PERFORM IKE IPPOlicie

USER MANUAL TEAM BOX & TRACKER









TRACKING

- Fully charge all trackers before each session.
- Distribute the Belts to your players in the dressing room.
- You can do the tracking with or without an iPad.

With iPad



Follow the instructions in the app.

Without iPad

Write down on the enclosed sheet which player is wearing which tracker:





In order to find GPS, place the unplugged box (with trackers turned on) under clear skies around 20 min. before the tracking.

The orange Tracker buttons have to match the white buttons on the belt

After the tracking, put the trackers back in the box. Use Coach App or Desktop Uploader to transfer and upload your data.

ANALYSIS



After uploading, your data is automatically analysed. Go to app.tracktics.com to see your results and improve the performance of your team! Visit our YouTube channel for useful tips about data analysis and interpretation.



platform

YouTube channel



If you unplug the box, the trackers will remain switched on. Unless you intend to use them straight away, switch them off individually after the charging process.

Do not charge trackers and box for over 4 hours and do not store them under direct sunlight for a prolonged period.



Fully charge your trackers before long periods of inactivity (e.g. winter break).





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If you prefer watching videos to get to know our products, visit www.tracktics.com/start







Team Box: Serves to store and charge up to 20 trackers. Team Box WiFi is used to transfer tracking data to the iPad.

Tracker: Wearable performance tracker, that captures position and movement of the players. Worn in a belt.

Belt: The elastic belt is worn around the waist. Available in XS, S, M and L.

Coach App: Is guiding you through the tracking process. Allows you to flag events and exercises during the tracking as well as to transfer your tracking data from the Team Box to the Coach App via Team Box WiFi. Then upload it to the Analysis Platform. Available in the Apple App Store.

Desktop Uploader: the alternative to the Coach App. Transfer your tracking data from the Team Box to your PC via Team Box WiFi. Then upload it to the Analysis Platform. Available under <u>tracktics.com/uploader</u> **Online Analysis Platform:** Review the tracking data of your players. Edit and analyse your sessions. Accessible via web browser (Safari, Firefox, Chrome) under <u>app.tracktics.com</u>.





TRACKERS AND BELTS

Tracker buttons



1x push: switch on/off 5s push: hard reset (in case of malfunction)

> 2s push: start/stop tracking (only if GPS was found) 2x push: start/stop WiFi (useful for player product only)

Tracker LEDs

	••••••	Searching GPS	— •	Charging (1.5h to fully charge)
		 Ready! (GPS found) Tracking Connected (to Team Backing WiFi ready (for player playe	o o o x) product only) witch off)	Fully charged (LEDs off) Battery low (<90 min remaining) Battery low (<5 min remaining)
Belt			·	



The belt is worn on hip level. The two white dots on the belt must point forward and match the two orange buttons on the tracker.

TEAM BOX, COACH APP, DESKTOP UPLOADER, ANALYSIS PLATFORM

When plugged in, your Team Box automatically switches on. At the same time, all connected trackers will also switch on automatically. When the Box is unplugged, it switches off, but the trackers remain switched on.





For several functions during the tracking, data transfer and data upload to the Analysis Platform.



Desktop Uploader (alternative to the Coach App)

For data transfer and data upload to the Analysis Platform.



Analysis Platform

For session editing and data analysis.







DOWNLOAD COACH APP OR DESKTOP UPLOADER

If you want to use your Team Box with an iPad, please download the Coach App from the App Store. If not, please download the Desktop Uploader from <u>tracktics.com/uploader</u>.



Go to the Apple App Store on your iPad and search for "TRACKTICS Coach". Download the App.



Open <u>tracktics.com/uploader</u> in your browser and download the Desktop Uploader.



Do not download the iPhone App for Players! Only the Coach App for iPad works with the Team Box!

The Desktop Uploader is an alternative to the iPad App.

2

CREATE COACH ACCOUNT

Open the TRACKTICS Coach App on the iPad *or* open the Analysis Platform <u>app.tracktics.com</u> in your browser. Click on "create account" and follow the instructions.



🔥 Make sure to register yourself as a "Coach" when creating the account!

4) REGISTER & SET UP TEAM BOX

In order to use your TRACKTICS Team Box, you have to connect it to your coach account.

- On the iPad App, make sure you're logged in to your coach account and connected to the internet.
- Click on "Start with box" and follow the instructions.
- The Box has its own WiFi in order to transfer data to the iPad. Please use these default credentials when connecting your iPad to the Team Box WiFi for the first time:

Default WiFi name: Default WiFi password: Tracktics-1001 tracktics



• Then create your personal WiFi name and password and complete the registration process.



- In the Desktop Uploader, make sure you're logged in to your coach account and connected to the internet.
- Click on "Start with box" and follow the instructions.
- The Box has its own WiFi in order to transfer data to the iPad. Please use these default credentials when connecting with the Team Box WiFi for the first time:

Default WiFi name:	Tracktics-1001
Default WiFi password:	tracktics

• Then create your personal WiFi name and password and complete the registration process.

Write down your Team Box WiFi name and password here so you don't forget them:

Your Team Box WiFi name:	
Your Team Box WiFi password:	

The Team Box WiFi has no internet connection!

4 CREATE PLAYERS

In order to assign your trackers to the players, you must first create players in your coach account.



Use the TRACKTICS Analysis Platform under <u>app.tracktics.com</u> to create players. You must create players prior to the first tracking.







Plug-in your Box and connect all the Trackers to it. The Trackers light up in red 💽 during the charging process. The red light turns off once the Trackers are fully charged. To indicate that a Tracker is connected to the Box, the blue LED 💿 will also light up.



When the Box is being unplugged, the trackers remain switched on. If you don't intend to use the Trackers instantly, you have to switch them off individually by pushing the on/off button .

Recharge the Trackers directly after each tracking session, even before and during data transfer, to make them immediately ready for use again.

2 SWITCH ON TRACKERS AND FIND GPS

Switch on all Trackers by 1. connecting them with the Box and plugging in the Box or 2. switching all Trackers on individually by pushing the on/off button . The Trackers search for GPS and blink in blue/green . Place the unplugged Box with Trackers under a clear, open sky. No trees or high buildings nearby! Trackers will find GPS in 3-10 min and light up in green once GPS has been found.



In order to search for GPS, the Box must <u>not</u> be plugged in (trackers must <u>not</u> be supplied with electricity). When connecting the Trackers to the Box, the GPS antenna of the Trackers point towards the sky. If you don't have a Team Box, make sure the GPS antenna isn't covered.

Place the Box on the pitch about 20 min before the tracking in order to let the trackers find GPS. Distribute the belts in the dressing room beforehand.





START AND ASSIGN TRACKERS

You can do the tracking on the pitch with or without an iPad.

With iPad

- Start the tracking directly from the main screen in the App.
- Follow the instructions in the App.
- In the App you can assign a Tracker to each player. Distribute the Trackers accordingly.

Without iPad

- As soon as the Trackers have found GPS, they light up in green (•)
- Once GPS is found, press the big Play button for 2 secs . The Tracker is now in "tracking mode" and flashing quickly in green
- Use the **enclosed sheet** to assign a Tracker to each player. You can also download the assignment sheet from <u>tracktics.com/assignment</u>.
- Distribute the Trackers to the players according to the assignment.
- Each Player must put their Tracker in their belt. Make sure the white dots on the belt match the orange buttons on the Tracker.



- You can already **switch the Trackers to "tracking mode" when they are still in the Box**. Then players only have to put the Trackers in their belt.
- Players should keep their Tracker in "tracking mode" (fast green flashing) when they go to the dressing room after the warm up or during half time.
- Should any individual Trackers not find GPS (no green light), take them out of the Box and hold them with the antenna towards the sky. Do not cover the antenna with your hand!





STOP TRACKERS AND PUT THEM BACK IN THE BOX

With iPad

- You can flag events during the tracking session, e.g. beginning/end of the halves, substitutions or training exercises.
 - Once the session is over, follow the instructions in the App.

Without iPad

- Push the big Play button 💮 for 2 secs once again to stop the "tracking mode".
- Put the Trackers back in the Box.



5 TRANSFER SESSION FROM TEAM BOX AND UPLOAD FOR ANALYSIS

In order to analyse the tracking, the tracking data must be transferred from the Trackers to your iPad/PC ("Transfer") and then uploaded to the Analysis Platform ("Upload").

Transfer and Upload of the data can be done via iPad or Desktop Uploader.

- If you used the iPad App during the tracking, the App will guide you through Transfer and Upload.
- If you did not use the iPad App during the tracking, click on "Data transfer". You will then be guided through Transfer and Upload.
- You can interrupt the process after the Transfer. The tracking data remains on your iPad. In order to perform the Upload, click on "Upload".



• If you don't have an iPad, use the Desktop Uploader with your PC. Click on "Data transfer". You will then be guided through Transfer and Upload.



Any Trackers that aren't being used should not be put into "Tracking Mode" – this will lead to needless data upload.





HOW TO EDIT YOUR SESSION

You will receive an e-mail once your data has been analysed. Now you can edit and analyse your session on the Analysis Platform <u>app.tracktics.com</u>. Click on "Edit Mode" in the session in order to edit events, pitch info, session length, etc.

Add Halves & Events

In the "EVENTS" tab you can define if your session was a training session or a game. You can also define the session length, results and much more.

Player-Tracker Assignment

In the "ASSIGNMENT" tab you can define and change the player-tracker assignment. If you did not use an iPad for the assignment, you first have to define the assignment in this tab before being able to see any data from your session.

Add Pitch

In the "EDIT PITCH" tab you can draw your pitch. This allows the generation of the Heatmap and Sprintmap. Draw your pitch and then click "SAVE".



The App will automatically remind you if you haven't filled in all the necessary information regarding player-tracker assignment, session length or pitch. info

The correct assignment of Trackers to players is crucial for the accurate displaying of your data.

If the data from one or more Trackers could not be uploaded, you can upload the data from those Trackers afterwards directly to the Analysis Platform <u>app.tracktics.com</u>. In order to do so, click "Upload" in the team overview of the session and follow the instructions.





ANALYSE YOUR DATA AND FORM AN UNBEATABLE TEAM!

Performance data captured by TRACKTICS:



TRACKTICS provides you with performance data directly from the pitch. Visit our Analysis Platform <u>app.tracktics.com</u> to get an in-depth look at your team's performance.

Your benefits with TRACKTICS:



Development



Comparison



Control of training load



Advanced

training planning



Communication with your players

TRACKTICS offers extensive analysis options. Use our tracking system to improve and motivate your team and become a better coach!



Please contact support@tracktics.com if you wish for your players to access to their individual data.

TRACKTICS BLOG



On our Blog <u>www.tracktics.com/blog</u> you can learn how to evaluate your performance data in the most effective manner. Check out the field reports from other coaches in order to inspire your players to put in outstanding performances with TRACKTICS.

YOUTUBE CHANNEL



Our YouTube channel <u>http://www.youtube.com/c/TRACKTICS</u> is filled with tips and tricks about our products and Apps. Tutorials, experience reports and background info will help you to maximise the value you and team draw from TRACKTICS.





TROUBLESHOOTING FOR MOST COMMON PROBLEMS

Problem	Troubleshooting
I successfully uploaded a session but cannot see the results on the App nor on the Analysis Platform.	The accurate analysis of your data requires up to 30 minutes. Your results will show up as soon as the analysis is done, be patient. You will get an e-mail once your results are ready.
One of my TRACKERS won't turn on.	Make sure the TRACKER's battery is charged: Plug in the USB cable to charge. Make sure your TRACKER's LED lights up in red (permanently), when on charge. If not, please try using an alternative power adapter and/or micro USB cable. If it still doesn't work, do a hard reset by pushing the ON/OFF button of the TRACKER for 5 seconds. Then try to turn it on again.
The data from the last session looks strange.	Make sure your players are wearing the TRACKTICS Belt correctly. The TRACKER must be worn in the provided TRACKTICS Belt at hip level. The TRACKTICS logo must be on the outer side and the pocket opening must be upwards. The orange buttons of the TRACKER must match to the white dots on the Belt.
The TRACKER LED never shines green. Finds no GPS.	A GPS signal is needed in order to perform a tracking. The Tracker cannot be used indoors. Try resetting the TRACKER by pressing the ON/OFF button for 5 seconds. They retry and make sure the Tracker antenna is pointing towards the sky and is not covered.
My email address is not accepted when I try to log in.	You cannot register as a Coach if you are already registered as a TRACKTICS player. If you already created a TRACKTICS player account with your email address, please contact support@tracktics.com so we can change your player account.
The Tracker starts blinking red, do I have to stop the Tracker?	No, the red blinking indicates that the running time of the Tracker battery is < 90 mins. Don't worry, finish your session, and recharge the Tracker before your next session.
Although I always charge the Trackers, their battery is almost empty when I start tracking.	When you unplug your Team Box, the Box switches off, but the Trackers remain switched on. If you are not using them straight after charging, you have to switch them off individually in order to save battery power.
Some Trackers are not detected during upload, so the data of some players is missing.	Do not switch on the Trackers that you will not be using during the session. Recharge the Trackers for 30 min before starting with the data transfer in order to avoid data loss due to low battery. Make sure that the iPad screen does not switch off during the transfer and that the connection between iPad and Box, and then between iPad and internet, is solid.

CONTACT US

If you have any further questions, feel free to contact us:

FAQ

Video tutorials: tracktics.com/start

- Q <u>tracktics.com/FAQ</u>
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Please use the contact form at tracktics.com/en/contact



Or send us an e-mail to support@tracktics.com

Call us on: +49 (0) 69 43052777



TECHNICAL INFORMATION

INFORMATION TRACKER

Technical information:

GPS Frequency: GPS L1 reception at 1575.42MHz, GLONASS L10F at 1602MHz. WiFi Frequency: 2.4GHz Battery type: Multi Cell LiPo Battery. 3.7V, 350mAh capacity.

General information:

When discarding the product, please bring all electrical parts to the local recycling points and throw the remaining parts into the household waste. TRACKTICS GmbH, Hanauer Landstr. 291a, DE-60314 Frankfurt a.M. declares that the product TT01.5 is in compliance with all essential requirements and other relevant guidelines of the directive 2014/53/EU. Please find the complete Declaration of Conformity on www.tracktics.com/doc.



INFORMATION TEAM BOX

Technical information:

WiFi Frequency: 2412 - 2462MHz Transmitting power: 79mW This Team Box runs with 230V - please handle with care

General information:

When discarding the product, please bring all electrical parts to the local recycling points and throw the remaining parts into the household waste.

SAFETY INSTRUCTIONS

- Read these instructions
- Keep these instructions
- Heed all warnings
- Follow all instructions
- This Team Box runs with 230V please handle with care
- Include 20cm distance between Tracker and body, when WiFi is active. Don't wear while transferring the session through WiFi
- Do not attempt to open the Tracker or Team Box. Substances contained in this product and/or its battery may damage the environment and/or human health if handled and disposed of improperly
- Do not tamper with your Tracker or Team Box
- Do not use abrasive cleaners to clean your Tracker or Team Box
- Do not immerse your Tracker or Team Box in water. The Tracker and Team Box are not water resistant
- In case of wet weather, make sure to protect the Team Box from rain (e.g. use an umbrella). The Team Box is not water resistant
- Do not place your Tracker or Team Box in a dishwasher, washing machine or dryer
- Do not expose your Tracker or Team Box to extremely high or low temperatures
- Do not use your Tracker or Team Box in a sauna or steam room
- Do not leave your Tracker or Team Box in direct sunlight for an extended period of time.
- Do not leave your Tracker or Team Box near open flames
- Do not dispose of your Tracker or Team Box in a fire. The battery could explode
- Do not attempt to disassemble your Tracker or Team Box. It does not contain serviceable components
- Never allow small children to play with the Tracker or Team Box; the small components may be a choking hazard!
- Do not attempt to replace your Tracker battery. It is built-in and not changeable
- Charge the battery in accordance with the instructions supplied with this guide
- Charge your Tracker using the provided Team Box
- Do not attempt to force open the built-in battery



HOW TO USE YOUR BATTERIES

- Make sure that your Trackers are fully charged before each session.
- The standard range of the operating temperature of the Trackers is -5 to 35 °C. Performance and lifetime of batteries can decrease when used outside this range.
- Trackers shall not be stored over 40 °C or under -10 °C to avoid permanent damage of the battery.
- Do not expose Trackers and Team Box to direct sunlight.
- Fully charge the Trackers before storing them away for a longer period (e.g. winter break).
- Do not plug-in the Team Box for over 5 hours.
- When you unplug you Team Box, the Box switches off, but the Trackers remain switched on. If you are not using them instantly, you have to switch the Trackers off individually in order to save battery power.
- If you get the error message "Battery problem" in the App, please contact support@tracktics.com.



PERFORM IKE APROVISION

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