The Quantrax team coach flow (webbrowser)

The Quantrax team system enables coaches to prescribe, monitor and evaluate training and match play without the added complexity of current systems

As an assigned coach of a team the platform will provide a coach with the ability to schedule training sessions, analyse training sessions and games the team has upload as individuals or that they have uploaded as a group, squad or team (they have the choice). As well as track both individual and team progress over time, here coaches have a greater ability to compare individual session data against others within the team. Coaches are able to get an longitudinal overview to allow them to periodised training and identify injury risks. View historical data daily, weekly, 6 weekly, monthly and year on year for an accurate reflection of player development and performance.

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Accessing the Platform

Accessing the Platform

Signing Up

> **Note:** In order to gain access to the online website you must first register yourself using the Team log in details provided by Quantrax after purchasing a team system

Logging into the Analytics Platform

> **Note:** You will need a working and stable internet connection to be able to log in and interact with our analytics platform

1. Go to https://quant-cx.pi314.in/users/sign_in# and press on the log in
2. If unable to log in check that you are registered.

Forgot Analytics Platform Password

1. Select 'Forgot your Password?'
2. Enter your email address and select 'Send me reset password instructions'
3. You will then be sent an email with instructions on how to create a new password with a couple of minutes. You can also click on the feedback tab to report any issues you have
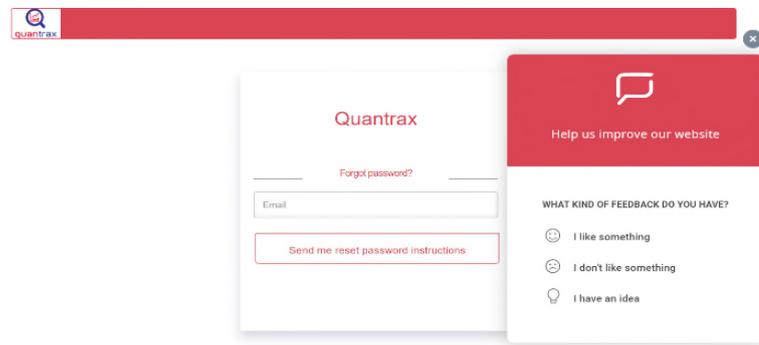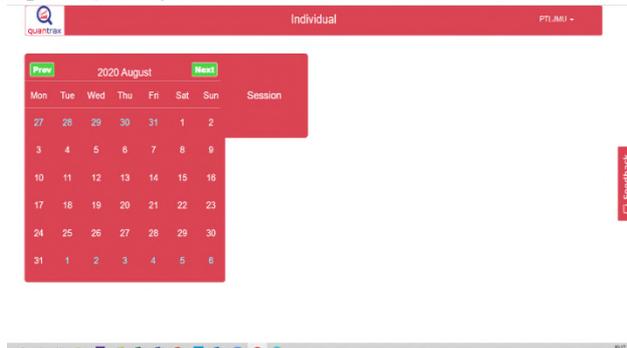

> **Note:** Please make sure that you check your junk mail if you have not received your instructions within a couple of minutes as the password reset instruction email is sometimes redirected there by your email client. If you still have not received an email please contact support@quantrax.co.uk explaining the situation.

Team View

After you have logged in successfully and have a team registered to you will then be presented with one of two screens
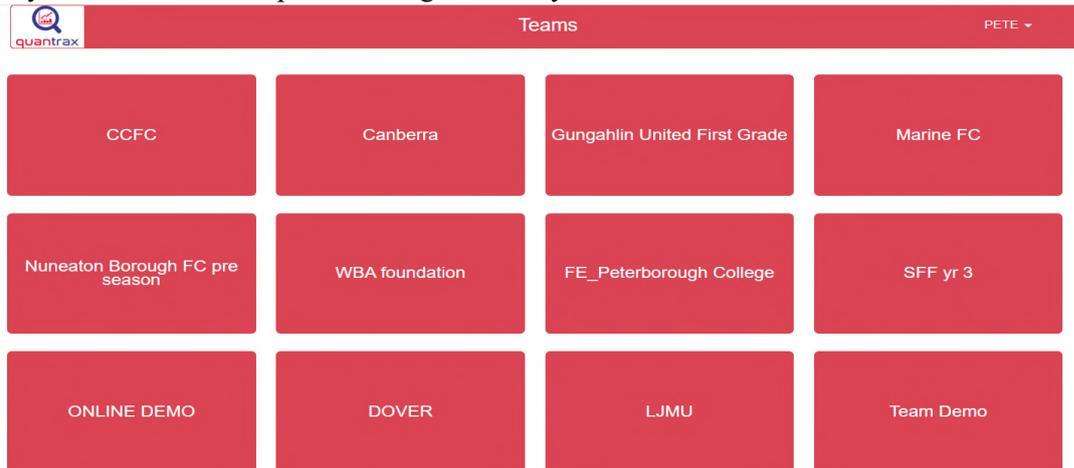
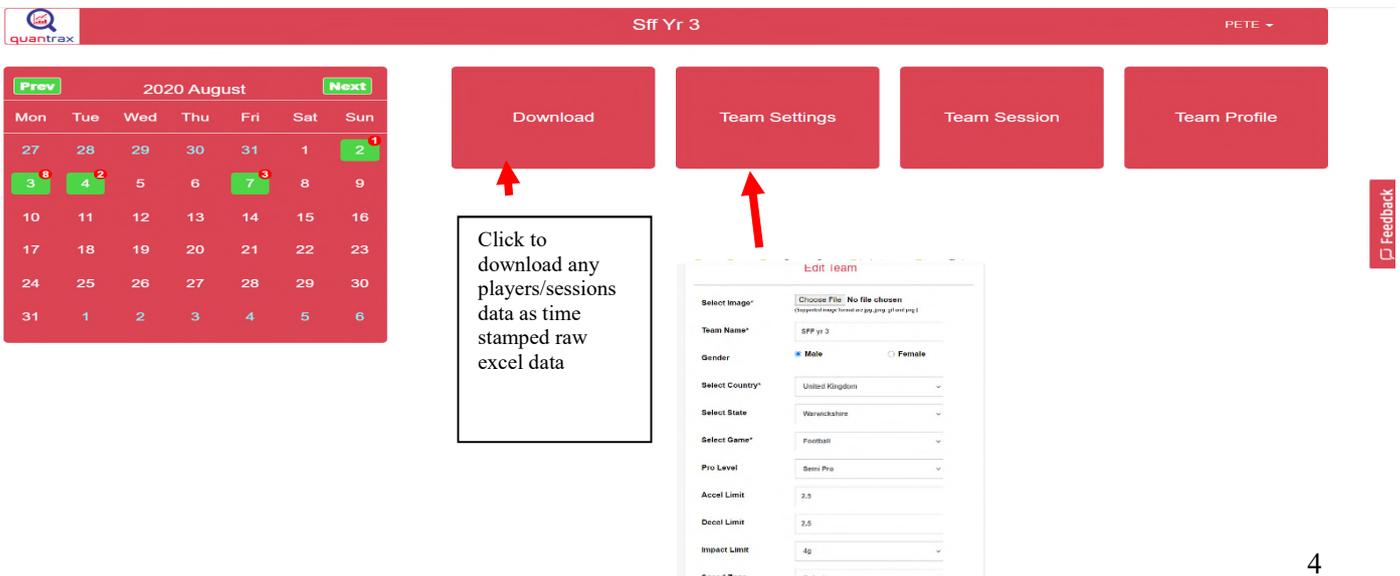Team coach view either 1 team registered   or   2 teams registered

Or you could have multiple teams registered to you

Once you have selected and clicked on team you will then enter the teams selected dashboard as shown below

Click to download any players/sessions data as time stamped raw excel data

quantrax

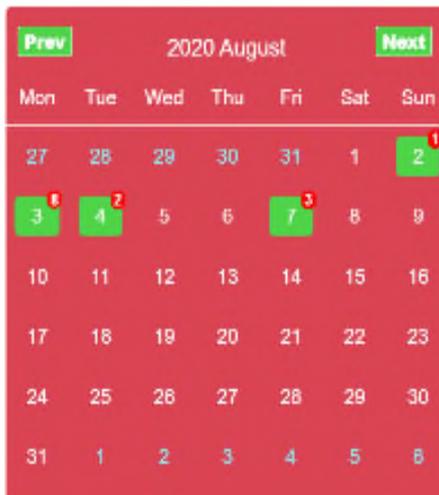Click on team session takes you to most recent session

When you click on the team profile page this will take you to the team profile page. This is where you manage players coaches and assign units (for further info see page 20-23)

Calendar

The calendar tab will allow you to navigate through and select all previously uploaded sessions for you to easily refer back to and analyse. Once a date is clicked on (highlighted in green) a new tab will be created and the session will be loaded. Also, note that number that appears above the date in red is the number of sessions uploaded on the given date.

Team Session screen and menu tabs

1.Session Name – Here you can see the name of the session currently on screen as well as being able to rename the session by double clicking inside the box. If you upload the session using your smart device without adding a session name this area will display as a blank space.

2.Session List – Clicking on this area will allow you to see all the sessions that have been uploaded on the day you are viewing.

3.Session Date and Time – This will display the date and the time the session you are viewing was uploaded.

4.name Tab – Clicking here will display additional lists of website functions as well as access to your individual profile page, app user manuals and troubleshooting guide.

Menu Tabs

a)   merge- This allows you to merge sessions from same day

b)   Reassign units- This allows you to manually reassign units to players of your choice

c) Assign Data- this function allows you to populate any players who has returned zero data for the session, in the event that forgot to turn on/human error

d) Delete Players session- This allows you to delete any number of players and even the whole session, these will remain in backup for 7 days and can be recovered by reporting through the feedback function

e) Speed Zones – Clicking here will allow you to customise the speed zones that are displayed and data is filtered by when you upload a session. By default, our platform will create speed zones for standing, walking, jogging, running and sprinting. These can be displayed in m/s, Km/hr or as % of max speed (see below for details)

f) PDF Report – Selecting this will allow you to develop your own downloadable pdf document showing all or part of the session you have completed

g) Export – Selecting here will allow you to view all your data in excel document displaying a breakdown of splits that have been created and saved based on a number of pre-programed categories and metrics these are greater in number than the PDF report and are more specific for Sport science, performance and medical.

Analysis of sessions

To start the analysis you must follow the below steps

1. Chose player you would like to use as a reference point (generally one that has completed the largest part of the session), then left click 'View' on the right-hand side of the screen in line with the players name.
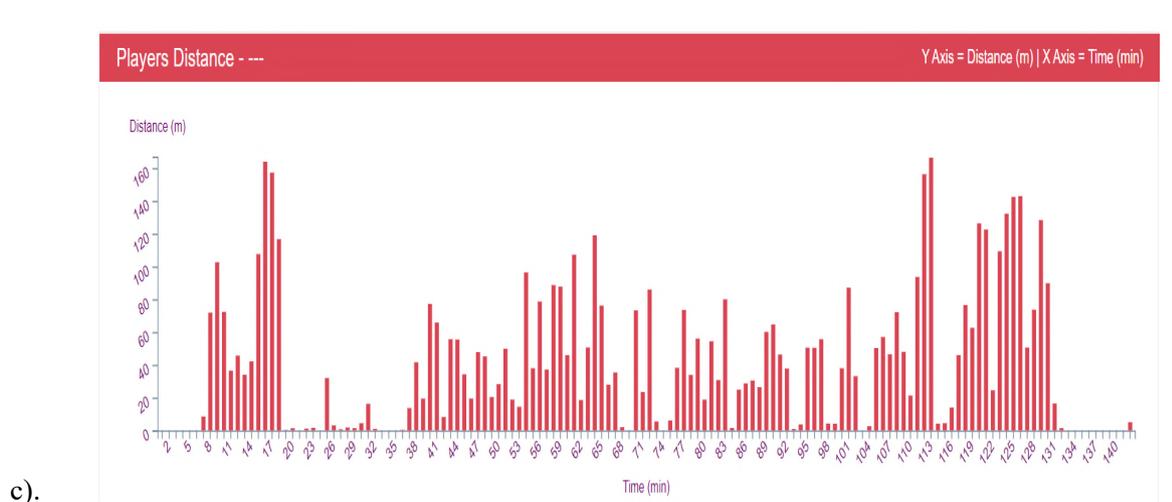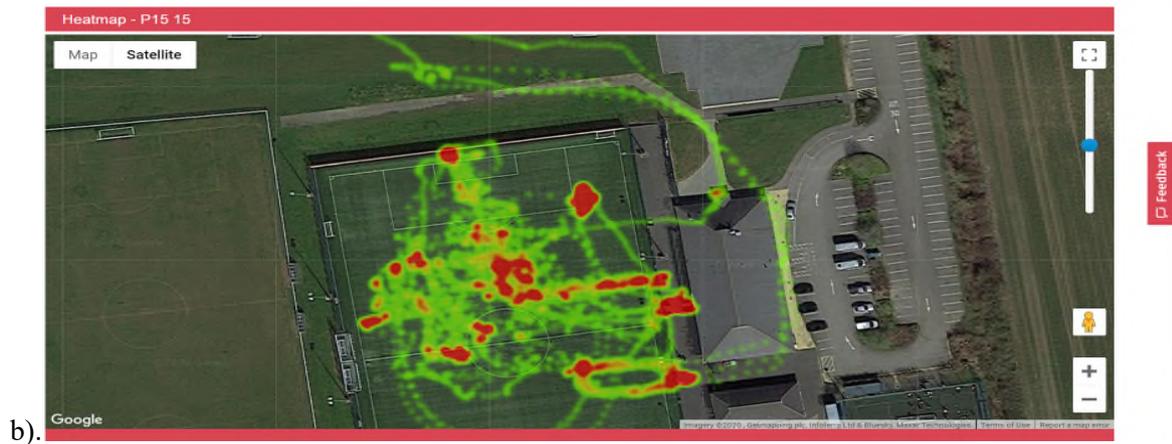

2. The webpage will the reload and 4 new area will appear (see below images) for the individual you have selected within the team

a.   Split function & Speed chart
b.   Heat map
c.   Meters per minute breakdown

a).

Heatmap - P15 15

b).

Players Distance - ----   Y Axis = Distance (m) | X Axis = Time (min)

c).
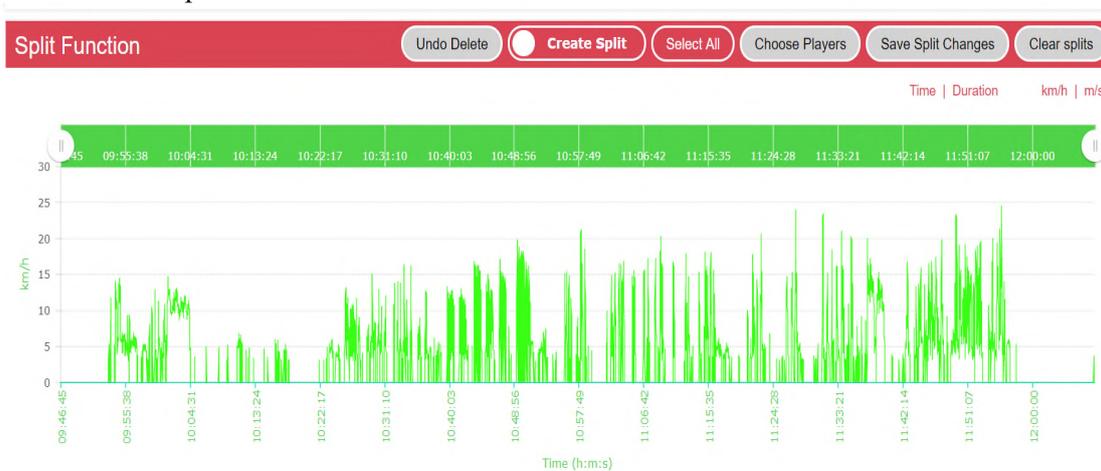
3. Once these appear you are able to start select all or parts of the session you wish to analyse in greater detail

a. To analyse the session as a whole, select 'Select All' on the speed chart (Outlined in red). This will then turn all the lines on the Speed chart red.

b. To analyse parts of the session (For example, the first and second half of a game) follow the below steps. Once this is done you will see the chart lines turn red for the section you have selected.

I. Place your cursor of the start of where you would like to create your split
II. Click and hold the left mouse button
III. Drag your cursor across the speed chart until you get to the end of the activity you want to analyse
IV. Release the left mouse button.

 * you are able to repeat as many times as you like in creating splits

V. Once you have created the splits you can then rename them like the below example

Split Name	Time	Distance	Walking (0.0-6.0 km/hr)	Jogging (6.0-12.0 km/hr)	Running (12.0-18.0 km/hr)	Sprinting (18.0-24.0 km/hr)	Max Speed	Accels >2.5	Decels <2.5	Impacts >4.0g	HRM >85%	Body Load		
Split 1	18m 9s	276m	261m	15m	0m	0m	8.5	0	0	3	---	0	Edit	Clear
Split 2	41m 23s	973m	816m	123m	34m	0m	14.8	2	1	45	---	3	Edit	Clear
Split 3	54m 46s	1503m	1070m	282m	141m	10m	22	3	1	68	---	8	Edit	Clear
Split 4	12m 54s	435m	334m	85m	16m	0m	13.3	0	0	7	---	9	Edit	Clear

Split Name	Time	Distance	Walking (0.0-6.0 km/hr)	Jogging (6.0-12.0 km/hr)	Running (12.0-18.0 km/hr)	Sprinting (18.0-24.0 km/hr)	Max Speed	Accels >2.5	Decels <2.5	Impacts >4.0g	HRM >85%	Body Load		
warm up	18m 9s	276m	261m	15m	0m	0m	8.5	0	0	3	---	0	Edit	Clear
1st half	41m 23s	973m	816m	123m	34m	0m	14.8	2	1	45	---	3	Edit	Clear
2nd half	54m 46s	1503m	1070m	282m	141m	10m	22	3	1	68	---	8	Edit	Clear
cool down	12m 54s	435m	334m	85m	16m	0m	13.3	0	0	7	---	9	Edit	Clear

4. Once you have finished you then select which players you want to apply the splits created to. Once selected then press Apply the splits. The system will ask you if you are sure
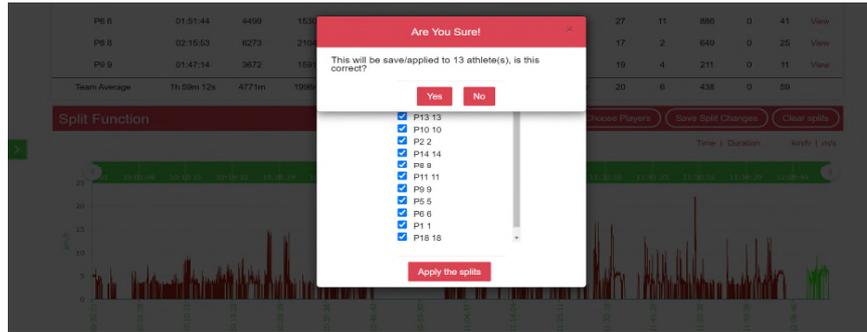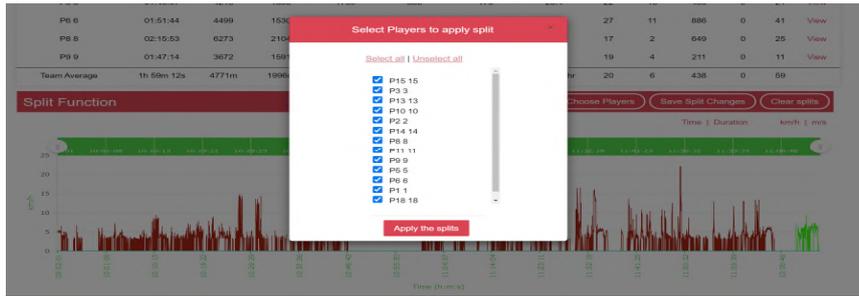
Once you press yes, the screen will then look like this below as the session is now being processed. This will take a few sessions

Once processed then all the players data for the session has been analysed the same
And displayed in tables for each split

Split Name	Name	Time	Distance	Walking (0.0-6.0 km/h)	Jogging (6.0-12.0 km/h)	Running (12.0-18.0 km/h)	Sprinting (18.0-24.0 km/h)	Max Speed	Accels >2.5	Decels <2.5	Impacts >4.0g	HRM >85%	Body Load
warm up	P15 15	18m 9s	813m	167m	610m	36m	0m	17.6	1	1	117	---	5
	P13 13	16m 3s	675m	102m	568m	6m	0m	12.9	0	0	6	---	2
	P3 3	18m 1s	854m	244m	581m	29m	0m	16.7	1	0	10	---	2
	P2 2	15m 48s	733m	95m	626m	13m	0m	14.9	0	0	29	---	4
	P6 6	1s	0m	0m	0m	0m	0m	0	0	0	0	---	0
	P5 5	16m 7s	977m	261m	698m	18m	0m	12.4	1	0	147	---	6
	P8 8	18m 9s	911m	200m	706m	5m	0m	12.1	1	0	108	---	4
	P9 9	18m 9s	710m	80m	627m	3m	0m	12.3	0	0	16	---	2
	P10 10	18m 9s	906m	276m	442m	162m	26m	21.6	3	1	171	---	8
	P11 11	18m 9s	653m	108m	528m	17m	0m	13	0	0	191	---	7
	P14 14	18m 9s	739m	92m	639m	9m	0m	12.2	2	0	0	---	78
	P18 18	13m 5s	524m	177m	274m	69m	5m	18.3	0	0	10	---	2
	P1 1	18m 9s	276m	261m	15m	0m	0m	8.5	0	0	3	---	0
Total			8772m										

Split Name	Name	Time	Distance	Walking (0.0-6.0 km/h)	Jogging (6.0-12.0 km/h)	Running (12.0-18.0 km/h)	Sprinting (18.0-24.0 km/h)	Max Speed km/hr	Accels >2.5	Decels <2.5	Impacts >4g	HRM >85%	Body Load
1st half	P15 15	41m 23s	641m	325m	211m	96m	9m	19.5	4	1	62	---	7

After the tables there is then charts that display summary for all the key metrics the below example is total distance
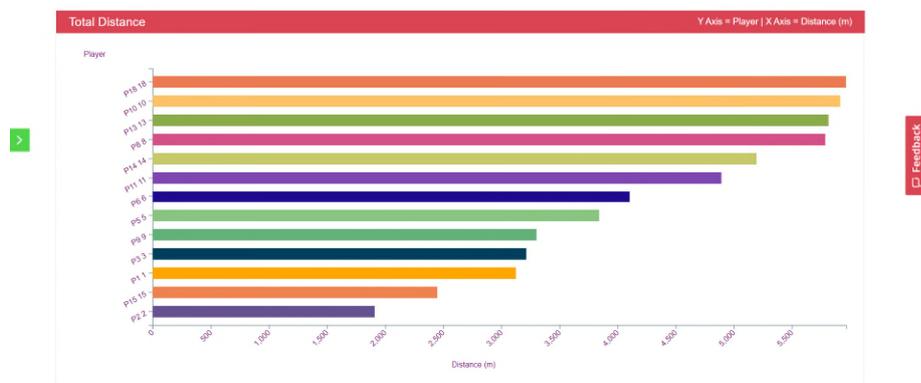

A unique feature we have is the ability to compare the selected player against the teams averages for the session that you have analysed, this can also be selected for presentation in the PDF report along with all the data selected and charts. This is valuable when comparing certain players performance against the teams average


You can now return to the top of the page and select PDF report and Ecel export from the menu tabs

Once you have scrolled back to the top and select PDF report a popup "create report" box appears here you can select which metrics you want to choose for your report Once you are ready then select generate
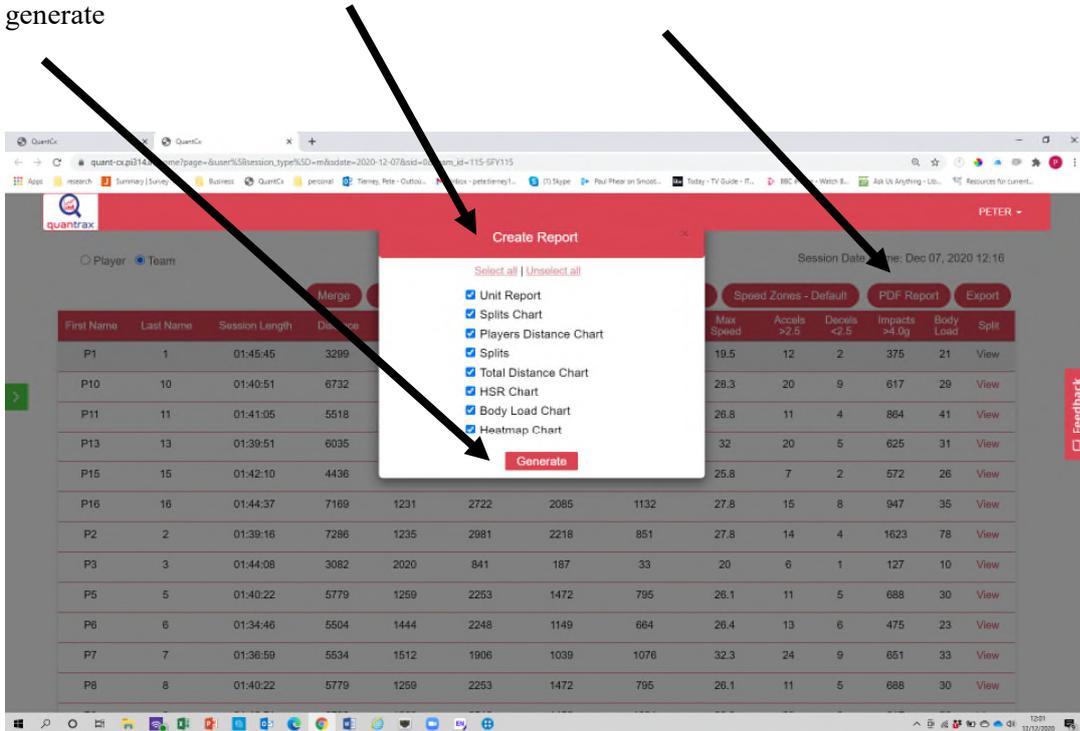
Once you have selected generate, then a pop up notification will inform you that report is generating and how to view
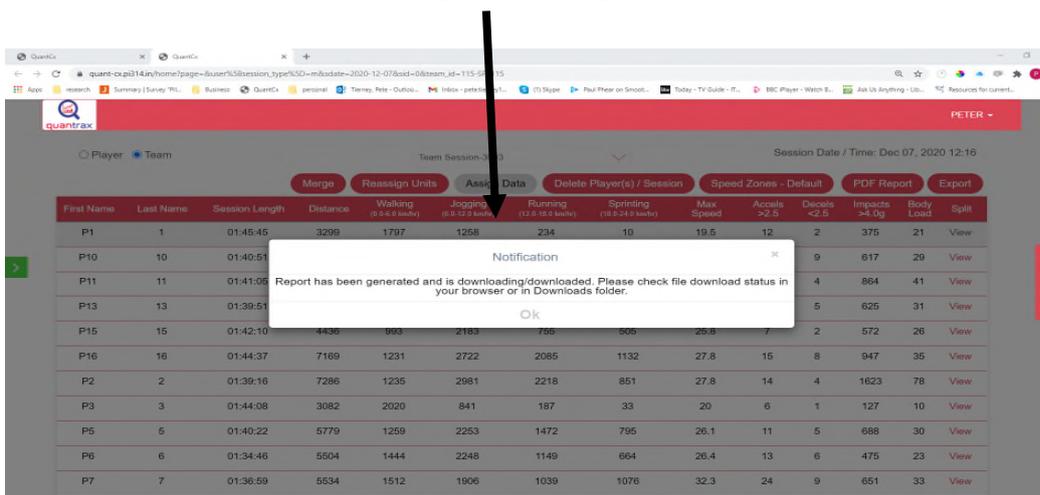
Alternatively or in addition to, you can select export,
Once selected a drop down menu will appear for you to select additional metrics required to export, when ready select export and an excel spread sheet will be generated for you to view and download
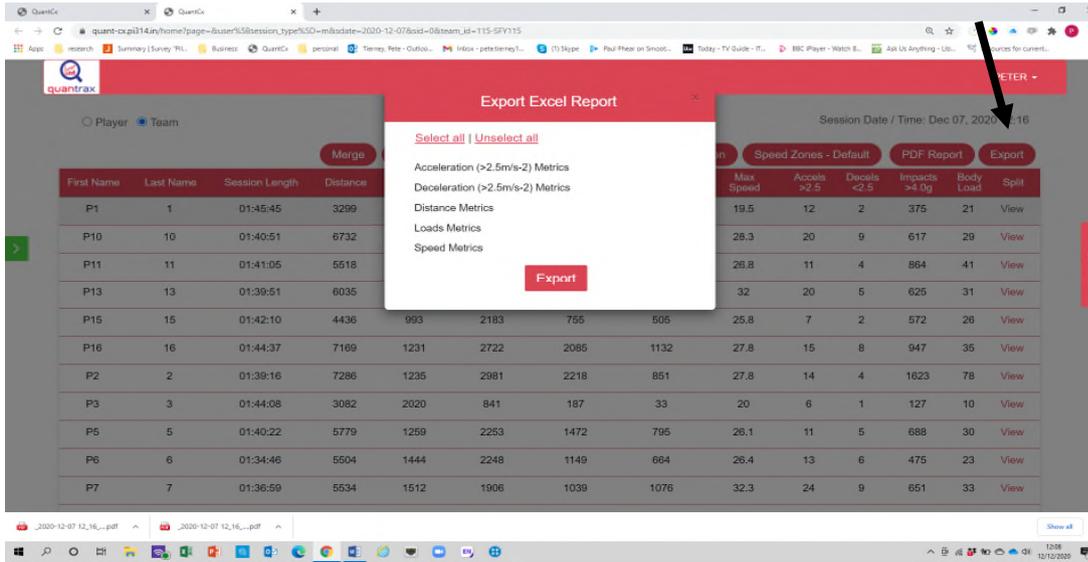
Your excel export will look as below, with many additional metrics now showing

Additional features further explained
Customising speed zones
On the menu tabs select speed zones
a pop up will appear here you can select customize zones to create your own zones
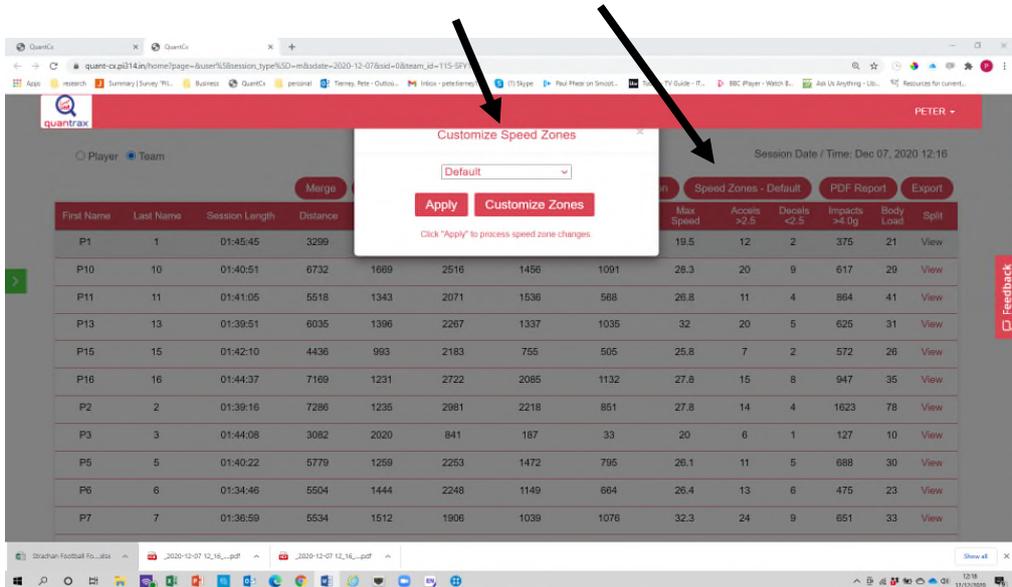
Once selected you will be taken to the below screen, here all your created speed zones are stored and where you can create new. To create a new zone select Add New zone
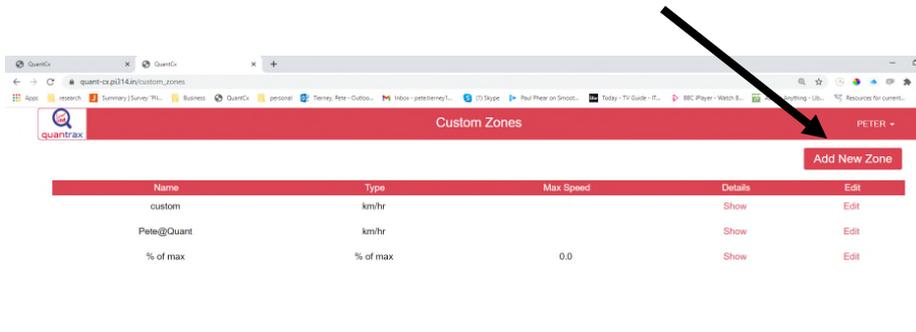

You will then be taken to the below screen, this is where you can select speed either Km/hr, m/s, or % of max speed The 5 of max speed will be based on each individuals max speed and the system will automatically update this as sessions progress. Changes made will also change retrospectively historical data. You can create as many zones as you want here and

also name them what you want.

Once completed simply select the create tab and this will now be ready to apply. Now when you press on the customize tab as shown below you can select your speed zone from your drop down menu

Additional features from your name tab, press on the drop down arrow next to your name and hear you can access individual and team sessions, manage sessions also historical charts and tables, The final tab gives access to user manuals and trouble shooting guides
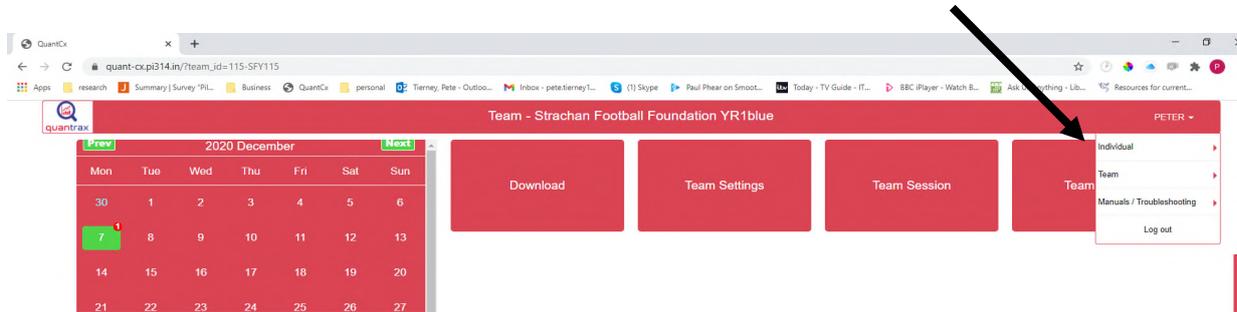
Here is the tabs expanded for you to then select
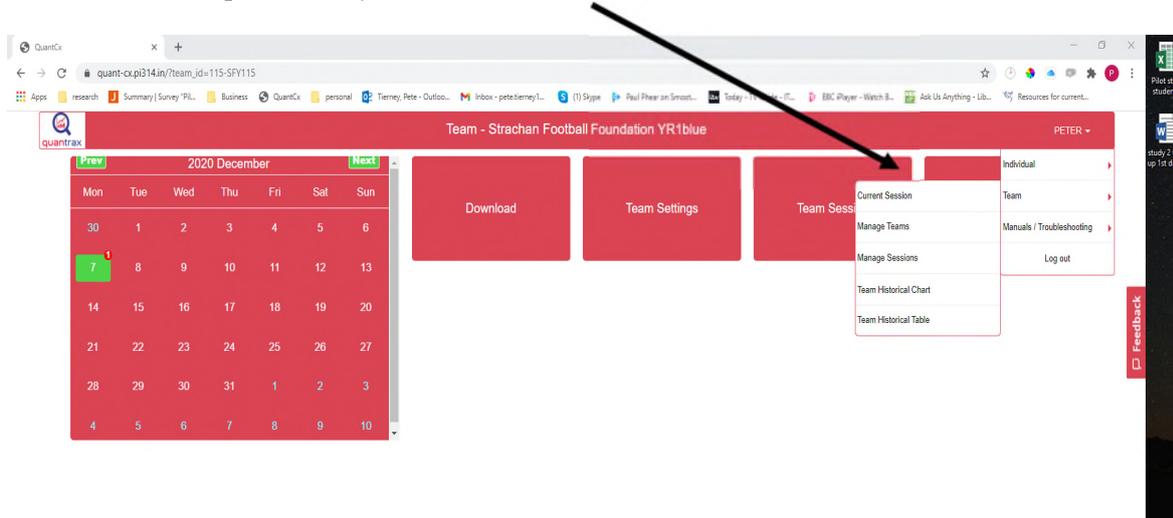
When select the manage sessions tab, this takes you to another screen where you are able to manage all your historical sessions. And create new ones to merge sessions To make changes select edit
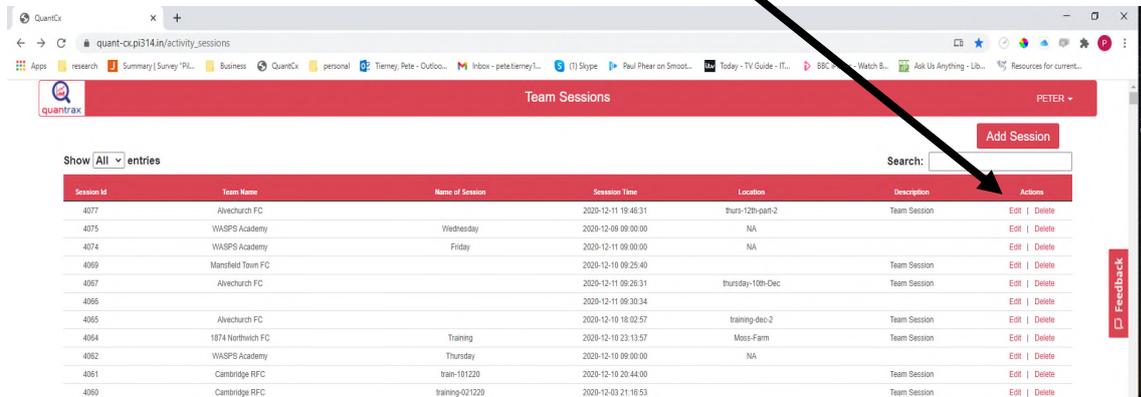
You will then navigate to this screen where you are able to make changes and create new
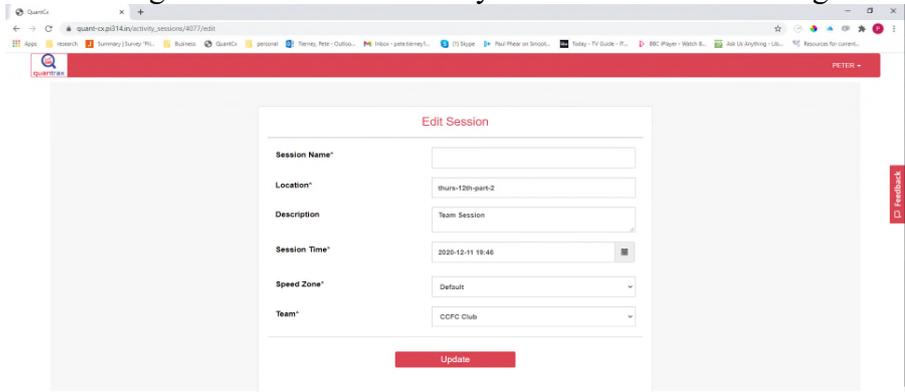

If you press the add session tab you are taken to this screen. Here you create a session and select date as shown below
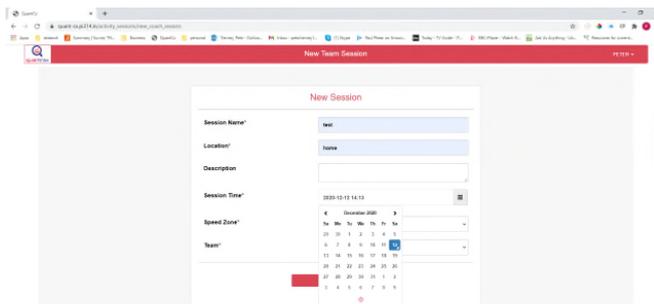

Once you have finished and select create, you will then see this screen, here you are able to select any player and/or session and then select merge tab. This will the create new session on your home page in calendar view with the newly created session with players data in that you want to view.
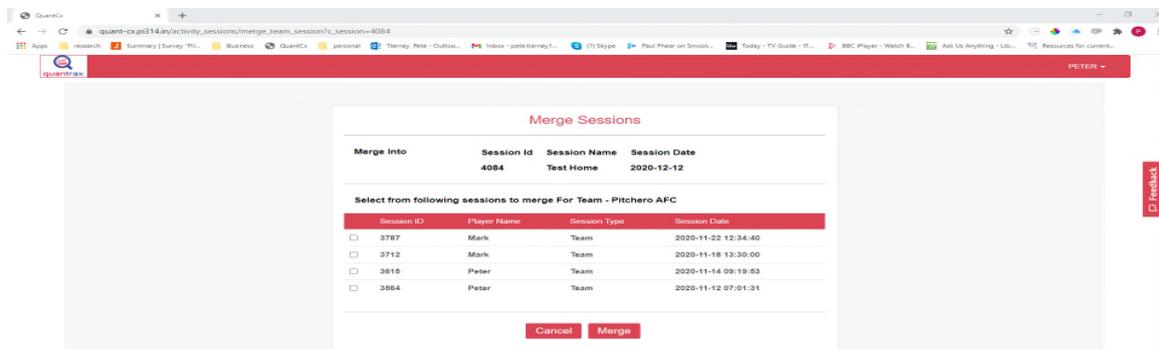
Historical views, select historical charts
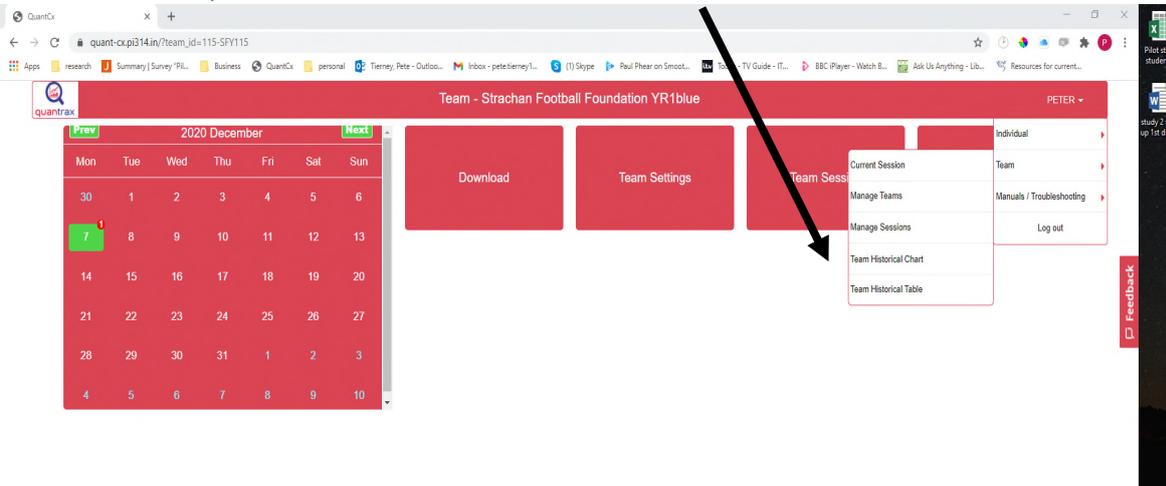
Once selected you will then be taken to the below screen

On landing you will see 3 tabs for current month daily view, as a rolling month so you can always see a whole months of data., weekly view of last 6 months and monthly view a rolling 12 months
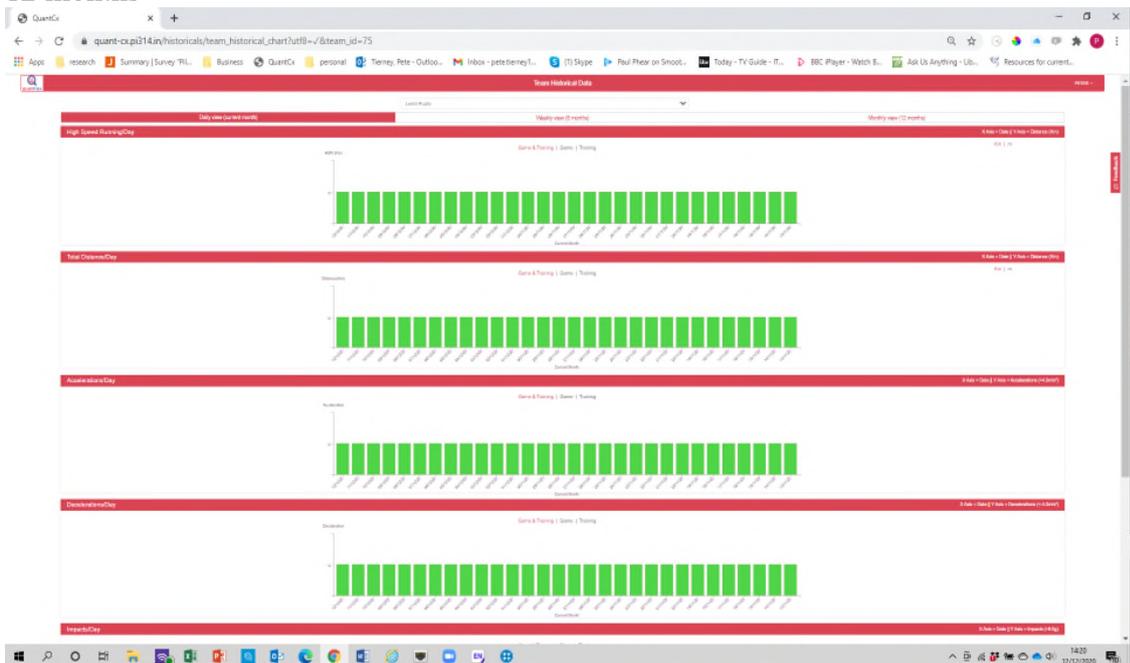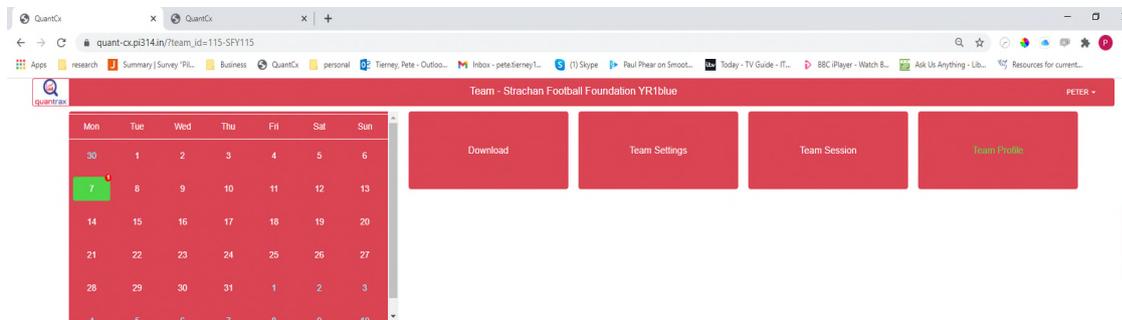
You can also select if you want to view combined game and training data, just games or just training by selecting the tab (red is for games and green indicates training
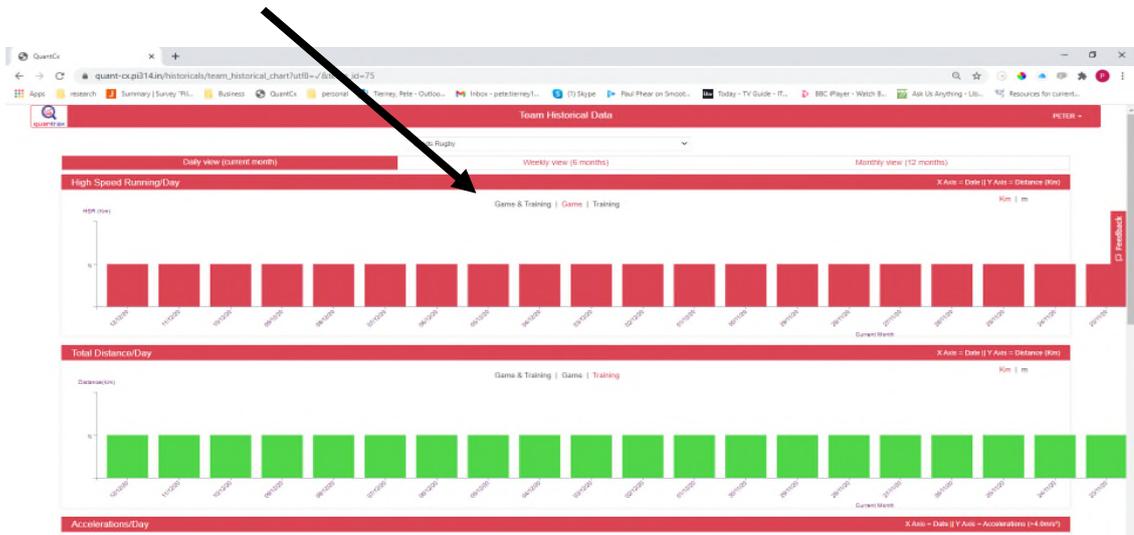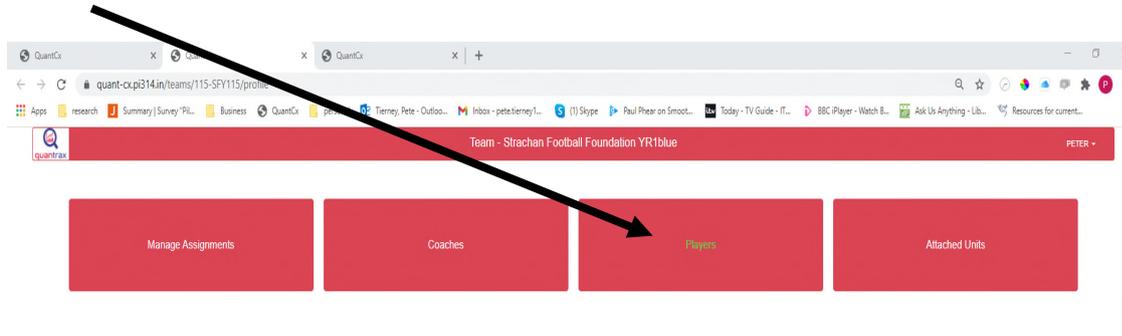

Adding players to your team

Select team profile tab on the main menu, this will then take you to the below screen. Once there select team profile tab

Once selected you will then see the below screen appear, you now need to select the Players tab

Once selected you will now have all your players registered displayed as the screen below, you can delete, edit or add new player by selecting one of the features. For New player select the new player tab

Once selected you will now see the below screen, first enter players email. If they are already registered then a drop down will ask you if this s the same person. If yes then all the other boxes self populate. If not then manually input
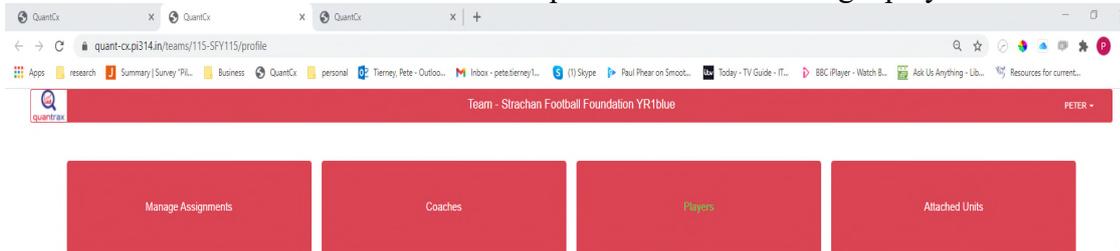
Some of the tabs have a drop down menu allowing you to select from a list, or you can manually input
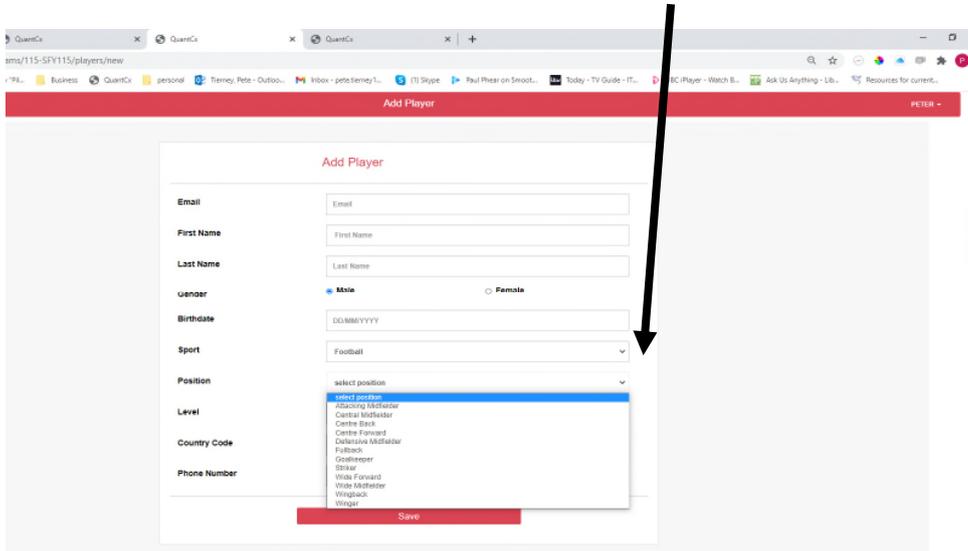
Once the details are completed, simply press save and the player will be added to the team.

This is the same f you want to add coaches to your team. Simply select the coaches tab from the menu below and then follow the same process as when adding a player
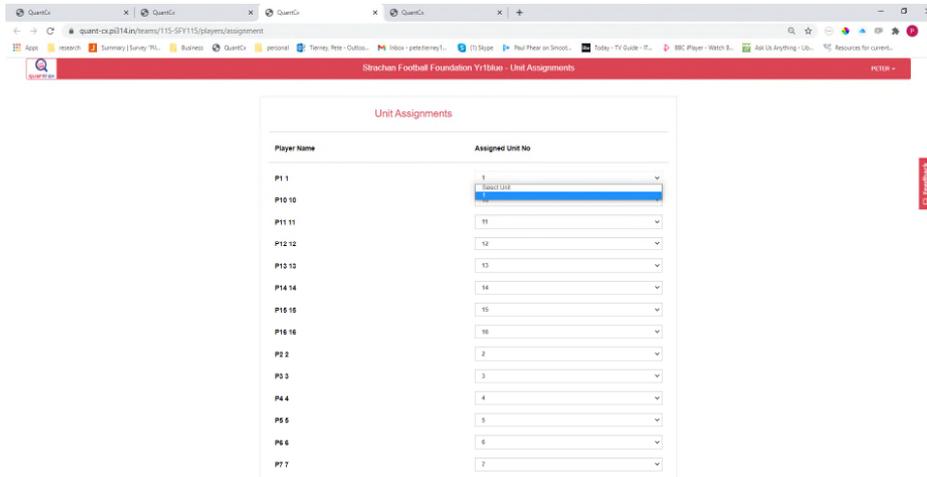

Assigning units to players select the manage assignments tab shown below
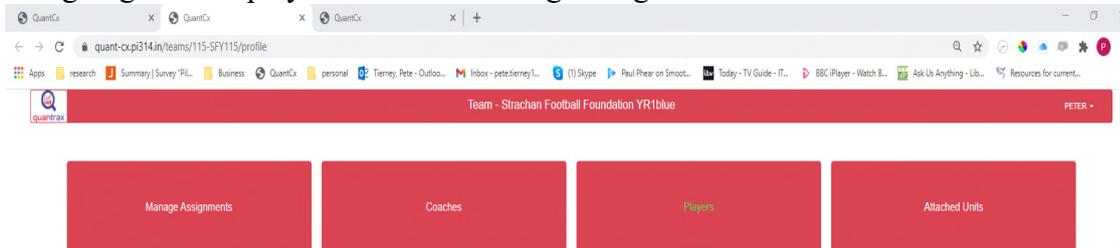
You will then see the below screen, here you simply select from the drop down unit shown here on the right and attach the selected unit to the player, Once completed, simply press update at the bottom of the screen and the system will update.

If you add new players, manage assignments or make any other changes to your team then you must on your coach APP select the sync with server tab. This will ensure that when you download your units that the units are assigned to the correct players and any changes are updated.