

XPS network

**Kompletne rozwiązanie dla
klubów, trenerów oraz zawodników.**

 www.sidelinesports.com





Wszystko w **jednym miejscu.**

XPS Network jest kompleksową usługą dla klubów, organizacji i Akademii.



Planowanie



Monitoring



Analiza



Taktyka



Komunikacja



Ewaluacja

Gry zespołowe



Sporty indywidualne



E-sport



Związki sportowe



Naszą siłą jest **elastyczność.**



Edukacja trenerska



Trenerzy
przygotowania
motorycznego



Szkoły sportowe
i Akademie



Trenerzy personalni

Kalendarz



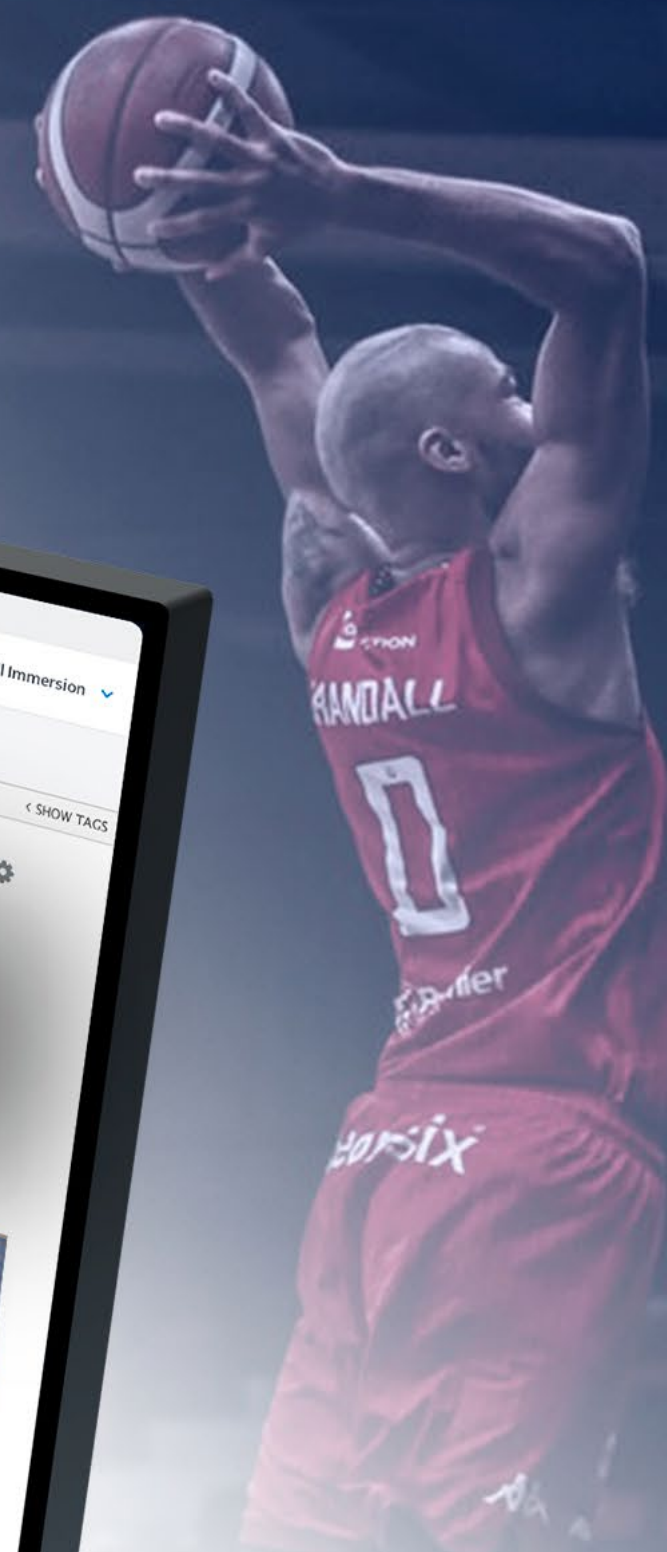
Kolekcje



Planowanie

Buduj z łatwością programy dla zespołu oraz pojedynczych zawodników.

Kreator treningu



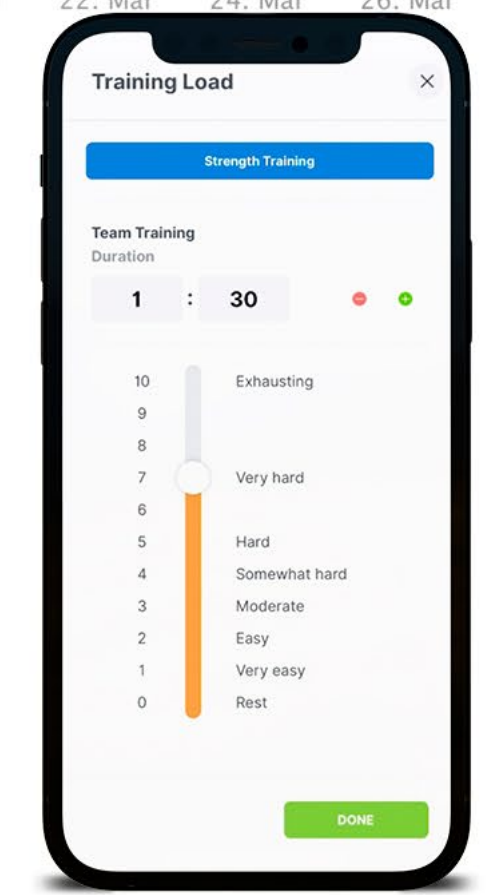
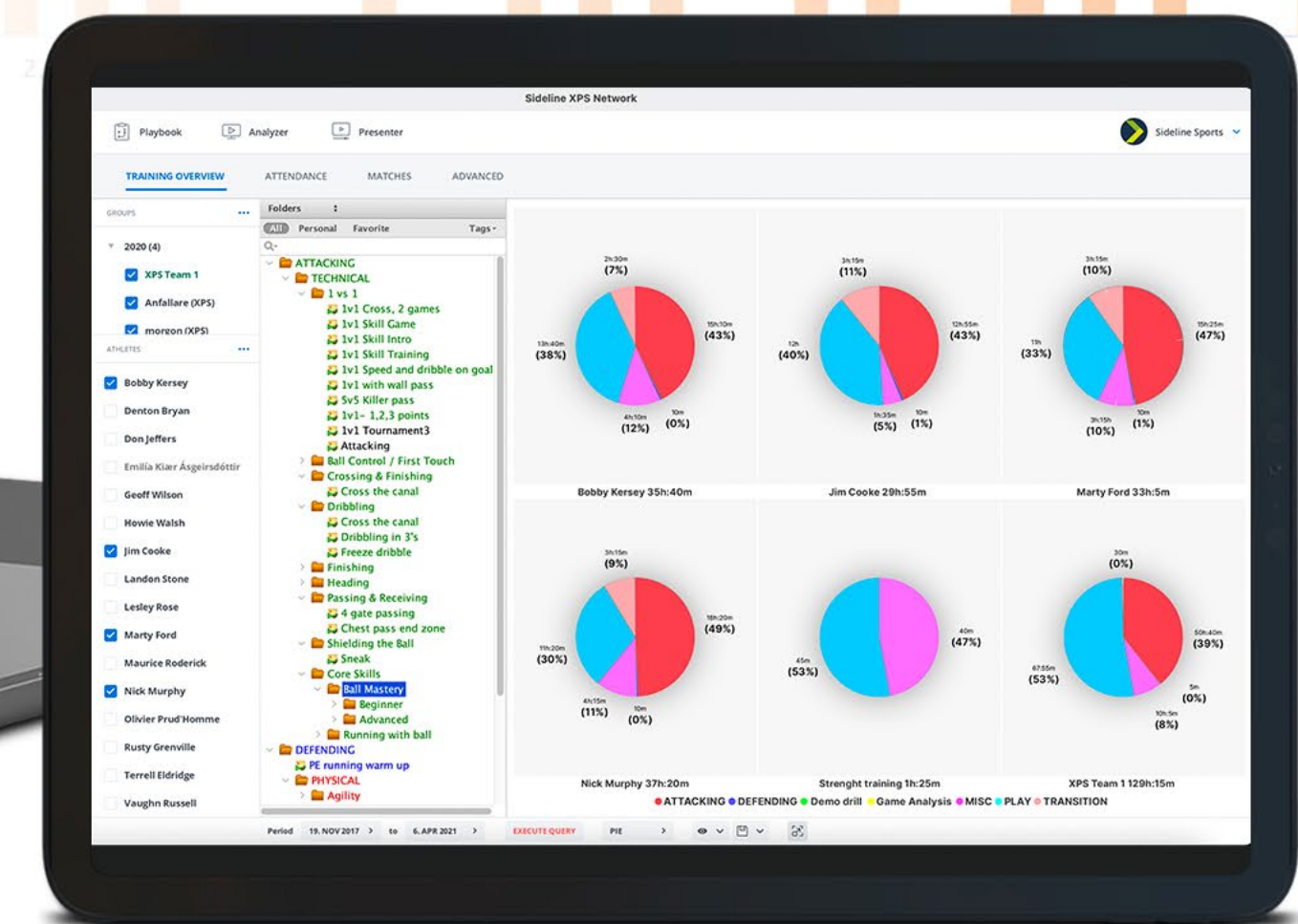
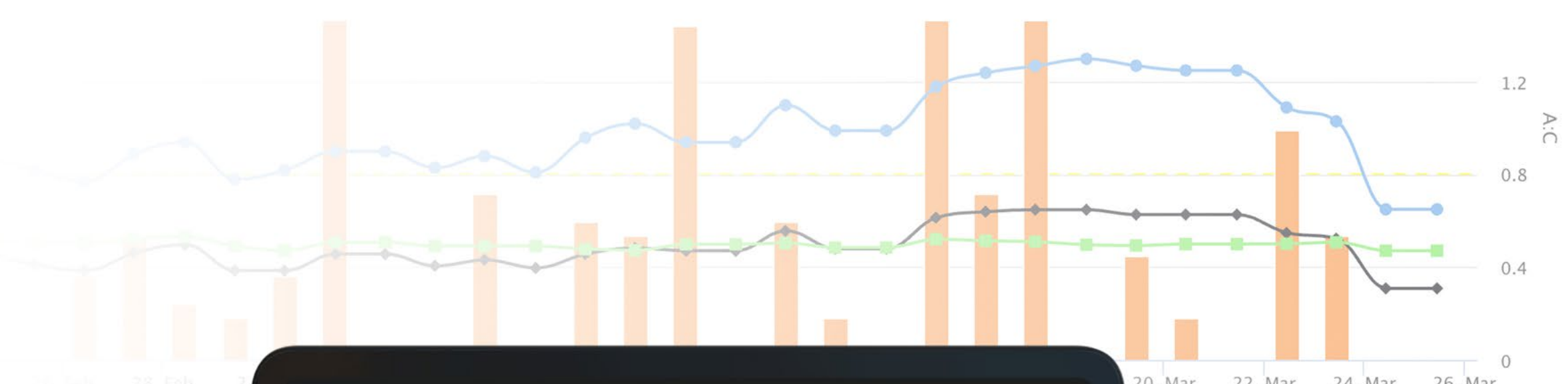


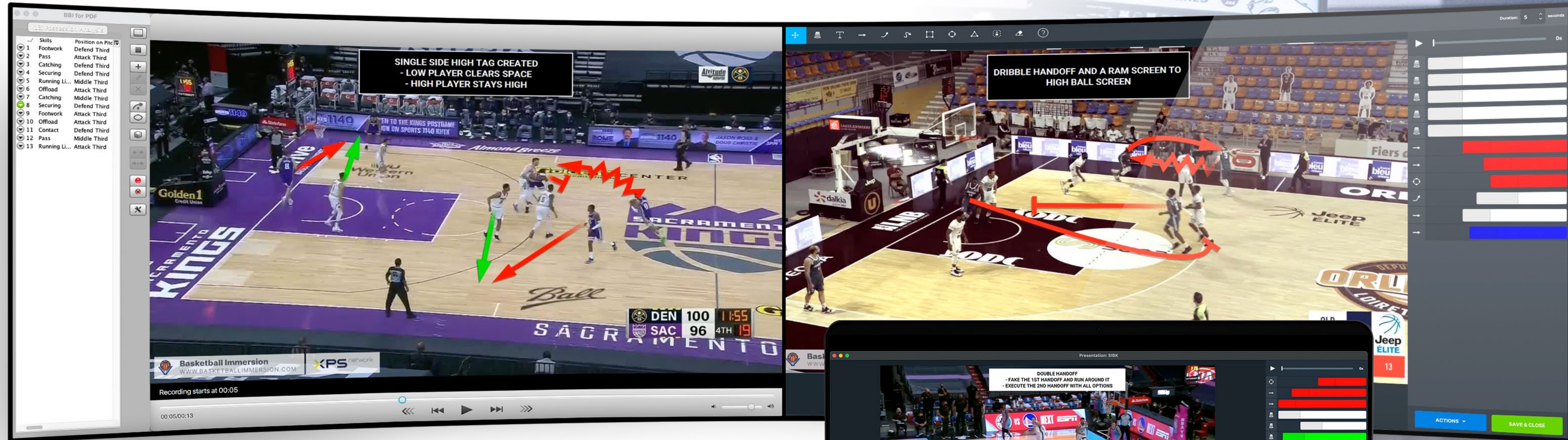
Taktyka

Odtwarzaj sytuacje meczowe za pomocą diagramów i animacji w Playbooku.

Monitoring

Monitoruj gotowość, wypoczynek oraz obciążenia treningowe. Podejmuj decyzje w oparciu o dane.





Analiza

Analizuj treningi i mecze. Generuj wysoki poziom odpowiedzialności i feedback.



Coach
Message
From Nick Murphy
Will do, coach!

Messages 1

DRILL
Nutrition of a top athlete

DRILL
Game Analysis

Hi, check out the Saturday game analysis before today's training. Coach

Hi guys! Today's meeting is postponed to 7pm!

Bobby Kersey
Ok

Marty Ford
So tomorrow!

Denton Bryan
Game 7 Analysis

Don Jeffers
You: Nice!

Jim Cooke
Your readiness forms are set for 7:30am each morning!

Will do, coach!

You can find the July pre-season plan in your agenda!

Hi kids, let me know if you can make it to Sunday's game in the match attendance.

OK! Thanks.

Type your message...

Komunikacja

Utrzymaj pełną komunikację ze sztabem trenerskim oraz zawodnikami w jednym miejscu.

Kolekcje

Stwórz swój warsztat trenerski.

Mix Drills

Click to set headline

Mix drills are individual player development drills that focus on mixing many offensive skills at one time. Shooting, footwork, ball pick-up, physical literacy and more, are all combined to challenge a player.

Table of Contents

- Why is mixing effective?
- How to organize and what to consider.
- Camp series video explanation and demonstrations of mix drills.
- PDF download list of possible mix drills.
- Additional related videos.

Why is Mixing Effective?

The concept of mixing to improve basketball skill improvement is based on the science of interleaving. Interleaving is a learning technique which involves mixing together different forms of practice, in order to facilitate learning. Research shows that interleaving offers various benefits, such as improved retention of new information, faster acquisition of new skills, and improved mastery of existing abilities.

Contextual interference is one of the main mechanisms that are responsible for the benefits of interleaving. Essentially, this means that increased interference during the performance of a task, which occurs due to the mixing of the material, leads to the use of multiple processing strategies by learners, which in turn leads to better learning of the material.

TUG OF WAR

Purpose

Ball control, stability, strengthening hands and strengthening and stability of legs.

Description

Two players stand opposite each other, at arm's length. Both players start by holding onto the ball and on the coach's signal (or count of 3), try to 'yip' or 'twist' the ball away from their opponent. Each time one player secures the ball, they get a point. Play to a score (for example: first to 3).

Coaching Points

- Bend the knees to stay low
- Maintain shoulder width stance
- Try to twist the ball away from your opponent, using your wrists

Common Mistakes

- Stance too narrow
- Standing up too tall
- Core not engaged

2 ON 2 DEFENDING OFF THE BALL

OBJECTIVES

To work on tactics of defending offensive actions away from the ball with two players.

Description

Players will work in groups of four on one side of the floor. Two players will be on defense and two players will be on offense. The offensive players will work to get open on the perimeter; exchange; cut and move to create space to receive the ball. Defenders must communicate to stay in good defensive position and prevent the offensive team from receiving the ball. When practicing - every time the offensive team receives the ball, have the player square up to the basket, then pass back to the coach and keep going.

Coaching Points

- Communicate at all times
- Ensure correct position in relation to the ball & player
- Work together to prevent easy catches
- Bump any player that cuts into the lane
- Deny players that move up to the wing to receive the ball

Progressions

Offensive players may:

- Downscreen

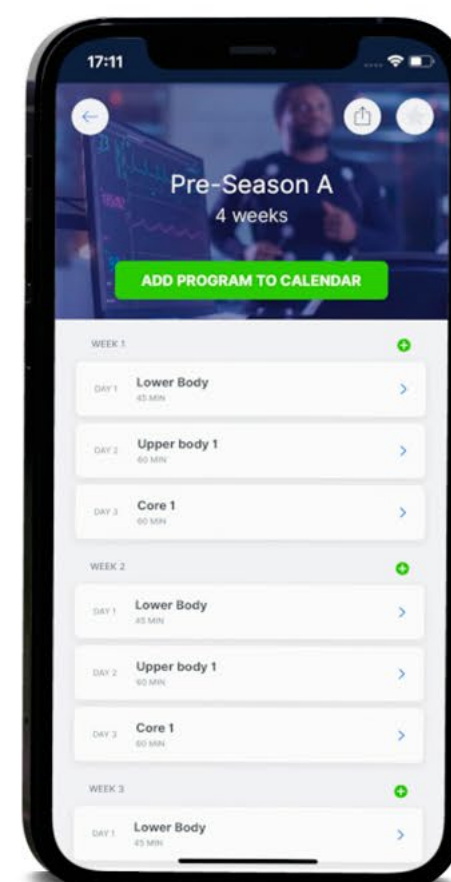
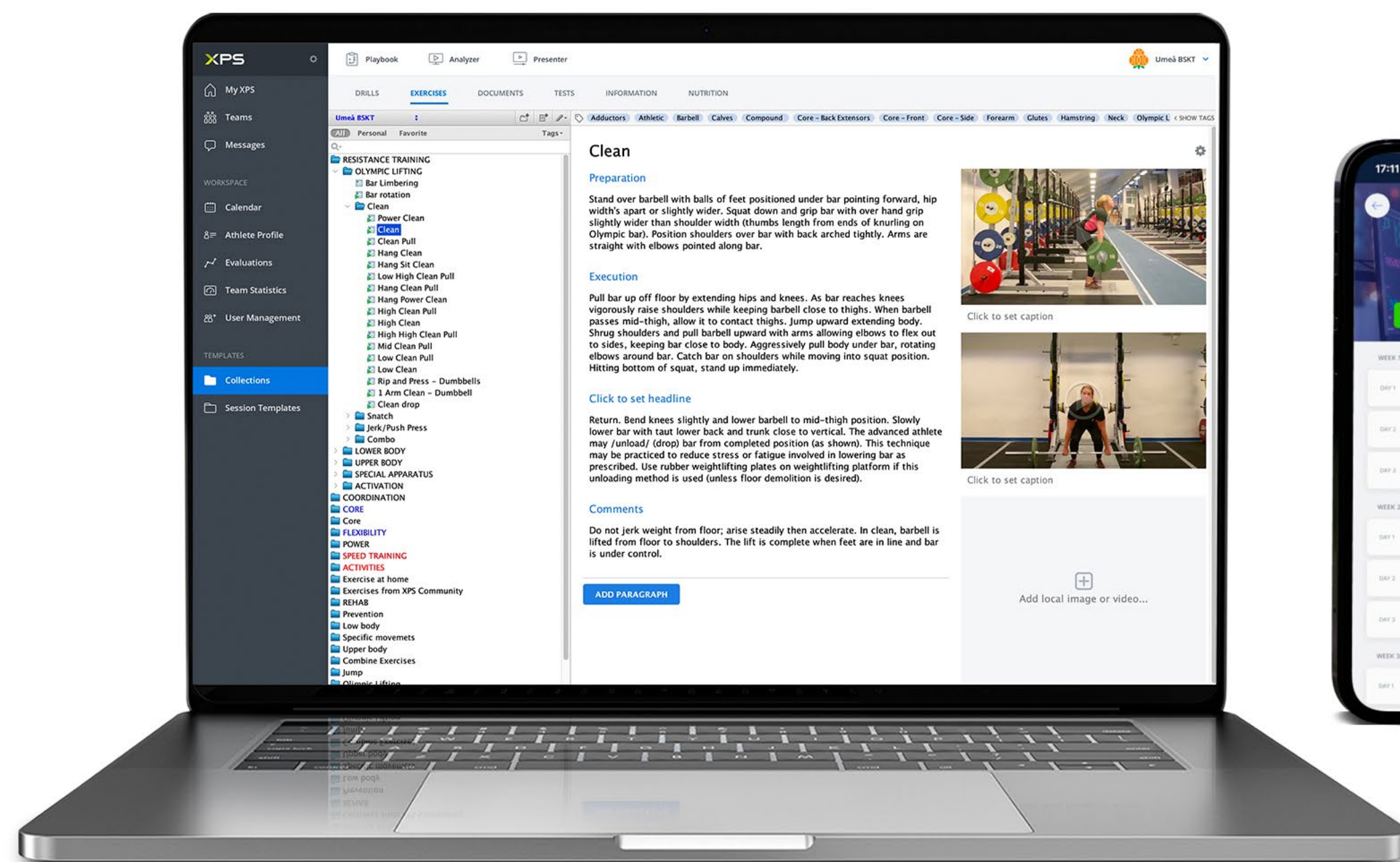
Here, the defender of the screener must communicate with their teammate that a screen is coming and step back to make a space for them to come through. The defender of the receiver should try to 'love' the screen, with help from their teammate on the curl. If they cannot, then there is a space for them to slide between screener and defender.

Backscreen

Here, the principles above still apply. The screener's defender must communicate the screen and drop to make a gap. The receiver's defender should try to bump their player over the screen.

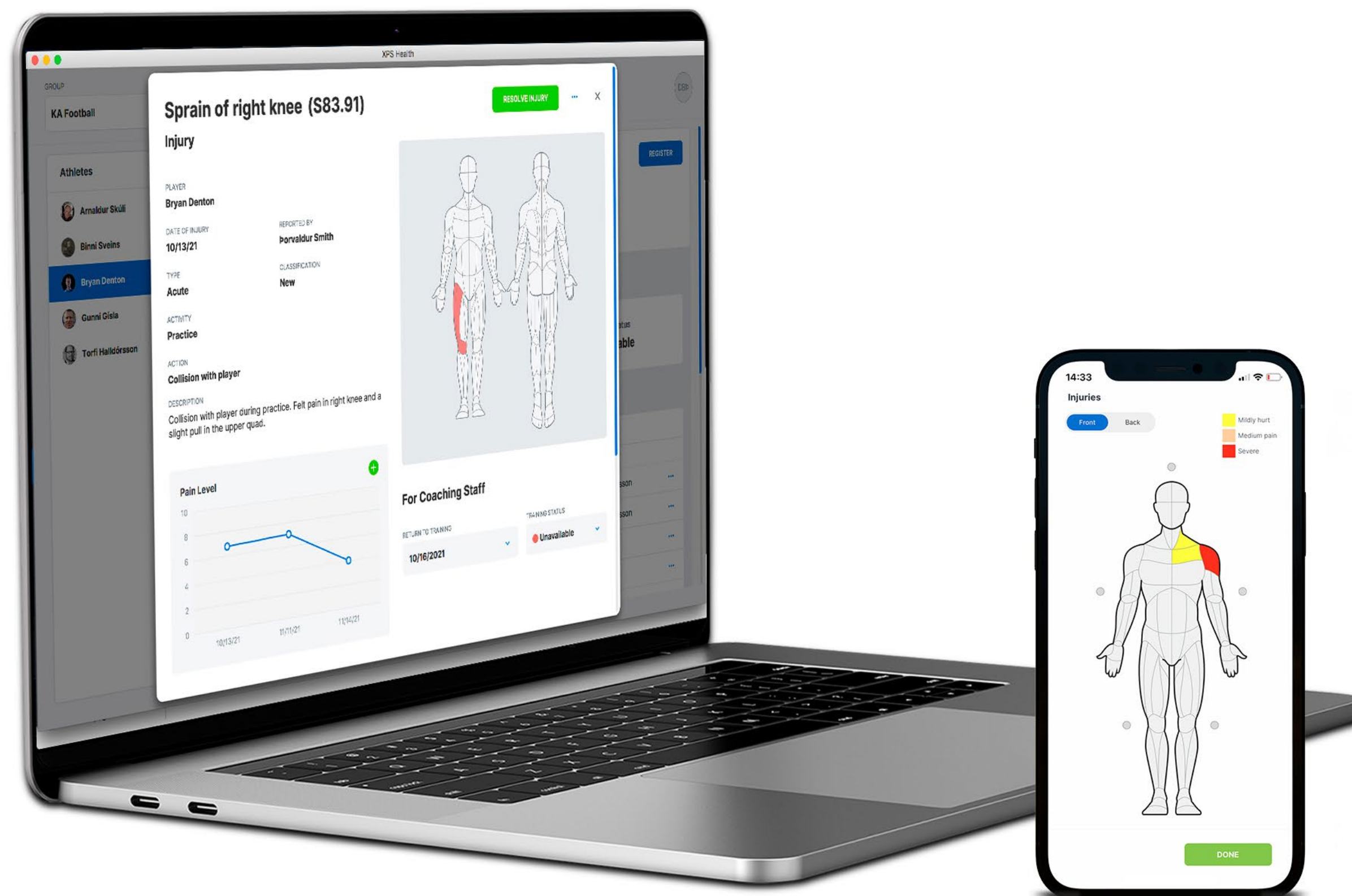
Przygotowanie motoryczne

Biblioteka wideo z tysiącami ćwiczeń.
Otrzymaj natychmiastowy feedback
postępów Twoich zawodników.



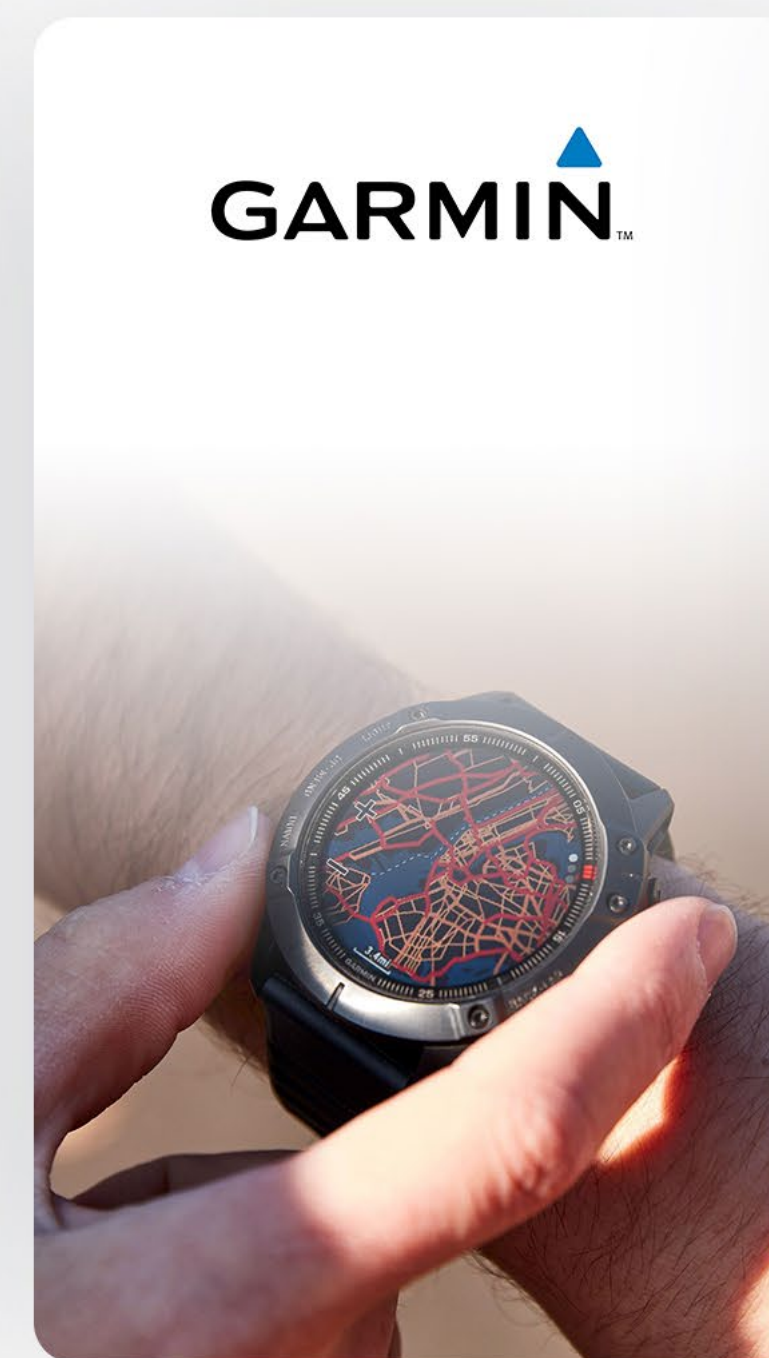
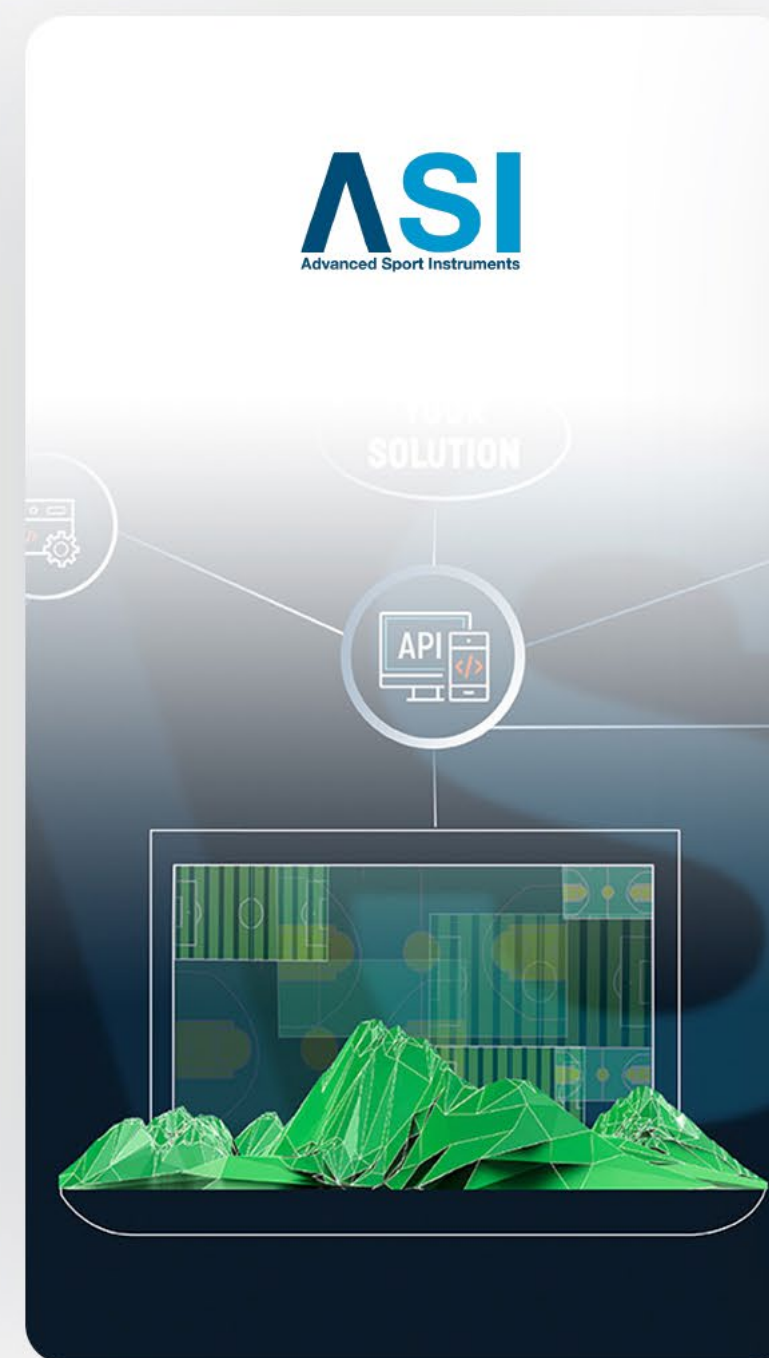
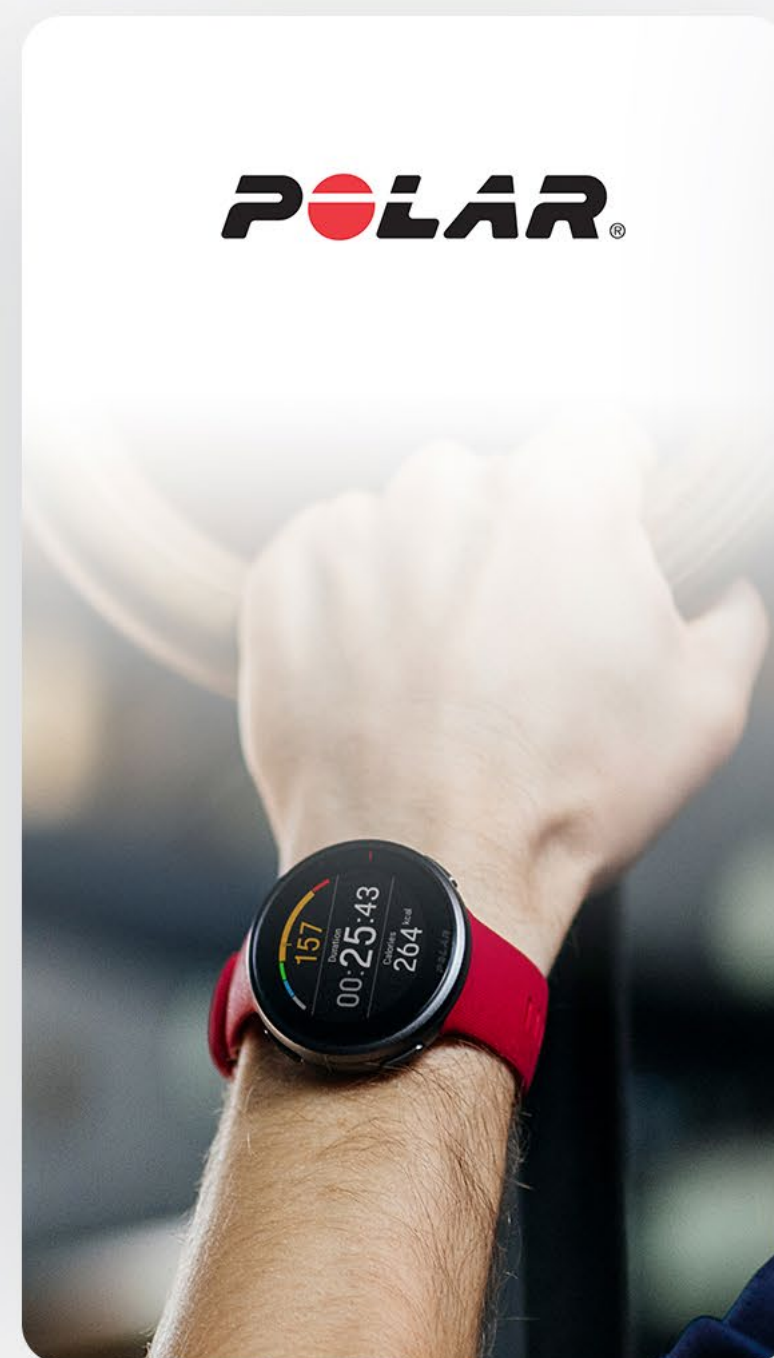
Zarządzanie kontuzjami

Raport kontuzji i chorób, plan zabiegów i rehabilitacji.
Płynna komunikacja między zespołem
medycznym a sztabem trenerskim.



Integracje XPS

Połącz XPS z twoimi urządzeniami oraz interfejsem API



XPS network

20 integracji

Każdego miesiąca integrujemy nowe produkty



Stowarzyszenia Sportowe XPS

 Czech Football Association	 Danish Football Association	 Austrian Volleyball Association	 Swedish Basketball Association	 Soccer Québec	 Spanish Handball Association	 Czech Floorball	 Faroe Island Football Association
 Czech Basketball Association	 Danish Floorball Association	 Italian Handball Association	 Icelandic Football Association	 Czech Squash Association	 Czech Badminton Association	 Austrian Handball Association	 Israel Handball Association
 Norwegian Football Association	 Icelandic Basketball Association	 Portuguese Handball Association	 Swedish Bandy Association	 Bosnia and Herzegovina Handball Association	 Norwegian Basketball Association	 Danish Handball Association	 England Handball Association
 Bayern Basketball Association	 Swedish Floorball Association	 Swedish Volleyball Federation	 Czech Volleyball Association	 USA Team Handball	 Faroe Handball Association	 Finnish Handball Association	 Swiss Handball Association
 German Handball Association	 Swedish Handball Association	 Norwegian Handball Association	 Icelandic Handball Association	 Icelandic Volleyball Association	 Japan Handball Association	 Russian Handball Federation	 Bahrain Handball Association





XPS network

Jesteśmy na
całym **świecie.**

33 języki



92 kraje



57 dyscyplin



2000 klubów



30.000 trenerów



120.000 zawodników



John Welch

Los Angeles Clippers

"You don't go to Basketball Heaven without using XPS Network."



Karel Poborský

Czech Football Association

"XPS is a key tool in analysis of the whole working process in our Regional Youth Academy project."



Kasper Hjulmand

Denmark Football Team

"XPS allows you to do things your way. As simple or as detailed as you want."



Boris Balibrea

Sweden Basketball

"XPS is a perfect tool, with everything that a professional staff needs to manage its own team."

**Jesteś w dobrym
towarzystwie.**



Elísabet Gunnarsdóttir

Kristianstads DFF

"As soon as you start using XPS it becomes your twin. You get addicted to it."



Filip Jícha

THW Kiel

"I spend 80% of my coaching job working with XPS."



Joonas Naava

EräViikingit

"We're handling basically everything regarding all our teams in XPS Network."



Olli-Pekka Yrjänheikki

Jokerit Helsinki

"XPS helps our coaches evolve and makes my life easier, no other software provides the same."



Agust Thorkelsson

Founder & CEO Sideline Sports

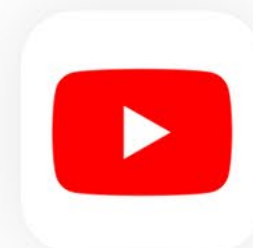
“Jesteśmy wielkimi zwolennikami prostoty. W sporcie siłą jest informacja i to co trenerzy mogą z nią zrobić w jak najkrótszym czasie. Nasze priorytety od zawsze są takie same: zapewnić doskonałą obsługę, budować najlepsze produkty oparte na danych i dobrze się przy tym bawić! Dla naszych trenerów i drużyn sportowych na całym świecie, XPS Network jest jak latarnia morska - ułatwia poruszanie się.”

Czym jest Sideline Sports?

Założony w 2001 roku, Sideline Sports był trzyosobowym zespołem. Teraz jesteśmy firmą zatrudniającą 30 pracowników, współpracującą z ponad 2000 klubami i drużynami sportowymi w 92 krajach. Zapewniamy doskonałą organizację trenerów i zespołów, korzyści z lepszej komunikacji oraz dostęp do kluczowych danych coachingowych, które stymulują do podejmowania mądrzejszych decyzji.

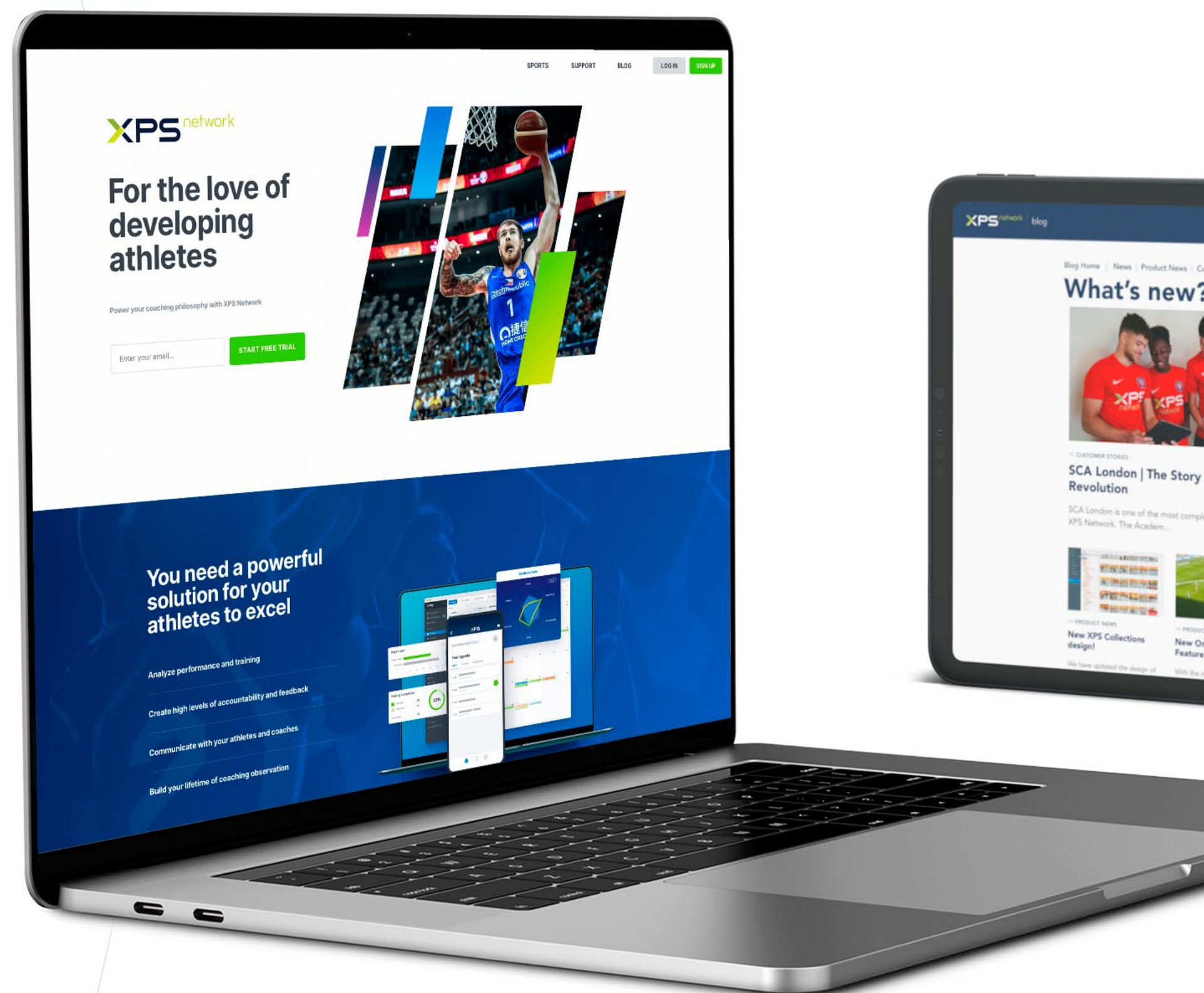
Nasz główny produkt, XPS Network, zdobył wieloletnie zaufanie tysięcy klientów, zarówno największych na świecie - jak i małych klubów i organizacji. Jesteśmy dumni z naszego sukcesu i nadal będziemy podnosić poprzeczkę, tworząc i dostarczając najnowocześniejsze oprogramowanie, łatwe w obsłudze dla trenerów, przeznaczone dla sportu na całym świecie. Dołącz do Nas! Czujemy, że dopiero zaczynamy.

Śledź XPS

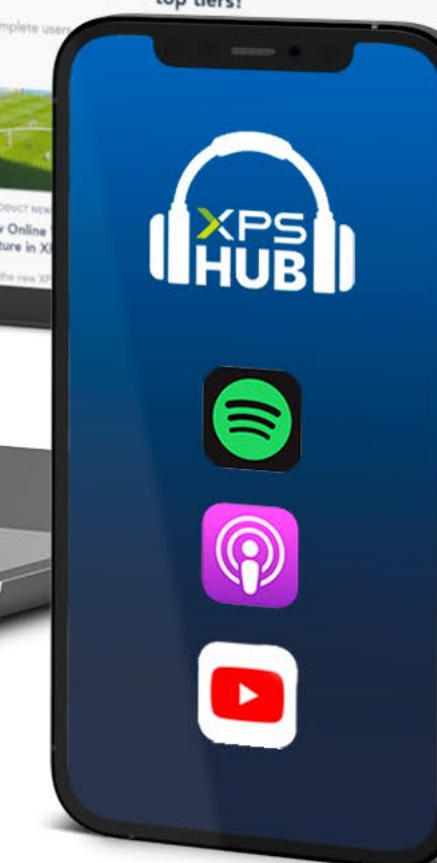


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WWW



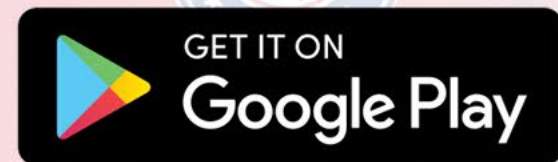
Blog



Podcast

XPS network

Zawsze z Tobą.



80

7,6

Fatigue

7,7

Soreness

8,4

Mood

8,4

Soreness

XPS network

Bądź krok przed konkurencją.