

USATM
LACROSSE



MOBILE COACH 4.0

USER GUIDE

Effective 1.1.2022



INTRODUCTION

ABOUT MOBILE COACH

Mobile Coach is the premier mobile coaching application for lacrosse coaches looking to have the tools and resources to run effective and efficient, athlete development-aligned practices in the palm of their hands.

In lockstep with the USA Lacrosse Athlete Development Framework, USA Lacrosse strives to provide coaches with the resources and tools to “meet their athletes where they are” and provide them with the right lacrosse at the right time in their development; whether they have never picked up a stick or are playing at the highest level.

GENERAL OVERVIEW

The new version of Mobile Coach (4.0) was officially launch on Friday, January 14, 2022, in conjunction with LaxCon. This new version is packed with more content, enhanced filtering options for this content and better functionality for Coaches - specifically for customizing content based on system templates, and sharing content within the app, through email and text.

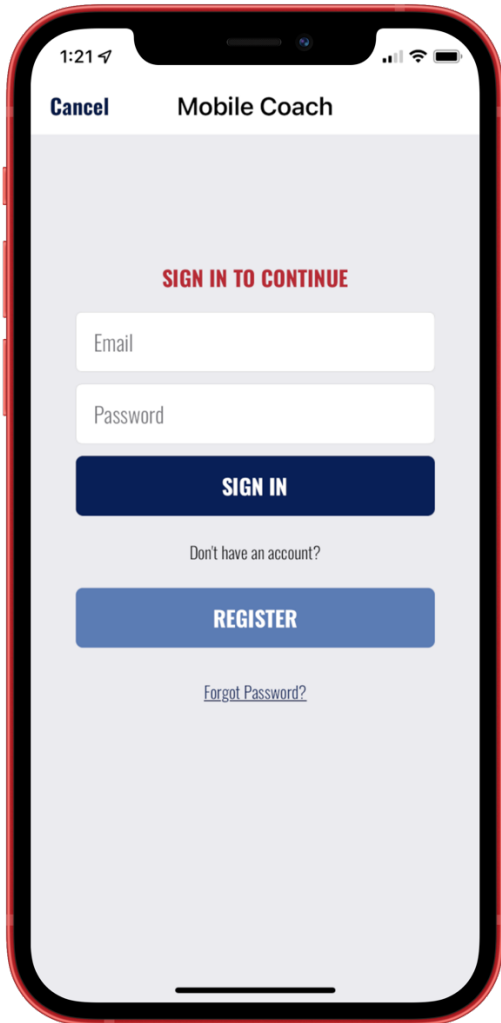
MEMBER/NON-MEMBER ACCESS:

USAL Coach Members: All USAL Coach Members will have full access to all pages and content once logged in to the app.

Non-Members: Non-Members will have limited access to content within the app and will be prompted to log in or set up an account (join/renew) when attempting to access pages only available to USAL members.

USING MOBILE COACH

LOGGING IN



SIGN IN:

- Members can gain access to the full feature set in Mobile Coach by entering their USA Lacrosse Username and password. These are the same credentials one would use to login to their USA Lacrosse "My Account" or learning.usalacrosse.com (online courses).

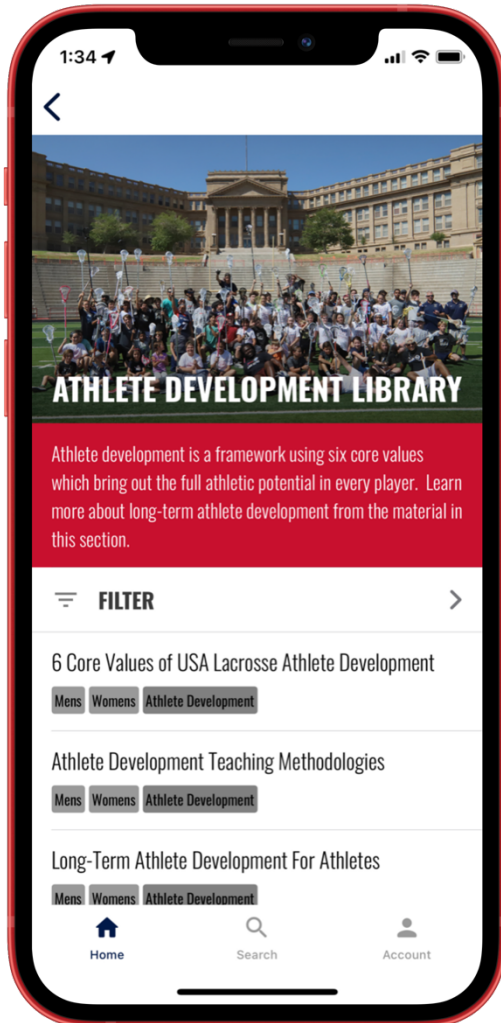
REGISTER:

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

SKIP:

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

ATHLETE DEVELOPMENT LIBRARY: FREE TO EVERYONE



IN THIS SECTION:

- Learn about the research and developments which drive the USA Lacrosse Athlete Development Framework.
- Read through several foundational Athlete Development documents you can begin using today to support your development as a Coach.
- Need help teaching your athletes and their parents about why you choose to teach in an Athlete-Centered manner – you'll find several items to help you with this.

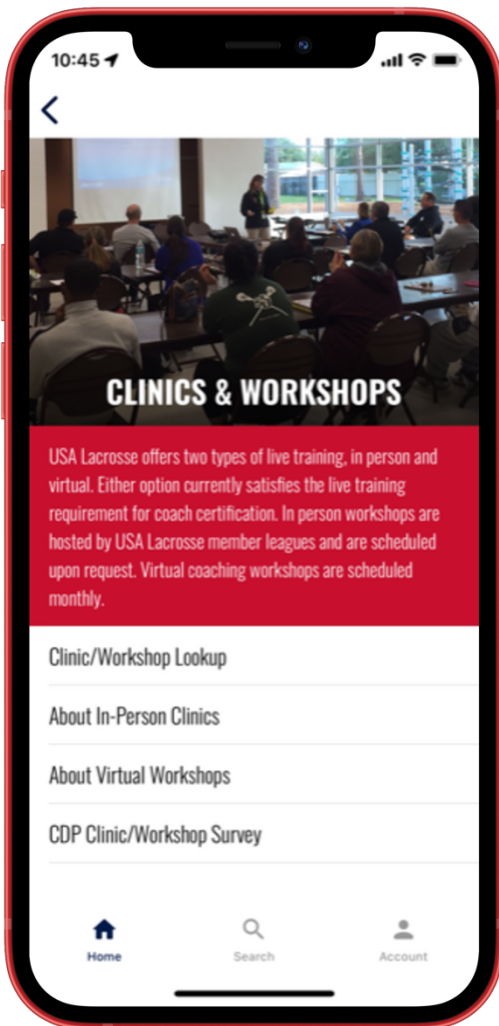
CERTIFICATION & TRAINING: FREE TO EVERYONE



IN THIS SECTION:

- General information about USAL Coaching Certifications by level.
- Requirement documents for each certification by level.
- Certified Coach lookup
- Access to certification & training history (through USAL Login).
- Program Leader Portal Access (for USA Lacrosse Program Leaders Only)

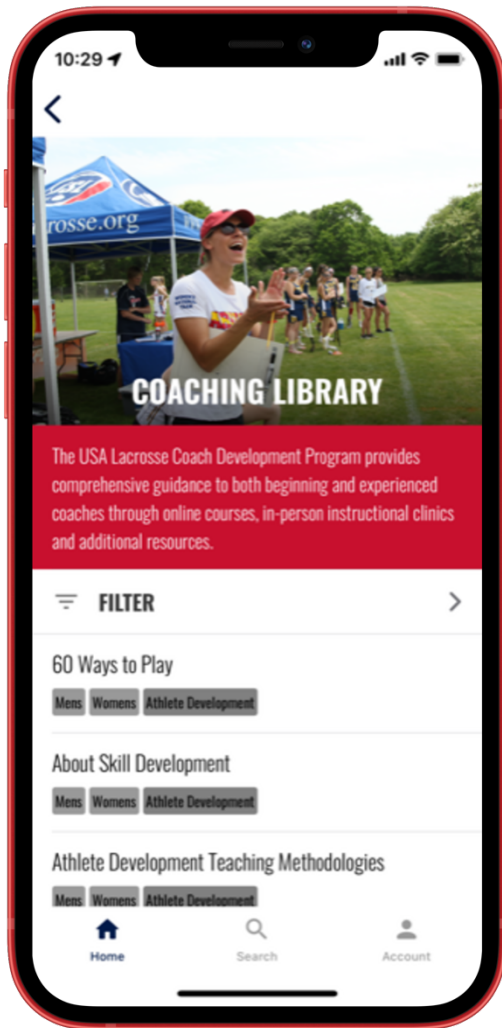
CLINICS & WORKSHOPS: FREE TO EVERYONE



IN THIS SECTION:

- General information on in-person and virtual workshops.
- Link to USAL Website to filter and search for clinics/workshops.
- Coach Development Programs Post-Clinic/Workshop evaluation form.

COACHING LIBRARY: USA LACROSSE MEMBERS ONLY



IN THIS SECTION:

- Proprietary publications to support Coach development including:
 - 60 Ways to Play
 - Progression Playbooks
 - Age-Specific Practice Plan Guides
 - Women's Game "Modern" Series Publications written by Janine Tucker
- Research-based teaching methodologies and skill development support for Coaches.
- Mobile Coach 4.0 User Guide

E-LEARNING: FREE TO EVERYONE, IF THEY HAVE AN E-LEARNING ACCOUNT



IN THIS SECTION:

- Direct access to the USAL E-Learning portal, using current USAL member login credentials.
 - While courses can be taken/viewed on mobile devices, we recommended that all e-learning be viewed on a desktop/laptop computer for best results.
- USAL “Teaching the Basics” Video Series featuring USA Lacrosse Coach Development Trainers sharing knowledge on how to teach the basics of the game in a relaxed setting.
- USA Women’s National Team “Virtual Clinic Series” featuring top USA Women’s National Team Members sharing their special skills with our USA Lacrosse members in a virtual setting.

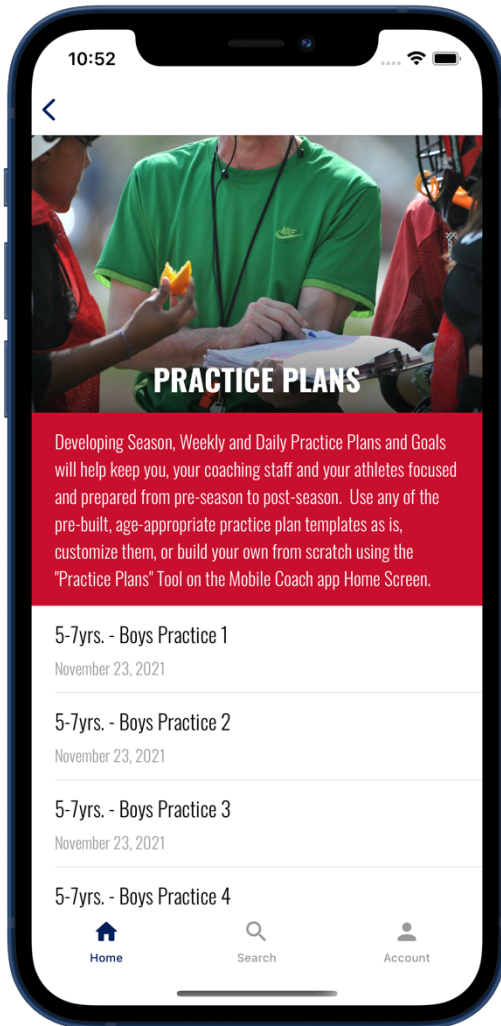
GAMES & DRILLS: USA LACROSSE MEMBERS ONLY



IN THE LIBRARY:

- Access over 500 Men's and Women's games and drills.
- Filtering available to search by over two dozen categories including, skill, game, and age, along with which games/drills include videos.
- Content can be shared within the app (with other registered app users) or by email and/or text.
- **NOTE:** Please be patient with the initial loading of this tool due to the sheer volume of games and drills.

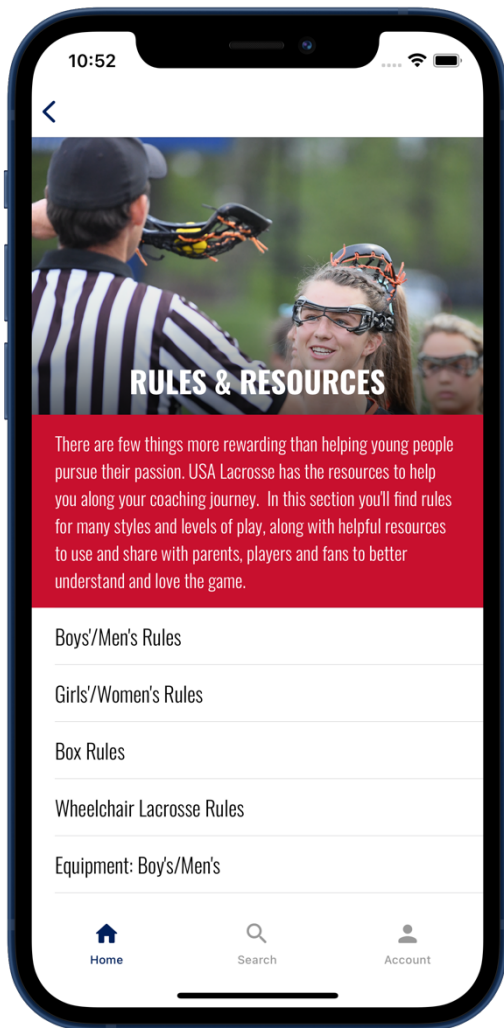
PRACTICE PLANS: USA LACROSSE MEMBERS ONLY



IN THIS SECTION:

- Dozens of pre-built practice plans by game, and age.
- Customize and share practice plans using the "Practice Plan Tool" found below the tiles on the app.
- Coach Development Clinic game banks built by the USA Lacrosse Coach Development staff and used at Level 1 and Level 2 in-person certification clinics.

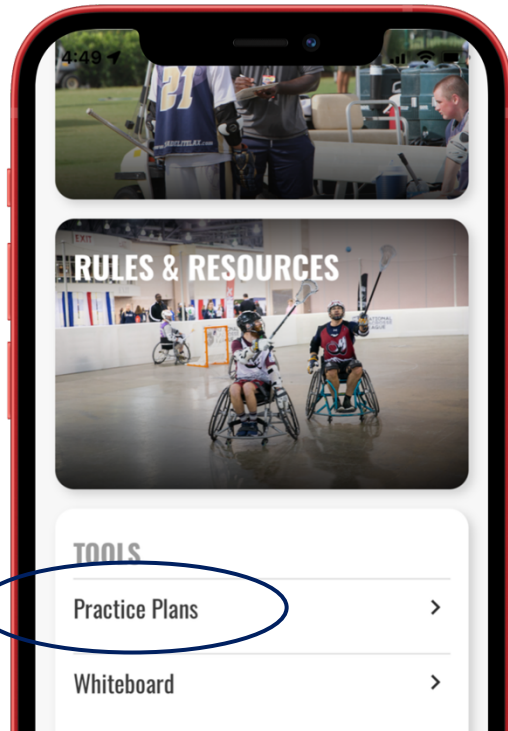
RULES & RESOURCES: FREE TO EVERYONE



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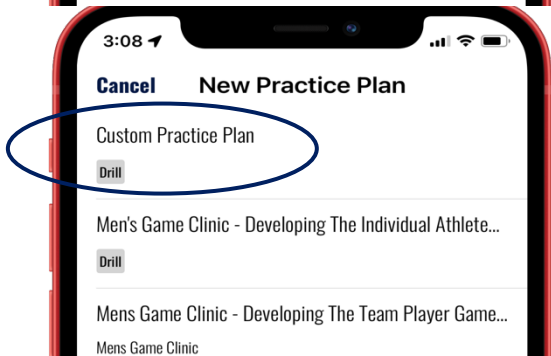
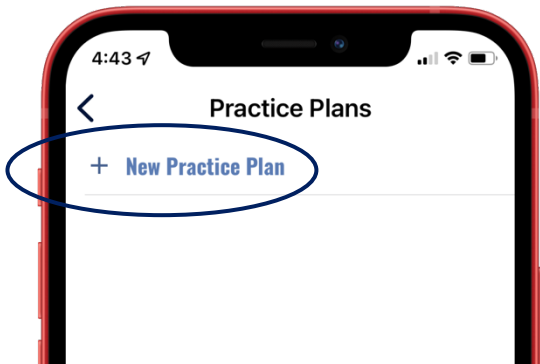
- Youth Rules and Field Diagrams for Boy's and Girl's Games
- Rules Interpretation Videos
- Wheelchair Lacrosse Rules
- Box Rules
- Unified Rules & Field Diagrams
- Equipment Standards and Support for Boy's and Girl's Games.
- Mobile Coach 4.0 User Guide

TOOLS: PRACTICE PLANS: USA LACROSSE MEMBERS ONLY

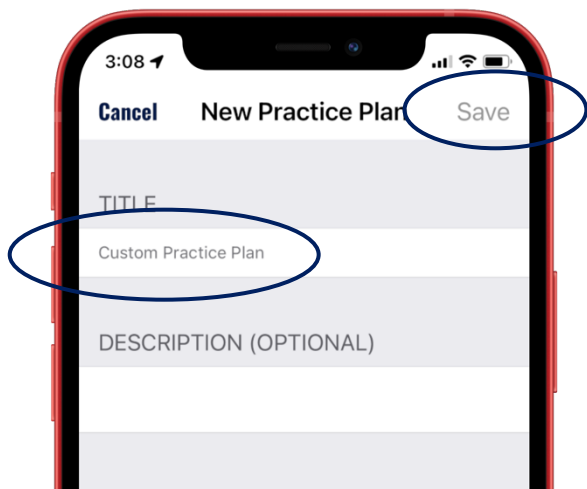


CUSTOM PRACTICE PLANS (MOBILE DEVICES ONLY):

- **NOTE:** Custom Practice Plan functionality is only available on mobile versions of the app, and not on the desktop version.
- To build your own practice plan, follow these easy steps:
- Open the “Practice Plans” Tool located under the photo tiles in the Mobile Coach app.
- Select “New Practice Plan”
- Choose “Custom Practice Plan”



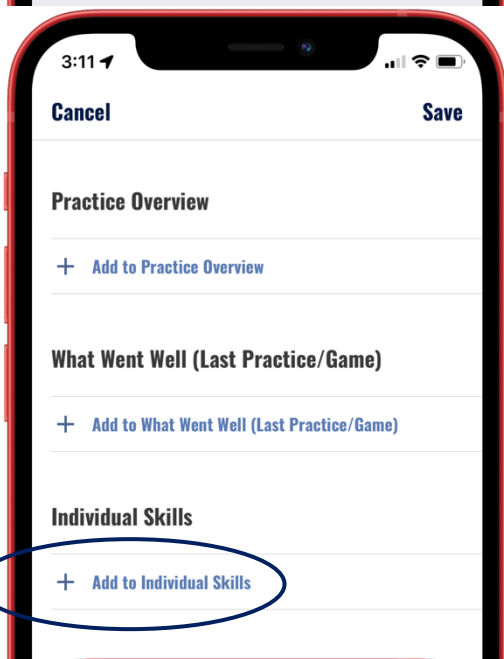
CUSTOM PRACTICE PLANS (CONT'D)



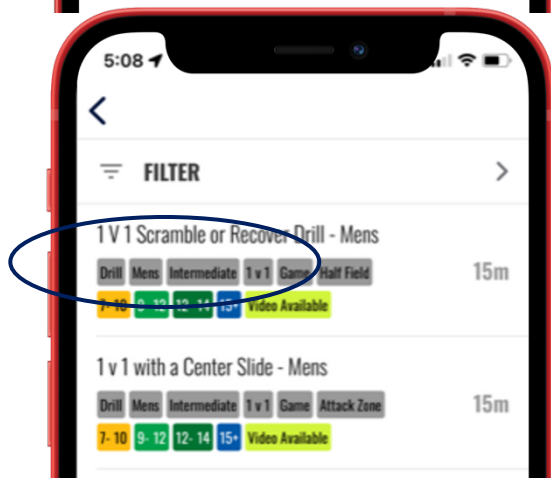
- Type in the custom name of your new practice plan and enter a description to help you, your coaching staff or your athletes know of any specifics tied to your plan.

- Select "Save" to save your plan. You can go back and edit, add, delete, or change any part of your plan at any time.

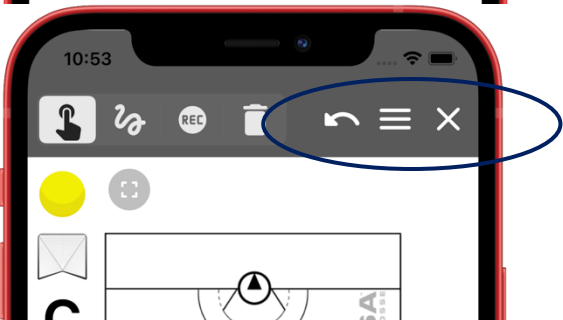
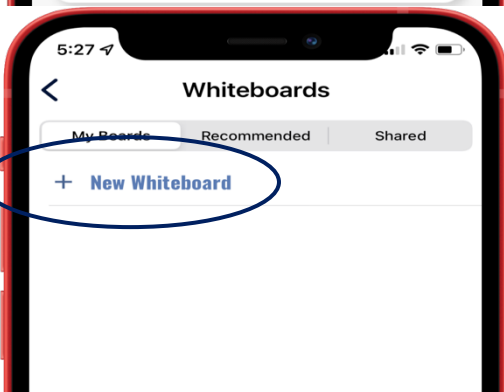
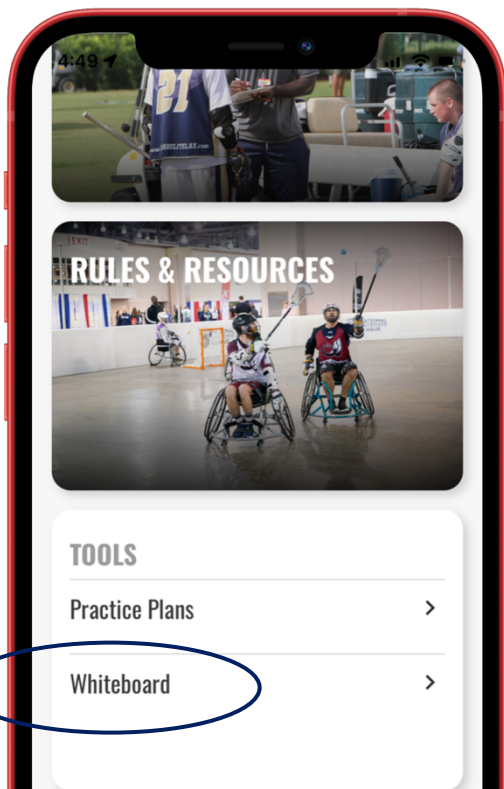
- Once your plan template has been built, feel free to add sections to segment your practice by area of focus, by group, special situations, or any other area on which you'd like to concentrate with that practice.



- Once you have these sections built, simply click on the + "Add to" your specific section to bring up the entire Mobile Coach "Games & Drills" library to load in the specific games or drills you want to add, and they will appear in your plan.

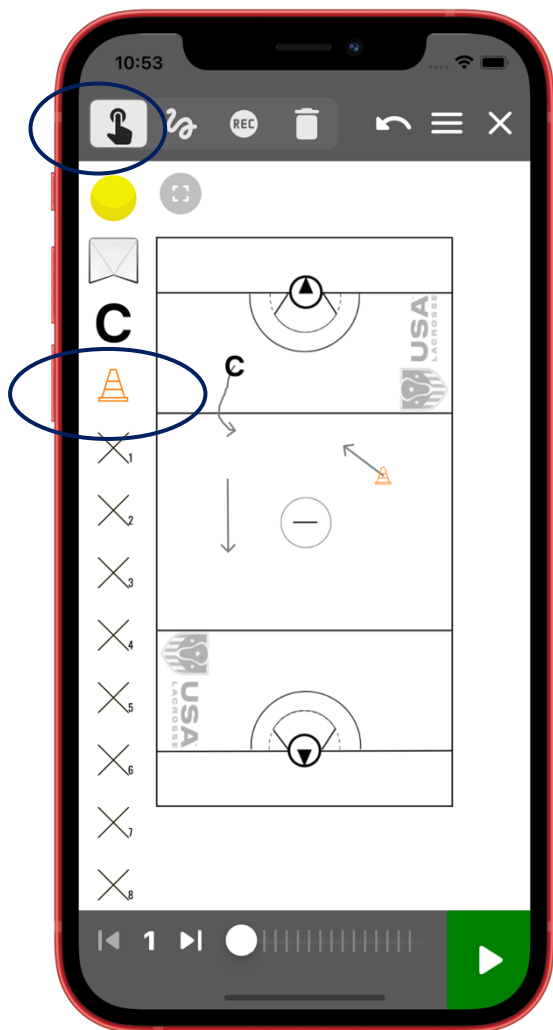


TOOLS: WHITEBOARD: USA LACROSSE MEMBERS ONLY



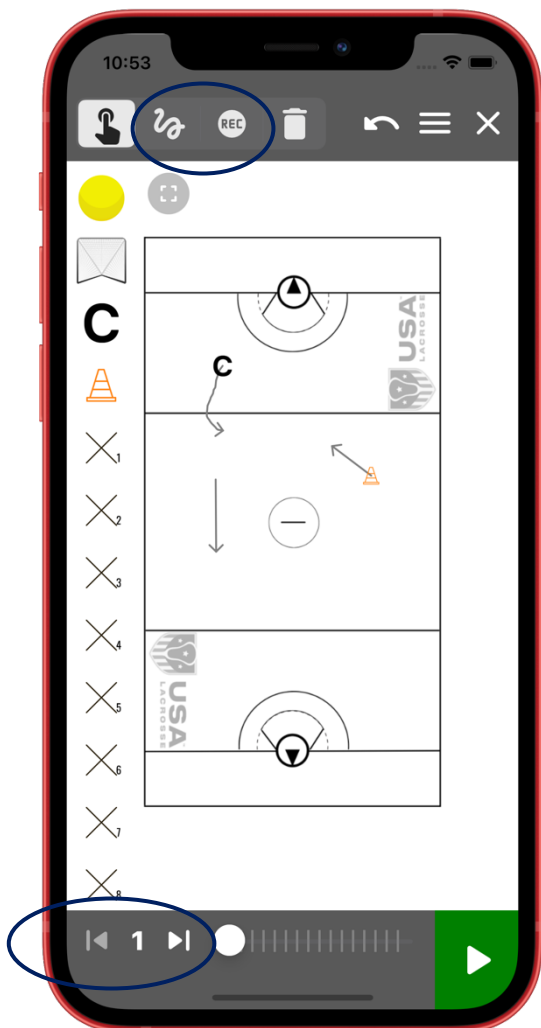
CUSTOM WHITEBOARDS (MOBILE DEVICES ONLY):

- **NOTE:** Custom Practice Plan functionality is only available on mobile versions of the app, and not on the desktop version.
- The new USA Lacrosse Whiteboard allows three options:
 1. Build your own plays and diagrams.
 2. Access recommended whiteboards which have been shared by other coaches through the app.
 3. Access whiteboards which have been shared directly with you through the app.
- To design and build your own drills, plays and/or diagrams:
 - Choose "My Boards"
 - Select "New Whiteboard" to bring up the full field diagram (default is the men's full field)
 - To change the field layout, click on the hamburger menu and select from one of the following layouts:
 - Men's full field
 - Men's half field
 - Women's full field
 - Women's half field



SETTING UP WHITE BOARDS

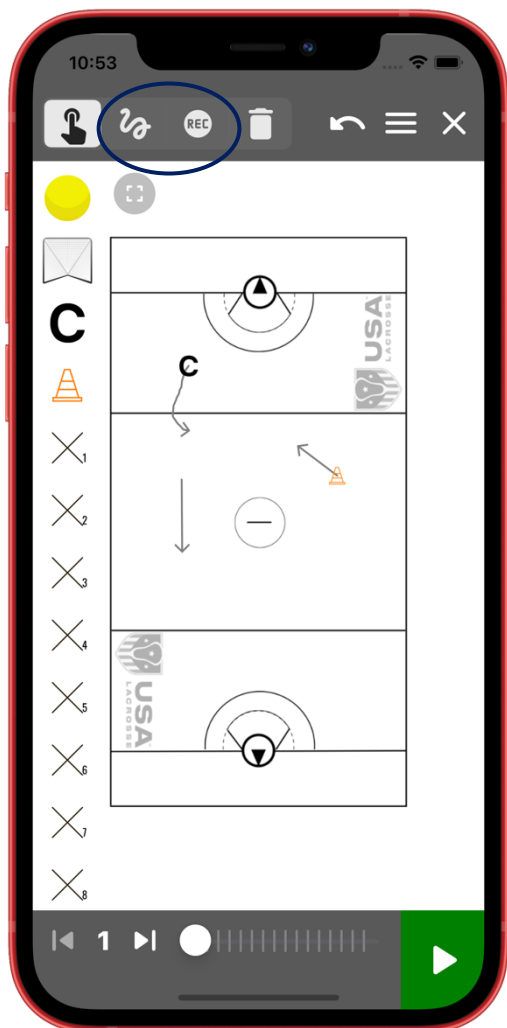
- Once the whiteboard is loaded, use the chooser tool (finger icon) and click or drag on the icons in the grey area to add your players, cones, etc. to the field.
 - When clicked, these items are loaded into the center circle by default. Press and drag each item off the center circle to move them to their desired location.
- To begin your build, select the items you want on the field before beginning any movement or animation.
 - Hold and drag the items to your desired location on the field.
 - To delete any unwanted elements, select the trash can icon and then tap on the element to remove.
 - To continue building your diagram, select the finger icon.
- Once your desired items are on the field, use either the freehand tool (squiggly line) or the record tool ("rec") to begin showing movement.
- Arrows showing movement are loaded by default, which you can turn off through the selection in the hamburger menu.



ANIMATING WHITEBOARDS:

Linear Animation (squiggly line):

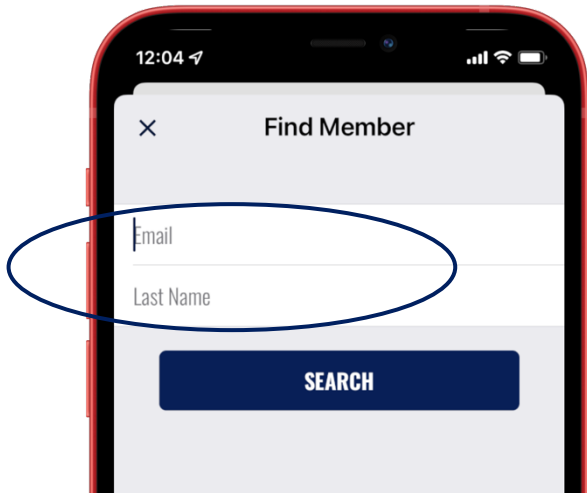
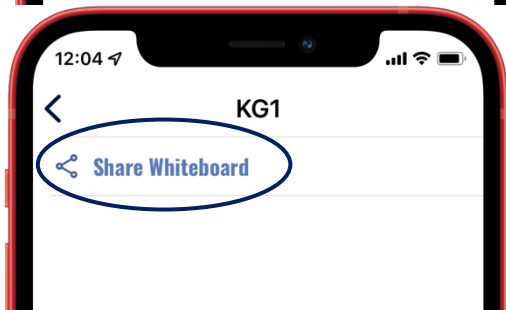
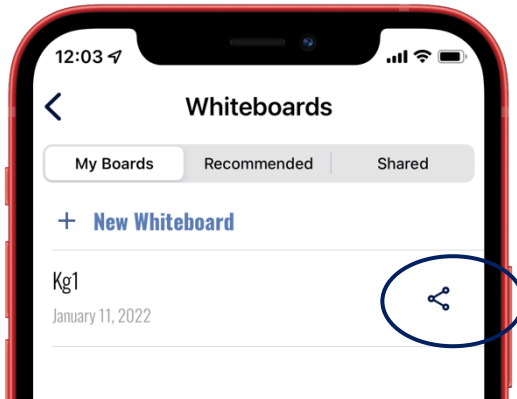
- Build your animation frame by frame using the forward and back arrows at the bottom of the screen.
 1. Start with your primary set as “frame 1”
 2. To begin your next set of movements, move the frame selector to “frame 2”
 3. Drag your players and/or the ball to the next location for your diagram.
 4. Check your movement by pressing the green “play” button before moving to your next frame. If you are not satisfied with the movement, simply select the “undo” arrow at the top of the screen until you are back to the beginning of your frame.
 5. Continuing moving frame by frame to build your diagram until you are satisfied.
 6. To play your full animation, reset your frames to “frame 1” and press the green “play” button to play the entire animation from start to finish.
 7. When finished, click the “X” in the top right-hand corner of the screen and choose the “Save as...” command. Enter the name of your whiteboard, click save and the whiteboard will appear in your “My Boards” section.



ANIMATING WHITEBOARDS:

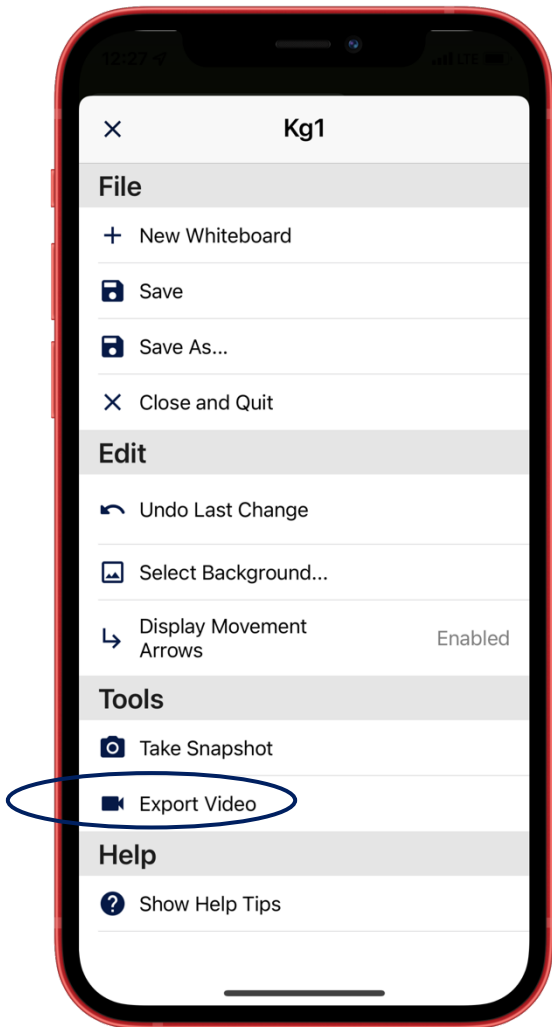
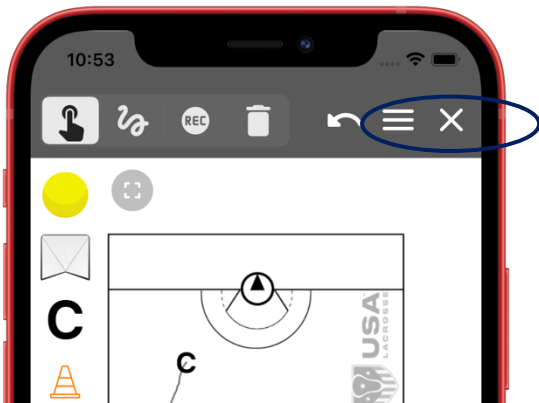
Freehand Animation ("rec" button):

1. Start building your animation using the chooser icon (finger) before any recording is started.
2. Build your animation frame by frame using the forward and back arrows at the bottom of the screen.
3. Start with your primary set as "frame 1"
4. To begin your next set of movements, move the frame selector to "frame 2"
5. Dragging your players and/or the ball to the next location for your diagram will be captured as a recording for that frame.
6. Check your movement by pressing the green "play" button before moving to your next frame. If you are not satisfied with the movement, simply select the "undo" arrow at the top of the screen until you are back to the beginning of your frame.
7. Continuing moving frame by frame to build your diagram until you are satisfied.
8. To play your full animation, reset your frames to "frame 1" and press the green "play" button to play the entire animation from start to finish.
9. When finished, click the "X" in the top right-hand corner of the screen and choose the "Save as..." command. Enter the name of your whiteboard, click save and the whiteboard will appear in your "My Boards" section.



SHARING WHITEBOARDS WITHIN THE APP:

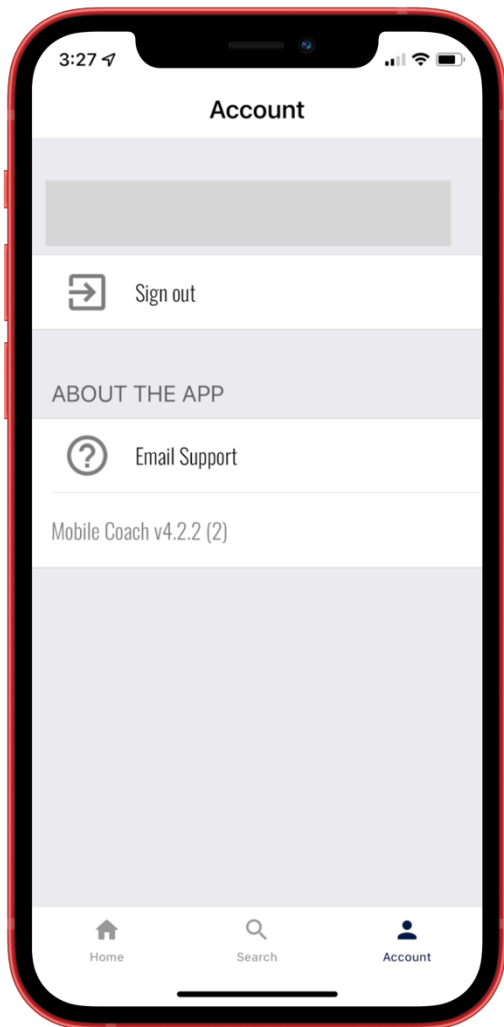
1. Find the whiteboard you want to share.
2. Click on the icon to the right of the whiteboard with the three dots.
3. Click on the "Share Whiteboard"
4. Fill in **BOTH** the email address and last name of the USA Lacrosse Member with whom you want to share the whiteboard.
 - a. The member must have an active USA Lacrosse account for them to have access to the shared whiteboard.
5. The member you shared the whiteboard with will be able to open and play the whiteboard. They may make changes but can only make changes and save their whiteboard as a new whiteboard.



SHARING WHITEBOARDS OUTSIDE THE APP:

1. Open the whiteboard you want to share and use the hamburger menu to choose "Export Video".
2. The app will begin to convert your whiteboard to a mp4 video file and will save to your photo library (you must provide the app with access if asked).
3. You can then share your video file via email or text with anyone outside the app environment to view the animated video.

ACCOUNT



IN THIS SECTION

- Email the USA Lacrosse Coach Development Team with technical issues, questions and/or comments on content.
 - cdp@usalacrosse.com