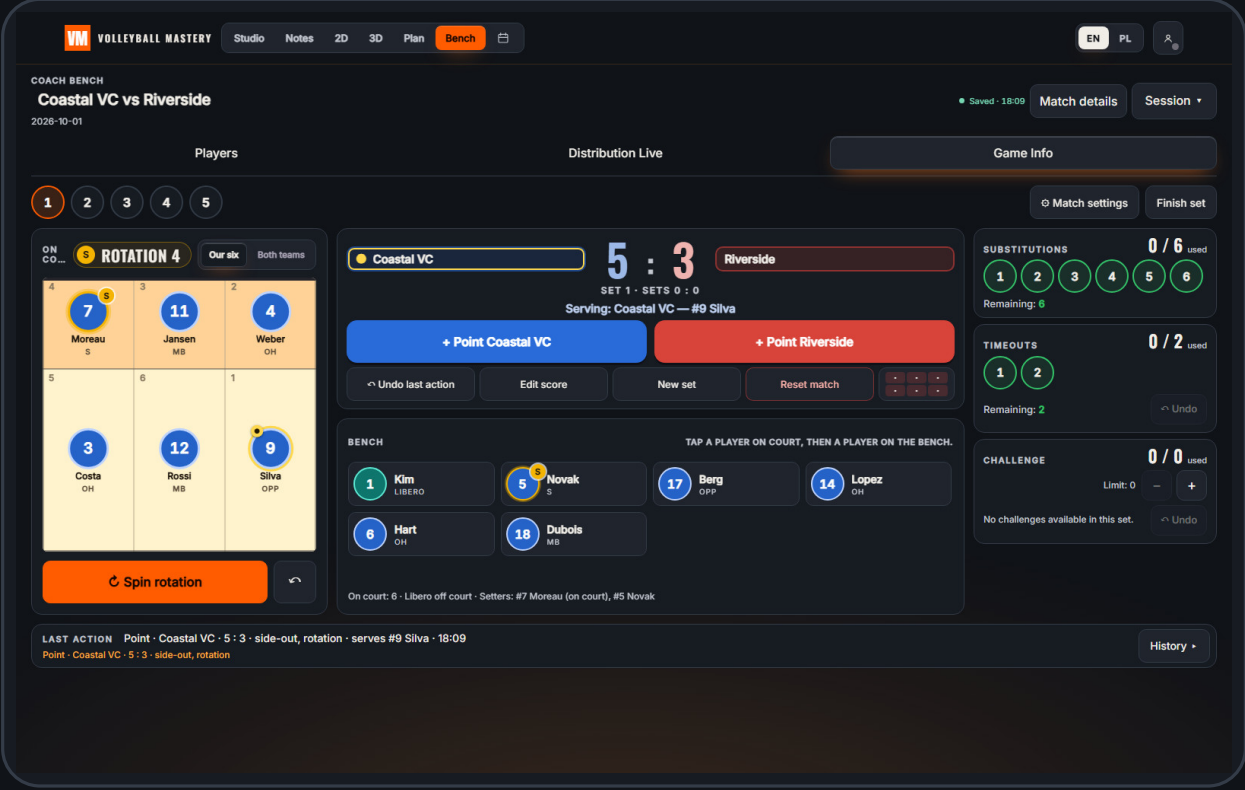
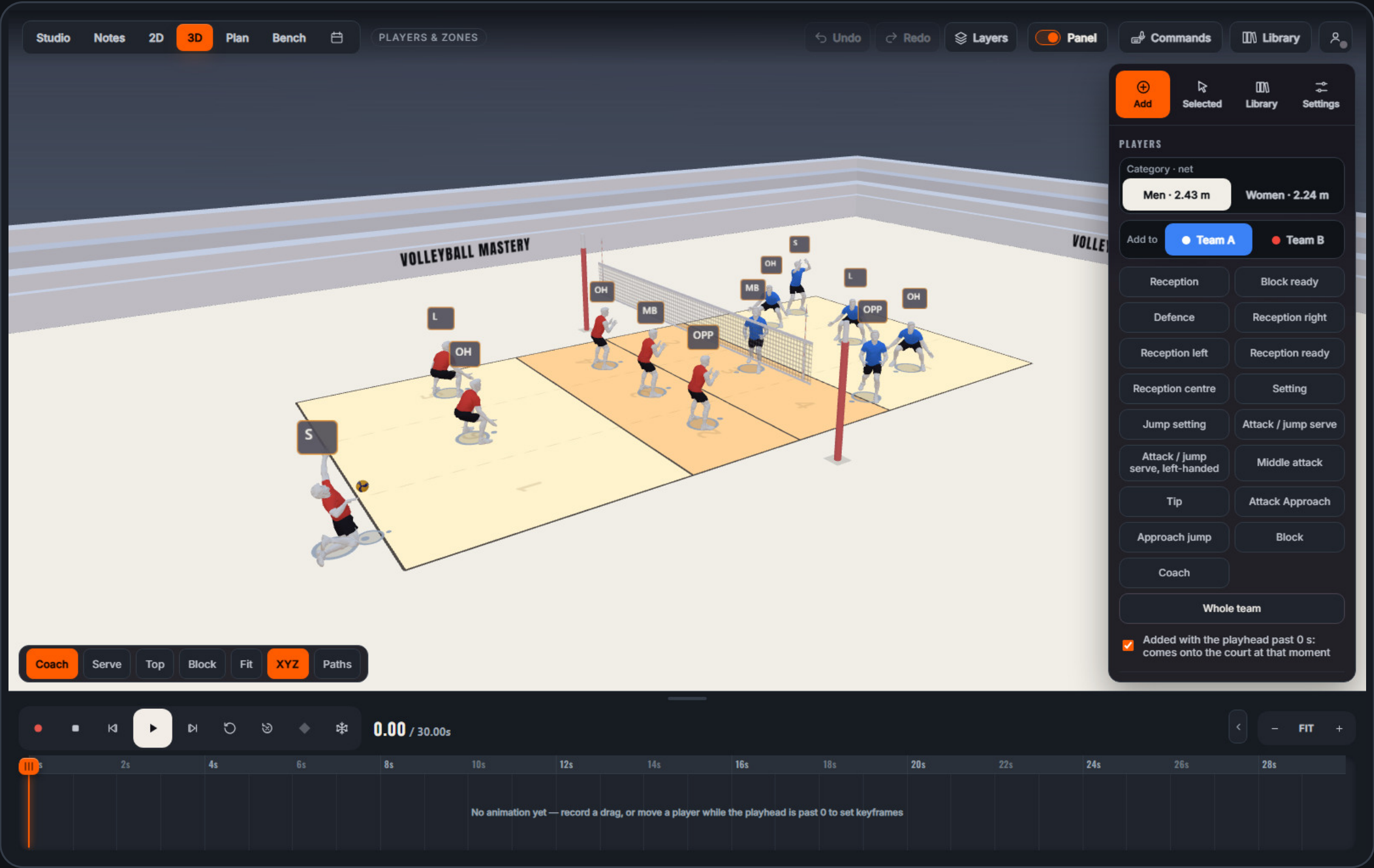


THE COACH'S PRACTICAL MANUAL

VOLLEYDRILL STUDIO COMPLETE COACH GUIDE

From your first court sketch to an animated drill, a running training session and a complete match report.



INDOOR + BEACH
 77 pages • Real app screens • Clickable contents
 Controls explained • Step-by-step workflows

FIND YOUR TASK

FIND YOUR TASK

Jump to a task. Orange frames point to real controls; enlarged details keep the important part readable.

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FIND YOUR TASK

FIND YOUR TASK

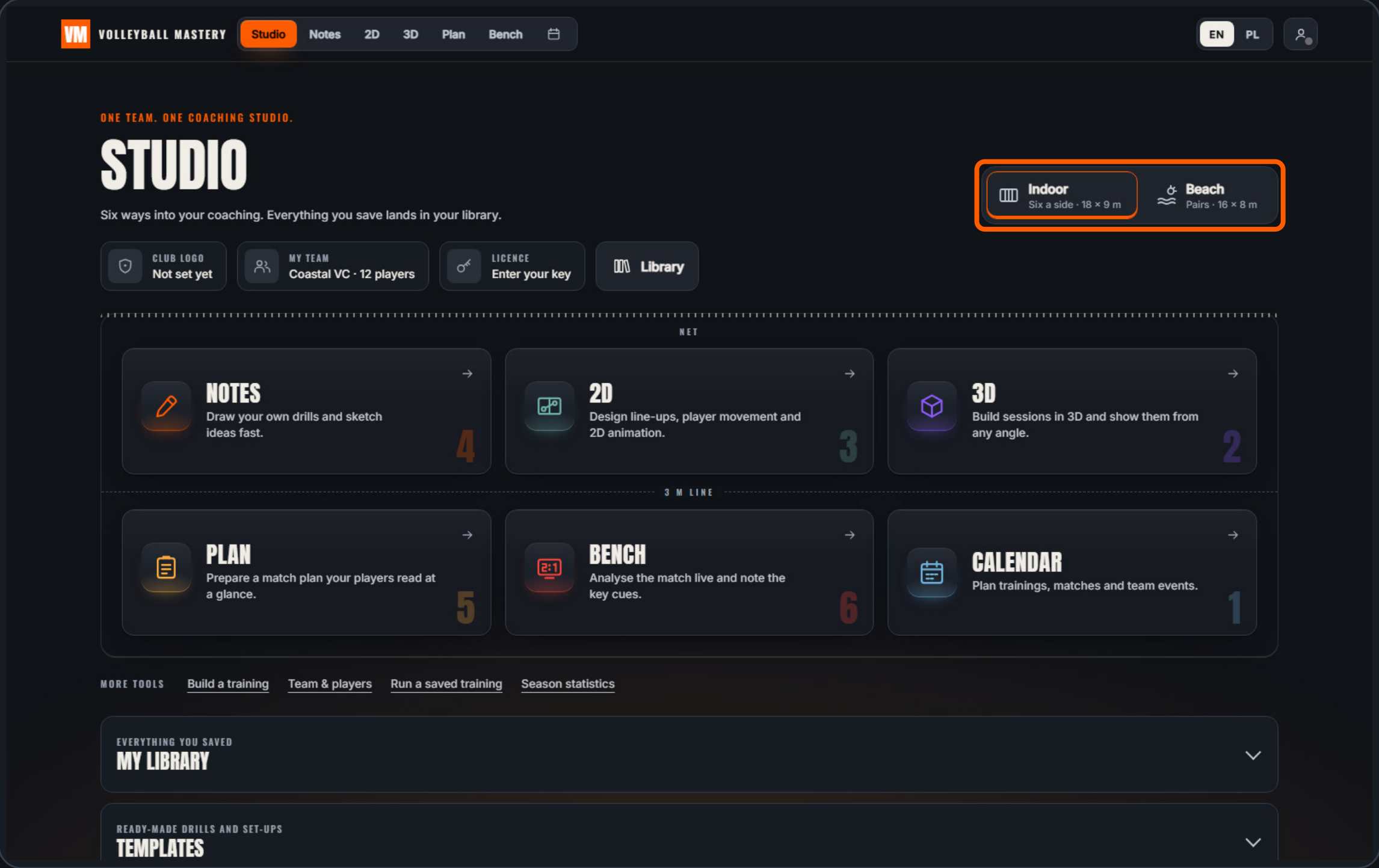
Jump to a task. Orange frames point to real controls; enlarged details keep the important part readable.

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START HERE

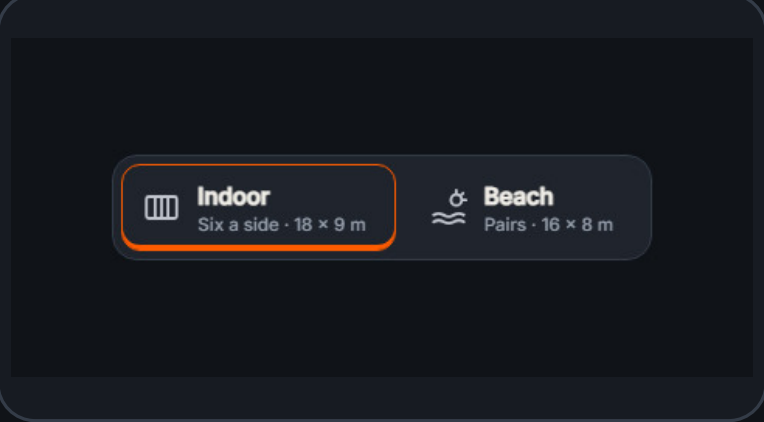
YOUR FIRST USEFUL COACHING SESSION

Build one drill, keep it in your library and put it into a session you can run on court.
CURRENT APP VIEW



Example coaching data • current English interface

DETAIL FROM THE SAME SCREEN



DO THIS

- 1 Choose Indoor in Studio and open Notes.
- 2 Draw a first-contact exercise and select Save to library.
- 3 Build a training with it, then choose Save & run.

WHAT EACH CONTROL DOES

Choose the game

Start in Studio with Indoor or Beach. This choice sets the court, players, working copies and library throughout the app.

Choose your tool

Notes is for a quick sketch; 2D shows positions and timing; 3D shows spacing, body poses and the flight of the ball.

Save the drill

Give the exercise a useful name, duration and coaching cue. Save creates a reusable library item; a recovered working copy alone is not your library.

Build a training

Open More tools / Build a training. Add saved drills, put them in order and set each block's minutes.

Run it on court

Save & run opens the session timer and attendance. You can open an exercise in another tab while the session stays available.

RESULT

You have a reusable exercise and a timed training session.

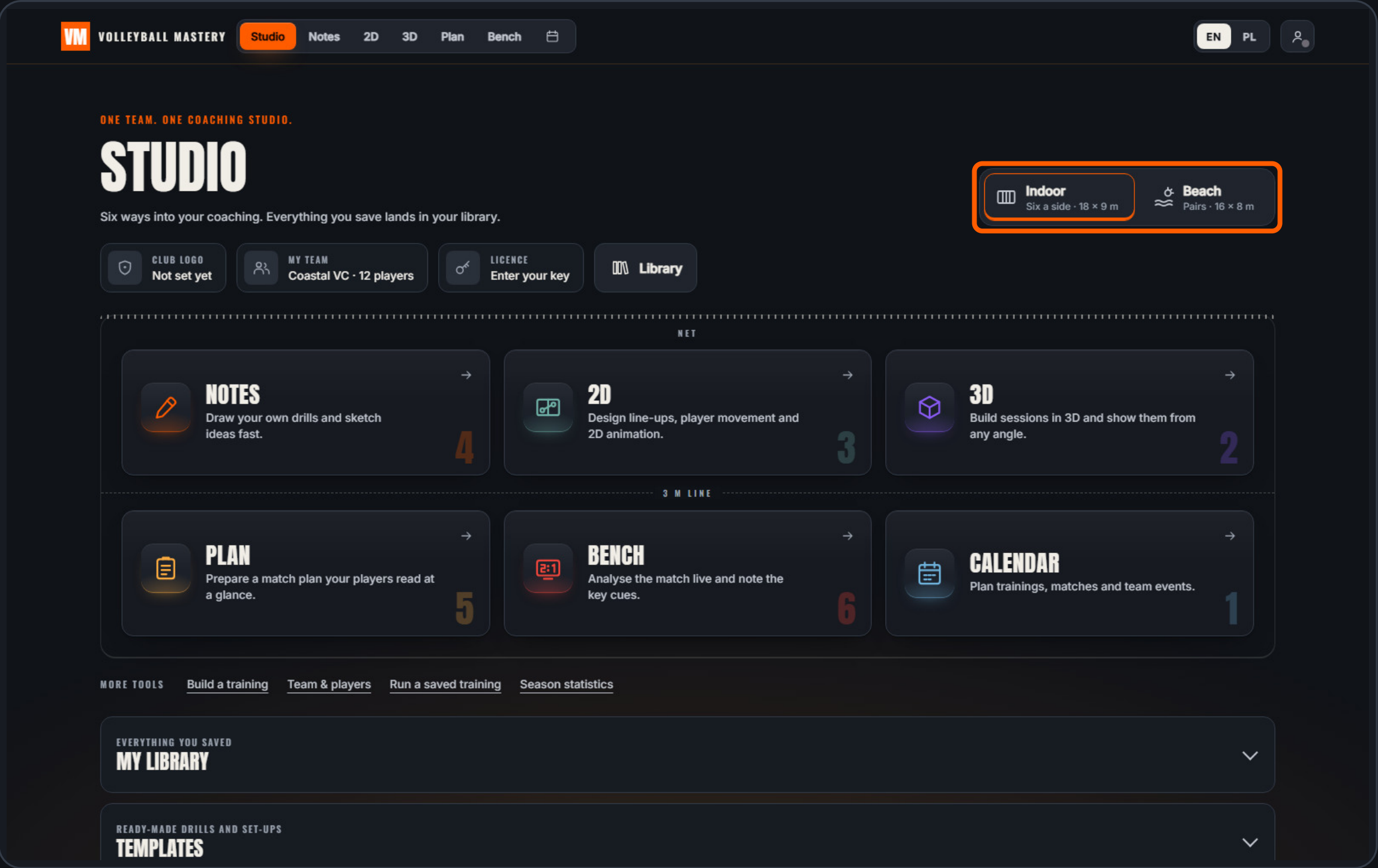
The names and observations in this guide are demonstration examples. Enter your own coaching information.

START HERE

FIND EVERY TOOL IN STUDIO

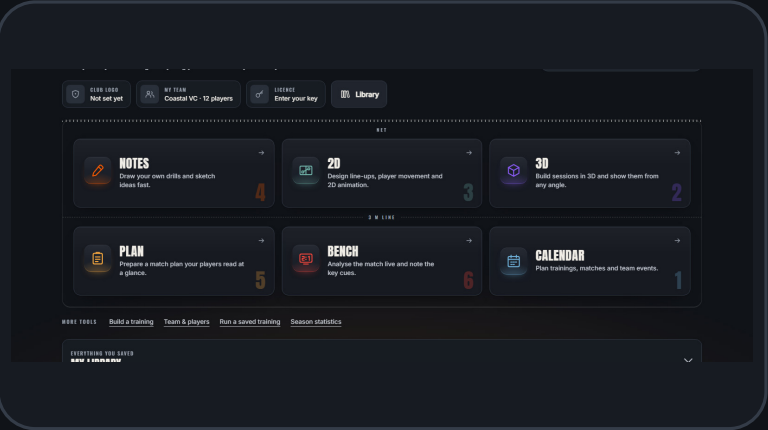
Six main cards cover preparation, explanation and match work. The extra tools sit below them.

CURRENT APP VIEW



Example coaching data • current English interface

DETAIL FROM THE SAME SCREEN



DO THIS

- 1 Pick the card that matches your immediate task.
- 2 Use Studio in the top navigation to return here.
- 3 Expand More tools for training, Run Session and Season Stats.

WHAT EACH CONTROL DOES

Notes

Opens the notebook with court cards, drawing tools and written instructions. The saved card can later be used as a training drill.

2D and 3D

2D gives you an overhead board with animation. 3D turns the same coaching idea into a scene you can inspect from different angles.

Plan

Opens the match preparation sheets. Plan is the scouting and tactical document; use Build a training for an ordered practice session.

Bench and Calendar

Bench records match observations and game information. Calendar places practices, matches, gym work and recovery into a schedule.

Library, team and club logo

The shared library resumes saved work. Your roster supplies player identity. Club logo adds your badge to courts across the studios.

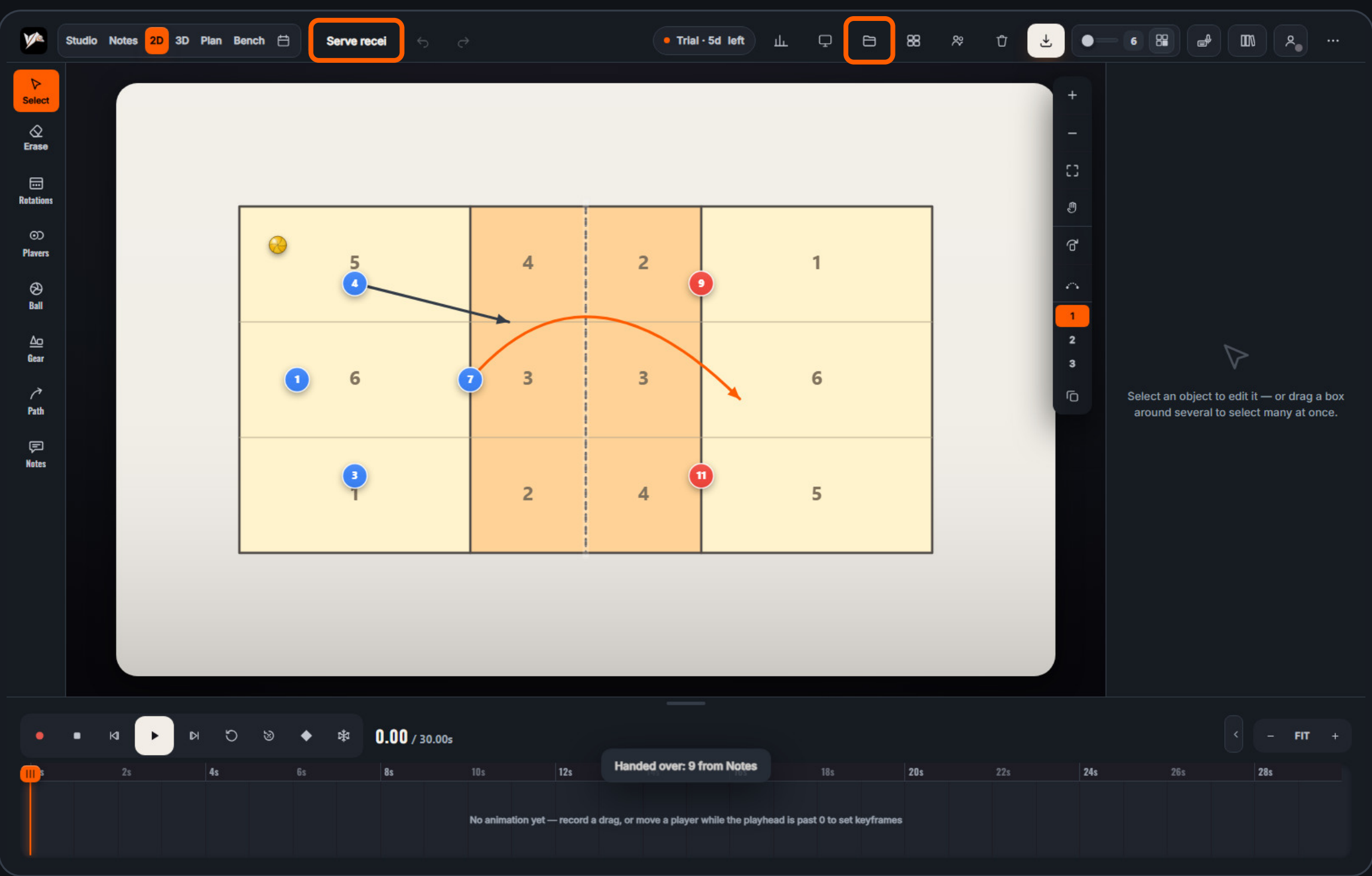
RESULT

You can reach the complete coaching workflow from one home screen.

START HERE

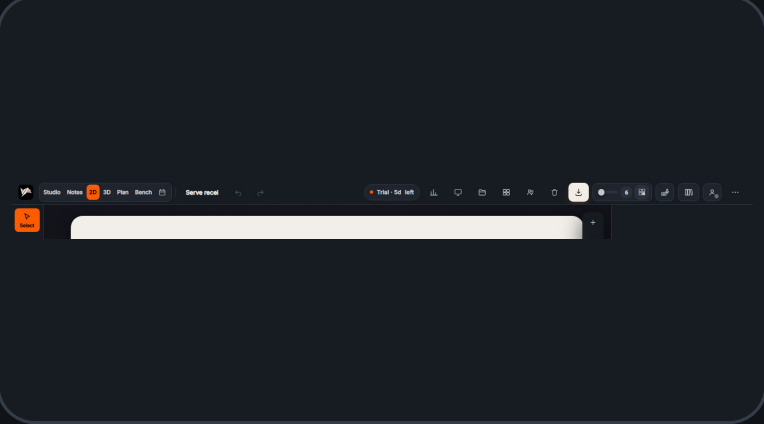
NAVIGATION, PANELS AND TABLET CONTROLS

The mode bar follows you between tools. Smaller screens may shorten labels or wrap the bar.



Example coaching data • current English interface

DETAIL FROM THE SAME SCREEN



DO THIS

- 1 Use a landscape tablet for more court and control space.
- 2 Open the relevant panel before selecting an object.
- 3 If a label becomes an icon, use its tooltip or accessible name.

WHAT EACH CONTROL DOES Studio and mode links

Change pages directly with Notes, 2D, 3D, Plan, Bench and Calendar. Save important edits before starting another task.

Account & sync

The person button opens sign-in, licence and cloud status. Online team services live here; the device roster has its own editor.

Library

The shared catalogue opens saved materials in their matching studio. It also contains Templates, filters and bulk actions.

Show or hide a panel

Notes and 3D can hide their side controls to give the court more space. In 2D, the properties panel becomes an overlay on small screens.

Touch and pen

Notes explicitly chooses whether a finger draws or scrolls. In 3D an empty-floor drag turns the camera; a player drag moves the player.

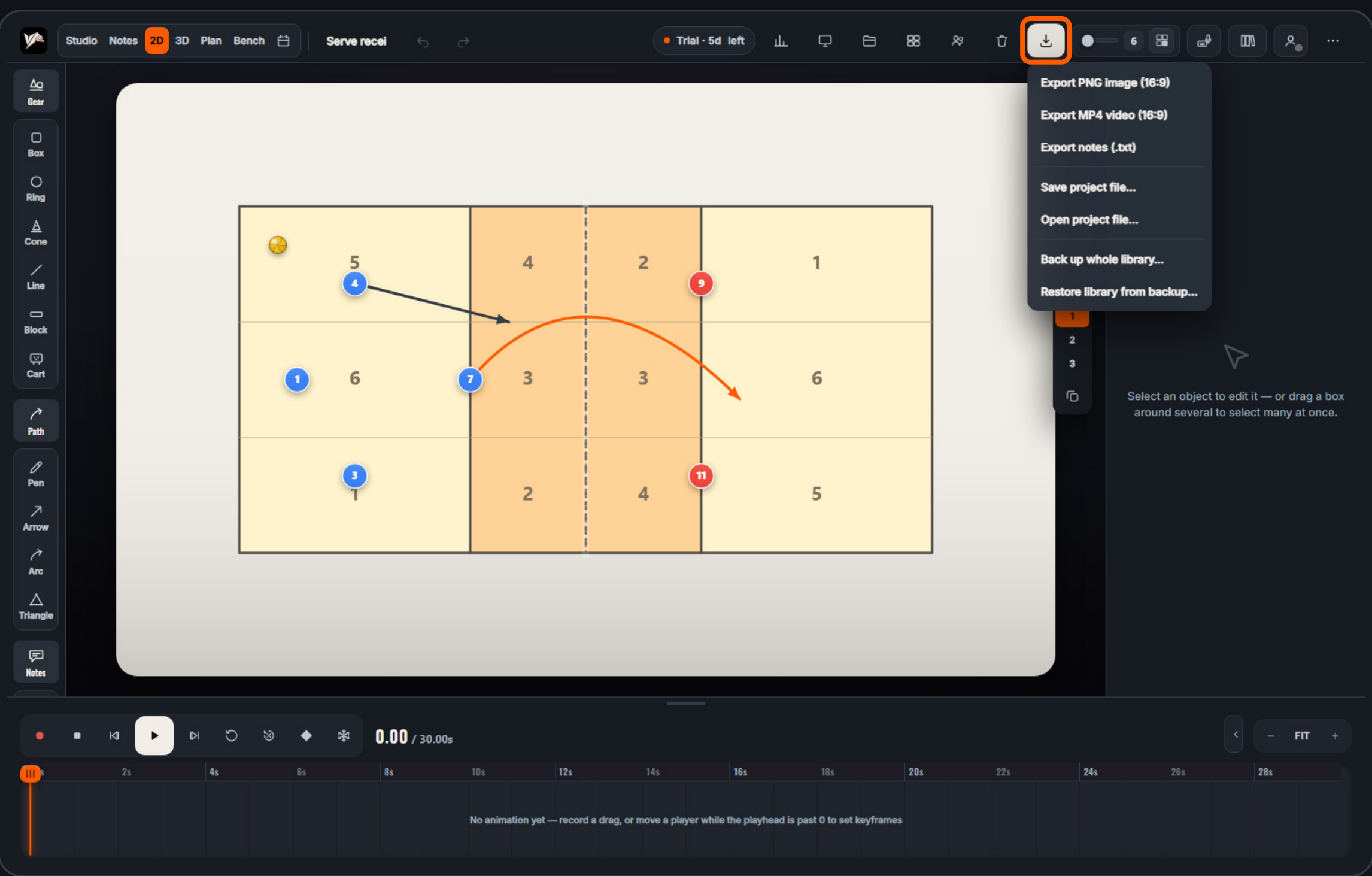
RESULT

A compact bar changes the layout without removing the underlying tools.

START HERE

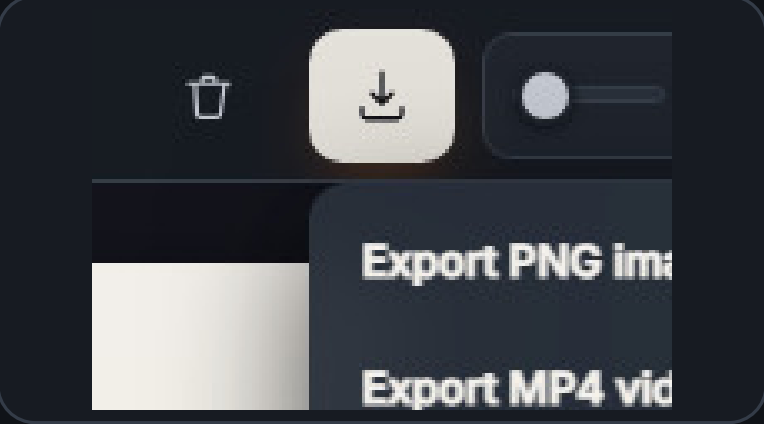
INSTALL, UPDATE AND WORK OFFLINE

Open the app online first so its browser cache can prepare the studios for the hall.



Example coaching data • current English interface

DETAIL FROM THE SAME SCREEN



DO THIS

- 1 Open the studios you intend to use while connected.
- 2 Save work and back up the library before a major update.
- 3 After reconnecting, check the cloud status and use Sync now.

WHAT EACH CONTROL DOES

Install app

Use the browser’s Install app or Add to Home Screen action. A compatible browser may also expose an Install button inside the app.

Check for updates

In 2D, open the More menu or Settings. Check for updates looks for a newer app build; Install update applies one that is waiting.

Local work

Drawing, editing, saved library items and local drafts are available without a connection after the app resources have been cached.

Online services

Sign-in, cloud sync, sharing, chat, player links and TV pairing need a connection. Offline — changes wait means local edits still need to travel.

A reliable archive

Keep a library backup file outside the browser. Clearing browser site data can remove device work, even when the app was installed.

RESULT

Your device can remain useful in a hall with no signal.

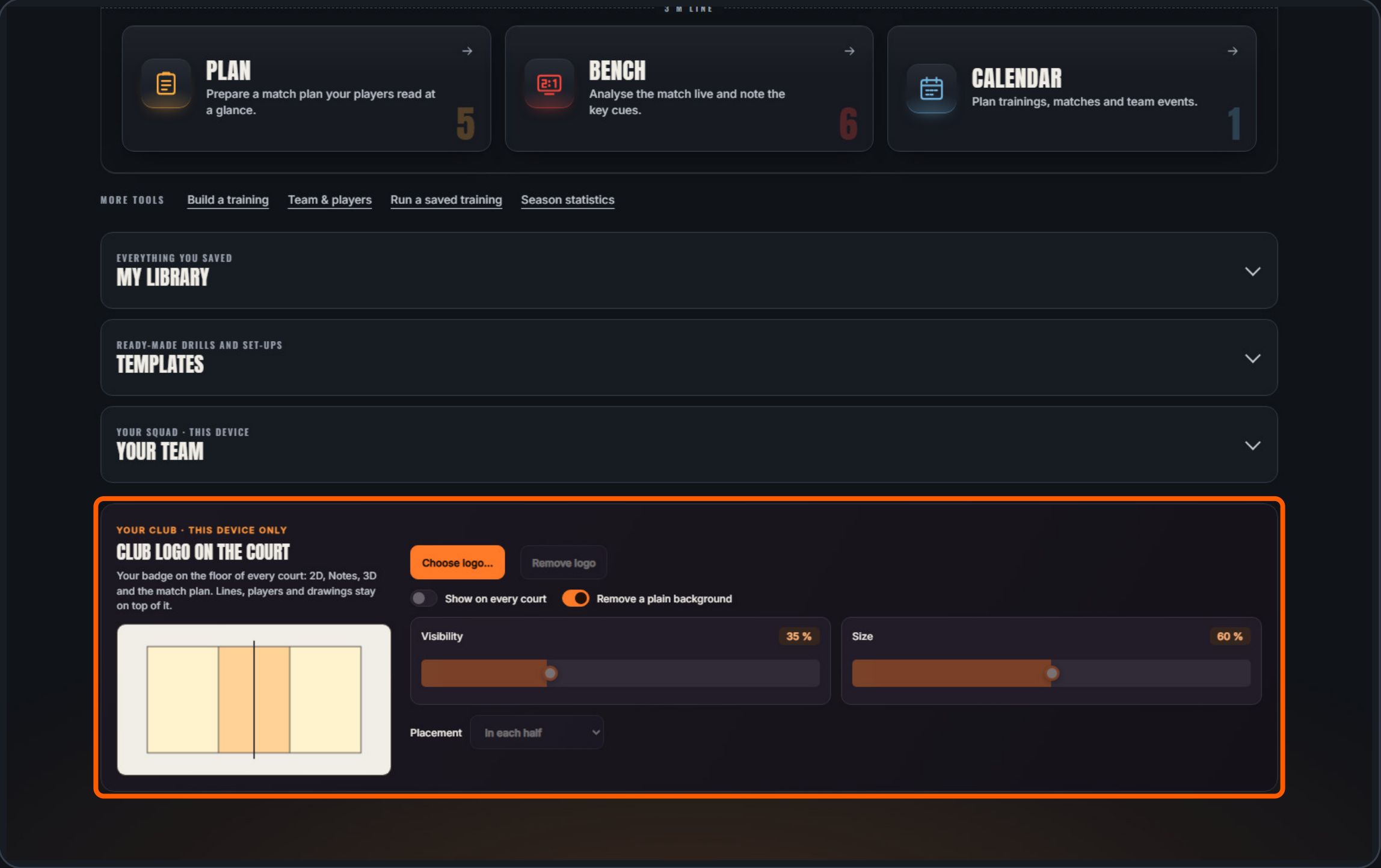
An installed icon is a convenient way to open the same browser app. It does not replace saving or backups.

START HERE

YOUR CLUB LOGO ON EVERY COURT

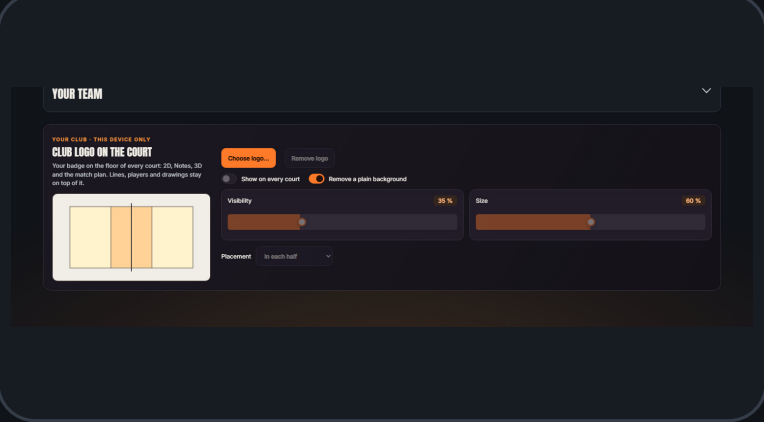
Give your diagrams a consistent club identity without hiding the coaching information.

CURRENT APP VIEW



Example coaching data • current English interface

DETAIL FROM THE SAME SCREEN



DO THIS

- 1 Open Club logo in Studio and choose an image.
- 2 Adjust visibility, size and placement in the preview.
- 3 Open your working court and check the badge behind the drawing.

WHAT EACH CONTROL DOES

Choose logo...

Upload PNG, JPEG, WebP or SVG. Remove a plain background prepares the image before it is saved.

Show on every court

Switches the saved badge on or off. Lines, players and drawings remain above the logo.

Visibility and Size

Visibility adjusts opacity; Size adjusts how much court the badge occupies. Use a quiet setting so the drill stays legible.

Placement

In each half repeats the badge on both halves. Centre of the court places one badge centrally.

Remove logo

Removes the badge from this device. The logo setting is local to this device; set it again on another coaching device.

RESULT

Your court visuals carry a consistent club badge.

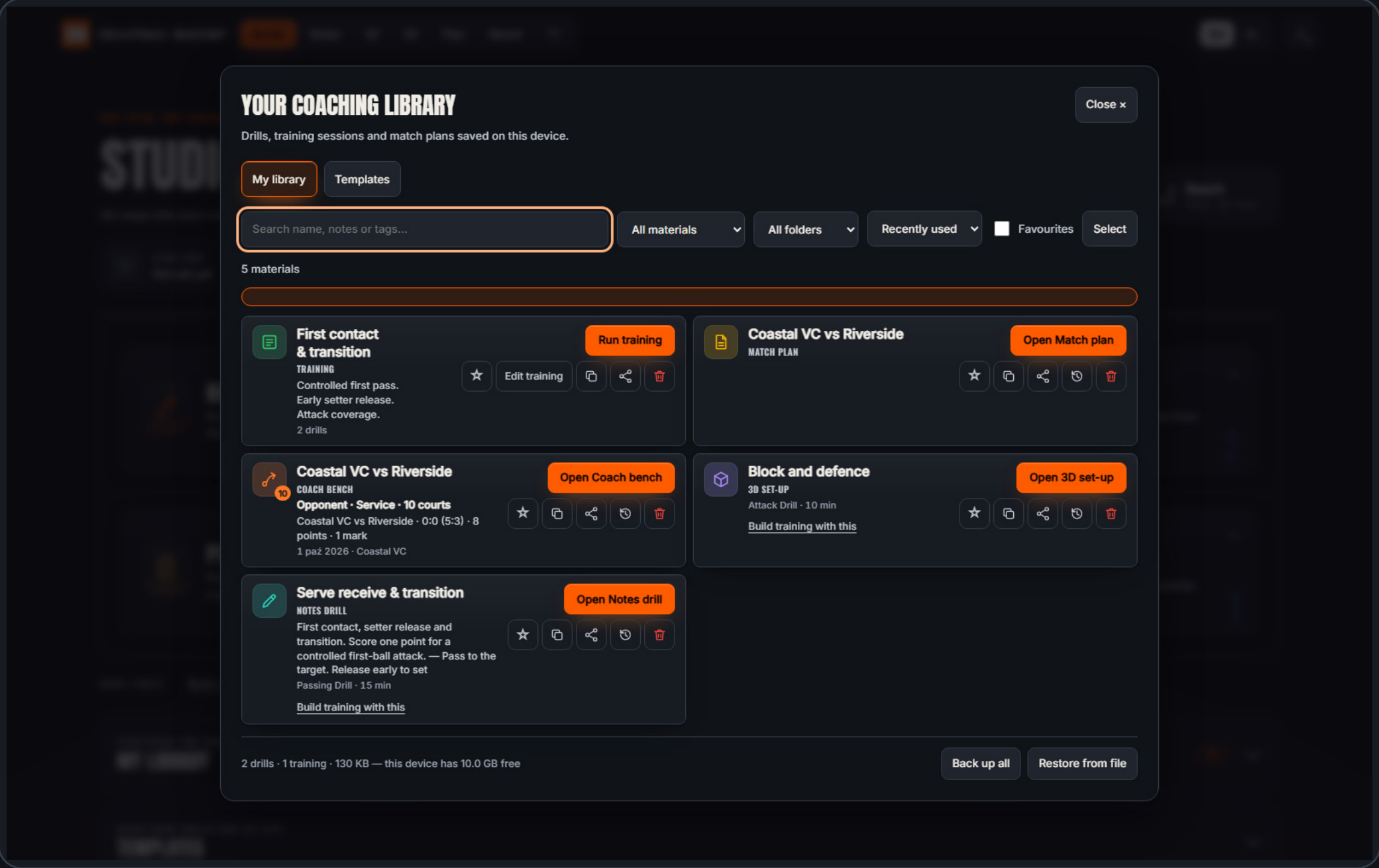
Use a small, clean image. The panel reports when the device cannot keep a large image.

LIBRARY

SAVED WORK AND TEMPLATES

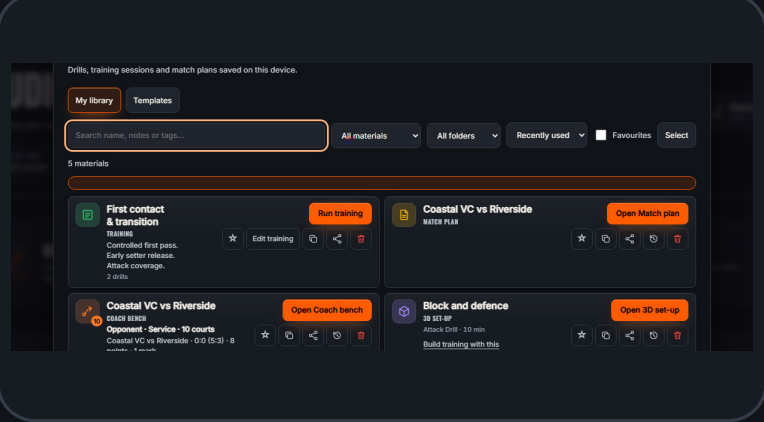
Your own library starts empty. Templates are the ready-made exercises supplied separately by the app.

CURRENT APP VIEW



Example coaching data • current English interface

DETAIL FROM THE SAME SCREEN



DO THIS

- 1 Open Library from any studio.
- 2 Choose My library or Templates.
- 3 Check the type badge and open the intended item.

WHAT EACH CONTROL DOES

My library

Contains your saved drills, 3D set-ups, trainings, match plans and Bench projects for the currently selected game.

Templates

Browse the exercises shipped with the app. Opening a template gives you a useful starting point that you can adapt and save as your own work.

Material type

Limit the list to the kind of coaching material you need. A 3D drill and a training session serve different jobs even if their names are similar.

Open

A card resumes in its matching editor. A training opens its own workflow, while a Bench project returns to the match session.

Copy

Where a card offers Copy, make an independent editable version. This is useful for adapting a colleague’s exercise without replacing their original.

RESULT

A saved material stays attached to the tool that can edit it.

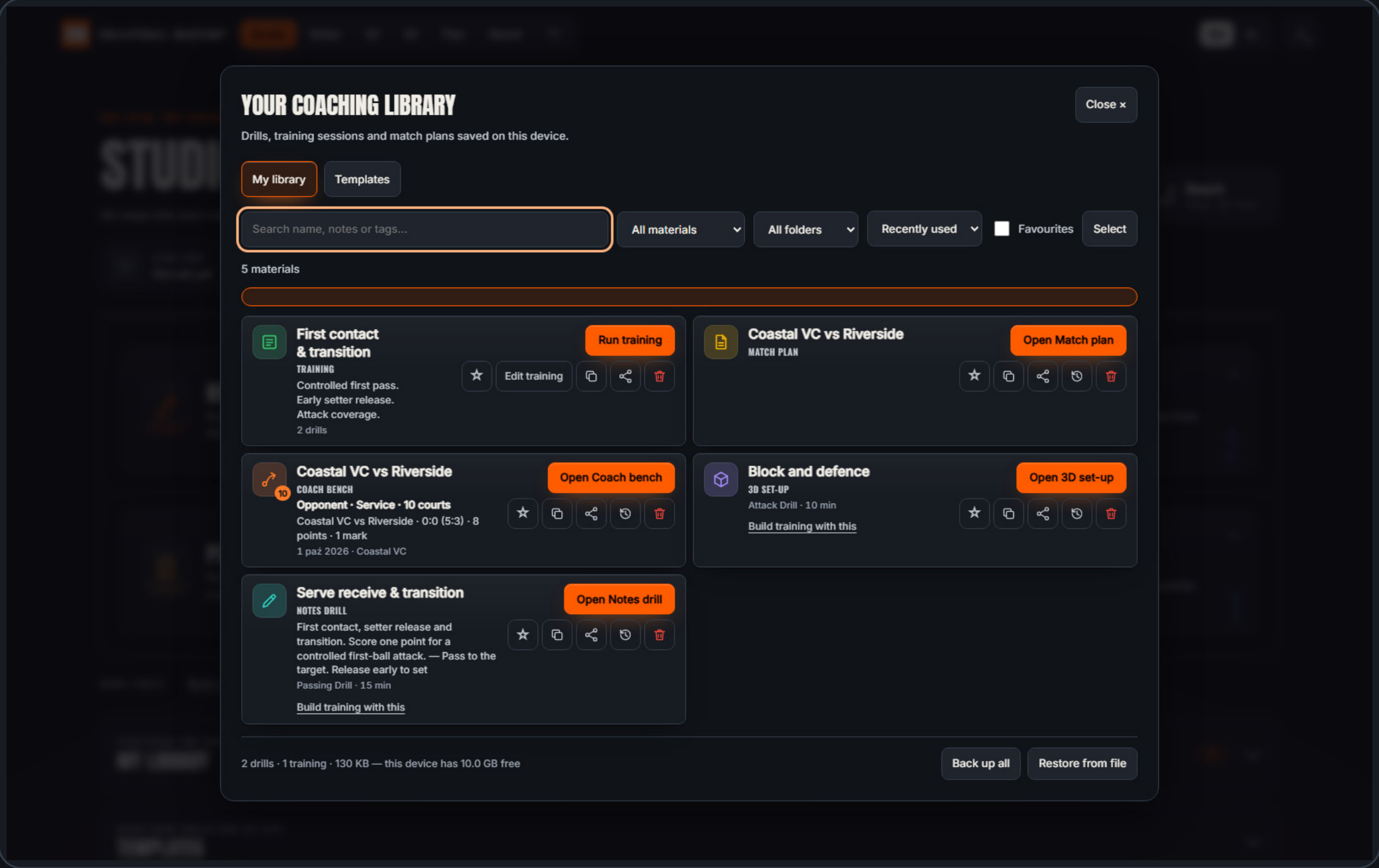
Switch Indoor or Beach in Studio to see that game’s library. Cross-game material is not silently converted.

LIBRARY

SEARCH, FOLDERS AND FAVOURITES

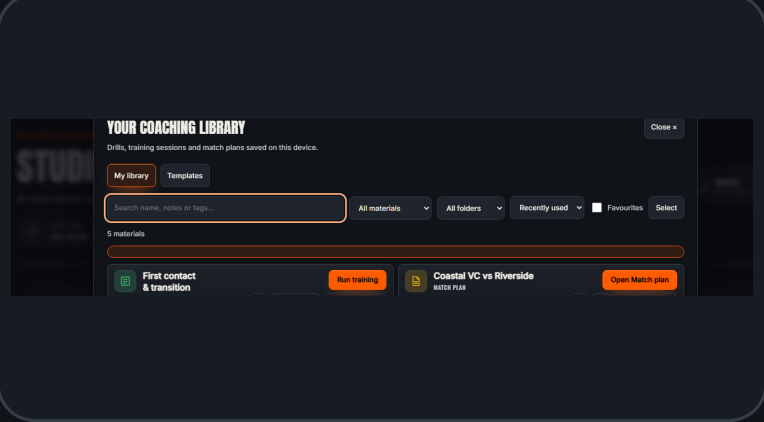
Organise materials so they can be found quickly before practice or during a match.

CURRENT APP VIEW



Example coaching data • current English interface

DETAIL FROM THE SAME SCREEN



DO THIS

- 1

Search a topic, then narrow Material type.
- 2

Use a folder and a clear title for a saved drill.
- 3

Star frequently used exercises and switch on Favourites.

WHAT EACH CONTROL DOES

Search

Search looks through names, notes, summaries, folders and tags. Use a coaching phrase such as reception or transition rather than remembering the exact title.

Folder

Show one folder, all folders or Drafts only when available. Folder names can express purpose, age group or a stage of your training plan.

Whose

When shared material is present, narrow the catalogue by its origin. The ownership badge helps distinguish your work from material shared with you.

Sort library

Recently used brings reopened work forward. Last edited highlights current changes. Name A–Z is useful for a stable alphabetical collection.

Favourite

Select the star on a card, then enable Favourites to hide the rest. Favourite status is organisation; it does not duplicate or export the exercise.

RESULT

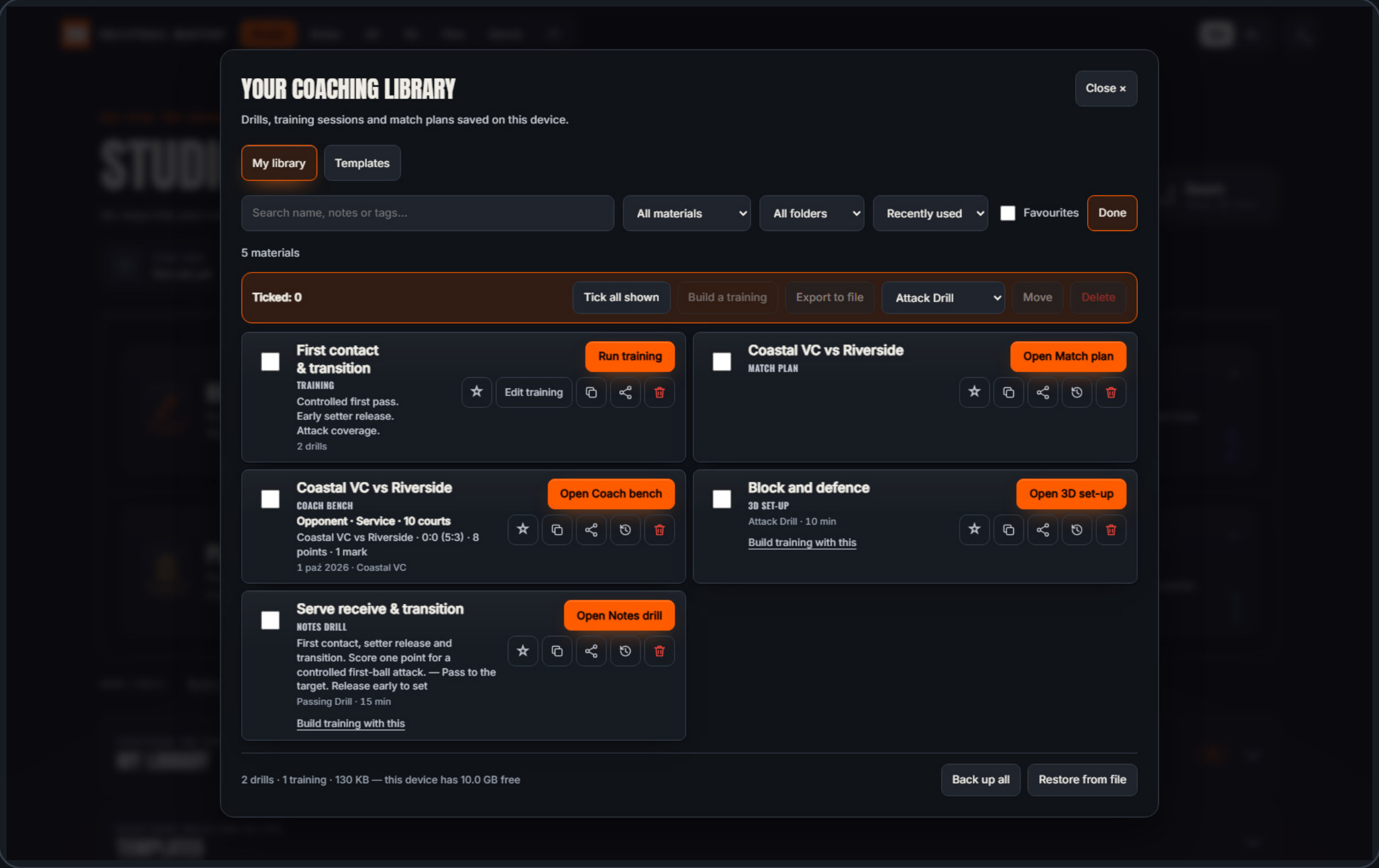
The filters reduce the visible catalogue; the saved work remains in the library.

LIBRARY

SELECT SEVERAL MATERIALS AT ONCE

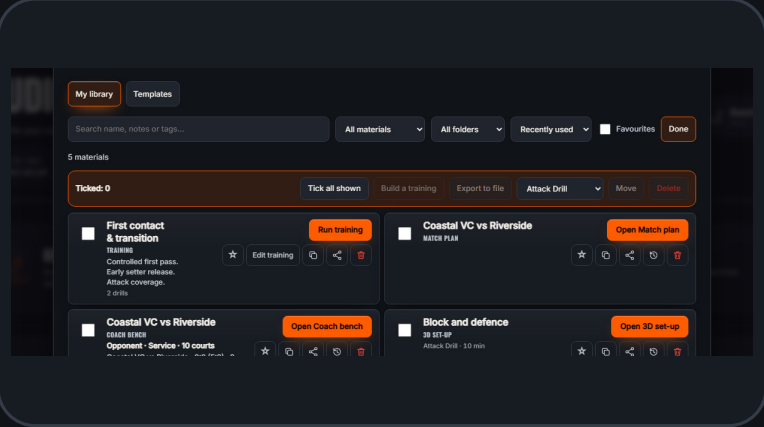
Bulk actions help prepare a session or tidy a collection without opening every item.

CURRENT APP VIEW



Example coaching data • current English interface

DETAIL FROM THE SAME SCREEN



DO THIS

- 1 Choose Select and tick the intended cards.
- 2 Check the selection count and choose the bulk action.
- 3 Review the resulting training or library list.

WHAT EACH CONTROL DOES

Select

Turns card pictures into checkboxes. Tick the materials you want to include; Done leaves selection mode.

Build training

Use the selected eligible drills to start a training. The builder then lets you review order, duration and any missing references.

Export to file

Packages selected saved materials into a library file that can be moved or retained as an archive.

Move to folder

Applies the chosen folder to the selected items. The exercise itself stays the same; its library organisation changes.

Delete

Removes the selected materials after confirmation. Review the selection first, particularly when a saved training refers to one of those drills.

RESULT

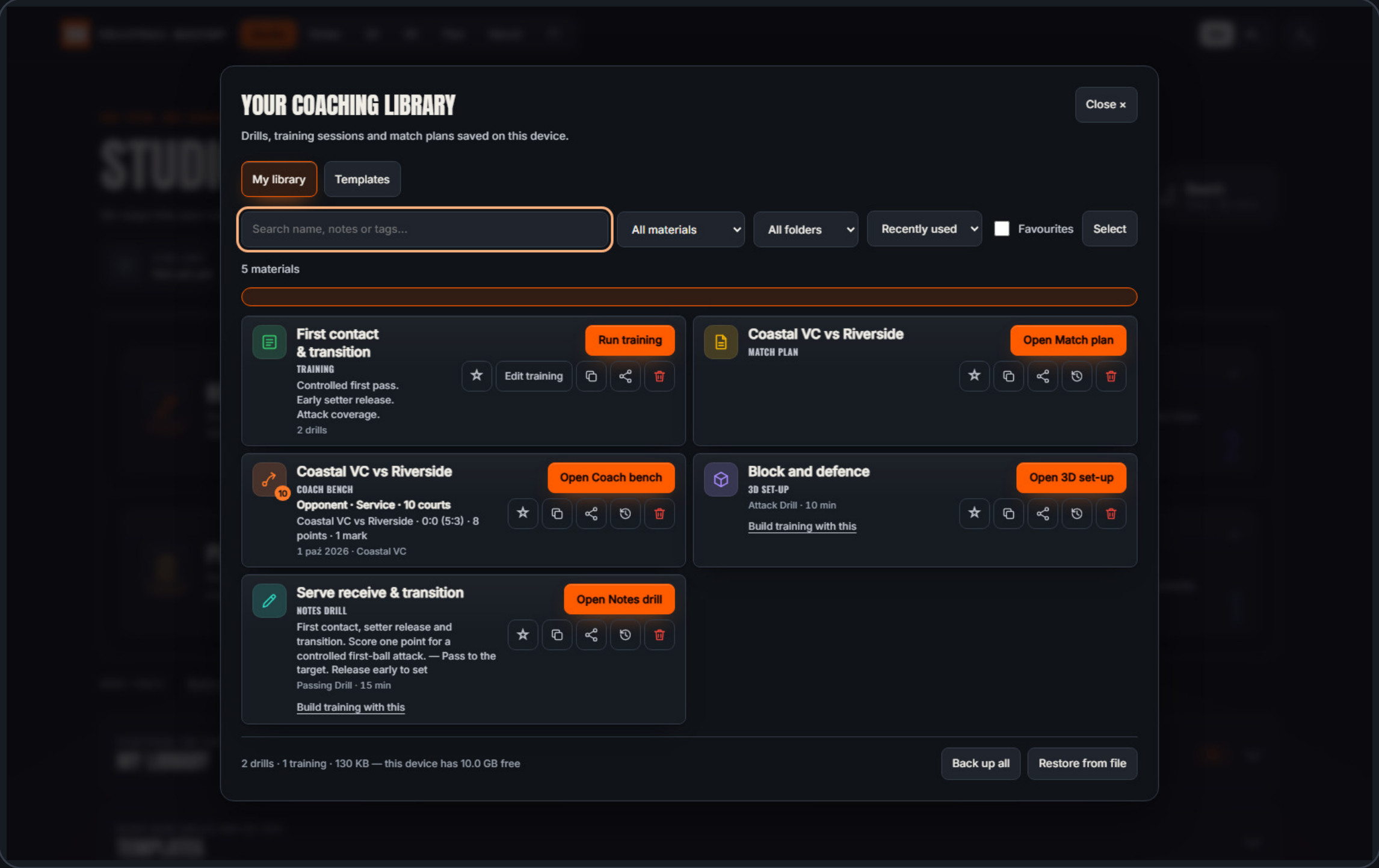
One action is applied to the materials you explicitly selected.

A training uses drill references. Deleting a referenced drill leaves a missing block that must be resolved before running.

LIBRARY

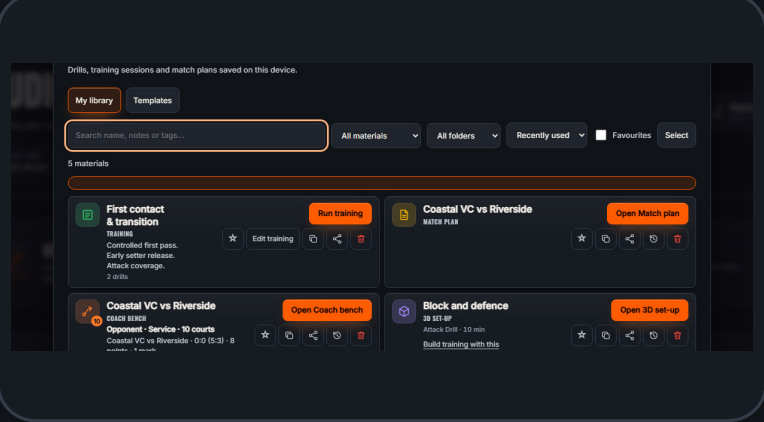
BACKUPS, RESTORE AND EARLIER VERSIONS

Use a file backup for portability and a version history to recover a specific earlier save.
CURRENT APP VIEW



Example coaching data • current English interface

DETAIL FROM THE SAME SCREEN



DO THIS

- 1

Select Back up all and keep the downloaded file safely.
- 2

On another device, use Restore from file and inspect the result.
- 3

Use Versions when you need an older state of one material.

WHAT EACH CONTROL DOES

Back up all

Exports a whole-library file. Keep it in your own document archive, preferably with a date in the filename.

Restore from file

Merges valid materials from a backup into the library. It adds work rather than wiping the current collection to match the backup.

Space used

The library footer reports browser storage use. If space is low, archive your work before deleting items or clearing site data.

Versions

For eligible synced materials, open the saved history. The cloud keeps recent saves and named versions; access depends on your account and licence.

Restore a version

Brings an older save forward as the new current version. Name a checkpoint before a match or a substantial edit so it is easy to identify later.

RESULT

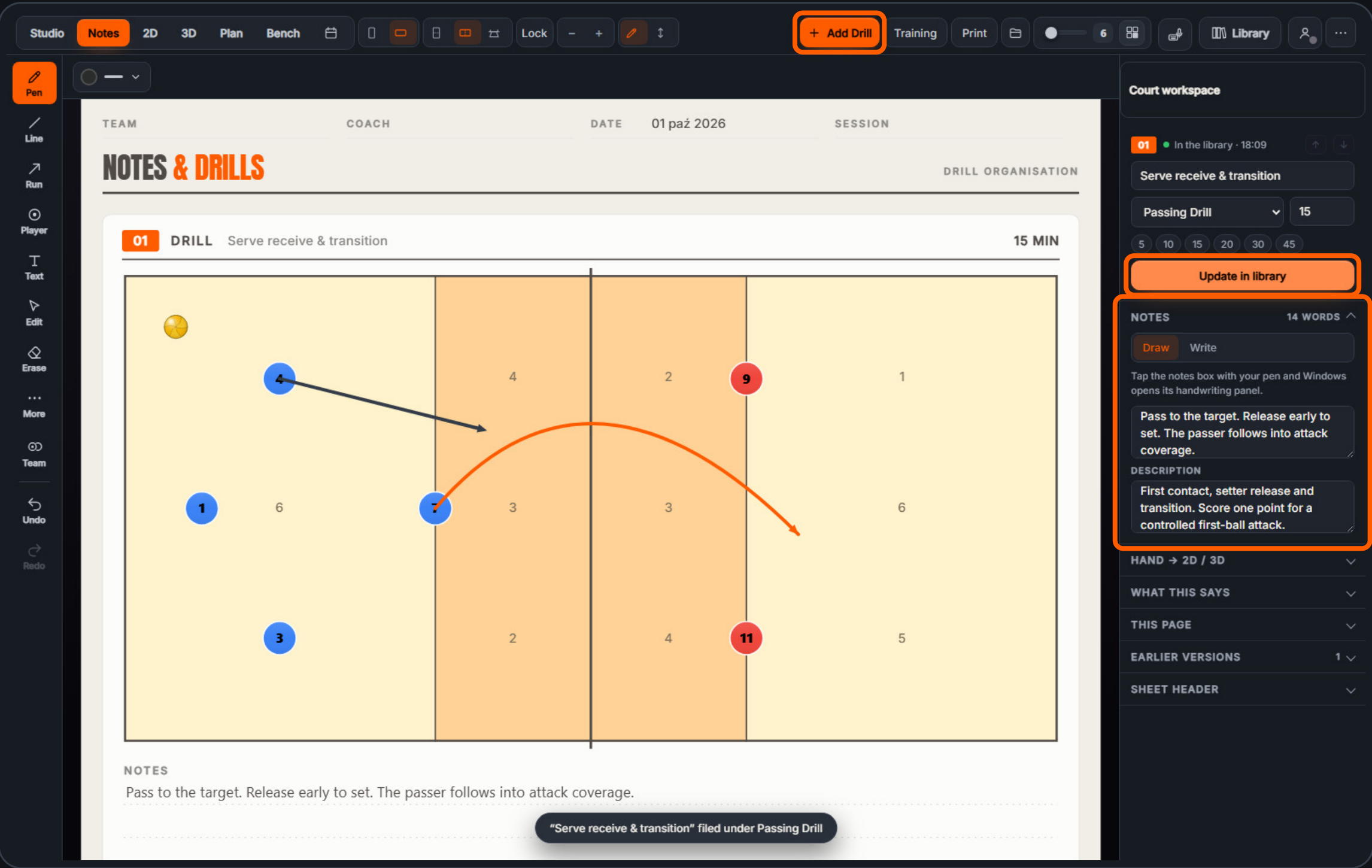
You have a portable library archive and a separate way to recover earlier work.

Autosave, library backup and cloud versions are different recovery tools. A draft that has never been saved is not a named cloud checkpoint.

NOTES

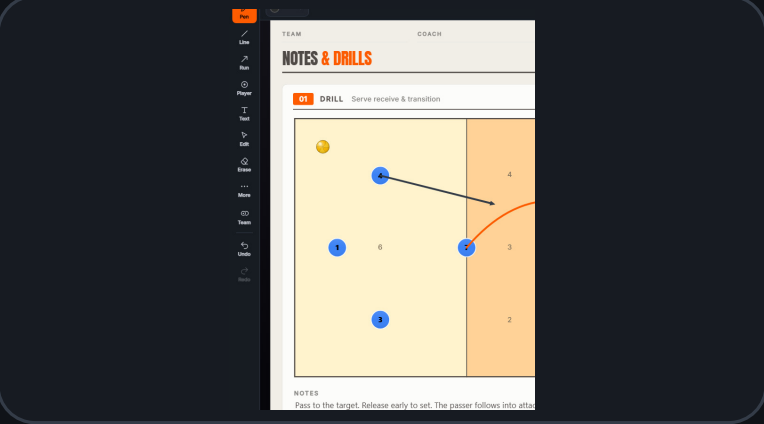
MAKE A CLEAR COURT SKETCH

Notes combines a printable court, drawing tools and coaching instructions on one drill card.



Example coaching data • current English interface

DETAIL FROM THE SAME SCREEN



DO THIS

- 1 Place the players and the ball at the starting positions.
- 2 Add only the routes needed to explain the task.
- 3 Write the main cue and save the card to the library.

WHAT EACH CONTROL DOES

Pen and Line

Pen records freehand ink. Line places a straight segment with editable ends, useful for limits or a simple direction marker.

Run and More

Run adds a movement arrow. More exposes extra ball-path, shape and equipment tools so a drill can show movement and setup separately.

Player and Team

Player places a labelled marker. Team adds the active indoor roster, including sideline players, so names and shirt numbers stay consistent.

Text

Places typed words on the page. Use short labels on the court and longer instructions in the notes column.

Edit and Erase

Edit selects and adjusts placed objects. Erase removes ink or objects; Undo and Redo let you reverse or repeat a recent edit.

RESULT

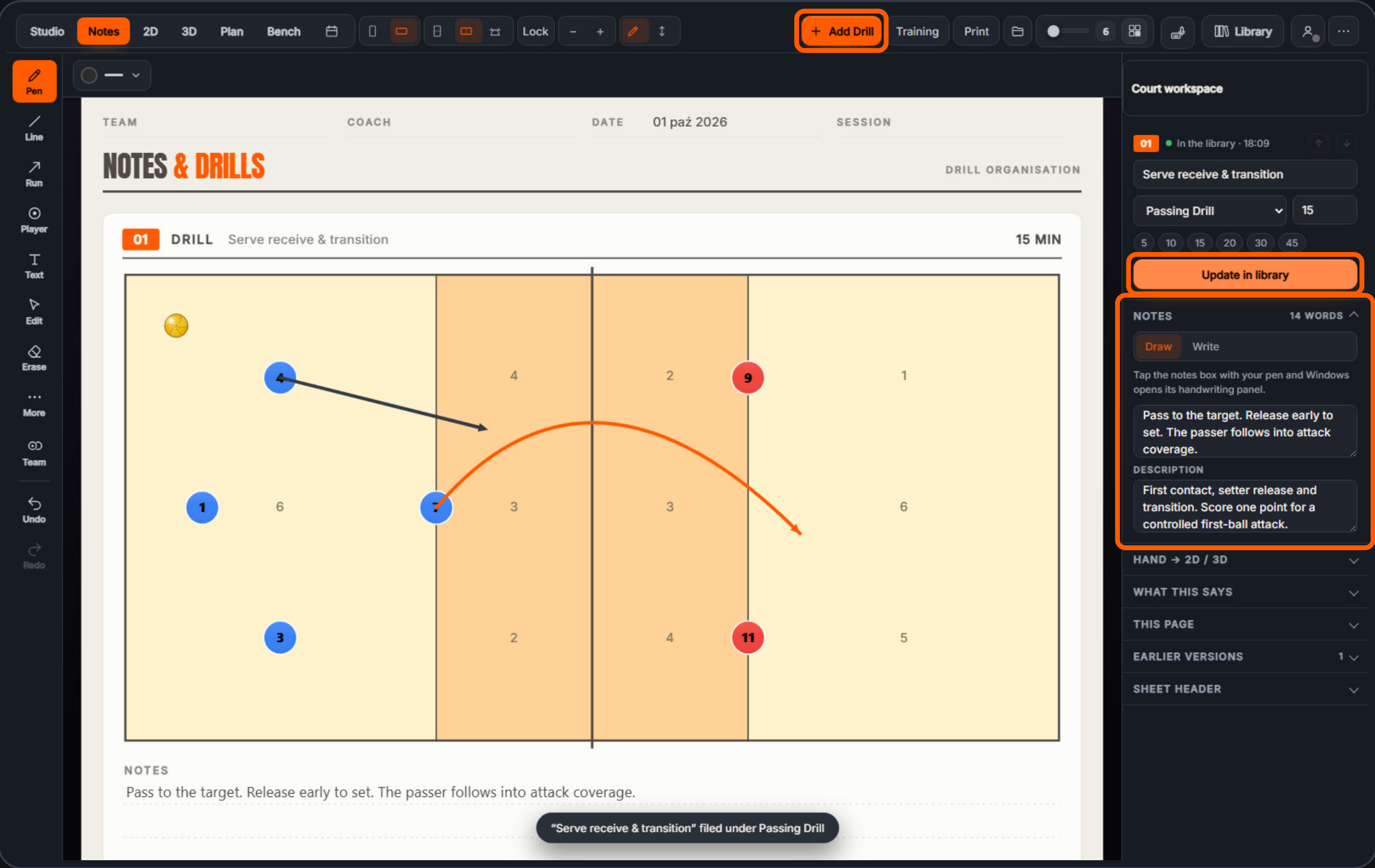
The card explains what the players do and where the action starts.

NOTES

DRAWING STYLES AND EDITABLE OBJECTS

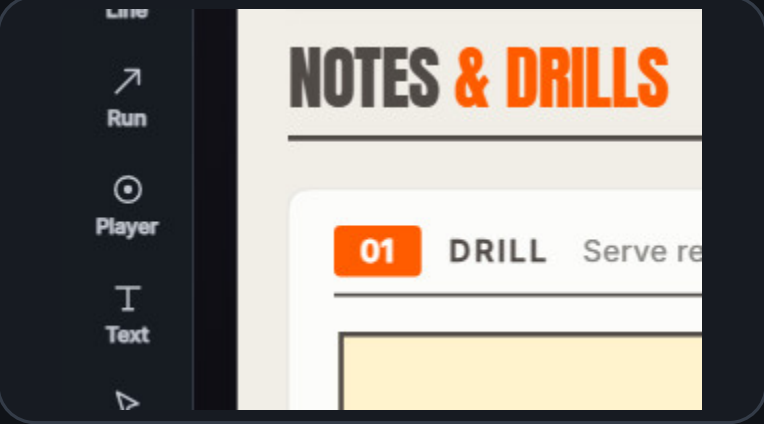
A route, ball path and shaded area communicate different parts of the exercise.

CURRENT APP VIEW



Example coaching data • current English interface

DETAIL FROM THE SAME SCREEN



DO THIS

- 1 Choose the symbol or route style before placing it.
- 2 Switch to Edit and adjust the finished object.
- 3 Check the court at normal viewing size for clarity.

WHAT EACH CONTROL DOES

Run, Pass and Hit

Use the available arrow styles to distinguish a player's run from a ball action. The drawn style helps the reader; it does not by itself record a live statistic.

Curved

A curved route uses three handles. Move the endpoints to set its start and finish, then move the middle handle to bend the path.

Ball and equipment

Place a ball, cone, box, cart or other available symbol where the task uses it. Equipment outside the lines remains part of the page.

Colours and width

Tool options control the current drawing's colour and thickness. Select an existing object to change its properties instead of drawing another on top.

Selection actions

Use the object's selection controls to move, edit or duplicate it. Undo reverses drawing changes; do not use Clear this page for a small correction.

RESULT

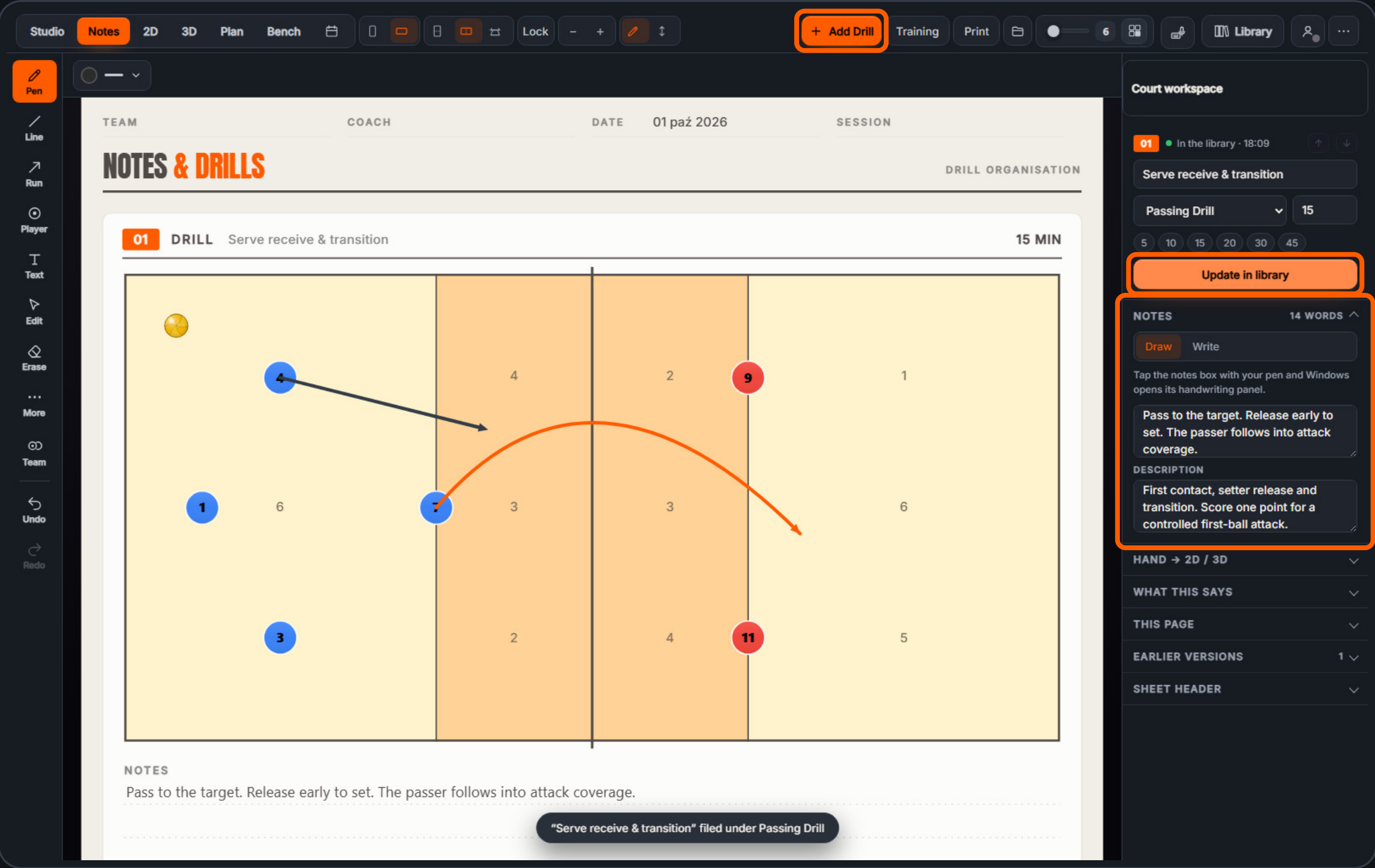
The court uses a readable visual vocabulary instead of an unexplained collection of marks.

NOTES

CARDS, LAYOUT AND TOUCH BEHAVIOUR

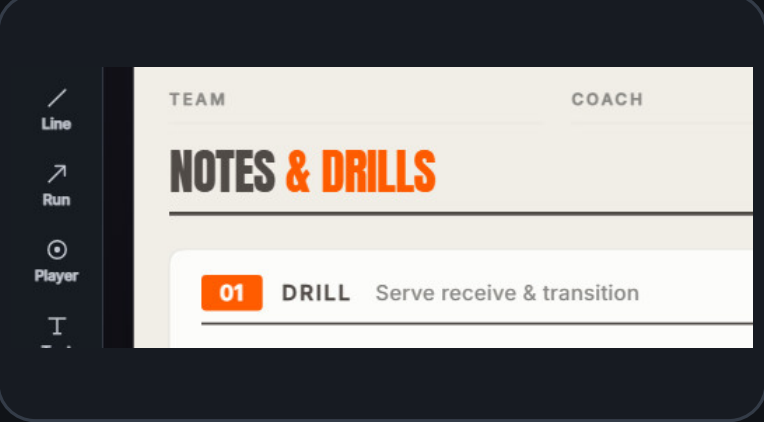
Use several drill cards in a notebook while keeping each task easy to read.

CURRENT APP VIEW



Example coaching data • current English interface

DETAIL FROM THE SAME SCREEN



DO THIS

- 1 Choose the page orientation and court view first.
- 2 Set the finger mode before working on a tablet.
- 3 Add the next drill and review the page order.

WHAT EACH CONTROL DOES
 Add Drill

Creates another page/card in the notebook. The card tabs and page counter help you return to the intended exercise.

Orientation and view

Portrait or landscape changes the page shape. Court view choices change how the court lies on the sheet; use the one that makes the drill easiest to follow.

Court size and page size

The size controls change the working presentation. Smaller and Bigger adjust the page view without changing the exercise's coaching purpose.

Finger behaviour and Lock

Choose finger draw or finger scroll. Lock prevents accidental page movement while drawing; a stylus can be used for precise ink.

Page management

Move a card up or down, reorder pages, duplicate one, clear its contents or delete it. Duplicate is a useful starting point for the next variation.

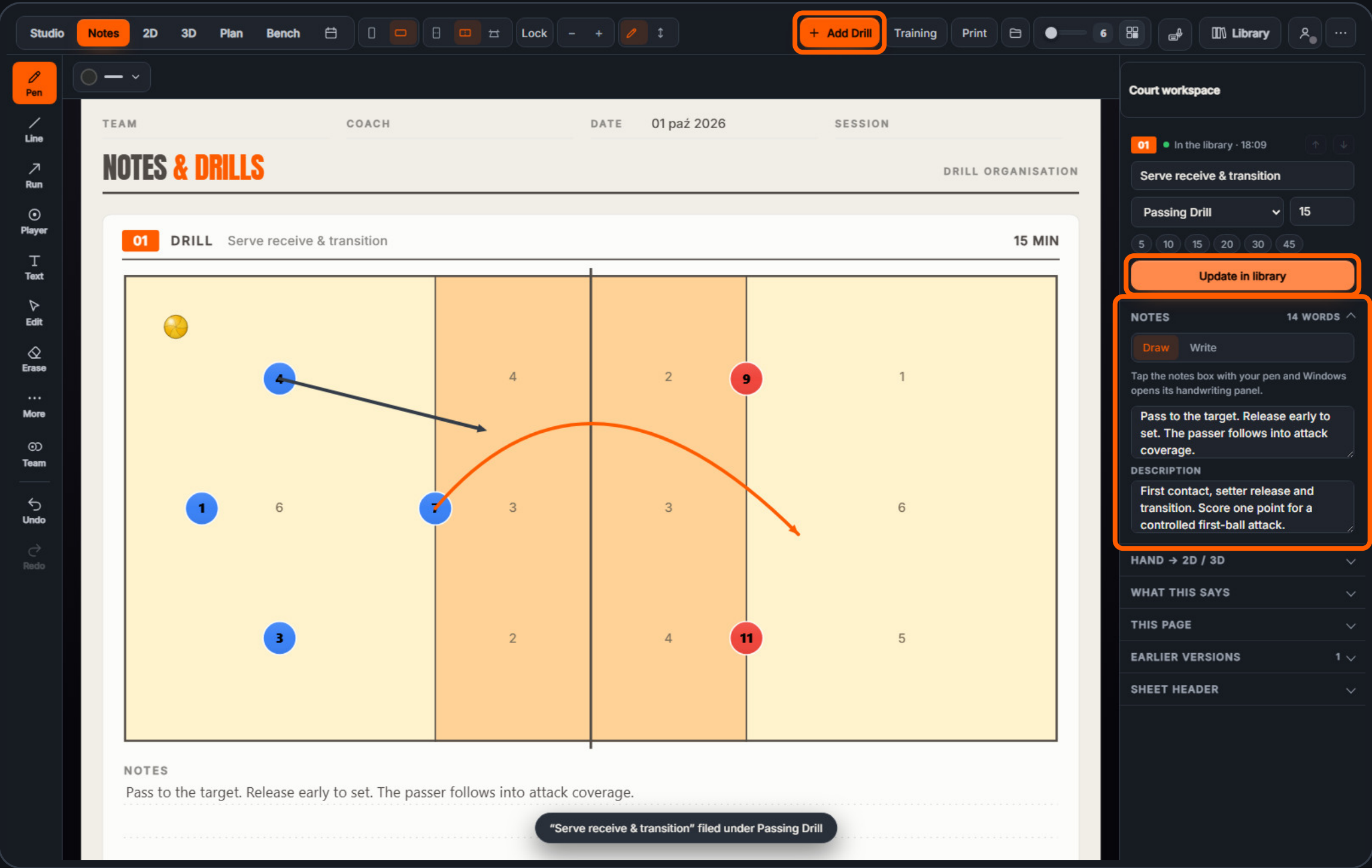
RESULT

The notebook becomes a sequence of separate, readable tasks.

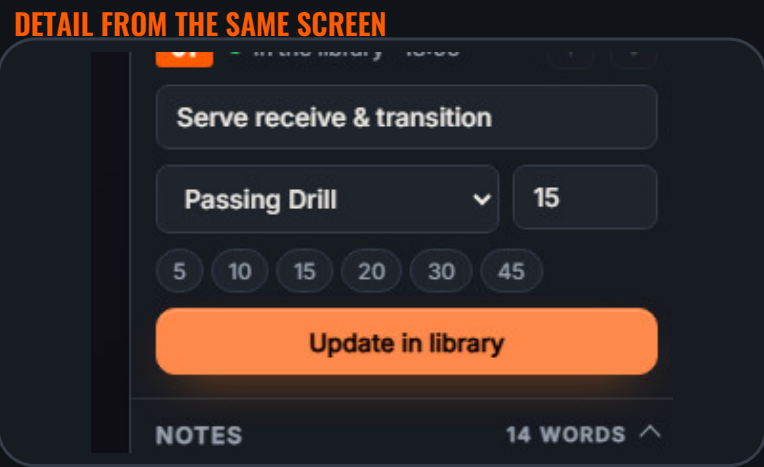
NOTES

NAME, MINUTES, NOTES AND SAVING

The right panel turns a drawing into a coaching material another person can use.



Example coaching data • current English interface



DO THIS

- 1 Enter the name, duration and a short practical cue.
- 2 Describe organisation and scoring in the notes.
- 3 Choose Save to library and check the saved state.

WHAT EACH CONTROL DOES

Drill name

Describe the actual exercise, such as Serve receive & transition. A useful title is easier to find than Drill 1.

Folder and minutes

Choose a category/folder and duration. Minute chips enter common values quickly; the number field allows a specific duration.

Notes

Type the steps or write in the notes area with a stylus. The text field and drill description can explain organisation, scoring and the coaching cue.

Save to library

Stores the current card as a reusable drill. The saved-state indicator distinguishes a library card from work that exists only in the notebook.

Earlier versions and header

The local notebook offers earlier states. The sheet header can hold team, coach, date and session information for a printed set of drills.

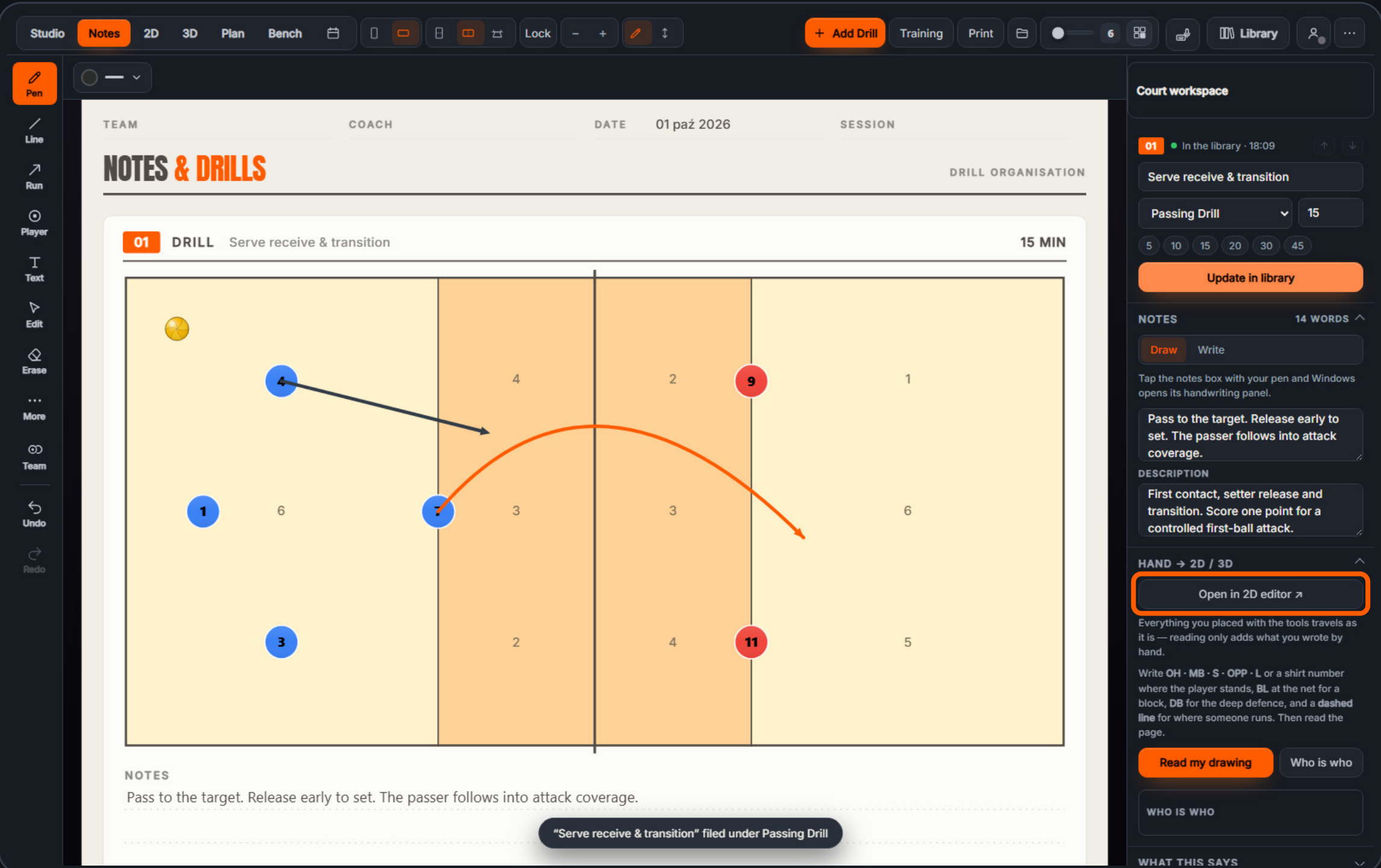
RESULT

The library drill includes the drawing and the information needed to run it.

NOTES

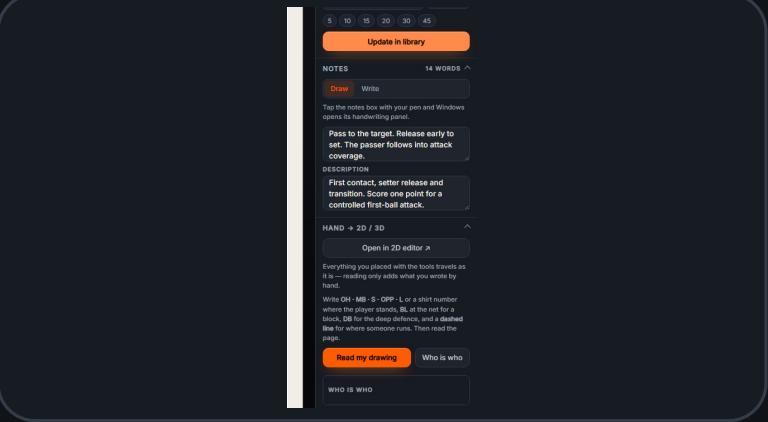
MOVE THE SKETCH INTO 2D OR 3D

The handover keeps supported court objects so the next studio starts from your work.



Example coaching data • current English interface

DETAIL FROM THE SAME SCREEN



DO THIS

- 1 Place clear player symbols and routes on the page.
- 2 Open the bridge and choose 2D or 3D.
- 3 Check player positions and supported objects in the receiving studio.

WHAT EACH CONTROL DOES

Hand / 2D / 3D

Open the bridge fold in the side panel. The available handover controls prepare the selected page for another editor.

Open in 2D

Transfers tool-placed players, equipment, arrows, routes and notes at their court positions. Items drawn outside the court can travel too.

Open in 3D

Uses the recognised or structured drill information to place the supported scene objects. Review the result before teaching from it.

What this says

The recognition panel interprets supported handwritten volleyball symbols and shirt numbers. Review and correct the reading; arbitrary handwriting is not a guaranteed player symbol.

Ink to text

Turn my ink into text appears only when the device can provide the required recognition. Use typed notes when that option is unavailable.

RESULT

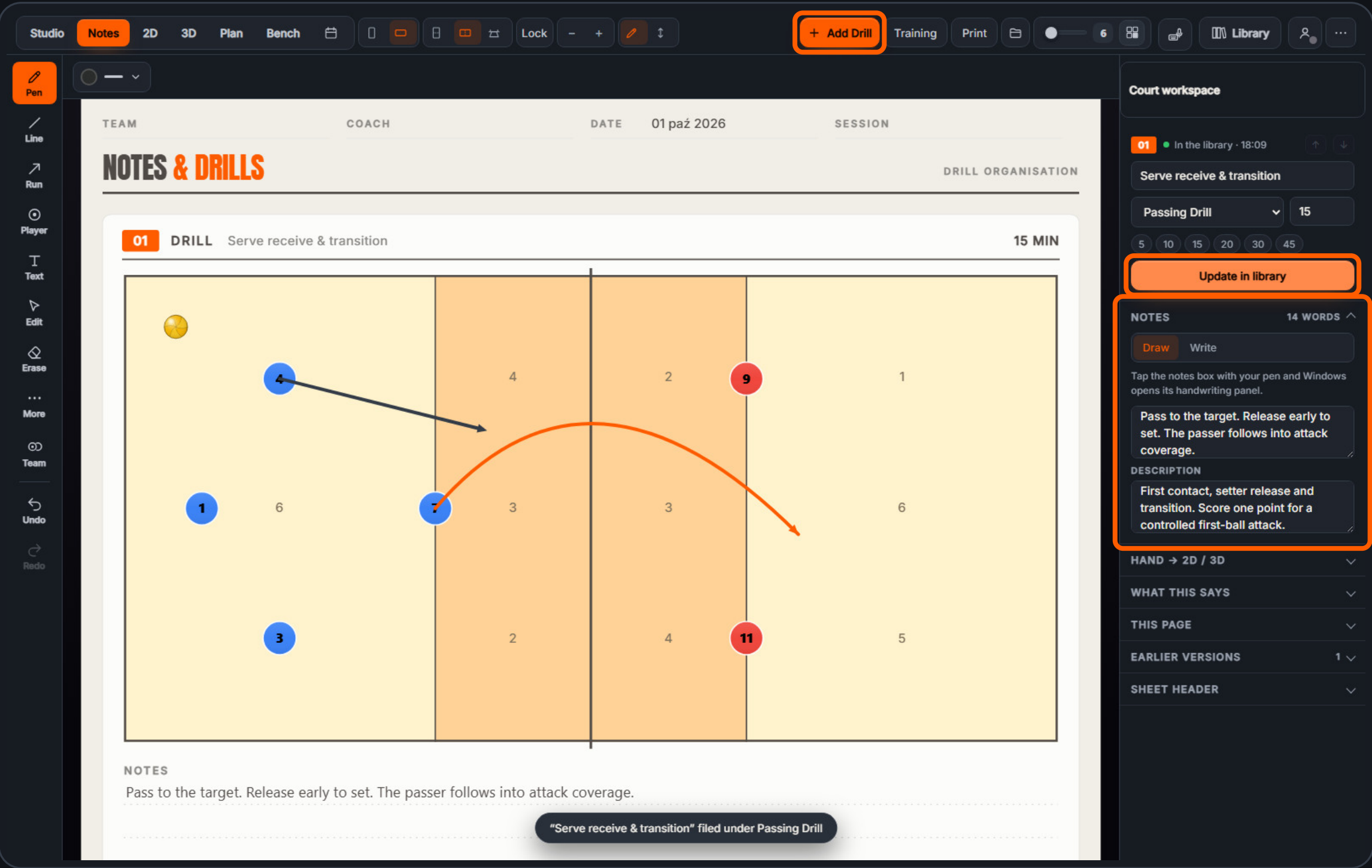
Your sketch is a starting point for an editable court or animated drill.

Freehand strokes and structured players carry different information. Recognition suggestions need a coach's review.

NOTES

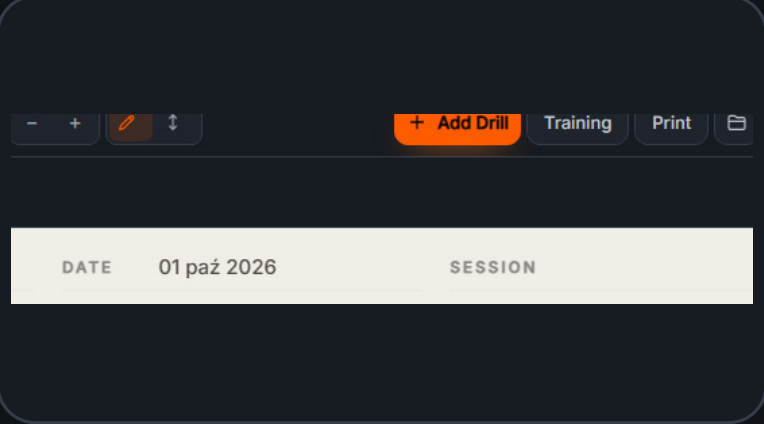
PRINT THE DRILLS OR MAKE A TRAINING

The notebook can become a printed session plan or an ordered training you run in the app.



Example coaching data • current English interface

DETAIL FROM THE SAME SCREEN



DO THIS

- 1 Check the order and minutes of the notebook cards.
- 2 Use Training for an app session, or Print for the document.
- 3 Open the exported file and verify all intended pages.

WHAT EACH CONTROL DOES

Training

Collects the notebook's drill cards into a training workflow. Review the name, sequence and minutes before saving the session.

Print

Prepares a session plan from the drawn pages. The export workflow offers PDF or PNG so the coach can print or send a stable copy.

Save this page as PNG

Exports the current page as an image. This is useful for a single task sent in a message or added to a presentation.

Sheet header

Set team, coach, date and session before exporting a booklet. These fields provide context for printed cards.

Library versus export

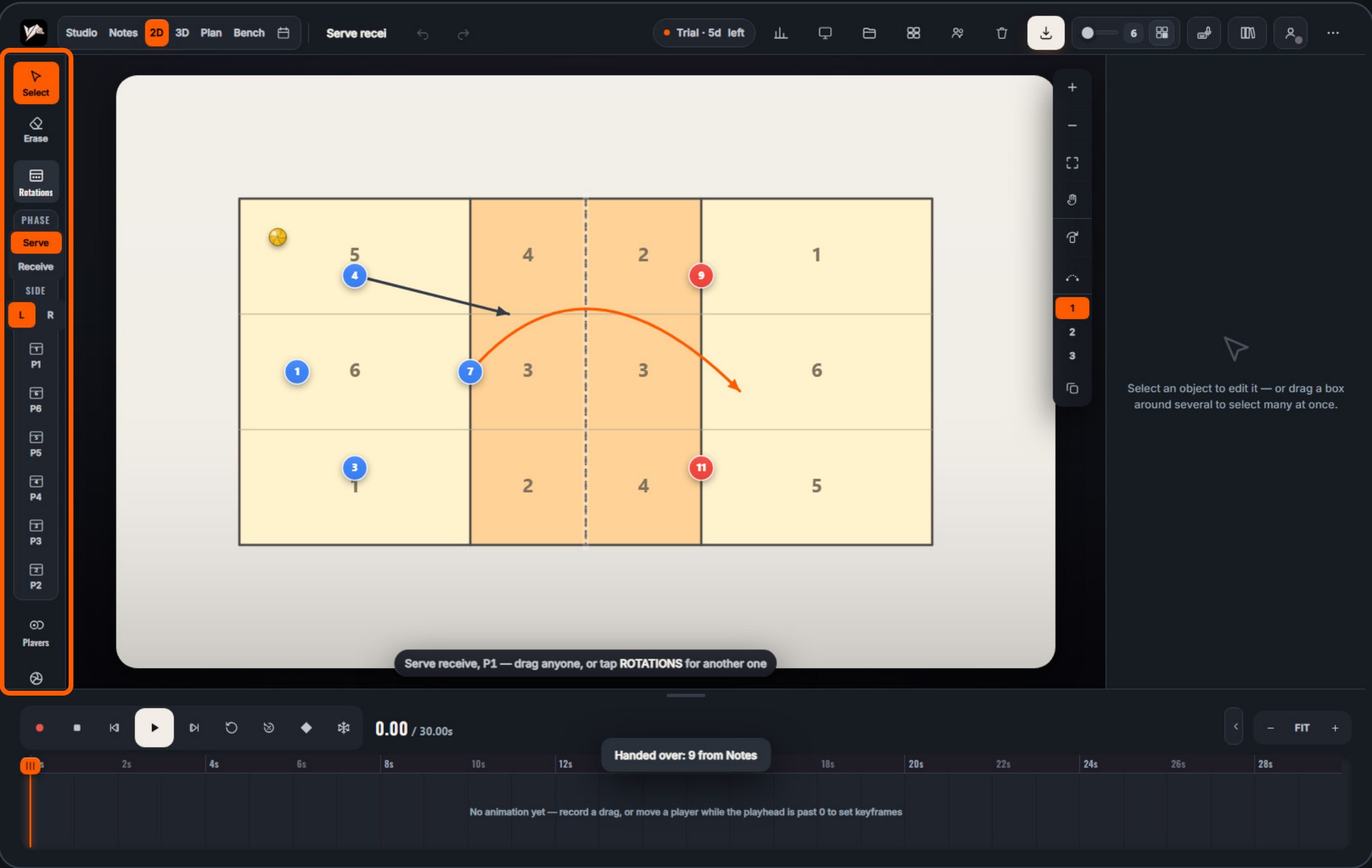
A PNG or PDF is a finished view. The saved library drill remains the editable material you reopen to change the exercise.

RESULT

The same preparation can support a live session and a printed court-side reference.

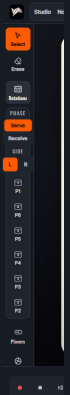
PLAYERS, ROTATIONS AND COURT SETUP

Use the overhead board to make the starting positions and relationships unmistakable.



Example coaching data • current English interface

DETAIL FROM THE SAME SCREEN



DO THIS

- 1 Choose the receive or serve context and starting rotation.
- 2 Add your roster or place individual players.
- 3 Drag the players to the positions used in the exercise.

WHAT EACH CONTROL DOES

Rotations

Expand the rotations group and select a starting rotation. Indoor presets provide the six-a-side arrangement you can adjust afterward.

Receive or serve and side

Choose the relevant phase and team half before placing a formation. Team A and Team B identity stays consistent when the phase changes.

Players

Expand Players to add individual roles or the saved Whole team. A roster gives the court the actual names, numbers and colours.

Move and select

Drag a player to reposition it. Select opens its properties; a selection box groups several objects for a shared move.

Court controls

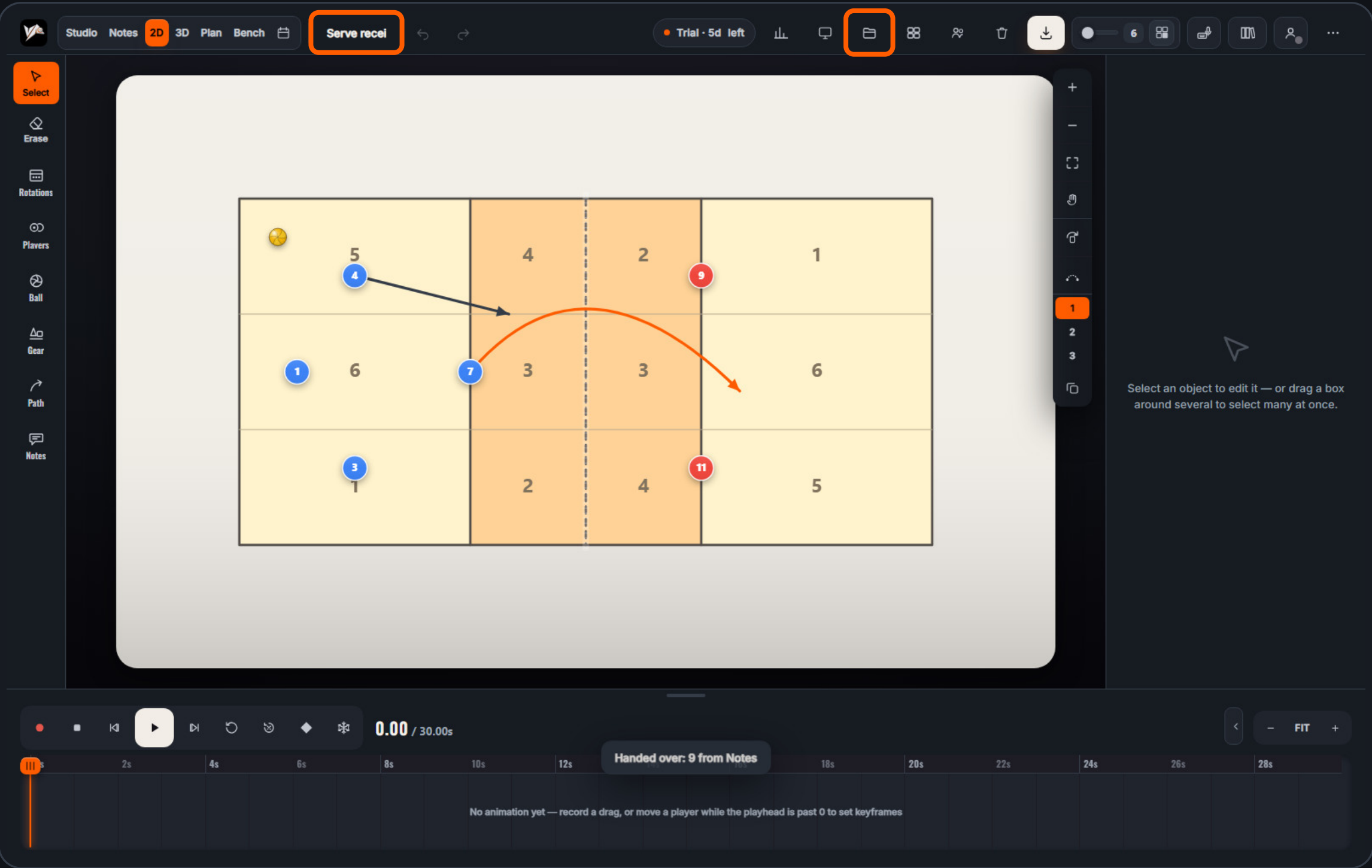
Fit and rotate adjust the viewing position. They help presentation; they are separate from changing the rotation or player arrangement.

RESULT

The board has a clear starting formation before animation is added.

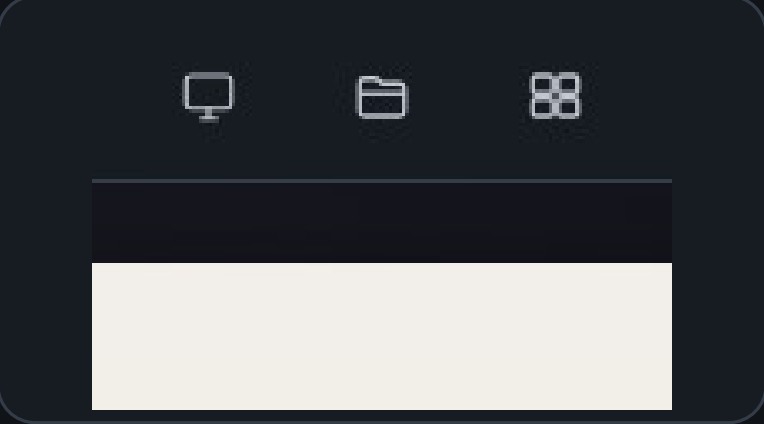
ONE, TWO OR THREE COURTS ON ONE BOARD

Several courts can show stations, linked exercises or a progression of the same task.



Example coaching data • current English interface

DETAIL FROM THE SAME SCREEN



DO THIS

- 1 Choose the number of courts needed for the task.
- 2 Place each station and move shared objects where appropriate.
- 3 Save the complete board with an explanatory name.

WHAT EACH CONTROL DOES

Court count

Use the court controls to choose the board layout. One court is a focused exercise; two or three can express stations or a larger organisation.

Shared board

Open courts form one board. A player moved inside another court's lines belongs to that court and remains selectable there.

Free zone

Moving an item into the gap or the space outside a court does not automatically assign it to a new court.

Player and attached route

A follower and the path attached to it move consistently across the board. Keep the start of a route close to the intended actor.

Save and handover

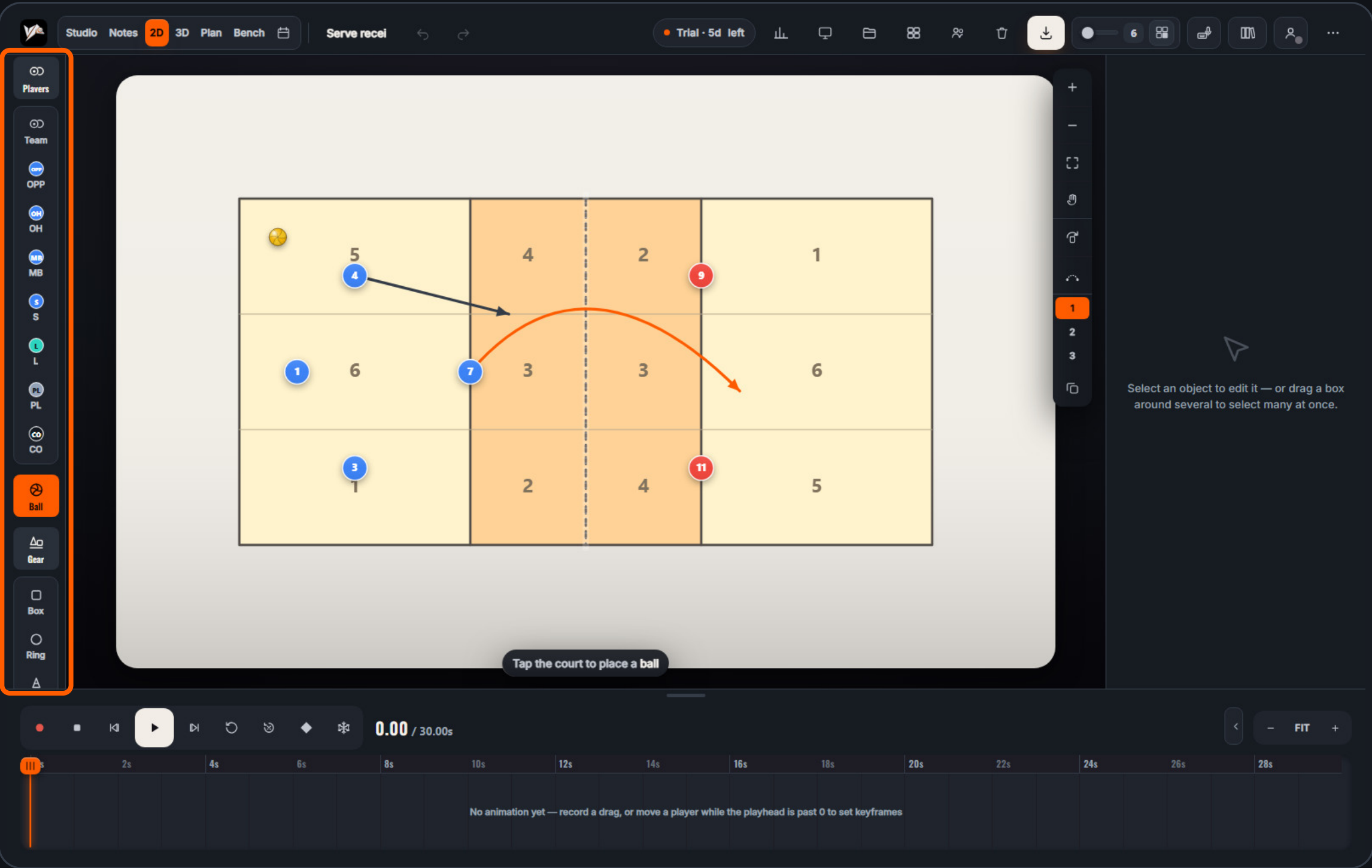
Save the multi-court drill as one material. In 3D, a court selector chooses which court is displayed on its single floor.

RESULT

A multi-station exercise stays together as one saved drill.

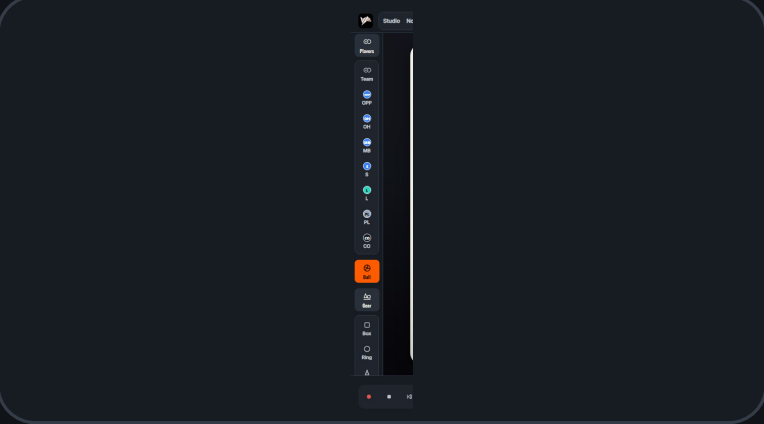
BALLS, EQUIPMENT, LINES AND NOTES

The rail groups let you add the details that explain how the drill is organised.



Example coaching data • current English interface

DETAIL FROM THE SAME SCREEN



DO THIS

- 1 Expand the appropriate rail group.
- 2 Choose a symbol and place it where the exercise uses it.
- 3 Select the finished object to adjust its appearance or position.

WHAT EACH CONTROL DOES

Ball

Places the ball at its starting location. Select it to move it or connect it with a route; several balls can express separate repetitions.

Gear

Adds the available training symbols, such as cones, blockers, targets and carts. Place only equipment that affects the task.

Path

Creates routes and arrows. Change their handles to show the intended direction rather than leaving an approximate line on the court.

Notes

Adds coaching explanations on the board. Use a short note near the action and keep longer instructions in the drill's saved metadata.

Erase and Undo

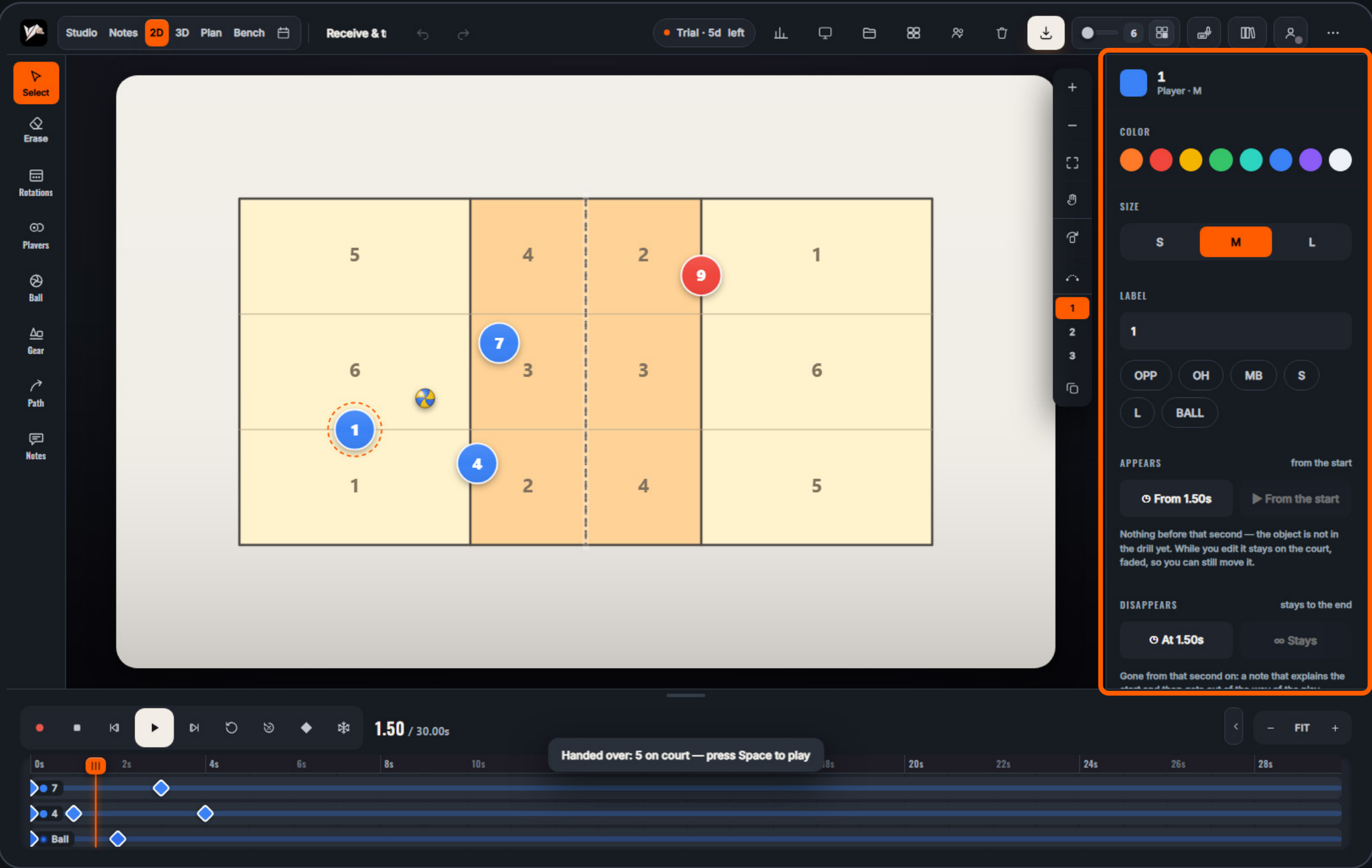
Erase removes the chosen object or mark. Undo reverses an edit, and Redo reapplies it; this is safer for small corrections than clearing the court.

RESULT

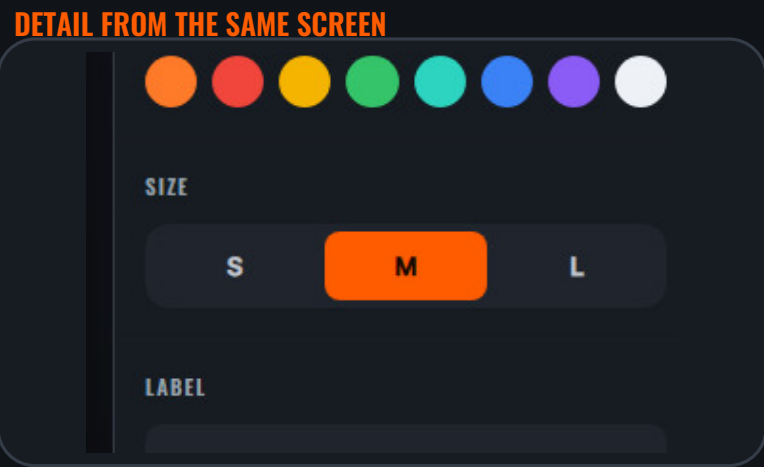
A reader can see the starting ball, equipment and purpose of each route.

OBJECT PROPERTIES AND FOLLOWING A ROUTE

Select the object first; the inspector then shows the controls that apply to it.



Example coaching data • current English interface



DO THIS

- 1 Select a player and review the inspector.
- 2 Choose Follow an arrow or route, then select the route.
- 3 Scrub the timeline to verify the motion and visibility.

WHAT EACH CONTROL DOES

Label, colour and size

Player and object properties change identification and visual emphasis. A label helps connect the court to a roster or written instruction.

Follow an arrow or route

Select a player or ball, activate Follow, then tap the intended arrow or route. The object uses that route instead of needing an unrelated movement line.

Route handles

Adjust the route's geometry to change where the follower travels. A curved route can express a release, approach or recovery movement.

Appears

Sets the time when an object enters the animation. From the start keeps it visible throughout the opening setup.

Disappears

Sets when an object leaves. Use this for a repetition, a change of station or a ball that should stop cluttering later frames.

RESULT

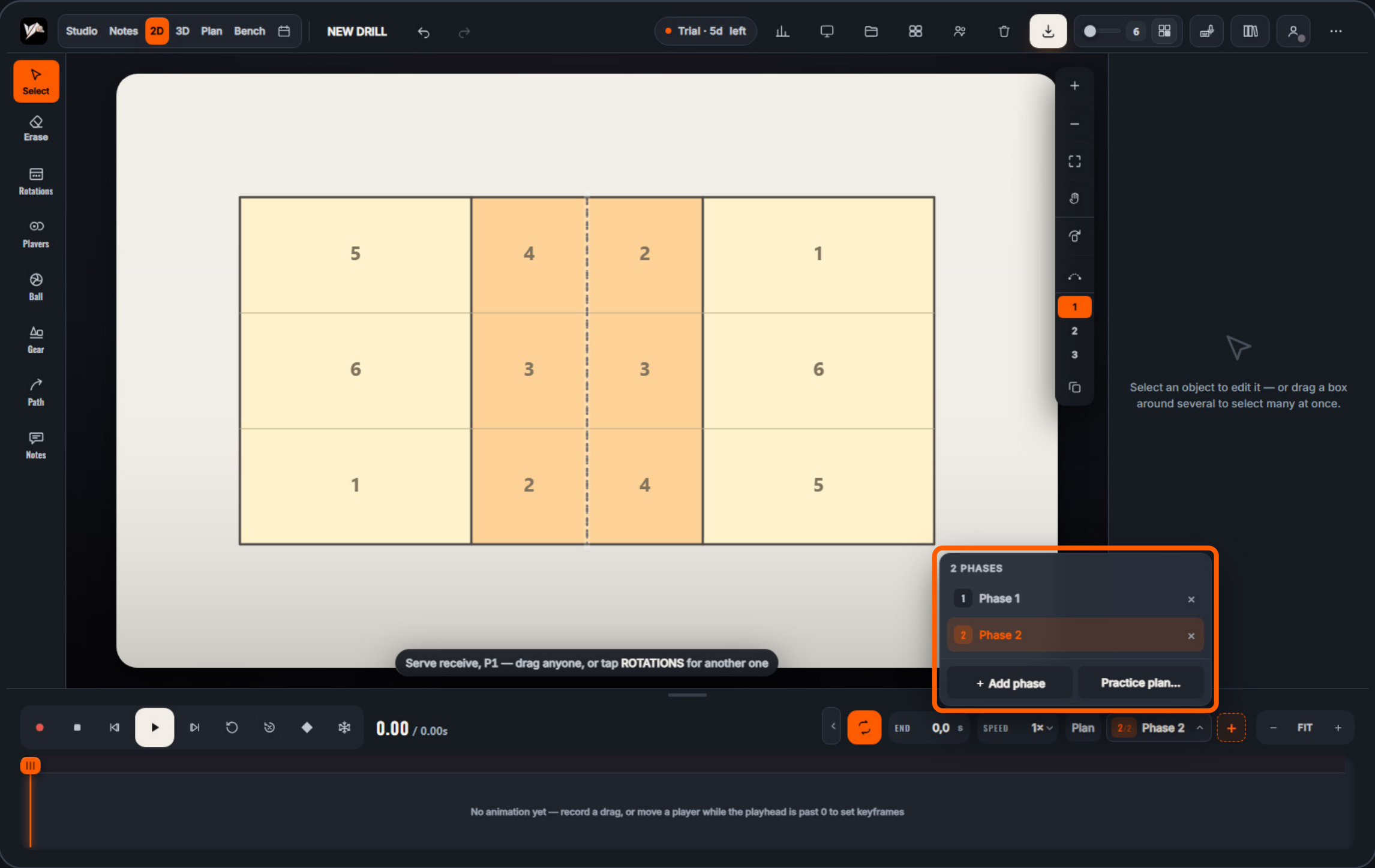
The movement belongs to the correct player or ball.

Adding an object after time zero can make it appear from the playhead when that preference is on.

PHASES AND THE PRACTICE PLAN

A phase keeps its own court arrangement and animation inside the same drill.

CURRENT APP VIEW



WHAT EACH CONTROL DOES

Phase button

Opens the list of phases. The badge shows the current phase and how many phases are in the drill.

Choose a phase

Switches to that phase's courts and animation. Use different phases for a progression rather than placing every variation on one crowded board.

New phase / Add phase

Creates another phase with clean courts. Set its starting objects and motion deliberately, then return to earlier phases to check the progression.

Practice plan...

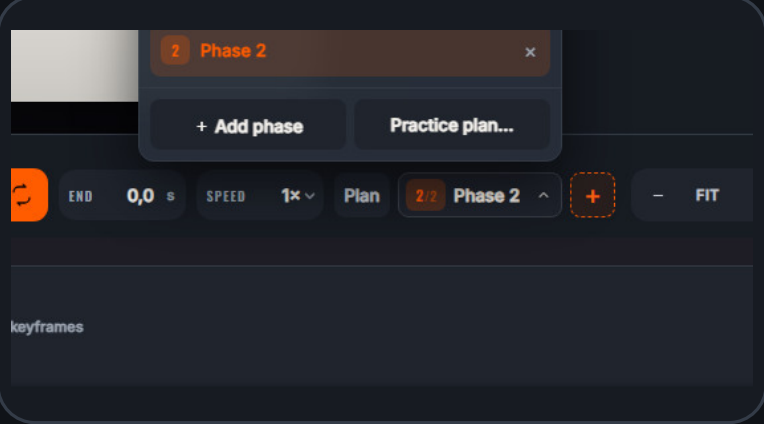
Opens phase names and planned minutes. The total shown in the phase list sums those planned minutes.

Delete this phase

The × beside a listed phase removes it; the final remaining phase cannot be deleted. Save or back up important work before removing part of the drill.

Example coaching data • current English interface

DETAIL FROM THE SAME SCREEN



DO THIS

- 1 Open the phase list and add the next exercise stage.
- 2 Name the stages and set their planned minutes in Practice plan.
- 3 Review each court and animation, then save the complete drill.

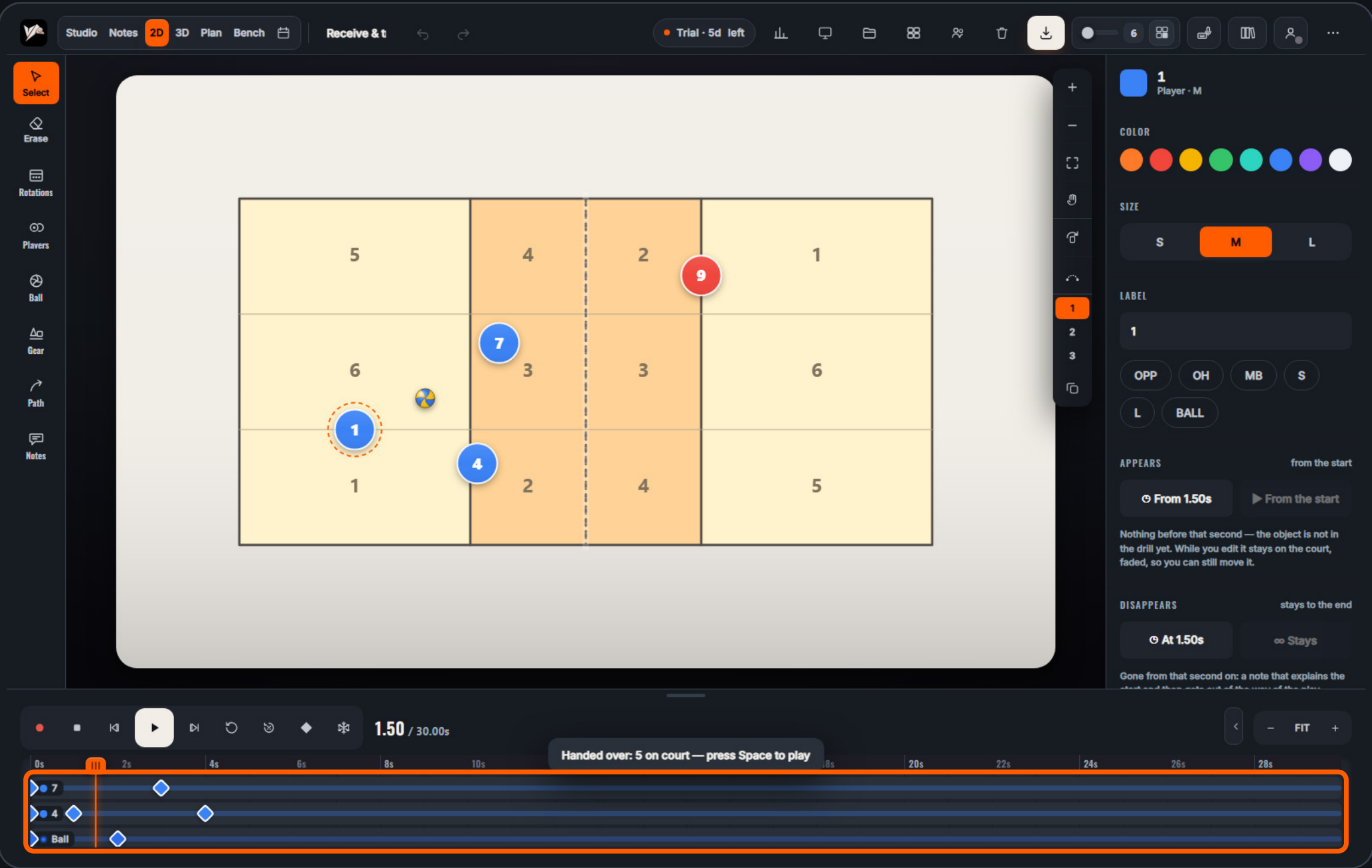
RESULT

The exercise has an organised progression in one editable document.

Show timeline options first when the phase controls are collapsed. Planned practice minutes are different from animation seconds.

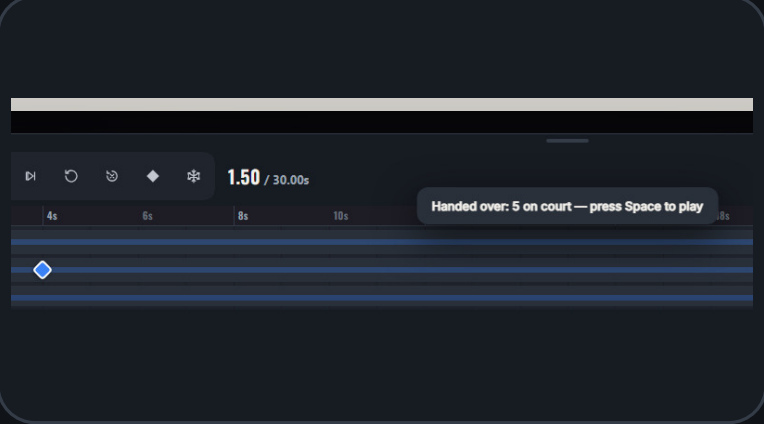
RECORD MOVEMENT ON THE TIMELINE

Animation explains when players move, rather than only where the drill ends.



Example coaching data • current English interface

DETAIL FROM THE SAME SCREEN



DO THIS

- 1 Place the starting positions at time zero.
- 2 Move to a later time and record the change.
- 3 Play the drill and check the sequence from start to finish.

WHAT EACH CONTROL DOES

Playhead

Click or drag the time position to inspect a frame. The displayed time is the moment you are editing.

Record

Arms motion recording. Drag an object during the recording workflow to create a movement path on its lane.

Keyframe

Stores a selected object's state at the playhead. Moving the object at a later time creates a change between the recorded moments.

Play, stop and restart

Play previews the sequence; Stop halts it; Restart returns to the beginning. Preview before deciding the exercise is ready.

Timeline lanes

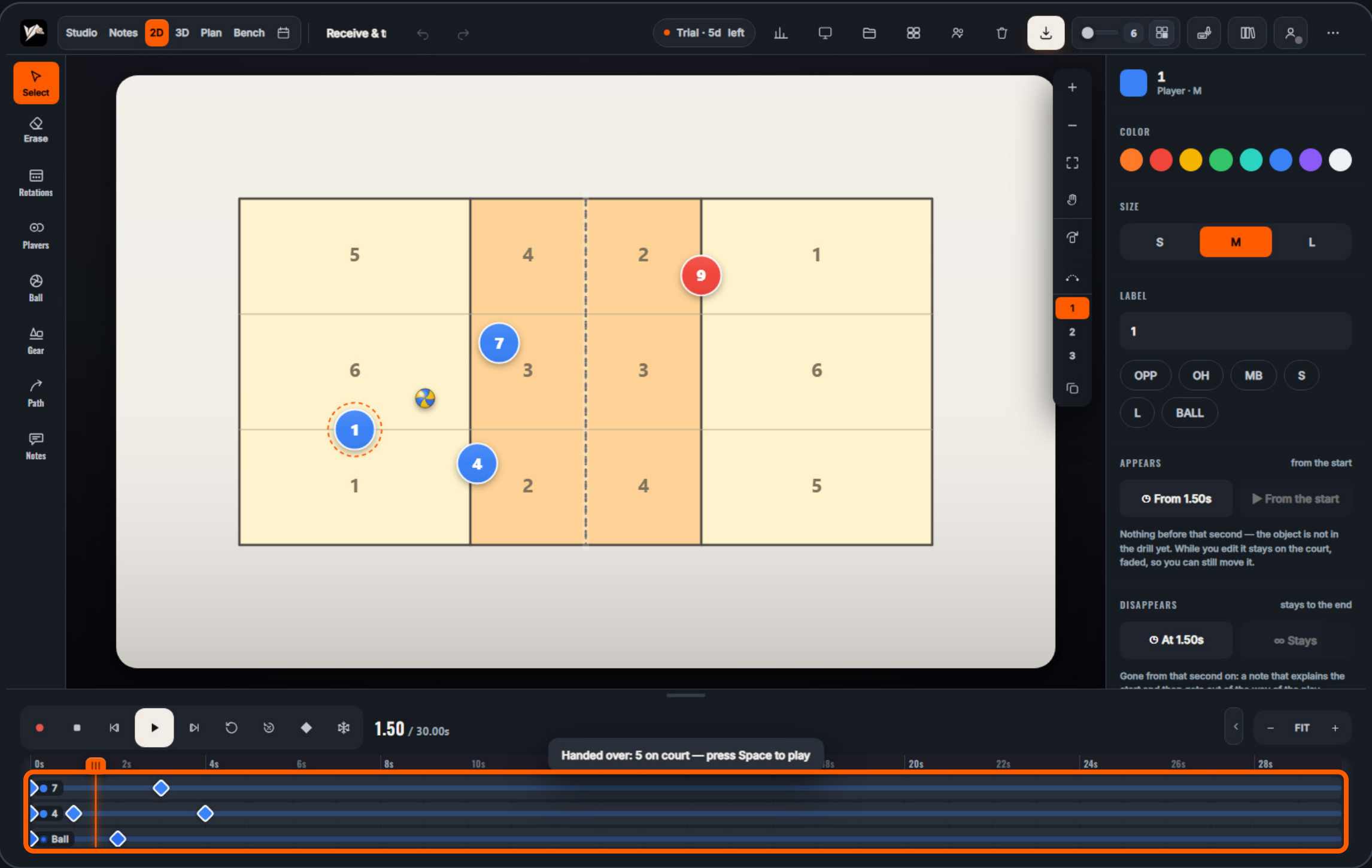
Each animated object has its own row. This keeps a setter release, attacker approach and ball action independently adjustable.

RESULT

The drill shows movement in time and can be reviewed as a sequence.

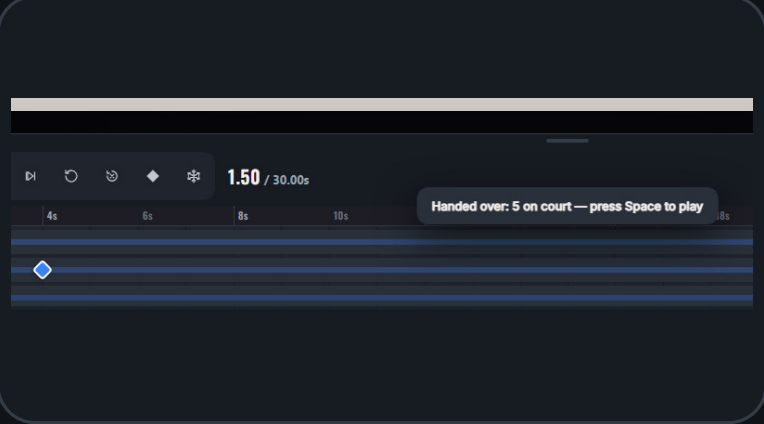
TIMING, FREEZES AND ANIMATION CLEANUP

Tune an existing sequence so the explanation has the right pace and pauses.



Example coaching data • current English interface

DETAIL FROM THE SAME SCREEN



DO THIS

- 1 Preview the motion and find the moment that needs explaining.
- 2 Add a freeze or correct the relevant key timing.
- 3 Replay the entire sequence after the correction.

WHAT EACH CONTROL DOES

Keyframe editing

Select a timeline key to adjust its timing or remove the unwanted state. A change on one lane should not accidentally move another player's event.

Freeze the whole animation

Freeze adds a held moment for explanation. The freeze duration can be set in Settings; it affects the entire sequence at that point.

Loop and playback speed

Loop repeats the preview. Playback speed changes how quickly you watch the sequence; use slow playback when explaining a release or approach.

Timeline zoom and Fit

Zoom spreads nearby keys apart or shows more time. Fit returns the time view to a usable scale without changing player positions.

Delete all keyframes

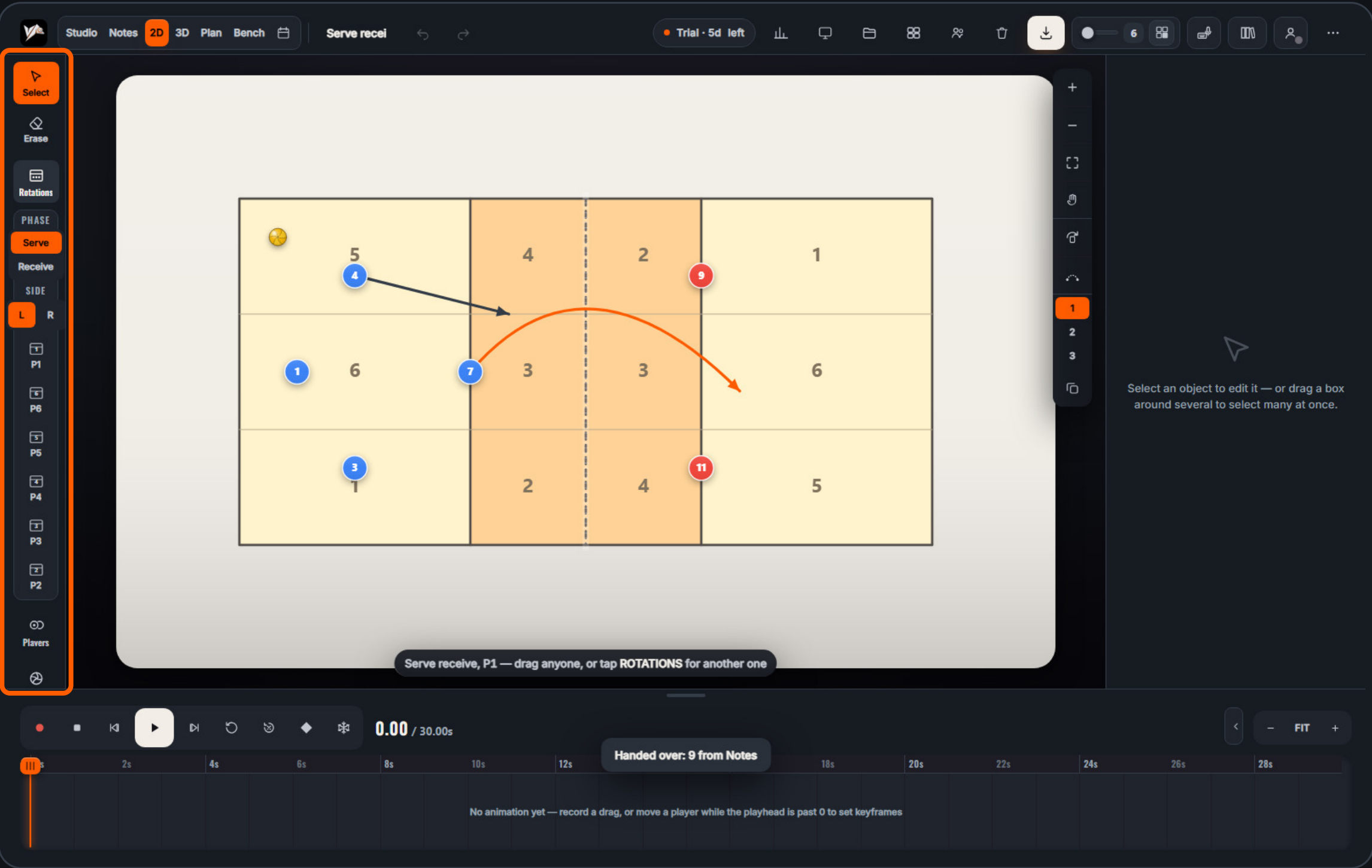
Removes the animation while leaving court objects available. Use it when you want to rebuild the motion from an existing arrangement.

RESULT

The animation is paced for coaching and remains easy to edit.

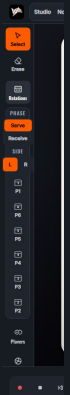
ZONES, COMMANDS AND PRESENTATION

Use court references and prepared views to make explanations faster.



Example coaching data • current English interface

DETAIL FROM THE SAME SCREEN



DO THIS

- 1 Choose the zone grid useful for this exercise.
- 2 Highlight a target or use a supported command.
- 3 Review the arrangement and open Present mode.

WHAT EACH CONTROL DOES

Six or nine zones

The shared zone control changes the court reference grid. Six zones support rotation positions; nine squares provide more detailed target areas.

Zone highlighting

Choose the square and colour you want to emphasise. A shaded target helps explain a serve or attack area without moving players.

Commands

The indoor command tool understands supported volleyball instructions in English or Polish. It can place roles, formations and routes from the patterns shown in its help.

Review a command

Unsupported instructions are reported rather than treated as a complete coaching plan. Inspect the resulting court and adjust it as needed.

Present mode

Enlarges the drill for team explanation. Use playback to show the finished action and leave presentation when you need to edit.

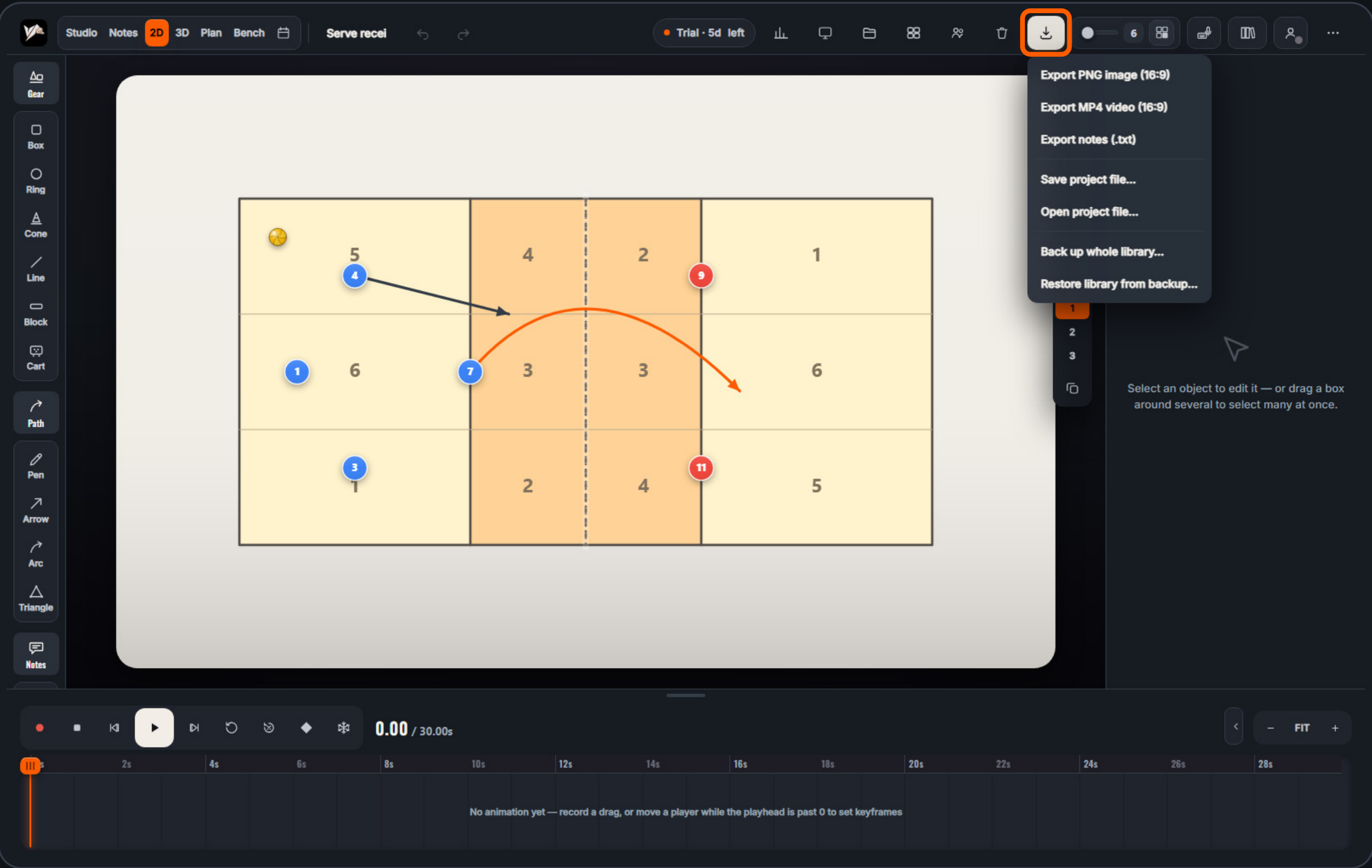
RESULT

Players see the target and the sequence from a clear presentation view.

Commands belongs to the indoor app; Beach uses pair situations instead of six-a-side command patterns.

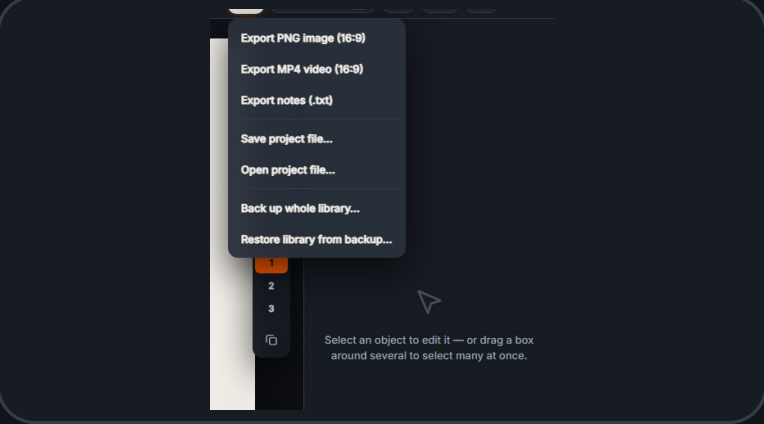
SAVE, EXPORT AND CONTINUE IN ANOTHER STUDIO

Keep the editable drill as well as the image or video used to explain it.



Example coaching data • current English interface

DETAIL FROM THE SAME SCREEN



DO THIS

- 1 Save the drill with a useful title.
- 2 Export the image or video needed for the audience.
- 3 Open the output, or hand the drill to Notes or 3D for further work.

WHAT EACH CONTROL DOES

Save this drill

The Library control opens the save workflow. Enter the name and coaching metadata, then save the editable drill into the catalogue.

PNG and MP4

Export PNG image creates a 16:9 still. Export MP4 video creates a moving explanation of the animation; inspect the downloaded result.

Notes text

Export notes downloads a text file of the coaching notes. This is useful when the recipient also needs a written task description.

Project file

Save project file preserves editable work for transfer. Open project file imports a compatible project; it serves a different purpose from a flat PNG.

Notes and 3D handover

The More menu offers Open this drill in Notes and Show this drill in 3D. Notes receives a drawing document; 3D uses the drill information that carries timing.

RESULT

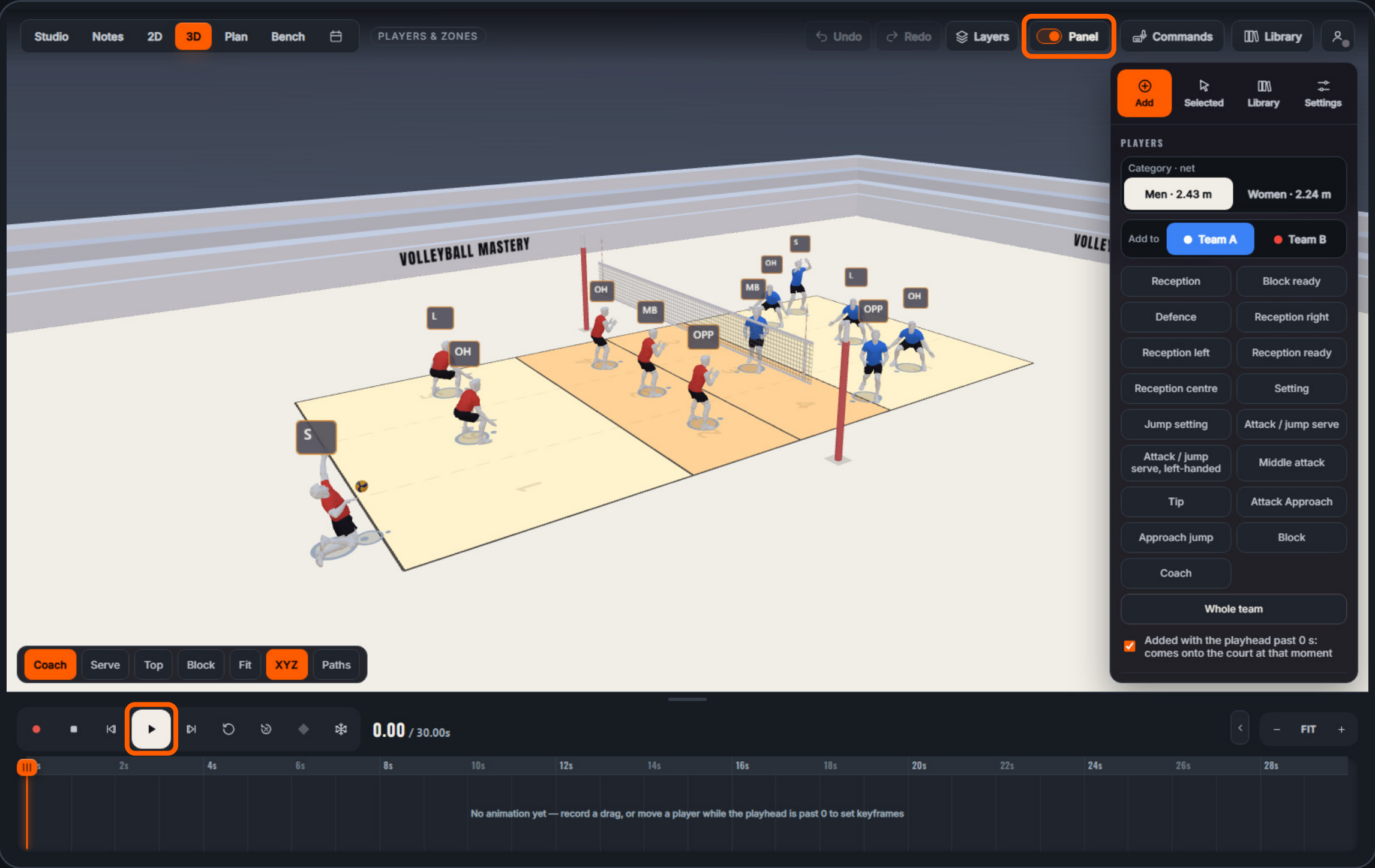
You retain an editable original and a finished coaching output.

3D

CAMERA VIEWS AND THE FOUR PANEL TABS

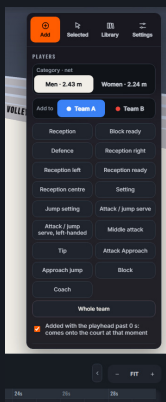
Explore the court from the coaching angle that best explains the task.

CURRENT APP VIEW



Example coaching data • current English interface

DETAIL FROM THE SAME SCREEN



DO THIS

- 1 Choose the camera view that makes the task clear.
- 2 Open Add to place objects and Selected to refine them.
- 3 Hide Panel temporarily for a clean presentation.

WHAT EACH CONTROL DOES

Coach, Serve, Top and Block

The view buttons give repeatable camera positions. Top explains spacing; Serve and Block make net relationships easier to see.

Orbit and zoom

Drag empty floor to orbit. Use the available pointer or touch zoom gesture to inspect the action, then Fit to recover a useful framing.

Add

Contains players, ready set-ups, equipment, drawing tools and zones. Add something here before editing it in Selected.

Selected

Contains the properties of a player, ball, mark or group. Empty selection shows guidance; object-specific controls appear after selection.

Library and Settings

Library holds templates and saved 3D set-ups. Settings contains team kits, PNG/MP4 export, video settings and court actions.

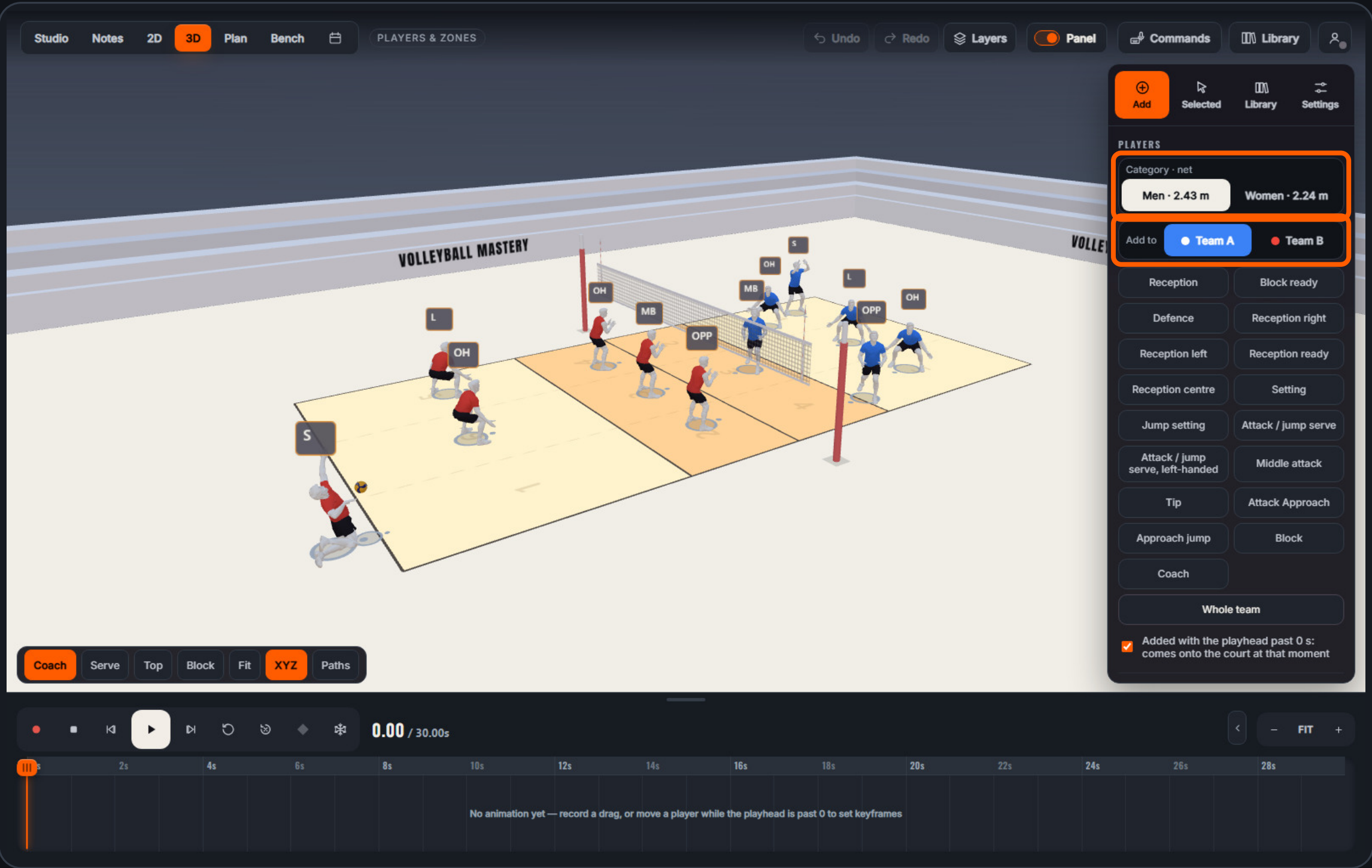
RESULT

You can explain the same drill from above, behind the serve or near the net.

3D

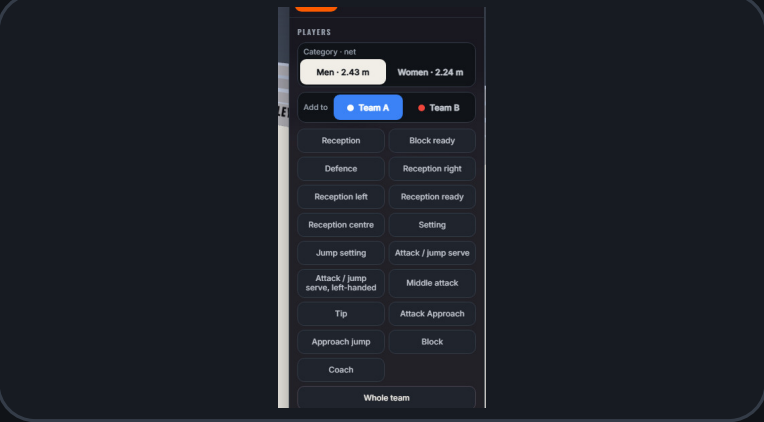
PLAYERS, POSES AND COMPETITION CATEGORY

Choose the body pose and team before placing the player into the scene.



Example coaching data • current English interface

DETAIL FROM THE SAME SCREEN



DO THIS

- Choose category and Add to team.
- Select the pose that matches the action.
- Drag the player to the correct starting position.

WHAT EACH CONTROL DOES Men or Women

Sets the player category and the app’s net-height option. The labels display Men · 2.43 m and Women · 2.24 m.

Team A or Team B

Chooses the team for the next player or set-up. Current team identity and kit colour help distinguish the sides throughout the drill.

Reception and defence poses

Reception variants, ready positions and defence show the posture you want to explain at first contact or during a defensive task.

Setting, attack and block

Choose setting, jump setting, attacking, approach or blocking poses for the action. Left-handed and middle-attack options cover more specific examples.

Coach and Whole team

Coach adds a coaching figure. Whole team uses the indoor roster to place the team and reserves without retyping every player.

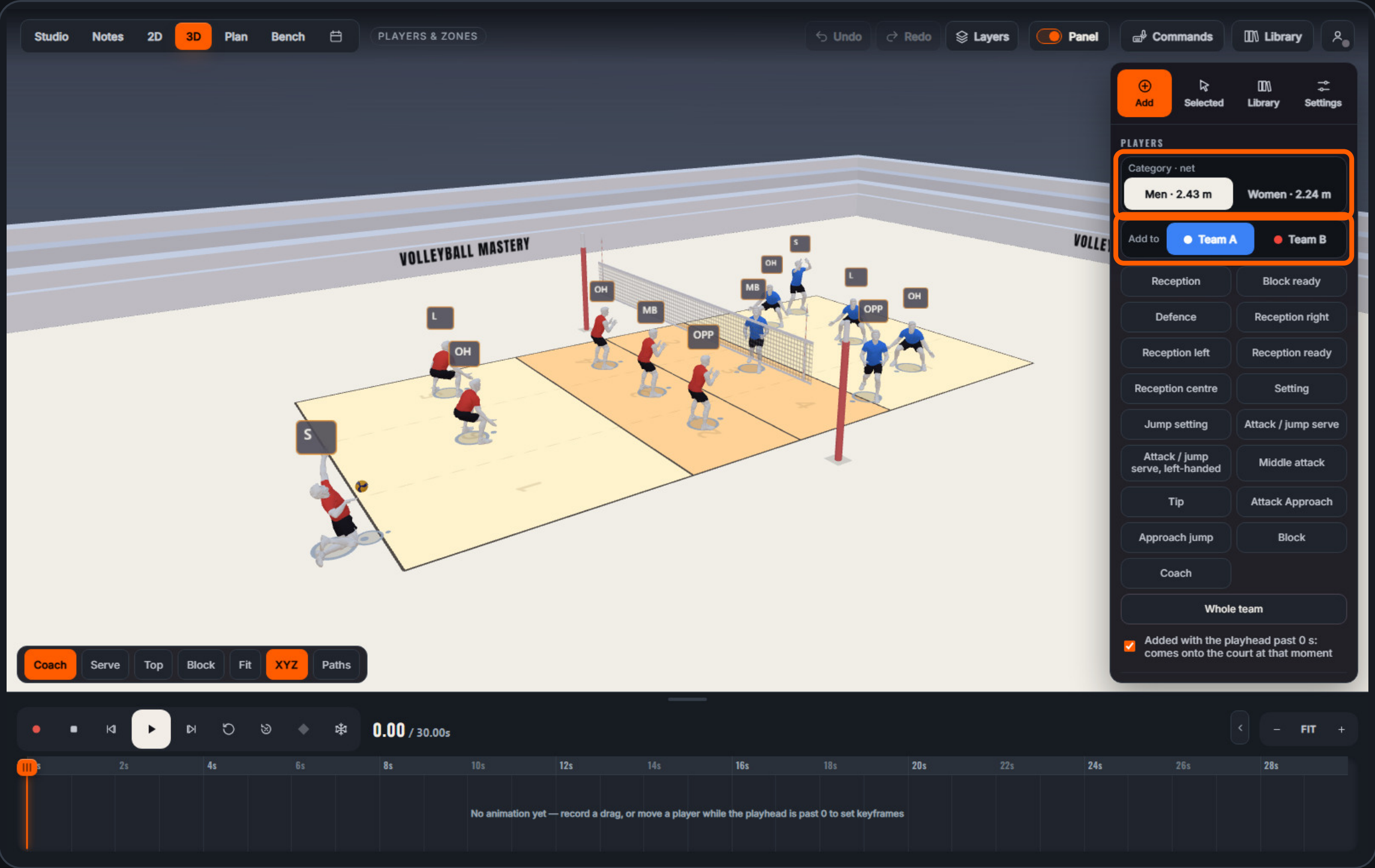
RESULT

The player’s posture and identity support the coaching explanation.

READY SET-UPS AND TRAINING EQUIPMENT

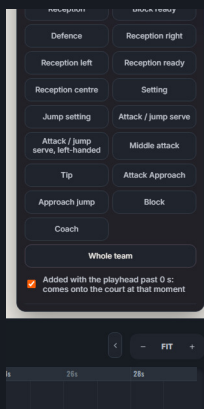
Use grouped starting arrangements and props to build a drill efficiently.

CURRENT APP VIEW



Example coaching data • current English interface

DETAIL FROM THE SAME SCREEN



DO THIS

- 1 Choose Team A or B and add the required set-up.
- 2 Move the selected group into the intended spacing.
- 3 Add only the equipment used in the exercise.

WHAT EACH CONTROL DOES

Attack from 4 or 2

Places an attack arrangement at the chosen wing on the selected team's half. Refine the spacing after placement.

Single, Double or Triple block

Adds a prepared block at the net. The new group is selected together so you can move it or change its team in one operation.

Reception line and Back-row defence

Places a prepared first-contact or defensive group. Use it as a base rather than manually aligning every figure.

Ball, blocker, cone, box and cart

Adds the corresponding drill equipment. Select an item to show its own controls and adjust its placement.

Target, setting target and direction

Targets show accuracy tasks. Direction can represent an attack corridor and can be shaped in height rather than remaining a flat court mark.

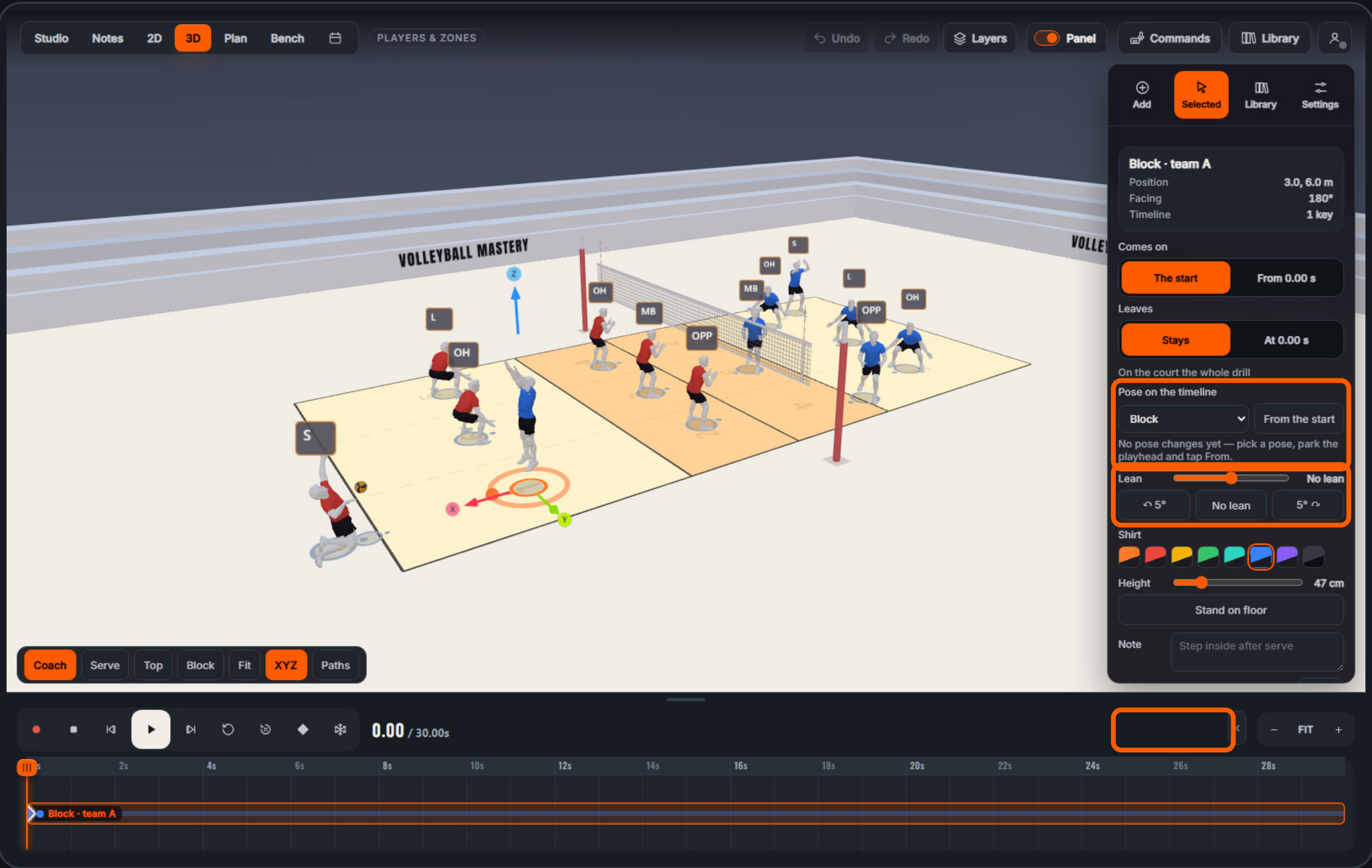
RESULT

A ready arrangement becomes a customised training scene.

3D

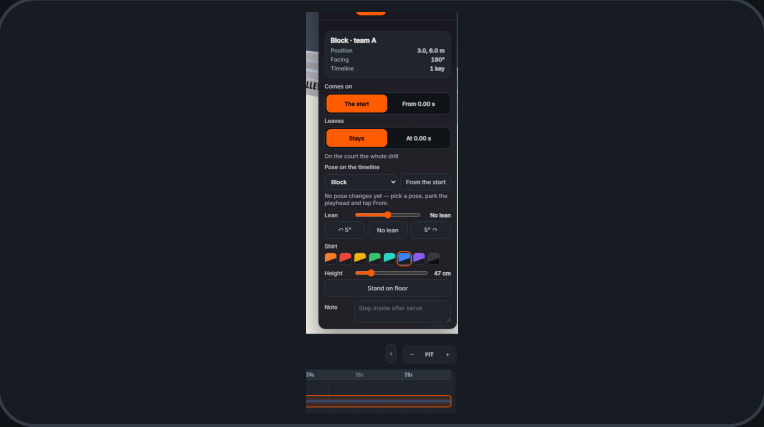
SELECT, MOVE, TURN AND GROUP OBJECTS

The Selected tab gives control over one object or a deliberate group.



Example coaching data • current English interface

DETAIL FROM THE SAME SCREEN



DO THIS

- 1 Select the player or group deliberately.
- 2 Move, turn or constrain the change with XYZ.
- 3 Clear selection and inspect the scene from a second view.

WHAT EACH CONTROL DOES

Tap and Ctrl selection

Tap an object to select it. Hold Ctrl to build a multiple selection, or use Box select to drag a rectangle around the group.

Move and facing

Drag the player to move it. Drag its small facing dot to turn it. Keyboard WASD nudges and QE rotates when the scene has focus.

XYZ

Shows move arrows for the selection. Drag an axis for constrained motion, especially when changing height without shifting the floor position.

Group actions

Select all, Clear selection, Swap team, kit change and Stand on floor apply to the current group when offered.

Duplicate, Lock and Delete

Duplicate creates another object. Lock prevents accidental picking and movement. Delete removes the selected object; Undo can reverse an edit.

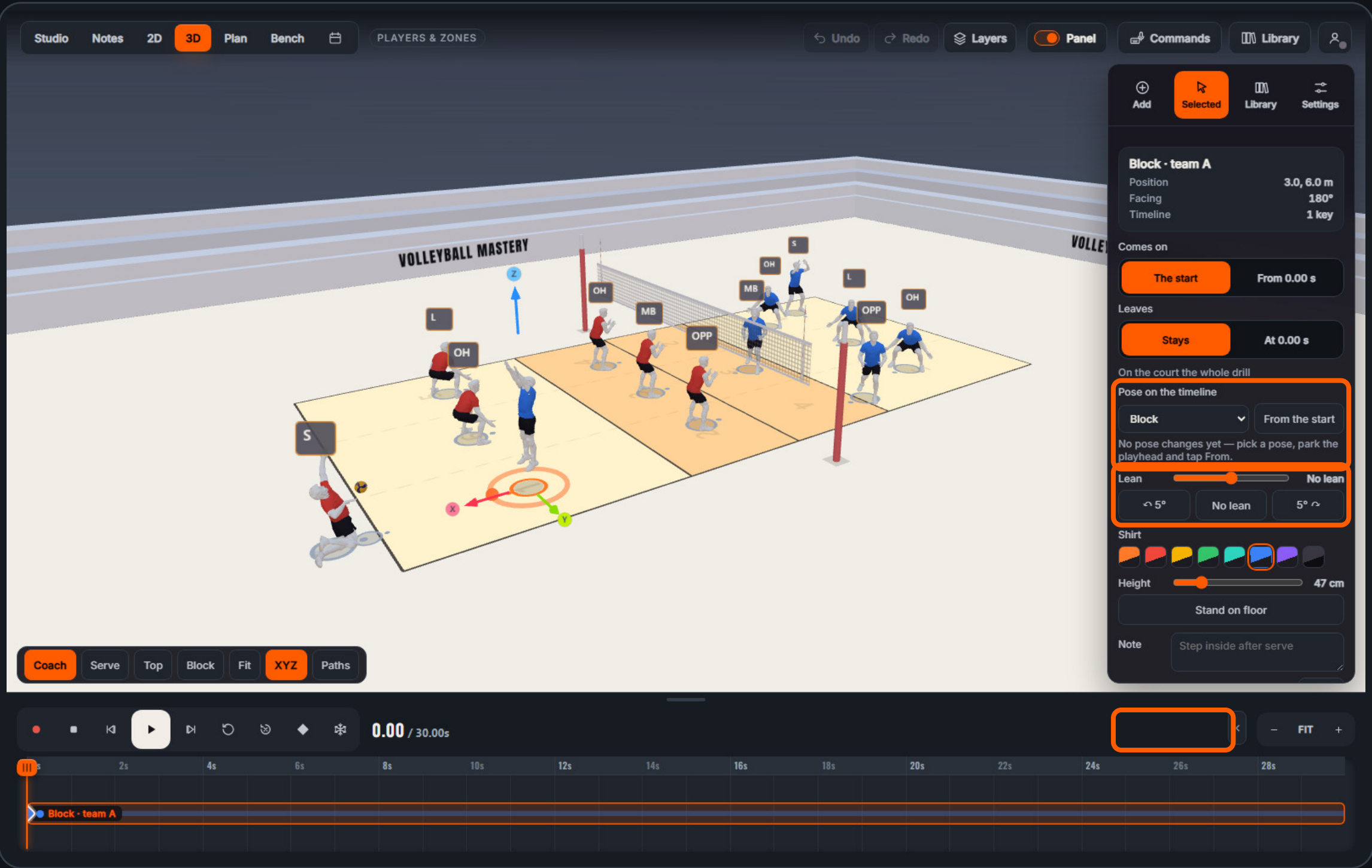
RESULT

Position changes affect the intended objects and preserve a clear arrangement.

3D

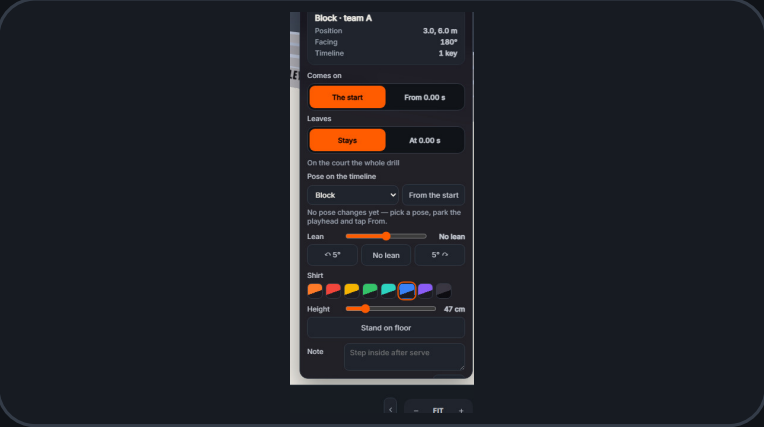
HEIGHT, LEAN AND TIMED POSE CHANGES

The same player can receive, release, set or block at different moments in the drill.



Example coaching data • current English interface

DETAIL FROM THE SAME SCREEN



DO THIS

- 1 Park the playhead at the moment of the action.
- 2 Choose the pose and apply it from that moment.
- 3 Play through the change and inspect the player's movement.

WHAT EACH CONTROL DOES

Height

Raises the selected object above the floor. Stand on floor removes the lift; use a raised position for an airborne attack or block.

Lean

On supported blocking poses, changes sideways lean. The slider and 5° buttons help explain how the blocker reaches without moving the whole base position.

Pose on the timeline

Choose a new pose and apply it from the playhead. The player keeps its identity and movement while its body changes for the next action.

Pose changes list

Shows the scheduled pose transitions. Review the times so the switch happens at contact or release rather than too early.

Comes on and Leaves

The object can enter from a selected moment or leave at the playhead. Added objects may automatically start at the current time if that option is enabled.

RESULT

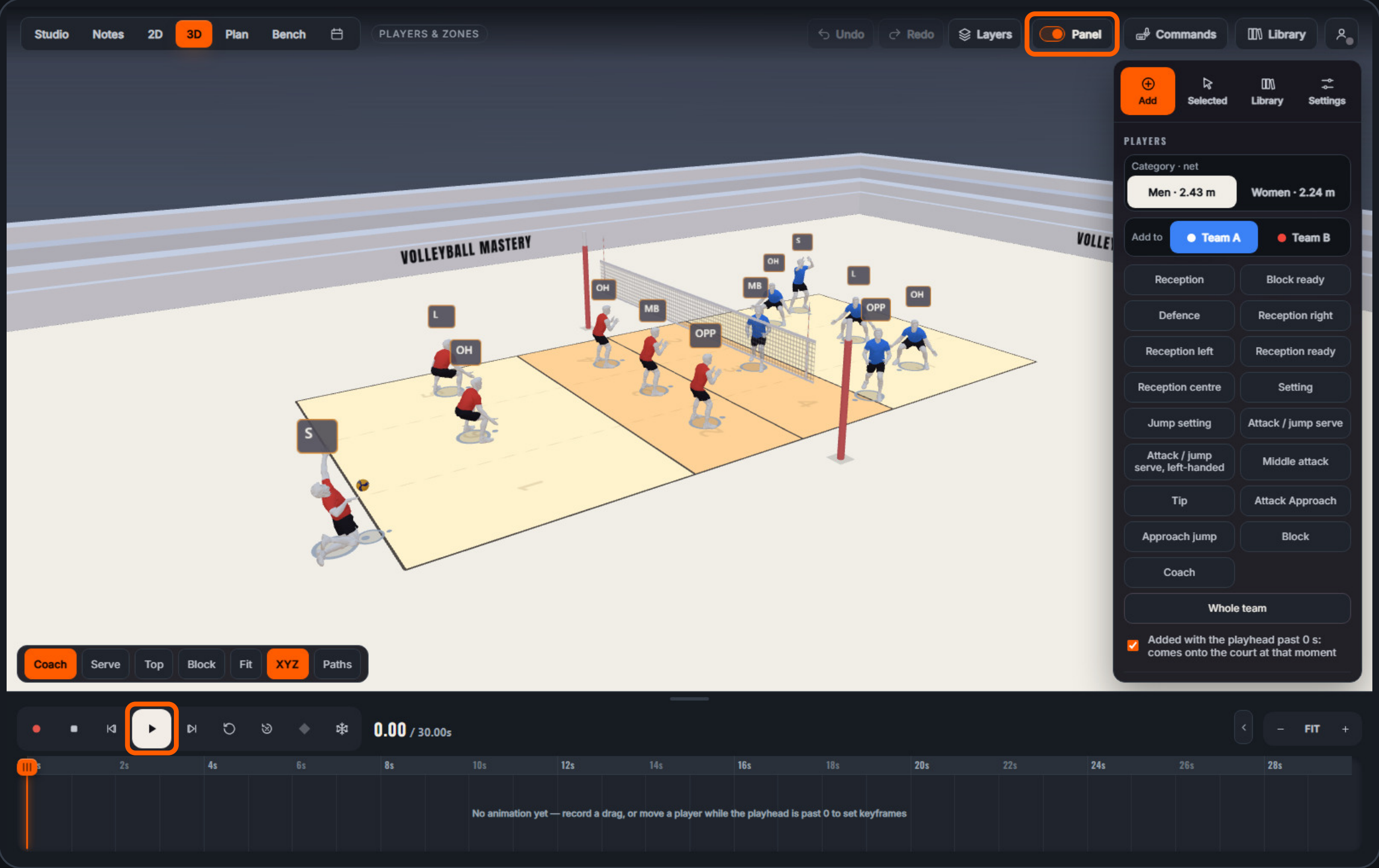
A single player changes posture as the coaching sequence develops.

A body pose is a teaching illustration. It does not create a live-match event or score a point.

ANIMATE AND EDIT THE TIMELINE

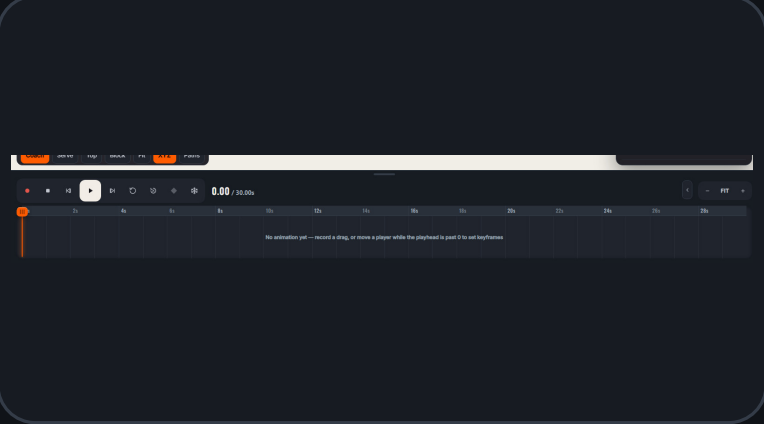
Players and objects have separate lanes so motion can be adjusted independently.

CURRENT APP VIEW



Example coaching data • current English interface

DETAIL FROM THE SAME SCREEN



DO THIS

- 1 Set the initial arrangement at zero seconds.
- 2 Create later states and review each lane.
- 3 Play, freeze at the teaching moment and correct timing.

WHAT EACH CONTROL DOES Record and keyframe

Record arms path recording; a drag creates movement. Set keyframe captures the selected state at the playhead. A later move creates the next part of the action.

Lanes and playhead

Scrub the ruler to view the scene at a moment. Each object's lane shows its own timing and keys.

Step and restart

Step back or forward inspects motion. Shift with the step controls jumps to the neighbouring keyframe. Restart returns to the beginning.

Freeze and options

Freeze holds the whole animation for explanation. The options drawer contains the hold length, end time, loop and speed controls.

Zoom, resize and cleanup

Zoom makes close keys easier to edit. Fit resets the timeline view, the edge can resize its height, and Delete all keyframes clears motion while retaining the objects.

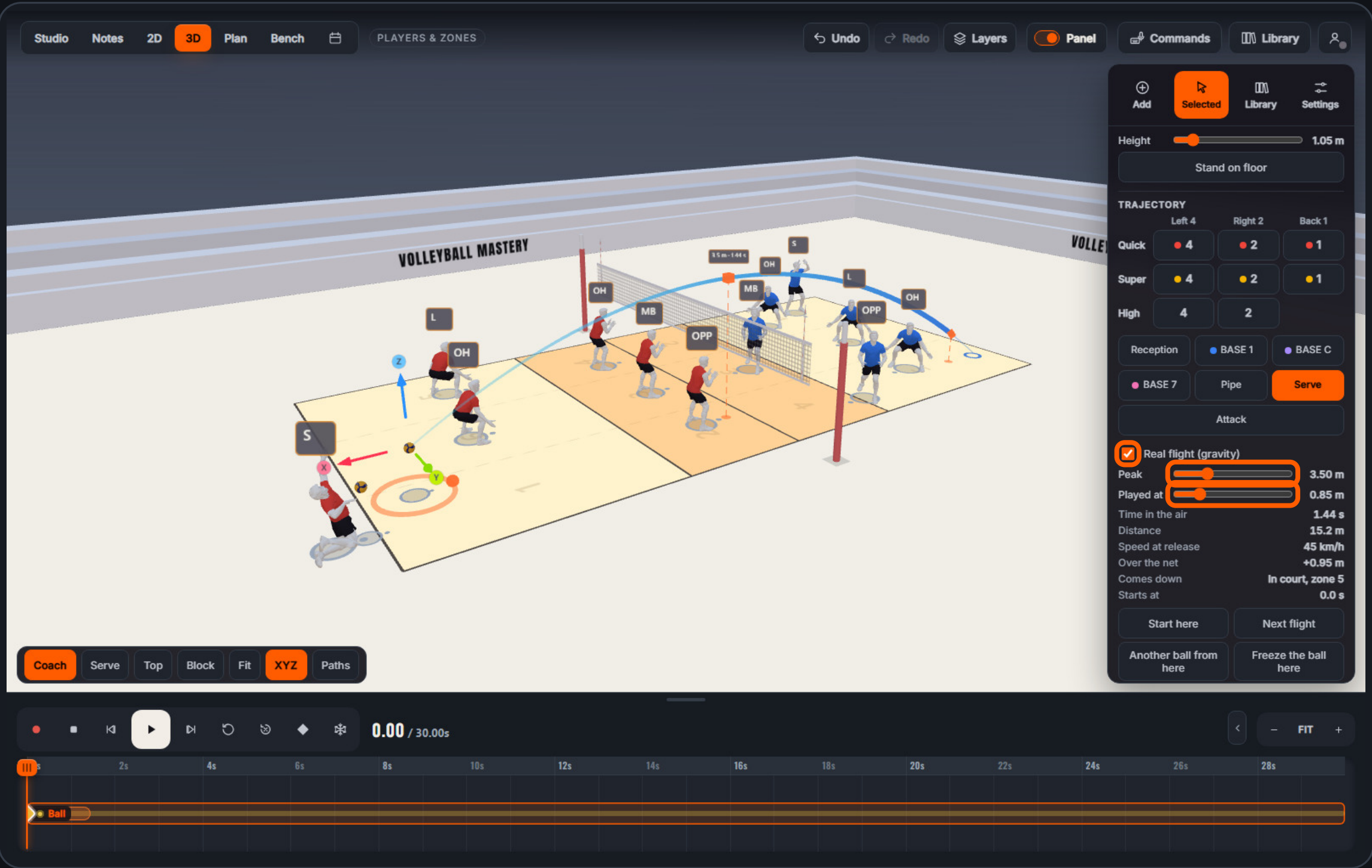
RESULT

The scene communicates order, movement and the moment of contact.

3D

BUILD THE BALL’S FLIGHT

Select a ball to reveal trajectory controls and volleyball-specific flight presets.



Example coaching data • current English interface

DETAIL FROM THE SAME SCREEN

Attack

☒ Real flight (gravity)

Peak

3.50 m

Played at

0.85 m

Time in the air

1.44 s

Distance

15.2 m

Speed at release

45 km/h

Over the net

+0.95 m

Comes down

In court, zone 5

DO THIS

- 1 Add a ball and select the appropriate flight preset.
- 2 Move the peak and played-at destination.
- 3 Play the sequence and verify the ball clears the net where intended.

WHAT EACH CONTROL DOES

Trajectory presets

Choose a set by tempo and target: Quick, Super or High toward the offered zones. Reception, BASE 1, BASE C, BASE 7, Pipe, Serve and Attack provide other starting flights.

Add trajectory

Creates a flight from the ball’s current position. Drag the square to shape the peak and the diamond to set the place where the ball is played.

Real flight

With gravity enabled, peak and contact height shape the flight. The panel calculates time in the air and speed at release for that geometry.

Peak and Played at

Peak changes the highest point; Played at changes the end contact height. A flight to a setter’s hands needs a different end height from a landing ball.

Readouts

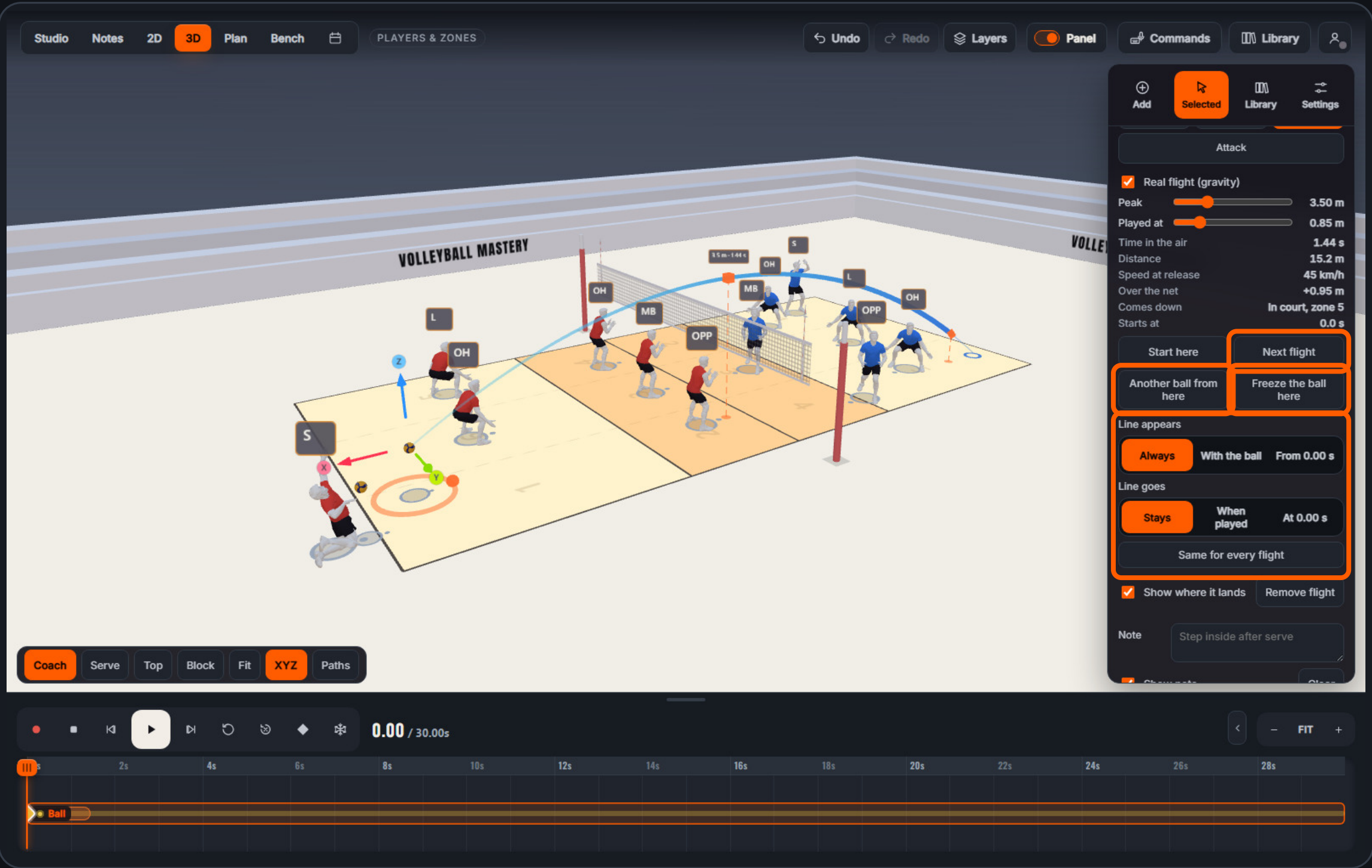
Inspect distance, duration and net clearance when shown. They help you check the scene’s chosen flight rather than replacing measurement of a real player.

RESULT

The ball follows a visible flight matched to the drill’s action.

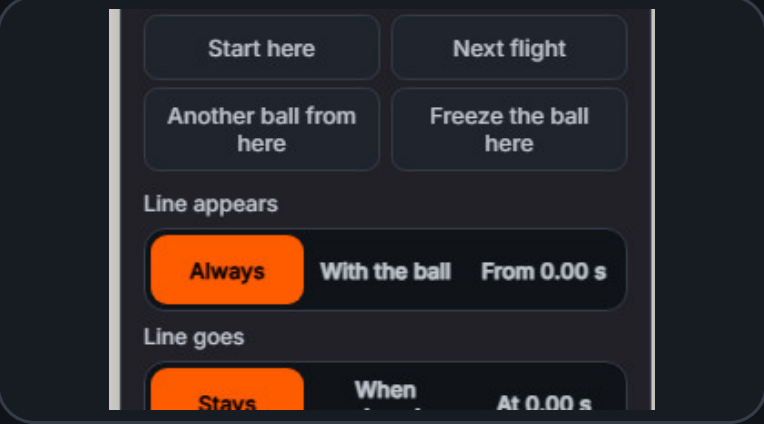
NEXT FLIGHTS, ALTERNATIVES AND BALL FREEZES

Extend one first-contact action into a pass, set and attack sequence.



Example coaching data • current English interface

DETAIL FROM THE SAME SCREEN



DO THIS

- 1 Create the first flight and place its start time.
- 2 Add Next flight at the next contact.
- 3 Use an alternative or a ball freeze to explain a decision.

WHAT EACH CONTROL DOES

Start here

Starts the selected flight at the playhead. Use it to align the ball action with a player’s movement or pose change.

Next flight

Adds the next flight from where the previous one is played. This joins contacts into a continuous sequence without manually creating another disconnected ball.

Another ball from here

Creates an alternative from the same release location and time. It can be edited independently as another option the setter could choose.

Freeze the ball here

Holds the ball at the playhead while other objects continue. Use a ball freeze when explaining a reading or positioning choice without stopping every player.

Remove flight

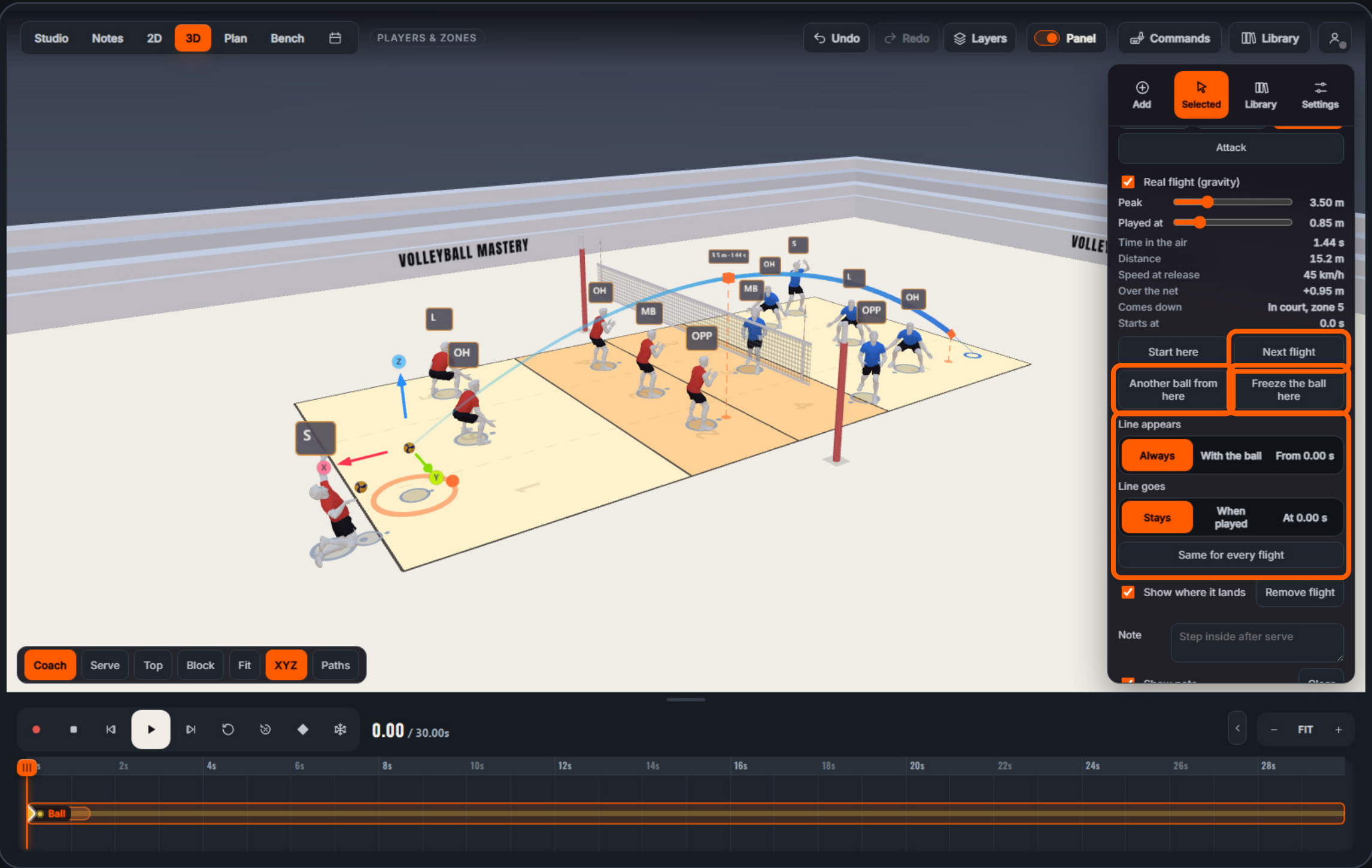
Deletes the selected flight. Check the remaining sequence after removal so its start positions and contact timing remain coherent.

RESULT

The ball can connect several contacts or illustrate an alternative choice.

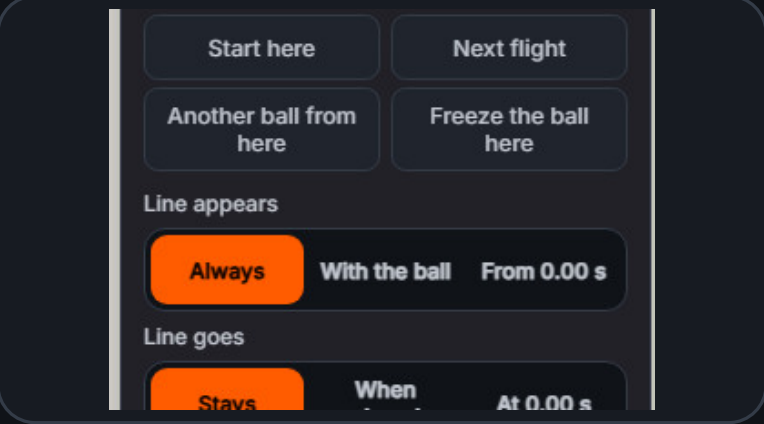
PATHS, FLIGHT VISIBILITY AND COURT MARKS

Decide which teaching lines appear, and keep the finished scene readable.



Example coaching data • current English interface

DETAIL FROM THE SAME SCREEN



DO THIS

- 1 Show motion paths only when they help explain the drill.
- 2 Set flight-line appearance and removal.
- 3 Add one clear cue and inspect the presentation view.

WHAT EACH CONTROL DOES

Paths

Shows motion paths across the court. It helps explain where players go while the animated scene shows when they move.

Line appears

Always keeps a flight line visible. With the ball reveals it during the flight; From the playhead starts the complete line at a chosen moment.

Line goes

Stays keeps the line until the end. When played removes it after contact; At the playhead provides a chosen end time.

Same for every flight

Applies the selected display behaviour across the ball's flights. Use it for consistent explanation of a multi-contact sequence.

Drawing and text

Arrow, Run, Pass, Hit, Line, Text, Note and Draw on the floor add teaching marks. Select marks to edit colour, text, height and the available shape controls.

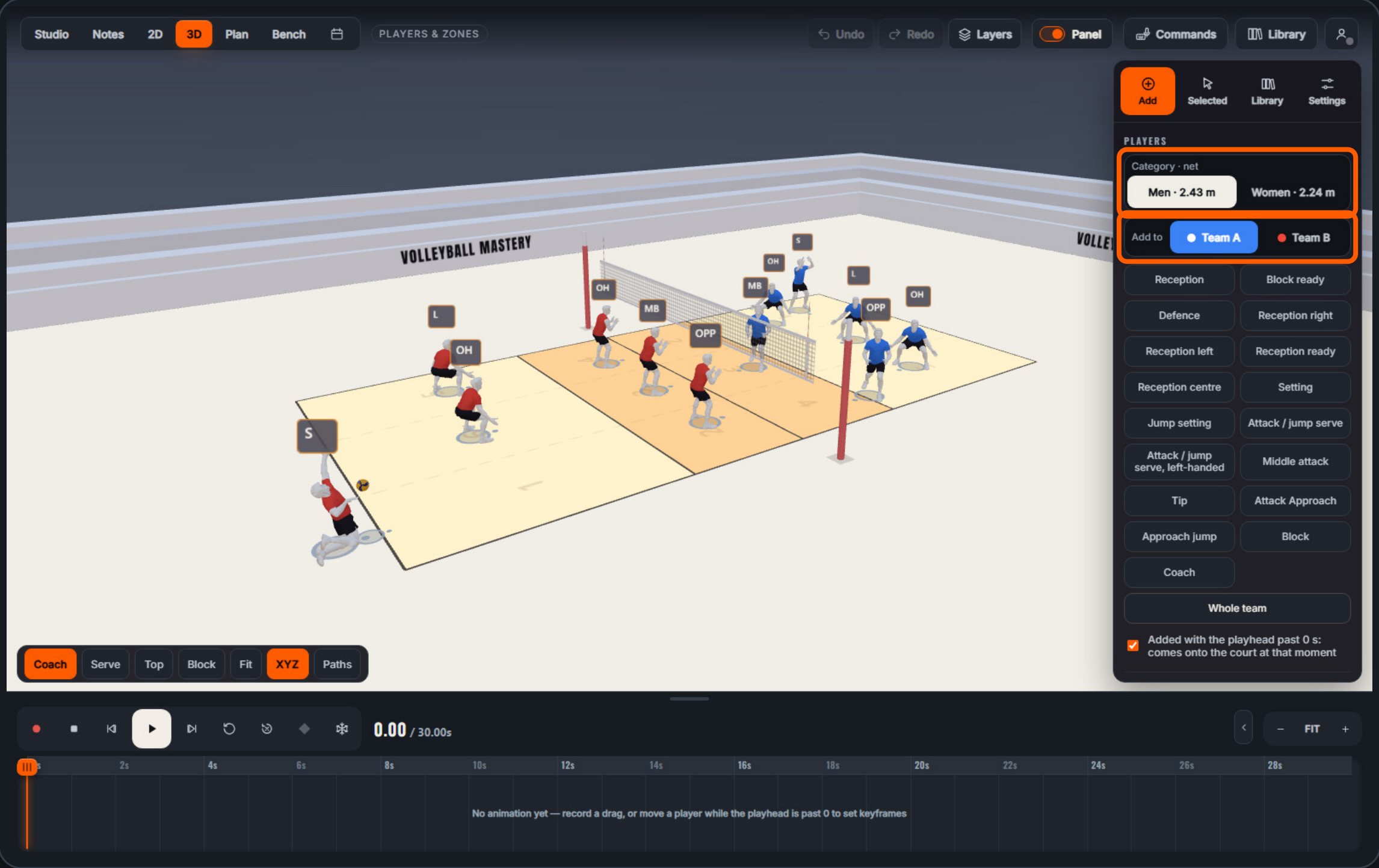
RESULT

The explanation reveals the relevant information at the relevant moment.

TARGETS, ARCS AND ZONES

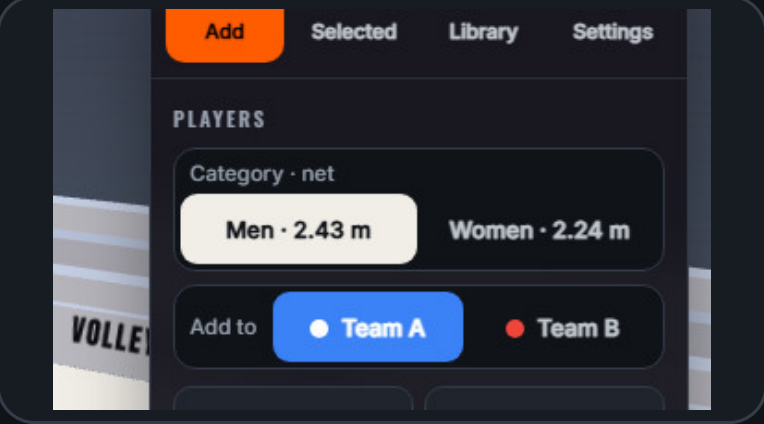
Shape training targets and directions to describe space as well as position.

CURRENT APP VIEW



Example coaching data • current English interface

DETAIL FROM THE SAME SCREEN



DO THIS

- 1 Select the target or direction object.
- 2 Adjust size, height or arc for the drill.
- 3 Check net clearance and the intended receiving area.

WHAT EACH CONTROL DOES

Setting target

Choose Straight or Angled stand, rim height and rim width. These controls change the target used in the accuracy exercise.

Target

Choose Lying or Standing and adjust its size. A floor target and an upright target illustrate different finishing locations.

Arrow height and Arc

Change the height at the start and tip and the line's bend. Over the net raises the shape enough to clear the net for the chosen geometry.

Direction triangle

Drag its corners and change each corner's height. Lay flat, Spike and Serve provide useful shapes; To B, Middle and To C send a ball along the selected direction.

Zones and layers

Indoor six/nine-zone controls, grid and numbers add references. Layers helps locate objects, visibility and locks when a busy scene is hard to select.

RESULT

Equipment and directional shapes describe the exercise's physical target.

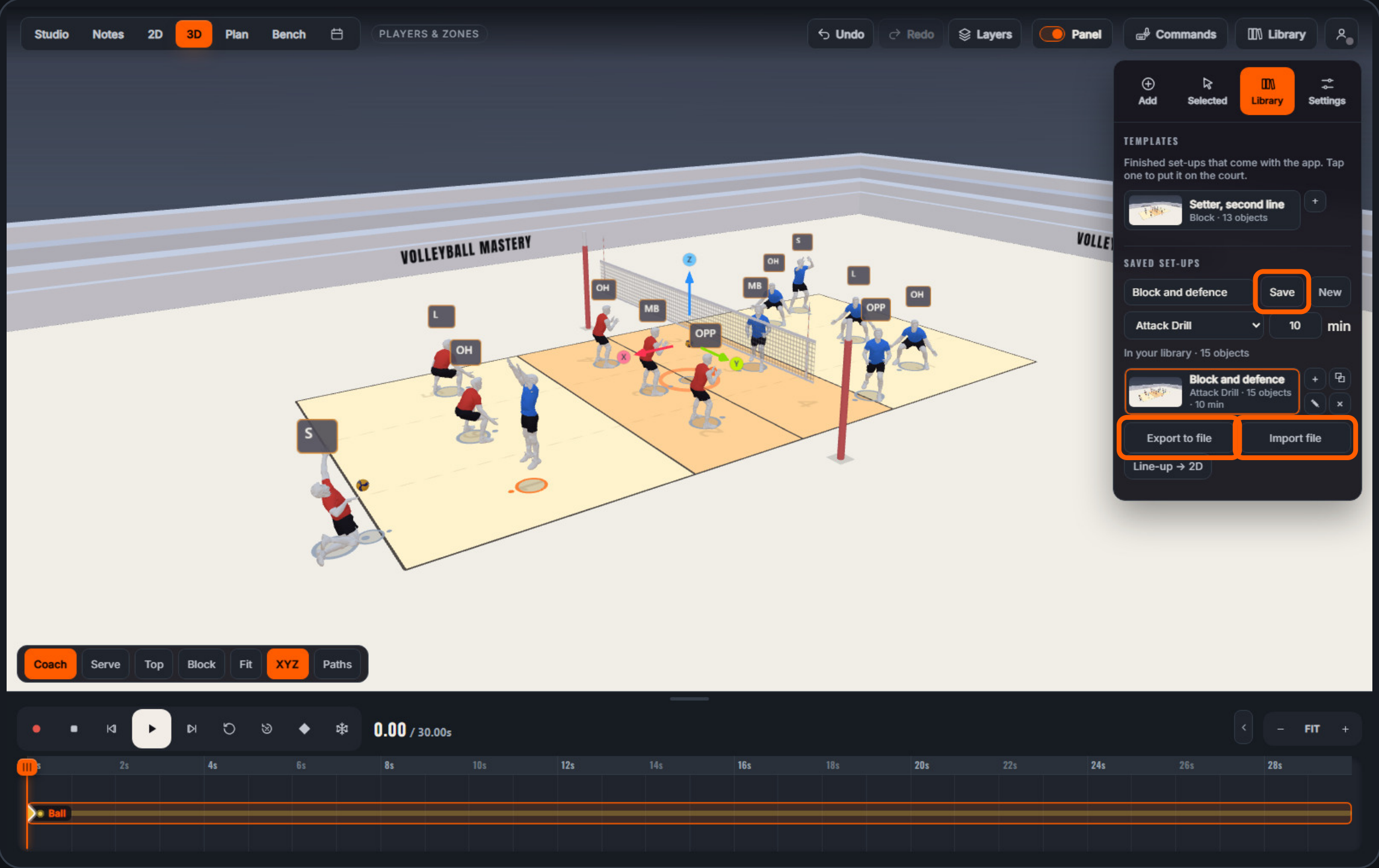
A drawn arrow is a teaching mark; use Send the ball when you want a ball action along it.

3D

SAVE SET-UPS AND EXCHANGE EDITABLE FILES

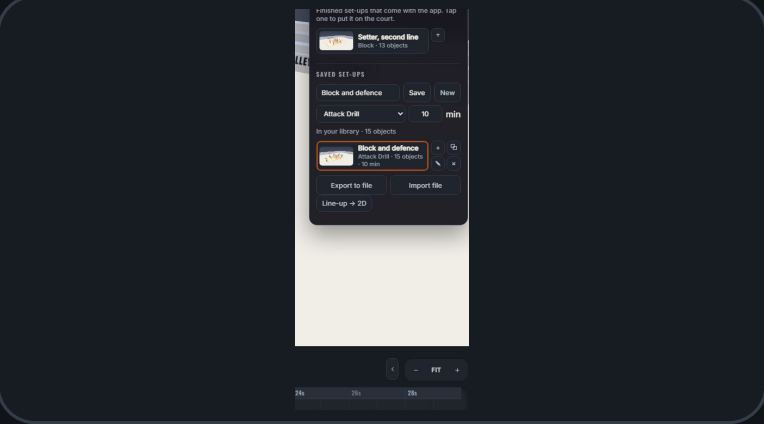
A saved 3D set-up includes the scene and animation for later coaching use.

CURRENT APP VIEW



Example coaching data • current English interface

DETAIL FROM THE SAME SCREEN



DO THIS

- 1 Name the scene, select a folder and enter minutes.
- 2 Choose Save and verify the saved card.
- 3 Use New before saving a separate variation.

WHAT EACH CONTROL DOES

Templates

The Library tab offers finished starting scenes. Use a template, refine it and save your version with a practical coaching name.

Name, folder and minutes

Set these fields before Save. Folder and duration make the set-up easier to organise and use in the training builder.

Save

Keeps a new set-up or updates the open one. The saved card appears in the shared library as a 3D drill.

New

Keeps the court but stops editing the currently open saved set-up. The next Save creates a new material rather than overwriting that item.

Export to file and Import file

Exports 3D set-ups with animation and video settings for transfer. Import adds compatible set-ups without replacing the existing collection.

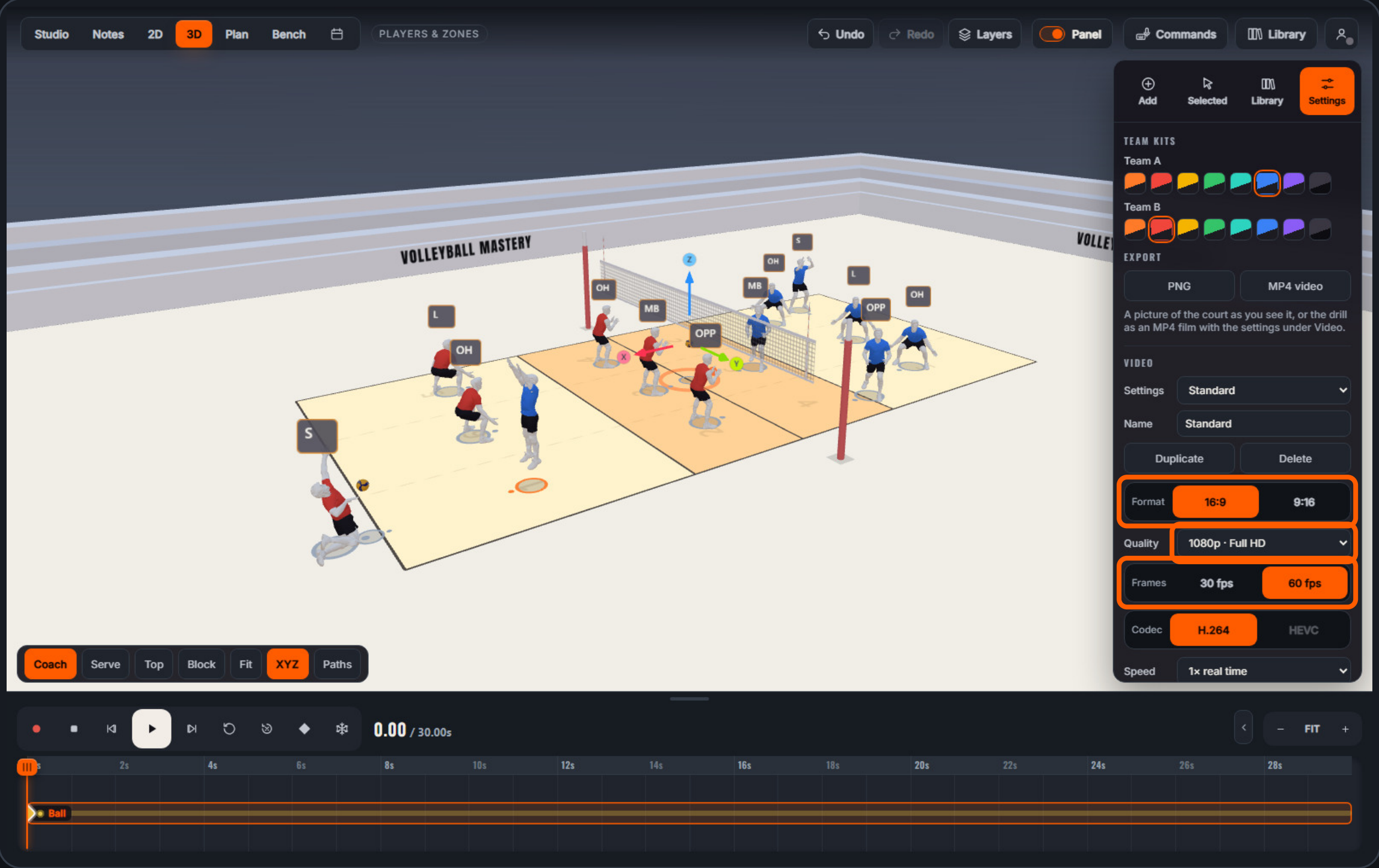
RESULT

The scene remains editable and can be included in an ordered training.

PNG AND MP4 OUTPUT SETTINGS

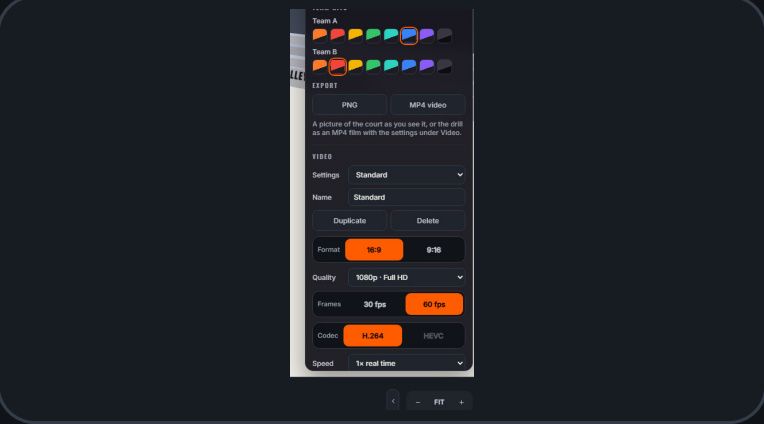
Configure the film before exporting so the delivered view fits its audience.

CURRENT APP VIEW



Example coaching data • current English interface

DETAIL FROM THE SAME SCREEN



DO THIS

- 1 Pick the aspect ratio, quality, frame rate and codec.
- 2 Check the entire drill at the intended speed.
- 3 Export MP4 video and play the downloaded file.

WHAT EACH CONTROL DOES

PNG

Exports the current camera view as a still image. Frame the whole coaching action first, including any useful text or equipment outside the lines.

16:9 or 9:16

16:9 suits a laptop, TV or presentation. 9:16 suits a vertical phone clip; the frame guide helps show what the film will include.

Quality and frames

Choose 1080p, 1440p or 2160p and 30 or 60 fps. Higher settings increase processing work and output size.

H.264 or HEVC

Chooses the encoder offered by the browser. H.264 is a practical choice for broadly shared clips; availability can depend on the device.

Speed and MP4 video

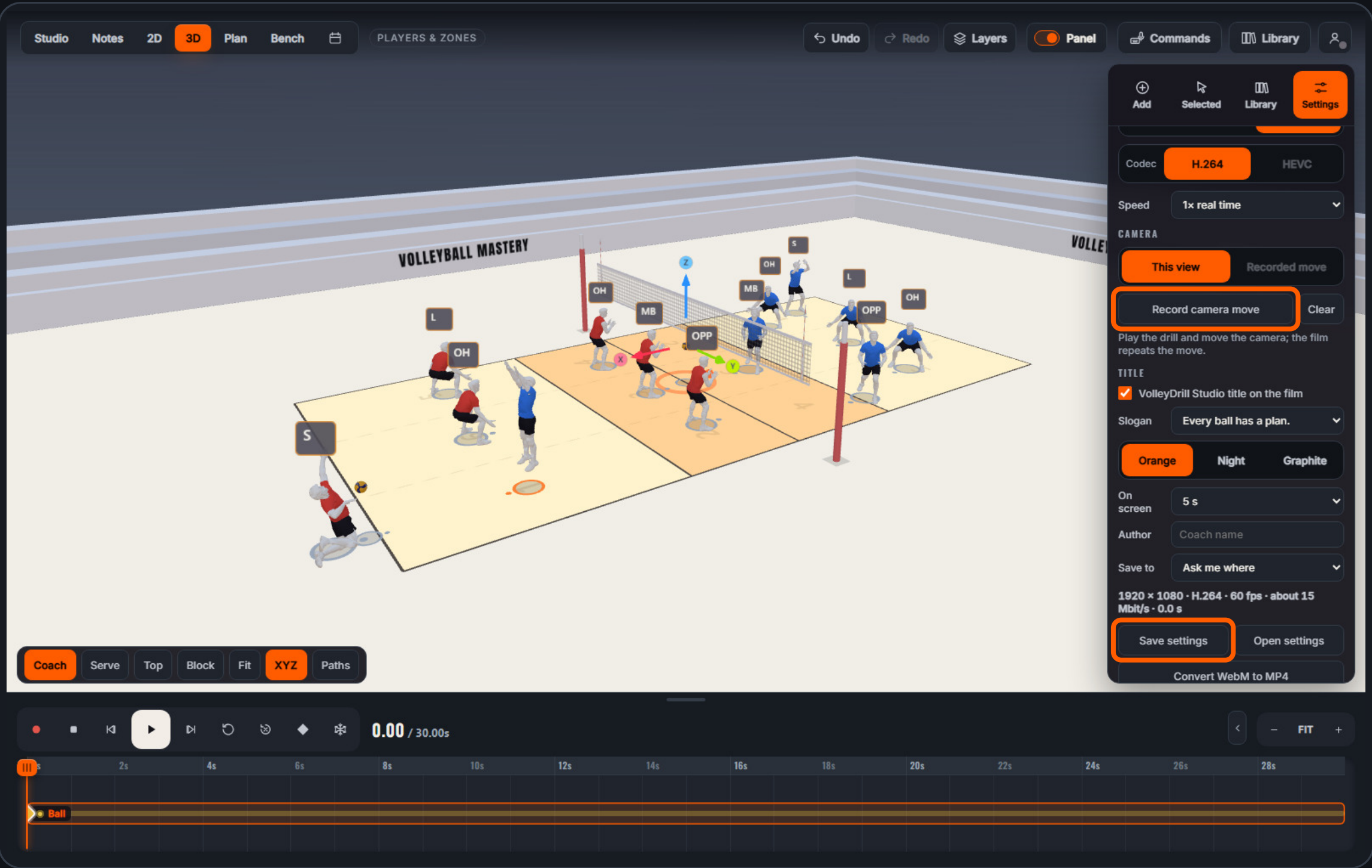
Choose slow motion or another speed, then export. Watch the progress indicator; Cancel stops an export you no longer need.

RESULT

The output is a coaching film with the chosen framing and pace.

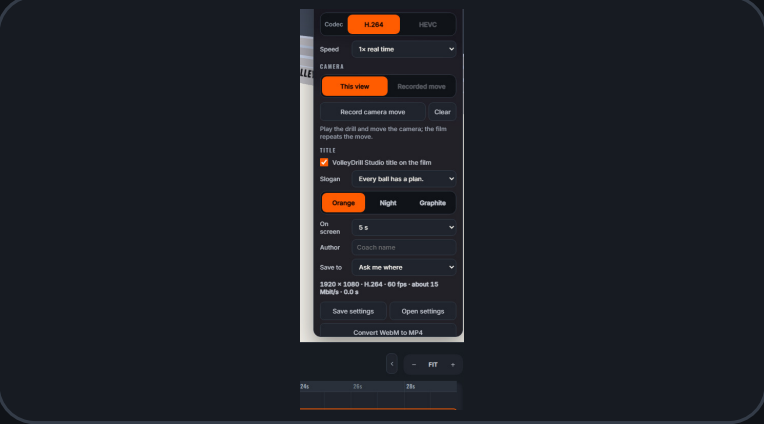
CAMERA RECORDING, TITLES AND VIDEO PRESETS

Keep a repeatable export style and record a camera move when it improves the explanation.



Example coaching data • current English interface

DETAIL FROM THE SAME SCREEN



DO THIS

- 1 Duplicate a preset and name its purpose.
- 2 Record a camera move only if it keeps the action visible.
- 3 Set the title, export and inspect the complete film.

WHAT EACH CONTROL DOES

This view or Recorded move

This view uses the current framing. Recorded move uses the camera movement captured while the drill plays.

Record camera move

Starts the camera recording workflow. Move the camera during playback; the export repeats that view change. Clear removes the recorded move.

Title and author

Enable the VolleyDrill title, choose a slogan, colour and display duration. Author writes the coach name into the file settings.

Settings presets

Name an export configuration, Duplicate it for a variant or Delete it. Save settings and Open settings exchange the settings file and change log.

Save location and conversion

Choose Ask me where or Downloads folder where supported. Convert WebM to MP4 processes a compatible older recording through the conversion workflow.

RESULT

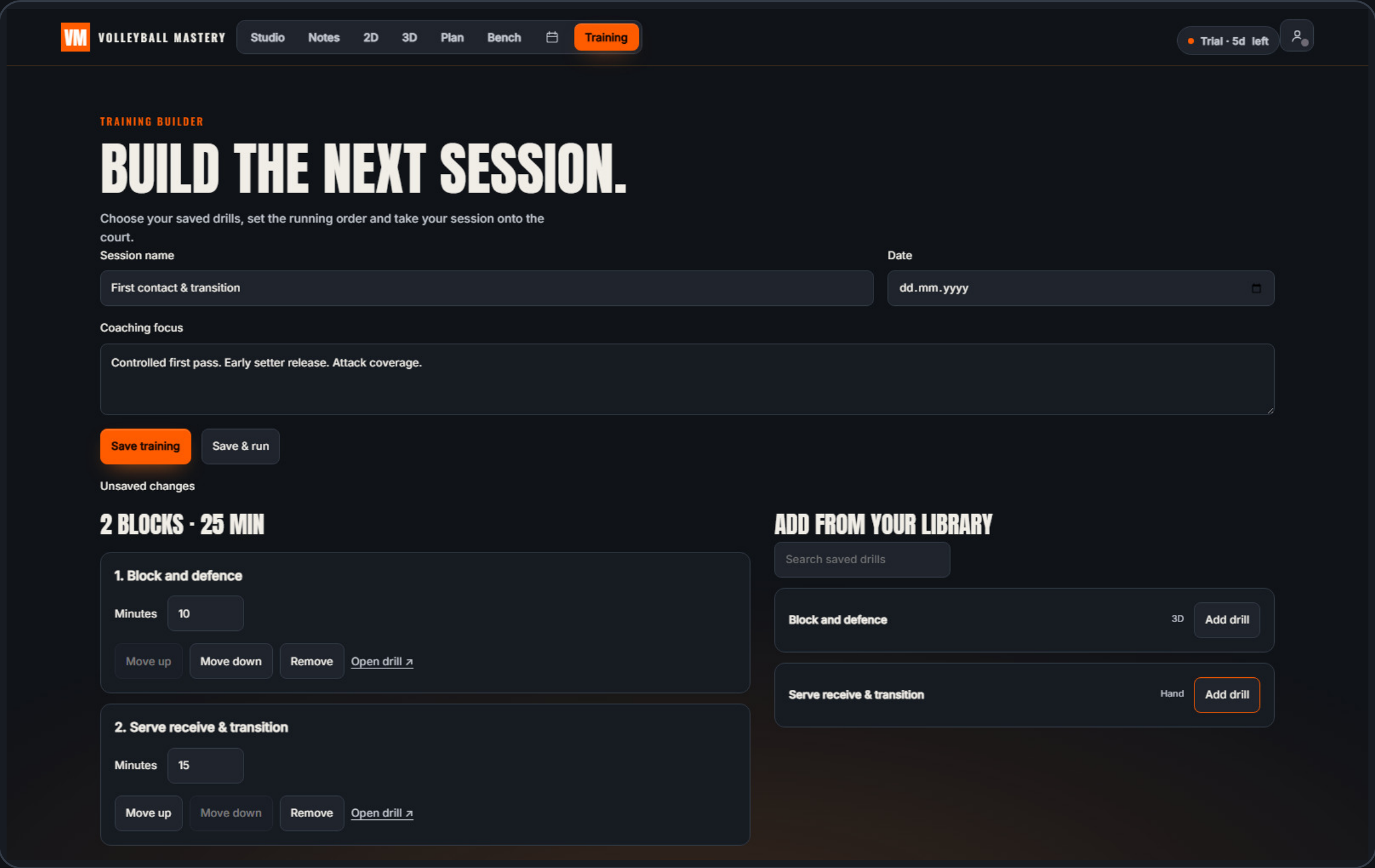
The next drill can reuse the same film format and visual treatment.

TRAINING

BUILD A SESSION FROM SAVED DRILLS

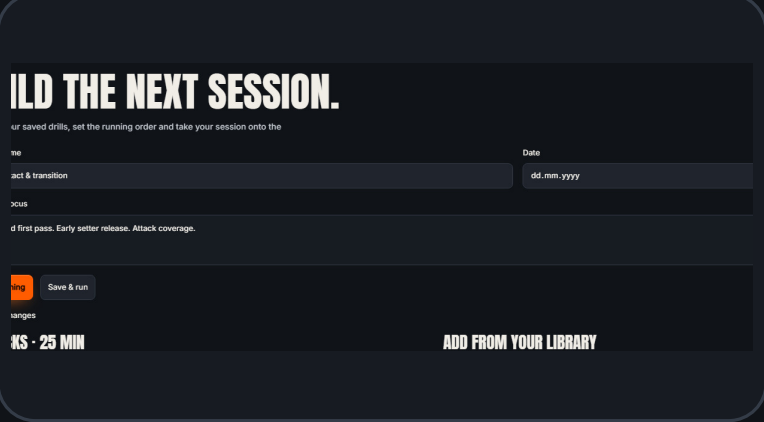
A training is an ordered list of reusable Notes, 2D and 3D exercises.

CURRENT APP VIEW



Example coaching data • current English interface

DETAIL FROM THE SAME SCREEN



DO THIS

- 1

Enter the session name, date and main focus.
- 2

Add the drills, set durations and review the total.
- 3

Save training or choose Save & run.

WHAT EACH CONTROL DOES

Session name and Date

Name the practice and give it the date it is planned or run. The date helps the calendar and season review make sense.

Coaching focus

Describe the session’s priority, such as first contact and transition. It belongs to the session rather than replacing each drill’s instructions.

Add from your library

Search saved drills and choose Add for each block. The same drill can be used more than once when the session needs repeated work.

Minutes and order

Set minutes per block; Move up and Move down change the sequence. Remove takes the block out of this session and keeps the original drill in the library.

Save training and Save & run

Save training stores the session. Save & run also opens its running view. Resolve missing-drill warnings before starting.

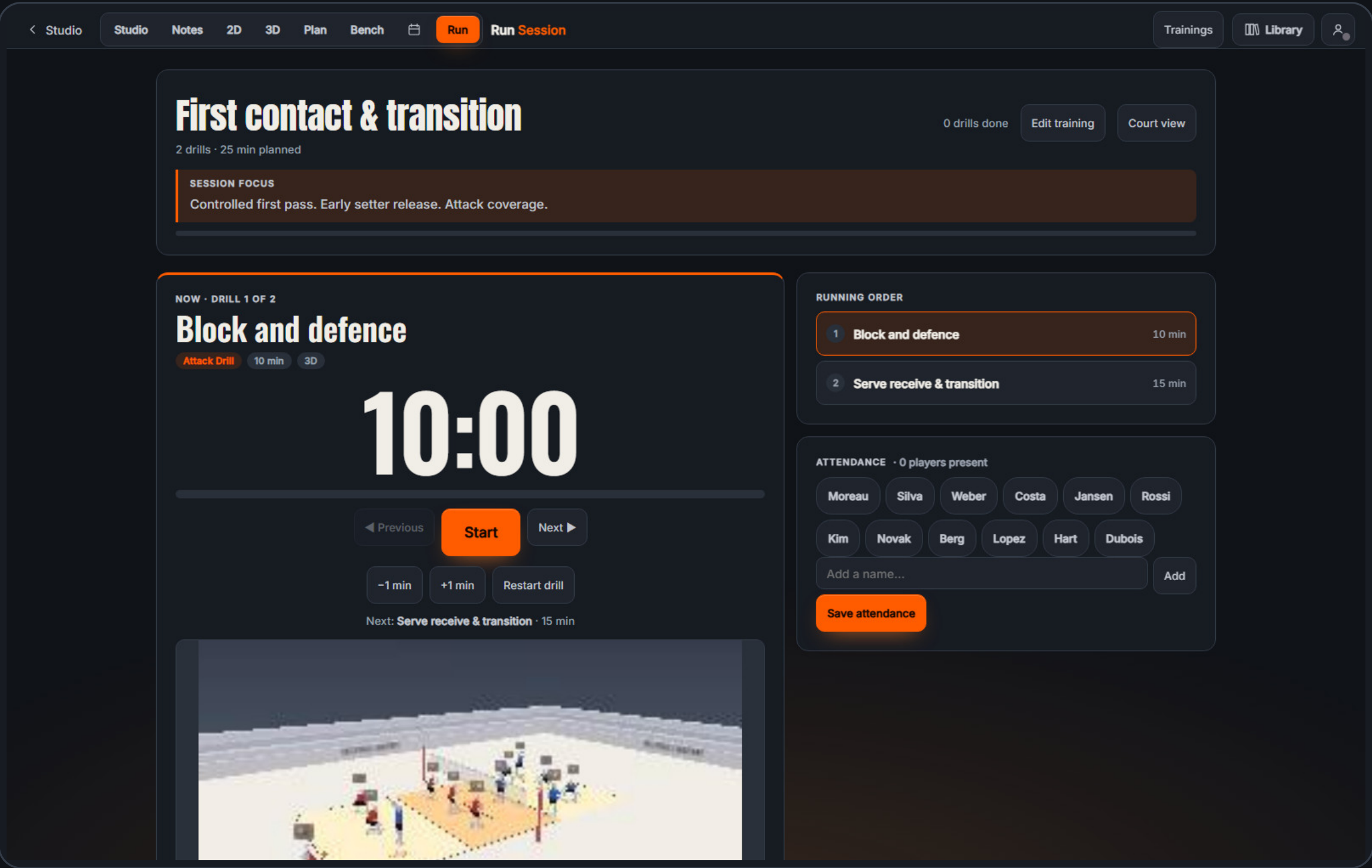
RESULT

The practice has an explicit sequence, total time and saved drill references.

TRAINING

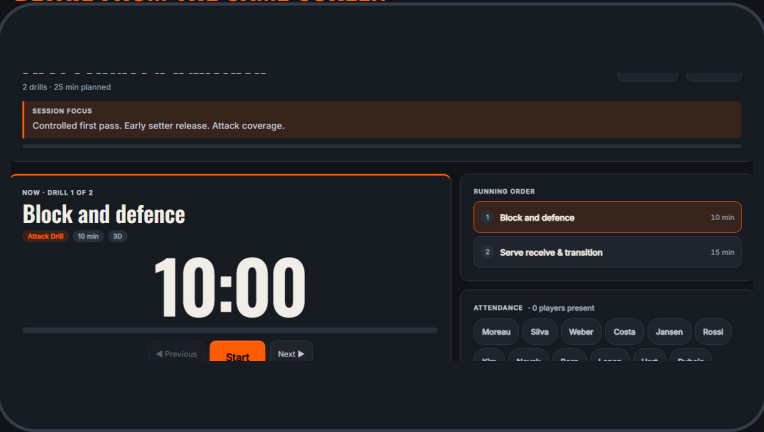
RUN THE PRACTICE AND ADJUST ITS TIMING

Run Session keeps the current drill, next block and session plan available during coaching.



Example coaching data • current English interface

DETAIL FROM THE SAME SCREEN



DO THIS

- 1 Choose Start on the first block.
- 2 Pause or adjust time as the session develops.
- 3 Use Next to advance and Finish after the last block.

WHAT EACH CONTROL DOES Start, Pause and Resume

Controls the current block's countdown. Pause when explaining or reorganising the group, then resume when the task restarts.

Previous, Next and Finish

Move through the planned order. Next advances the session; the final block offers Finish.

-1 min and +1 min

Adjusts the working countdown when the group needs less or more time. Use the training editor when the saved plan itself needs revision.

Restart drill

Resets the current drill's countdown for another attempt. It is different from advancing to the next exercise.

Open the drill and Edit training

Opens the exercise or planner in another tab. The running session keeps its current order and timer context.

RESULT

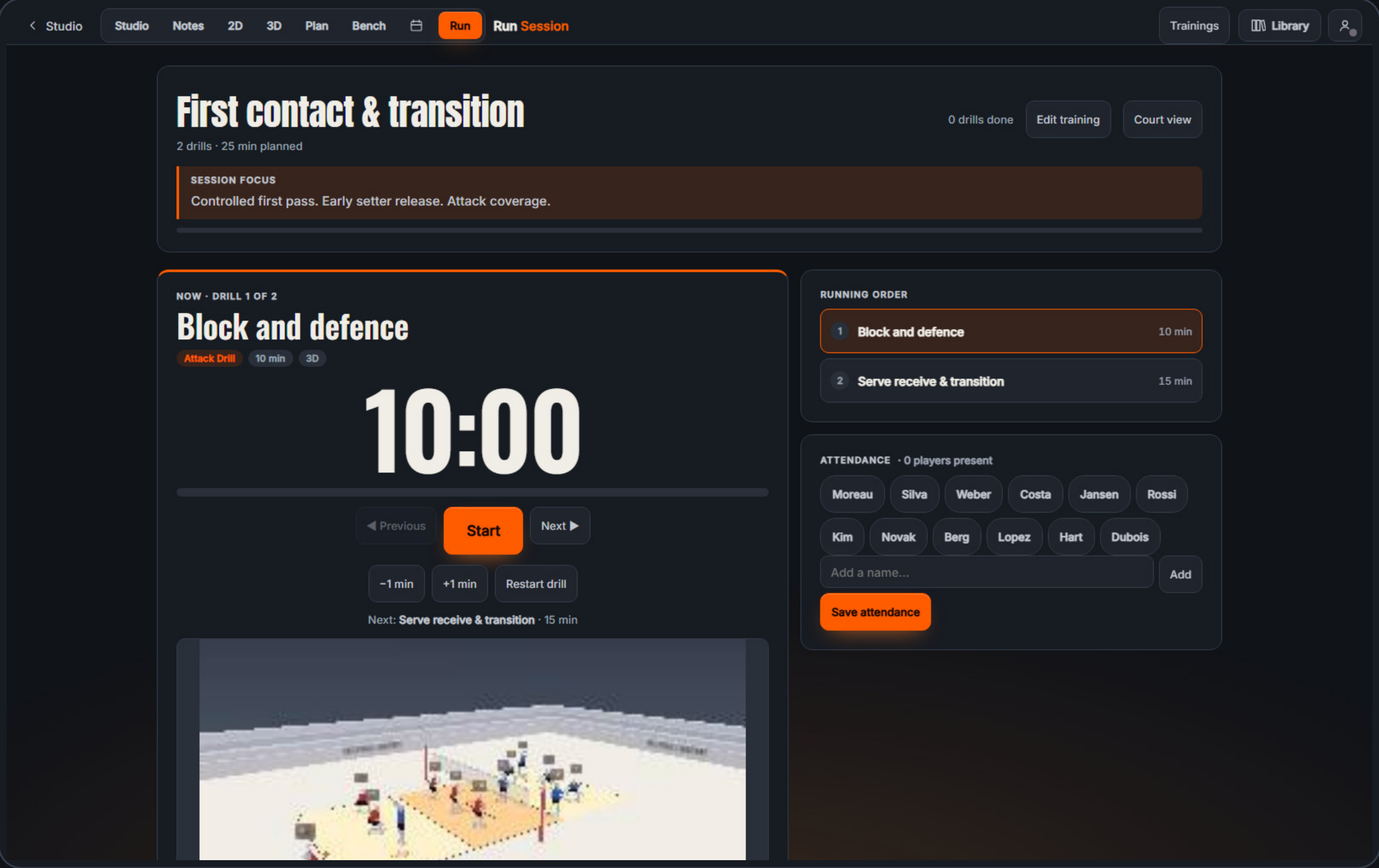
The plan stays visible while the coach controls the actual working time.

TRAINING

COURT VIEW, ATTENDANCE AND RECOVERY

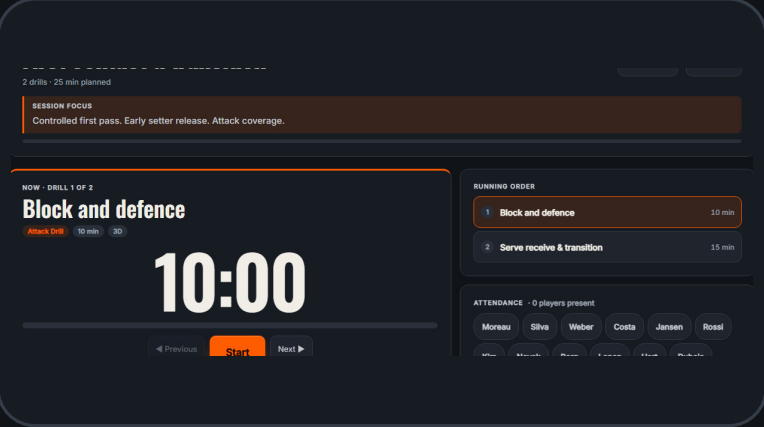
A running session can stay focused on the drill while preserving useful session information.

CURRENT APP VIEW



Example coaching data • current English interface

DETAIL FROM THE SAME SCREEN



DO THIS

- 1 Mark the players at the start of practice.
- 2 Choose Save attendance to retain the list.
- 3 If interrupted, review the recovery choice before restarting.

WHAT EACH CONTROL DOES

Court view

Emphasises the exercise view during the running session. Exit court view restores the broader plan and attendance layout.

Attendance

Tap the player names who are present. Existing saved attendance and roster names populate the available list.

Add a name

Adds someone not already listed and marks them present. This lets you record a guest or a player from another group.

Save attendance

Writes the selected attendance onto the training. If the session has no date, saving attendance can record today's session date.

Recovery

After an interruption, Resume session restores a session checkpoint held in that browser tab. Start from beginning intentionally restarts the workflow.

RESULT

The training carries a saved attendance record and the session can recover its working context.

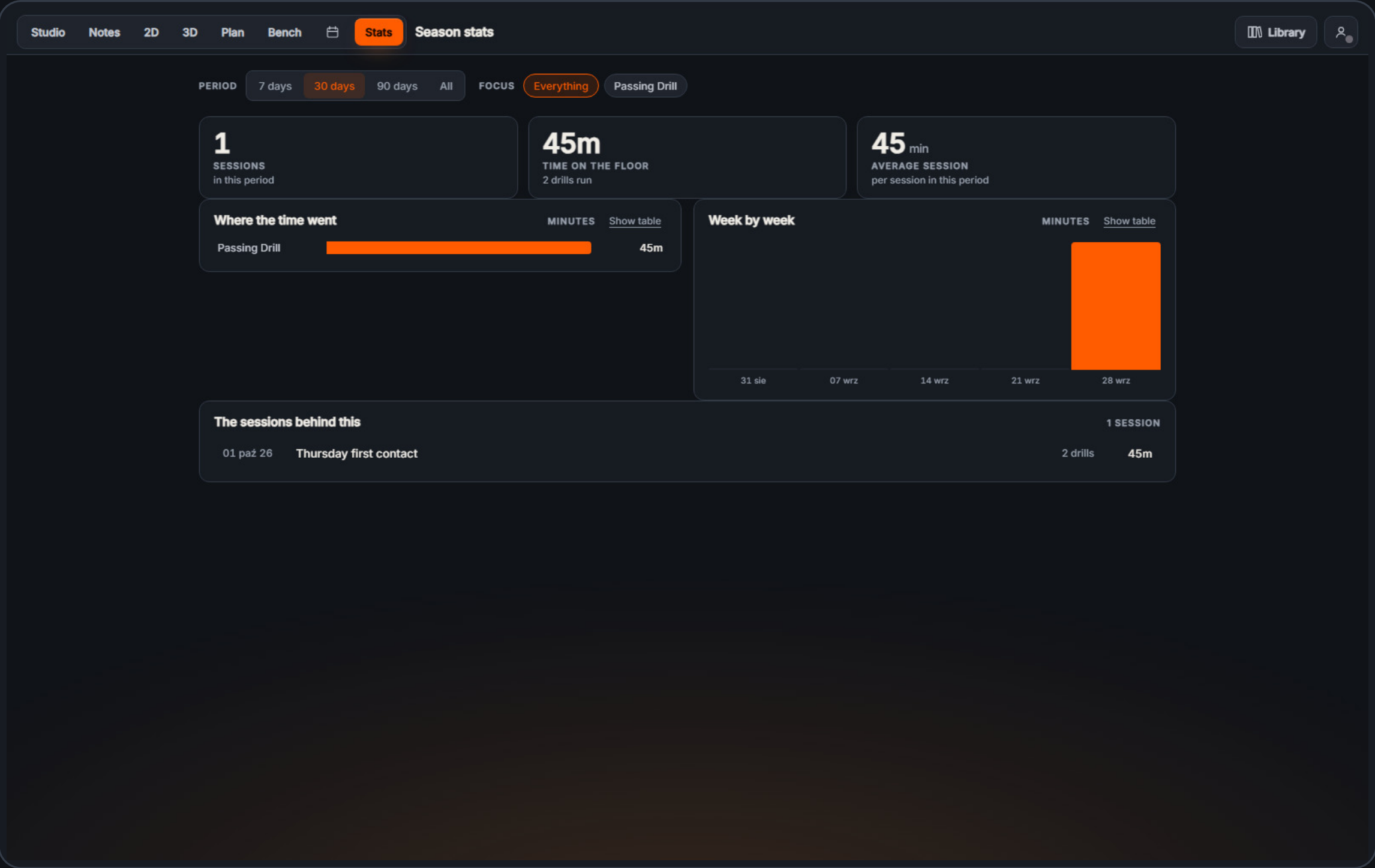
Recovery is held in the browser tab. Save attendance keeps the attendance in the training library.

TRAINING

READ SEASON STATS

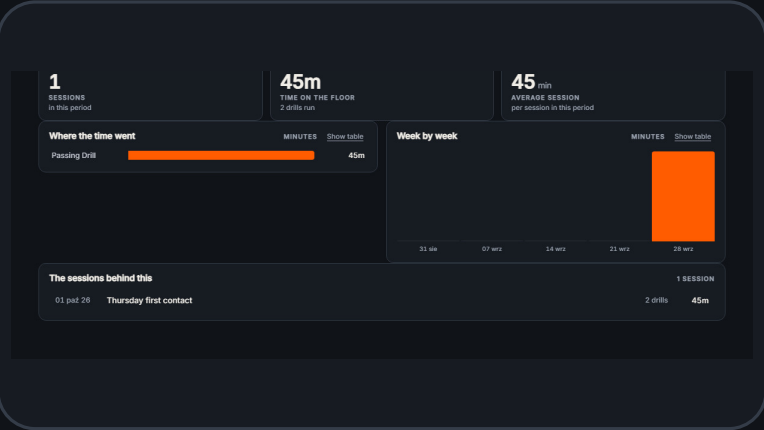
Season Stats summarises saved training plans and the categories of work inside them.

CURRENT APP VIEW



Example coaching data • current English interface

DETAIL FROM THE SAME SCREEN



DO THIS

- 1 Give saved trainings meaningful dates and folders.
- 2 Choose a period and inspect the distribution.
- 3 Open the supporting sessions before drawing a coaching conclusion.

WHAT EACH CONTROL DOES

Period

Choose 7, 30 or 90 days, or All. The period limits the saved sessions included in the displayed totals.

Focus

Choose Everything or a category to inspect a type of work. A folder-based category helps reveal how practice time is distributed.

Time and average

The summary shows training time, drills and average session duration from the included session records.

Charts and tables

Where the time went groups work by folder. Day, week or month charts show distribution over time; Show table exposes the underlying values.

The sessions behind this

Open the supporting sessions to inspect their blocks. Tap a chart slice to focus the list, then Clear focus to return to the broader view.

RESULT

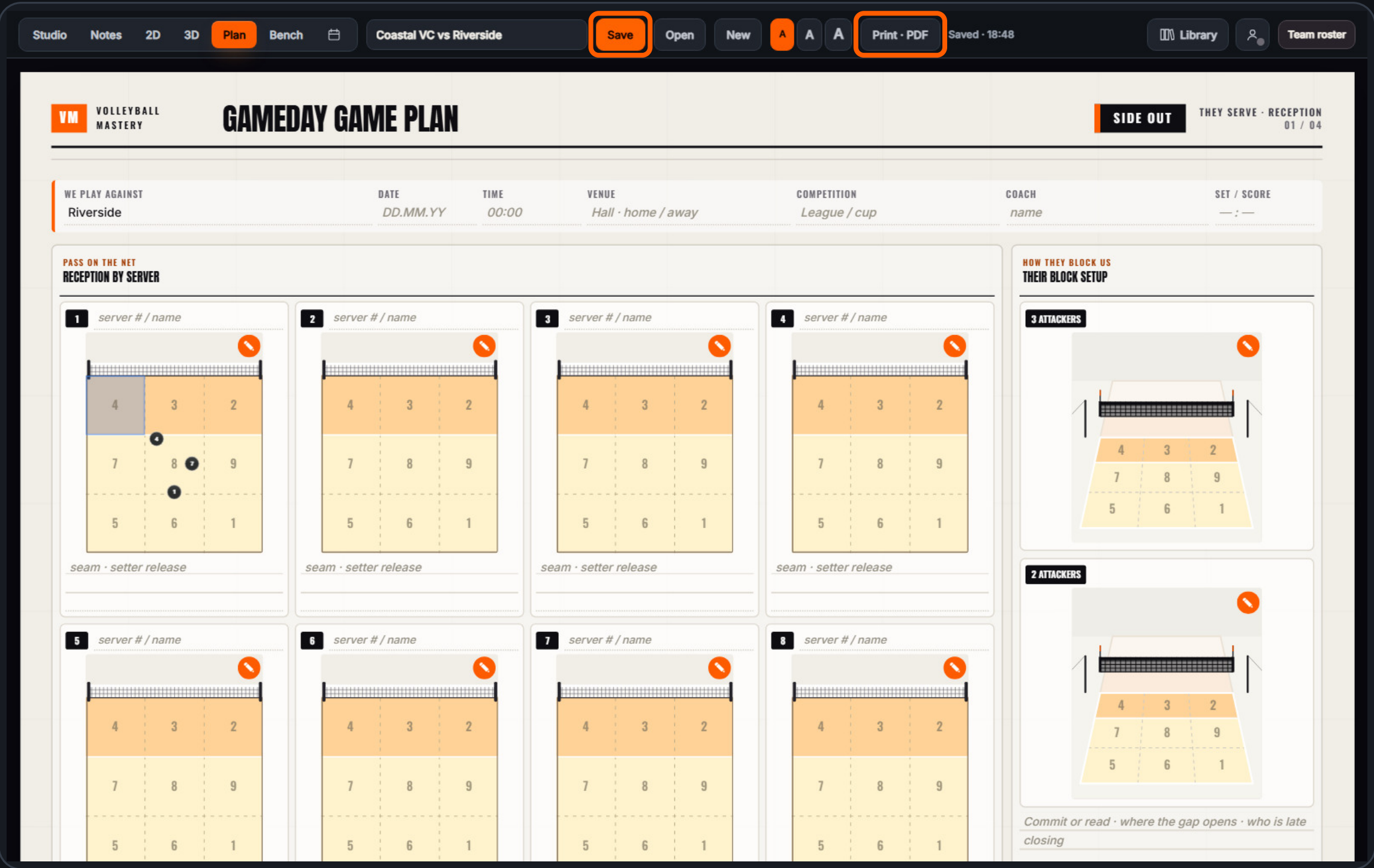
You can review the balance of the sessions recorded in your library.

These are saved-plan statistics. They do not automatically measure an athlete's performance or the exact time spent on every rally.

MATCH PLAN

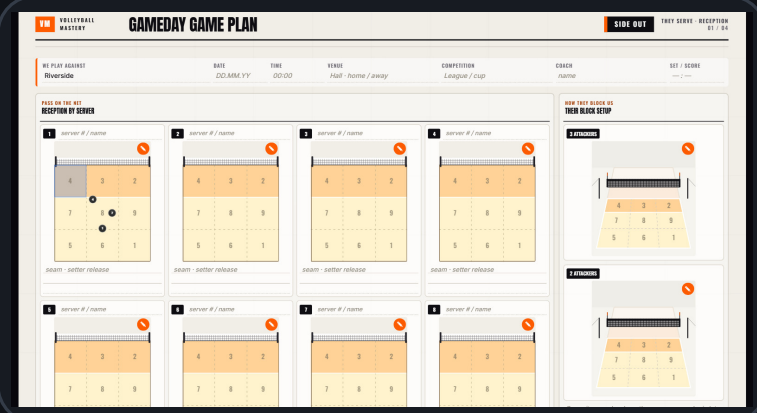
FOUR SHEETS FOR INDOOR MATCH PREPARATION

The indoor plan separates receiving, attacking, serving and block-defence work.



Example coaching data • current English interface

DETAIL FROM THE SAME SCREEN



DO THIS

- 1 Name the plan and enter the opponent information.
- 2 Complete each phase with the scouting facts you have.
- 3 Save the plan before exporting its pages.

WHAT EACH CONTROL DOES

Sheet 1 - Side out reception

Record reception by opposing server and how the opponent blocks your attack. Each court can carry its own drawing.

Sheet 2 - Our attack

Describe the full offence after a good pass, opponent block and open defensive space. Add in-match adjustments where needed.

Sheet 3 - Our serve

Choose serve targets, read the opposing setter under different passing conditions and record risk choices by match phase.

Sheet 4 - Block and defence

Record opposing attack directions and main attackers by rotation. Keep the serving-order and in-match adjustment notes nearby.

Match header

Opponent, date, time, venue, competition, coach and set/score provide the shared context for the four sheets.

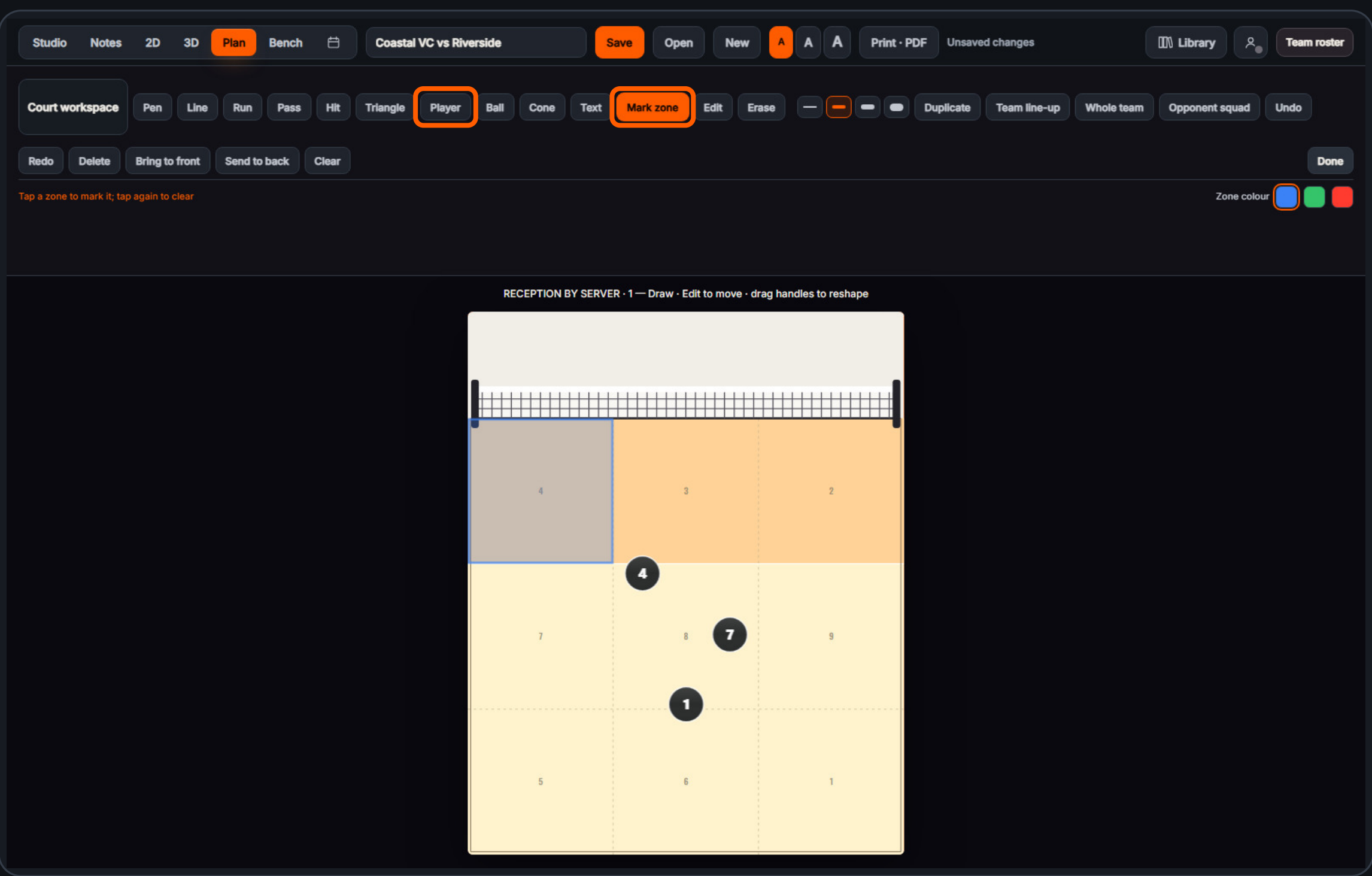
RESULT

One match document brings the tactical phases together.

MATCH PLAN

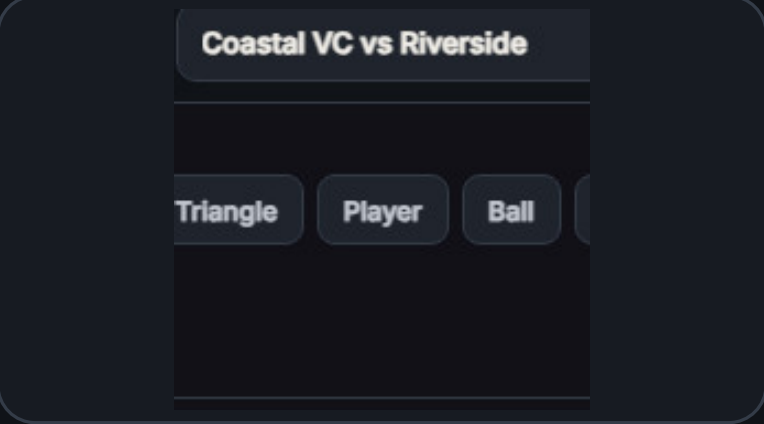
EDIT COURTS, LABELS AND TACTICAL NOTES

Every court can be opened for a focused drawing without rebuilding the whole plan.



Example coaching data • current English interface

DETAIL FROM THE SAME SCREEN



DO THIS

- 1

Open the court connected to the tactical point.
- 2

Place players, a direction and the relevant target.
- 3

Choose Done and inspect the court inside the sheet.

WHAT EACH CONTROL DOES

Editable headings and notes

Click or tap a heading, label or note to customise it. Match fields repeat across sheets so the document carries consistent context.

Open a court

Use its pencil control to open the enlarged board. Draw the reception, target or block-defence arrangement for that specific section.

Players and roster

Place player markers, choose their labels and colours, or load a team lineup when available. Whole team can include reserves near the end line.

Shapes and zones

Use lines, routes, cones, triangles and zone colours. Triangle fill and opacity make a coverage corridor visible without hiding the court.

Select and Done

Select an object to edit or duplicate it; Undo reverses changes. Done closes the board and returns the drawing to its court in the plan.

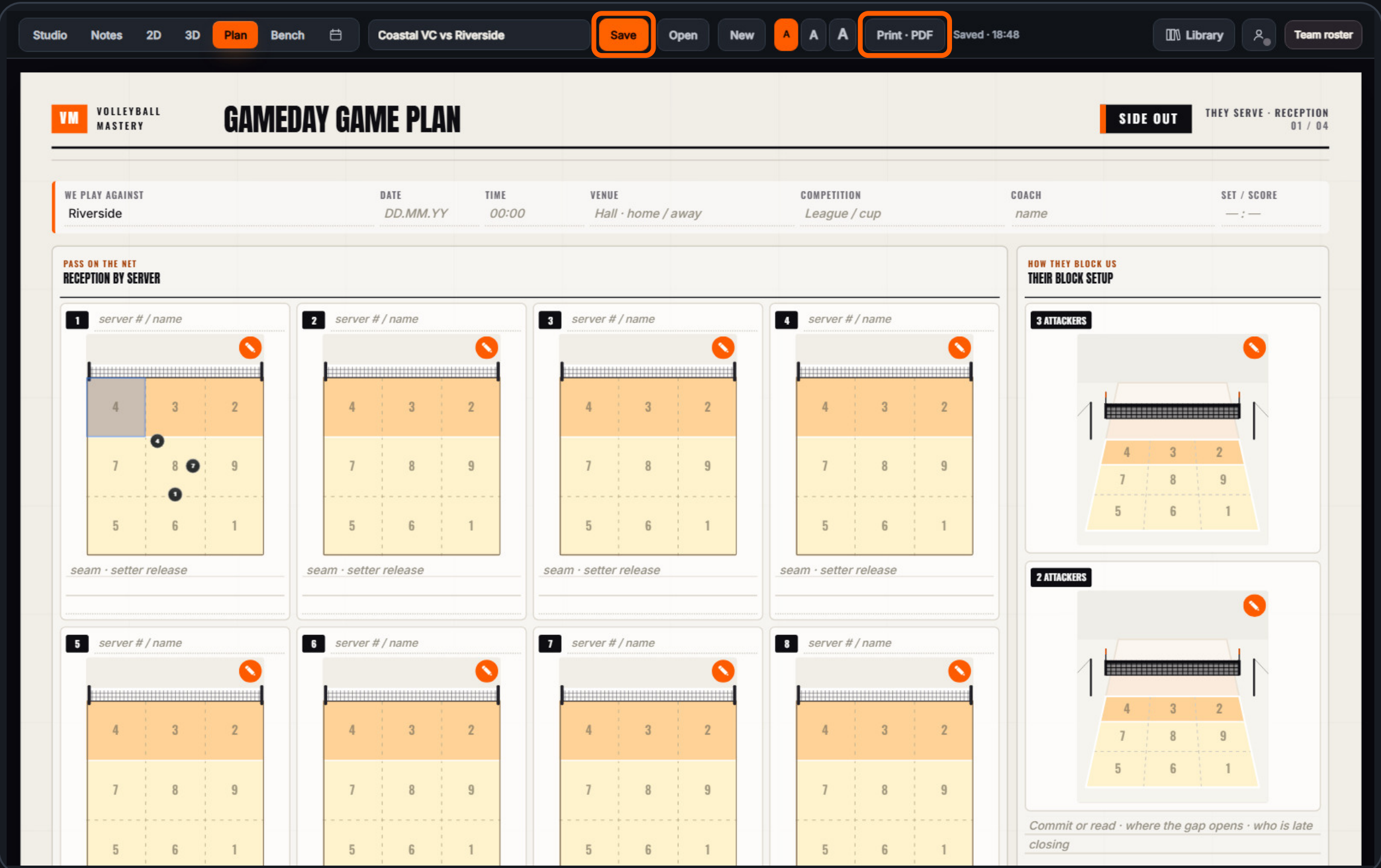
RESULT

Each diagram belongs to the tactical section where the players need it.

MATCH PLAN

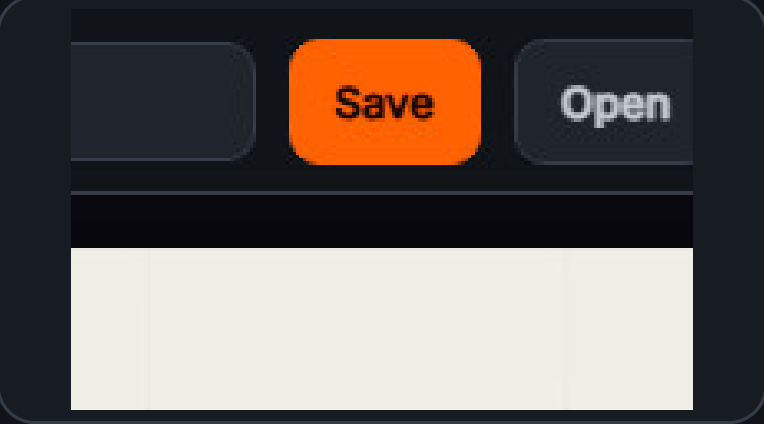
SAVE AND PRINT THE COMPLETE PLAN

Keep the editable plan in the library and prepare a stable copy for the staff.



Example coaching data • current English interface

DETAIL FROM THE SAME SCREEN



DO THIS

- 1 Save and confirm the document's title.
- 2 Choose Print · PDF and review the page preview.
- 3 Save the PDF and reopen it to verify the drawings and text.

WHAT EACH CONTROL DOES

Plan name and Save

Stores the complete document with its editable fields and drawings. Use a match-specific name so it is easy to reopen.

Open

Opens the shared saved-plan catalogue. Resume the intended opponent preparation before making in-match changes.

New

Starts an empty plan. Save the current work before using it to begin another match.

Text size

The A controls adjust the plan's reading size. Check that dense notes still fit the page before printing.

Print · PDF

Opens the browser print workflow. Choose Save as PDF for a file or the required printer; review all pages in the preview.

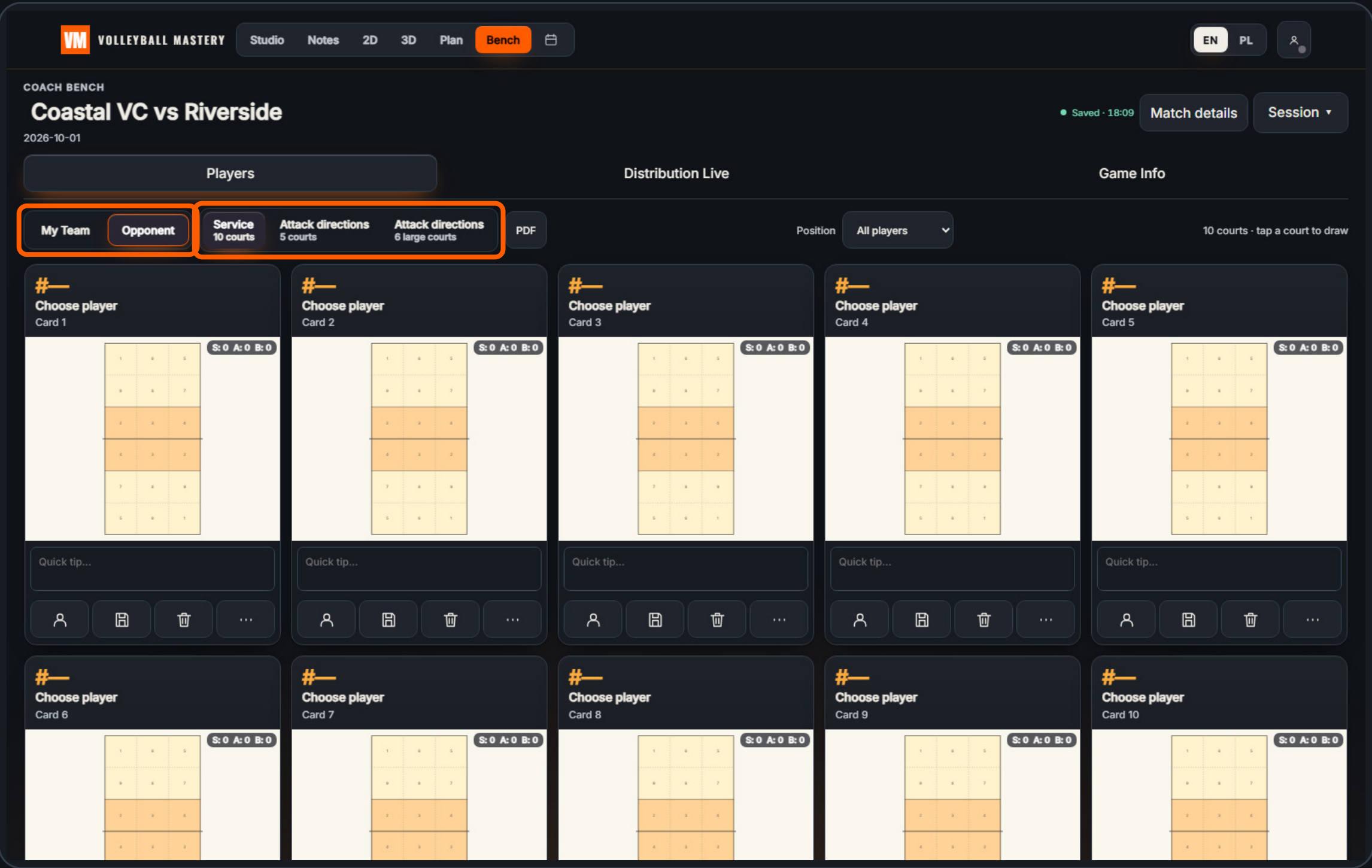
RESULT

Staff can use the saved editable plan and a consistent printed match document.

BENCH

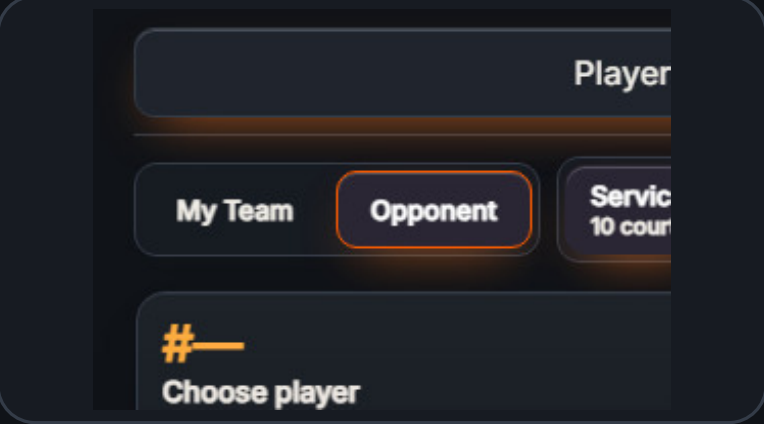
ONE PROJECT WITH THREE WORKING VIEWS

Players, Distribution Live and Game Info belong to the same indoor Bench session.



Example coaching data • current English interface

DETAIL FROM THE SAME SCREEN



DO THIS

- 1 Name the Bench project and set Match details.
- 2 Choose the view required for the current observation.
- 3 Save the session and check it appears in the library.

WHAT EACH CONTROL DOES

Project name

Names the match work you want to keep. Use the opponent and date to distinguish it from another session.

Match details

Sets the shared match context, including team and opponent information. The views use the same session identity.

Players

Shows individual courts for serve and attack observations, drawings and short player notes.

Distribution Live

Records where sets go by setter rotation and attacking base. Filters let you inspect the distribution afterward.

Game Info and Session

Game Info manages lineup and score information. Session contains saving, library, new-session and PDF actions, plus Match mode.

RESULT

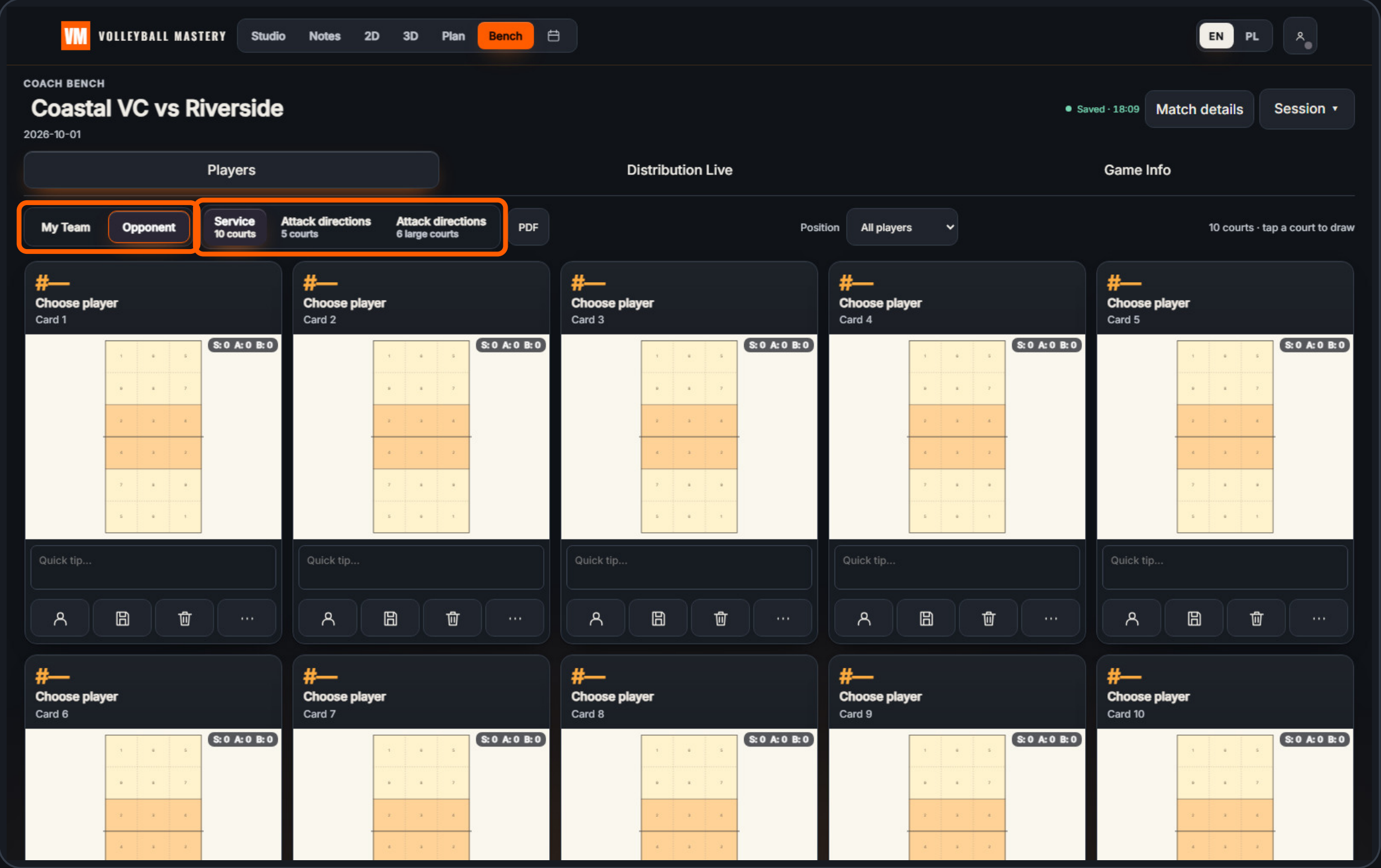
Observation views stay connected to one match project.

BENCH

PLAYERS, TEAMS AND COURT LAYOUTS

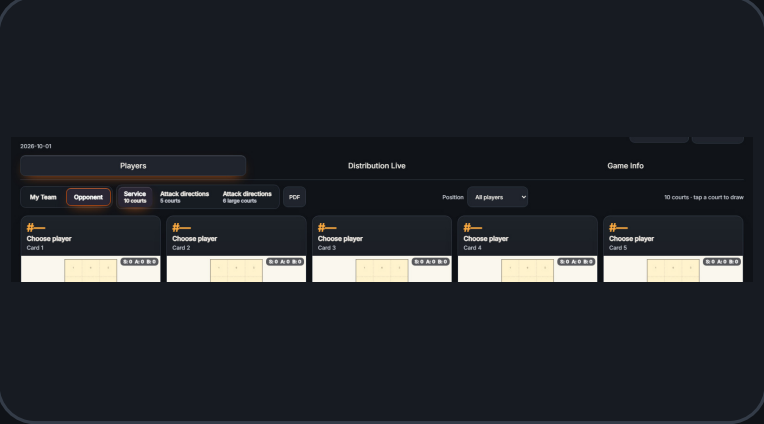
Choose whose actions you are tracking and how many player courts to see.

CURRENT APP VIEW



Example coaching data • current English interface

DETAIL FROM THE SAME SCREEN



DO THIS

- 1 Select My Team or Opponent.
- 2 Choose Service or the required attack layout.
- 3 Open the correct player court before recording an action.

WHAT EACH CONTROL DOES

My Team or Opponent

Switches the displayed player deck. Keep the side correct before drawing a serve or recording observations.

Service · 10 courts

Shows the ten-court service layout. Each player card keeps its own drawing and serve totals.

Attack directions · 5 courts

Uses a five-court layout suited to attack scouting. The selected layout changes the visible court presentation.

Attack directions · 6 large courts

Provides larger courts for six player diagrams. Use the paging control when the roster extends beyond the visible deck.

Position filter

Limits the deck to a player position when the roster supplies it. Removing the filter restores the broader set of cards.

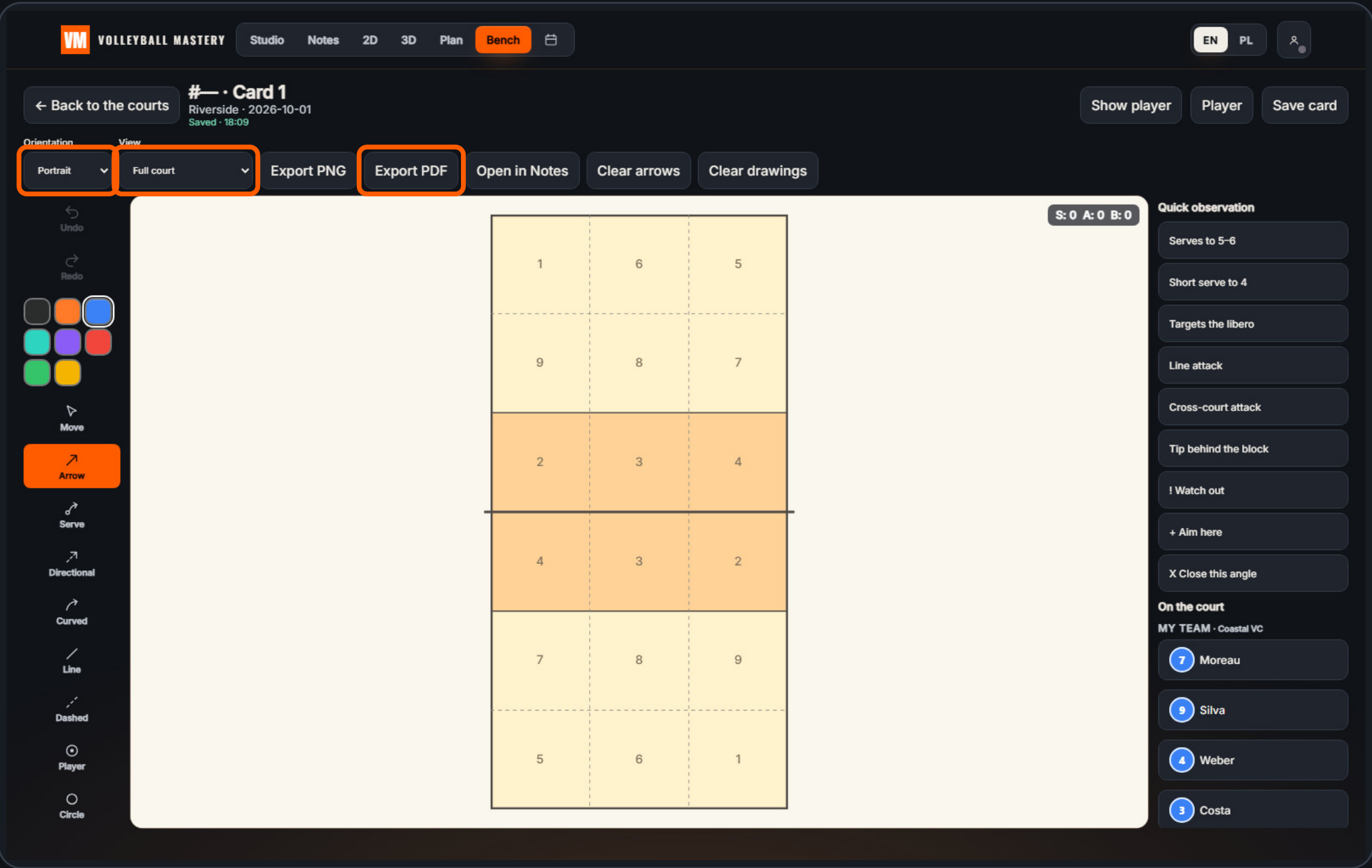
RESULT

The page is arranged for the type of scouting you are doing.

BENCH

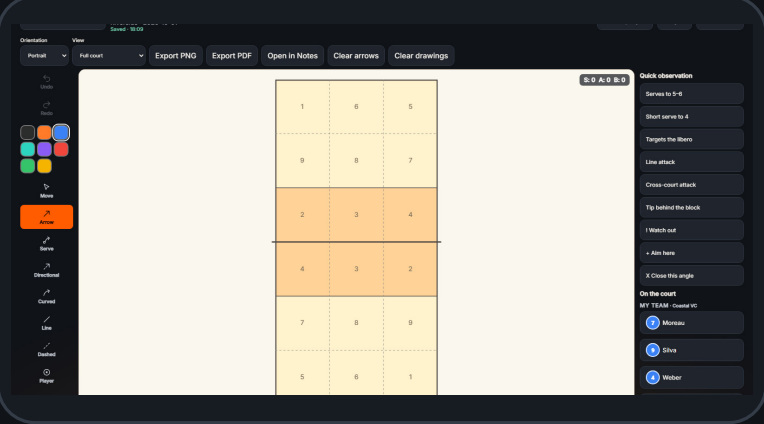
EXPANDED PLAYER COURT AND COACHING NOTES

Open one court when you need a clear, precise observation or a player-facing explanation.



Example coaching data • current English interface

DETAIL FROM THE SAME SCREEN



DO THIS

- 1

Open the intended player’s thumbnail.
- 2

Draw the observation and add the coaching cue.
- 3

Save the card and use Show player for explanation.

WHAT EACH CONTROL DOES

Orientation and View

Portrait or landscape changes the card shape. Full court, either half, Serve analysis and Attack analysis give different working court views.

Drawing tools

Use pen, arrows, curved routes, markers and text on the selected player’s court. Ordinary drawing marks communicate observations without automatically scoring a rally.

Quick observation

Adds an offered observation quickly. Review the selected player and context so the note belongs to the intended card.

Player note and Court text

Player note stores the coaching message. Court text adds a visible cue in the drawing; keep it short enough to read on export.

Save card and Show player

Save card keeps the card material. Show player presents the explanation cleanly; Back to the courts returns to the full deck.

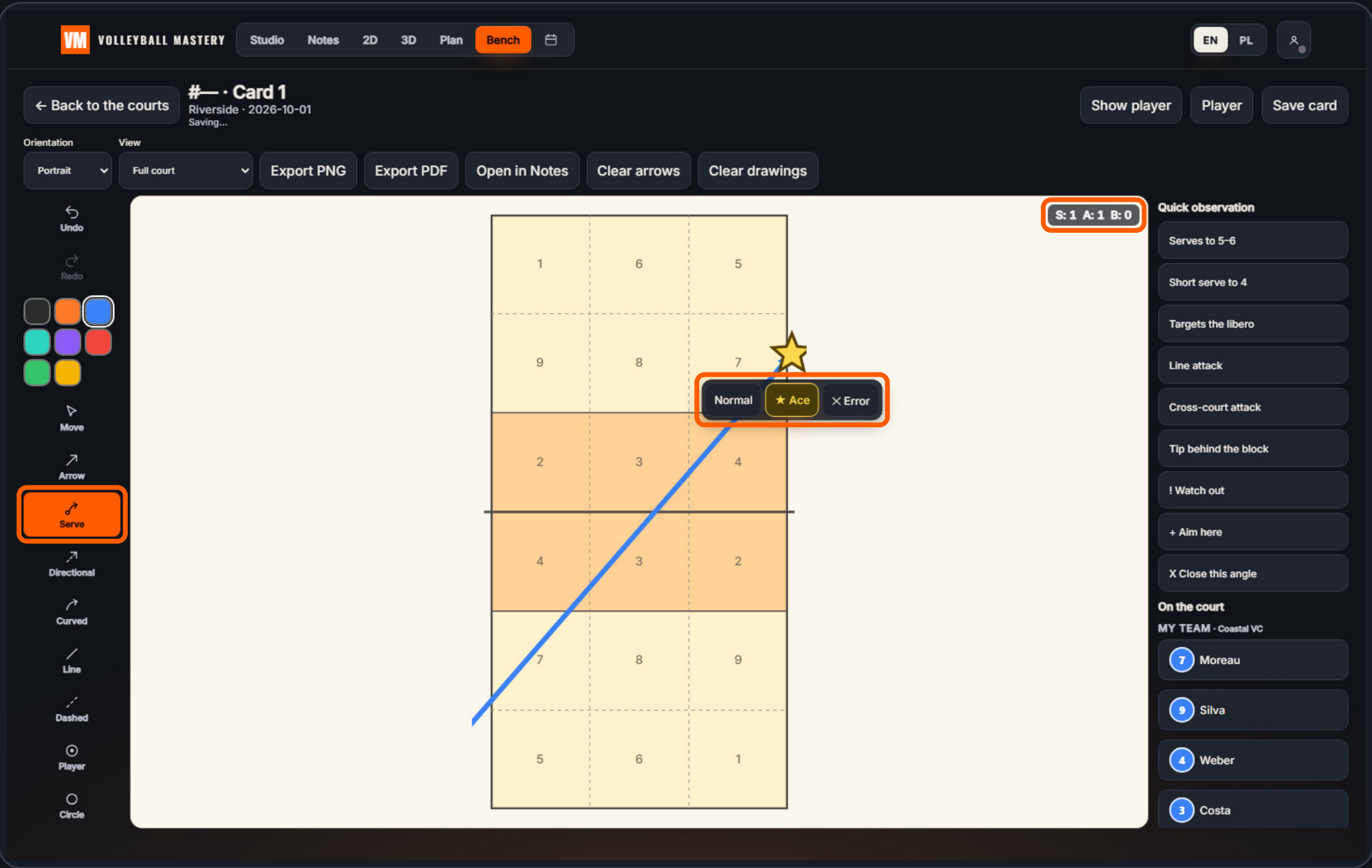
RESULT

The individual player receives a focused court diagram with a useful cue.

BENCH

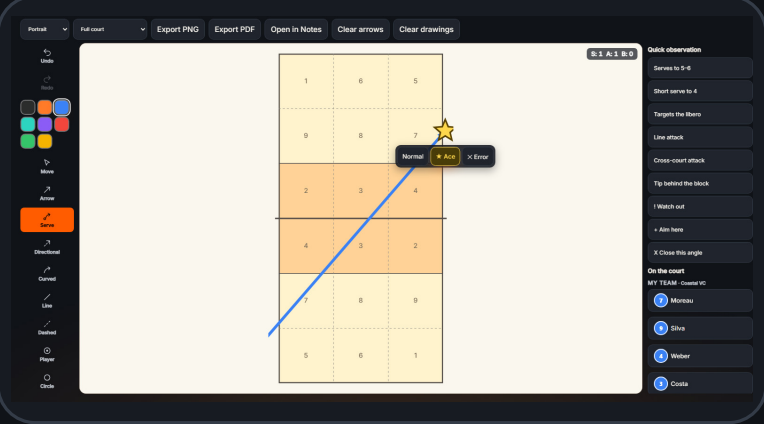
SERVE ARROWS, ACES AND ERRORS

The Serve tool adds an observation that the service counters can recognise.



Example coaching data • current English interface

DETAIL FROM THE SAME SCREEN



DO THIS

- 1 Choose the player and activate Serve.
- 2 Drag the serve direction, then select Normal, Ace or Error.
- 3 Check the player's S/A/B totals and correct the last observation if needed.

WHAT EACH CONTROL DOES

Serve tool

Draw from the serve origin toward the landing direction. The resulting arrow carries player, side and set context.

Normal

The default result keeps the action as an ordinary serve. It contributes to the serve count without becoming an ace or error.

Ace

Marks the selected serve as an ace. The ace badge belongs to that arrow and contributes to the player's ace total.

Error

Marks the serve as an error. A single serve has one result, so changing from Ace to Error replaces the former status.

S, A and B counters

S shows the serve count, A the aces and B the errors. Ordinary arrows are separate drawings. Undo or deleting the serve updates its contribution.

RESULT

Service totals are counted from actual Serve-tool observations.

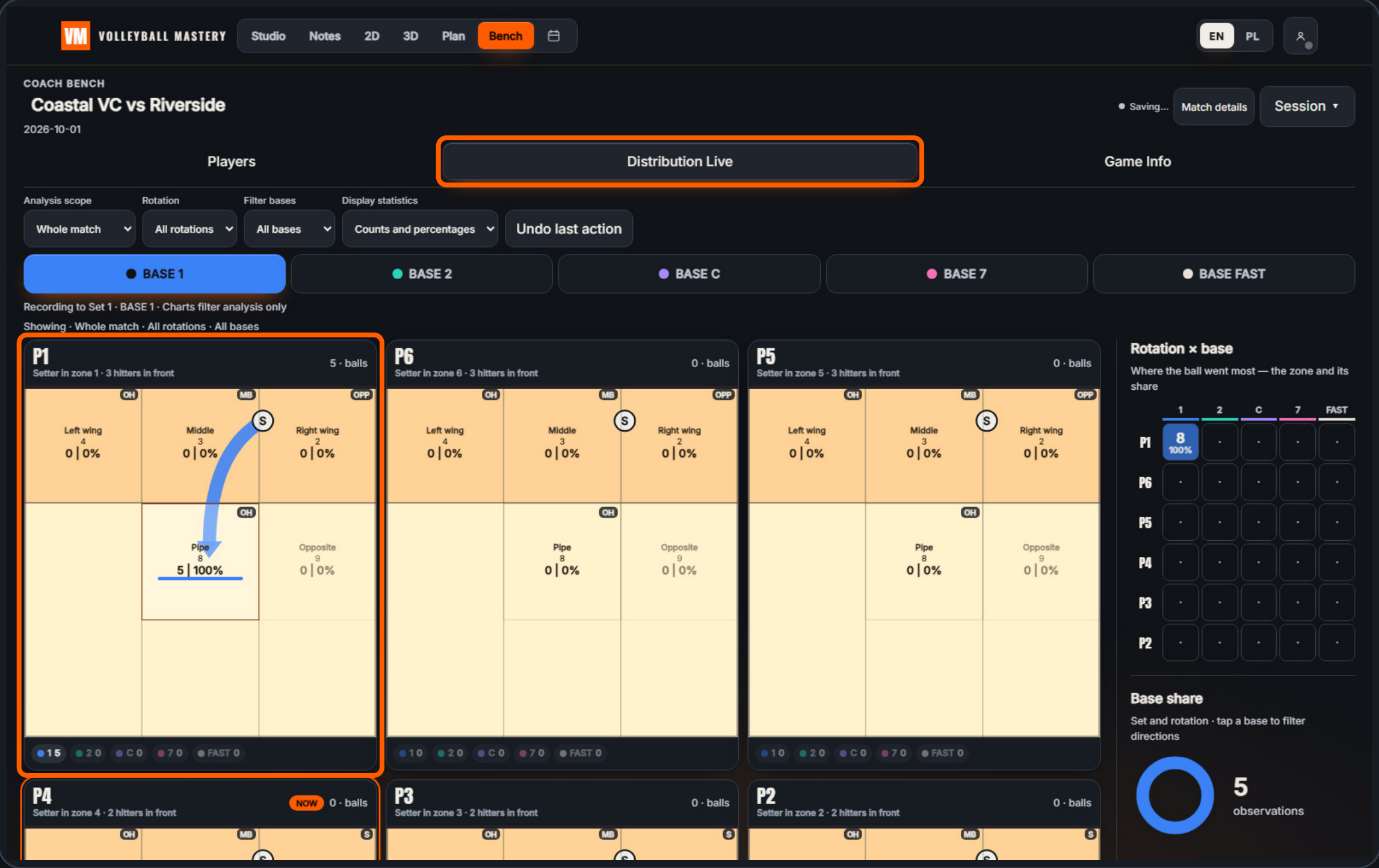
Drawing a serve observation is separate from awarding a live-score point in Game Info.

BENCH

RECORD DISTRIBUTION LIVE

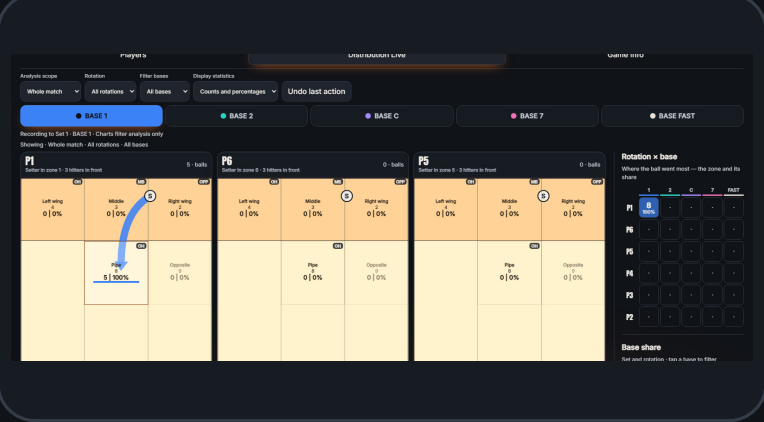
One tap records the attacking direction for a selected base and setter rotation.

CURRENT APP VIEW



Example coaching data • current English interface

DETAIL FROM THE SAME SCREEN



DO THIS

- 1 Read the recording set and select the base.
- 2 Tap the attack target on the correct setter-rotation card.
- 3 Check the count and use Undo after a mistaken tap.

WHAT EACH CONTROL DOES

Recording base

Choose BASE 1, BASE 2, BASE C, BASE 7 or BASE FAST before the observation. Use the coaching meanings your staff has agreed for these categories.

Rotation card

Choose the card P1, P6, P5, P4, P3 or P2. The rotation name represents the setter's position, not an arbitrary observation number.

Attack target

Tap 4 for left wing, 3 for middle, 2 for right wing, 8 for Pipe or 9 for Opposite. The card updates counts and percentages.

Recording set

The recording status states the active set and base. Analysis filters do not silently move the next observation into another set.

Undo last action

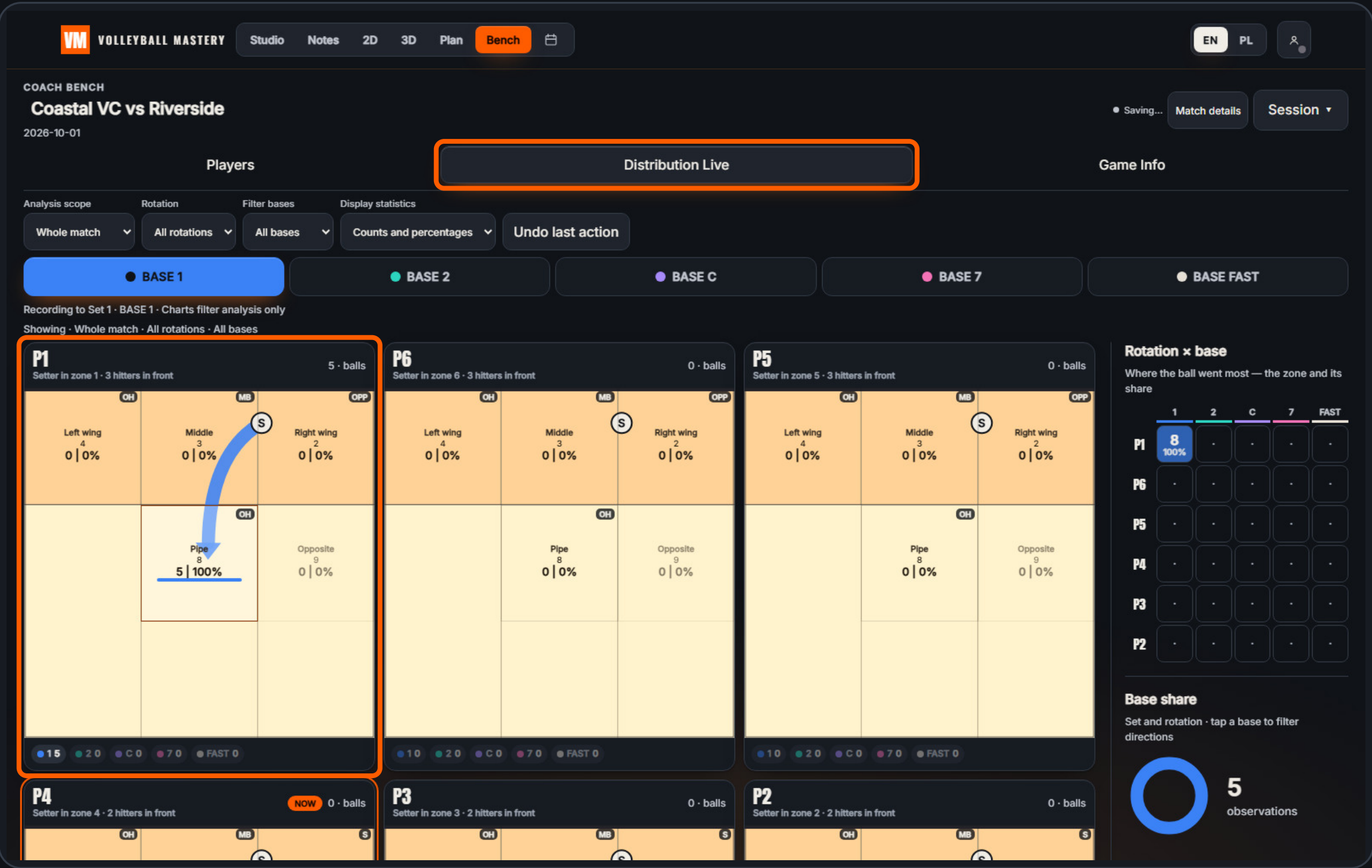
Removes the most recent recorded distribution action. Use it promptly after an accidental tap, then enter the correct target.

RESULT

The session contains distribution observations tied to set, rotation, base and target.

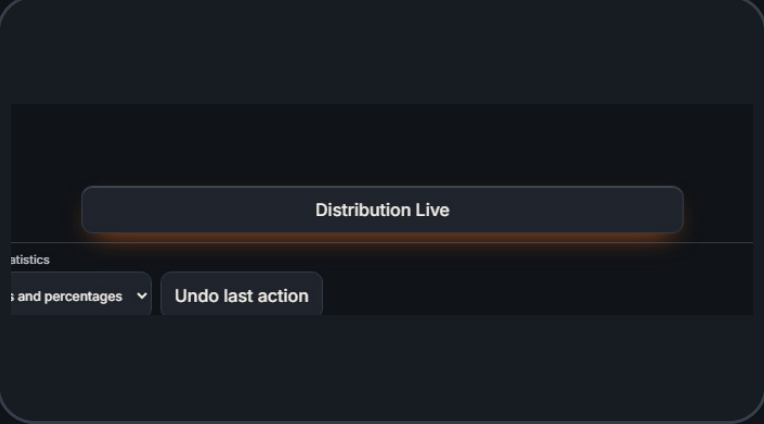
FILTER AND INTERPRET DISTRIBUTION STATISTICS

Use the recorded sample to compare rotations and bases without changing the underlying observations.



Example coaching data • current English interface

DETAIL FROM THE SAME SCREEN



DO THIS

- 1 Choose the match or set sample you want to compare.
- 2 Filter one rotation or base and inspect the counts.
- 3 Remove filters to check whether the pattern survives in the larger sample.

WHAT EACH CONTROL DOES

Analysis scope

Show the whole match, one set or older unassigned observations. A set filter determines the analysed sample, not the recording destination.

Rotation and Filter bases

Narrow the sample to a setter rotation or base. The status line states the current filters so the percentages have a clear denominator.

Display statistics

Choose counts and percentages, percentages only or counts only. A percentage summarises the selected sample; always read its count too.

Rotation × base

Shows the direction used most in each rotation/base combination and its share. A small sample can produce a strong-looking percentage.

Base share and directions

The summary reveals which bases were used and where the balls went. Tapping a base or relevant summary row applies an analysis focus.

RESULT

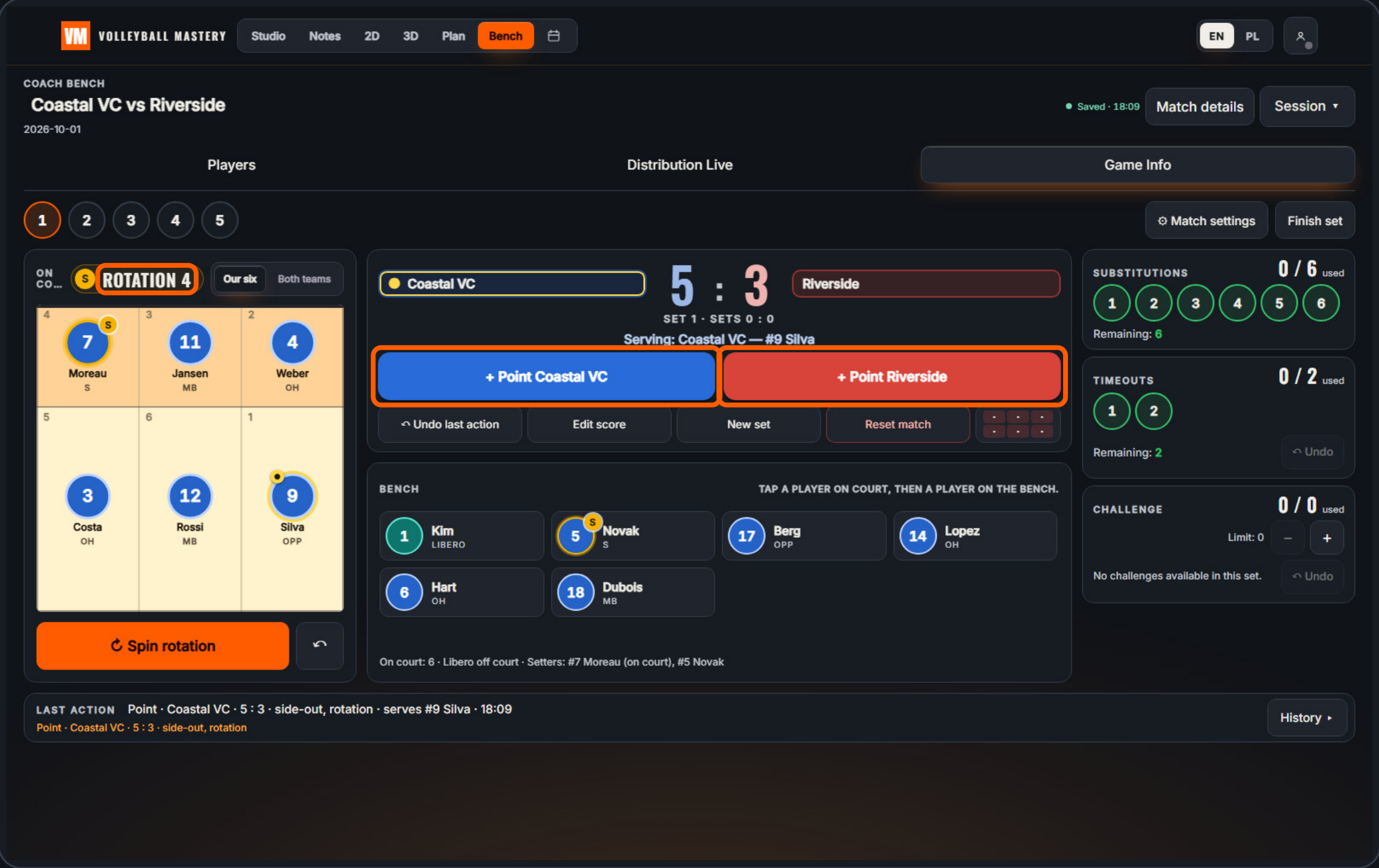
You can trace a tendency to the observations that support it.

The NOW highlight follows the current setter rotation when Game Info can identify it. It does not invent a setter from an incomplete lineup.

BENCH

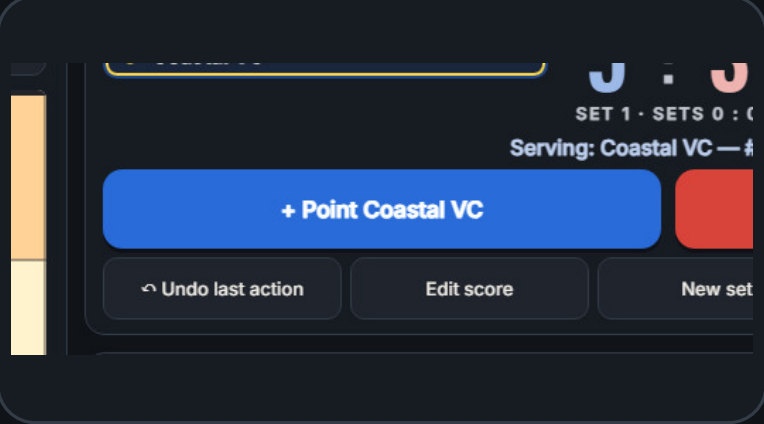
STARTING SIX, SUBSTITUTIONS AND LIBERO

Game Info keeps court identity and the change history for each set.
CURRENT APP VIEW



Example coaching data • current English interface

DETAIL FROM THE SAME SCREEN



DO THIS

- 1 Load the roster and confirm six unique starters.
- 2 Start the set, then select outgoing and incoming players.
- 3 Read the rule message and confirm the intended change.

WHAT EACH CONTROL DOES

Team and Load roster

Choose a saved team and load its players. Set six different regular starters into positions 1–6, then choose Start set.

Our six or Both teams

Changes the court overview. Both teams includes the opponent's lineup; the current server and setter markers make the relevant players visible.

Substitution

Tap the outgoing court player, then the incoming reserve. Review the confirmation and rules message before applying the change.

Libero replacement

Uses the available back-row replacement workflow. It remains a distinct reversible event and does not consume a regular-substitution counter.

Match settings

Choose the app's rule profile and strict or assistant mode. Profiles configure the checks and limits used by this session; verify your competition's actual requirements.

RESULT

The lineup and substitution history stay connected to the active set.

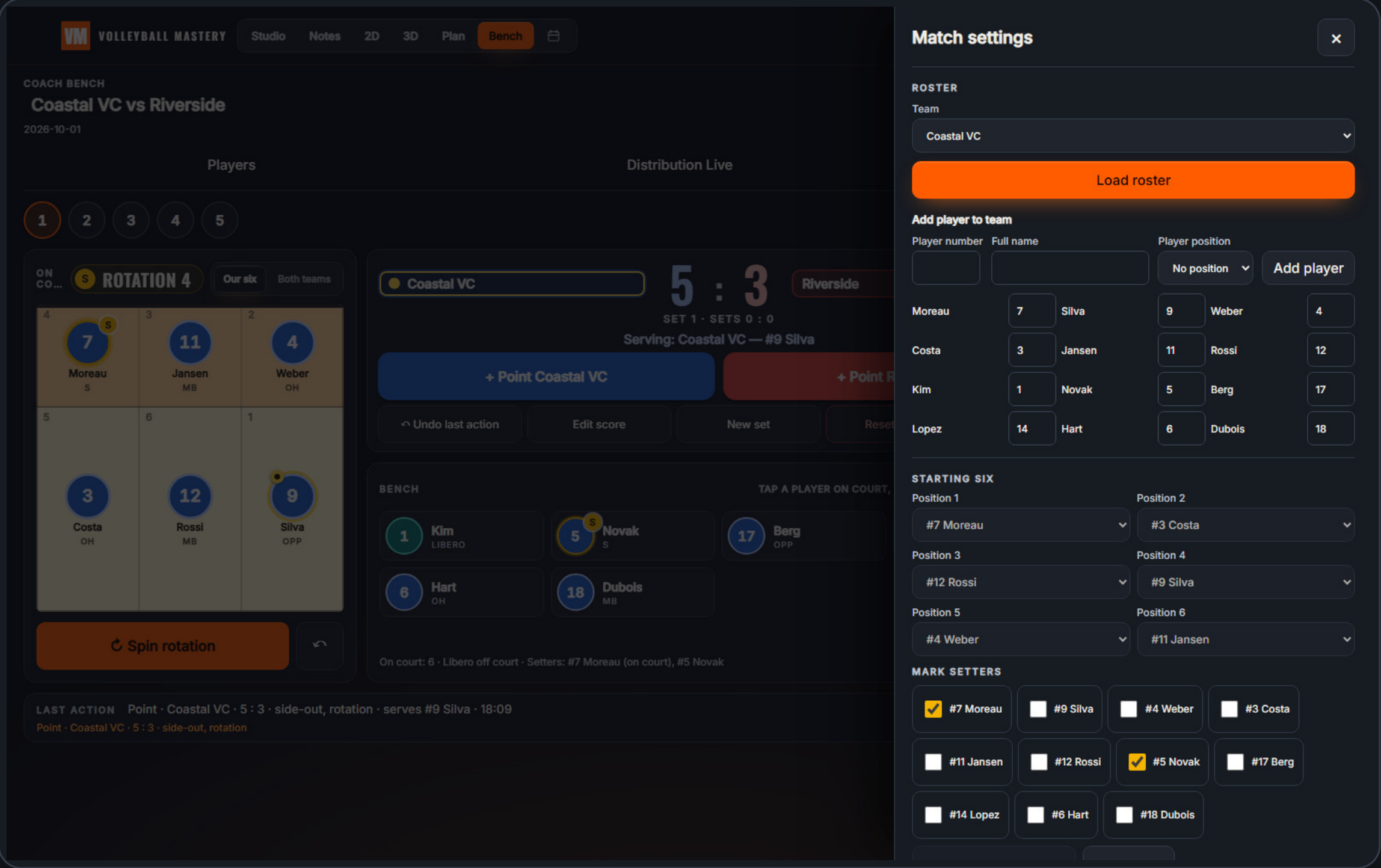
Profile labels describe the app's configured checks. Use the limits required for your match.

BENCH

MATCH RULES AND STARTING LINEUPS

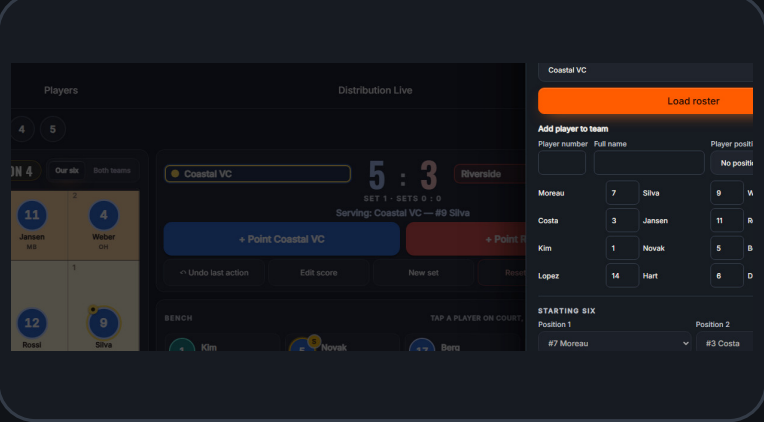
Set the application rules to match the competition before recording the match.

CURRENT APP VIEW



Example coaching data • current English interface

DETAIL FROM THE SAME SCREEN



DO THIS

- 1 Open Game settings and prepare the roster and set lineup.
- 2 Choose the rules profile, limits and validation mode.
- 3 Apply match rules, then check the resources in Game info.

WHAT EACH CONTROL DOES

Sets and starting six

Choose the set to prepare its lineup. A set keeps its own starting six and entered actions.

Rules profile

Choose FIVB 2025–2028, FIVB Test 2026 or Custom. The test profile is for competitions using those approved test rules.

Strict Rules / Assistant Mode

Strict enforces the supported substitution checks.

Assistant records the action with a warning when a rule check needs attention.

Resource limits

Set substitutions, timeouts, timeout seconds and challenges; choose whether to validate starter–substitute pairs. Apply match rules updates all sets and preserves existing actions.

Restore starting line-up

After confirmation, restores that set's starting six and reverses its substitutions and rotations. Timeouts and challenges stay.

RESULT

The match record uses the settings you deliberately selected.

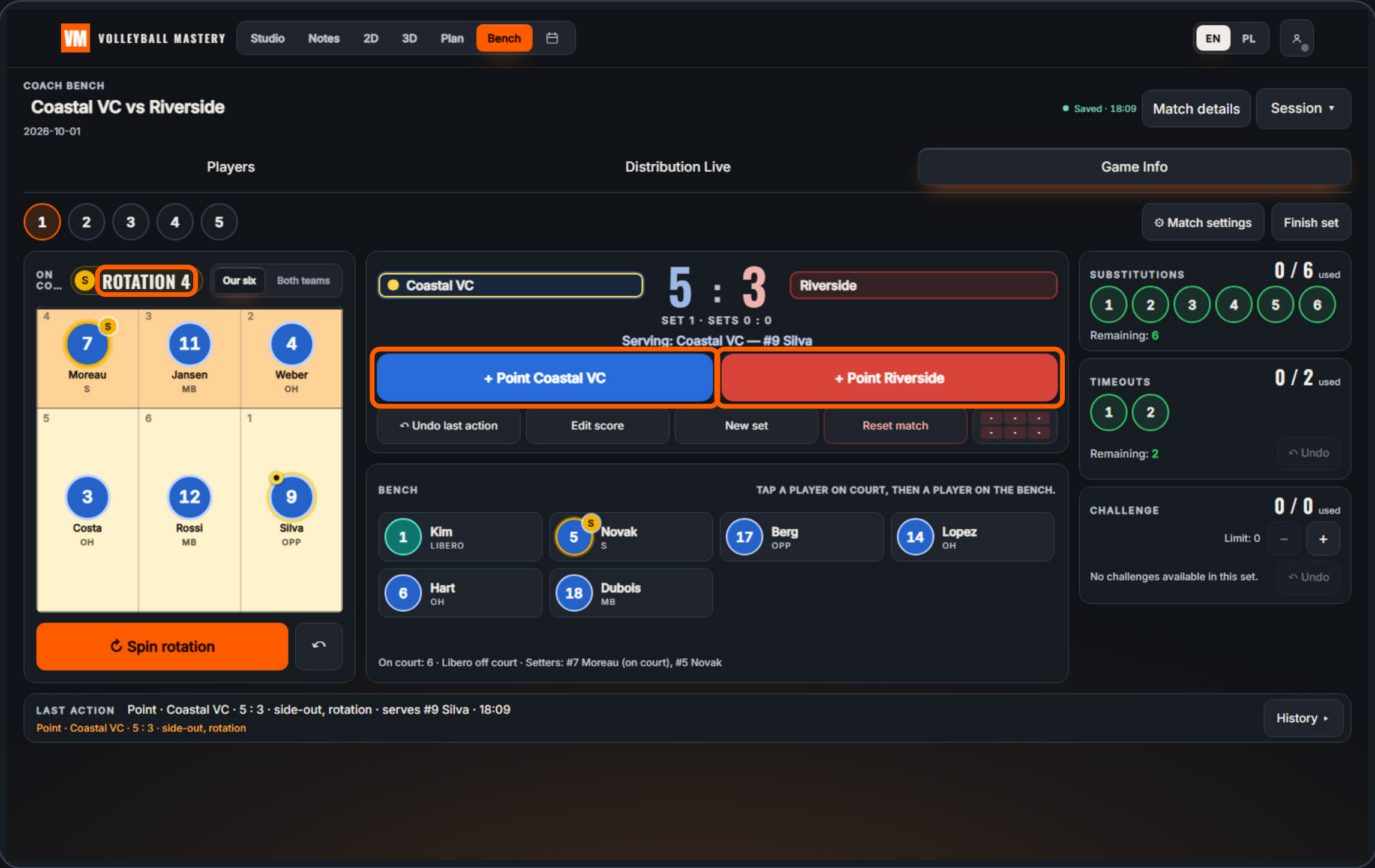
Challenge limits depend on the tournament. The app's profile is a recording aid; check the competition regulations.

BENCH

LIVE SCORE, ROTATION AND MATCH RESOURCES

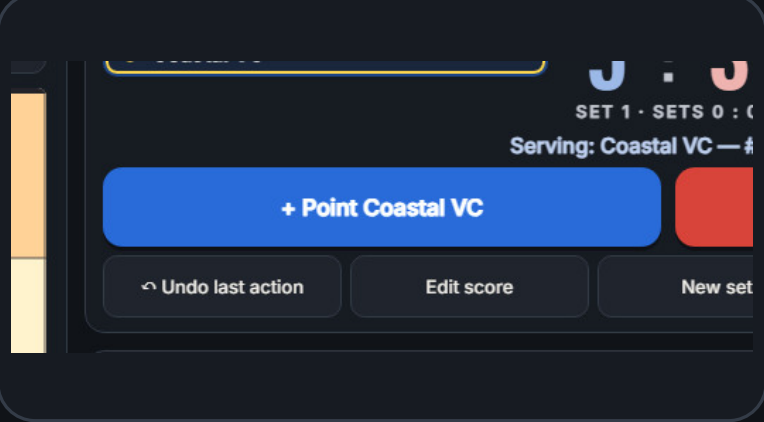
Set the initial serving team before awarding rally points.

CURRENT APP VIEW



Example coaching data • current English interface

DETAIL FROM THE SAME SCREEN



DO THIS

- 1 Choose the first serving team.
- 2 Award each rally to the winner and inspect service changes.
- 3 Use Undo immediately if a point or resource action was entered incorrectly.

WHAT EACH CONTROL DOES

Who serves first?

Choose Our team or Opponent before scoring. This establishes the starting service context and server marker.

Point for the serving team

Adds one point and keeps the serve with that team. There is no rotation merely because the serving team won another rally.

Point for the receiving team

Adds one point, transfers service and rotates only the new serving team. Do not also apply a manual rotation for that same side-out.

Timeouts and Challenge

Timeout use has a per-set count and timer. Configure challenge attempts; Correct/Incorrect outcomes and retention settings determine whether an attempt is consumed.

Undo, History and set actions

Undo last action reverses the newest event, including score context. History provides event notes and corrections. Finish/New set preserves completed-set context; Reset match starts the score workflow over.

RESULT

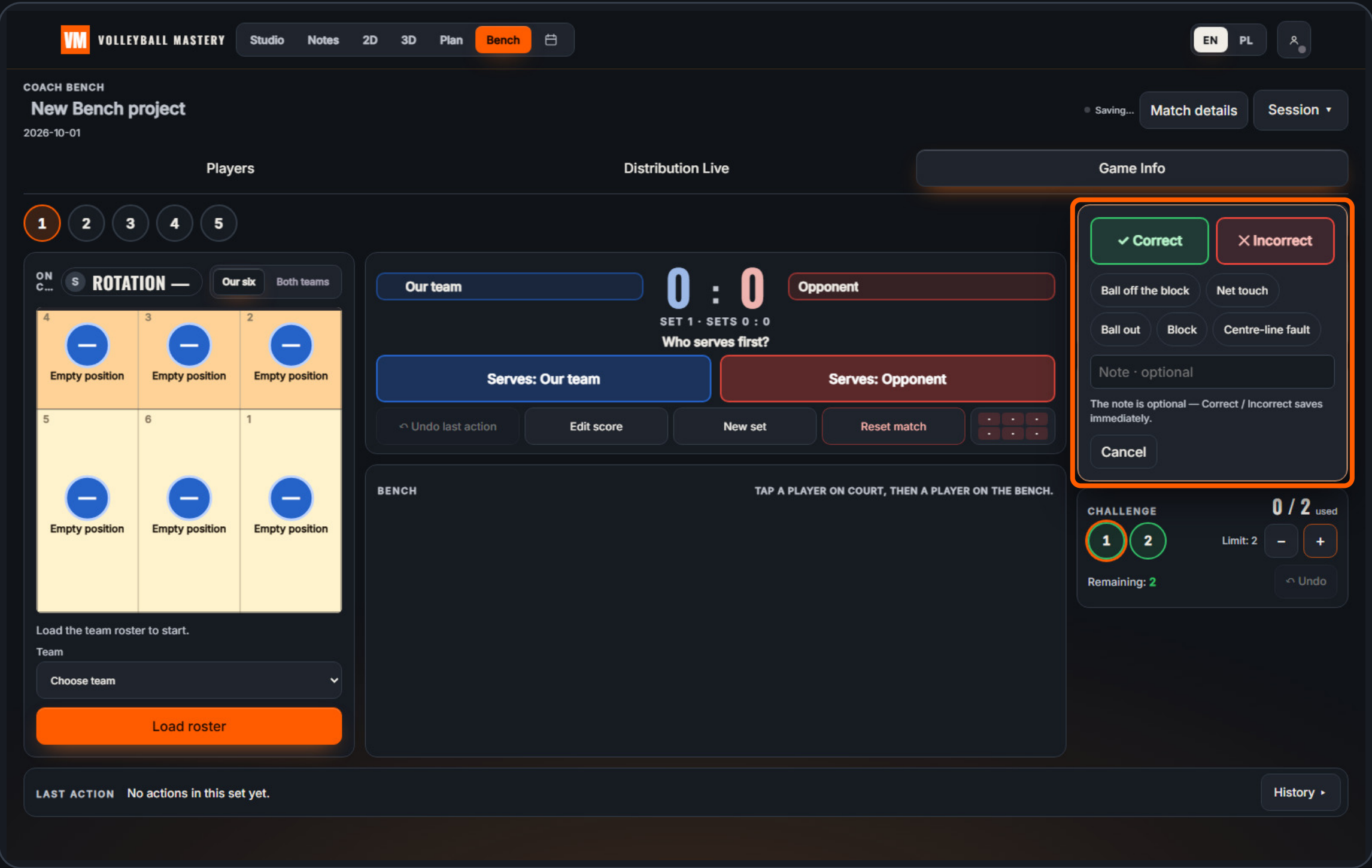
The score, server and rotations follow the entered rally sequence.

Challenge defaults may be zero until configured. A timeout or challenge count belongs to the selected set.

BENCH

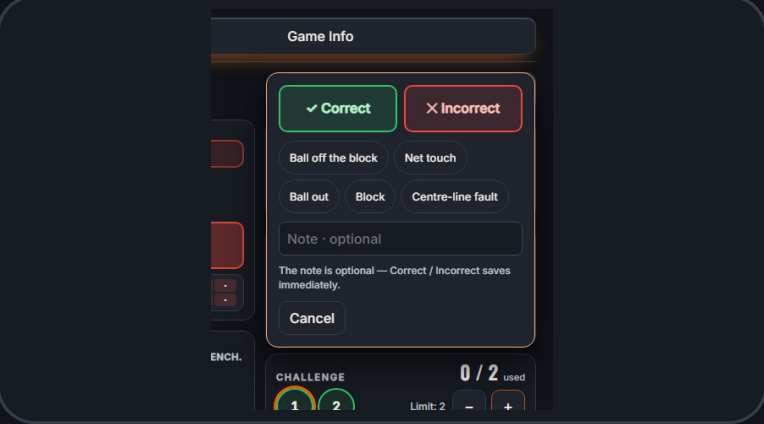
TIMEOUTS, CHALLENGES AND HISTORY CORRECTIONS

Resource panels show what is available; history explains how it was used.



Example coaching data • current English interface

DETAIL FROM THE SAME SCREEN



DO THIS

- 1 Set the challenge limit and record the intended resource.
- 2 Choose a result and add context when useful.
- 3 Open History to review or correct the entered event.

WHAT EACH CONTROL DOES

Timeout circles and timer

Choose an available timeout to record it and start its duration timer. The used and remaining counts update for the set.

Challenge limit

Use – / + to set the tournament’s limit before recording a challenge. A zero limit offers no available challenge.

Correct / Incorrect

An optional note or fault chip adds context. Either result saves immediately. A correct challenge is retained; an incorrect one counts against availability.

History scope

History opens the event log. Current set limits the list; Whole match includes the other sets. Line-up history keeps the lineup snapshots.

Correct or cancel

Change a challenge result in history when entered incorrectly, or Cancel action to reverse a recorded event. The resource panels also offer their own Undo controls.

RESULT

The resource counts and match history agree with the corrected record.

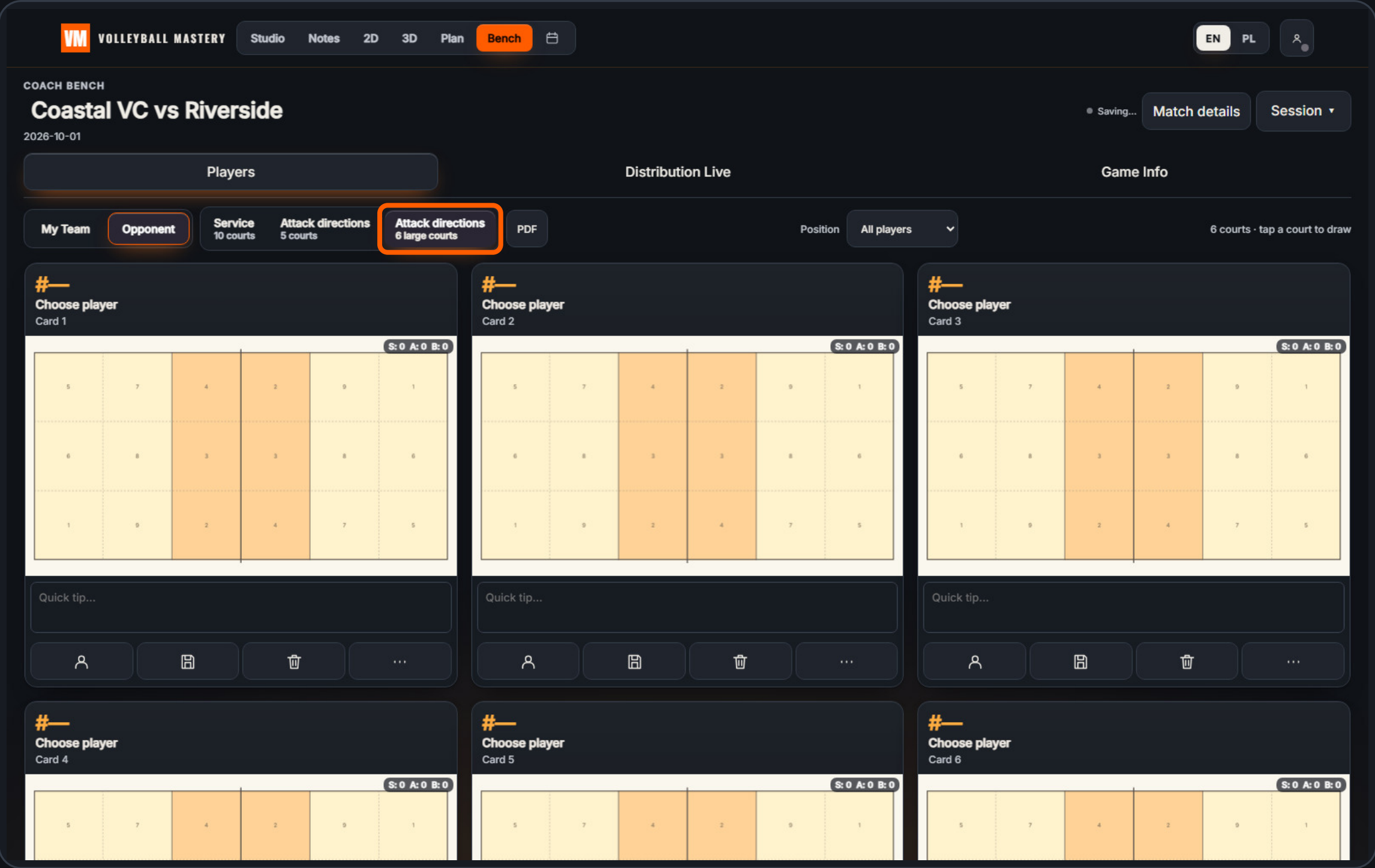
Undo last action is broader than the timeout or challenge Undo button. Check the event description before undoing.

BENCH

EXPORT A COURT, THE LAYOUT OR THE SESSION

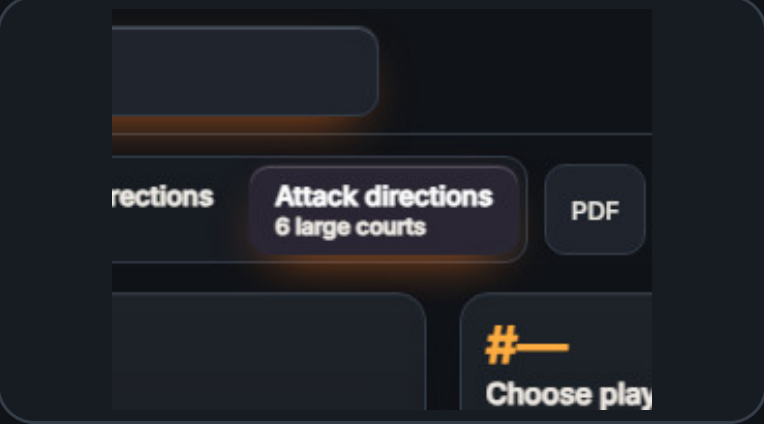
Choose the PDF that matches the coaching information you need to deliver.

CURRENT APP VIEW



Example coaching data • current English interface

DETAIL FROM THE SAME SCREEN



DO THIS

- 1 Choose the team, court view and layout first.
- 2 Export the individual court, visible courts or session PDF.
- 3 Open the generated file and check the intended information is present.

WHAT EACH CONTROL DOES

Expanded court PNG or PDF

Exports the selected player court with its view, orientation and note. Use it for an individual explanation.

Open in Notes

Transfers the player court to the notebook for further drawing and session preparation.

Layout PDF

Exports the courts on screen for the current side and layout to a landscape sheet. Check the team and layout before creating it.

Session PDF

Creates the broader Bench session document. Use it when the staff needs session information rather than only the visible deck.

Save session

Keeps the editable match project in the library. A delivered PDF is a finished view; reopen the saved project to make subsequent changes.

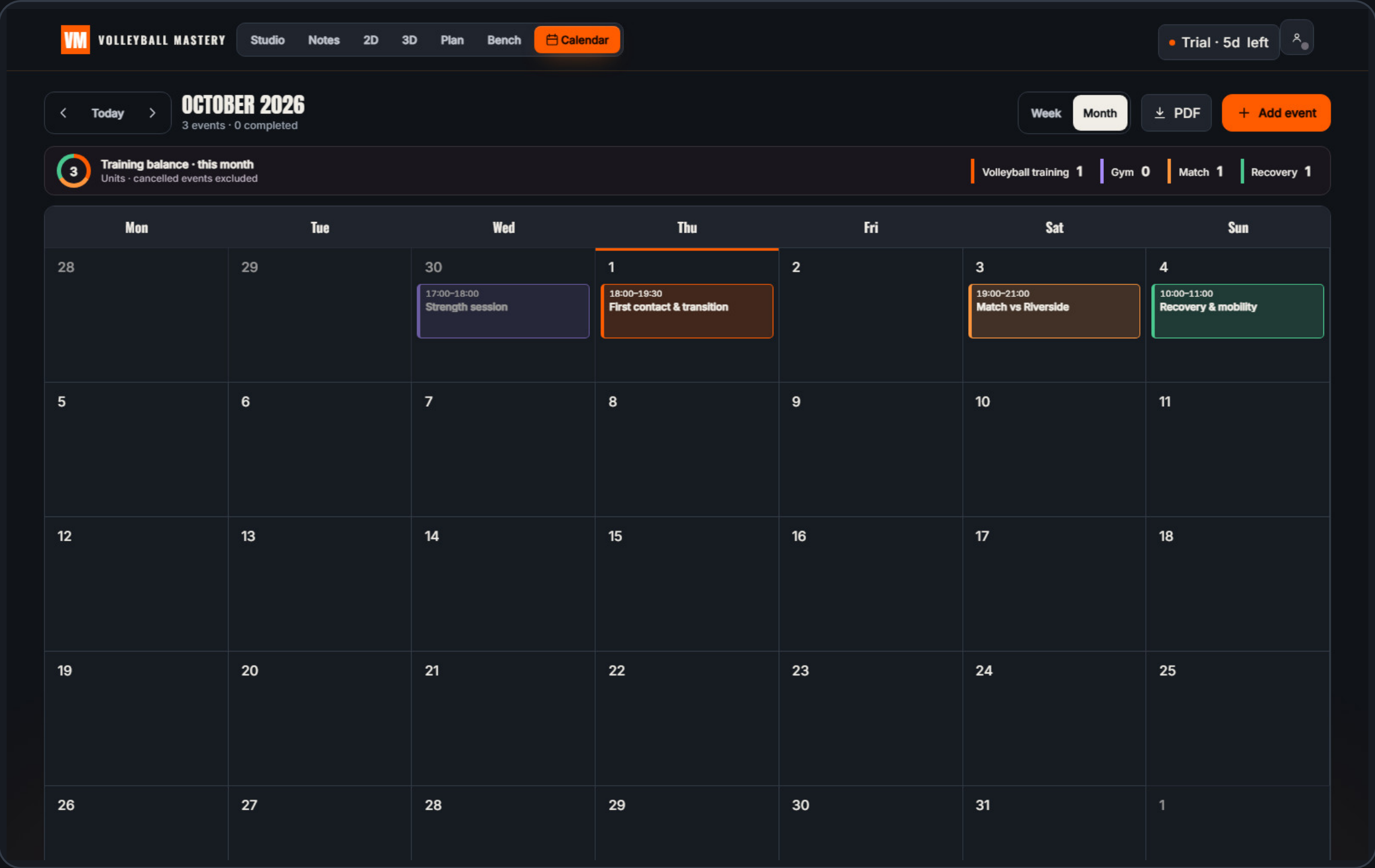
RESULT

The delivered file matches an individual cue, scouting sheet or full session.

CALENDAR

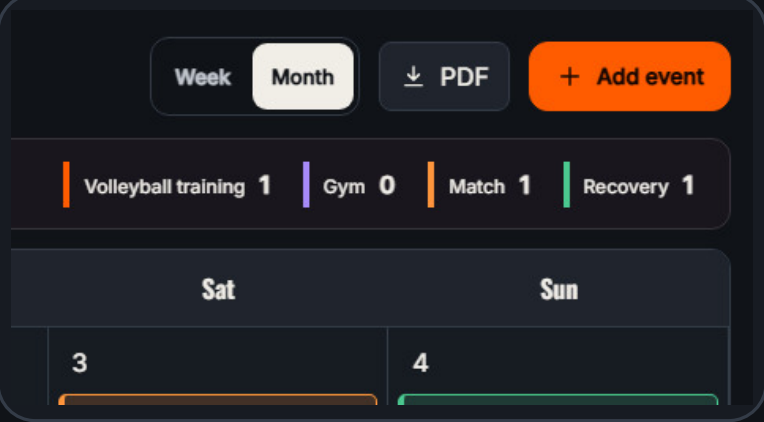
WEEK, MONTH AND THE TRAINING BALANCE

Place the coaching schedule into a visual calendar and inspect the mix of events.
CURRENT APP VIEW



Example coaching data • current English interface

DETAIL FROM THE SAME SCREEN



DO THIS

- 1

Choose Week for detailed timing or Month for overview.
- 2

Navigate to the intended period.
- 3

Open an existing event or select an hour to add one.

WHAT EACH CONTROL DOES
Week or Month

Week shows time slots; Month gives a broader schedule. The active view determines the period shown and the PDF offered.

Previous, Today and Next

Moves the visible period. Today returns to the current day's period without changing any event dates.

Click an hour

Starts a new timed event with that date and hour. Add event opens the form without selecting a specific slot first.

Event colours and status

Types cover volleyball training, gym, match, recovery, video analysis, meeting, travel, day off and other work. Completed and cancelled status appear on event cards.

Training balance

Summarises units by event type in the visible period, excluding cancelled events. The count is the number of scheduled units, not exercise minutes.

RESULT

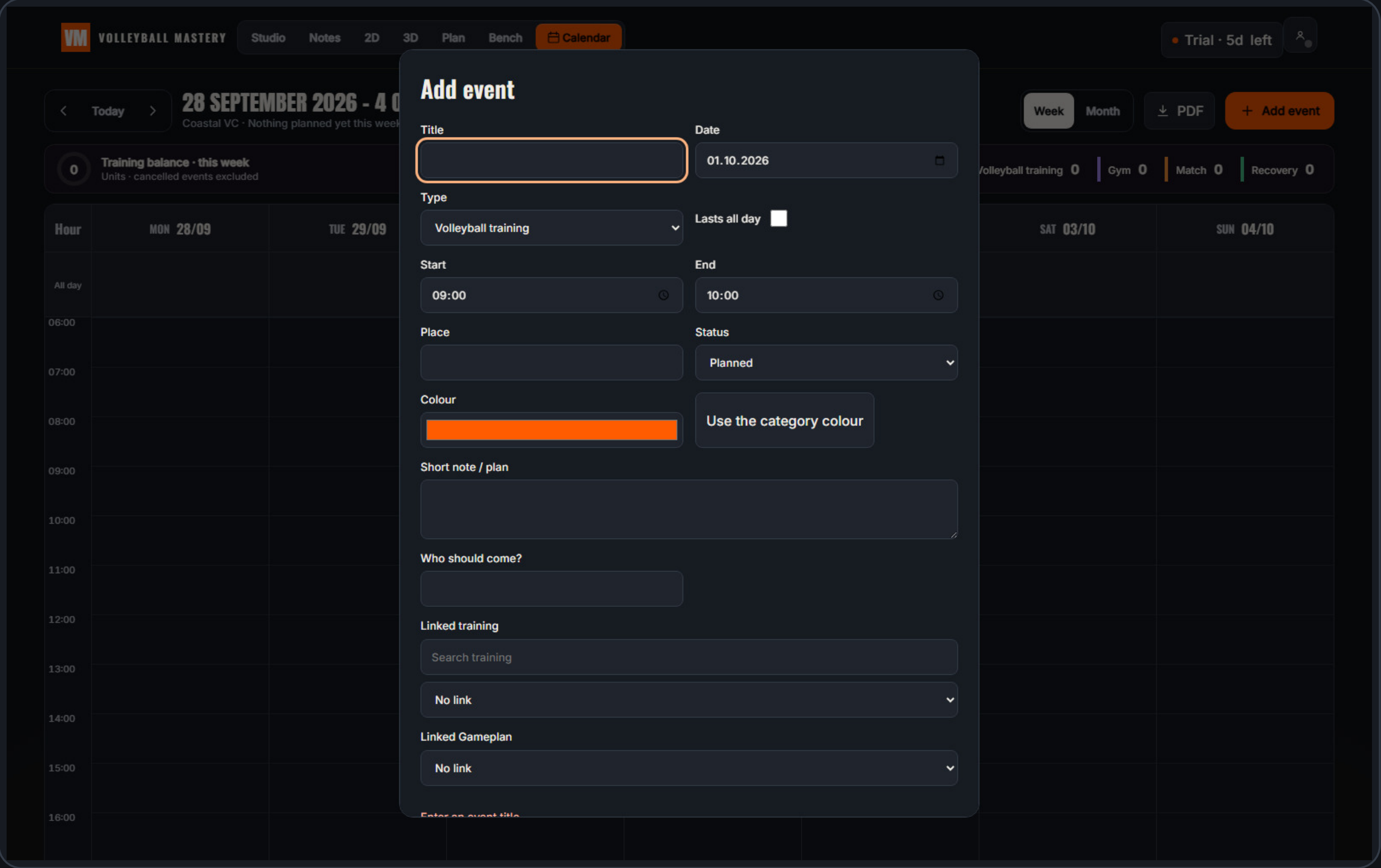
The schedule and its mix of training types are visible together.

CALENDAR

EVENT DETAILS AND LINKED MATERIALS

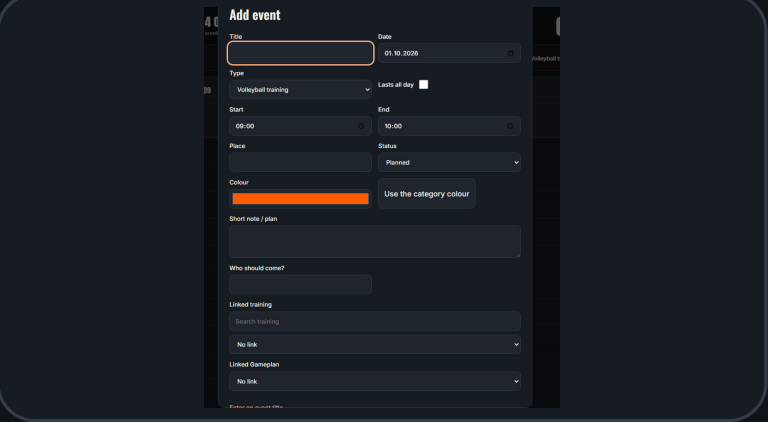
An event can carry the session or tactical material the coach needs on that day.

CURRENT APP VIEW



Example coaching data • current English interface

DETAIL FROM THE SAME SCREEN



DO THIS

- 1 Enter the event's title and accurate timing.
- 2 Attach the saved coaching material when relevant.
- 3 Save, then reopen the event to verify its details.

WHAT EACH CONTROL DOES

Title, type and status

Name the event, choose its category and mark it planned, completed or cancelled as appropriate.

Date, times and All day

Set when the event takes place. Timed events need a valid start/end range; All day uses the calendar's all-day area.

Venue, attendees and note

Add the organisation details the staff needs before arrival. A concise note keeps the event card readable.

Linked training or match plan

Choose a saved session or tactical document where offered. Event details can then open the linked material rather than forcing another search.

Save event and edit

Save records the event. Reopen its card to change the time, details or status and to reach the relevant training, Bench or plan action.

RESULT

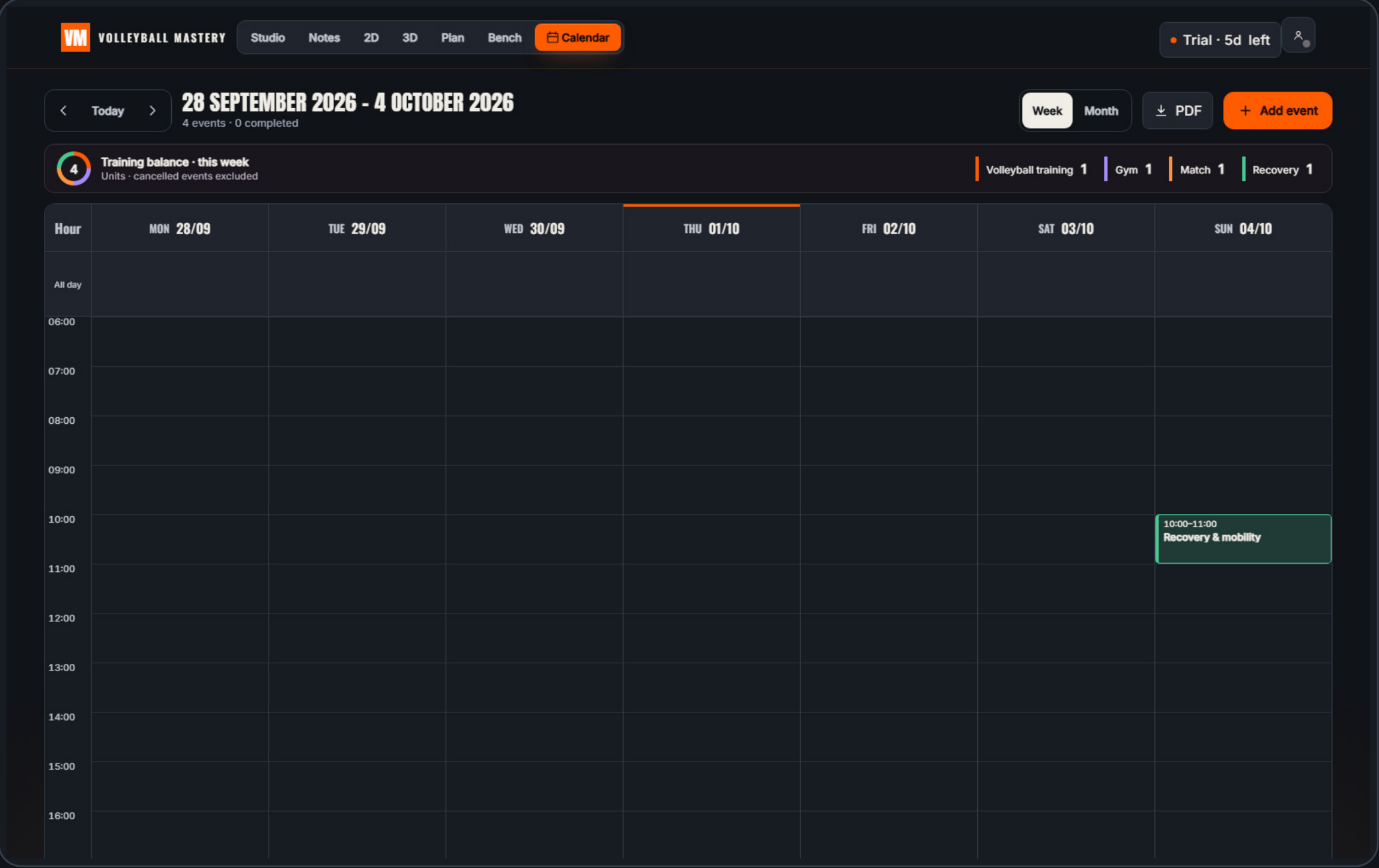
A scheduled event becomes an entry point into the coaching work for that day.

CALENDAR

COPY SESSIONS, EXPORT AND SHARE THE SCHEDULE

Reuse a training event on explicit dates and give the staff a readable schedule.

CURRENT APP VIEW



Example coaching data • current English interface

DETAIL FROM THE SAME SCREEN



DO THIS

- 1

Open the training event and choose Copy training.
- 2

Review the exact destination dates, then create the copies.
- 3

Choose the desired calendar view and export its PDF.

WHAT EACH CONTROL DOES

Copy training

Open the copy action for a training event. Choose new dates rather than manually recreating the same session details.

Quick date choices

Next day, Same day next week and The whole week add dates to the copy selection. Review the chips and remove dates you do not want.

Independent copies

Each selected date receives its own event. Review subsequent edits and linked material instead of assuming a permanent recurring-series relationship.

PDF

Prepares the current week or month as a landscape print view. In the browser print dialog, choose Save as PDF or a printer.

Team calendar

A licensed cloud team can enable its shared calendar workflow. The cloud team option controls calendar sharing separately from ordinary drill sharing.

RESULT

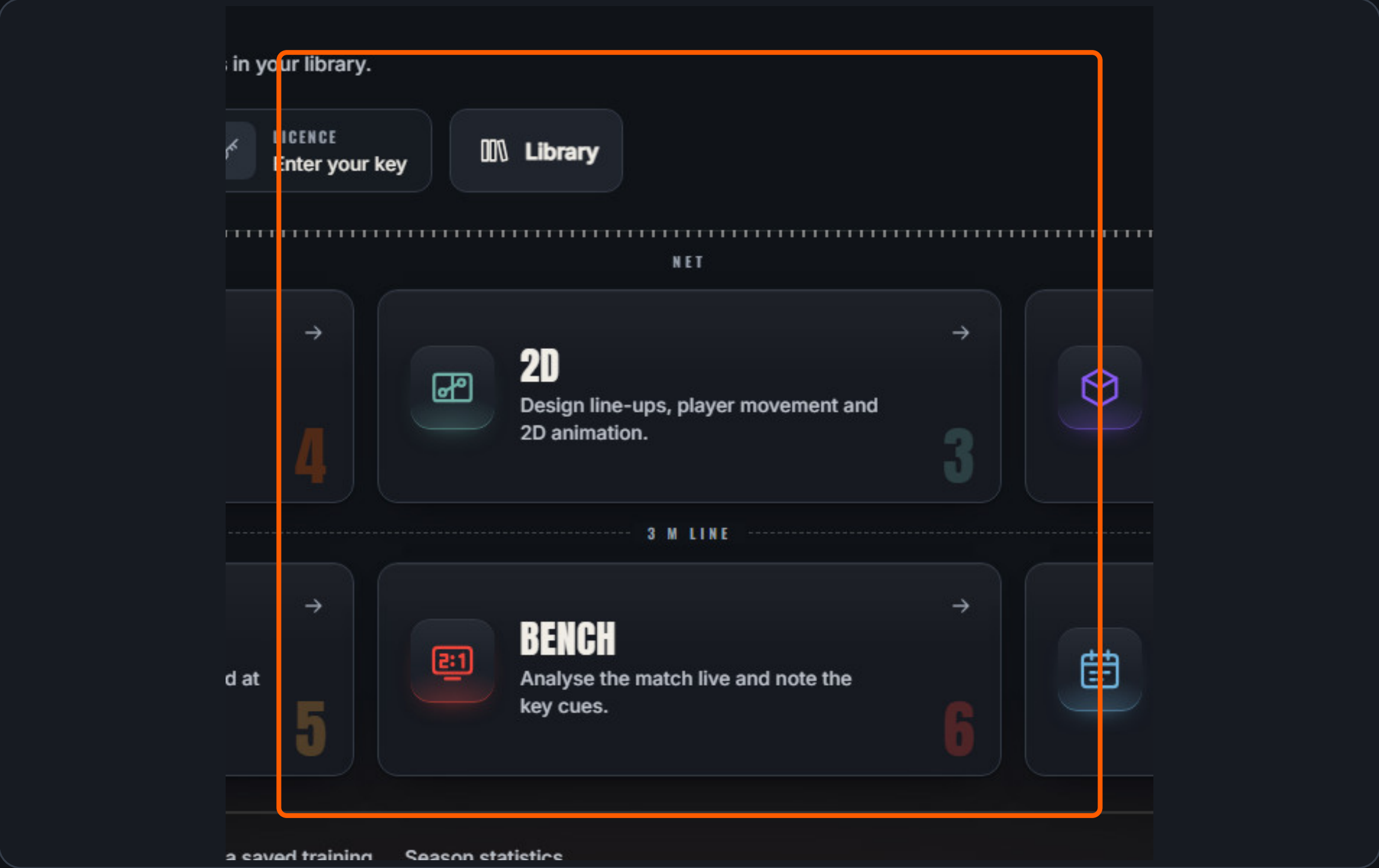
Repeated planning is faster and the schedule can be distributed as a stable document.

ACCOUNT & TEAM

SIGN IN AND READ THE SYNC STATUS

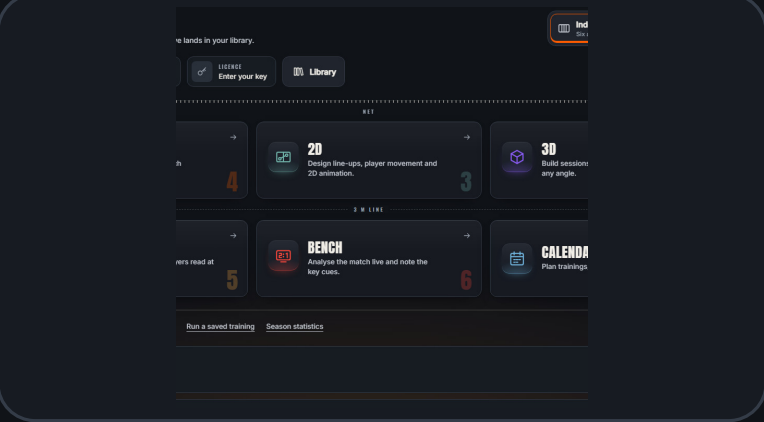
Account & sync connects device work with your licensed account and online services.

CURRENT APP VIEW



Example coaching data • current English interface

DETAIL FROM THE SAME SCREEN



DO THIS

- 1 Open Account & sync and complete email sign-in.
- 2 Verify the licence and read the sync status.
- 3 Save an item and use Sync now before opening it on another device.

WHAT EACH CONTROL DOES

Your e-mail

Enter an address you can access and choose Send the code. The next step accepts the six digits from the email or its link on this device.

Send again or Other e-mail

Request another code if needed, or return to the email step to correct the address. Google sign-in is offered only when enabled.

Licence active

Cloud sync and sharing depend on the account's active licence. Enter licence key and Check again appear when licence verification needs attention.

Sync status

Synced reports a completed sync. Syncing means work is travelling; Offline — changes wait means it remains local; Sync paused needs attention.

Sign out

Signs out this device while keeping its local drills. Account-dependent services stop until the device signs in again.

RESULT

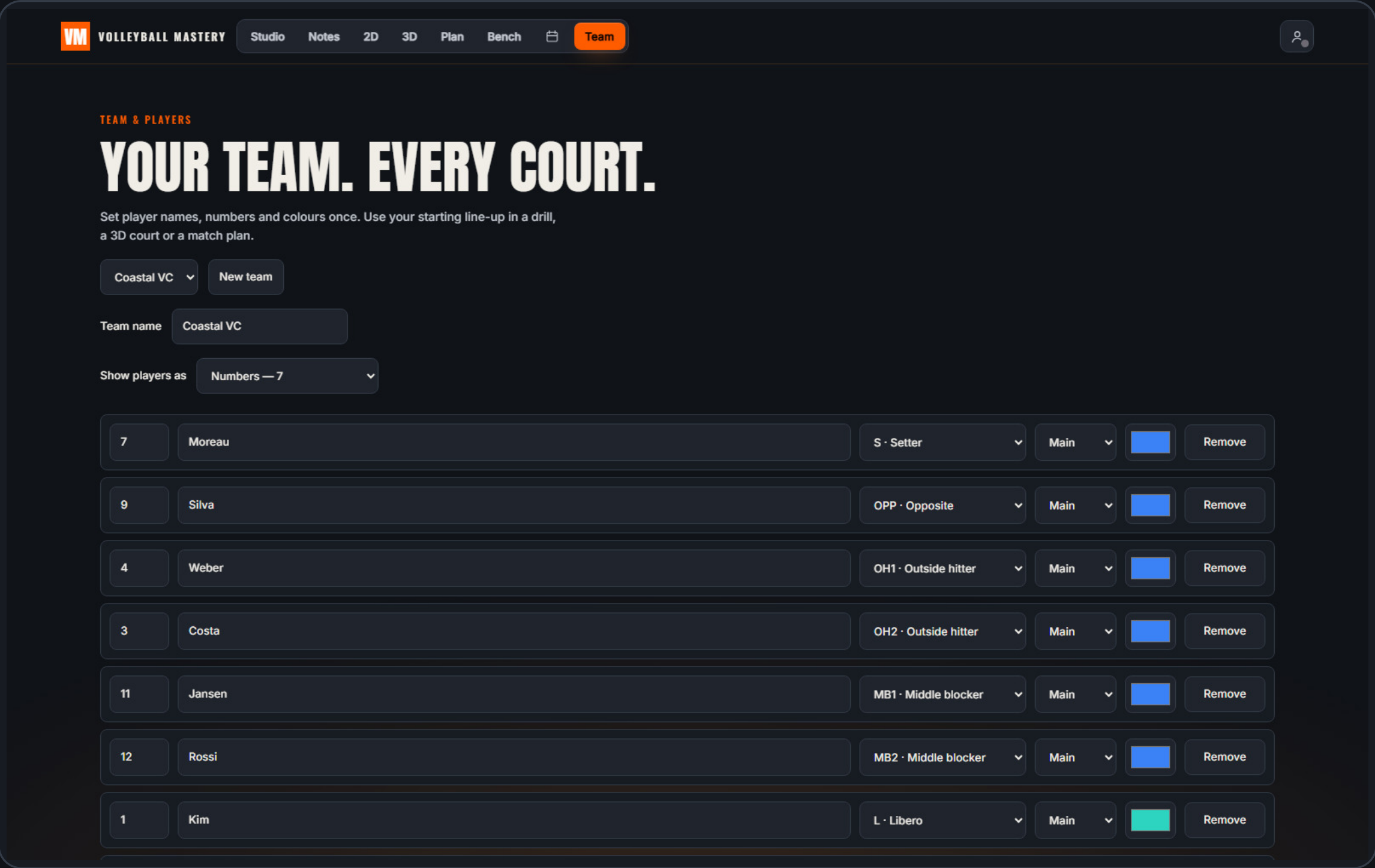
You know whether work is local, waiting or successfully synchronised.

ACCOUNT & TEAM

DEVICE ROSTER AND CLOUD STAFF TEAM

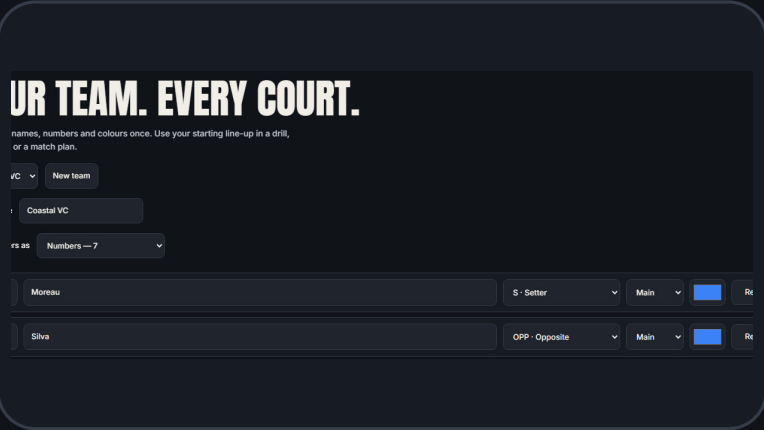
A playing squad and an online staff workspace perform different jobs in the app.

CURRENT APP VIEW



Example coaching data • current English interface

DETAIL FROM THE SAME SCREEN



DO THIS

- 1

Create the playing roster and save its players.
- 2

Use it in the intended court or Bench lineup.
- 3

Create the online staff team when collaboration is required.

WHAT EACH CONTROL DOES

Team & players

The device roster stores players, numbers, volleyball roles and colours used by court tools and Bench.

Main and Bench

Organise the starting squad and reserves. The lineup tools can then place the active roster into an exercise or match context.

Show players as

Choose the offered display style, such as numbers, initials or full names. Use a format readable on the size of court you are presenting.

Your team in Account & sync

The cloud team manages staff membership, invitations and player inbox links. Create it with an active licence before using team services.

Sharing and squad identity

Cloud workflows can make eligible squad and opponent information available to staff. Check the active team and sync status on the receiving device.

RESULT

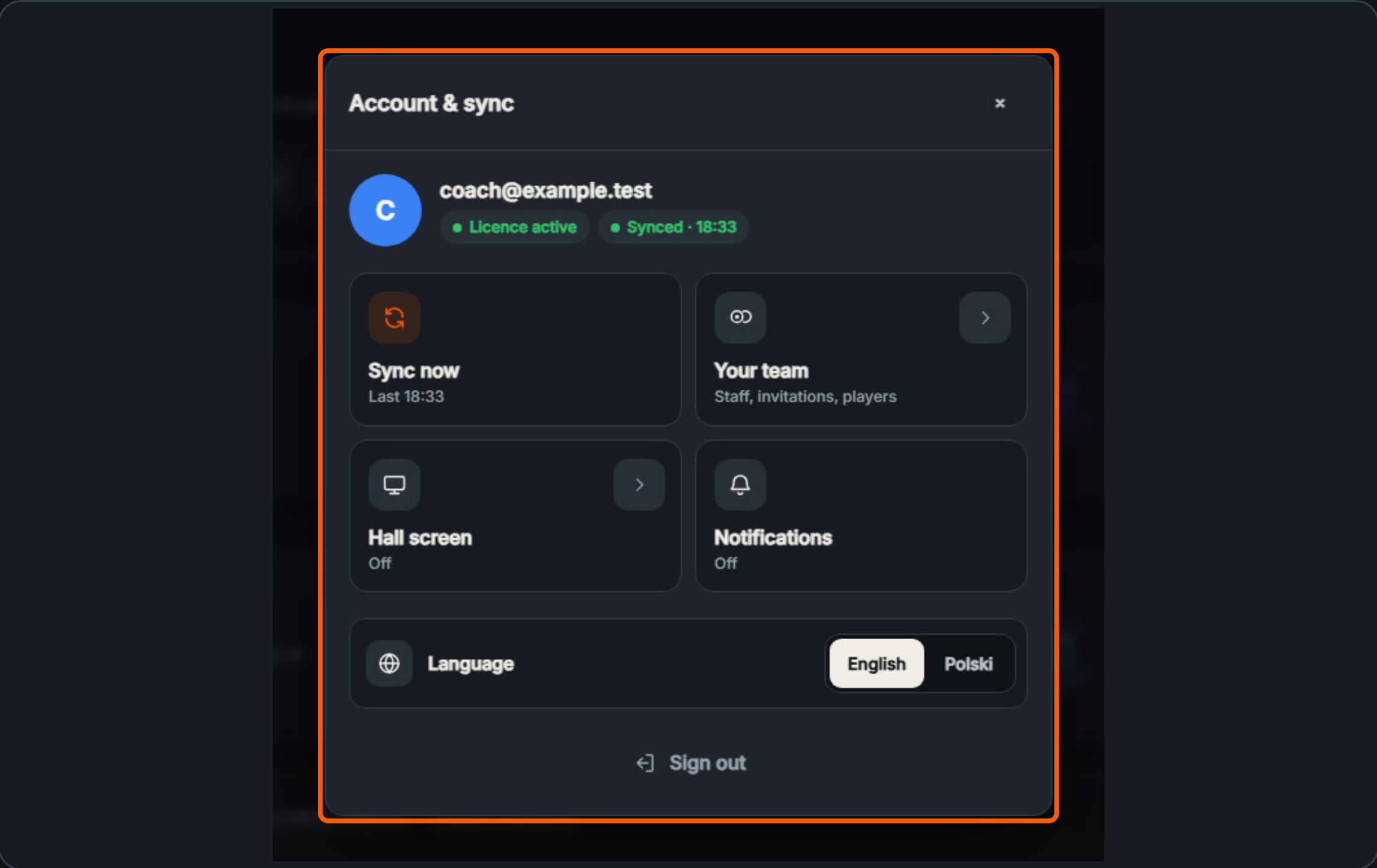
Player identity supports the courts while staff identity controls online collaboration.

ACCOUNT & TEAM

SYNC SAVED WORK AND HANDLE NEWER VERSIONS

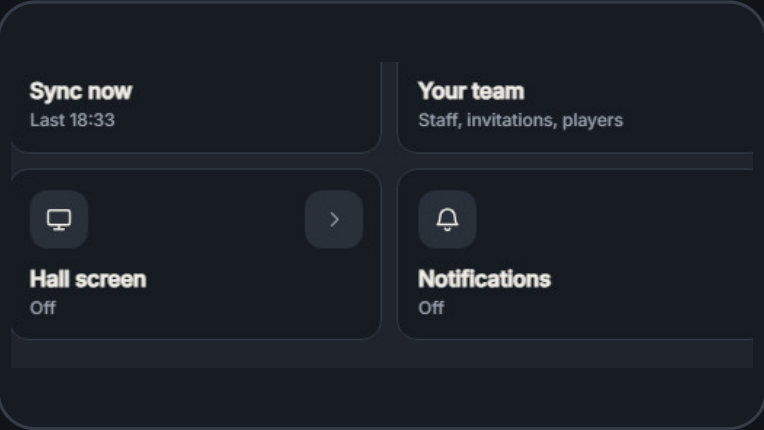
Use the same signed-in account on your devices and check the saved item, not just the open draft.

CURRENT APP VIEW



Example account and players • cloud interface preview

DETAIL FROM THE SAME SCREEN



DO THIS

- 1

Save the material and wait for Synced.
- 2

On the other device, sign in and open the corresponding library item.
- 3

Use Versions if you need to compare or recover an earlier save.

WHAT EACH CONTROL DOES

Save first

Cloud sync operates on saved library work. Unsaved editing state and device drafts do not automatically become a finished shared item.

Automatic refresh

Sync reacts to saves, returning to a tab and reconnecting, with periodic checks. Sync now requests an immediate check when you want to verify arrival.

Newer work in another tab

Saved changes can refresh another open view. When an editor has local changes, review the prompt before replacing your working state.

Conflicts and Versions

An earlier or conflicting save can remain available in the version history. Restore the intended version forward rather than manually guessing what changed.

Deletion and backup

Deletion can travel to other account devices. A separate backup file is the independent archive you control outside the synchronised collection.

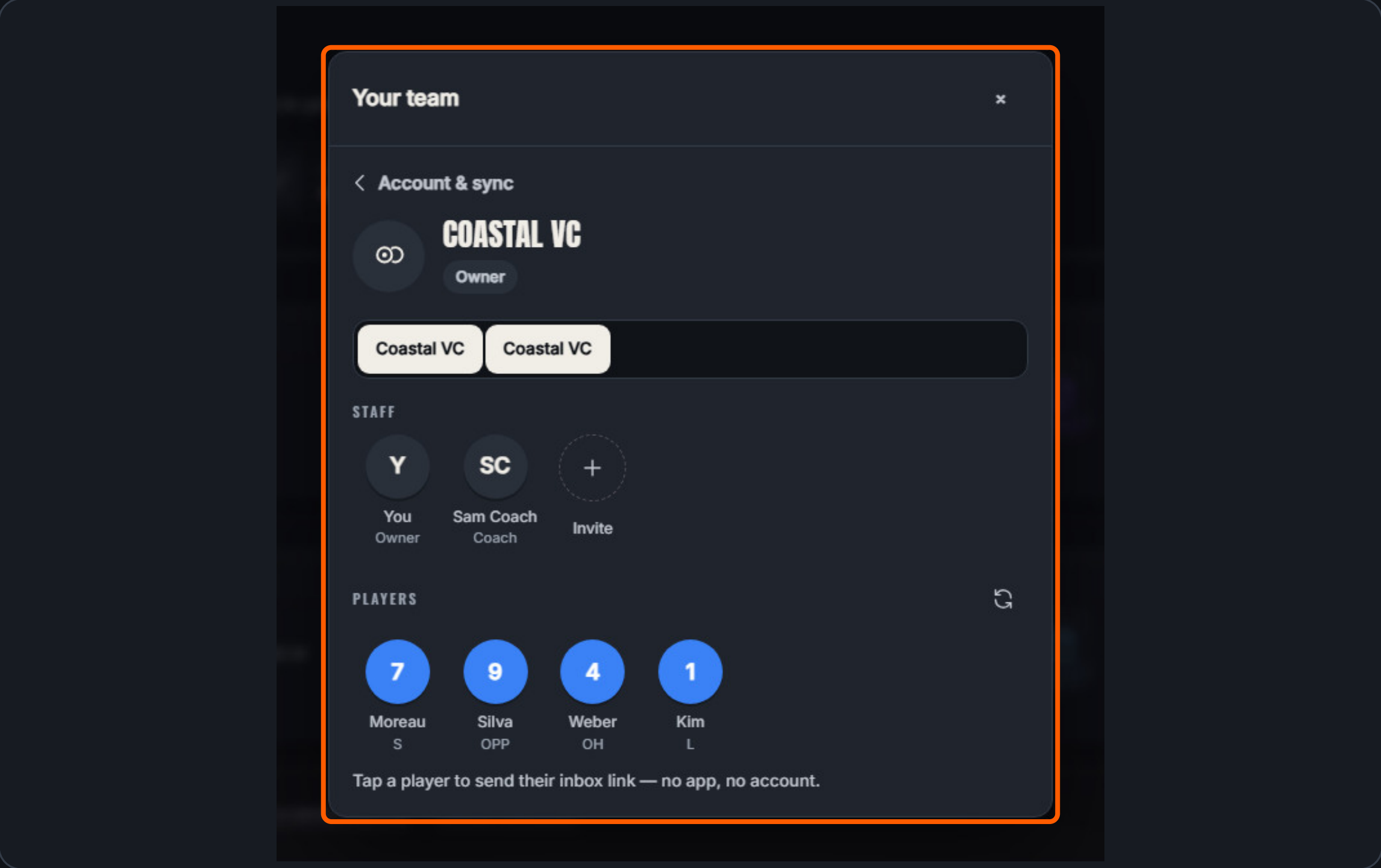
RESULT

You can check that the saved coaching material has actually reached another device.

ACCOUNT & TEAM

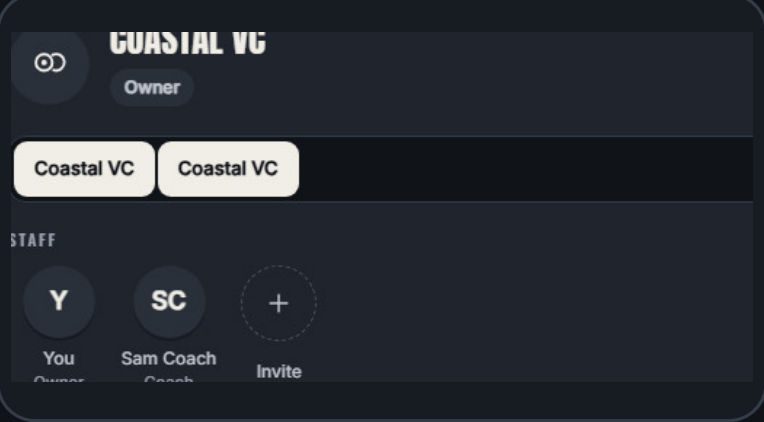
STAFF INVITATIONS AND SHARED PERMISSIONS

Invite the right person and choose the access appropriate for the material.
CURRENT APP VIEW



Example account and players • cloud interface preview

DETAIL FROM THE SAME SCREEN



DO THIS

- 1 Create the staff team and invite the intended email.
- 2 Open Share on a saved and synced material.
- 3 Choose team-library access or a direct coach permission.

WHAT EACH CONTROL DOES

Invite

In Your team, select a role and enter the colleague's email. Make invitation link creates the offer for that email; share the resulting link yourself.

Invitation status

Pending invitations wait for acceptance or decline. The invitation link is for the entered email and expires after seven days.

Share / Staff

From a saved material, open Share. Team library makes the item available through the team's shared catalogue.

Another coach

Share with a coach by email using Can view, Can comment or Can edit. The recipient accepts the offer from their in-app notifications.

Stop sharing

Removes a direct share where your permissions allow it. Review which person or team access you are changing before confirming.

RESULT

Access is deliberate and the recipient receives the material through the correct route.

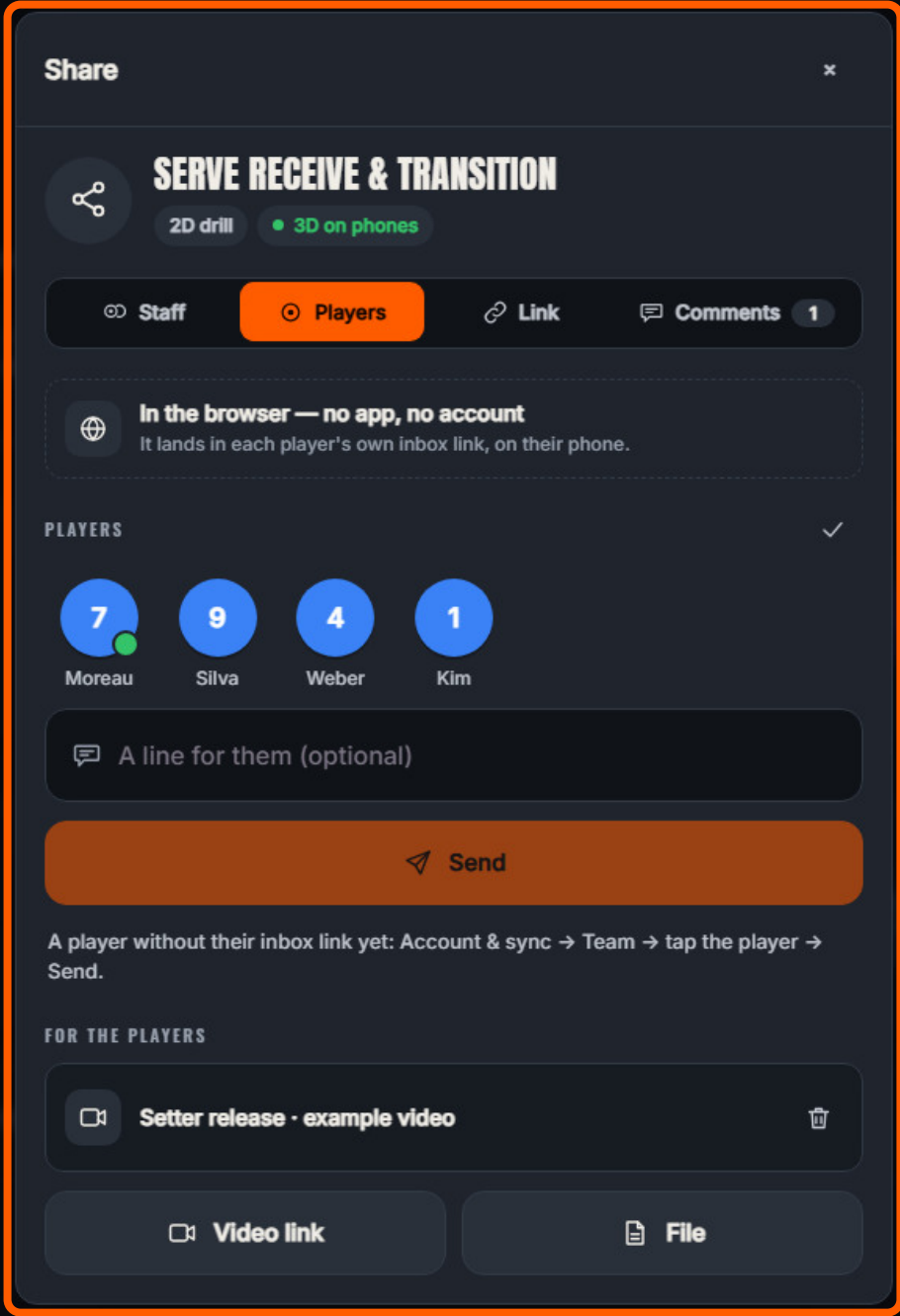
Creating a link in the app does not send an email or message on your behalf. Copy and send it through your chosen channel.

ACCOUNT & TEAM

PLAYER INBOXES AND MATCH PACKAGES

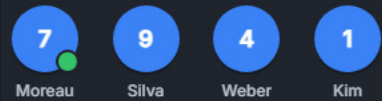
Players open the material in a browser through their inbox link, without a coach account.

CURRENT APP VIEW



Example account and players • cloud interface preview

DETAIL FROM THE SAME SCREEN



A line for them (optional)

Send

A player without their inbox link yet: Account & sync → Team → tap the player → Send.

DO THIS

- 1 Give each player their own inbox link.
- 2 Choose the material and selected players in Share.
- 3 Add the relevant resources and check delivery/opening status.

WHAT EACH CONTROL DOES

Player inbox link

Your team provides a link for each player. Everything you send to that player collects in that inbox.

Share / Players

Select the numbered players who need this material. Add an optional message, then use Send in your own account.

Seen status

Delivery dots and timestamps show whether a player opened the sent material. This is an opening status, not proof that they completed the exercise.

Attachments and video links

Add a video link or supported PDF, JPEG, PNG, WebP or MP4 file, up to 20 MB. Players see the resources beneath the drill or training.

Player view

The recipient can read notes and supported drills, open attachments and inspect available 3D material. A training package presents its exercises in the intended order.

RESULT

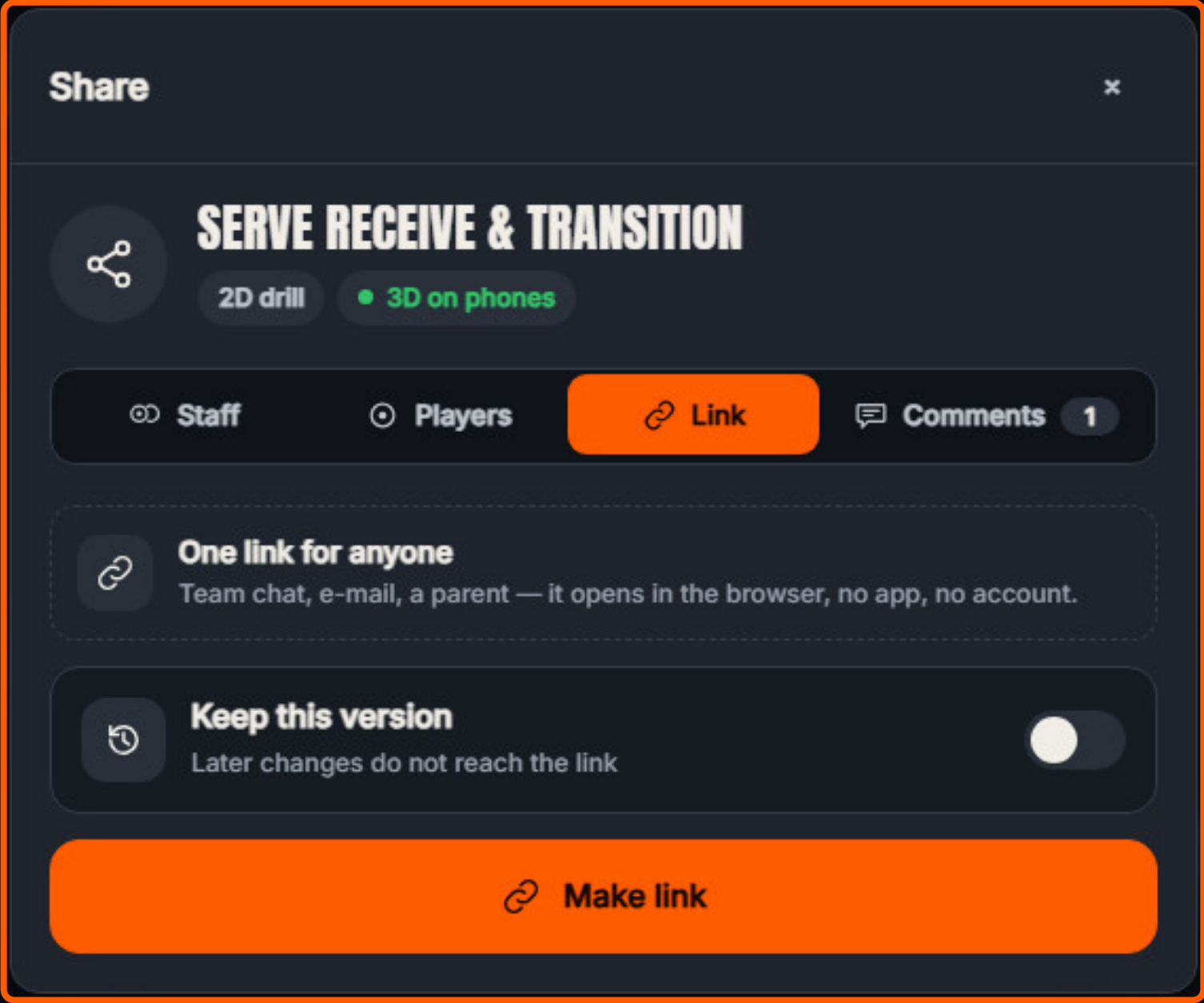
The player has a focused package containing the drill and supporting resources.

ACCOUNT & TEAM

PUBLIC LINKS, COMMENTS AND NOTIFICATIONS

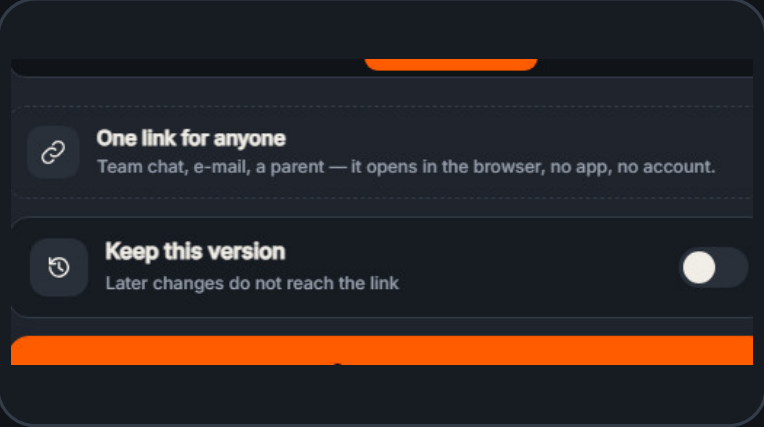
Choose whether the audience needs an open browser link or a staff discussion attached to the item.

CURRENT APP VIEW



Example account and players • cloud interface preview

DETAIL FROM THE SAME SCREEN



DO THIS

- 1

Decide whether recipients should receive current or fixed material.
- 2

Choose Keep this version if appropriate, then Make link.
- 3

Use Comments for item-specific feedback and withdraw obsolete links.

WHAT EACH CONTROL DOES

Share / Link

Make link creates a browser link for anyone you give it to. The recipient needs neither the coach app installation nor a coach account.

Keep this version

Pins the link to the current saved version. Later changes do not reach that link; an unpinned link can follow the item’s current material.

Withdraw link

Revokes the shared link. A recipient opening it afterward sees that it has been withdrawn.

Comments

Share / Comments keeps staff discussion attached to the saved material. The general staff chat is a separate conversation.

Notifications

The in-app bell handles offers and team activity. Account notification settings enable supported device notifications; on iOS the app may need to be added to the Home Screen first.

RESULT

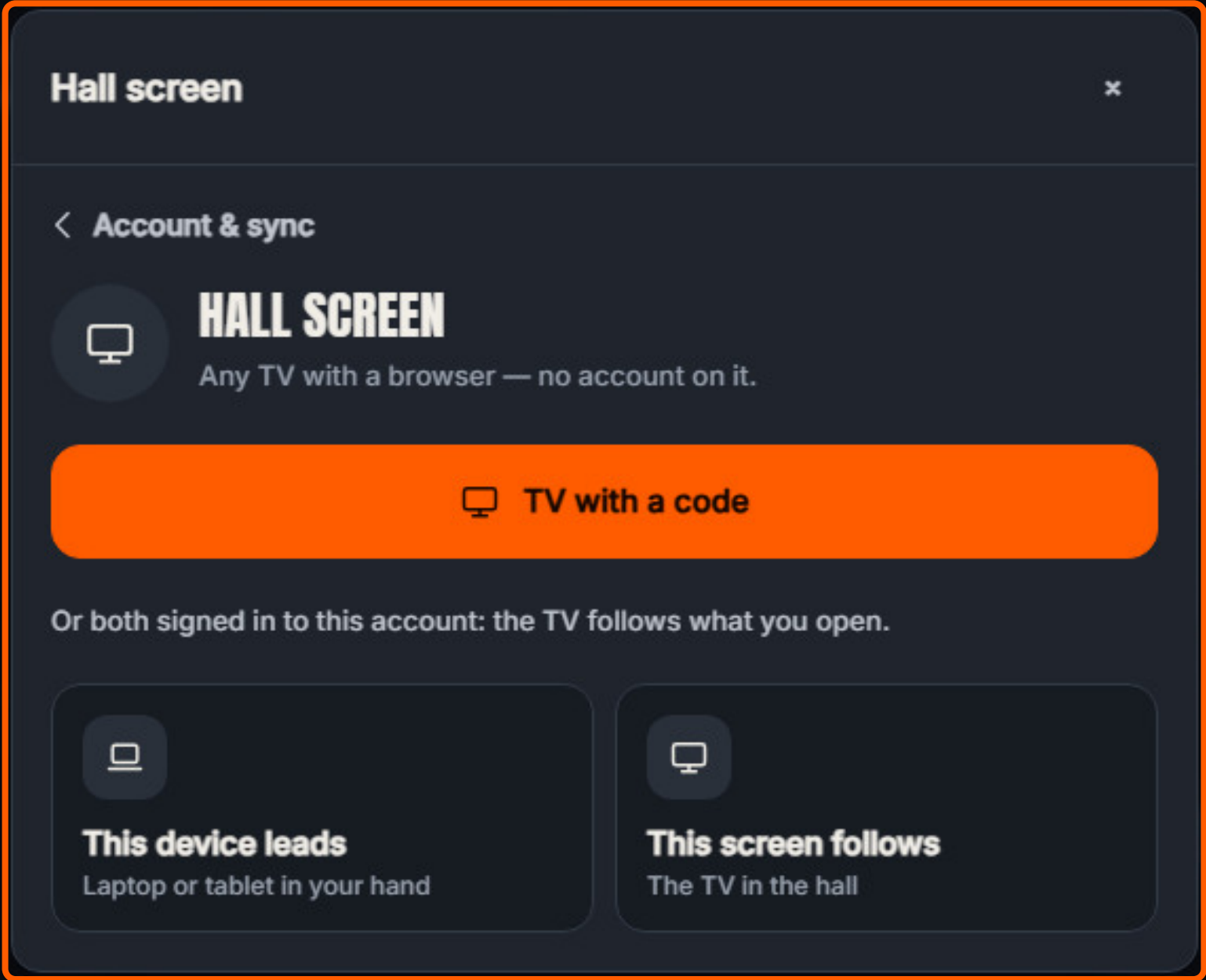
The audience gets the intended version and staff feedback stays with the material.

ACCOUNT & TEAM

LIVE BENCH, CHAT AND THE HALL SCREEN

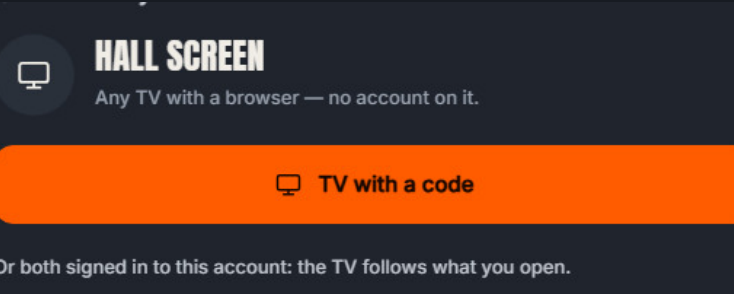
Online collaboration can keep staff and a larger display connected to the coach’s current work.

CURRENT APP VIEW



Example account and players • cloud interface preview

DETAIL FROM THE SAME SCREEN



DO THIS

- 1

Connect the intended staff or screen through your account.
- 2

Confirm which project or material is being shown.
- 3

Stop the live/follow connection when the shared display is finished.

WHAT EACH CONTROL DOES

Live Bench

A licensed team can follow the active Bench project through its live workflow. Check the connection and project before relying on another staff device.

Staff chat

The chat control appears across studios for team conversation. Bench provides match-oriented quick replies; general chat serves broader staff coordination.

Clear chat

Hides the existing history for you on this device. It is not a command that erases the shared staff conversation for everyone.

Hall screen

The account workflow can make one device lead and another follow. Stop following when you need to use the screen independently.

TV pairing and remote

Open /tv/ on the screen, then use its displayed code or QR pairing flow from the coach device. Send the current drill or plan and control its offered playback/page actions.

RESULT

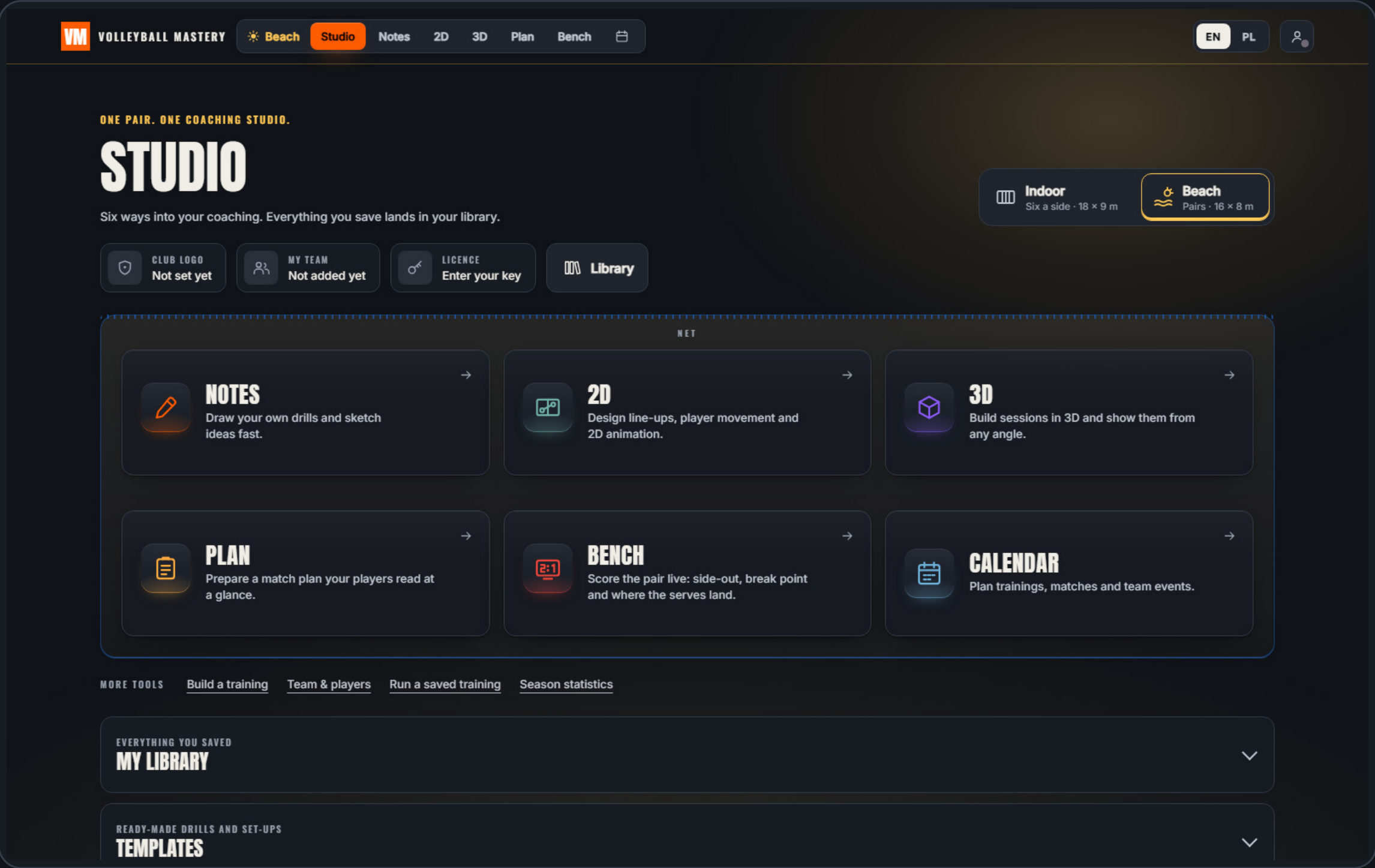
Staff and the hall display can follow the coaching material the coach chooses.

TV pairing and live cloud functions need a connection. The TV viewer does not browse your whole library.

BEACH

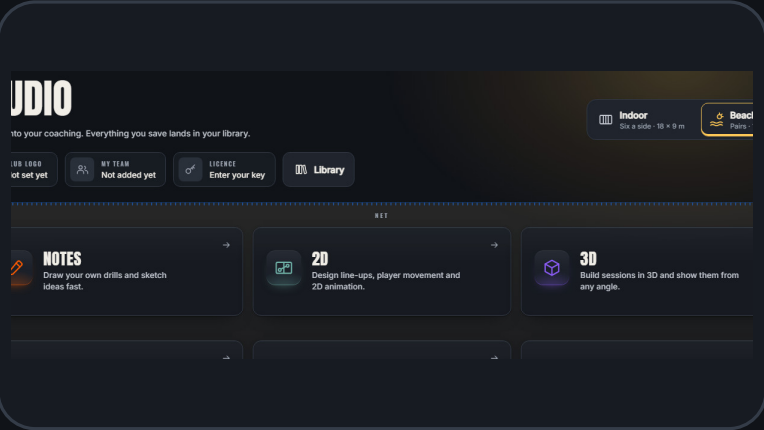
START THE SEPARATE BEACH ENVIRONMENT

Choose Beach in Studio before creating pair drills or recording a pair match.
CURRENT APP VIEW



Example coaching data • current English interface

DETAIL FROM THE SAME SCREEN



DO THIS

- 1

Save the current Indoor material if you need to keep it.
- 2

Return to Studio and select Beach.
- 3

Open the required pair tool and confirm the Beach badge.

WHAT EACH CONTROL DOES
Beach in Studio

Sets the game for the whole app. The navigation badge and tool content show that you are working in the Beach environment.

Separate working copies

Beach has its own notebook, editor history, handover and saved working context. Returning to Indoor restores that environment's work.

Separate library

The shared catalogue shows the current game's records. An Indoor drill is not silently opened as a Beach exercise.

Court and pair tools

The beach court and pairs replace the indoor six-a-side arrangement. Pair situations take the place of indoor rotation presets.

Bench and Plan

Bench opens Pair bench for Beach; Plan uses the beach preparation sheets. Return to Studio to switch the whole app back to Indoor.

RESULT

The app is ready for pair coaching without mixing the two games' work.

BEACH

CREATE OUR PAIR AND THE OPPONENT PAIR

Pair identity supplies names and responsibilities to the beach courts and Bench.
CURRENT APP VIEW

VMVOLLEYBALL MASTERY

Beach

Studio

Notes

2D

3D

Plan

Bench

Team

YOUR PAIR

YOUR PAIR. EVERY BEACH COURT.

Two players, their sides and who blocks. Add the opponent pair too, and both are ready on the bench.

My pair

Opponent

New pair

New pair

Pair name

Pair name — e.g. Kowalska / I

Show players as

Numbers — 7

1

#

First and last name

Left side

Right side

Blocker

2

#

First and last name

Left side

Right side

Defender

A pair is two players — one on each side. Leave the name empty and the pair is called by the two surnames.

Save pair

Add your two players and save.

USE THIS PAIR

Pair bench

Pair situations · 2D

Pair situations · 3D

Match plan

The pair's names appear on the bench, in the pair situations and wherever a beach court shows our two players.

WHAT EACH CONTROL DOES

My pair or Opponent

Edit the correct pair. Save both when the preparation needs named players on each side of the net.

Two players

Enter the two player names and numbers. If the pair name is left empty, the app can name it from the surnames.

Left side or Right side

Assign one player to each side. Swapping the side choices keeps the pair coherent rather than creating two left-side players.

Blocker, Defender or Splits the block

Sets the role used to describe pair responsibility. These choices help the plan and situations communicate the intended division.

Save pair and Use this pair

Stores the pair and exposes routes to Pair bench, pair situations in 2D/3D and the match plan. Choose numbers, initials or full names for display.

Example coaching data • current English interface

DETAIL FROM THE SAME SCREEN

DO THIS

1

Choose My pair and enter both players.

2

Set their sides, responsibilities and display style.

3

Save pair, then repeat for Opponent if needed.

RESULT

The beach tools use consistent identities for the four players.

COMPLETE COACH GUIDE / ENGLISH / 01 OCT 2026

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volleydrillstudio.app

BEACH

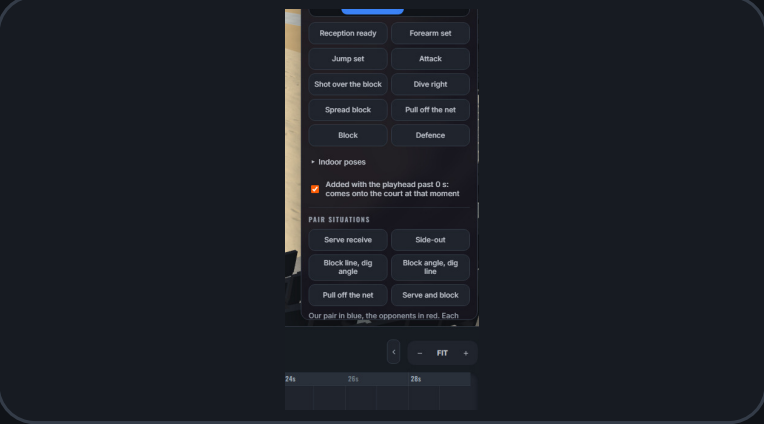
SIX ANIMATED PAIR SITUATIONS

Use the offered situations as a ready starting sequence and adapt them to your pair.



Example coaching data • current English interface

DETAIL FROM THE SAME SCREEN



DO THIS

- 1 Open Pairs in 2D or Pair situations in 3D.
- 2 Select the situation and press Play or Space.
- 3 Refine positions, timing and cues, then save your variation.

WHAT EACH CONTROL DOES

Serve receive and Side-out

Serve receive shows the split and partner release. Side-out extends it into pass, set and attack on one timeline.

Block line, dig angle

Signal 1: the blocker takes the line while the defender covers the angle. Review the illustrated coverage with your pair.

Block angle, dig line

Signal 2: the blocker takes the angle while the defender covers the line. It is a different assignment, not just another camera view.

Pull off the net

Shows the blocker peeling into defence when there is no committed block and the partner protecting deeper space.

Serve and block

Places our serve with the partner at the net and the opposing pair receiving. The server then moves into the defensive task.

RESULT

A complete pair movement can be explained before building a custom drill.

The situation is an editable coaching example. Match your pair's own signals and responsibilities before using it in practice.

BEACH

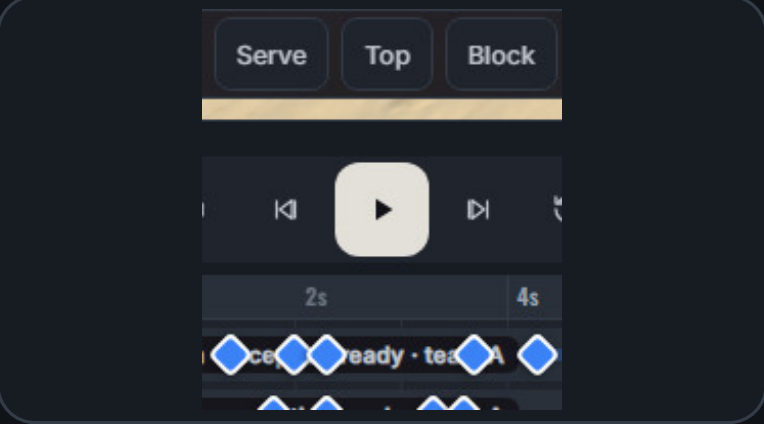
BEACH POSES, ARENA AND MATCH PLAN

The beach tools combine pair movement with beach-specific visual and tactical context.



Example coaching data • current English interface

DETAIL FROM THE SAME SCREEN



DO THIS

- 1 Select the category and the animated situation.
- 2 Inspect the action from a useful camera angle.
- 3 Write the pair's tactical decisions in Plan and save both materials.

WHAT EACH CONTROL DOES

Beach bodies and poses

Reception, bump set, jump set, attack, soft shot, spread block, pull-off and dive poses illustrate the pair's actions.

Men and Women

Choose the category to use its body models and net-height option. The same teaching sequence can be presented with the appropriate category.

Pose transitions

Pair situations already include timed body changes. Inspect or adjust them with Selected so the movement and pose agree at each action.

Arena and cameras

Use the beach Arena view for the venue overview, then Coach, Serve, Top or Block for the task itself. A clear angle is more useful than a distant decorative view.

Beach Plan

The beach plan covers pair preparation, side-out and break-point choices, serve targets and defensive responsibilities. Save and Print · PDF work through the plan workflow.

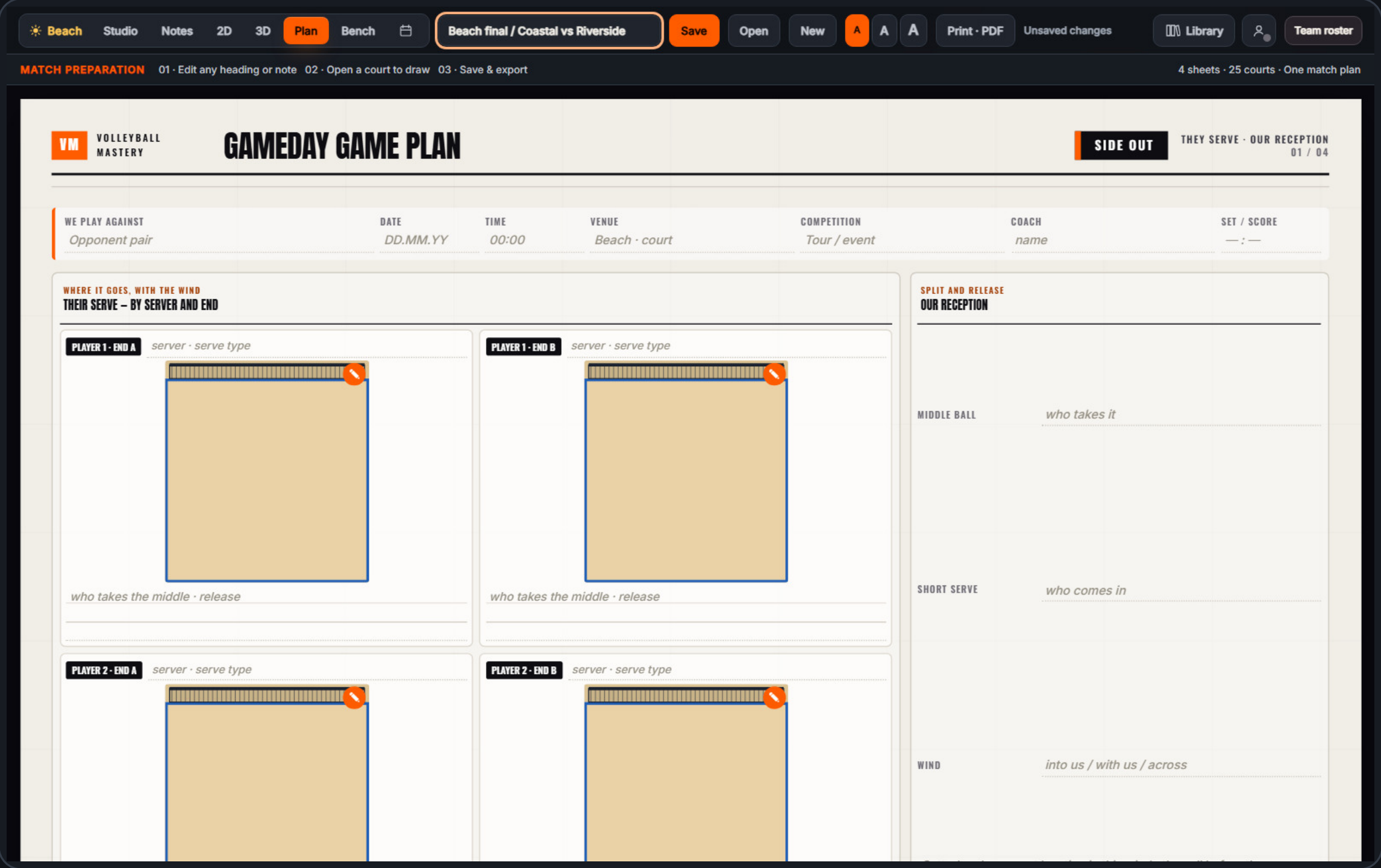
RESULT

The pair sees the tactical choice in a beach-specific scene and document.

BEACH

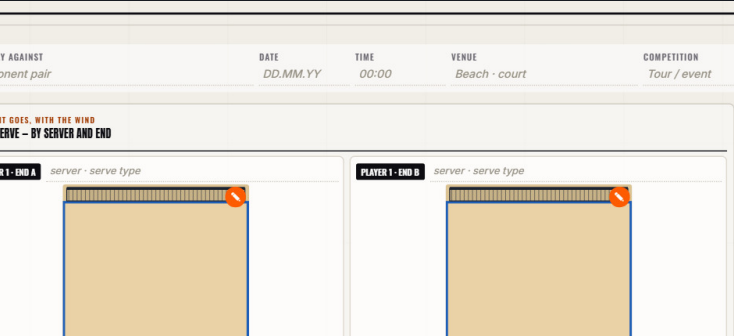
FOUR SHEETS FOR THE BEACH MATCH PLAN

Prepare side-out and break-point choices around two opponents, changing ends, wind and sun.
CURRENT APP VIEW



Example coaching data • current English interface

DETAIL FROM THE SAME SCREEN



DO THIS

- 1

Choose Beach in Studio and open Plan.
- 2

Complete both side-out sheets and both break-point sheets.
- 3

Save, then inspect the four pages in the print preview.

WHAT EACH CONTROL DOES

Sheet 1 / Their serve

Record each server at End A and End B. Set the middle-ball responsibility, short-serve response, wind context and setter release.

Sheet 2 / Our attack

Describe the good-set options, what their blocker takes and where the defender leaves open sand. Notes & adjustments keeps the message for each switch.

Sheet 3 / Our serve

Draw targets for player 1 and player 2. Set the serving priority and reason, wind choices and serve-by-score plan. Record how their setter responds in trouble.

Sheet 4 / Block and defence

Map each attacker on good and bad sets. Write the signals against each player, the response on a bad set and late-set changes.

Match header, Save and Print

Keep opponent-pair identity and wind/sun conditions consistent in the header. Save the editable plan, then Print / PDF produces the staff copy.

RESULT

The pair has a tactical plan covering each phase and changing end conditions.

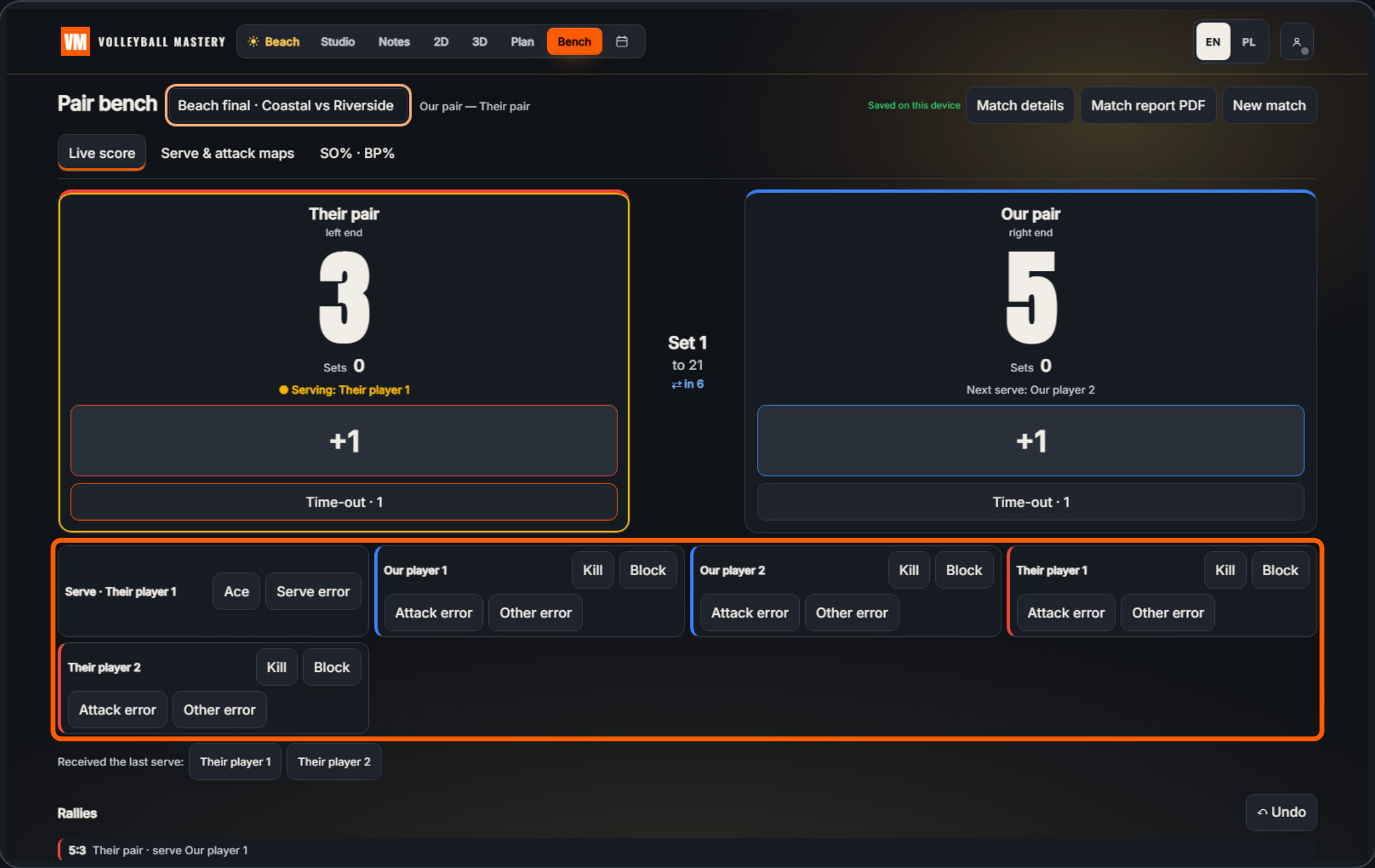
The drawings and condition notes are the coach’s observations. The app does not measure weather or predict the opponents.

BEACH

PAIR BENCH LIVE SCORE AND RALLY OUTCOMES

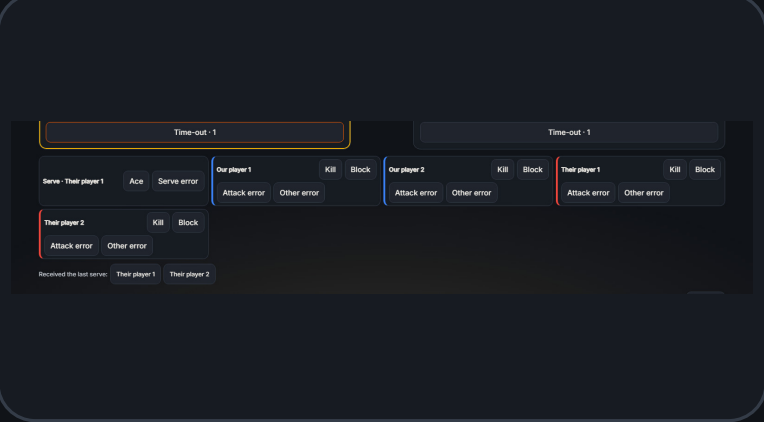
Pair Bench tracks a two-against-two match with serving order and changes of ends.

CURRENT APP VIEW



Example coaching data • current English interface

DETAIL FROM THE SAME SCREEN



DO THIS

- 1 Check the opening server and order for both pairs.
- 2 Record each rally winner and outcome deliberately.
- 3 Review switch-end prompts and use Undo for a mistaken event.

WHAT EACH CONTROL DOES

Opening choices

Choose the first serving pair and each pair’s serving order before recording the rally sequence. Match details supplies the correct pair names.

Point buttons

Give the rally to Our pair or Their pair. A side-out changes service according to the recorded serving order.

How the rally ended

Ace, kill and error controls record the offered outcome with the point. Choose the player where the outcome control asks for one.

Receiver and time-out

Select who received the last serve when recording that detail. The time-out controls track the set resource.

Sets, ends and Undo

The app’s scoring workflow uses 21/21/15 and switches ends after 7 points or 5 in the deciding set. Start the next set when offered; Undo reverses the entered sequence.

RESULT

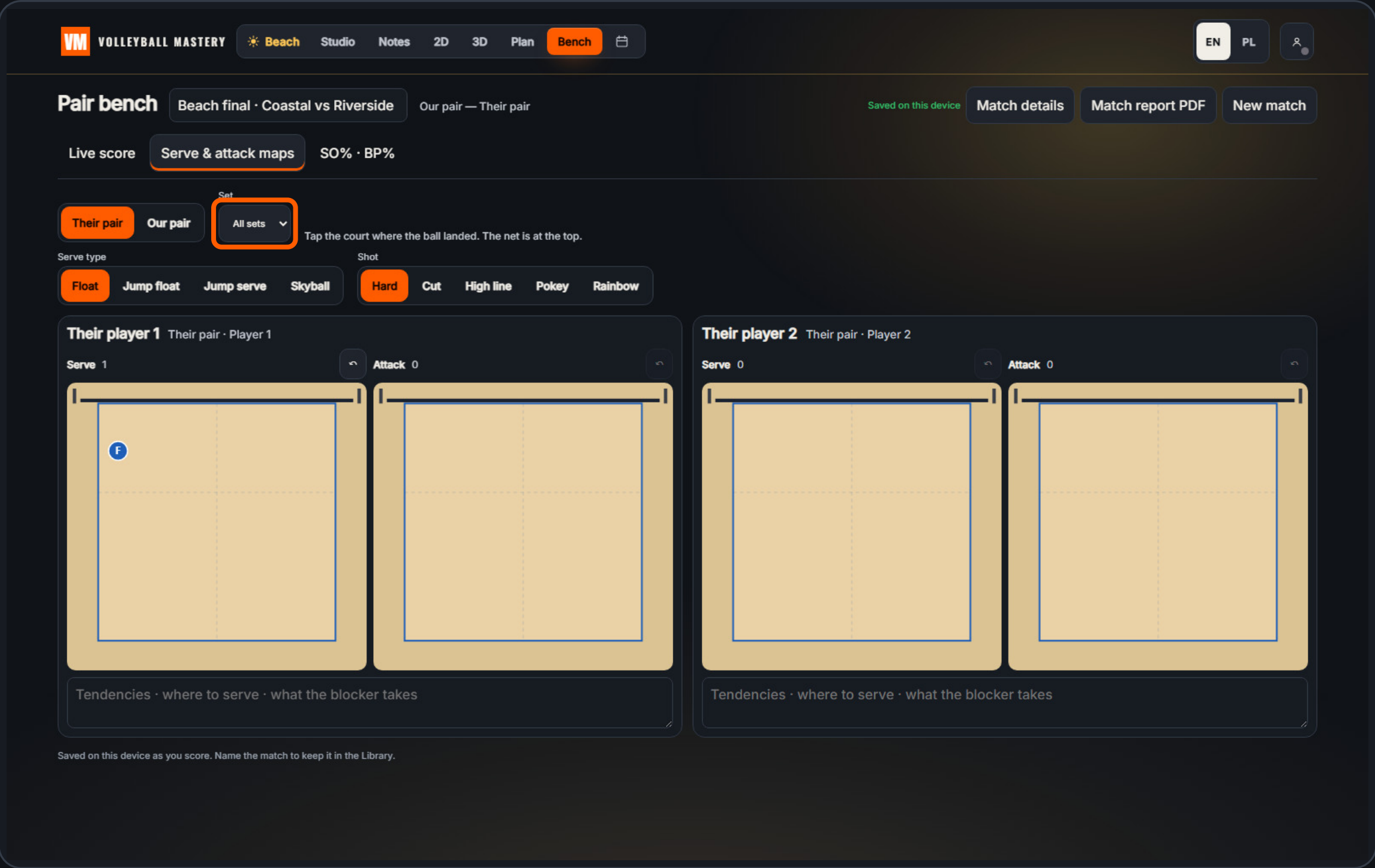
The match record keeps score, serving identity and end context together.

The report reflects the events you entered. Missing rally details cannot be reconstructed automatically.

BEACH

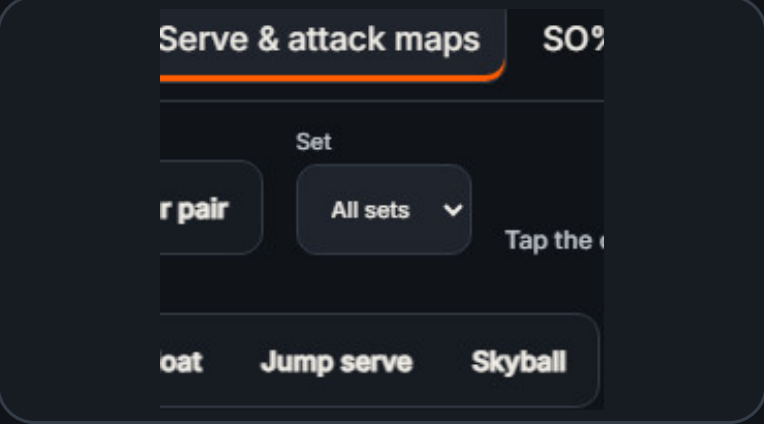
SERVE MAPS, SO%, BP% AND THE REPORT

Pair Bench turns entered observations into maps and a concise match review.
CURRENT APP VIEW



Example coaching data • current English interface

DETAIL FROM THE SAME SCREEN



DO THIS

- 1

Record serve and attack locations on the correct player map.
- 2

Open SO% · BP% and compare counts within the intended scope.
- 3

Name the match and export Match report PDF.

WHAT EACH CONTROL DOES

Serve & attack maps

Choose Our pair or Their pair and a set scope. Tap the appropriate player court where the ball landed to record the location.

Attack type

Choose the offered attack type, such as Cut, before recording the mark. Keep serve and attack observations on their corresponding courts.

SO%

Side-out percentage is rallies won while receiving divided by rallies recorded while receiving. Read the fraction as well as the percentage.

BP% and end filter

Break-point percentage is rallies won while serving divided by serving rallies. Whole match, set and left/right end scopes can reveal a difference between ends.

Match report PDF

Prepares the score, SO/BP figures and serve/attack maps on one landscape page. Name the project to keep the editable match in the library.

RESULT

You have a saved pair match and a printable review grounded in the entered observations.

A left/right-end difference can be useful in windy conditions, but the app does not measure wind or prove the cause of that difference.

QUICK REFERENCE

KEYBOARD SHORTCUTS IN THE 2D EDITOR

Use the keyboard for repeated editing actions while the court has focus.
CURRENT APP VIEW

KEYBOARD SHORTCUTS			
Select tool	1	Player / ball / arrow	2 3 4
Play / pause	Space	Nudge selection	← ↑ → ↓
Big nudge	Shift + arrows	Undo / redo	Ctrl Z / Y
Select all elements	Ctrl A	Duplicate	Ctrl D
Duplicate by dragging	Alt + drag	Add to selection	Shift + click
Keyframe all selected	K	Freeze whole animation	F
Copy / paste keyframe	Ctrl C / V	Delete	Del
Practice plan	P	Save drill to library	Ctrl S
Open library	Ctrl O	Export PNG / MP4	Ctrl E / Ctrl Shift E
Phase list: move / close	↑ ↓ / Esc	Present mode	F5
Timeline zoom	Ctrl + wheel	This sheet	?
Close			

WHAT EACH CONTROL DOES

Tools and playback

1 selects; 2, 3 and 4 choose player, ball and arrow tools. Space plays or pauses. Press ? to open the full shortcut sheet.

Selection and movement

Ctrl+A selects all; Shift+click adds to selection. Arrow keys nudge, Shift+arrows nudge farther. Ctrl+D duplicates; Alt+drag duplicates while moving.

Animation

K keyframes the selection; F freezes the whole animation. Ctrl+C / Ctrl+V copy and paste a keyframe. Ctrl+wheel changes timeline zoom.

Save, library and export

Ctrl+S saves the drill to Library; Ctrl+O opens Library. Ctrl+E exports PNG; Ctrl+Shift+E opens MP4 export.

Undo, present and close

Ctrl+Z / Ctrl+Y undo and redo. Del removes the selection. F5 enters Present mode. Esc closes the current shortcut sheet or applicable open control.

Example coaching data • current English interface

DETAIL FROM THE SAME SCREEN

Play / pause	Space	Nudge selection	← ↑ → ↓
Big nudge	Shift + arrows	Undo / redo	Ctrl Z / Y
Select all elements	Ctrl A	Duplicate	Ctrl D
Duplicate by dragging	Alt + drag	Add to selection	Shift + click
Keyframe all selected	K	Freeze whole animation	F
Copy / paste keyframe	Ctrl C / V	Delete	Del

DO THIS

- 1
- Open the 2D editor and press ? to review the sheet.
- 2
- Select an object and practise nudging and duplication.
- 3
- Save your drill, then use the appropriate export shortcut.

RESULT

Repeated editing takes fewer pointer movements.

These mappings describe the 2D editor. Text fields keep normal typing behavior; other studios have their own controls.

QUICK REFERENCE

CHOOSE THE RIGHT OUTPUT AND RECOVER YOUR WORK

Keep the editable original, then choose a finished format for the person who needs it.

CURRENT APP VIEW

Beach final · Coastal vs Riverside

Our pair (Our player 1, Our player 2) — Their pair (Their player 1, Their player 2)

Sets 0:0 — 5:3

Pairs	SO%	BP%	Points	Errors given
Our pair	100% · 2/2	50% · 3/6	5	0
Their pair	50% · 3/6	0% · 0/2	3	0

By end — the wind and the sun

	SO% left	SO% right	BP% left	BP% right
Our pair	100%	—	60%	0%
Their pair	100%	40%	—	0%

Serve

	Served	BP%	Aces	Errors
Our player 1	5	60%	0	0
Our player 2	1	0%	0	0
Their player 1	1	0%	0	0
Their player 2	1	0%	0	0

Reception

	Received	SO%
Our player 1	0	—
Our player 2	0	—
Their player 1	0	—
Their player 2	0	—

Attack and block

	Kills	Blocks	Attack errors	Other errors
Our player 1	0	0	0	0
Our player 2	0	0	0	0
Their player 1	0	0	0	0
Their player 2	0	0	0	0

VOLLEYDRILLSTUDIO.APP · Pair bench

Their player 1

Attack

Their player 2

Attack

Our player 1

Attack

Our player 2

Attack

Example coaching data • current English interface

DETAIL FROM THE SAME SCREEN

SO%

BP%

Points

Errors given

100% · 2/2

50% · 3/6

5

0

50% · 3/6

0% · 0/2

3

0

By end — the wind and the sun

SO% left

SO% right

BP% left

BP% right

100%

—

60%

0%

100%

40%

—

0%

Serve

Served

BP%

Aces

Errors

5

60%

0

0

1

0%

0

0

1

0%

0

0

1

0%

0

0

Reception

Received

SO%

0

—

0

—

0

—

0

—

Attack and block

Kills

Blocks

Attack errors

Other errors

0

0

0

0

0

0

0

0

0

0

0

0

0

0

0

0

Our player 1

Attack

Our player 2

Attack

DO THIS

1

Save the editable material with a clear name.

2

Choose a file or link suitable for the recipient.

3

Verify the result and keep a separate library backup.

WHAT EACH CONTROL DOES

Editable coaching work

Save to Library for continuing in the app. Use project or library files for an independent portable archive.

A still explanation

PNG suits one court or a slide. PDF suits a plan, several courts, a calendar or a match report that must print predictably.

A moving explanation

MP4 suits an animated 2D or 3D drill. A supported player link or TV view can present the material directly in the browser.

Something is missing

Confirm the selected game, library filters and item type. For a missing training block, restore the drill or remove/replace that block before Run.

Sync or export needs attention

Check connection, licence, storage and browser support. Save locally first, retry the action and inspect the status or downloaded file. Support: volleytips23@gmail.com.

RESULT

Your coaching work is reusable, explainable and easier to recover.

Edition: 1 October 2026. Interface labels and workflows correspond to the documented app build d1be69b02c50.

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