force8 COACH

Force8 Coach Modules overview according to FTEM.

| F | Foundation | T | Talent | E | Elite | M | Mastery |

F1	F2	F3	T1	T2	T3	T4	E1	E2	M

BASIC SYSTEM
SEASON OVERVIEW
DETAIL CONFIGURATOR (incl. J+S import)
LOCATION MANAGER
TRAINING PLANNING
TRAINING CYCLES (training plans)
TRAINING WORKLOAD (theoretical and actual planning)
DAILY VALUES
MENSTRUAL CYCLE
TESTS & BATTERIES
VALUATIONS
TALKS
VIDEOS (link library)
FILE SHARING
ACADEMY (for federations only)
ATHLETE SCREENING
MEDICAL DOSSIER
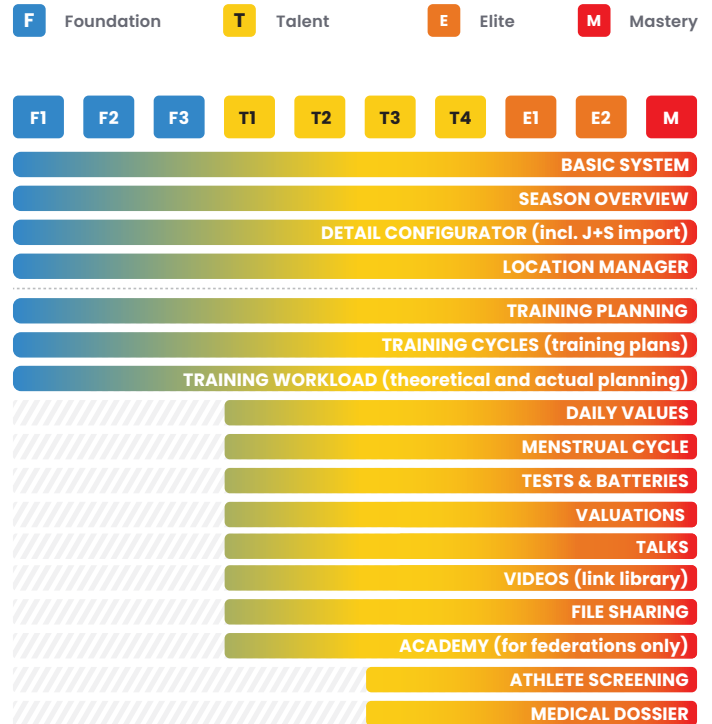
BASIC SYSTEM

Manage individual athletes, teams, coaches, staff, physiotherapists or doctors on one platform. By setting the appropriate permissions, you decide who has access to which data and functions. Assign athletes to FTEM or your own levels. Send email messages directly from the system. With the status function, athletes can inform their coaches whether they are healthy, injured, sick or absent for another reason. Runs on all devices without any installation.

SEASON OVERVIEW

Overview of important season dates, individual event calendars, assignment to various users.

DETAIL CONFIGURATOR (incl. J+S import)

Define individual standard fields for additional information about athletes or coaches. Including export function for J+S import.

LOCATION MANAGER

Overview of main and sub-locations (such as fields, halls or rooms) with daily, weekly or monthly view.

TRAINING PLANNING

Use your own training templates and your own exercise collection to plan training sessions quickly and purposefully. Players can register and unregister for training sessions via mobile or web. Analyze your training sessions quickly and conveniently. Including automatic heart rate import from Garmin and Suunto and manual import from Polar.

TRAINING CYLES (training plans)

Create detailed templates (1-10 weeks) for training plans that define what, when and how to execute. Implementation is documented and evaluated.

TRAINING WORKLOADS (theoretical and actual planning)

Store your framework training concept (target planning) per age or training group. Actual situation is compared with target planning. FTEM based.

DAILY VALUES

Monitor the mental and physical condition of your athletes: sleep duration/quality and altitude, physical condition, mood, motivation, pulse, muscle pain, energy and pain or injuries.

MENSTRUAL CYCLE

Align the training plan with the female menstrual cycle.

TESTS & BATTERIES

Create your own individual tests and test batteries. Compare your athletes with each other.

VALUATIONS

Evaluate your athletes as you wish and create your own evaluation scale.

TALKS

Record your own meeting categories and store your athlete, season or career planning discussions centrally. Create your own questionnaires and have your athletes answer them via the app.

VIDEOS (link library)

Create your own video link library and share it with other users.

FILE SHARING

Share files with athletes and teams - and they with you. 10 GB storage space included.

ACADEMY (for federations only)

Associations can give their clubs access to the latest teaching materials.

ATHLETE SCREENING

Screening of the musculoskeletal system.

MEDICAL DOSSIER

Comprehensive health record.

ANALYSES

Almost every **Force8 Coach** module contains its own standard analysis. Additionally, with **Force8 Lab** you have the option to individually visualize additional internal and external data.