



MOBILE COACH 4.0

USER GUIDE





INTRODUCTION

ABOUT MOBILE COACH

Mobile Coach is the premier application for coaches looking to have the tools and resources to run Lacrosse Athlete Development Model (LADM) aligned practices right in the palm of their hands. In lock-step with the LADM, US Lacrosse strives to provide coaches with the resources and tools to “meet their athletes where they’re at” and provide them with the right lacrosse at the right time in their development. The resources in Mobile Coach have been carefully designed and selected to do help coaches provide the best lacrosse experience for their athletes.

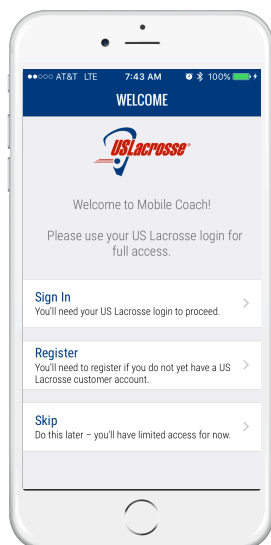
Key Features:

- News
- Coaching Tools
- Parent Tools
- Drill and Play Diagramming (iPad only)
- QR Scanner



USING MOBILE COACH

LOGGING IN



SIGN IN:

Members can gain access to the full feature set in Mobile Coach by entering their US Lacrosse Username and password. These are the same as what you would use to login to their US Lacrosse "My Account" or learning.uslacrosse.org (online courses).

REGISTER:

Not a member? Choose this option to join US Lacrosse and unlock all of the features of Mobile Coach.

SKIP:

You can skip the login process and receive limited features and tools.

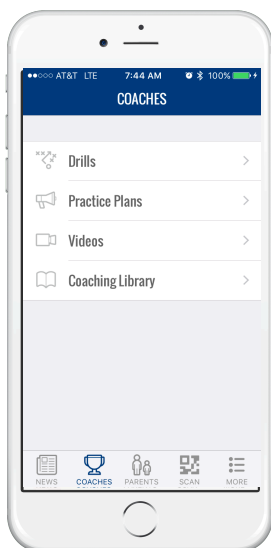
NEWS



Stay up to date on the latest lacrosse news from US Lacrosse. Articles and blog posts will automatically be delivered to your app as they are posted to the US Lacrosse website.



COACHES



DRILLS:

Looking for the perfect drill for a particular skill? This is where you will find them. There are over 500 drills available to Members. Non-Members receive a limited library, with the option to In-App Purchase the full suite.

PRACTICE PLANS:

Build and store your own practice plans here. You can create multiple groups for each team you coach or what objective you have for practice. You will also find plans created by US Lacrosse and our Athlete Development team to help guide you.

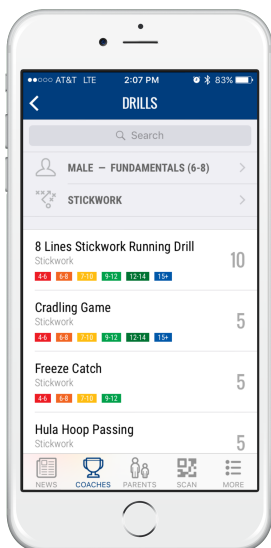
VIDEOS:

The video library contains live videos of players participating in many of the drills, as well as other helpful instructional videos. This is a great tool for showing your players and other coaches how to run a particular drill.

COACHING LIBRARY:

In the Coaching Library you will find other tools and resources to compliment your practice planning. Most are free to all users of the app, but there are some that are only available as an In-App Purchases.

DRILLS



Drills are sortable by the following:

- Gender
- Developmental Level
- Lacrosse Skill

Tap on the Male/Female button to select the gender and developmental level.

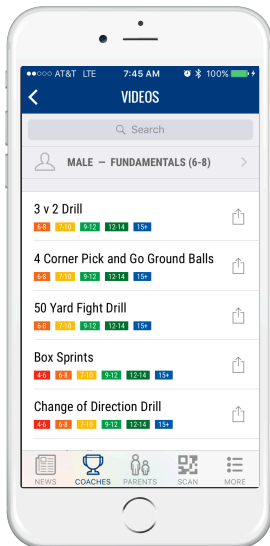
Tab on the skills button to sort by lacrosse skill.

Tap the drill title to view the drill. Swipe up or down to see the list of available drills. If there is a video associated with the drill an icon will appear in the corner of the drill window. Tap on the icon to view to corresponding video.





VIDEOS



Videos are sortable by the following:

- Gender
- Developmental Level

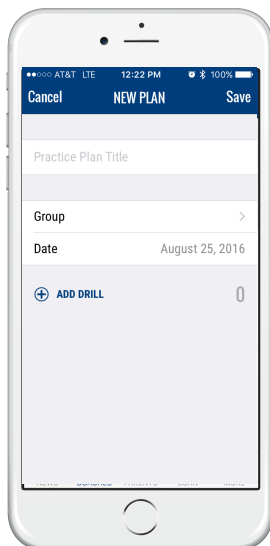
Tap on the Male/Female button to select the gender and developmental level.

Tap on the share icon to share the video via other applications on your device, such as text message, email, and social media.

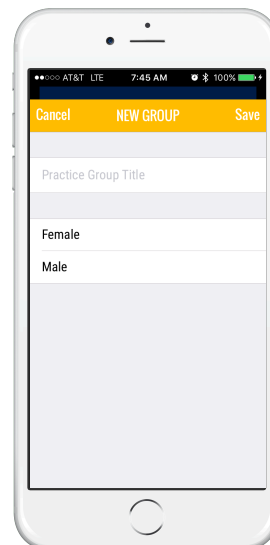
PRACTICE PLANS



Existing plans will be displayed on this screen. To add a new plan, Tap the + symbol.



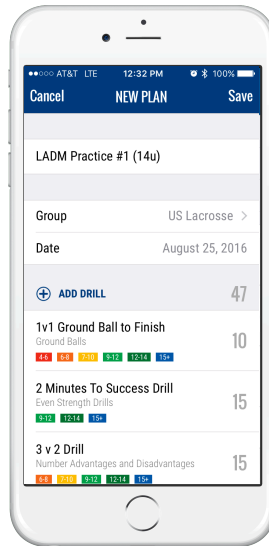
Give your plan a title, assign it to a group, then begin adding drills from the Mobile Coach drill library.



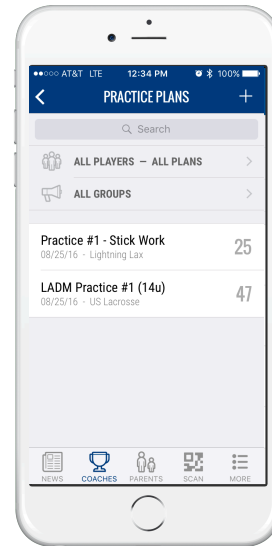
If you do not have any groups, you can create them in the Group menu.



PLANS_(CONT'D.)

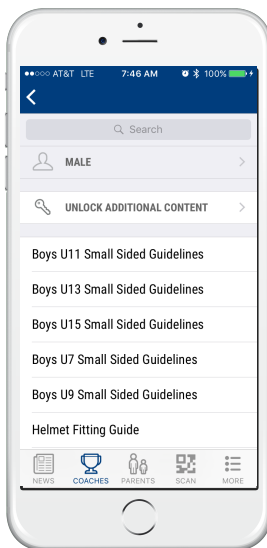


Once your plan is completed, click Save to make sure you don't lose it.



When you go back to your Plans, you will now see all of your plans, including how long each plan will last.

COACHING LIBRARY



The Coaching Library contains many free resources to help coaches give their players the best experience possible. There are also a few available via In-App Purchase, previously only available in printed form or digitally from a third party. Now you can have them right on your device with a few clicks. If you have purchased content make sure you are signed into your respective app store account. Then you can simply click the Restore button on the Unlock Additional Content menu and any content you have paid for will arrive on your device or any other device connected to that account. IAP's do not transfer between iOS and Android devices, so if you bought something on your iPhone, and are now trying to access it on your Android device, that is not possible.

