

# UNIVERSITY USER GUIDE



**SPORT  
SESSION  
PLANNER**



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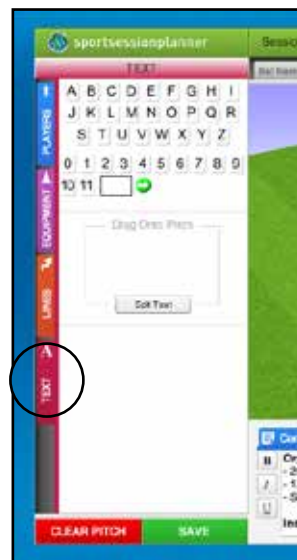
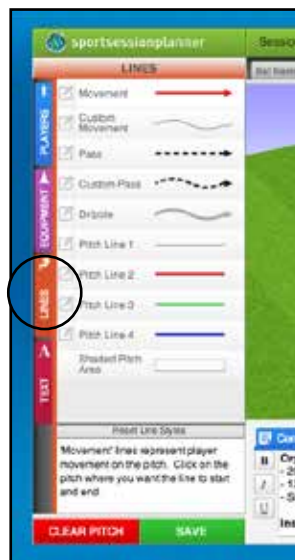
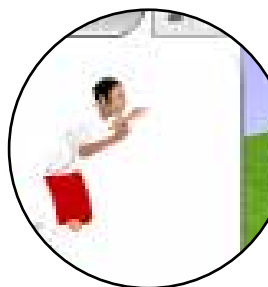
## 1. Select Your Pitch:

On the right hand side of the interface, select your desired pitch view from a range of options

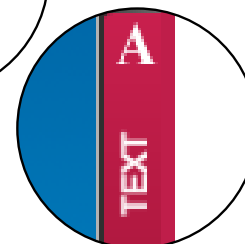
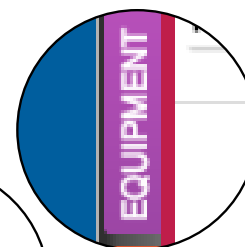
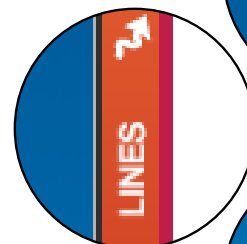


## 2. Drag & Drop:

Select the required player model and drag & drop onto the 360° Pitch...



... using the tabs on the left hand side select, drag & drop equipment lines and text to formulate the session.

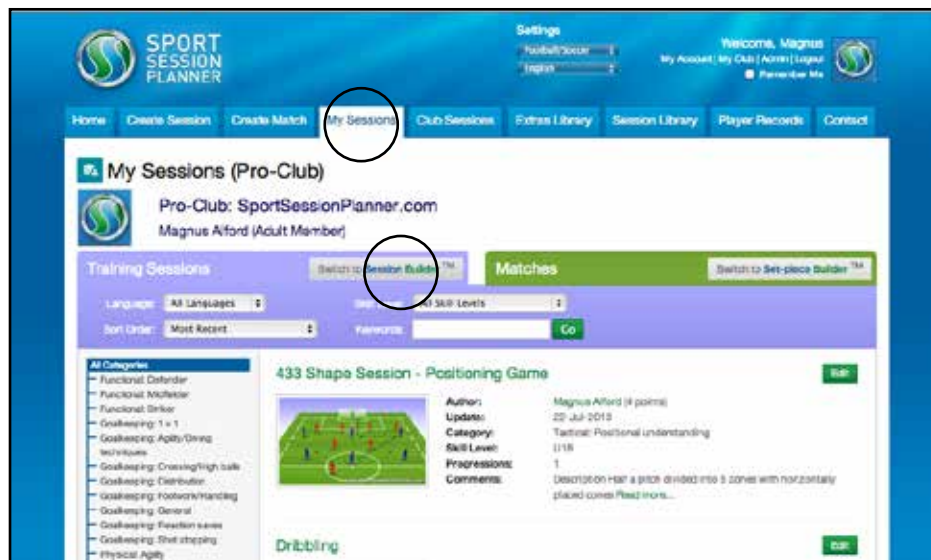


Comments can be added and views changed at the footer of the interface beneath the 3D window

### 3. Saving the Session

- Date & Time
- Description of Session
- Drill Durations
- Session Titles
- Language Settings
- Skill Levels
- Session Categories

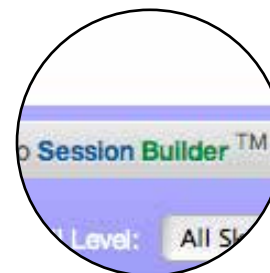
Once you click on 'SAVE & EXIT' your session will be catalogued in your own personal Session Library



## 1. My Sessions

Click on My Session tab.

This is your own personal session library where all your created sessions are stored.



## 2. Session Builder

Click the Session Builder tab to access a session building library of all your drills. Here you can create a complete session in seconds



## 3. Session Overviews

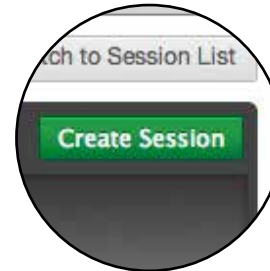
When entering the session builder you will see a library of every drill you have saved. This can be filtered using the search engine on the left.

By clicking on the view more beneath each thumbnail you can open individual session overviews as shown. From this you can choose the drills that best suit the session you are creating.

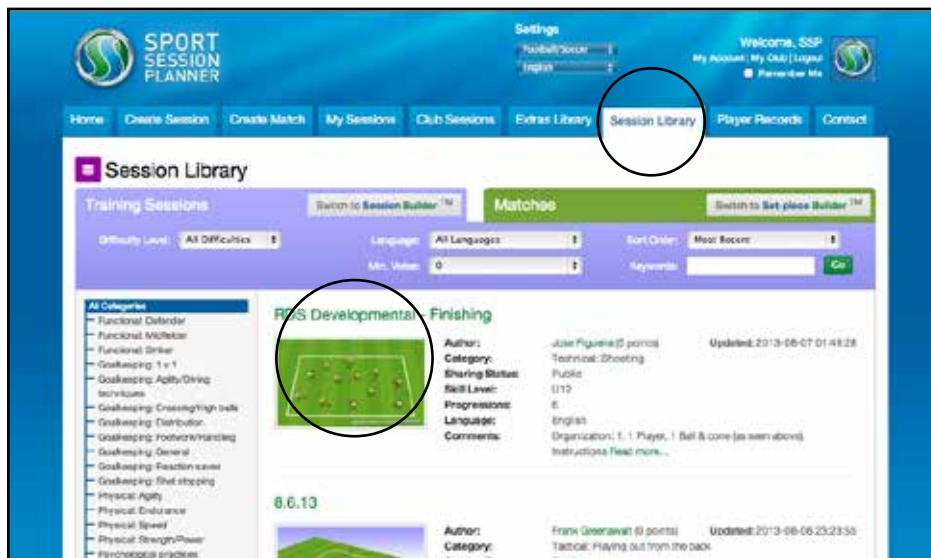


## 4. Drag & Drop

Drag & Drop the thumbnails of your selected drills into the dropzone provided. When your session is formulated click 'Create Session'.







## 1. Session Library

Open up your session Library by clicking the main tab



## 2. Select A Session

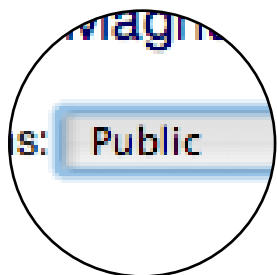
Scroll through your Library to your desired session and click on the thumbnail.



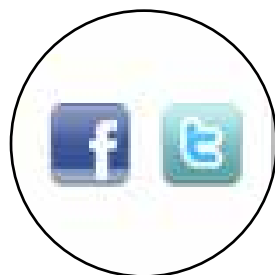
## 3. View Session Page

By accessing the View Session Page you can now re-locate your session into several libraries. This facility allows you to share via email & social media, print your session, add videos of the session and clone sessions for further development or manipulation

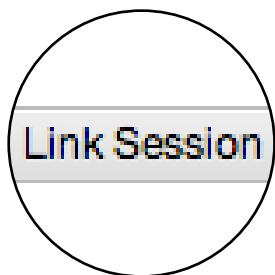




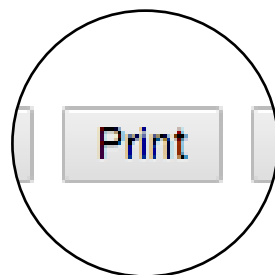
Save into a several of Libraries



Post on Facebook & Twitter



Email the Session



Print the Session



Save the session into PDF format



Clone Session for further development

## Finishing

Category: Tactical: Combination play | Difficulty: Difficult

Pro-Club: SportSessionPlanner.com

Magnus Alford, Adult Member

Sharing Options: Public

[Link Session](#)
[Add Favourite](#)
[Print](#)
[View as PDF](#)
[Download as Webpage](#)
[Clone](#)

[Edit Page](#)
[Edit Session](#)
[Delete Session](#)

### Finishing in final 1/3

Encourage players to hit the target and far post.

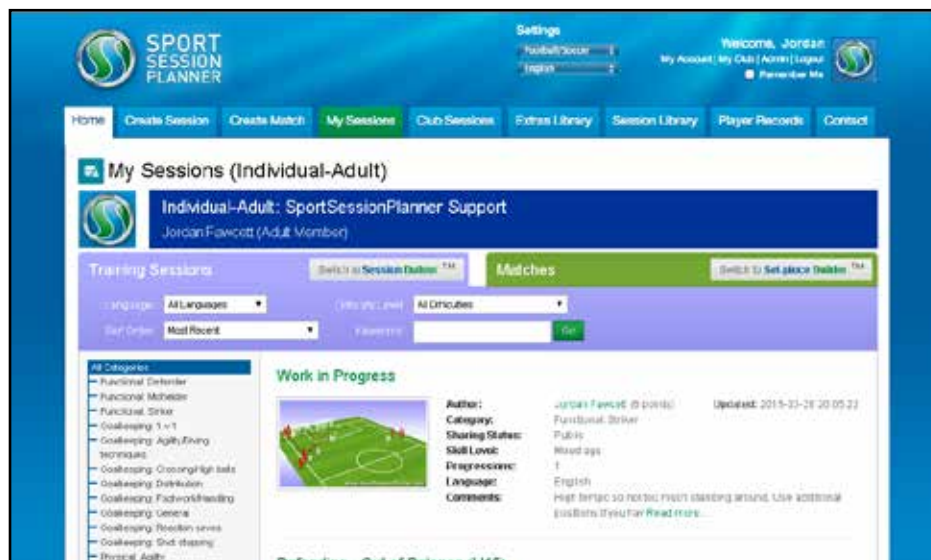
- 1) Instep drive
- 2) Inside foot
- 3) Bending to far post

Passes should be crisp and on the ground. Movements off the ball should be at game speed. Players move from line A-B-C.

Save Image:

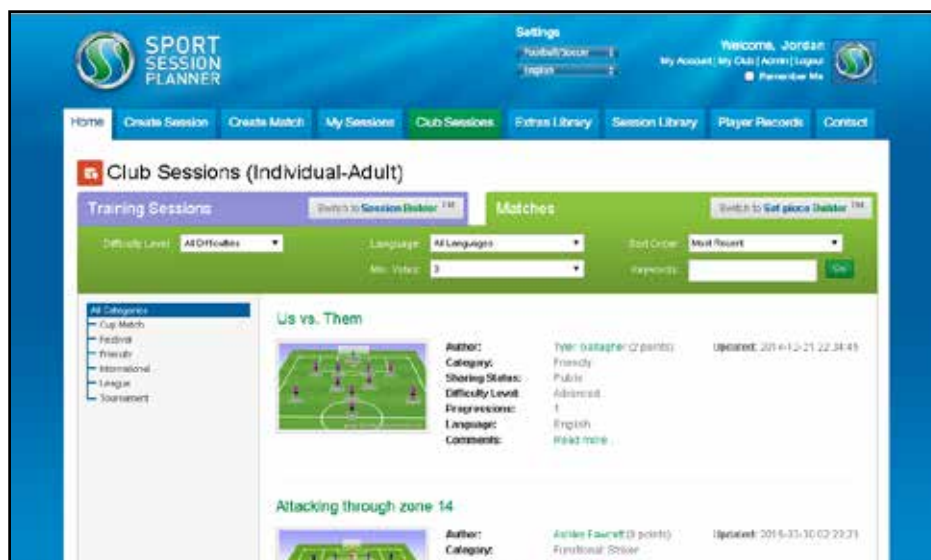


Edit the page & add videos



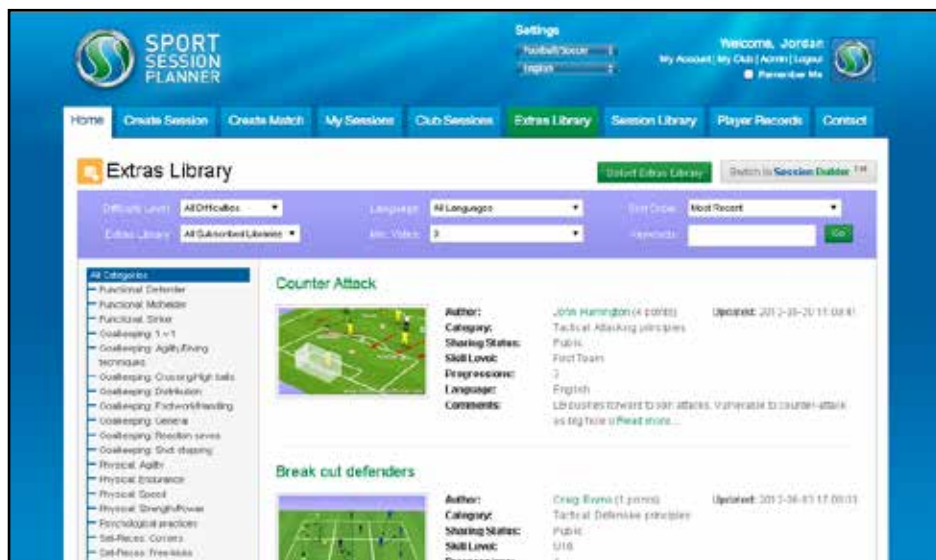
## 1. My Sessions

The 'My Sessions' Library is where all of your privately created sessions are kept and can only be viewed by you.



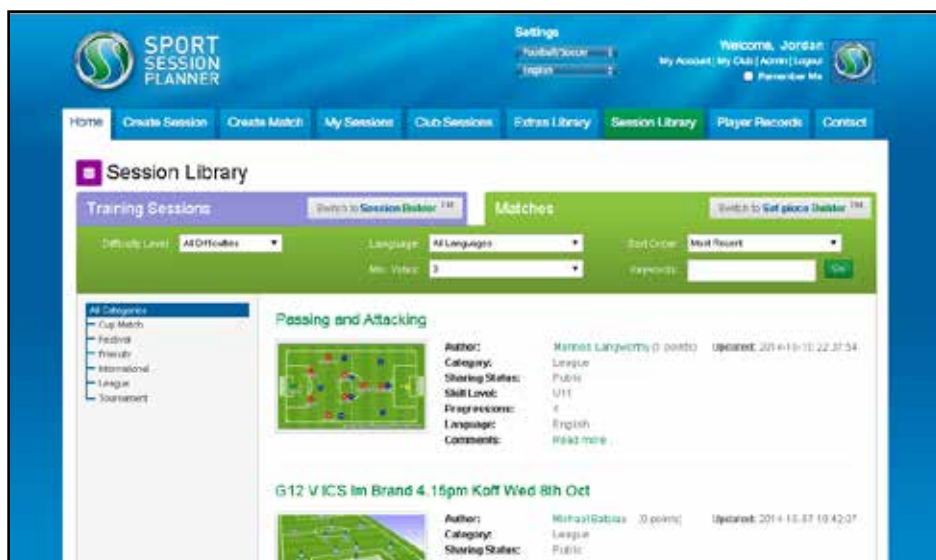
## 2. Club Sessions

The 'Club Sessions' Library you can save, share and clone sessions with other Club Members.



### 3. Extras Library

The 'Extras Library' contains libraries that have been created to house club specific sessions.



### 4. Session Library

The 'Session Library' is also known the World Wide Library, this is available to all our members. There are currently over 7000 drills available to you.



**Match Time is a two-tier system that allows a coach to both prepare for and analyse matches.**

**Preparation** - This allows the coach to prepare his team sheet, formations & set piece routines prior to kick off.

**Analysis** - During the real time play (or watching replay) the coach can log minute by minute actions from the game. This includes goals, bookings, substitutes and set pieces to name a few. This information is then stored into the match library for ease of access and printing.



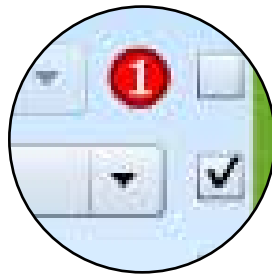
## 1. Creating Your Team

In the team tab, click on the 'add player' button to enter a players name, position and number. Click save.





Set the number of players and venue



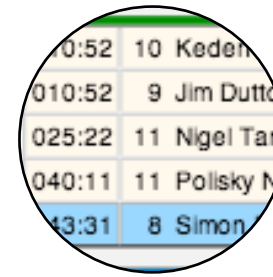
Select the amount of information displayed



Select home and away formations



Define specific event times



Event list displayed chronologically



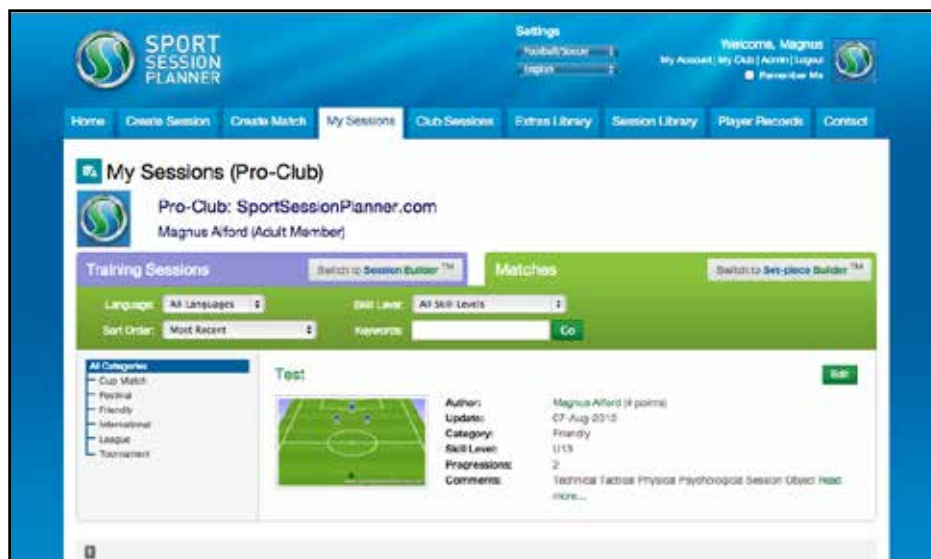
Select and add match periods



Add set pieces and set plays



Video Tutorials Available At Footer



## 2. Matches

Access your matches via the 'My Sessions' page. This houses the library of all your Match Day documents. Here you can enter the view match page by clicking on the title or thumbnail of your saved match



## 3. View Match Page

Once you have selected your specific match from the library you can view all the data captured during the match analysis.

Formations will appear for each period along with a detailed match report listing all events documented in chronological order stating names, times and incidents.



## ...continued

Match periods are separated to allow for half time formation changes etc.

Also available are set piece analysis and description as well as team sheets below.

Period 2 (93 mins)

Formation: Home: 3 | Away: 3

Period Minutes

00:00	---	---	---	Play starts
04:15	10	Kaden Ely	Opposition	Penalty kick
04:15	10	Kaden Ely	Opposition	Goal
04:15	15	Jack Elson	Ours	Red Card
05:23	10	Marty Simons	Ours	Shot on goal
06:21	9	John Riddison	Ours	Shot on goal
07:58	9	Jim Dutton	Opposition	Goal
08:33	8	Kaden Daly	Opposition	Corner
08:33	8	Jack Martyll	Opposition	Goal
09:00	---	---	---	Play stops

Show Less

Set Piece: Corners

Set-piece 1 Description:

11 takes an inswinging corner into front peer area 2, 8, 4 & 7 attack cross. Cross is meant for 4 who attacks front post for glancing header.

10 stands on keeper

15 covers peer low cross outcome

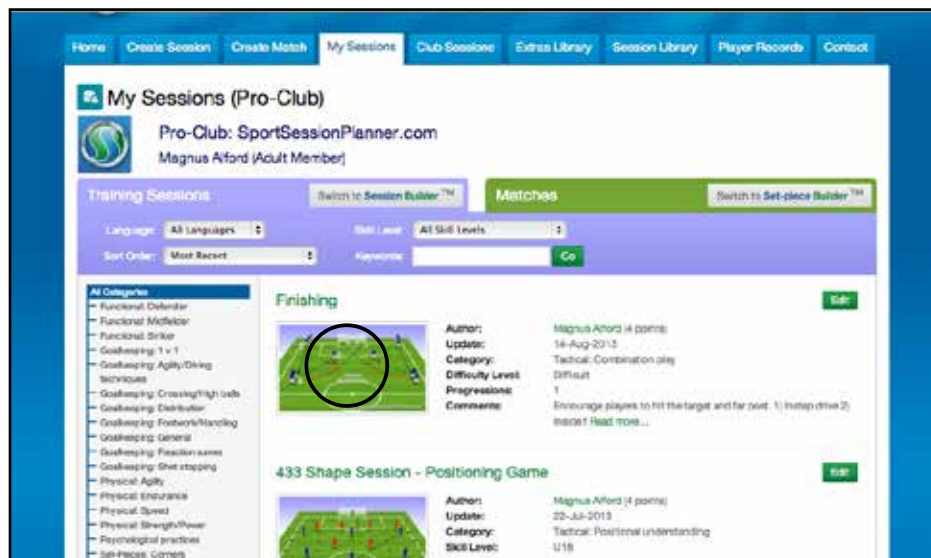
Team List

Our Team (Home)

Num	Player Name	Main Position	Goals	Game Time (mins)
1	John Smith	Goalkeeper		00:00
2	Jack Smith	Defender		00:00
3	John Tans	Defender		00:00
3	John Jones	Mid-fielder		00:00
4	John Simmons	Defender		00:00
5	Mickey Jones	Striker		00:00
6	Steve Smith	Mid-fielder		00:00
7	Roud Jensen	Mid-fielder		00:00
8	John Peadarsh	Mid-fielder		00:00
10	Marty Simons	Striker		00:00
11	Nige Taryl	Striker		00:00
12	Tim Lifford	Full-back		00:00
15	Jack Elson	Mid-fielder		00:00

Opposition Team (Away)

Num	Player Name	Main Position	Goals	Game Time (mins)
1	Jonson Bully	Goalkeeper		00:25
2	Mike Willis	Defender		00:25
3	Jack Martyll	Defender	1	00:25
4	Kerns Bridges	Defender		00:25
5	Simon Willis	Defender		00:25
6	Kaden Daly	Mid-fielder		00:25
7	Tommy Gentry	Mid-fielder		00:25
8	Simon Duckers	Mid-fielder		00:25
9	Jim Dutton	Mid-fielder	1	00:25
10	Kaden Ely	Striker	2	00:25
11	Folsley Nutels	Striker	1	00:25
12	Tim Gensl	Full-back		00:25
13	Mike Manson	Full-back		00:50
14	Marty Jones	Full-back		00:50



**Adding videos to your saved sessions and matches is a great tool for you and your players**

**1. Enter the Library** - Enter your saved session library via the “My Sessions” tab to see your list of session and matches you have created.

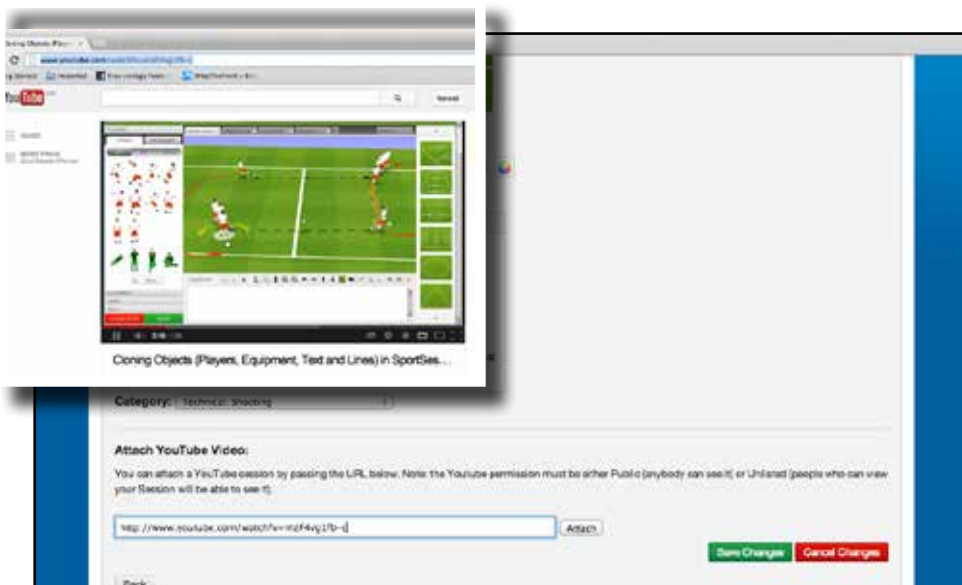
**2. Select the Session** - Select the desired match or session you wish to add a video too by clicking on the thumbnail or session title.



### 3. Editing the Session

Once you have entered the session page the you wish to add a video too, click on the “Edit Page” tab.

Here you will be able to change the session title, categories, descriptions etc and add your YouTube video



**4. Entering the URL** - When in the “Edit Session” page scroll down to the “Attach YouTube Video” section at the bottom.

On a separate internet window, find and select the required video on YouTube, select and copy the website address (URL).

Returning to SSP, paste/enter the YouTube address into the blank box provided.

< As shown here

Finally click on the “Attach” tab.

You will then see the YouTube video is showing.

If you are happy, click “Save Changes”

We advise looking at the following link to manage your privacy settings on YouTube:

<https://support.google.com/youtube/answer/157177>





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