.35										1564473306000		47			
62	1564473307000		129.0.12					1564473307000		182.0.31										1564473307000		60			
63	1564473308000		150.0.13					1564473308000		139.0.24										1564473308000		58			
64	1564473309000		50.0.05					1564473309000		100.0.17										1564473309000		88			
65	1564473310000		50.0.04					1564473310000		68.0.12										1564473310000		181			
66	1564473311000		115.0.1					1564473311000		77.0.13										1564473311000		97			
67	1564473312000		83.0.07					1564473312000		169.0.29										1564473312000		81			
68	1564473313000		78.0.07					1564473313000		180.0.31										1564473313000		84			
69	1564473314000		57.0.05					1564473314000		217.0.37										1564473314000		61			
70	1564473315000		22.0.02					1564473315000		165.0.28										1564473315000		70			
71	1564473316000		20.0.02					1564473316000		50.0.1										1564473316000		93			
72	1564473317000		25.0.02					1564473317000		70.0.12										1564473317000		90			
73	1564473318000		78.0.07					1564473318000		70.0.12										1564473318000		97			
74	1564473319000		123.0.11					1564473319000		81.0.14										1564473319000		103			
75	1564473320000		210.0.4				1564473320252	trap_L_1564473320428		83.0.14										1564473320000		95			
76	1564473321000		180.0.16					1564473321000		87.0.14										1564473321000		98			

5.1.2.2 Save as reference

This feature allows you to save selected time interval as reference. Click the button and give name for reference. Reference is own event with type of reference. In the Statistics – page you can filter event type to reference. In the statistics-page event comparison -tab you can choose several references to compare those to each other.

This feature allows you to save a selected time interval as a reference point, which you can use to compare later trainings and games with. You might want to do this, for example, to measure the speed of your players during a particular drill at the start of the season, and measure them against that reference point throughout the rest of the season to track their progress and development.

To do this, click ‘Save As Reference’ and type a name for your reference.

To then analyze this reference selection, you can go to the 'Analyze Single Event' page, and under 'Choose Event Type' select 'Reference'. Then you can select the reference you would like to analyze from the 'Choose Event' drop-down menu.

To analyze this reference against other reference types, you can go to the 'Event Comparison' page, and similarly choose the 'Reference' Event Type.

5.1.2.3 Create video content

In Xampion coach you can use data to enrich video. This feature is in early beta phase put following instructions you can use the feature. It means that you can have players data as a subtitle to the video and you can have automated video highlight editing to video. To sync data to video you need Xampion data and video need timing. Video timing means that you are having correct clock in some moment of the video. Clock needs to be special internet clock. You can use Xampion EDGE clock or <https://time.is> web page clock and show it to video with your mobile phone.

This feature is in early beta phase, and allows you to sync Xampion data to video files you have recorded. In practice, what this means is that Xampion data will appear as a subtitle over the video, showing the data collected in real time as the recording plays out. Additionally, this enables you to navigate your video file with specific relevance to Xampion data for each individual player; for example, if your player is inactive for a time during the recording, you can immediately skip to the next period of activity. This is intended to simplify player-specific video analysis.

In order to use this feature both Xampion data and accurate time information are required. We suggest that at the beginning of your recording you show the time to the video using your mobile phone, using either the clock feature of Xampion EDGE or this internet clock: <https://time.is>. We recommend these clocks rather than your normal mobile phone clock because Xampion data records at true GPS time, while most watch and mobile phone clocks use national time/time zones.

Additionally, we recommend recording a single, uninterrupted video to use to sync with Xampion data. This is because each video file needs to be manually synced with Xampion data files, so having multiple video files means you would need to repeat the syncing process for each video file.

VLC Media Player is required for this feature. You can install this software using this link: <https://www.videolan.org/vlc/download-windows.html>.

Each video clips need own content files. That is why videos without stop are idea for this. Making video content files do following steps:

- 1 Go to STATISTICS and select the event you have in video and go to graph view*
- 2 Select time interval that includes the time of video or more and press "get values". . . Aloita oikealta ja sitten vedä vasesmalle niin tulee videon alku mukaan nollasta (esim. UBN-video, missä näkyi kellonaika videon alussa)*

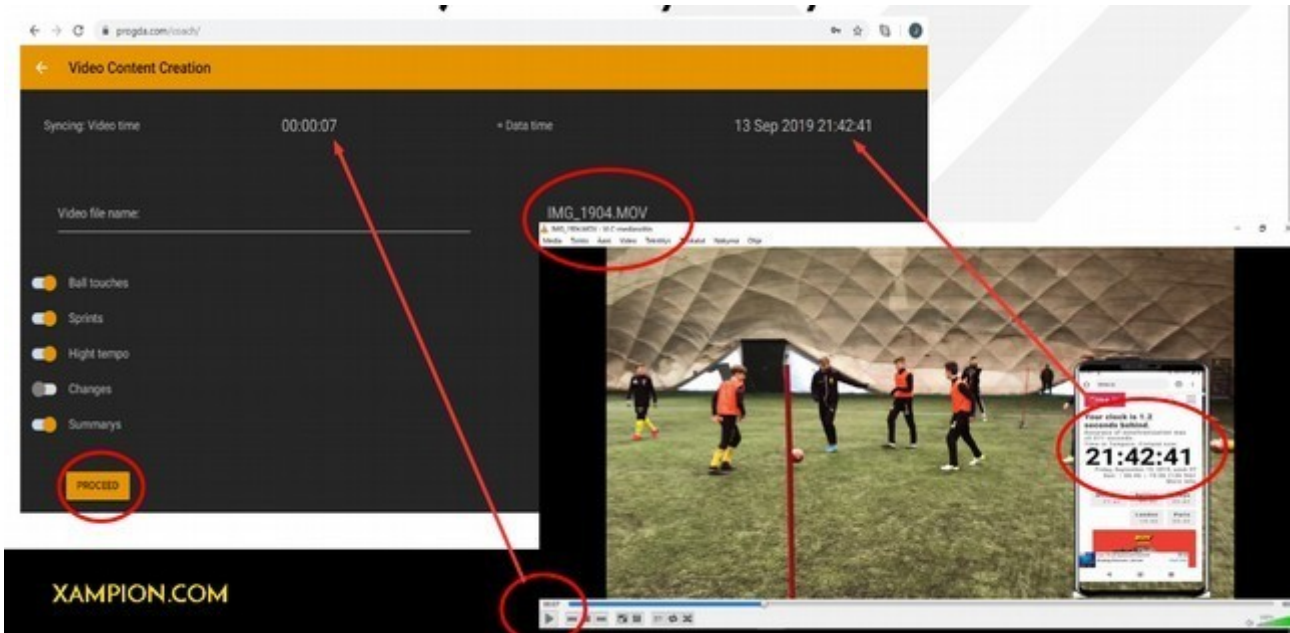
- 3 Press *VIDEO CONTENT CREATION* to navigate in content page.
- 4 Feed video file name, video sync time and data time. Then choose wanted content and press “*proceed*”. See hints in the picture bellow. *Muista laittaa mp4 videotiedoston perään.*
- 5 Now you download files *.SRT* and *.M3U* -files for each players with data. (Click *PROCEED* to download the files to your downloads folder)
- 6 Please copy those files to same folder with the video file.

To sync Xampion data to a video file:

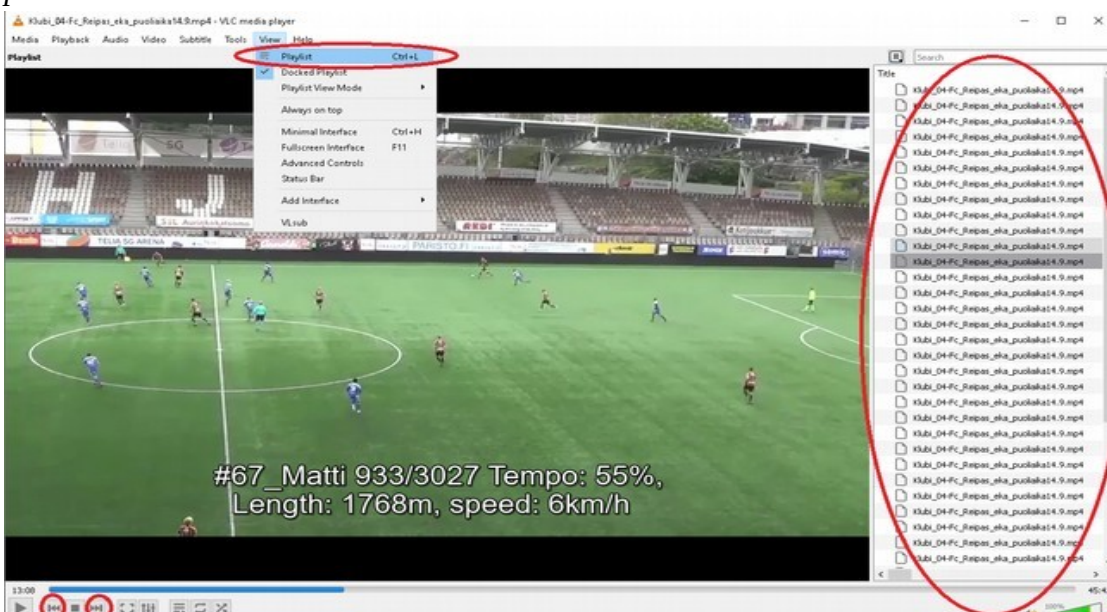
1. Click the drop-down menu in the top left of the screen and choose ‘Statistics’.
2. Select the event you wish to sync to video.
3. Go to ‘Graph View’.
4. Select the desired time interval (often this will be the whole data period). We recommend you do this by clicking on the right-hand side of the graph and dragging left, so that the exact start time of the data is included. This allows for perfect data to video syncing.
5. Press ‘Video Content Creation’
6. Fill in the video sync time (this will in almost all cases be 00:00:00, to sync the data with the very beginning of the recording). Also fill in the data time; this will be the exact time recorded by your mobile phone on the screen at the beginning of the recording (see the image below).
7. Fill in the file name of your video on the right-hand side of the screen, including *.mp4* at the end of the video file name.
8. Specify the exact nature of the data you wish to sync (for example, ball touches or sprints).
9. Make sure that ‘Summaries’ is enabled.
10. Click ‘Proceed’ (at the top of the screen).
11. Copy and paste the data files to the folder containing your video file.
12. Right click the *.M3U* file, select ‘Open With’ and choose VLC Media Player.
13. Open the ‘Subtitles’ menu in VLC Media Player, and select the player whose data you wish to analyze. Your data should now appear as a subtitle at the bottom of the video.

Additionally, you can open the ‘Playlist’ menu, which will show you all individual data files, and you can skip between them simply by clicking the data file you wish to view. This will

automatically skip to that moment in the video as well. You can also skip between these using the ‘Previous’ and ‘Next’ buttons in the bottom left of the video screen.



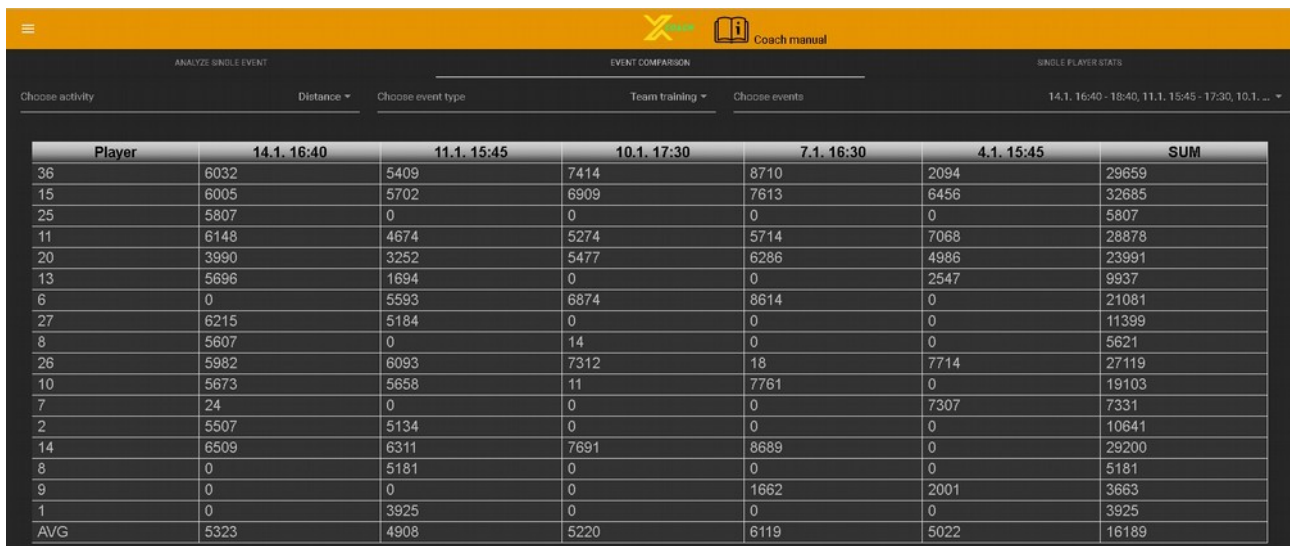
Watching videos you need windows computer and VLC-media player (<https://www.videolan.org/vlc/download-windows.html>) . Install the application to computer. In the video folder .STR-files are video subtitle files and .M3U-file include automated video editing. Each file name has each player’s number & nickname. Right click mouse in to .M3U-file, choose “open in application” and choose VLC-player. Then choose subtitles and take the track that shows text with correct name mark. In the playlist are all the clips. You can jump from clip to each other with prev/next buttons.



5.2 Event comparison

In the Event comparison page, you pick several events and one activity (in time) to table. This is way to compare for example weekly trainings. You can also choose several references to compare those to each other. If you want to select only for example team training you can pick it up in “choose event type” -menu.

This feature allows you to compare the data of two or more events. Use the three drop-down menus to specify the type of data shown, narrow down the events list, and choose the exact events you wish to compare.



Player	14.1. 16:40	11.1. 15:45	10.1. 17:30	7.1. 16:30	4.1. 15:45	SUM
36	6032	5409	7414	8710	2094	29659
15	6005	5702	6909	7613	6456	32685
25	5807	0	0	0	0	5807
11	6148	4674	5274	5714	7068	28878
20	3990	3252	5477	6286	4986	23991
13	5696	1694	0	0	2547	9937
6	0	5593	6874	8614	0	21081
27	6215	5184	0	0	0	11399
8	5607	0	14	0	0	5621
26	5982	6093	7312	18	7714	27119
10	5673	5658	11	7761	0	19103
7	24	0	0	0	7307	7331
2	5507	5134	0	0	0	10641
14	6509	6311	7691	8689	0	29200
8	0	5181	0	0	0	5181
9	0	0	0	1662	2001	3663
1	0	3925	0	0	0	3925
AVG	5323	4908	5220	6119	5022	16189

5.3 Single player stats

In SINGLE PLAYERS STATS you choose several events and one player to analyze the player over all statistics in the events. If you want to select only for example team training you can pick it up in “choose event type” -menu.

This feature allows you to compare data over several events for one player specifically. Use the three drop-down menus to narrow down the events list, choose the exact events you wish to compare, and specify the player you wish to analyze.

The screenshot shows the Xampion Coach manual interface. At the top, there is a navigation bar with a menu icon, the Xampion logo, and a 'Coach manual' link. Below this, there are three tabs: 'ANALYZE SINGLE EVENT', 'EVENT COMPARISON', and 'SINGLE PLAYER STATS'. The 'EVENT COMPARISON' tab is active, showing a table of statistics for a player. The table has columns for 'Activity', '24.4. 18:20', '13.4. 17:07', '16.3. 16:32', '9.3. 14:30', and 'SUM'. The rows list various activities such as Distance, High tempo, Sprints, Total touches, Touches left, Touches right, Strikes left, Strikes Right, Passes left, and Passes Right.

Activity	24.4. 18:20	13.4. 17:07	16.3. 16:32	9.3. 14:30	SUM
Distance	10339	9019	11652	10954	41964
High tempo	39	32	32	34	137
Sprints	5	4	6	8	23
Total touches	202	197	228	196	823
Touches left	71	52	86	68	277
Touches right	131	145	142	128	546
Strikes left	5	6	5	7	23
Strikes Right	33	20	9	19	81
Passes left	23	17	29	30	99
Passes Right	66	95	83	77	321

5.4 Table to CSV

Pressing this button, you can always download the data of the table so you can use it in own study methods for example in excel calculations.

This feature allows you to download the data presented in the table so that you can use it for your own purpose, for example in calculations using Excel.

6 Players

In players page you can manage team players and team name. You can find players -page by clicking up left corner and choosing players. In Xampion system one player account can be in just one team in time. Coach user account is also a player account that can be own team player. One user can be coach in several teams. That is important to understand when using Xampion. All the team players can be seen also in Xampion player app in Manage friends page. When teammates are also Xampion friends they can compare same event data in session -page.

The 'Players' page allows you to manage the players registered as part of the team and edit the team name. To find this page, click the drop-down menu in the top left of the screen and choose 'Players'.

Players can only be part of one team at a time, for reasons related to data ownership and automatic uploading procedures. Coaches, however, can be a coach for several teams.

You can also see the player list in the Xampion Player app, in the 'Manage Friends' page. When teammates are Xampion friends, they can compare data from the same event in the session page.

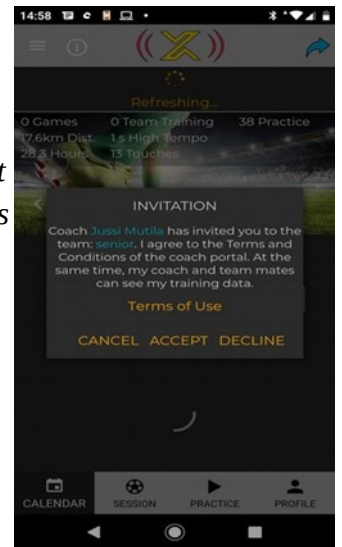
6.1 Adding players

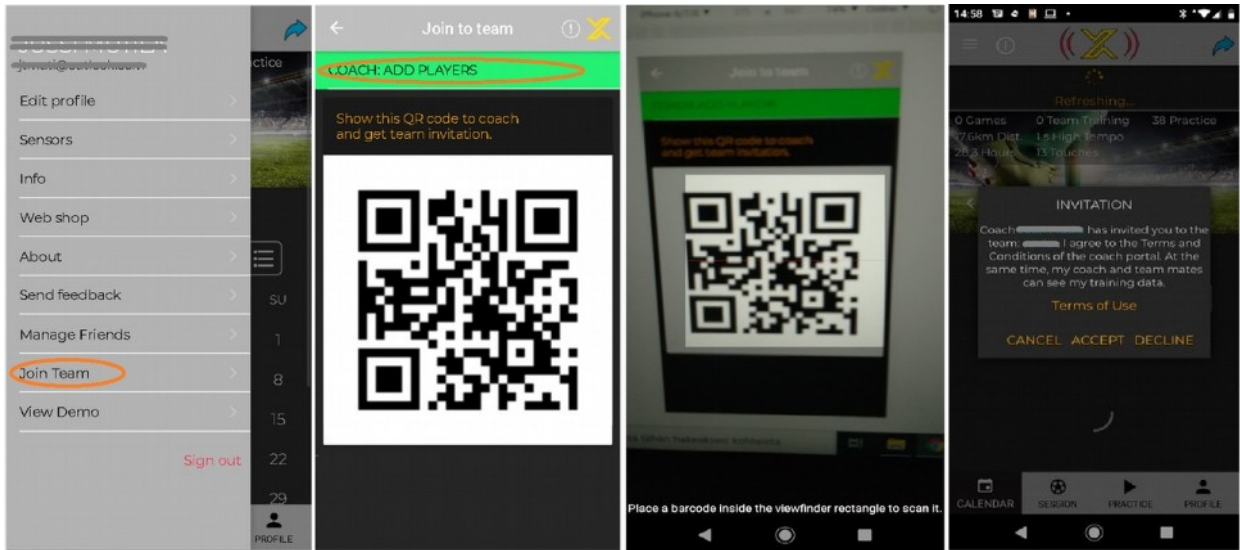


In Xampion coach you need to the first invite player to team pressing +icon and writing players email that is also Xampion user-account. That can be difficult to remember but the easiest way is to collect list of emails while taking Xampion insoles in use. After invitation is send to player, he/she needs to accept that. In Xampion player app when you refresh (pull display down) the calendar app also checks invitations.

6.1.1 Inviting players with QR-scanning

1. Sign in to Xampion app with coach account.
2. Choose "Join team" -page in the menu.
3. Press: Coach: Add players and choose team where you want to add players.
4. Then camera opens and by scanning players Join team -page Qr-code.
5. Player is now invited and he can accept the invitation.





6.2 Player editing

You can edit player two ways: changing player number and position. These two values are shown in most of the tables in Xampion coach system. You can edit player by clicking the payer number in table. Editing values in the line and pressing SAVE.

This feature allows you to change the number and position assigned to a player. These values are important because they are shown in many tables in the Xampion Coach system, so if they are accurate it will make it easier for you to identify the correct data sets. You can edit these values by clicking the player number in the table, entering the updated values and pressing 'Save'.


6.3 Team editing



You can edit team name by pressing pen icon, feeding new team name and pressing submit. Left side of the team name is club logo. Club can have several teams. This logo can be reset in team Admin -page. This logo is also available in team players Xampion app profile page.

This feature allows you to edit your team name. To do this, press the pen icon, enter your new team name, and press 'Submit'. To the left of the team name is the club logo. A club can have several teams, and this logo can be reset in the team 'Admin' page.


Navigation icons: menu, X, and a book icon.


XAMPION Xampion03 

NUMBER	FIRST NAME	LAST NAME	POSITION
4	Ande	Sher	
2	Tom	Ryder	
1	Henke	Lars	
3	Rob	Speed	
10	Juan	Mata	
7	Sam	Eto	
5	Joe	Trick	

Choose player to edit or delete

3 Rob Speed

SAVE **REMOVE PLAYER** 

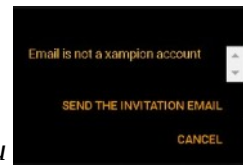


7 Team Admin

The user who makes the team automatically becomes a team admin. The club admin or Xampion customer service can make other coaches a team admin as well. The Team Admin page is only accessible for team admins.

7.1 Adding new coaches

If you want to add new coaches to team write the Xampion user-account email to the line and press ADD COACH+. If the user has Xampion account you, he is now added to team coach. If the email owner has not made the Xampion account, you will have the next box. Choose “send the invitation email” so you can send invitation mail. It includes invitation code that new user can use feed when creating new coach account. With invitation code new coach can automatically add him to your team coach.



To add a new coach to the team, enter the email address linked with their Xampion account and click ‘Add Coach’. If the user has already made a Xampion account, they will instantly become a coach. If they do not yet have an account, click ‘Send the Invitation Email’. They will receive a code to sign up to Xampion and immediately become a coach of your team.


Pressing trashcan icon on right side of the coach you can remove him from coach list. Then the deleted user cannot sign into team any more.

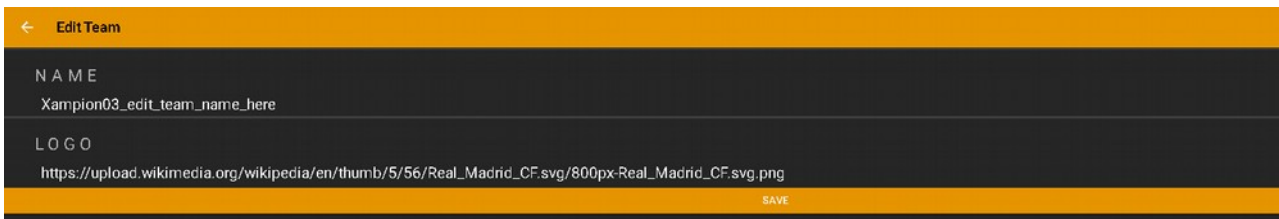


To remove a coach from the team, click the garbage bin icon to the right of the coach name. The deleted coach will no longer be able to view the team’s data once you do this.



7.2 Editing team info

 In team admin page pressing pen icon in right up corner lets you in the team editing page. You can just write new team name to line. If you want team icon that is shown over club icon in Xampion coach and player app you need to get url of the picture in the logo line. The easiest way to get url is finding the picture to web browser. We recommend wiki page. Go over logo picture and press mouse right button and choose “copy picture address”. Then paste (mouse right - paste) the url to LOGO-line. After having new info to team press SAVE and values are in use.



← Edit Team

NAME
Xampion03_edit_team_name_here

LOGO
https://upload.wikimedia.org/wikipedia/en/thumb/5/56/Real_Madrid_CF.svg/800px-Real_Madrid_CF.svg.png


SAVE

This feature allows you to edit the team name and logo. To do this, press the pen icon, and enter your desired team name. To change the club logo, you need a URL (internet link) to the photo. To do this, find the logo online, right click it, select ‘Copy Picture Address’, then paste it into the text box in Xampion Coach by right clicking and selecting ‘Paste’. Now click ‘Save’.

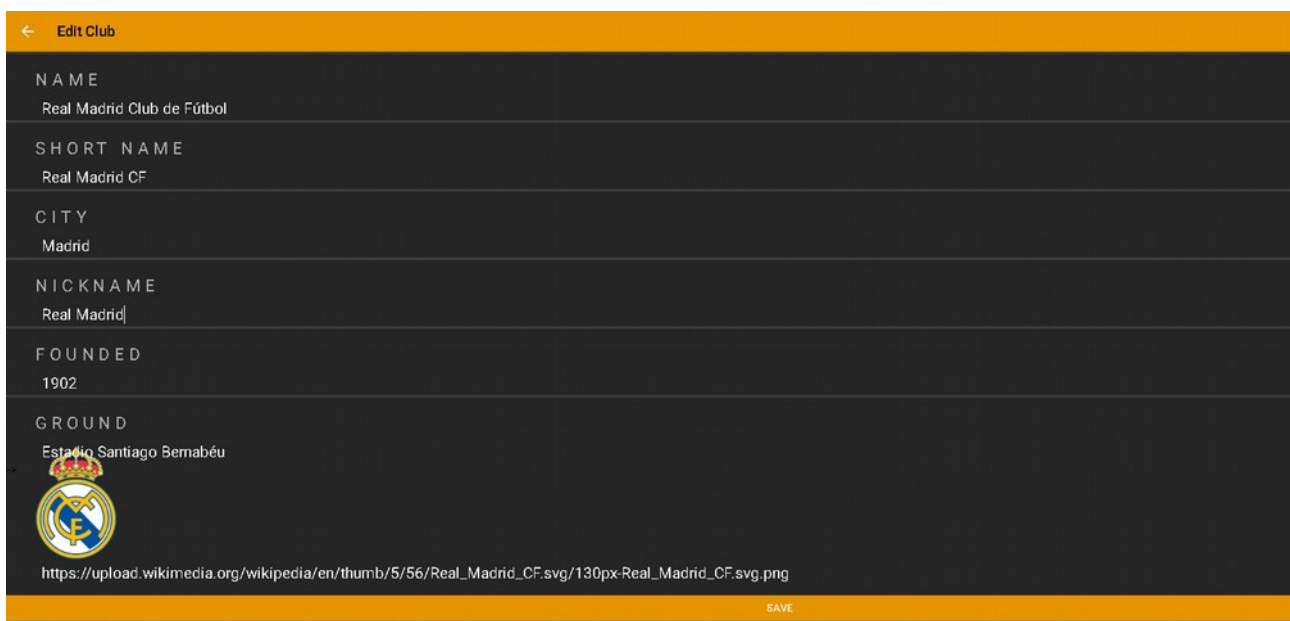
8 Club Admin


Club admin is the club administrative person who has the right to do any actions in the Xampion club: editing club and teams information, add new teams, add coaches and read all the club data.

8.1 Editing club info


 In club admin page pressing pen icon in right up corner lets you in the club editing page. You can just write new club info's to lines. If you want new club icon you need to get url of the picture in the logo line. The easiest way to get url is finding the picture to web browser. We recommend wiki page. Go over logo picture and press mouse right button and choose "copy picture address". Then paste (mouse right - paste) the url to LOGO-line. After having new info to team press SAVE and values are in use.

To edit the club details, click the pen icon in the top right corner of the page. Here, you can enter the updated club details. You can also change the club logo. To do this, you need a URL (internet link) to the photo. To do this, find the logo online, right click it, select 'Copy Picture Address', then paste it into the text box in Xampion Coach by right clicking and selecting 'Paste'. Now click 'Save'.



← Edit Club
NAME Real Madrid Club de Fútbol
SHORT NAME Real Madrid CF
CITY Madrid
NICKNAME Real Madrid
FOUNDED 1902
GROUND Estadio Santiago Bernabéu  https://upload.wikimedia.org/wikipedia/en/thumb/5/56/Real_Madrid_CF.svg/130px-Real_Madrid_CF.svg.png
SAVE

8.2 Adding new team

 You can ADD new team to club pressing in + -icon, feeding team name (team logo optional) and pressing SAVE.

To add a new team press the '+' icon, enter the team name, and press 'Save'. You can also add a team logo if you wish.

8.3 Editing Club's teams

Pressing team name in the club admin -page let's you to team's team admin -page. In section 7 you can read more about that. Pressing trash can -icon you can delete the team wanted redundant team.

To edit team details, click on the name of the team you wish to edit. This will take you to the team admin page, please see more information on editing team details in Section 7: 'Team Admin'. To remove a team from your club, press the garbage bin icon.



9 Xampion EDGE



Xampion EDGE is available only to Android phones in Play store. It makes phone to a Xampion sensor routing lighthouse that automatically routes all team players' sensor data to the Xampion service. Then all the data is available in service without players work, but the data is anyway available also in player's app too. Xampion EDGE user need to be coach in team of the Xampion system.

1. Go to play store and install [Xampion EDGE](#)
2. Open app and press up left corner; **Load coach profile...**; sign in to your Xampion team
3. Press **Play** button to activete Xampion EDGE -routing
4. Now Xampion EDGE is **active** and showing reference clock

