

Customizing Coaching Instructions, Drills, and Lessons

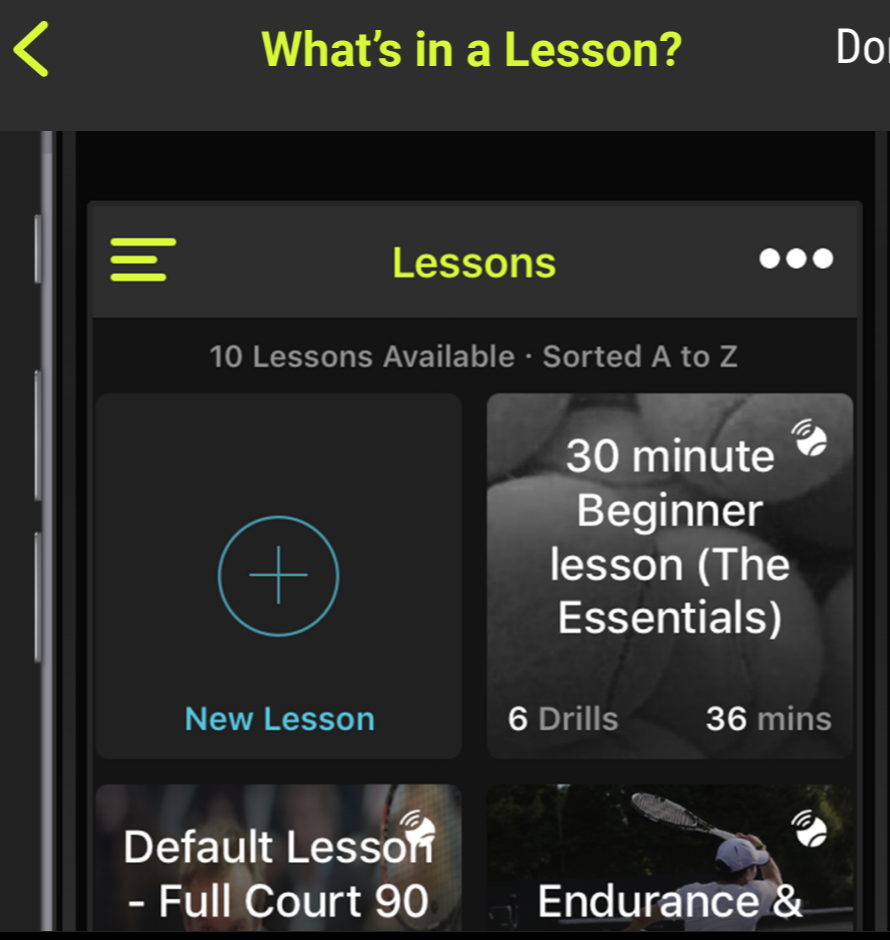
Quick Guide to NeuroTennis

- Overview of Buttons >
- Charging and Power >
- Pairing and Communication >
- NT Adjustments on the Court >
- Lesson and Drill Selection >
- Customizing Coaching Instructions, Drills and Lessons >
- Editing and Copying Coaching Instructions, Drills, and Lessons >
- Settings >

Customizing Coaching Instructions, Drills, and Lessons

- What's in a Lesson? >
- Creating Custom Coaching Instructions >
- Creating Custom Drills >
- Creating Custom Lessons >

What's in a Lesson? Done



10 Lessons Available - Sorted A to Z

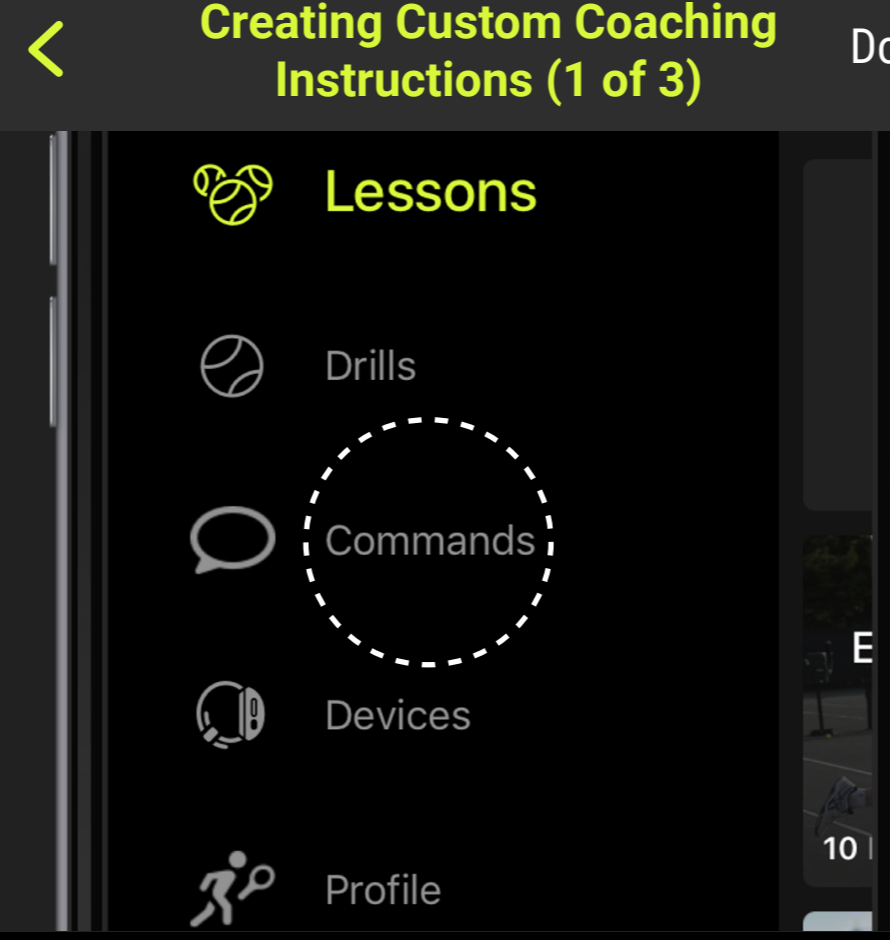
30 minute Beginner lesson (The Essentials)

New Lesson 6 Drills 36 mins

Default Lesson - Full Court 90 Endurance &...

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

Creating Custom Coaching Instructions (1 of 3) Done

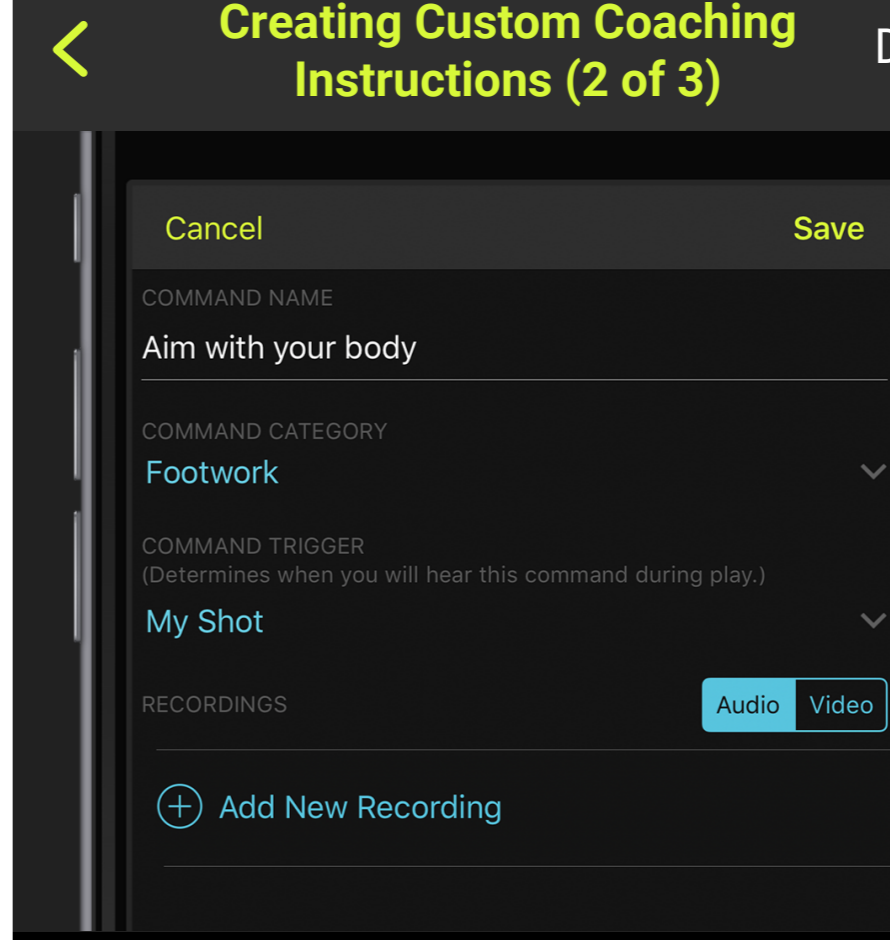


Step 1: Create a New Coaching Instruction

- From the main menu, choose "Coaching Instructions".
- Swipe to the category for your coaching instruction - for example, "Footwork".

Next

Creating Custom Coaching Instructions (2 of 3) Done



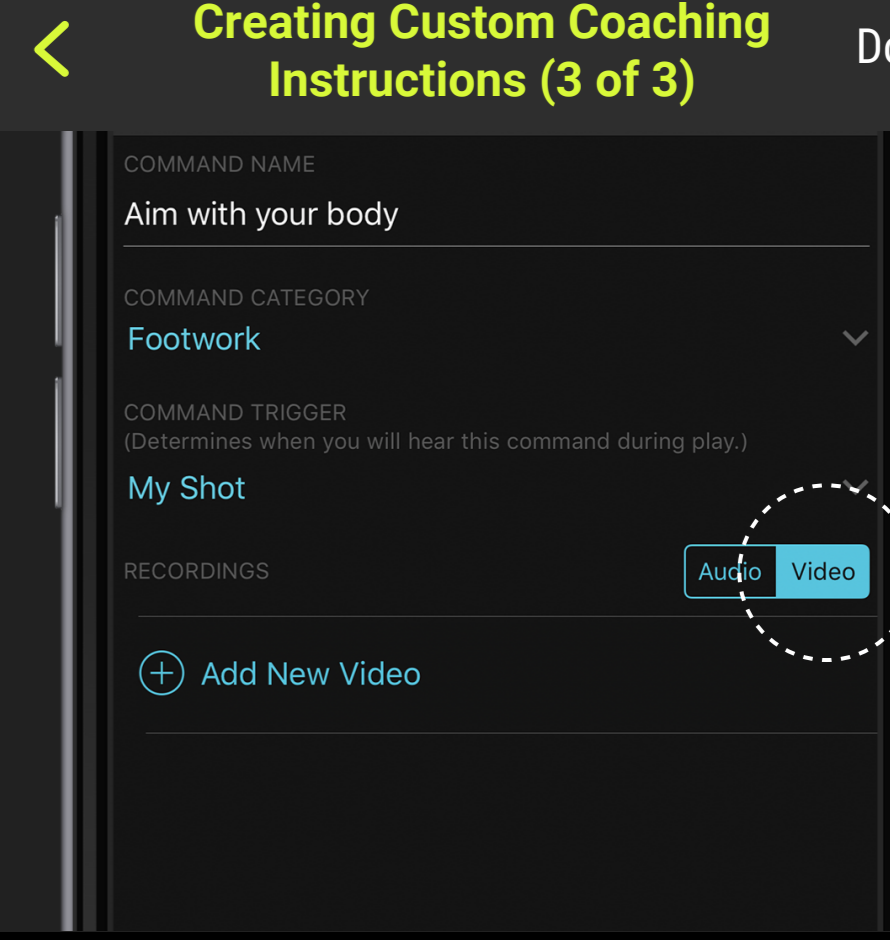
Step 2: Enter Coaching Instruction Information

- Enter a name for the new coaching instruction, for example, "Aim with your body". Tap "Done".
- Set the trigger to "My Shot" or "Opponent shot", "Serve" or "Return" - Serve and Return coaching instructions are triggered by button presses on the NT200, instead of by hits.
- Tap on "Add New Recording" and follow the instructions to record audio.
- 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

Creating Custom Coaching Instructions (3 of 3) Done



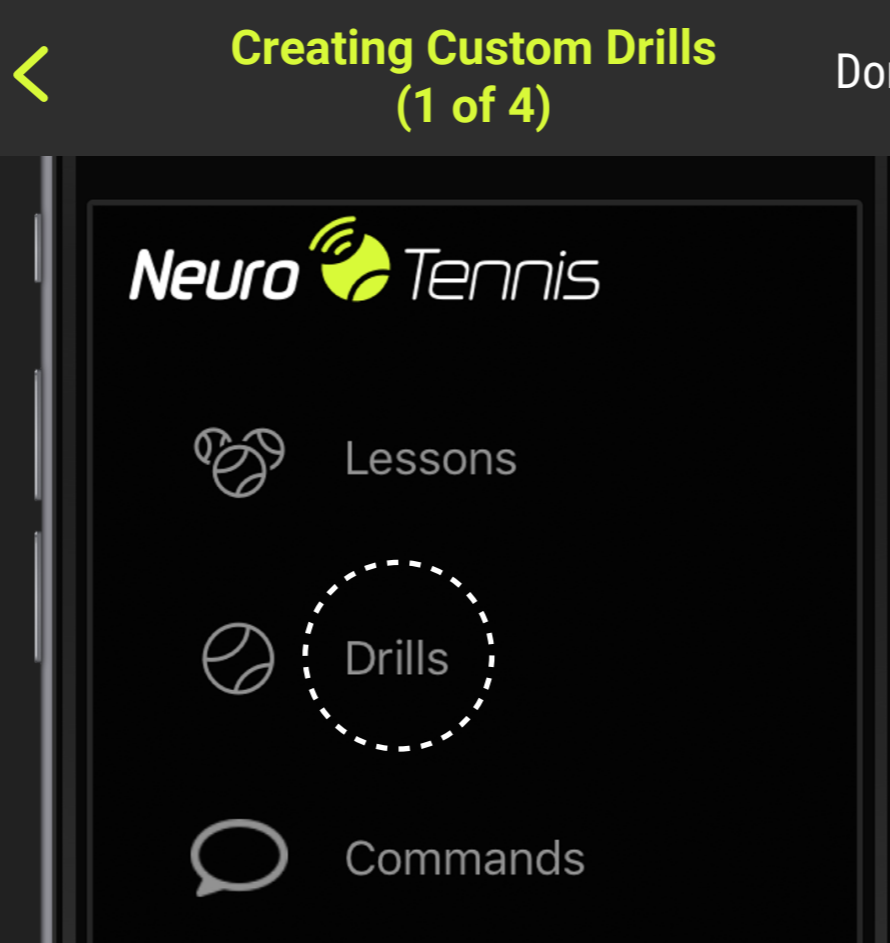
Step 3: Create Explanatory Video for the Coaching Instruction

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

Prev Next

Creating Custom Drills (1 of 4) Done

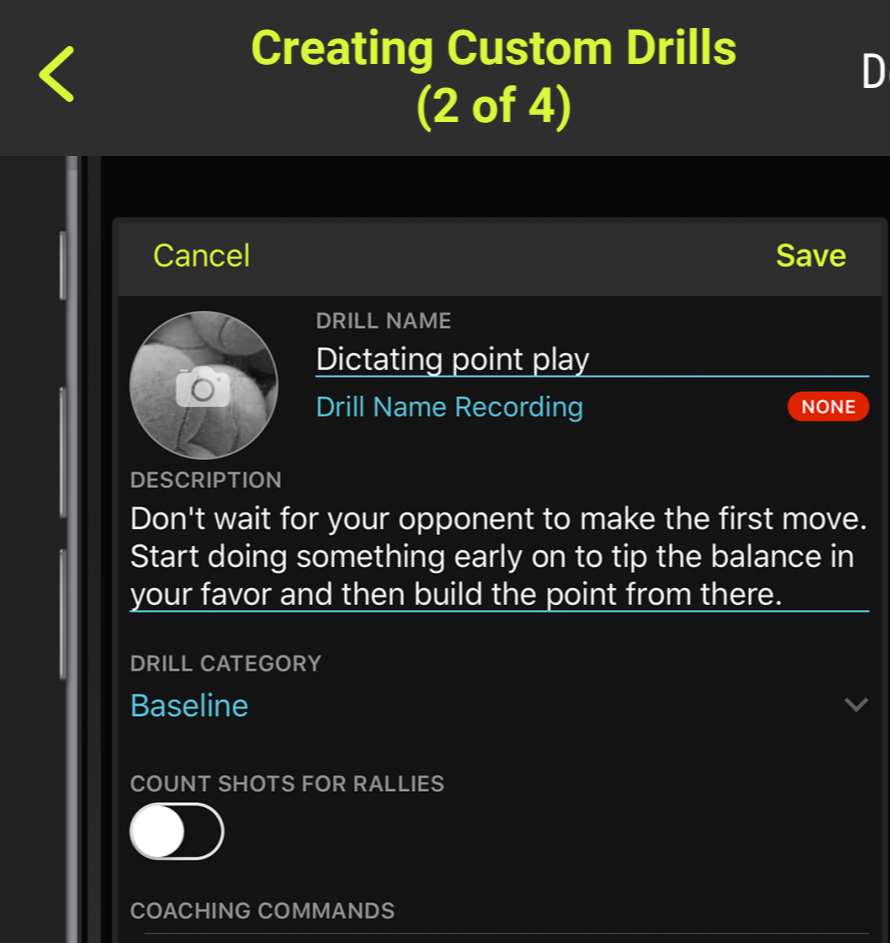


Step 1: Create a New Drill

- From the main menu, choose "Drills".
- Swipe left or right to choose the category for your new drill.

Next

Creating Custom Drills (2 of 4) Done

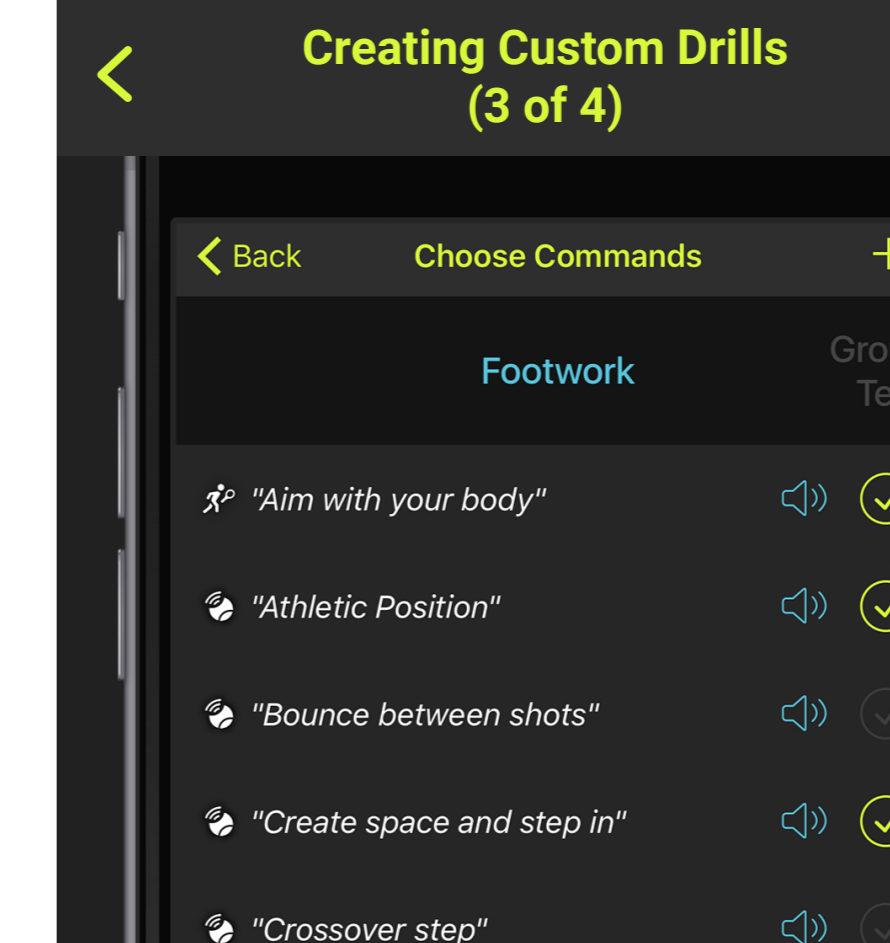


Step 2: Enter Drill Information

- Enter the drill name and press "Done".
- Tap on the drill name recording and follow the instructions to record.
- Enter a description of the drill's purpose (optional).
- Change drill category, if desired.
- Decide if you want NT to count shots in your rallies during this drill.
- Tap "+ Add Coaching Instructions to Drill" to start choosing coaching instructions for your drill.

Next

Creating Custom Drills (3 of 4) Done

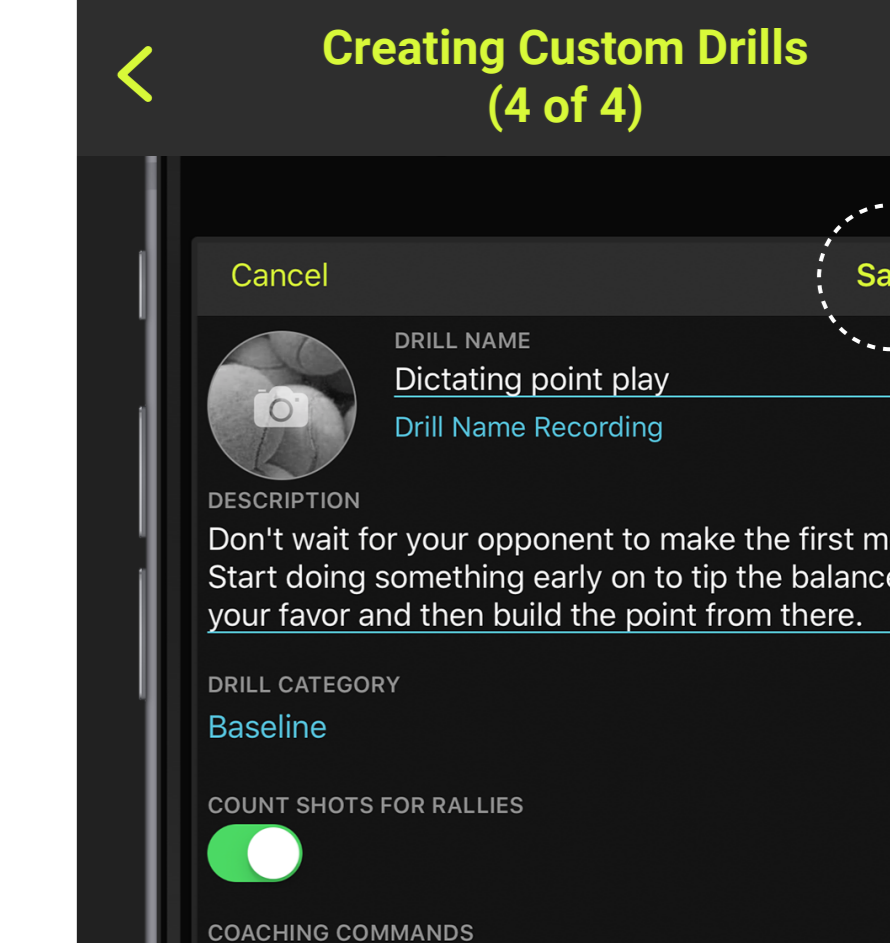


Step 3: Adding Coaching Instructions

- After tapping "+ Add Coaching Instructions to Drill", the "Choose Coaching Instructions" screen appears.
- Swipe left and right to access other coaching instruction categories.
- Coaching Instructions included in your drill are shown with a check mark. Check or uncheck coaching instructions, as desired.
- When you are done, tap "Back" in the upper left corner to return to your drill screen.

Prev Next

Creating Custom Drills (4 of 4) Done



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

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

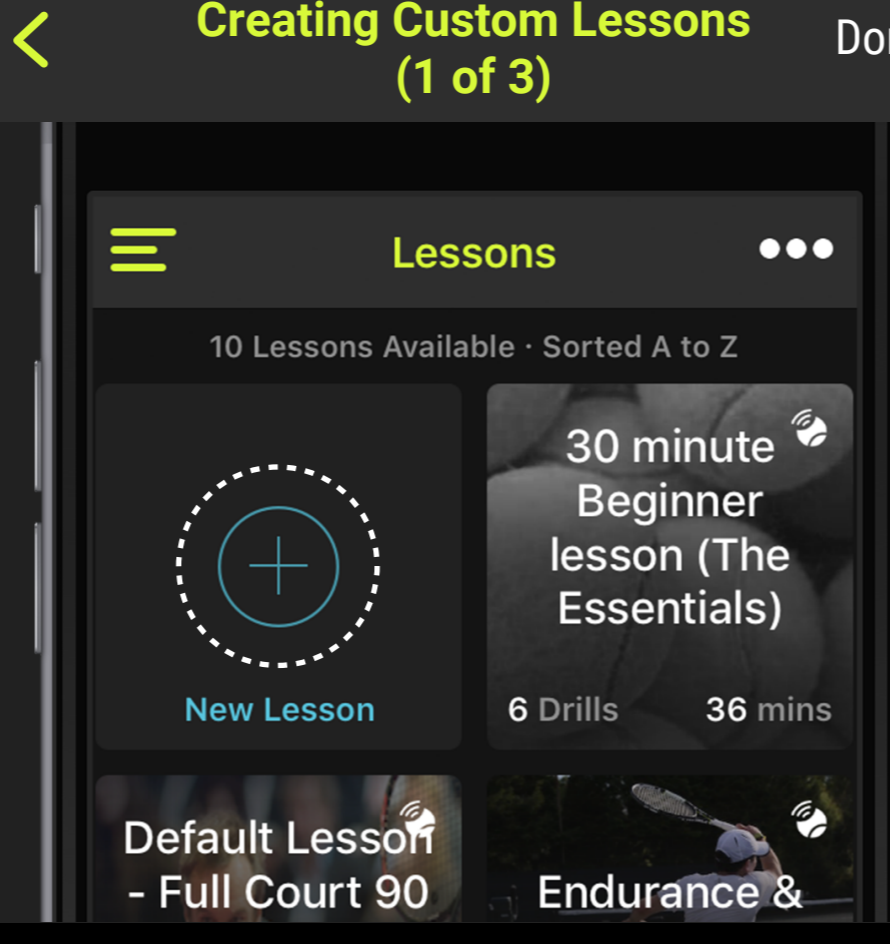
NOTE: You can only add to custom lessons, not standard ones.

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".

Send to Device

Prev Next

Creating Custom Lessons (1 of 3) Done

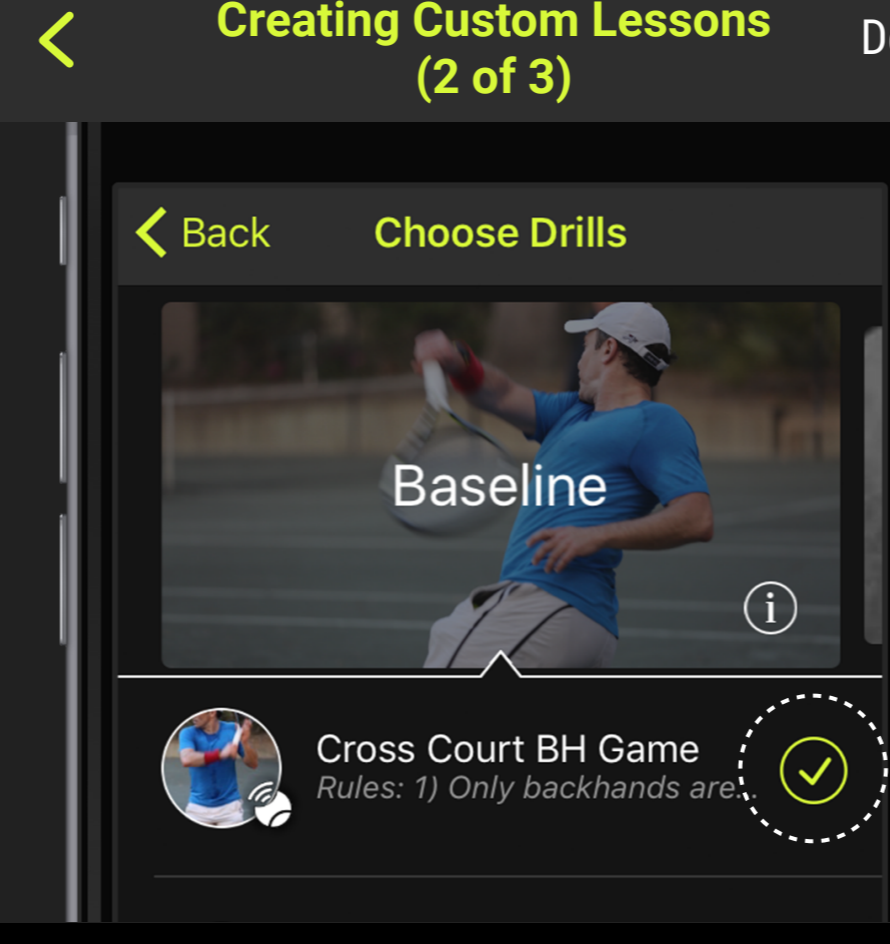


Step 1: Create a New Lesson

- From the main menu, choose "Lessons".
- Tap on "(+) New Lesson" button (see picture).
- Enter the name of the lesson.
- Tap on the lesson name recording and follow the instructions to record.
- Enter a description of the lesson's purpose (optional).
- Tap "+ Add Drills to Lesson" to start choosing drills for your lesson.

Next

Creating Custom Lessons (2 of 3) Done



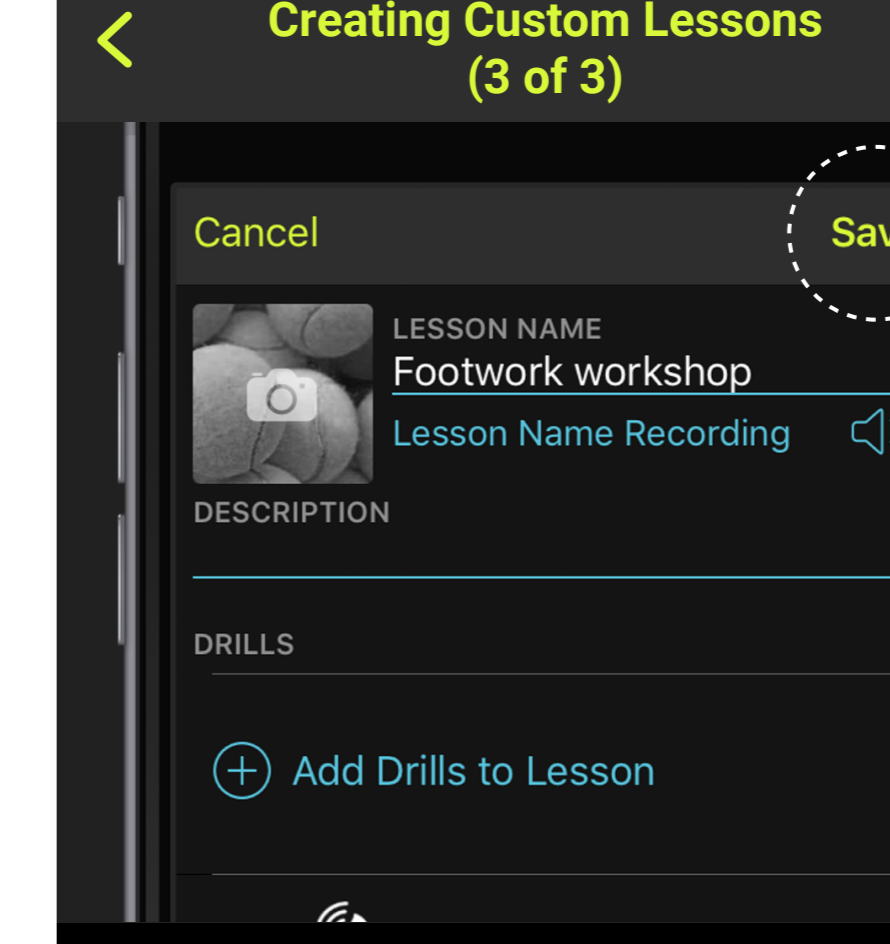
Step 2: Enter Lesson Information

- After tapping "+ Add Drills to Lesson", the "Choose Drills" screen appears.
- Swipe left and right to access other drill categories.
- Drills in your lesson are shown with a check mark (see picture). Check or uncheck drills, as desired.
- You can also tap on any drill's name if you want to see what it contains. A screen opens to show you the drill's contents and offers a button to add the drill to your lesson.
- When you are done adding drills, tap "Back" in the upper left corner to return to the your lesson screen.

NOTE: It is possible to add the same drill to a lesson multiple times.

Prev Next

Creating Custom Lessons (3 of 3) Done



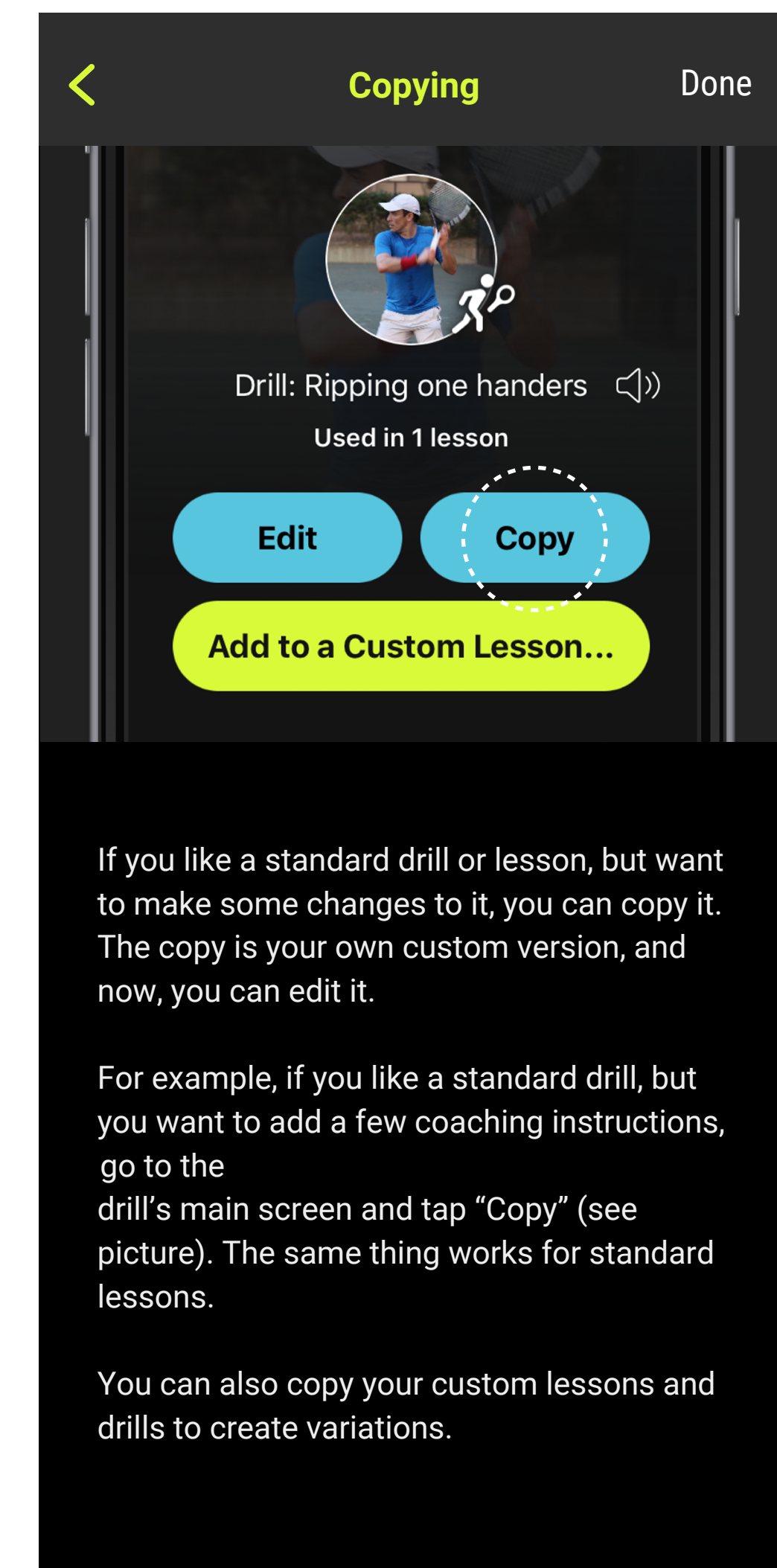
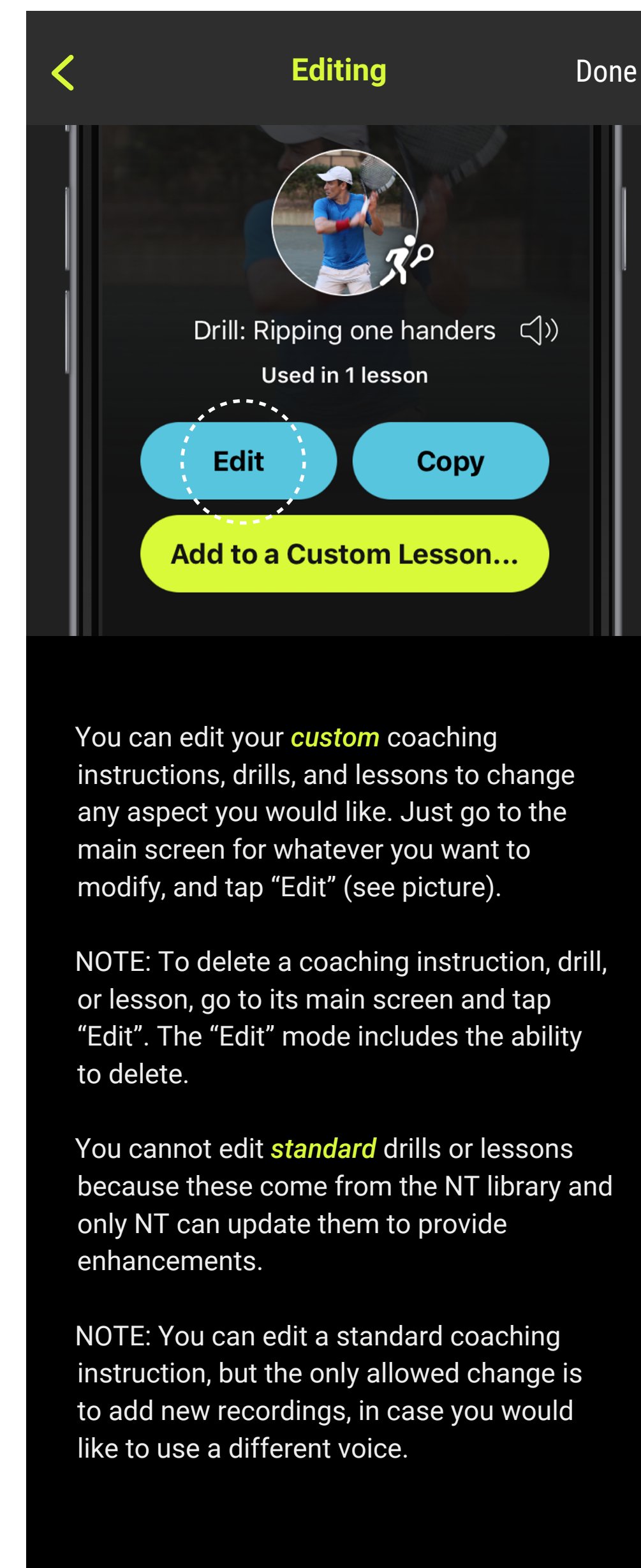
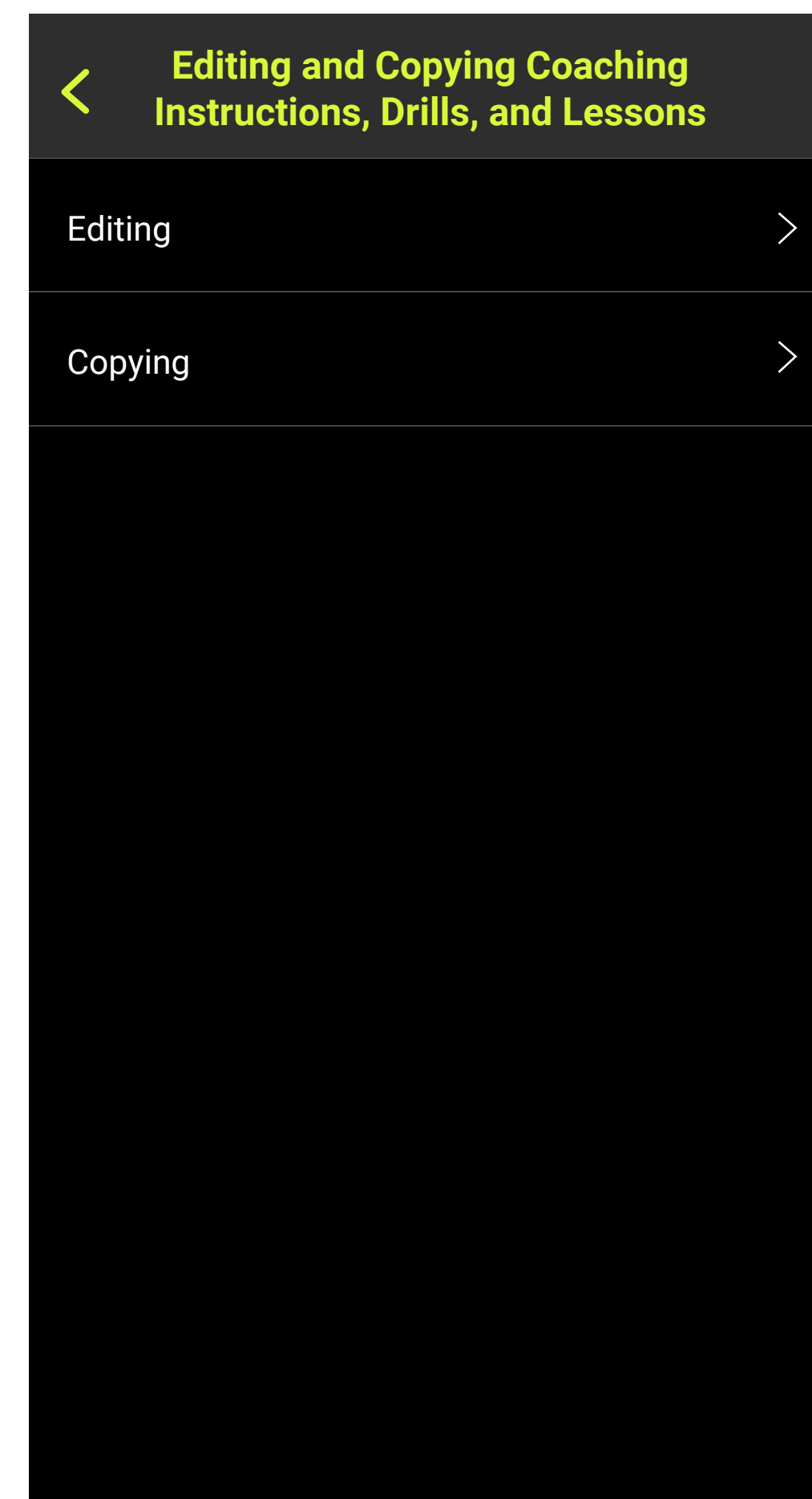
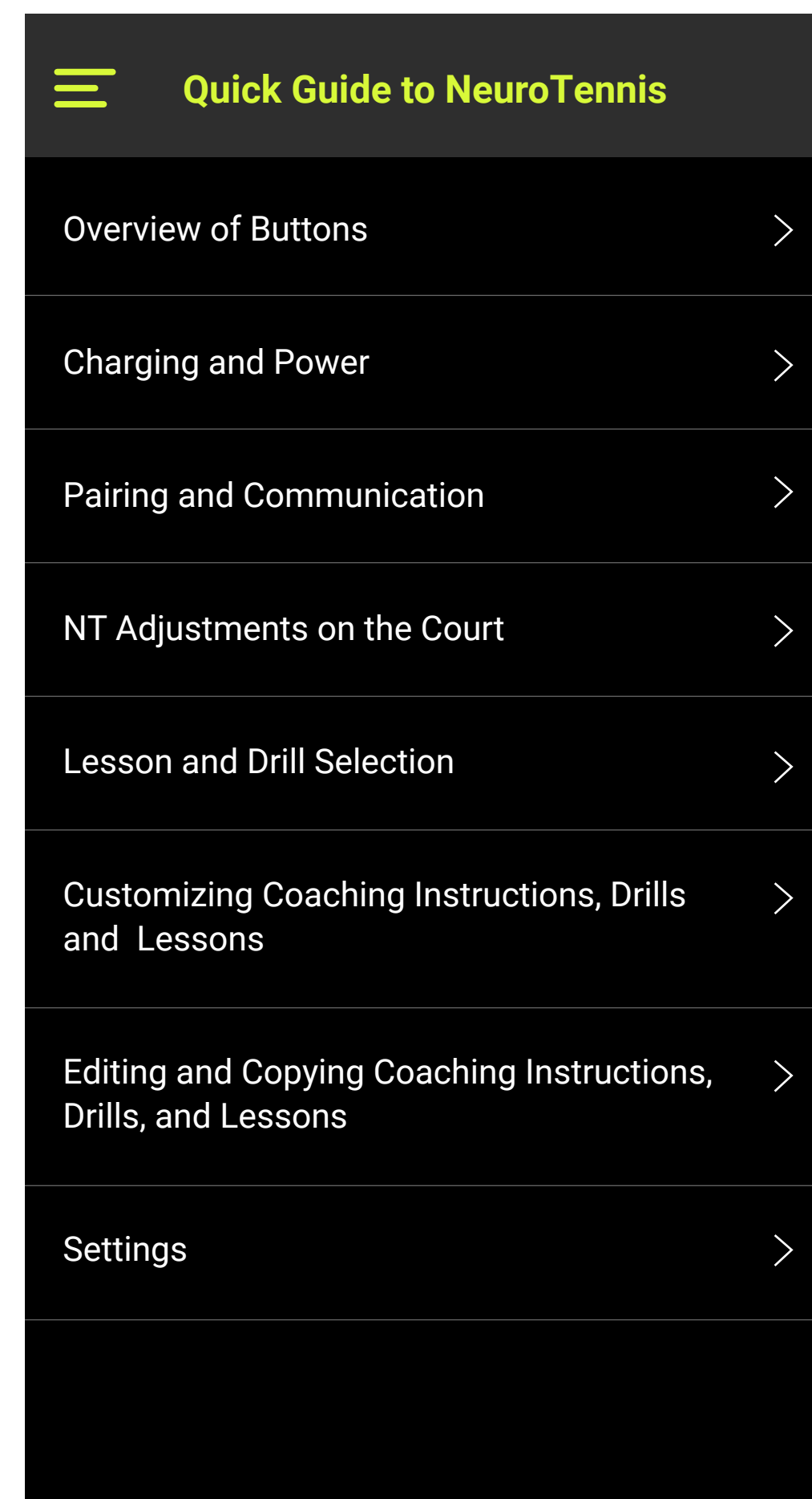
Step 3: Save the Lesson

- On the lesson screen, review the list of included drills. You can delete any drill by tapping on the red "-" button.
- Tap on each drill's duration to adjust it, if desired.
- Press and drag the handles on the right side to re-order the drills in any desired sequence.
- When you are satisfied with the lesson, tap "Save" in the upper right.
- Your lesson is now ready! The app shows you the total duration. To load the lesson on to your NT200, tap "Send to Device".

Send to Device

Prev

Editing and Copying Coaching Instructions, drills, and lessons



Settings

