

USA Baseball Mobile Coach APP Guide



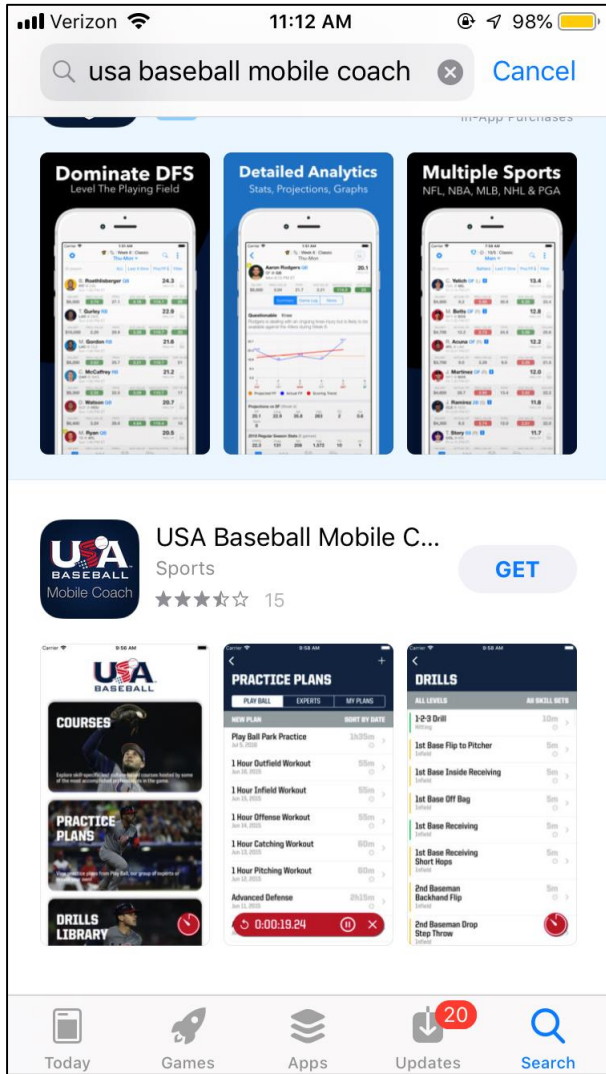


Image 1

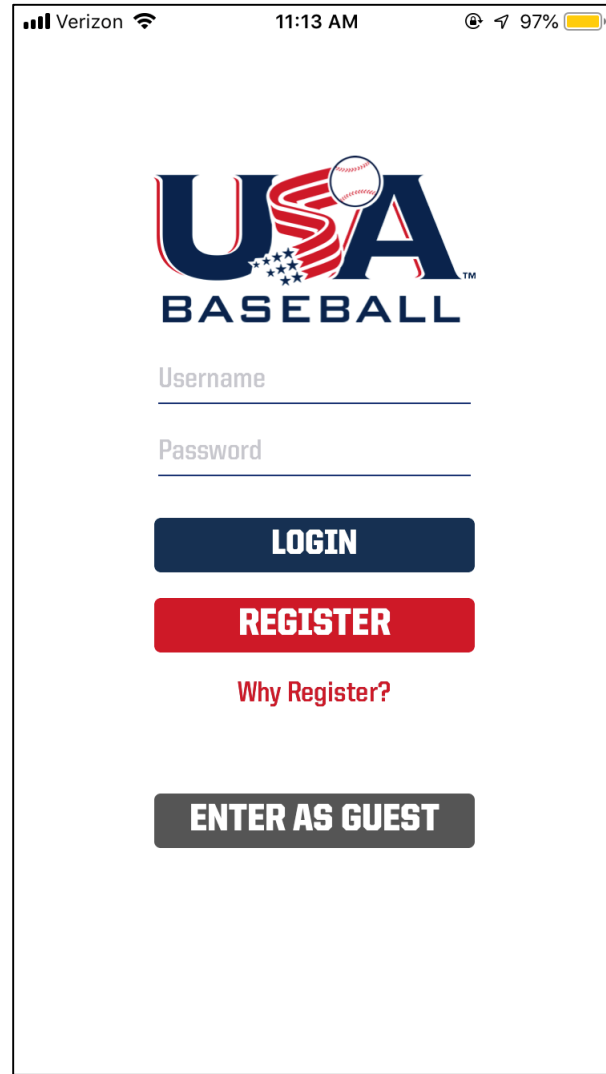


Image 2

LAUNCHING THE APP


-Image 1 shows how to find the app in the APP Store.

-When the app has finished launching, the sign in page (Image 2) will be shown.

-Sign in with an existing account or select "Register".

Verizon 11:13 AM 97%

Cancel Register



Email

Password

Password Verify

First Name

Last Name

Date of Birth

I acknowledge that I may receive communications from USA Baseball related to education, baseball programming, and other USA Baseball services and initiatives.

I acknowledge that I may receive communications directly from USA Baseball's partners.

Image 1

CREATING A NEW ACCOUNT

- Selecting “Register” will lead to the following sign in page.
- Enter information to complete your account registration.

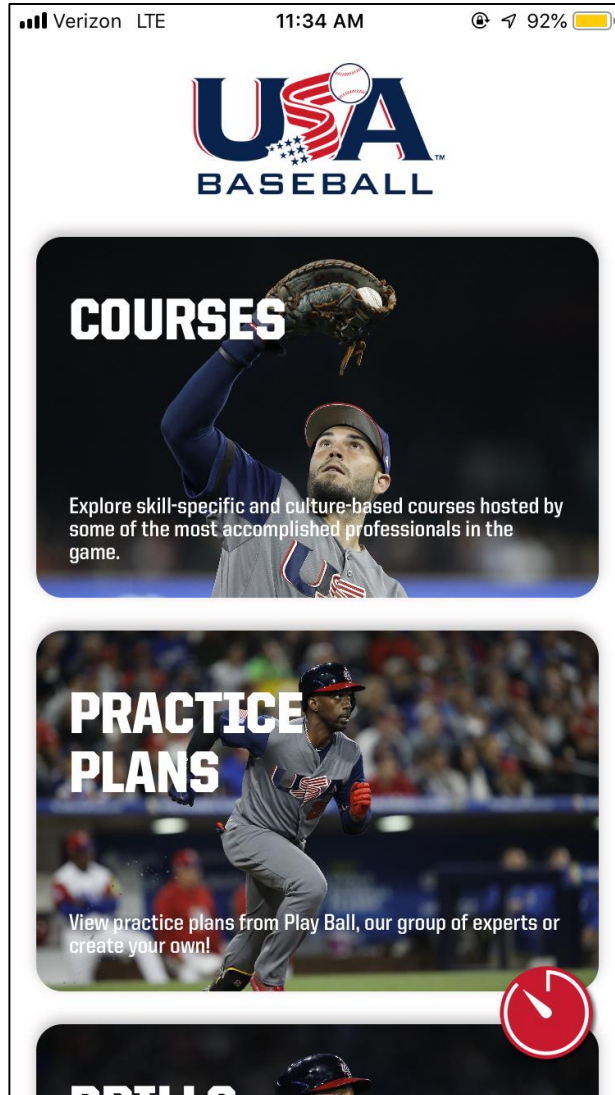


Image 1

OPENING THE APP FOR THE FIRST TIME AFTER ACCOUNT REGISTRATION

- Once you've activated your account and signed in, you should land on the page shown in Image 1.
- This is the landing page that you'll use to navigate the entire app. We'll call it the "Home" page for the rest of this guide. This guide will cover every section shown on this home page.



Image 1

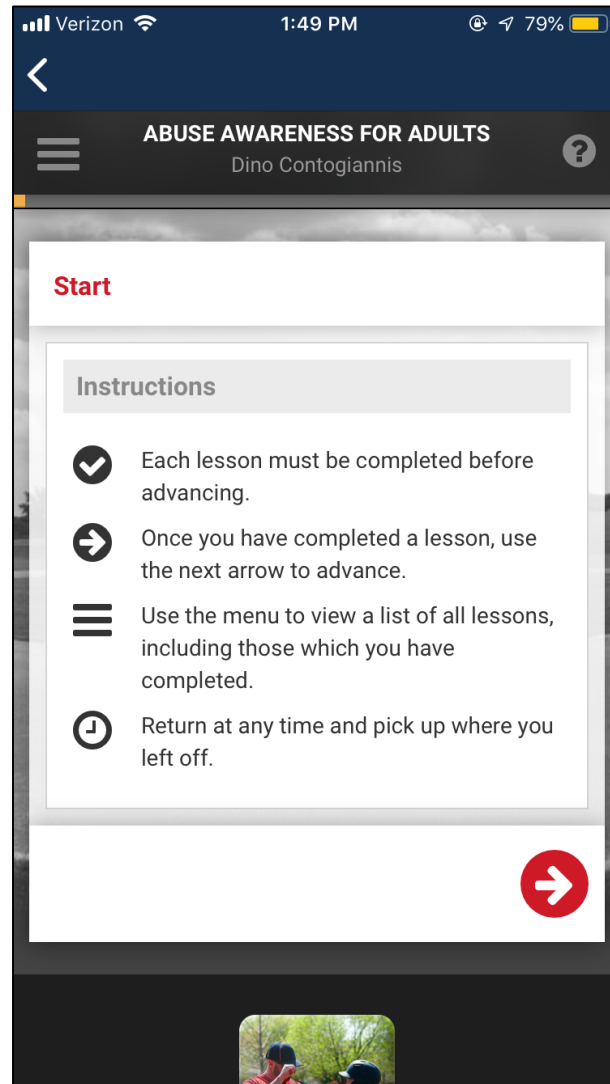


Image 2

COURSES

- Select the “Courses” icon from the home page as shown in Image 1.
- Select a course and review instructions as shown in Image 2.
- Press the red arrow in the bottom right corner (Image 2) to begin the course.
- Navigate through the lesson plan instructions to complete the course.
- Videos are often used within these courses.

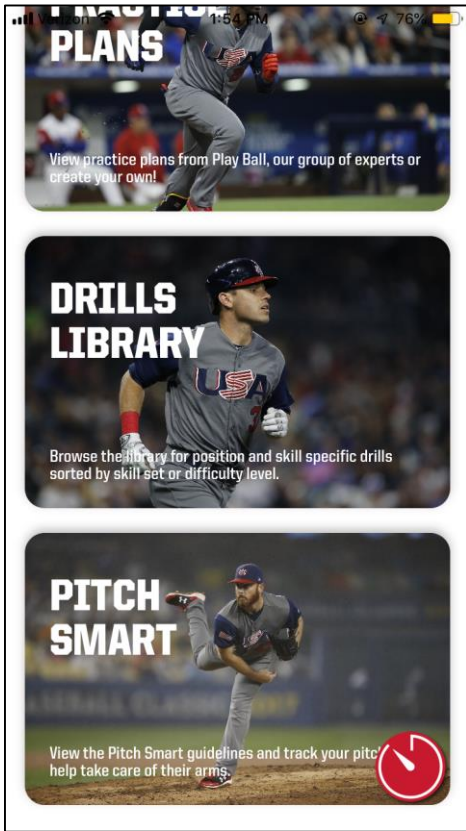


Image 1

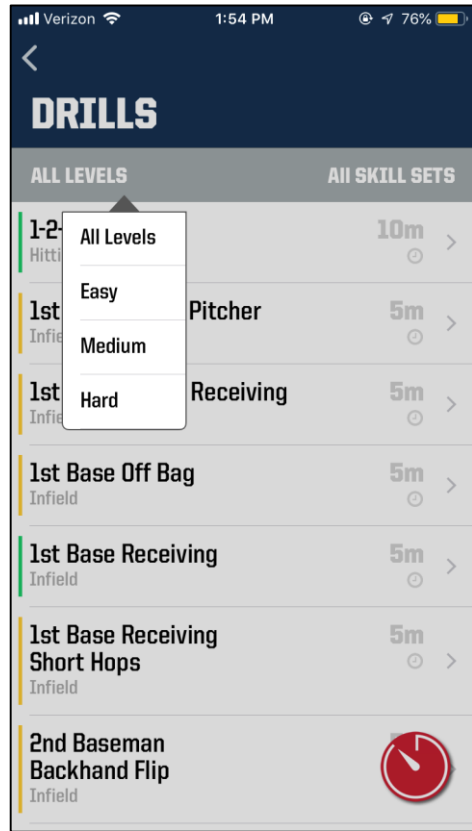


Image 2

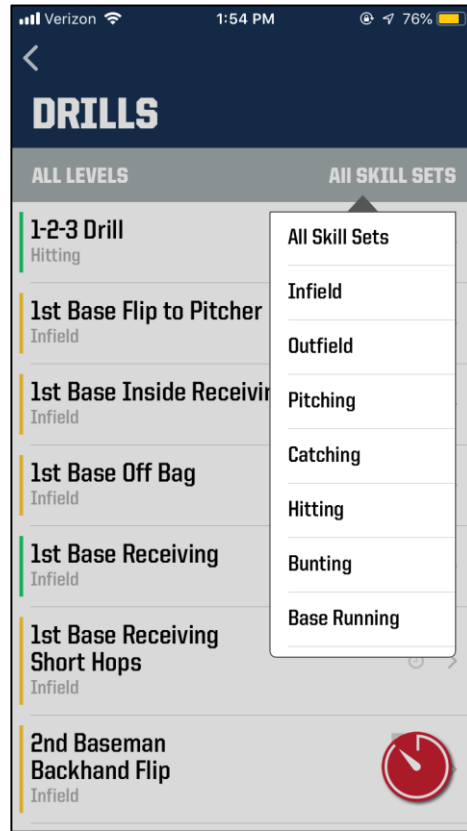


Image 3

DRILLS LIBRARY

- From the home page, select Drills Library, as shown in Image 1.
- After you select Drills Library, you can access a drop-down menu for the Drill Level Type, as shown in Image 2.
- There is also a drop-down menu for navigating various Skill Sets, as shown in Image 3. Be sure to scroll down to see all the categories.

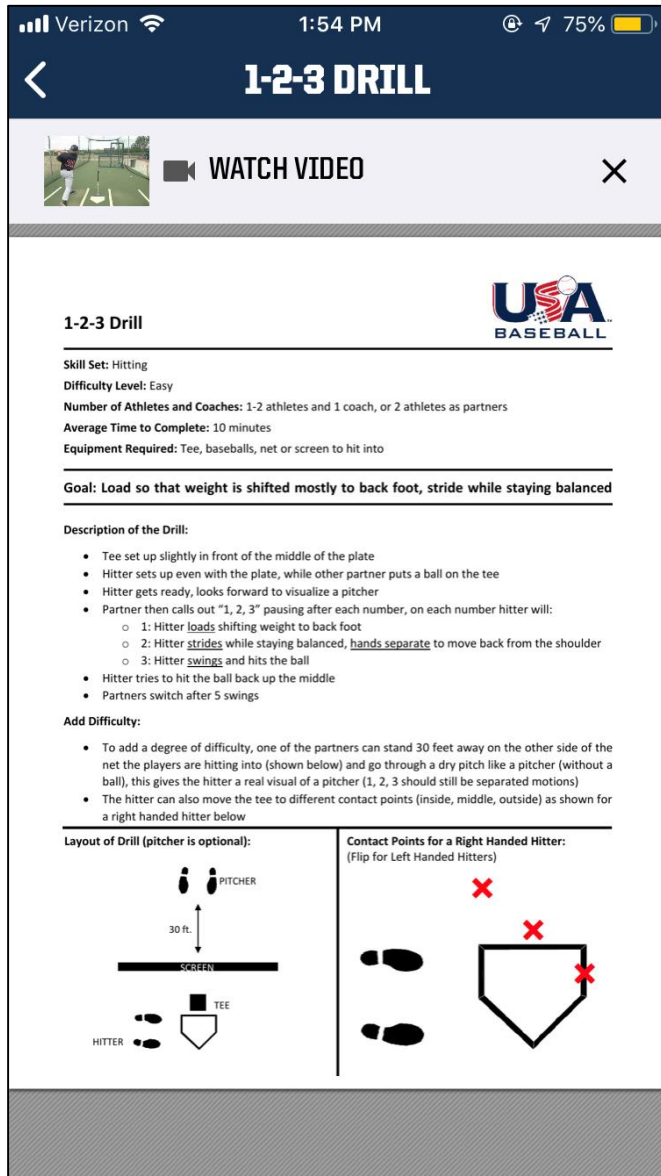


Image 1

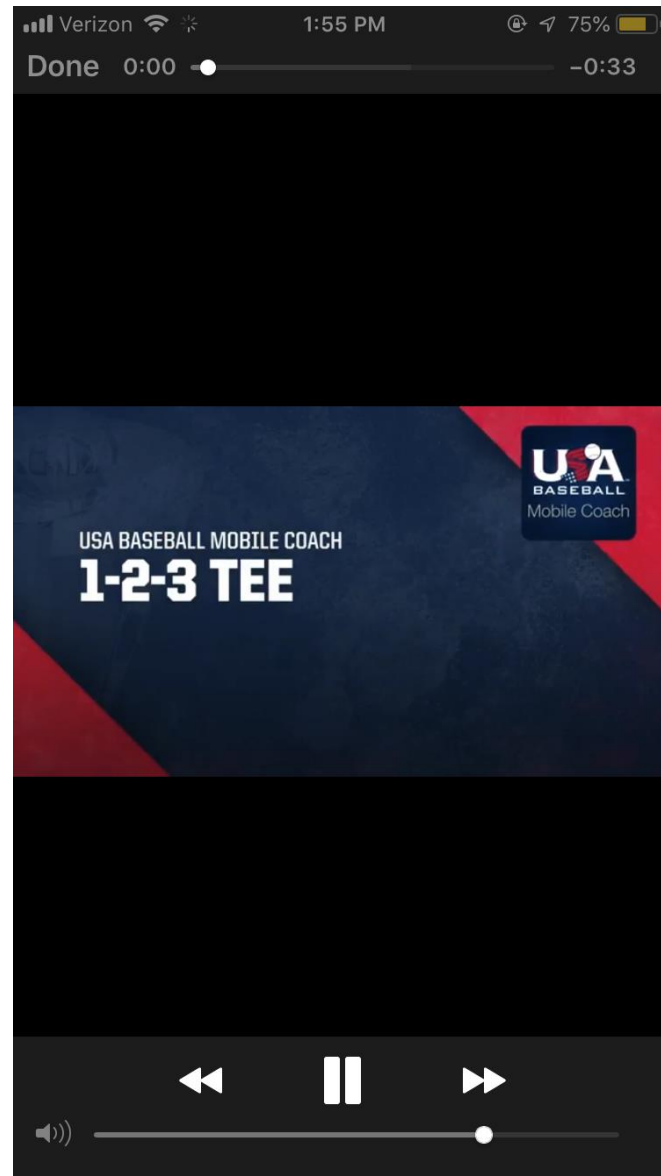


Image 2

DRILLS LIBRARY (continued)

- Once you select a drill, you'll be sent to the screen you see in Image 1. This screen includes a written outline of how to conduct the drill and a link to a video.
- Simply press "Watch Video" and a video explaining the drill will begin playing, as shown in Image 2.

PRACTICE PLANS

- From the home page, select the "Practice Plans" tab.
- After selecting "Practice Plans" you should land on a page like in Image 1. The area circled in Image 1 shows the tabs you can switch between. Switching to "Experts" will send to the page in Image 2. If you select any of these practice plans in Image 2, you'll be given the full outline of that Practice Plan.
- If you navigate from "Experts" to "My Plans" as shown in Image 3, you can begin to make your own practice plan using resources from the app. The next slide will cover what creating a practice plan looks like.

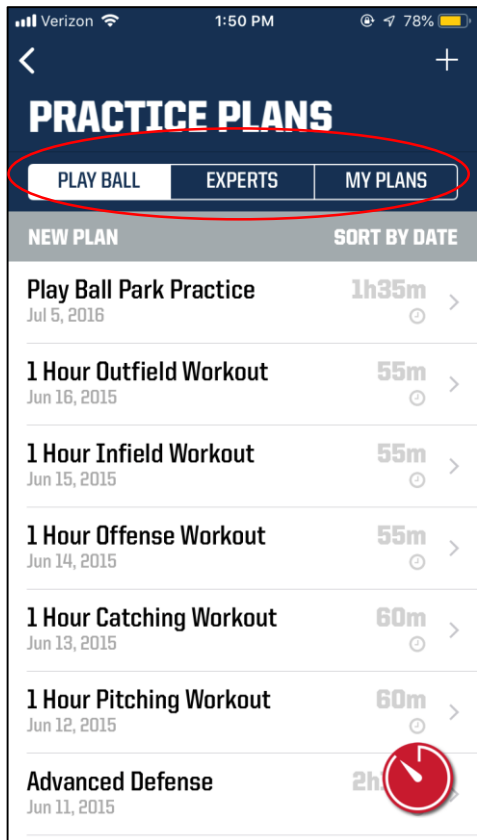


Image 1

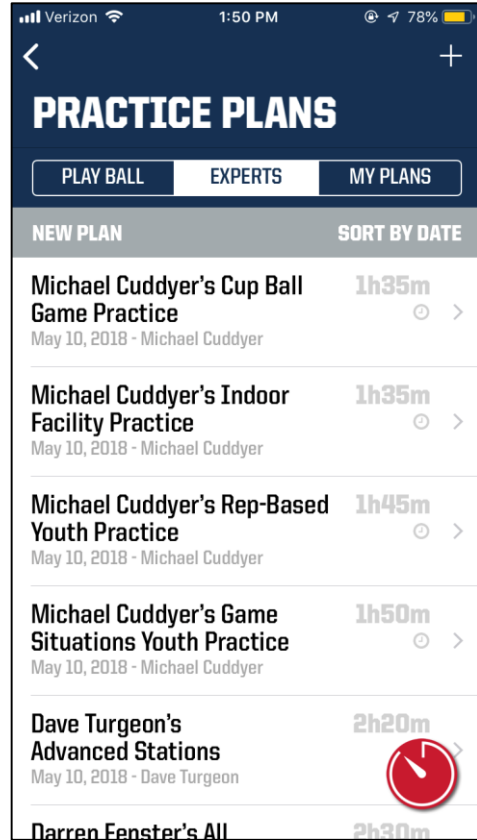


Image 2

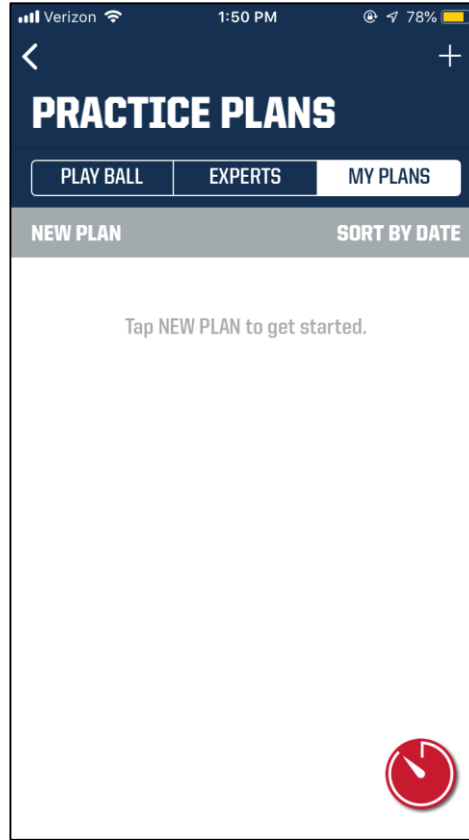


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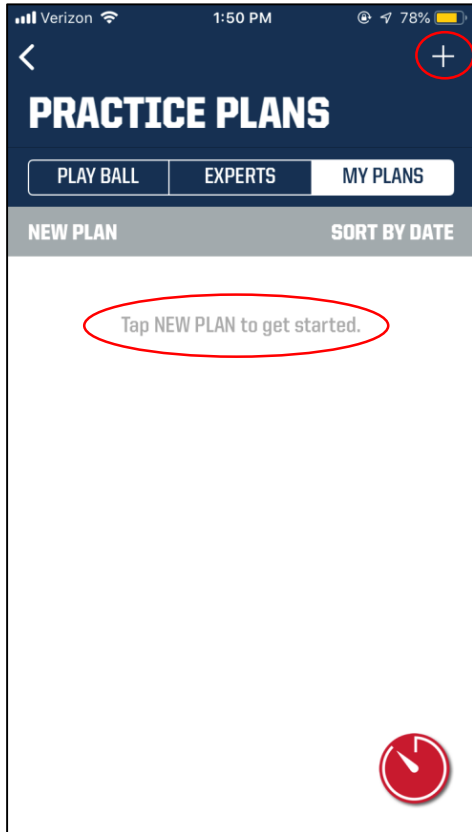


Image 1

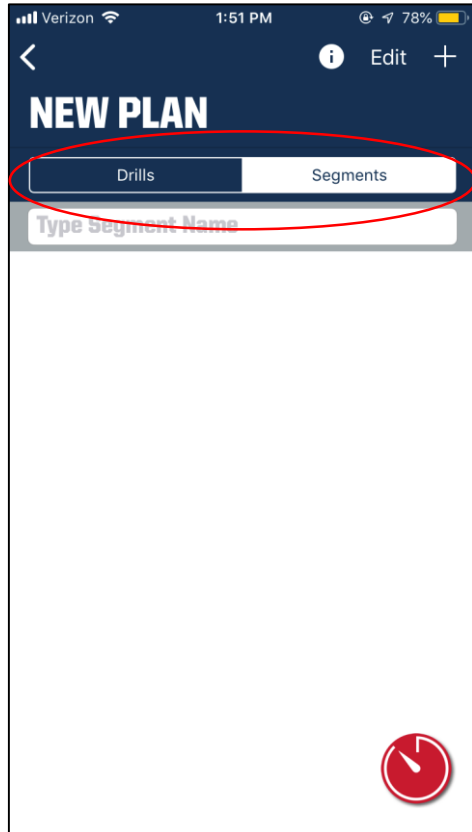


Image 2

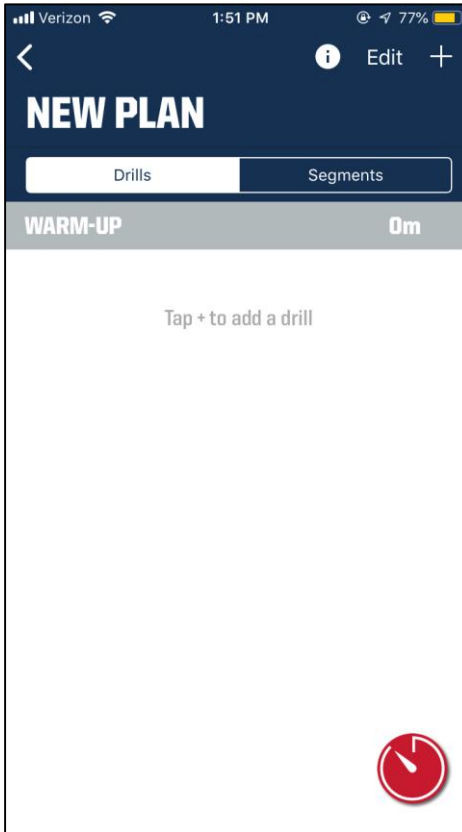


Image 3

DEVELOPING A PRACTICE PLAN

- From the "My Plans" tab, either Tap NEW PLAN or press the "+" button, as shown in Image 1.
- Once you've created a new plan, you'll see the page shown in Image 2. Tab over to the "Segments" section and type in a Segment Name.
- In this example, we've called the first segment "Warm-Up" as shown in Image 3.

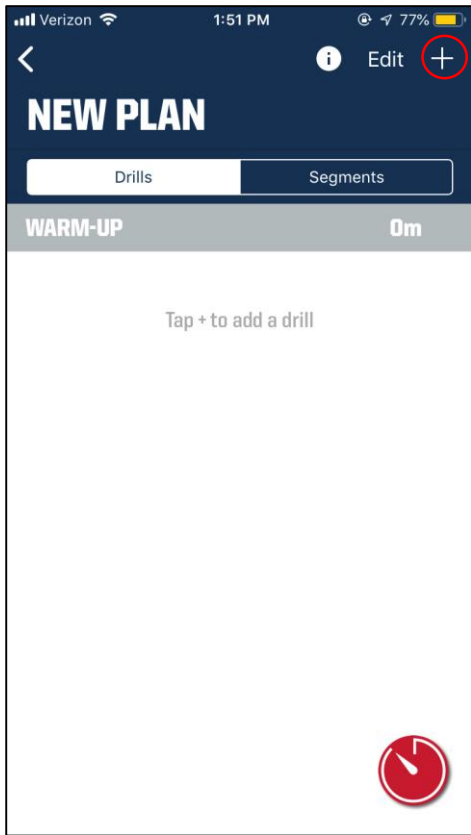


Image 1

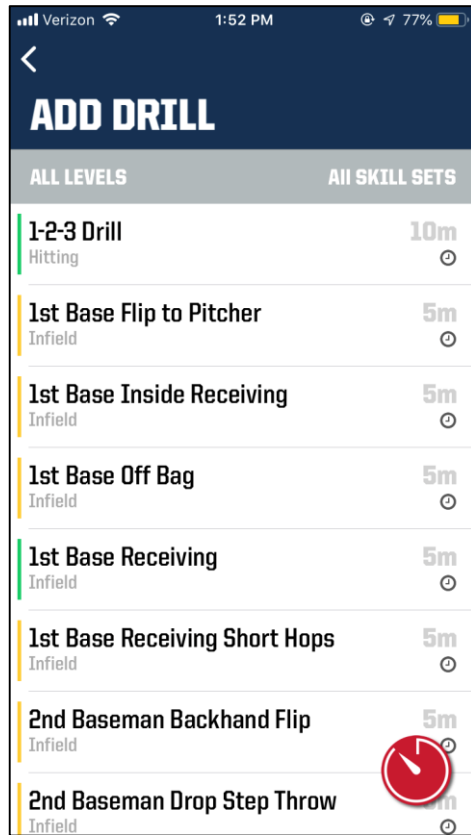


Image 2

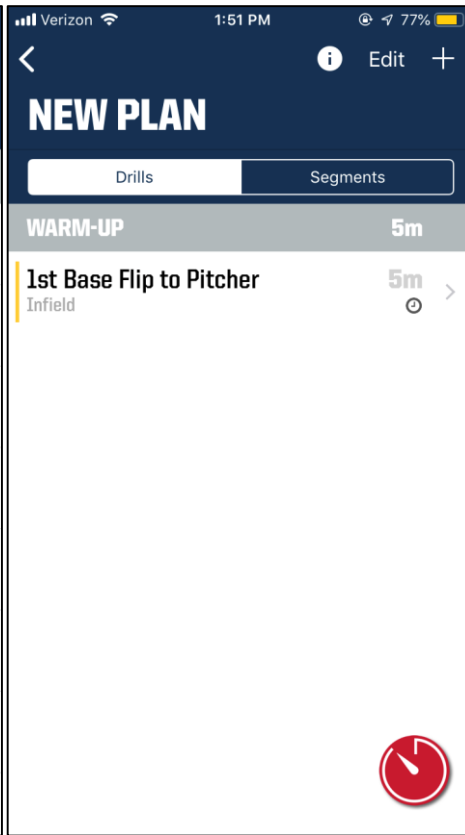


Image 3

DEVELOPING A PRACTICE PLAN (continued)

- Now that we've created our first segment (Warm-Up), we can begin adding drills. Add drills by tapping "+" in the top right corner, as shown in Image 1.
- After tapping "+", you'll land on the Add Drill page, shown in Image 2. You can sort through drills as shown in the Drills Library portion of this guide (Slide 6).
- Select any drill and it will be added to your plan. It will land under the segment name you have created.

DEVELOPING A PRACTICE PLAN (continued)

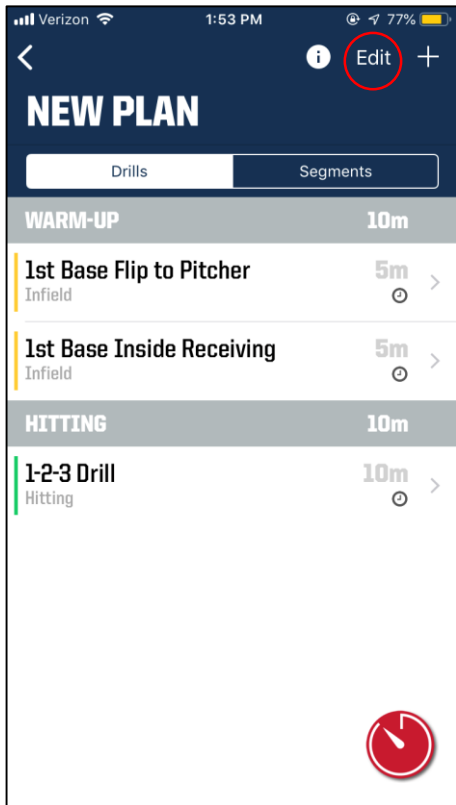


Image 1

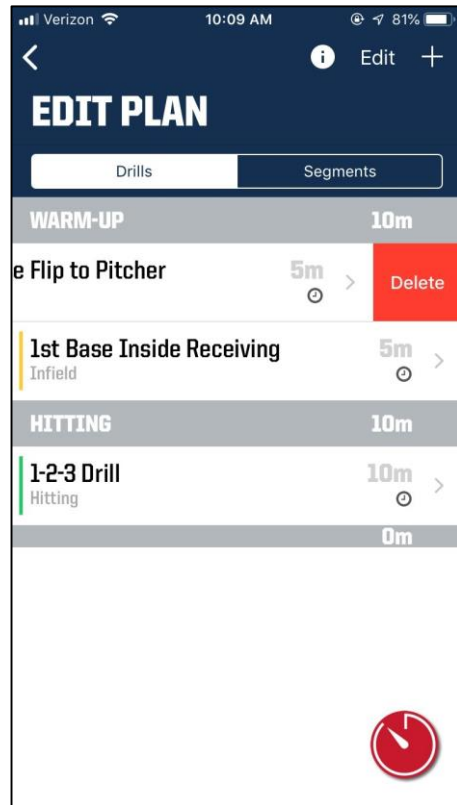


Image 2

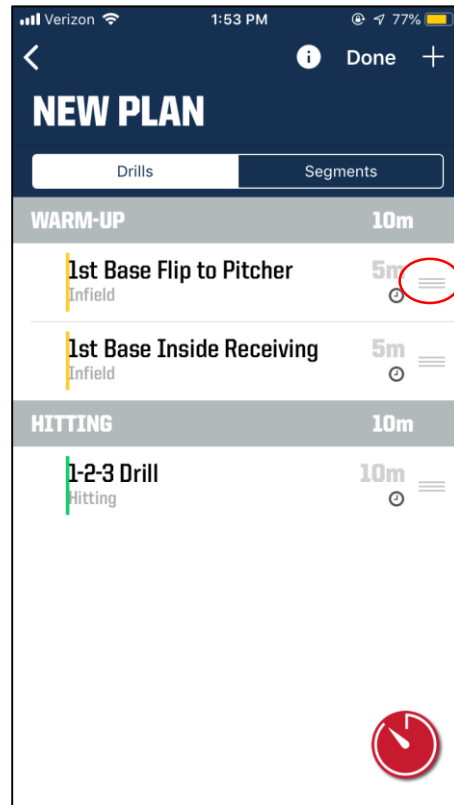


Image 3

- Now that we've created our first segment, let's add another. Tab back over to segments and hit the "+" in the top right corner. Type something in as a segment name and tab back from Segments to Drills. In this example, we've called our other segment "Hitting" and added the 1-2-3 drill, as shown in Image 1.
- If you want to delete a drill from your plan, press on the drill you want to delete, swipe to the left, and hit "Delete", as shown in Image 2.
- If you put a drill in the wrong segment and want to move it, hit Edit, right next to the "+", as shown in Image 1. Select the circled area shown in Image 3 to drag and drop the drill into a new segment.

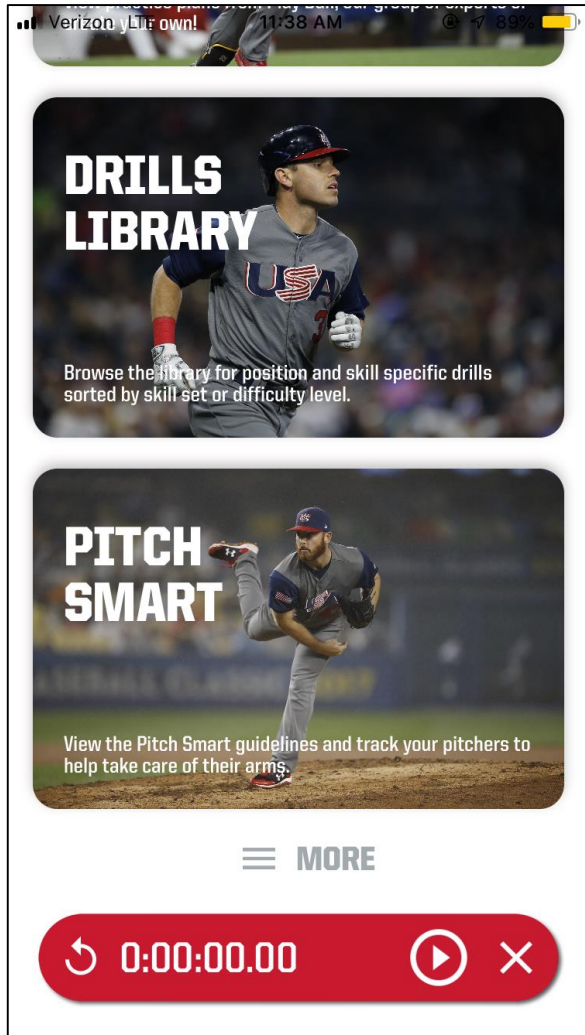


Image 1

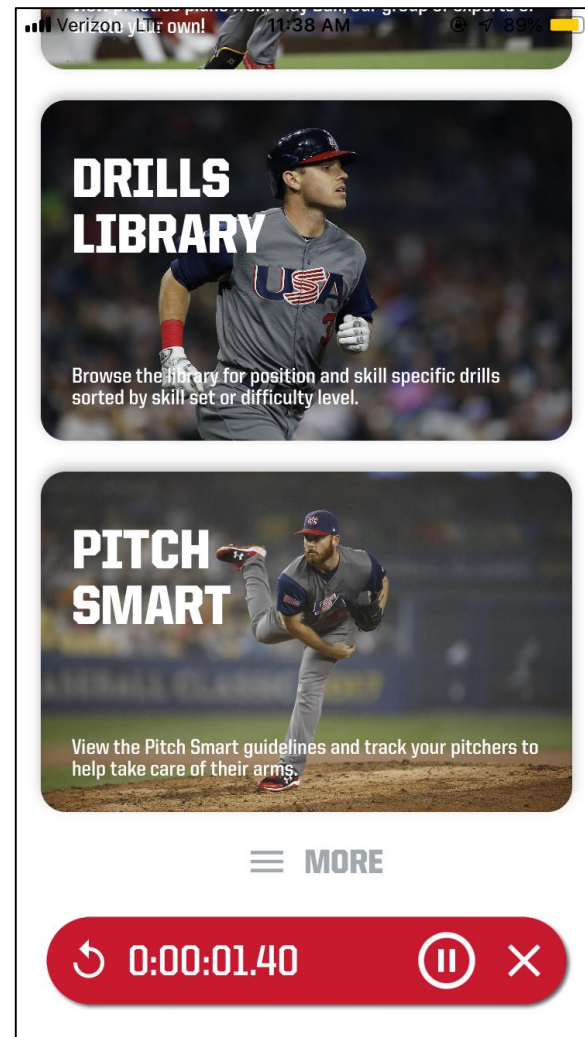


Image 2

TIMER

- Anytime you're in the app, you'll have access to a timer. It's the red clock widget that is always found in the bottom right.
- Pressing the widget will activate the timer, press the play button and the clock will begin to run. You can pause at any time. You can reset the clock by pressing the refresh button.

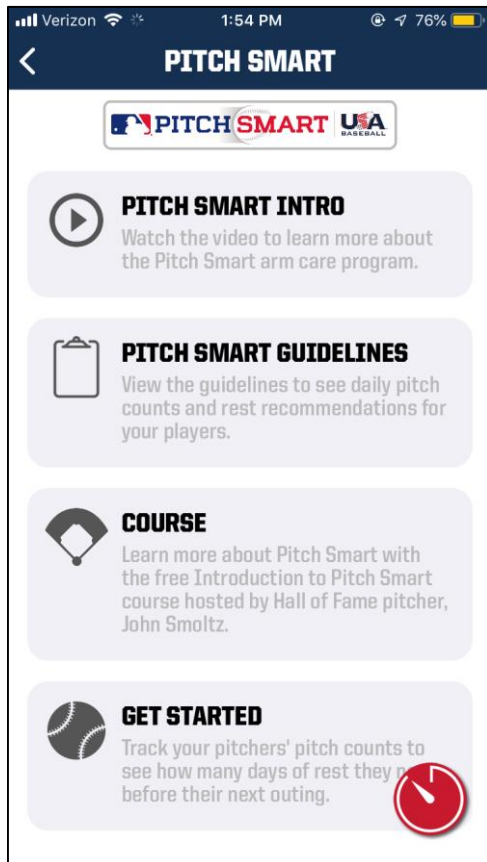


Image 1

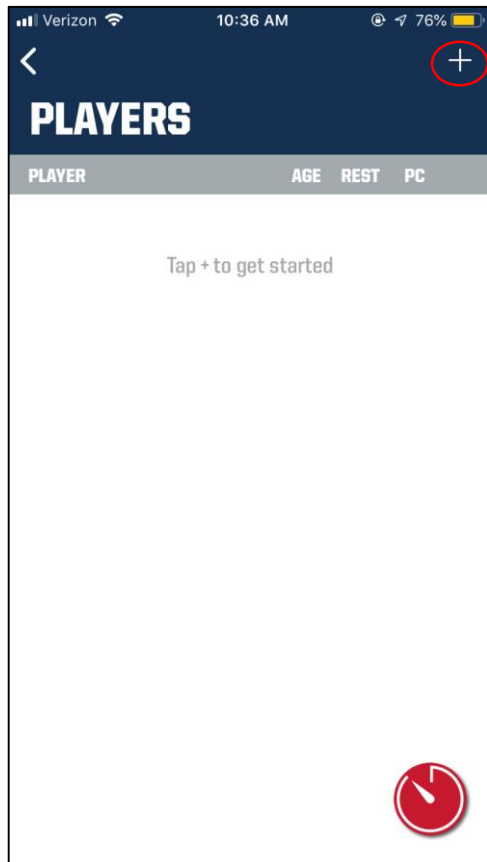


Image 2

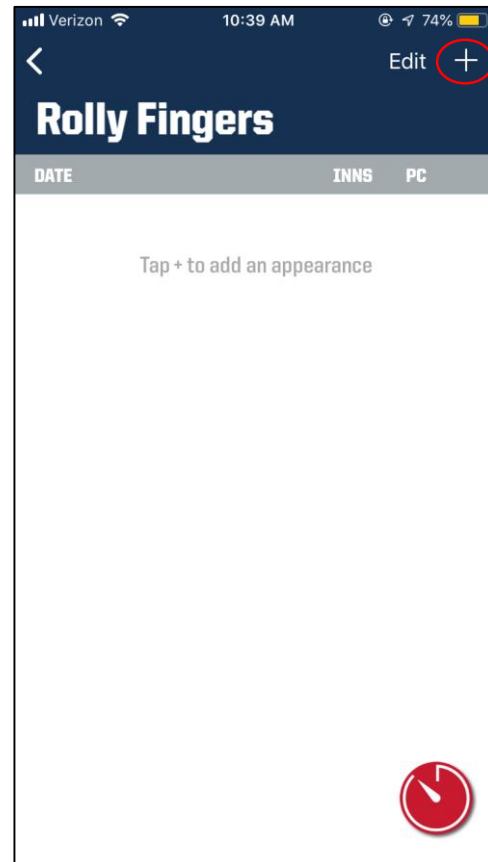


Image 3

PITCH SMART

- From the home page, select “Pitch Smart”. You’ll be sent to the screen shown in Image 1.
- The “Pitch Smart Intro” video is a brief video detailing the importance of managing a pitcher's workload.
- The “Pitch Smart Guidelines” includes a chart breaking down Max Pitches in a game and Days Rest needed by age group.
- The “Course” section will link you to an Introduction to Pitch Smart course. This course can also be found in the “Courses” section on the app’s home page.
- The “Get Started” section will bring you to the screen shown in Image 2. You can track your player’s pitch counts on the app! First thing you’ll want to do is add a player by tapping the “+” in the top right of the screen. Enter player info to begin tracking their pitches. We've called our player “Rolly Fingers” in this example and he is 11 years old.
- As shown in Image 3, tap the “+” to add an appearance.

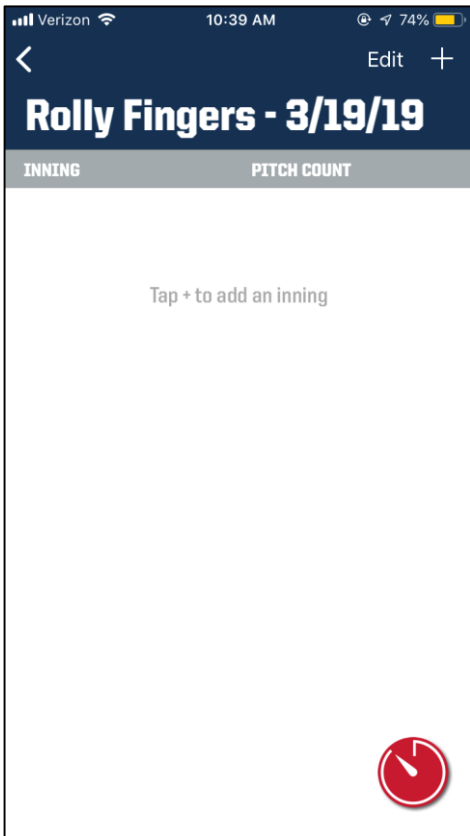


Image 1

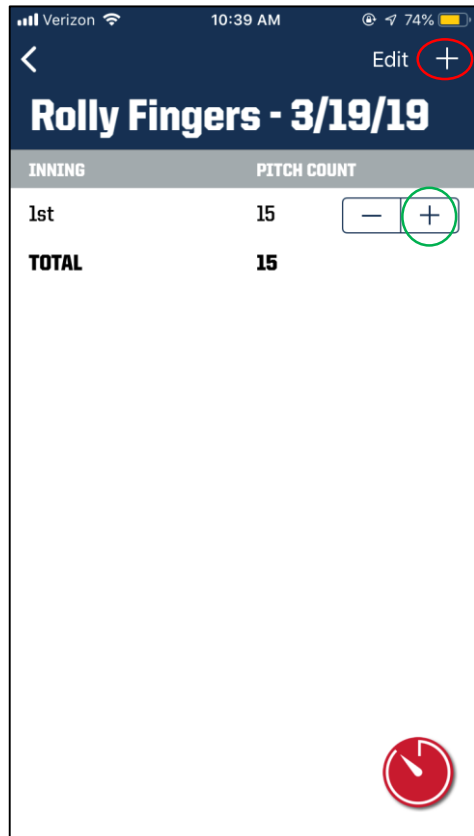


Image 2

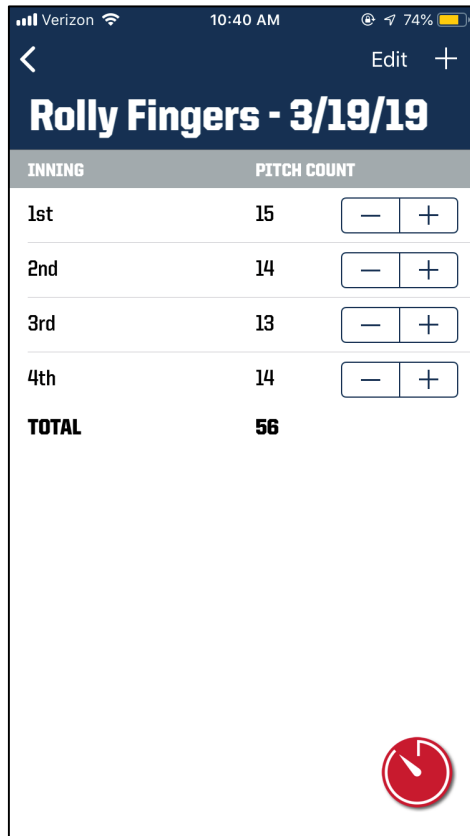


Image 3

PITCH SMART (continued)

- Once you've selected an appearance, you'll see the screen in Image 1. Here you can fill in an inning-by-inning pitch count tracker. Simply hit the plus (circled in green) in Image 2 for each pitch thrown in that inning.
- If you want to add an inning in this same appearance, hit the "+" (circled in red) in Image 2.
- Image 3 shows the finished pitch count tracker could look like.

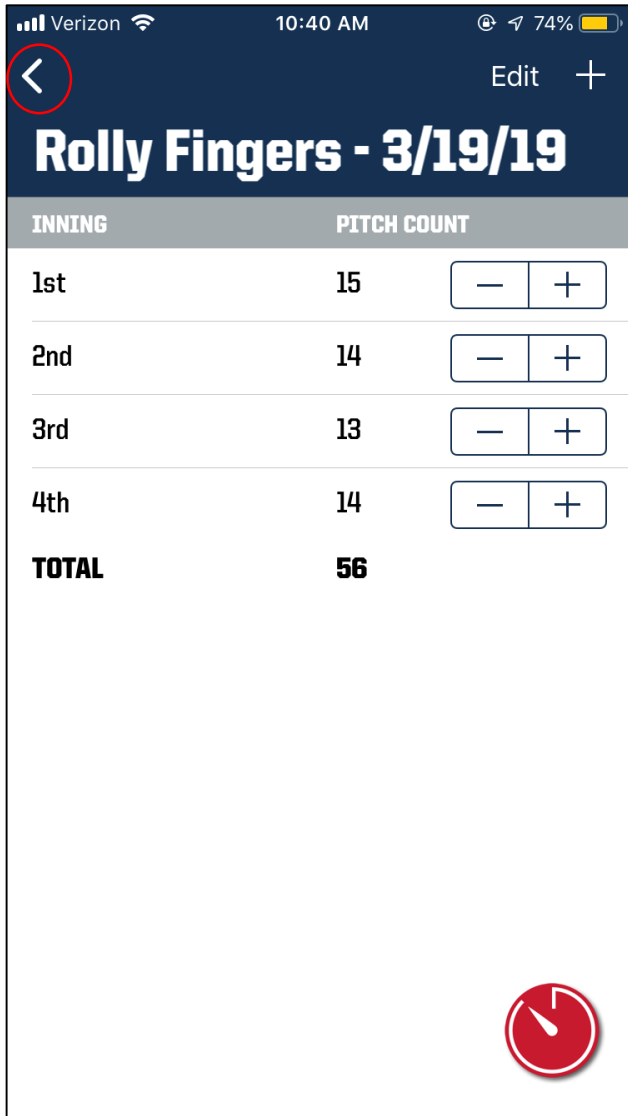


Image 1

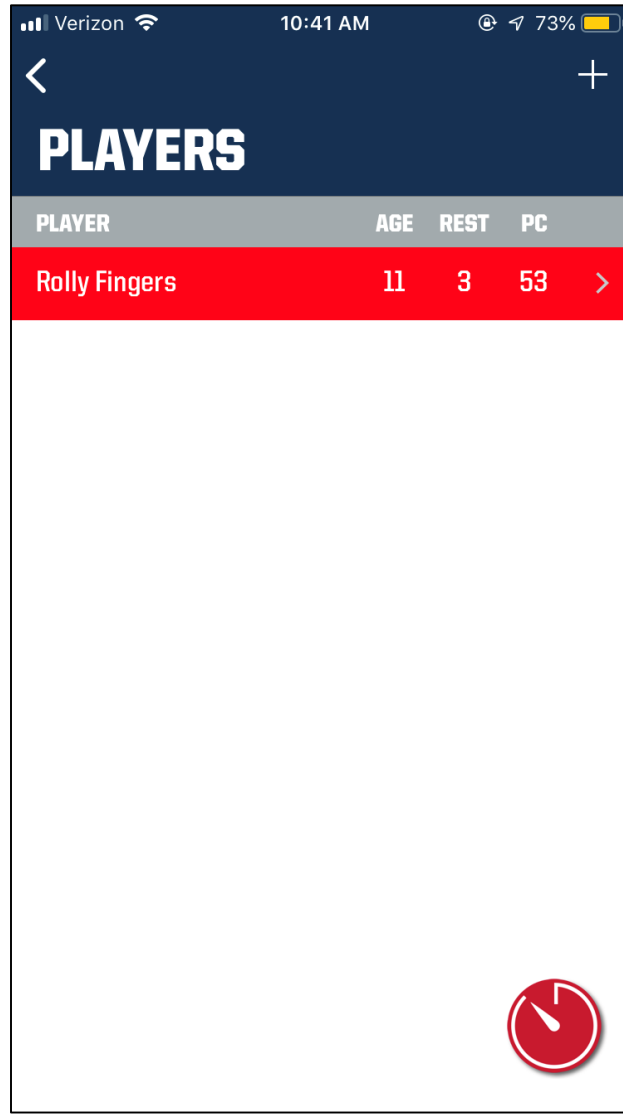


Image 2

PITCH SMART (continued)

- Now that we've tracked Rolly Fingers' March 19th appearance, lets navigate back to the Players page by pressing the back arrow circled in Image 1.
- The Player page is now shown in Image 2. The app has calculated the days rest needed based on your players' age and the amount of pitches. Unfortunately, the app will not notify you when you are nearing the daily max for a pitcher.

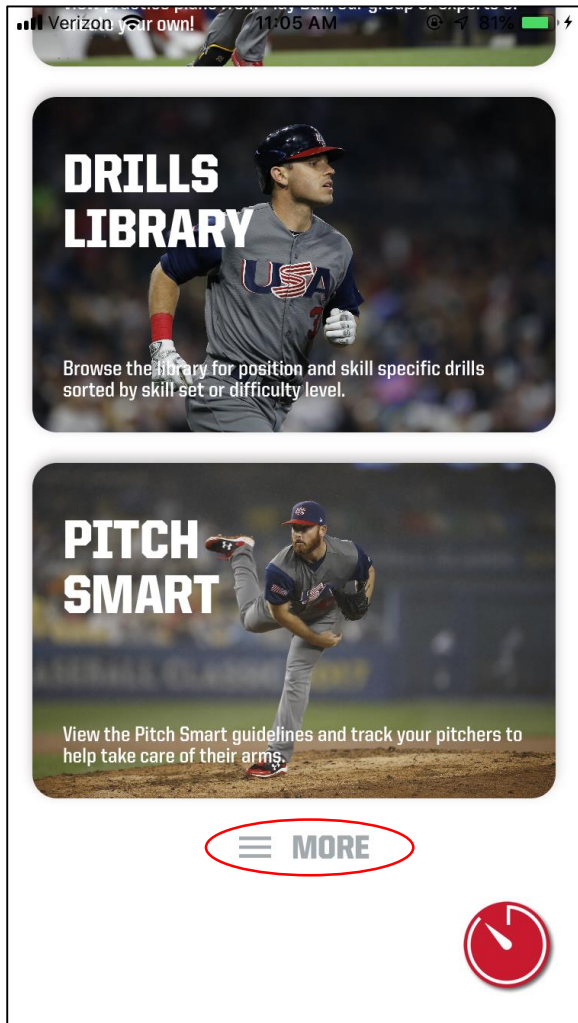


Image 1

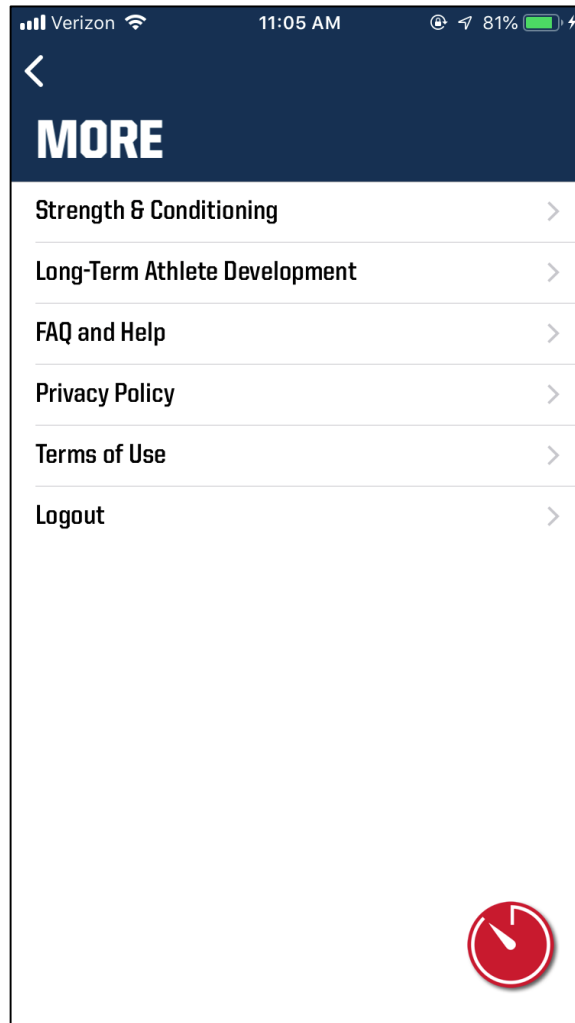


Image 2

“MORE”

- At the very bottom of the home page, there is a section for “More”. The “More” section includes the Strength & Conditioning drills which can also be found in the “Drills Library”.
- The Long-Term Athlete Development Plan is a great resource focusing on the multi-stage developmental pathway for an individual’s life-long experience within the sport of baseball.
- The other sections listed in “More” are general areas for more information.