Mobile Coach FAQs

What is Mobile Coach	Mobile Coach is a **web-based software** that allows US Lacrosse coaches and members to easily design, generate and save customized practice plans comprised of US Lacrosse's expert drill and video content. Mobile Coach is also a **smart phone application** that gives coaches the ability to take paperless practice plans to the field.
How do I access the Mobile Coach software?	It's easy, just click on either of these links: www.uslmobilecoach.com or www.uslmobilecoach.org, enter your US Lacrosse membership information, and you're connected!
What is I am having technical problems connecting	If you are having a technical problem with your connection, it could be due to your internet service. Please check that your service and your connection are active. Check your computer settings and pop up ability. Sometime MAC computers using Mozilla and Safari view sites differently based on settings.
What smart phones will it work on	Mobile coach will operate on any iPhone starting early Dec 2010. Android will be available on or before Jan 2011.
What Apple products will Mobile Coach work on?	iPhone and Touch. An application for the iPad is coming in 2011.
How can I download the mobile application?	The Mobile Coach app can be accessed via your iTunes account. A direct link to access Mobile Coach will be available soon.
Do I need to have an iTunes account?	Yes, you will need to have an established account in order to download the mobile application.

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Mobile Coach FAQs, Continued

How do I sign on to the Mobile Coach software and app?

The first time you use the web-based software or mobile app, you will need to enter your first name, last name and date of birth as they appear on your USL Membership registration. With valid information, you will be asked to create a username and a user-defined password. These will work on both the web software and the iPhone app.

If you forget your password, you'll need to re-submit your first name, last name and date of birth as they appear on your USL Membership registration in order to create a new username and password.

What is the cost?

It is free to current US Lacrosse Members!

What are the benefits

The Mobile Coach software allows you to browse a library of hundreds of lacrosse videos and drills at 3 different ability levels, seamlessly build a practice plan for your team, print your plan, or digitally share it with your team and others. You can also access these resources directly from your iPhone. Imagine the impact you will have when you show your team drill videos while they are on the practice field. Created with input and assistance from many of the nation's finest coaches, this coaching resource is designed for "on the go" coaches of all levels!

What if I am having problems downloading the App.

Refer to http://www.apple.com/support/itunes/

What if I cannot login

Check that you have entered your username and password correctly. Both of these fields are case sensitive. To see if your US Lacrosse Membership is valid go to https://secure.uslacrosse.org/m.cfm. If you have any questions, please contact the US Lacrosse Member Services Center at 410-235-6882 x102 or email us at membership@uslacrosse.org for membership issues, for anything additional please email CSnyder@uslacrosse.org

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Mobile Coach FAQs, Continued

How do I obtain my US Lacrosse Coaching Membership	To obtain a membership go to US Lacrosse membership. Please link to http://www.uslacrosse.org/TopNav/Membership/USLacrosseMembership.aspx to obtain one.
What does the "Whirly Wheel" signify?	Information on the app is in the process of being downloaded or sorted
Why is the information refreshing slowly?	The speed of the software is directly related to your cell or wireless coverage.
How can I make the size of the drills bigger?	With the iPhone multi-touch capability, zooming in and out of a picture can be achieved by a "pinch". Touching the screen, bring your thumb and index fingers closer together or move them further apart to scale images
How do I close a drill on the mobile app?	Click on the "X" in the top right corner of the page to close the drill and return to the prior page.
Can I print my practice plan?	Yes, you have the ability to print your practice plans from the web-based software.
Are other people able to see the practice plans I create?	No, you are the only one who can access and view your personalized practice plans.

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Mobile Coach FAQs, Continued

How do I share a practice plan I just created with my team?	The ability to share your practice plan will be available in early 2011. In the next version of the software, you will be able to share your practice plan with teammates, players and coaches.
Do my team members need to have an iPhone or Android to share the materials in 2011 ?	Yes if you want them share when the function is available in 2011.

Create a New Practice Plan

Purpose

The purpose of creating a practice plan in the mobile coach platform is to create and store your days practice plan that can be used for your team. By creating and saving a practice plan you will be able to view the plan at anytime, and revisit what you have done on that day.

Description

The following steps will allow you to create a new practice plan:

<table>
<tr><th>Step</th><th>Action</th></tr>
<tr><td>1</td><td>Go to www.uslmobilecoach.com</td></tr>
<tr><td>2</td><td>Enter your username and password on the left hand side of the application.</td></tr>
<tr><td>3</td><td>Click the Submit key to enter the application.</td></tr>
<tr><td>4</td><td>Click the Create New Practice Plan tab on the left side.</td></tr>
<tr><td>5</td><td>On the Add Practice Plan page, Type in the name of your practice plan inside of the Name field box.</td></tr>
<tr><td>6</td><td>Change the date in the Date drop box to reflect the date you would like the practice plan to be run.</td></tr>
<tr><td>7</td><td>Select the age group and gender you would like to cater your practice plan towards by selecting the Group drop down.</td></tr>
<tr><td>8</td><td>Click the Add Plan button to add the plan and save.</td></tr>
<tr><td>9</td><td>The Select a Practice Plan screen will now appear, and you will need to find your practice plan to populate the contents. You can find your practice plan by doing one of the two following methods:
<table>
<tr><th>If</th><th>Then</th></tr>
<tr><td rowspan="3">You would like to search and find your practice plan using the Search option…</td><td>Select the Date and Group from the drop down at the top of the screen that will match your created plan.</td></tr>
<tr><td>Click the Find button</td></tr>
<tr><td>Click the name of your plan</td></tr>
<tr><td rowspan="2">You would like to search and find your practice plan by scrolling the page and plan library…</td><td>Use your mouse or keys to scroll through the plan library till you find your practice plan, by name, date, or group.</td></tr>
<tr><td>Click the name of your plan</td></tr>
</table></td></tr>
<tr><td>10</td><td>Start adding drills to your plan.</td></tr>
</table>

Search the Drill Library

Purpose

The purpose of searching the drill library in the mobile coach platform is to view drills that can be used for your team.

Description

The following steps will allow you to search the drill library:

<table>
<tr><th>Step</th><th>Action</th></tr>
<tr><td>1</td><td>Go to www.uslmobilecoach.com</td></tr>
<tr><td>2</td><td>Enter your username and password on the left hand side of the application.</td></tr>
<tr><td>3</td><td>Click the Submit key to enter the application.</td></tr>
<tr><td>4</td><td>Click the Drill Library tab on the left side of the screen.</td></tr>
<tr><td>5</td><td>The Drill Library screen will now appear, and you will need to find and search drills to populate your practice plans or use for resources. You can find drills by doing one of the two following methods:
<table>
<tr><th>If</th><th>Then</th></tr>
<tr><td rowspan="3">You would like to search and find drills using the Search option…</td><td>Select the Gender, Skill, and/or Level from the drop down at the top of the screen that will match your needs.</td></tr>
<tr><td>Click the Find button</td></tr>
<tr><td>Click the name of the drill</td></tr>
<tr><td rowspan="2">You would like to search and find drills by scrolling the page and drill library…</td><td>Use your mouse or keys to scroll through the drill library till you find a drill you would like to view.</td></tr>
<tr><td>Click the name of the drill</td></tr>
</table></td></tr>
<tr><td>6</td><td>The drill will now appear in a separate pop up window. Scroll the window to see the drill. When finished viewing, close the window by selecting the X in the top right hand corner of that windows browser.</td></tr>
</table>

Search the Video Library

Purpose

The purpose of searching the video library in the mobile coach platform is to view drills that can be used for your team.

Description

The following steps will allow you to search the video library:

<table>
<tr><th>Step</th><th>Action</th></tr>
<tr><td>1</td><td>Go to www.uslmobilecoach.com</td></tr>
<tr><td>2</td><td>Enter your username and password on the left hand side of the application.</td></tr>
<tr><td>3</td><td>Click the Submit key to enter the application.</td></tr>
<tr><td>4</td><td>Click the Video Library tab on the left side of the screen.</td></tr>
<tr><td>5</td><td>The Video Library screen will now appear, and you will need to find and search drills to populate your practice plans or use for resources. You can find drills by doing one of the two following methods:
<table>
<tr><th>If</th><th>Then</th></tr>
<tr><td rowspan="3">You would like to search and find videos using the Search option…</td><td>Select the Gender, Skill, and/or Level from the drop down at the top of the screen that will match your needs.</td></tr>
<tr><td>Click the Find button</td></tr>
<tr><td>Click the name of the video</td></tr>
<tr><td rowspan="2">You would like to search and find drills by scrolling the page and video library…</td><td>Use your mouse or keys to scroll through the video library till you find a drill you would like to view.</td></tr>
<tr><td>Click the name of the video</td></tr>
</table></td></tr>
<tr><td>6</td><td>The video will now appear in a separate pop up window. View the video. When finished viewing, close the window by selecting the X in the top right hand corner of that windows browser.</td></tr>
</table>

Search the Plan Library/ Find an Existing Practice Plan

Purpose

The purpose of searching the plan library or finding the existing practice plan in the mobile coach platform is to view practice plans already built that can be used for your team.

Description

The following steps will allow you to search the plan library:

<table>
<tr><th>Step</th><th>Action</th></tr>
<tr><td>1</td><td>Go to www.uslmobilecoach.com</td></tr>
<tr><td>2</td><td>Enter your username and password on the left hand side of the application.</td></tr>
<tr><td>3</td><td>Click the Submit key to enter the application.</td></tr>
<tr><td>4</td><td>Click the Plan Library button on the left side of the screen.</td></tr>
<tr><td>5</td><td>The Select a Practice Plan screen will now appear, and you will need to find your practice plan to populate the contents. You can find your practice plan by doing one of the two following methods:
<table>
<tr><th>If</th><th>Then</th></tr>
<tr><td rowspan="3">You would like to search and find your practice plan using the Search option…</td><td>Select the Date and Group from the drop down at the top of the screen that will match your created plan.</td></tr>
<tr><td>Click the Find button</td></tr>
<tr><td>Click the name of your plan</td></tr>
<tr><td rowspan="2">You would like to search and find your practice plan by scrolling the page and plan library…</td><td>Use your mouse or keys to scroll through the plan library till you find your practice plan, by name, date, or group.</td></tr>
<tr><td>Click the name of your plan</td></tr>
</table></td></tr>
<tr><td>6</td><td>Start adding drills to your plan.</td></tr>
</table>

Edit a Practice Plan

Purpose

The purpose of editing a practice plan in the mobile coach platform is to view change already built plans that can aid your team in a new practice or existing one.

Description

The following steps will allow you to edit a practice plan:

<table>
<tr><th>Step</th><th>Action</th></tr>
<tr><td>1</td><td>Go to www.uslmobilecoach.com</td></tr>
<tr><td>2</td><td>Enter your username and password on the left hand side of the application.</td></tr>
<tr><td>3</td><td>Click the Submit key to enter the application.</td></tr>
<tr><td>4</td><td>Click the Plan Library button on the left side of the screen.</td></tr>
<tr><td>5</td><td>The Select a Practice Plan screen will now appear, and you will need to find your practice plan to populate the contents. You can find your practice plan by doing one of the two following methods:
<table>
<tr><th>If</th><th>Then</th></tr>
<tr><td rowspan="3">You would like to search and find your practice plan using the Search option…</td><td>Select the Date and Group from the drop down at the top of the screen that will match your created plan.</td></tr>
<tr><td>Click the Find button</td></tr>
<tr><td>Click the name of your plan</td></tr>
<tr><td rowspan="2">You would like to search and find your practice plan by scrolling the page and plan library…</td><td>Use your mouse or keys to scroll through the plan library till you find your practice plan, by name, date, or group.</td></tr>
<tr><td>Click the name of your plan</td></tr>
</table></td></tr>
<tr><td>6</td><td>The Edit Practice Plan page will open for your selected practice plan. You can edit the Name, Date, and/or Group you would like the plan to be directed towards. You make additional changes by using the following key functions of the page.</td></tr>
</table>

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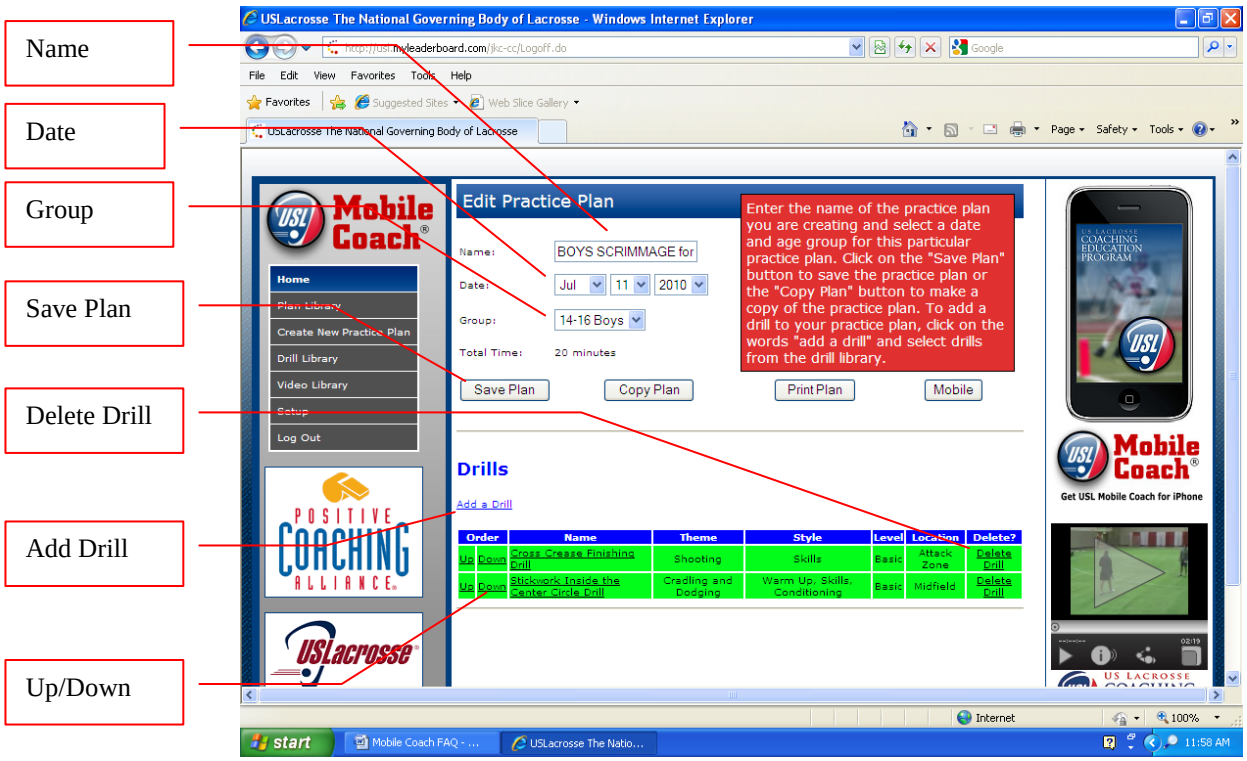
Edit a Practice Plan, Continued

Description **(continued)**

Step	Action
7	Change the following Options: • Name • Date • Group • Add a Drill • Order (Up – Down) each drill • Delete the Drill
8	Once you have finished making changes, Click the Save Plan Button at the top middle of the screen.



Copy a Practice Plan

Purpose

The purpose of copying a practice plan in the mobile coach platform is to view and change already built plans that can aid your team in a practice.

Description

The following steps will allow you to copy a practice plan:

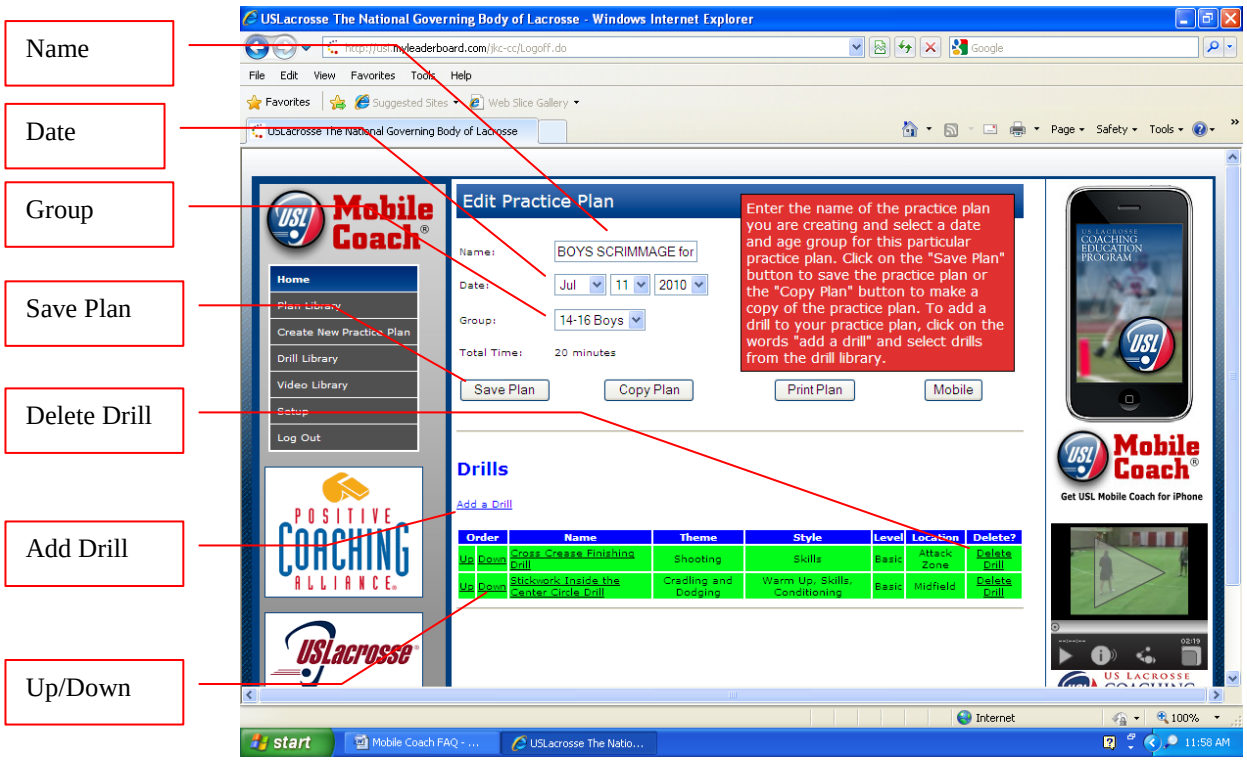
<table>
<tr><th>Step</th><th>Action</th></tr>
<tr><td>1</td><td>Go to www.uslmobilecoach.com</td></tr>
<tr><td>2</td><td>Enter your username and password on the left hand side of the application.</td></tr>
<tr><td>3</td><td>Click the Submit key to enter the application.</td></tr>
<tr><td>4</td><td>Click the Plan Library button on the left side of the screen.</td></tr>
<tr><td>5</td><td>The Select a Practice Plan screen will now appear, and you will need to find your practice plan to populate the contents. You can find your practice plan by doing one of the two following methods:
<table>
<tr><th>If</th><th>Then</th></tr>
<tr><td rowspan="3">You would like to search and find your practice plan using the Search option…</td><td>Select the Date and Group from the drop down at the top of the screen that will match your created plan.</td></tr>
<tr><td>Click the Find button</td></tr>
<tr><td>Click the name of your plan</td></tr>
<tr><td rowspan="2">You would like to search and find your practice plan by scrolling the page and plan library…</td><td>Use your mouse or keys to scroll through the plan library till you find your practice plan, by name, date, or group.</td></tr>
<tr><td>Click the name of your plan</td></tr>
</table></td></tr>
<tr><td>6</td><td>The Edit Practice Plan page will open for your selected practice plan. Select the Copy Plan button.</td></tr>
<tr><td>7</td><td>The Plan will automatically be Copied, added to the Plan Library, and the word Copy will be added to the Name of your practice plan, with the same Date and Group.</td></tr>
<tr><td>8</td><td>Make edits to the plan using the following options:</td></tr>
</table>

Continued on next page

Copy a Practice Plan, Continued

Description **(continued)**

Step	Action
9	Change the following Options: • Name • Date • Group • Add a Drill • Order (Up – Down) each drill • Delete the Drill
10	Once you have finished making changes, Click the Save Plan Button at the top middle of the screen.



Print a Practice Plan

Purpose

The purpose of printing a practice plan in the mobile coach platform is to print already built plans that can aid your team in a practice.

Description

The following steps will allow you to print a practice plan:

<table>
<tr><th>Step</th><th>Action</th></tr>
<tr><td>1</td><td>Go to www.uslmobilecoach.com</td></tr>
<tr><td>2</td><td>Enter your username and password on the left hand side of the application.</td></tr>
<tr><td>3</td><td>Click the Submit key to enter the application.</td></tr>
<tr><td>4</td><td>Click the Plan Library button on the left side of the screen.</td></tr>
<tr><td>5</td><td>The Select a Practice Plan screen will now appear, and you will need to find your practice plan to populate the contents. You can find your practice plan by doing one of the two following methods:
<table>
<tr><th>If</th><th>Then</th></tr>
<tr><td rowspan="3">You would like to search and find your practice plan using the Search option…</td><td>Select the Date and Group from the drop down at the top of the screen that will match your created plan.</td></tr>
<tr><td>Click the Find button</td></tr>
<tr><td>Click the name of your plan</td></tr>
<tr><td rowspan="2">You would like to search and find your practice plan by scrolling the page and plan library…</td><td>Use your mouse or keys to scroll through the plan library till you find your practice plan, by name, date, or group.</td></tr>
<tr><td>Click the name of your plan</td></tr>
</table></td></tr>
<tr><td>6</td><td>The Edit Practice Plan page will open for your selected practice plan. Select the Print Plan button.</td></tr>
<tr><td>7</td><td>The Plan will automatically be opened in a new window and will reflect your entire practice plan as saved. Use standard print functions that your system allows to print the page.</td></tr>
<tr><td>NOTE</td><td>If you have issues printing the page, please refer to your computer and/or printer FAQ’s or trouble shooting guide.</td></tr>
</table>

Mobilize Your Practice Plan

Purpose

The purpose of mobilizing your practice plans in the mobile coach platform is to allow you to access the practice plans from your mobile smart phone. The platform is available on IPhone and Android. You will need to set up and download the mobile app from the ITunes or Android Mobile Market on your own through your provider.

Description

The following steps will allow you to mobilize your practice plan:

<table>
<tr><th>Step</th><th>Action</th></tr>
<tr><td>1</td><td>Go to www.uslmobilecoach.com</td></tr>
<tr><td>2</td><td>Enter your username and password on the left hand side of the application.</td></tr>
<tr><td>3</td><td>Click the Submit key to enter the application.</td></tr>
<tr><td>4</td><td>Click the Plan Library button on the left side of the screen.</td></tr>
<tr><td>5</td><td>The Select a Practice Plan screen will now appear, and you will need to find your practice plan to populate the contents. You can find your practice plan by doing one of the two following methods:
<table>
<tr><th>If</th><th>Then</th></tr>
<tr><td rowspan="3">You would like to search and find your practice plan using the Search option…</td><td>Select the Date and Group from the drop down at the top of the screen that will match your created plan.</td></tr>
<tr><td>Click the Find button</td></tr>
<tr><td>Click the name of your plan</td></tr>
<tr><td rowspan="2">You would like to search and find your practice plan by scrolling the page and plan library…</td><td>Use your mouse or keys to scroll through the plan library till you find your practice plan, by name, date, or group.</td></tr>
<tr><td>Click the name of your plan</td></tr>
</table></td></tr>
<tr><td>6</td><td>The Edit Practice Plan page will open for your selected practice plan. Select the Mobile button at the top of the screen.</td></tr>
<tr><td>7</td><td>The Plan will automatically be sent to your mobile app account and be available for viewing when you open that mobile app.</td></tr>
<tr><td>NOTE</td><td>You will need to log out of your mobile app to see any new updates or mobilized practice plans in that account.</td></tr>
</table>

How do I Submit my Own Drill

Purpose

The purpose of submitting your own drill to US Lacrosse would be to have your drill or drill variation selected and included in the system at the next upgrade point during the calendar year.

Description

The following steps will allow you to submit your own drill:

Step	Action
1	Diagram your drill on paper or in an electronic form.
2	Write a short description of the drill and it's main objective.
3	Write a description of the drill that explains the movements in a step by step procedure.
4	Email the files to CEP@uslacrosse.org and title the email "Mobile Coach Drill Suggestion". Mail files, if not emailed, to **CEP – Drill Suggestion** 113 West University Parkway Baltimore, MD 21210
5	If we select your drill we will contact you via email or phone and give you credit on the drill for the write up and submission.