## Customizing Coaching Instructions, Drills, and Lessons

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Customizing Coaching Instructions, Drills, and Lessons		
What's in a Lesson?	>	
Creating Custom Coaching Instructions	>	
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Creating Custom Lessons	>	

<	What's in	a Lesson?	Done
l	<b>E</b> Les	sons	•••
	10 Lessons Availa	able · Sorted A	to Z
	(+)	30 mi Begir Iesson Essen	(The
	New Lesson	6 Drills	36 mins
	Default Lesson - Full Court 90	Endura	ince &

A lesson contains a sequence of drills.

• A drill contains any number of coaching instructions.

- NT provides a library of coaching instructions, drills, and lessons. These are called "standard", and are denoted by this icon. 6

You can also create your own. These are called "custom", and are denoted by this icon.



<	Creating Custom Coaching Instructions (2 of 3)	D	one
	Cancel	Save	
	COMMAND NAME Aim with your body		
	COMMAND CATEGORY Footwork	~	
	COMMAND TRIGGER (Determines when you will hear this command during play.) My Shot	~	
	RECORDINGS Audio	Video	
	+ Add New Recording		
	Step 2: Enter Coaching Instruct	tion	
	Information		
1.	Enter a name for the new coaching instruction, for example, "Aim with body". Tap "Done".		
2.	Set the trigger to "My Shot" or "Op shot", "Serve" or "Return" – Serve a Return coaching instructions are triggered by button presses on the NT200, instead of by hits.	and	nt

3. Tap on "Add New Recording" and follow the instructions to record audio.

### Creating Custom Coaching Instructions (3 of 3) Done Aim with your body

COMMAND CATEGORY Footwork	~ .
COMMAND TRIGGER (Determines when you will hear this command during play.)	
My Shot	·v, , , , , , , , , , , , , , , , , ,
RECORDINGS	Video
+ Add New Video	~

#### Step 3: Create Explanatory Video for the Coaching Instruction

1. You can record a video for your coaching instruction to explain its purpose and to demonstrate what to do.

2. Tap on the "Video" tab (see picture). Then tap "(+) Add New Video" and follow instructions to choose an existing video from your phone, or record a new one.

NOTE: You can have as many videos as you wish for a coaching instruction. You can add more at any time.



Your custom coaching instructions can include your own audio and video recordings.

Mix and match: a custom drill can contain a mix of custom and standard coaching instructions.

Similarly, a custom lesson can contain a mix of custom and standard drills.

Next

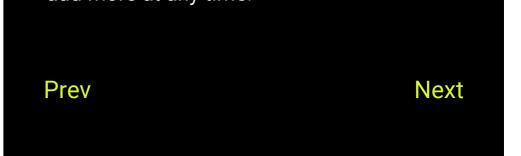
Done

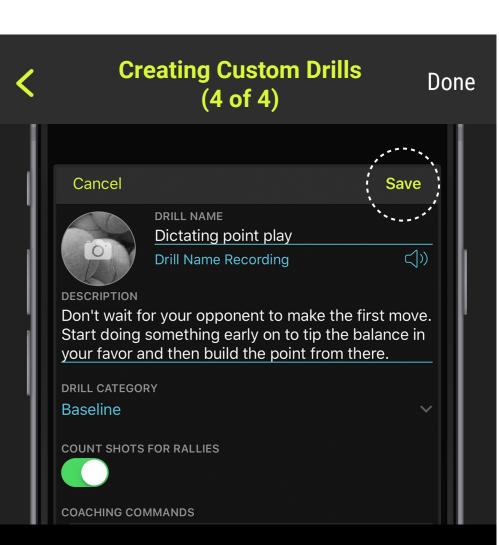
4. After recording, choose a name for the person who recorded the coaching instruction. This may be used later to select voice preferences.

NOTE: You can have as many audio recordings as you want for a coaching instruction. You can add more at any time.

Prev Next

Done



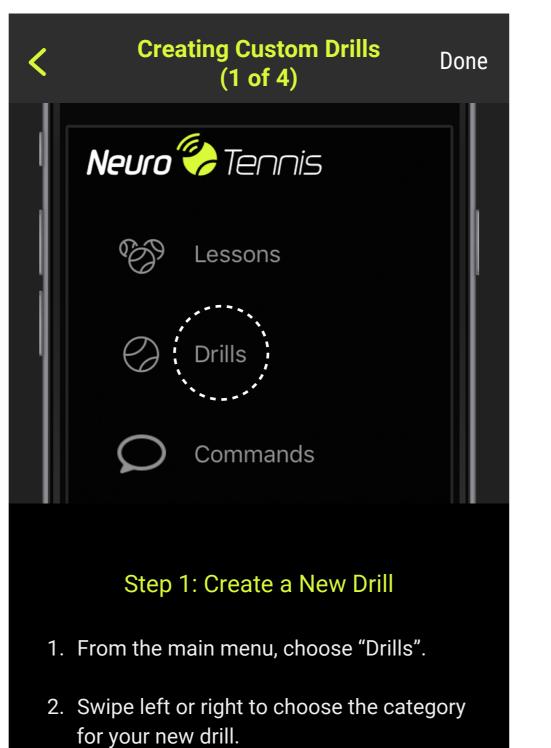


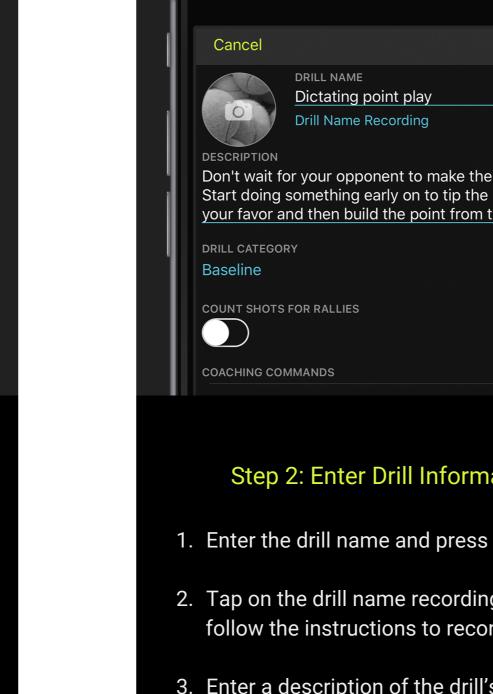
#### Step 4: Save the Drill and Add It to a Lesson

1. Tap "Save" to save your drill. Even if you are not online, the NT app will remember your drill.

2. You can add your drill to a lesson now or later. To add it now, tap on "Add to Custom Lesson" and choose a lesson from the menu.

Add to a Custom Lesson...





Č.	(2 of 4)	
]		
Cancel		Save
	DRILL NAME Dictating point play	
	Drill Name Recording	NONE
DESCRIPTION		
Start doing	or your opponent to make something early on to tip t and then build the point fro	the balance in
DRILL CATEGO	RY	
Baseline		Ť.
COUNT SHOTS	S FOR RALLIES	
COACHING CO	MMANDS	
	2: Enter Drill Infor e drill name and pres	
·	the drill name record ne instructions to rec	•
3. Enter a o (optiona	description of the dr II).	ill's purpose
4. Change	drill category, if des	ired.
	f you want NT to co ies during this drill.	unt shots in
Joarran		
-	dd Coaching Instruc choosing coaching i drill.	
(+) Add C	ommands to Drill	
Drou		Movet
Prev		Next

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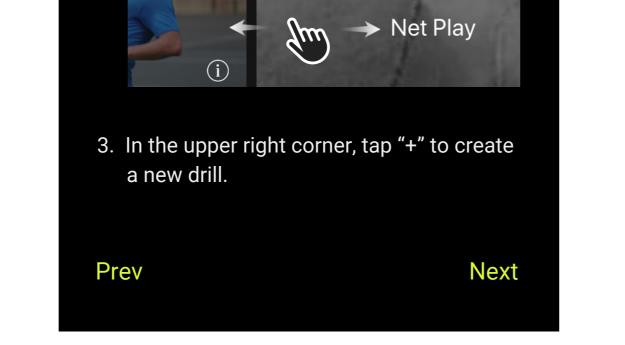
Creating Custom Drills (2 of 4)

<	Creating Custom Drills (3 of 4)	
	K         Choose Commands	
	Footwork	
	مُ "Aim with your body"	IJ»
	"Athletic Position"	IJ»
	"Bounce between shots"	IJ»
	"Create space and step in"	IJ»
	"Crossover step"	<b>⇒</b> »)
	<ul> <li>Step 3: Adding Coaching Instructions</li> <li>1. After tapping "+ Add Coaching Instructions to Drill", the "Choose Coaching Instructions" screen a</li> </ul>	se

#### ctions

ppears.

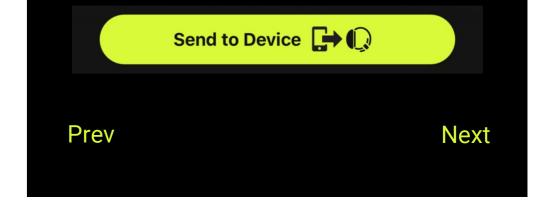
2. Swipe left and right to access other coaching instruction categories.

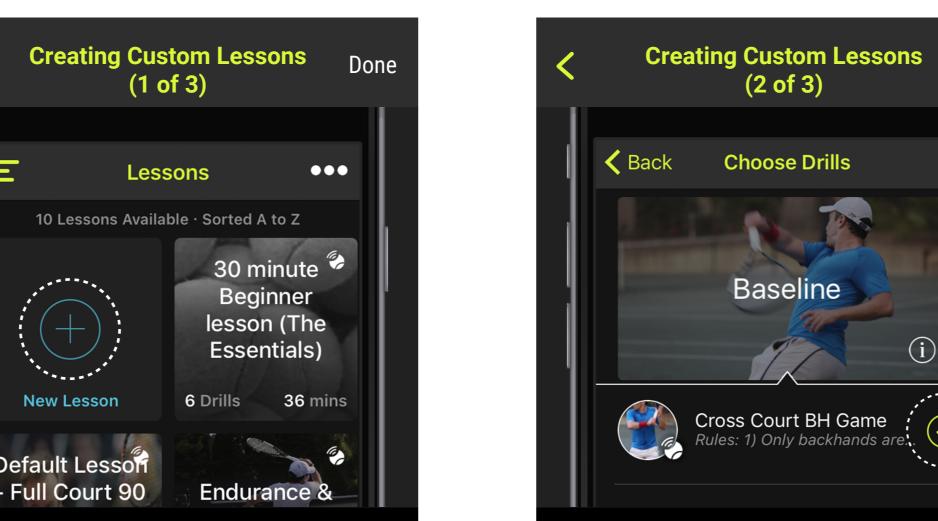


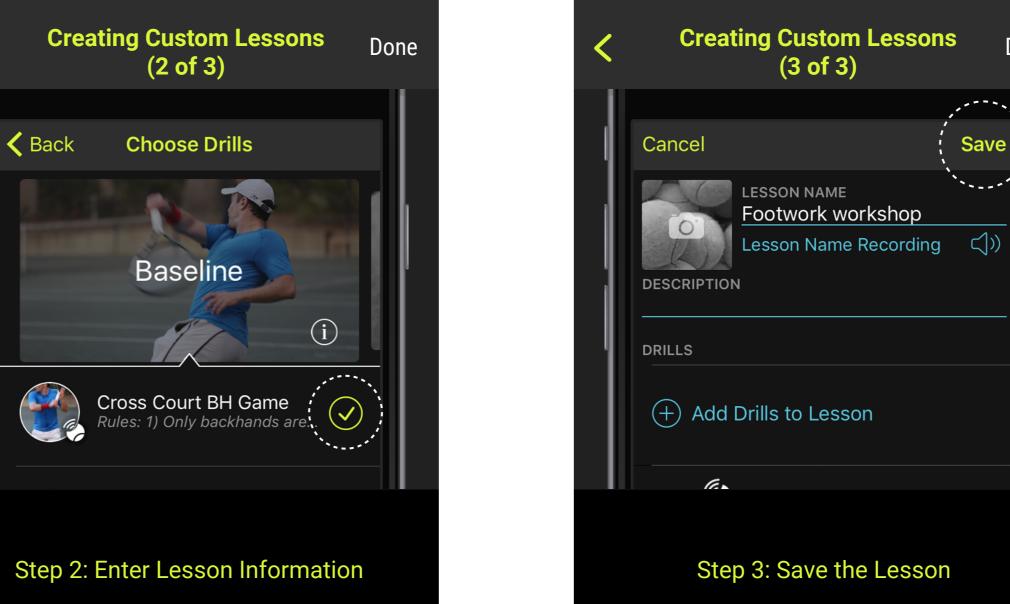
	5	
3.	Coaching Instructions inclu drill are shown with a check or uncheck coaching instruc- desired.	mark. Check
4.	When you are done, tap "Ba upper left corner to return to screen.	
Pr	rev	Next

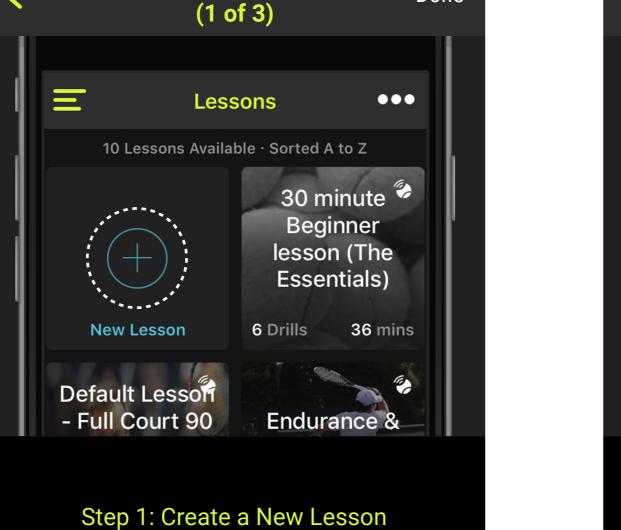
NOTE: You can only add to custom lessons, not standard ones.

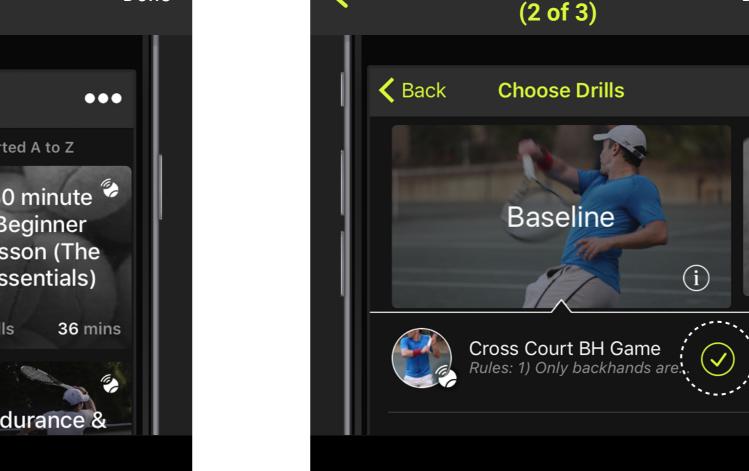
3. Another option is to send your drill directly to the device as a "standalone drill", saving you the step of first adding the drill to a lesson. This downloads a lesson containing just one drill. Do this by tapping on "Send to Device".

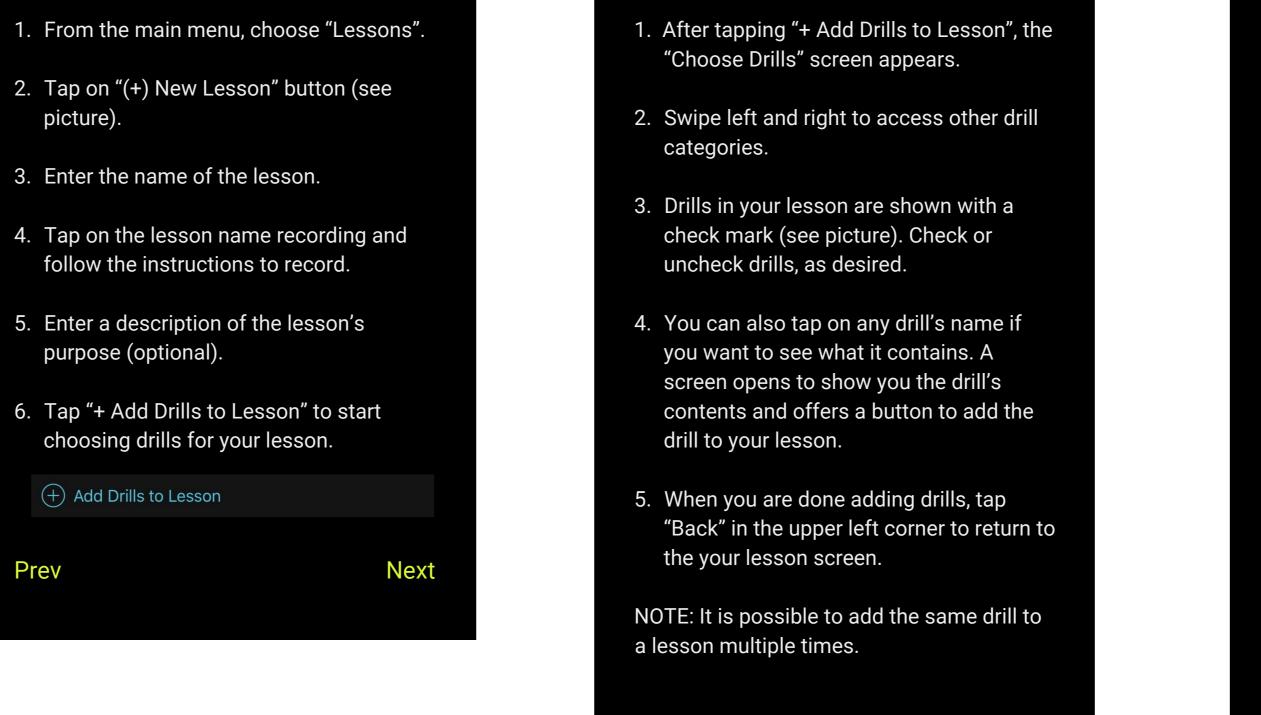








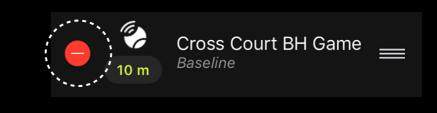




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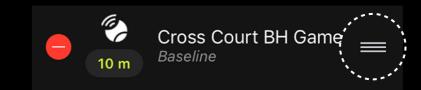
1.	On the lesson screen, review the list of
	included drills. You can delete any drill by
	tapping on the red "-" button.

Done



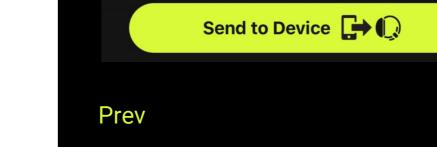
2. Tap on each drill's duration to adjust it, if desired.

3. Press and drag the handles on the right side to re-order the drills in any desired sequence.



4. When you are satisfied with the lesson, tap "Save" in the upper right.

5. Your lesson is now ready! The app shows you the total duration. To load the lesson on to your NT200, tap "Send to Device".

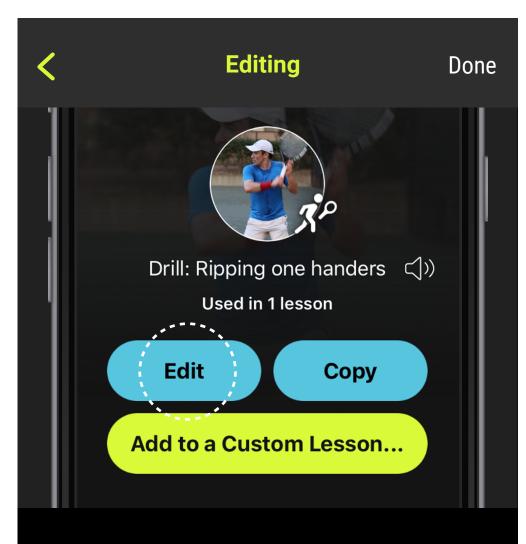


## Editing and Copying Coaching Instructions, drills, and lessons

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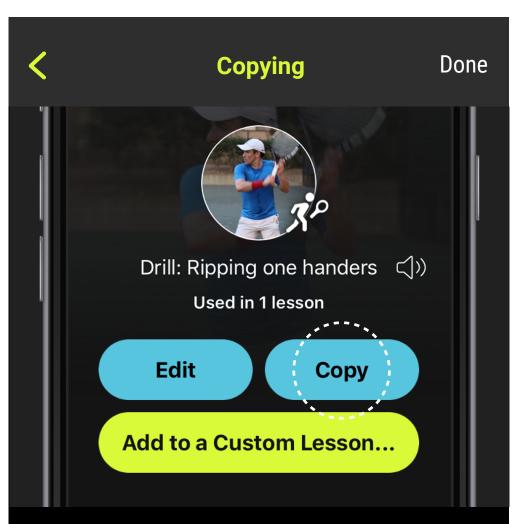


You can edit your custom coaching instructions, drills, and lessons to change any aspect you would like. Just go to the main screen for whatever you want to modify, and tap "Edit" (see picture).

NOTE: To delete a coaching instruction, drill, or lesson, go to its main screen and tap "Edit". The "Edit" mode includes the ability to delete.

You cannot edit standard drills or lessons because these come from the NT library and only NT can update them to provide enhancements.

NOTE: You can edit a standard coaching instruction, but the only allowed change is to add new recordings, in case you would like to use a different voice.



If you like a standard drill or lesson, but want to make some changes to it, you can copy it. The copy is your own custom version, and now, you can edit it.

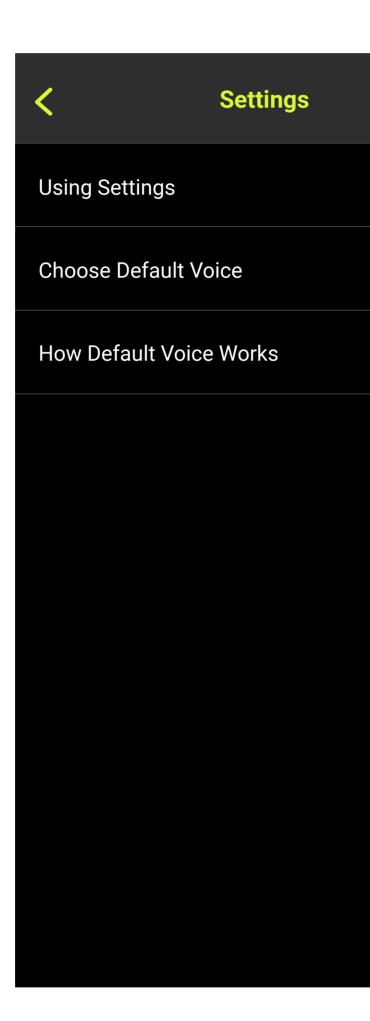
For example, if you like a standard drill, but you want to add a few coaching instructions, go to the

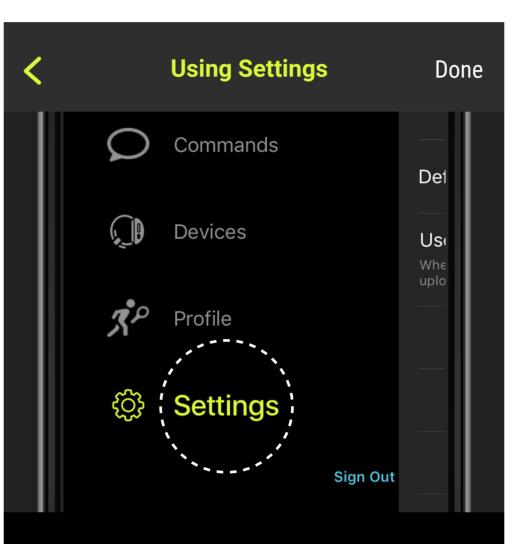
drill's main screen and tap "Copy" (see picture). The same thing works for standard lessons.

You can also copy your custom lessons and drills to create variations.

## Settings

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Access settings for the NT app from the main menu by tapping on "Settings" (see picture).

This screen provides access to:

- About: Information about your NT app and its version.
- Configurations for various features of the NT app.

Most of these settings are self-explanatory and the NT app provides on-screen help.

<	Choose Default Voice	C	)one
l	Choose Default Voice	Done	
	Use the selected voice below to overric command voices whenever selected vo available.		
	No Default Voice	<b>⊲</b> »	ľ
		Ľ]»)	
I	AJC	<b>⊲</b> »	
	alain <)>	~	

The Default Voice allows you to indicate a preferred voice for coaching instructions in your custom lessons.

Default Voice only matters when a lesson contains coaching instructions that have multiple voice recordings. NT needs to know which voice recording to use for each coaching instruction. The NT app uses this information when it sends the lesson (and all of its included coaching instructions and recordings) to the NT device.

When you choose a default voice, the NT app will use that voice for every coaching instruction that has the voice available. In the example above, NT will use the voice called "alain" whenever it is available.

How Default Voice	Works	Done
My Shot		~
RECORDINGS	Audio Vid	eo
+ Add New Recording		
😑 📌 Jessica	<]» (	$ $
🍫 Male	<b>≤</b> )» (	$\bigcirc$
😑 📌 alain	<]» (	$\overline{\mathbf{S}}$

If a coaching instruction has the Default Voice available, NT will use that voice for the coaching instruction. In the example shown, the coaching instruction's selected voice is "Jessica". However, because the Default Voice in Settings is set to "alain", and the coaching instruction also contains a recording with that voice, the recording labeled "alain" will override.

NOTE: When the setting for Default Voice is *No Default Voice*, NT will use the voice selected on each coaching instruction (the one with the check mark).