

IoT ON COACHING

The Use of Wearable

What is IoT?



How does it look like?



RESULTS

speed 50 mph spin 231 rpm

Flight Path

KICK AGAIN

RESULTS

speed 50 mph spin 231 rpm

Ball Strike

KICK AGAIN

RESULTS

speed 50 mph spin 231 rpm

Coach Notes

- Awesome shot!
- Video yourself using the app from different distances to breakdown your lead in, striking technique & follow through.
- To get a better power kick, the ball spin should be below 150 rpm.

KICK AGAIN



← Direction Of Attack

Start Of Time Period	00:00:00	Type Of Run	None Selected
End Of Time Period	00:15:00	Start Of Run	None Selected
Distance Covered (Run)	800.0 m	End Of Run	None Selected
Distance Covered (HS Runs)	401.7 m	Time Taken	None Selected
Distance Covered (Sprints)	206.1 m	Distance Covered	None Selected
Total Distance Covered	1407.8 m	High Intensity	7%

- Manchester United
- 1 Edwin Van Der Sar
 - 3 Patrick Evra
 - 2 Gary Neville
 - 8 Rio Ferdinand
 - 13 Nemanja Vidic
 - 10 Michael Carrick
 - 18 Paul Scholes
 - 7 Cristiano Ronaldo
 - 9 Wayne Rooney
 - 11 Ryan Giggs
 - 17 Henrik Larsson
 - 9 Louis Saha
 - 4 Gabriel Heinze

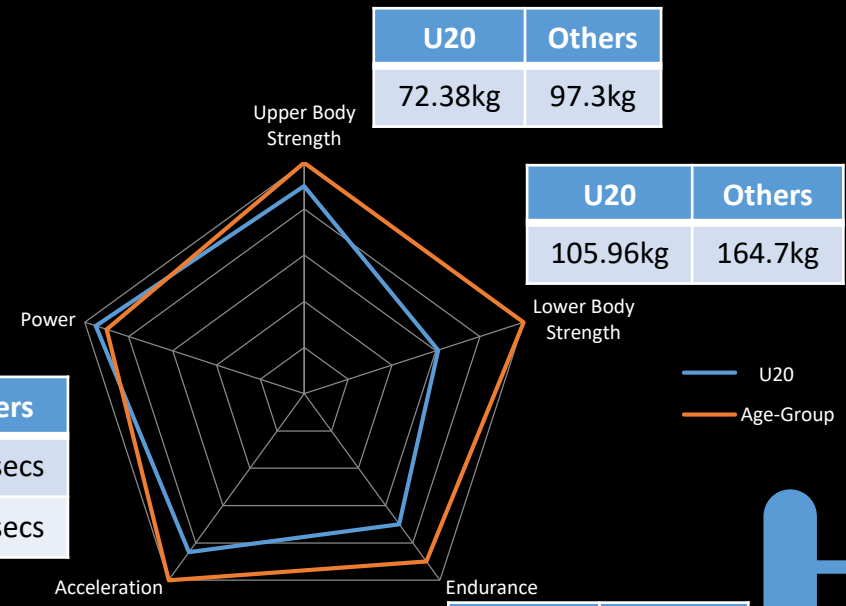
Why should I be concerned?



What it meant

U20	Others
51.3cm	57cm

	U20	Others
10m	1.8secs	1.94secs
40m	5.85secs	5.55secs



What it meant

U20	Others
Level 8	Level 43



Scrum



Tackle



Maintain Performance

How to use it.

Off/On/ Menu

Scroll up/ Widgets

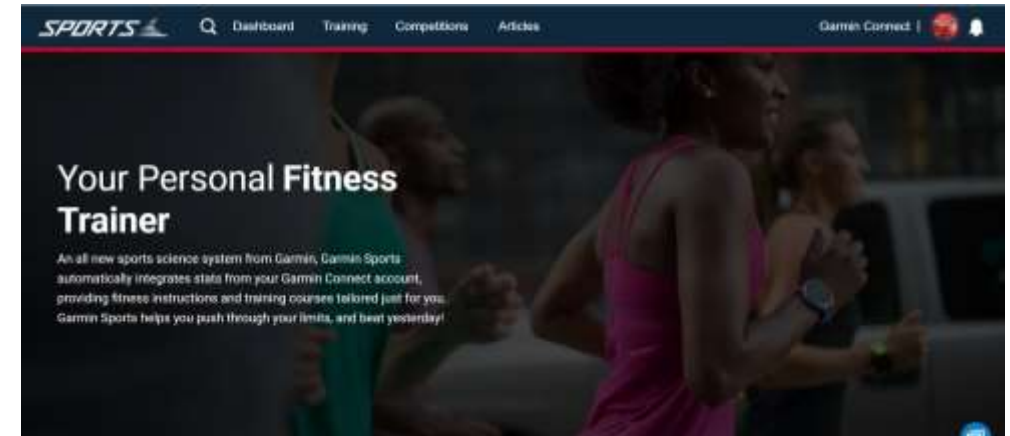
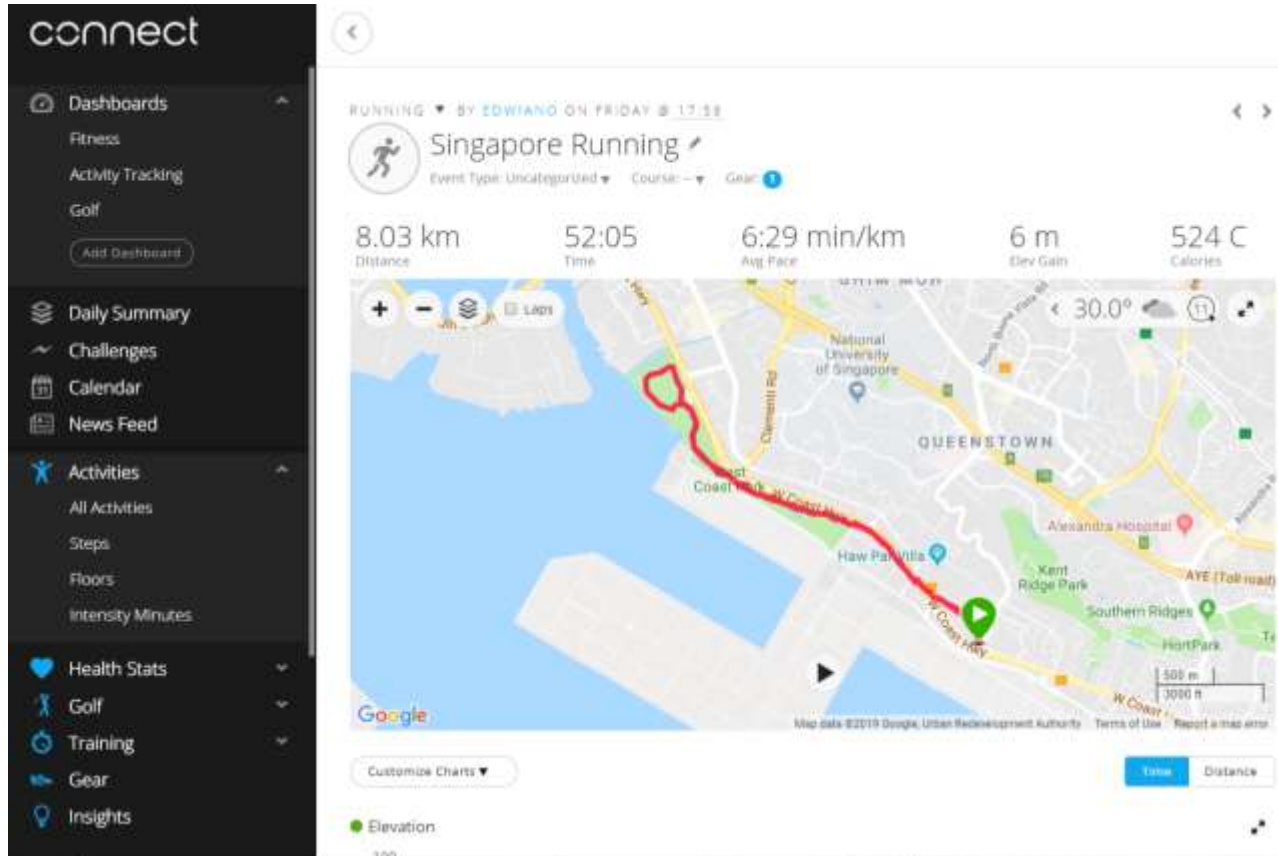
Scroll down/ Widgets



Start/Stop/ Activity

Lap

Garmin Connect & Garmin Sports



Layout of the try-out.