



Hockey Coach Vision

HCV - User Manual
v 2.4

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0. Introduction

0.1 Welcome

Welcome to the Hockey Coach Vision team! We work hard to make HCV the number one tool in ice-hockey, inline hockey and ringette.. Now that you're part of it, feel free to share your experiences with us as we are working around the clock to improve Hockey Coach Vision and make your work easier and more successful.

0.2 What is HCV?

Hockey Coach Vision is a multi-platform software that we created to support coaches in their planning and preparation of practices as well as game planning. Clear communication between the coaches, their staff and their players is crucial for having a well functioning team. HCV is an incredible teaching tool that allows the players and coaches to clearly see and experience every detail of the game. Our goal is to give you all the necessary features in our HCV App to support you as a coach in your day-to-day coaching activities.

0.3 About this manual

HCV is designed to be as user-friendly as possible but there are some things that you will need to know to get started. In this manual we will attempt to walk you through all of the steps that you need to go through to get the maximum benefit out of your new HCV App. We recommend that you take a look at our video tutorials in the "Support" section of our website [here](#) before jumping right into animating drills. At the same time, the best way to learn is by doing! Animating drills and plays is simple enough but it is also challenging enough to make it fun when you are aiming to make the drill perform exactly as you want it. We are always available to help you along the way should you still have questions after watching the tutorials, reading this manual and creating a few drills.

1. Installation

1.1 Account types

There are three different accounts for HCV:

- Coach account
- FREE Coach Limited account
- FREE Player account

It is important to know exactly how you want to use HCV, so you can install and run the correct version. The standard **Coach** account has all the features necessary for creating and planning hockey practices. The **Coach Limited** account allows new users to experience some of the main features of HCV Coach before purchasing, like creating an animated drill or assembling a practice plan. The **Player** account gives you limited features that allow the user to simply import HCV-files or practice packages to play them. For a detailed list of all features visit the “pricing” site on our website [here](#).

1.2 Available platforms

The standard HCV version is available for iPad, Mac, Android tablets and Windows PCs. We additionally offer a **HCV – Player mobile phone** version, which is available on iPhones and Android mobile phones, but is currently **only available for Player accounts**.



1.3 Get your Coach account

To start using all of the Coach features, you first must obtain a Coach account with a password. Your login name will be the email address that you provide to us when buying the yearly subscription for the Coach. Make sure that the email address is a valid one, since it will be used for several communication services for the app. To purchase the App, just go to the "Pricing" section of our website [here](#). Next you will get a detailed description of Player, Coach Limited and the Coach versions. Should you choose to purchase a Coach subscription, select the "Choose plan" button and follow the steps on the payment page. After you have signed up for a subscription, you will receive a welcome letter by email from our HCV Team that includes some brief instructions on how to get started plus your password. You may change your password within the App in the Coach Settings section. If you would first like to try out the Coach version before purchasing, we suggest you start with the free Coach Limited account. This way, you can test some of the main features of the app. To upgrade to the full HCV Coach, just purchase a yearly subscription using your same account name. Feel free to contact us during your trial period should you have any questions. To get a free Coach Limited or free Player account, follow the instructions in 2.1

1.4 Downloading the HCV app

To get the App, just go to the [support page](#) on our website and follow the links in the Download section. For Apple iOS and Android devices, you can also find the right version by just searching in the Appstore or Google Playstore.

DOWNLOAD APP	
iPad (iOS 7 and higher)	coach or player
iPhone (iOS 7 and higher)	player only
Android tablet (4.0 and higher)	coach or player
Android phone (4.1 and higher)	player only
Mac (OSX 10.8 and higher)	coach or player
Windows 7 and higher (64 bit)	coach or player

2. Basic instructions

2.1 Start HCV

To start the HCV app, tap on the HCV icon on your tablet, or double click the app icon on your PC/Mac. When your app opens for the first time, you will be prompted to login.



Email

Password

Language selection

English ▼

COACH or PLAYER

LOG IN

[Forgot Password](#)

REGISTER FREE ACCOUNT

For Coach users: Use the account you received (see chapter 1.3 Get your Coach account) to login. If you have forgotten your password, simply select the "Forgot password" key to receive a new password via email.

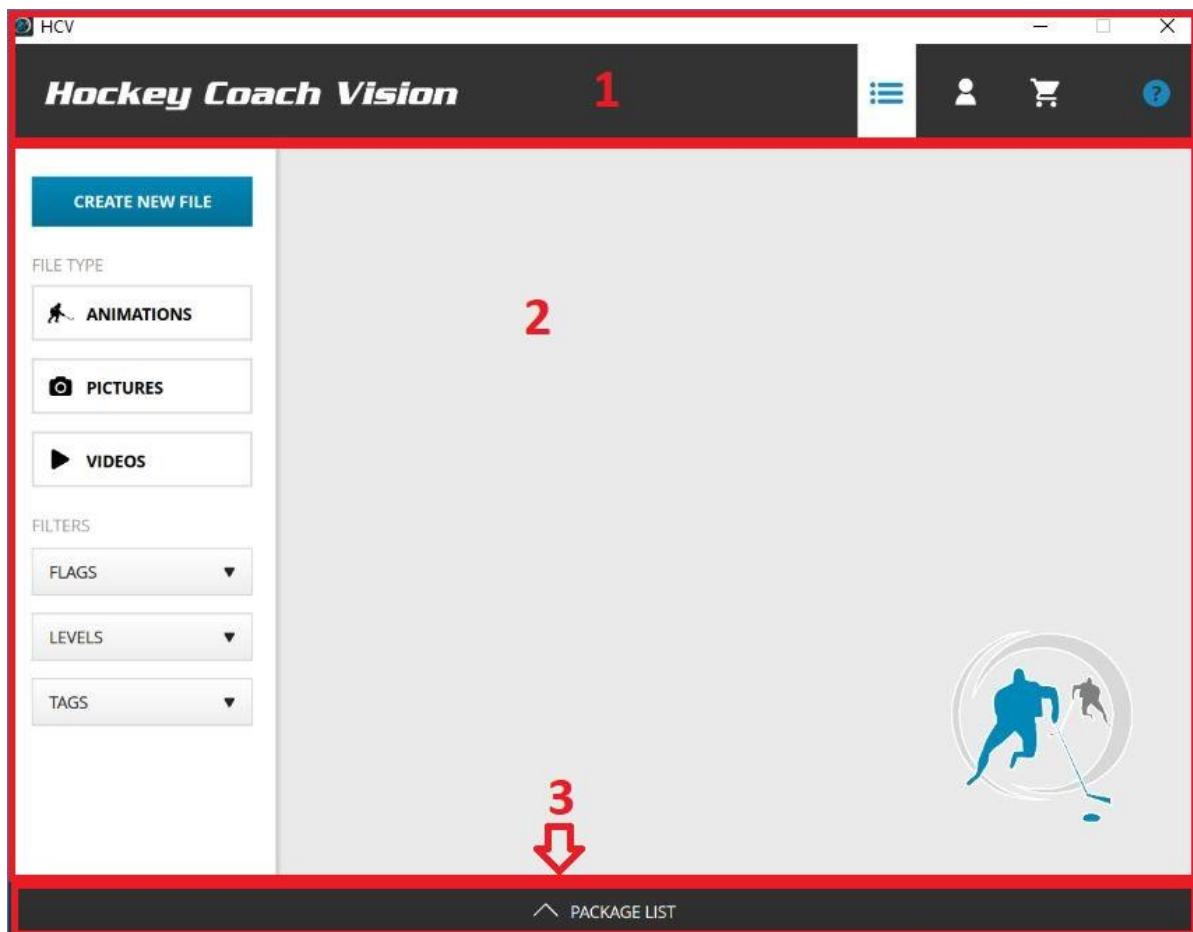
For Coach Limited users: Start by clicking the "REGISTER FREE ACCOUNT" button. On the next pop up screen, choose "COACH LIMITED". Create your personal password and click "REGISTER". We will then send you an email to confirm your email address and you are all set.

For Player users: If you don't have a Player account already, you can register one using the REGISTER FREE ACCOUNT button. On the next pop up screen, choose "Player". Create your personal password and click "REGISTER". You will receive an email from us to confirm your email address and you can then log into your new Player account.

2.2 The Screen (Top-navigation / Active-screen / Package List-bar / Screen Size)

The main screen is divided into three sections:

1. Top-navigation
2. Active-screen
3. Package List bar



1. The Top-navigation lets you switch between the main file management modes of HCV. The Files-Browser (see chapter 3), Settings (see chapter 8), the Drill Store (see chapter 9) and the HCV-Calendar (see chapter 10). The blue flag indicates which mode you're in. You will always be able to see the Top-navigation, except when you're playing or editing an HCV-file.

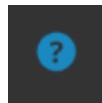
2. The Active-screen section is the working area. Here you'll see everything that belongs to the selected mode.
3. The Package-bar is on the bottom of the screen. It is present in most of the modes and can be opened or closed when you tap on it. For more information about the use of the **Package List** bar, read **chapter 6**.

Screen Size

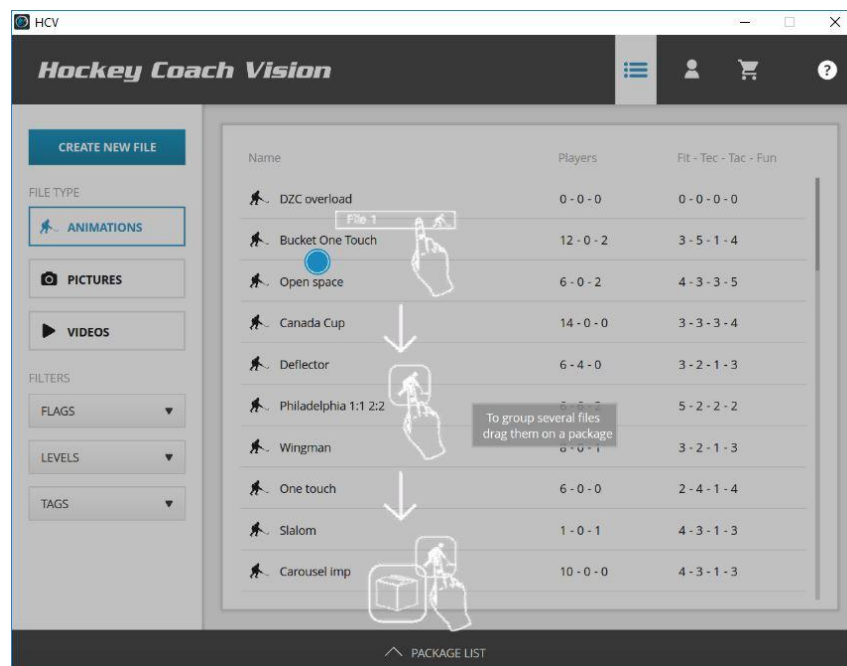
You can customize the size of your HCV screen by clicking on the corners of the app and pulling the corner in towards the middle of the screen to make the HCV screen smaller or pushing it out to enlarge the screen.

2.3 Instant-help

The "Help" key logo is located in the very top right hand corner of your screen.



When you click on this key, blue dots will appear on various "on screen" keys on your screen. By clicking on the blue dots, you can access small tips on what each particular key does.



3. The Files-browser (Your ice hockey media library)

3.1 What is the Files browser?

The Files-browser is the main screen to manage all your ice-hockey media in the form of animation, picture or video. Every time you want to list all of your HCV-files, create a new HCV-file, edit a specific HCV-file or watch a HCV-file, you will use this feature. To open the Files-browser, just select the icon with the three dots and lines in the Top-navigation (see chapter 2.2 Top-navigation) and open the Animations, Pictures or Videos folder. You may open more than one folder at the same time.

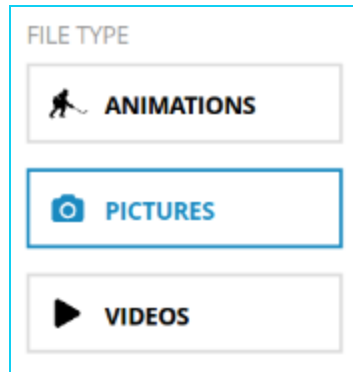


3.2 List of all your files

All of your HCV-files on your HCV will be located in this list.

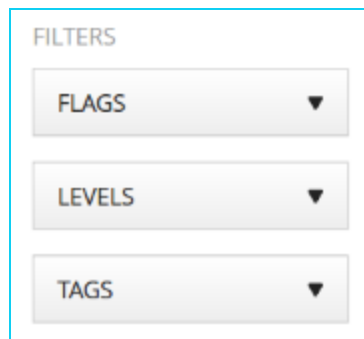
Name	Players	Fit - Tec - Tac - Fun
3 Stations Passing and Pivots	12 - 6 - 3	5 - 3 - 4 - 5
Antii Center Ice Scramble	6 - 4 - 2	2 - 3 - 1 - 4
Big Carousel	10 - 0 - 2	4 - 4 - 1 - 4
Big Carousel 1@1	6 - 6 - 2	4 - 5 - 2 - 4
Big Carousel 2@1	8 - 4 - 2	5 - 5 - 2 - 5
Bucket One Touch	12 - 0 - 2	3 - 5 - 1 - 4
Canada Cup	14 - 0 - 0	3 - 3 - 3 - 4
D Long Stretch 3 Shot	6 - 6 - 2	3 - 4 - 2 - 5
Danny's 6 pass	8 - 4 - 2	3 - 5 - 2 - 3
Fit for Transition 2 SIG	6 - 0 - 2	4 - 4 - 3 - 5

To access your animated files, simply click on the "Animations" key and all of the animated drill file titles that you have created, imported or downloaded will appear in the list on the right hand side of your screen. You may open all three folders at the same time to see all of your files together. In the example below, we have selected the Pictures folder.



3.3 Filter the list by Flags, Levels and Tags

To narrow down the list to only those elements that are important for your practice, you can filter the list using flags, levels and tags.



1. Flags are properties that are added to your files automatically. There are several types of flags: My files, Imported and package-related flags. Every time you create a new HCV-file (see chapter 3.6) your file gets the Flag "My files" assigned. All files that were shared with you (see chapter 6.8) automatically get the Flag "Imported" assigned. Lastly, if you buy a package in the Drill Store (see chapter 9), it will automatically get a Flag named as the package assigned to it (for example- Euro Pro 75 package drills will get the Flag Euro Pro 75).
2. Levels describe what age the players need to be able to perform a drill or to be able to profit from a drill. You should try to stay within the levels set out for the age group that you are coaching as higher level drills may be technically too difficult. Also, if the drill is too easy, because it's meant to be for younger levels, your players might not be able to develop their full potential.
3. Tags are categories that are used to classify drills. If you want to focus your next practice on a certain aspect, you might want to select a tag so that the list displays only drills that focus on that topic.

Select one of the filters (Flags, Levels or Tags) to display their different options. Drills can have multiple tags and levels assigned to it. **Sorting with tags is an exclusive process in that drills will only appear that have the tags that you have chosen.** For example, if you click the tags: skating, warm up and shooting, all of the drills that appear have all of those 3 tags. They can have more tags than that on them but they have to have those 3 to make your list.



If you select a Level, you will only see those files in the list that have this level assigned to it. Drills may be tagged with multiple age levels.



3.4 Edit/Add Custom Levels and Tags

You can create custom Levels and Tags that you can attach to your files. Just select the "Edit levels" key if you wish to create a new level or edit an existing one. Once you select edit levels you can either rename them by clicking on their existing name and typing the new name or create new ones by clicking on "Add levels" at the very bottom of the list. For example if you have a U-20 representative team, you could create a "U-20" level and attach it to all files that are associated with this team. Once you have attached all files with this Level, you'll be able to filter the whole list with only these files by just selecting the specific Level. Editing or creating new Tags works the same way like editing or creating Levels. The only difference is that you can't edit the standard provided tags. After downloading purchased packages, you will get the option of importing all of the custom tags that have been added to those drills. Open up Tags and click "Edit". Click "Activate Tags" and you will see the new tags on the left that can be added to your list by checking the boxes. By clicking "Merge Tags" you can merge together tags that are similar and keep the name you prefer.

Attention: If you cannot see your drills, you possibly have one or more tags open. Close all of your Levels, Flags and Tags and your drills will now be available for viewing again.

3.5 Sorting the list

When you are browsing your HCV-files, you might want to know which ones fit the best for your next practice. Next to the tags you can also manipulate the list by sorting it by different attributes. To sort the list, just tap the header of a column. By default the drills will be listed in alphabetical order starting with symbols, numbers then letters.

Name	Players	Fit - Tec - Tac - Fun ▼
 Philadelphia 1:1 2:2	6 - 6 - 2	5 - 2 - 2 - 2
 Sprint-it 1	3 - 2 - 1	5 - 1 - 1 - 1

You can sort the list for each of the columns by ascending or descending values. To sort the list by the first value in the column click on it once, by the second one click on it twice and so on and so forth.

3.6 Create an HCV-file

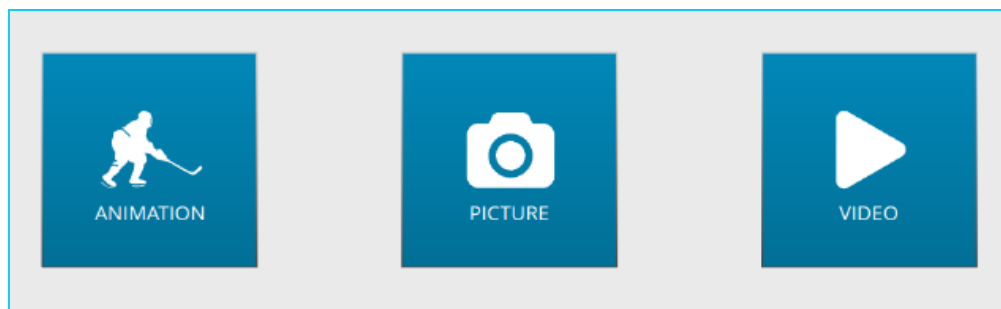
Every time you have an idea for an ice hockey exercise, tactic, skill or any kind of demonstration, you can create a HCV-file. To do that, select the "Create new file" button.

CREATE NEW FILE

3.7 Choose your file format (Animation / Picture / Video)

Depending on what idea you want to portray, you will have to choose what kind of format you will use. You have 3 possibilities to choose from:

1. **Animation**
2. **Picture**
3. **Video**



1. **Animation** is the key feature of Hockey Coach Vision. It allows you to create animated ice hockey, in-line or ringette scenes that can be watched in 3D. This is ideal for demonstrating a new drill, a team strategy for a break-out, offensive zone power-play options, face off

plays and much more. You may also just wish to digitize a drill and have it animated for all time, so it's easy to catalog it for future use. To understand how the **Drill-creator** works see chapter 4 and the **Appendix**.

2. **Picture** function allows you to create a HCV file that contains the same properties as an animation file, except that there is no animation but a picture file as a visual description of what you want to explain. For example if you have a drill on paper that doesn't need to be animated because it's obvious what the drill is, you take a picture with your tablet, and import it into HCV. **Note:** Make sure your picture file is in a .jpg or a .png file and that the file extension is written in lowercase (not .JPG or .PNG).
3. **Video** function works like the picture function, it just takes your camera roll and uses the video importer or you can create a video with your tablet camera that you can record instantly and import into your HCV-files. Videos are ideal if you want to show more details of an exercise. You may create videos on your tablet for up to 60 seconds. **Note:** We only support mp4 files, so make sure your video file extension is .mp4 and that the file extension is written in lower case (not .MP4). To see the picture and video function in action, watch the video tutorial 9 [here](#). Imported videos are limited to 15 MB in size. This allows you to import an HD720 quality clip of about 22 seconds in length.

3.8 Edit the details of your file

After you have selected the file format, you will come to a screen that will give you several input fields and selections to add details to your HCV file.

The screenshot shows the 'Hockey Coach Vision' app interface. The top bar is black with the app name and navigation icons. The left sidebar contains the following elements:

- Name:** A text input field with a red '1' next to it.
- Description:** A text input field with a red '2' next to it.
- Keypoints:** A text input field with a red '3' next to it.
- LEVELS:** A dropdown menu with a red '4' next to it.
- TAGS:** A dropdown menu with a red '5' next to it.
- DISCARD:** A red button with a trash icon.

The main area features a large hockey rink diagram with a red '8' next to it. Below the rink diagram is a section with the following controls:

- File type:** A dropdown menu with a red '7' next to it.
- Min. number of players:** A section with a red '6' next to it, containing three rows:

	Offence	Defence	Goalie
Min. number of players:	0	0	0
- Ratings:** A section with a red '7' next to it, containing five rows of star ratings:

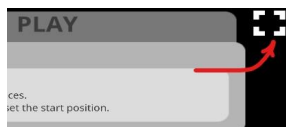
	Fitness	Techniques	Tactics	Fun
Ratings:	5 stars	5 stars	5 stars	5 stars

1. **Name:** A short text field that will be displayed in the Files-browser list. Make sure you select a reasonable name that describes best what the created file is about. Also keep in mind that you later might want to search for the name, or order the Files-browser list by name.
2. **Description:** A longer text field that will be displayed in the Details-view and on the PDF files. It might be useful to specifically describe what the file is about and if it has some hints that the coach needs to know about this file. On paper, the animation or video will only be represented by a picture.
3. **Key points:** Same as the Description. It is an additional field to describe the coaching points or objectives of this file.
4. **Levels:** This is a multi-checkbox that can classify your files. It makes it faster to find your file in the Files-browser list. The topic here is just the player's age. You may have several levels on the same drill.
5. **Tags:** Same as the levels. You can select predefined tags or you can add custom tags to make your own classifications. **When you share a file, the person receiving your drill will receive the six default tags plus have the option of adding your tags to their device.**
6. **Minimum number of players:** Press the plus or minus buttons to alter the minimum number of players that are needed for this exercise. You might prepare for a practice and have only 12 players that day. If a drill needs more players than that, then this drill won't be useful for that practice. The minimum number of players will be displayed in the Files-browser which can be very helpful in choosing your drills.
7. **Ratings:** Every time you prepare an exercise, it is important that you know what you are actually focusing on. That's why you can rate it with "stars". The focus points for a practice are Fitness, Technique, Tactics and Fun. These attributes will later be displayed in the Files-browser and will be an indication of whether you want to use that drill for your practice or not.
8. **The file:** Depending on the file-type, you have the option to edit the source file. If it's an animation, you will see a hockey, in-line or ringette playing surface from the top down view. If you click on it, it will open the Drill Creator, so you can edit your Animation. If it's a picture or a video file, you will have the option to select the picture or video source file that will be imported into your HCV app.

3.9 Save your file

Once you've edited your file (animation/picture/video) and you've edited all the details you wish, you can press the disc icon, top right of the page, then click "Save" lower left of the page to save your HCV-file and return to the Files-browser. Remember that your file is not saved until you have clicked on both keys. The top right key (for exiting the creator mode) saves the animation/image. Then once you are out of the creator view, click the bottom left key to save the complete file after you have finished the description of the file and completed the tagging.

Note: Make sure you save your files when you're done working with them. Switching out of the HCV app on your tablet to another app might close HCV because of memory reasons, and that could lead to the loss of an unsaved file.



Click to exit Drill Creator + Save



If you want to discard your file, you can press the Discard button. All your edited details and source settings will be deleted and you will return to the Files-browser. When editing an existing file, when you click "discard", the file will return to the original form you started with. It is a good idea to periodically save a drill while creating it, especially when doing a very long drill to save the work that you are happy with. That way, if you make a mistake in the next section of the drill, you can click discard and you will return to the last point where you saved the drill that you are creating.

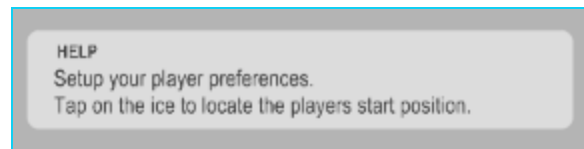
4. The Drill-creator

4.1 What is the Drill-Creator?

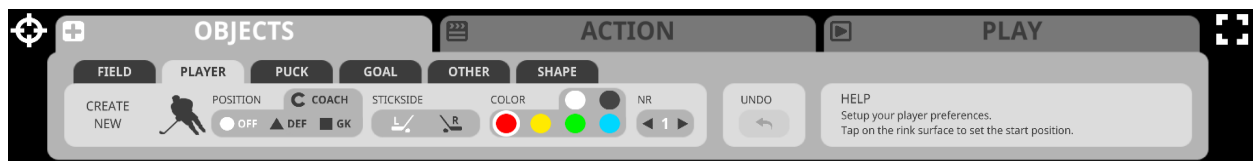
The Drill-creator is one of our main features that allows you to simulate pretty much any play you can imagine by creating animated files in 2D that can be played back in 3D.

4.2 The basics

The Drill-Creator is separated into 3 main modes. The bar below will appear when you click “Create New File”, choose “Animation” then touch the playing surface to start creating your drill. When you create an animated drill, you need to understand what each mode is used for. You can switch between those three modes whenever you want. And don't forget to read the Help textbox on the top right. It always shows you valuable hints for the selected mode.

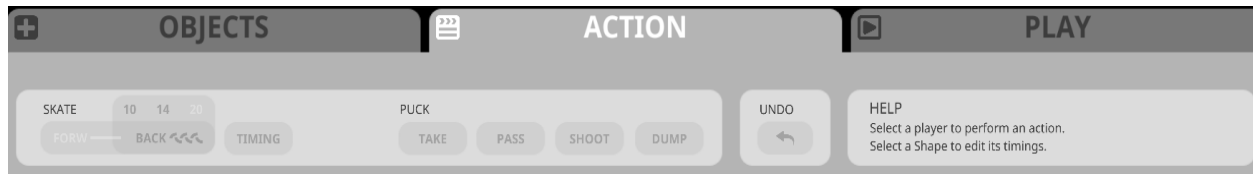


1. Objects:



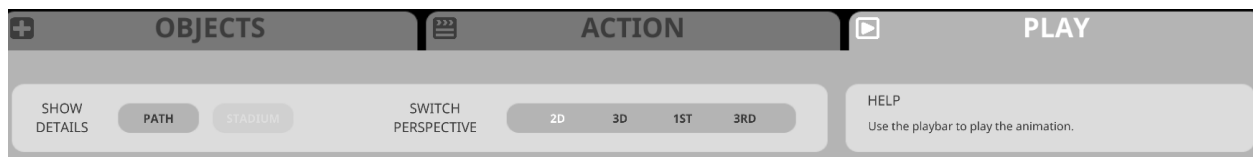
The Objects-mode is to place all the objects on the playing surface that you need for your scene. You can move objects and players around if you wish to replace their starting position. When editing a drill after it has been saved, nets, pucks and pylons can be still moved but once a player has been involved in some kind of puck event you can't move its start position anymore so make sure you are happy with your drill before saving the file. Be sure to have all of your players in the correct position and facing the right direction before you go into “Action” mode. You may number all of your players, leave them with no number or place letters such as “RD”, “LW” etc. to designate their position. Scroll the number selector to the right for numbers and to the left for letters. When placing **“Shapes” like arrows, boxes, circles and text boxes the shapes will appear at the start of your animation and remain on the playing surface until the end unless you adjust when they appear and exit your animation** by adjusting their start and stop timing points on their timeline that you will adjust in Action mode.

2. Action:



The Action-mode allows you to animate your players and pucks that you have placed on the ice within the “Objects” mode. When animating a play, you need to think step-by-step what happens on the ice and create the action in small steps. For a detailed explanation about creating animated drills please go to the **Appendix**.

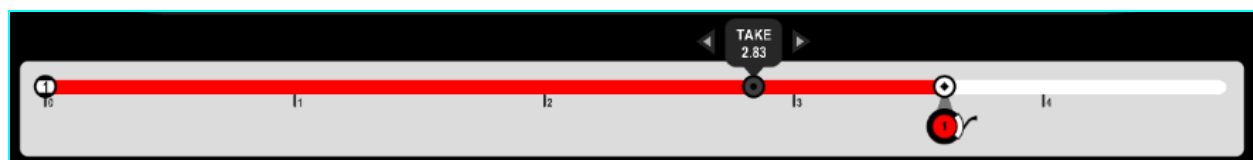
3. Play:



In Play-mode you can watch your placed objects and the animation you have created so far. Here you can already try out different angles to view the animation by using the "Switch perspectives" keys.

4.3 The Timing bar

In Action-mode you can see at the bottom of the screen the Timing bar which allows you to manipulate the timing of all the events you have made. Select a player on the ice and their Timing Bar will appear below. Each timing point on their timing line represents an action that happens on the playing surface. You may manipulate these points by clicking on the timing point then slide it right or left to change the timing of an event. Black puck events may not be moved. Moving a white timing point to the right will slow the player down. Moving it to the left will speed up the player.



For a more detailed explanation of how to create animated files, please read the appendix of this document (Drill-Creator: step-by-step instruction) or watch all of the video tutorials in the support section on our website [here](#). They are short and very informative.

4.4 Play back the animation

To play the animation you need to switch to the Play-mode (see chapter 4.2, step 3 Play).

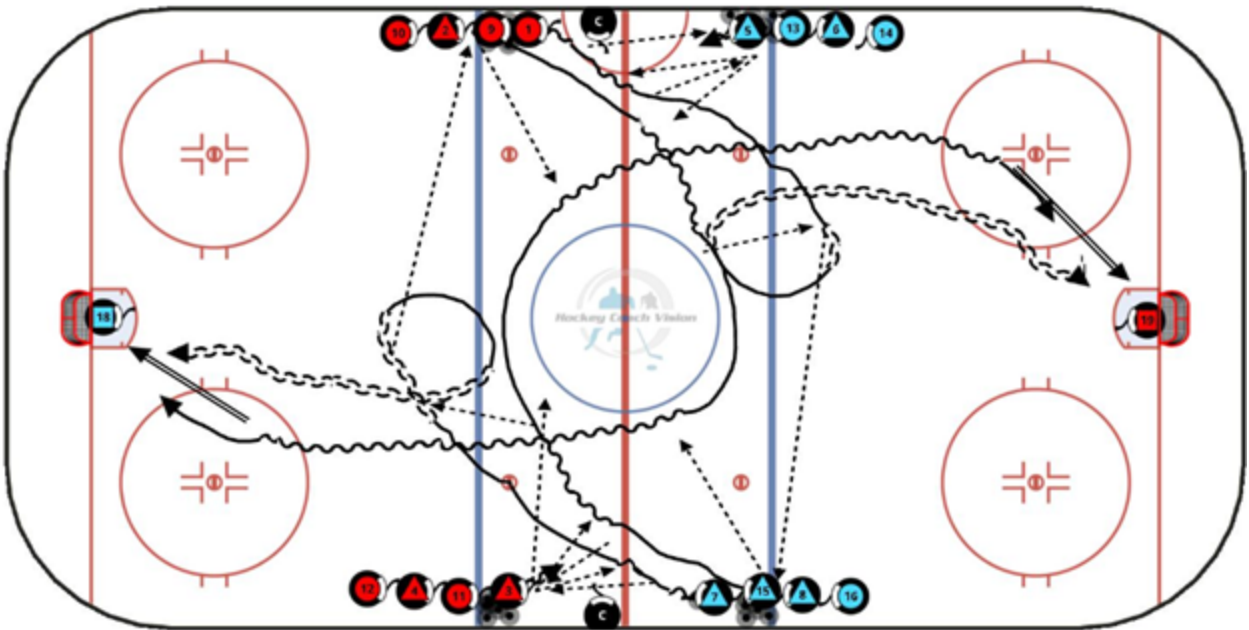
Use the bar at the bottom to play the animation. You can hold the red dot and drag it to any point on the timeline to move the animation towards the exact moment that you wish. To mute the audio on a file that has a recorded audio track, click on the "Speaker" icon.



4.5 Switch perspectives

You have 4 different perspectives that you can use to watch the animation of a play. To do that, use the "Switch Perspective" keys:





1. **2D:** A top-down 2D perspective that shows your players and obstacles as icons. It is always active when creating a Drill. This is the default setting.

2. **3D:** A 3D perspective from the stands. It can be manipulated by dragging your cursor or your fingers on the screen (to move the point of view to left or right), or scrolling (to zoom in or out).



3. **1ST:** To watch a play from a player's 1st person perspective, select the "1st" key and then select a player on the ice surface. If you scroll left or right, you can change the player's sight line.



4. **3RD:** With the same player, you can switch from 1st person perspective to a 3rd person perspective by selecting the "3rd" key. If you are in the 2nd or 3D perspective, you'll have to select a player on the ice surface, to jump into his 3rd person perspective.

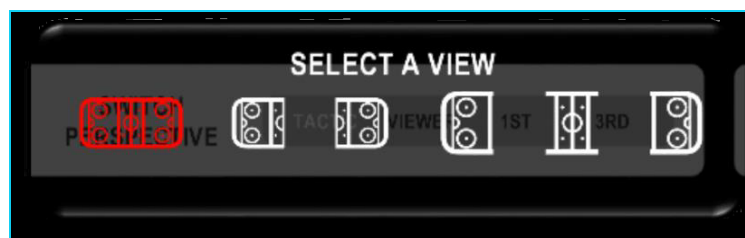


To see the Play feature in action, watch the video tutorial 3 on our website [here](#).

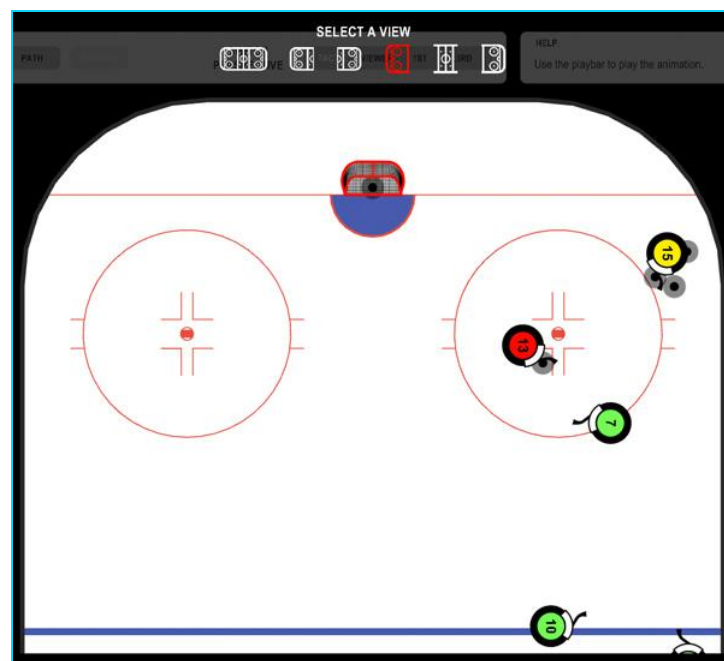
When in Tactic view, you can also select a closer view of your drill by focusing on a particular zone of the ice surface. To do that, use the Crosshair key on the top left of the main screen.



The following popup will appear that allows you to switch between perspectives on the playing surface:



If you select a specific zone, you'll have a closer view of the players in 2D, which might be better in special cases when you want to focus on a specific area. This feature is very useful when explaining one part of a multi-drill circuit to younger players. It blocks out a lot of the other action on the ice surface and allows them to focus on one or two aspects at a time. Files only run in 2D in this mode. To go back to the full playing surface view, click on the full size option on the left.



4.6 Adding Audio

When you are in “Play Mode” you can also add an audio track to your animation. Just click the “Mic On” icon on the lower left of the screen. This will then activate the red “Record” key. When you click the red “Record” key, your file will play and you can record your audio track. You may record over previous audio recordings by going through the same procedure.



4.7 Save the animation

Select the icon in the top right corner to exit the creator. At this point you may edit the text boxes and tags. To save the complete file you must now click the save key on the bottom left of the screen. Your animation will only be saved after clicking both keys.



After selecting the exit key you will have the option to select the length of the paths for the preview picture that will appear in the file and on your practice PDFs. Drag the handle of the slider to the time you want your preview picture to portray. We suggest 8-10 seconds but you may alter that for certain drills to show more or less of the action.



Hint: When you exit the Drill-creator, you cannot undo the last steps of your process with the “Undo” key. But you'll always be able to re-edit the drill.

5. Watch a file

To watch a file, you need to find it in your Files-browser list (see chapter 3.1).

5.1 Preview the file details

Select a file in the list by clicking on it to open up the “Details” view. Here you can see all the details that have been added when you created the file (see chapter 3.5). If the file is an animation-file, you will see a top-down view of the scene. If it's a picture-file, there will be a picture displayed. If it's a video-file, you will see the preview picture that was selected for the video. To start the animation, click on the playing surface.

The screenshot shows the Hockey Coach Vision application interface. At the top is a dark header with the logo 'Hockey Coach Vision' on the left and navigation icons (hamburger menu, user profile, calendar, shopping cart, and a blue circle with a question mark) on the right. Below the header is a main content area. On the left, there is a list of files with columns for 'Name', 'Players', and 'Fit - Tec - Tac - Fun'. The file 'Break Out Basics 1@1' is selected and highlighted in blue. To the right of the list is a details panel for the selected file. It features a top-down view of a hockey rink with player positions and movement paths. Below the rink view, the title 'Break Out Basics 1@1' is followed by a 'DESCRIPTION' section with bullet points detailing the drill steps. Below that is a 'KEYPOINTS' section with more bullet points. At the bottom of the details panel are four action buttons: 'EDIT' (pencil icon), 'DUPLICATE' (two document icons), 'SEND' (envelope icon), and 'DELETE' (trash can icon). At the bottom of the entire interface is a dark bar with an upward arrow and the text 'PACKAGE LIST'.

Name	Players	Fit - Tec - Tac - Fun
Break Out Basics 1@0 Cut Back	1 - 1 - 1	2 - 3 - 3 - 5
Break Out Basics 1@0 Wheel	2 - 2 - 1	2 - 3 - 3 - 5
Break Out Basics 1@0 Wheel 2 Shots	2 - 2 - 1	2 - 4 - 3 - 5
Break Out Basics 1@1	2 - 2 - 1	3 - 3 - 3 - 5
Break Out Basics 2@1	2 - 1 - 1	3 - 3 - 3 - 5
Break Out Basics 2@2	2 - 2 - 1	3 - 3 - 3 - 5
Break Out Basics 3@2 A	3 - 2 - 1	3 - 3 - 3 - 5
Break Out Basics 3@2 B	3 - 2 - 1	3 - 3 - 3 - 5
Break Out Basics Template	2 - 2 - 1	0 - 0 - 0 - 0
Break Out Passing Wheel	4 - 0 - 0	3 - 5 - 4 - 3

Break Out Basics 1@1

DESCRIPTION

- D1 steps up over blue line, pivots backwards, retrieves the puck, makes an evasive move behind the net and makes a break out pass to F1 on the wall.
- F1 skates out around the next players waiting in line and attacks back 1@1 against D1 who has gapped up to defend F1.

KEYPOINTS

- Forwards time their pivot towards the wall and pivot to the wall once the D-man has committed to the cut back move.
- Forwards pivot towards the wall, forwards to backwards, keeping their eyes on the puck.

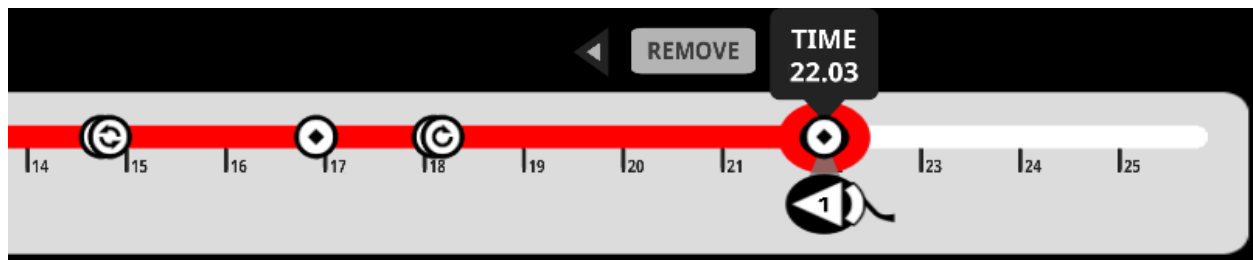
EDIT **DUPLICATE** **SEND** **DELETE**

5.2 Edit an existing file

If you wish to edit the details in a file that you see in the “Details” view, you can select the “Edit” key; it will bring you to the Edit view. The file will open up to allow you to edit the title and text for all of your files: Animations, Photos and Videos. If you wish to edit an animated file, click on the playing surface to open up the Objects, Action and Play bars. From here you can proceed to edit your animation normally as if you are finishing building the file. The only difference is that you cannot go backwards with your actions by using the Undo key. You must edit each action one at a time on the time line for each individual player.

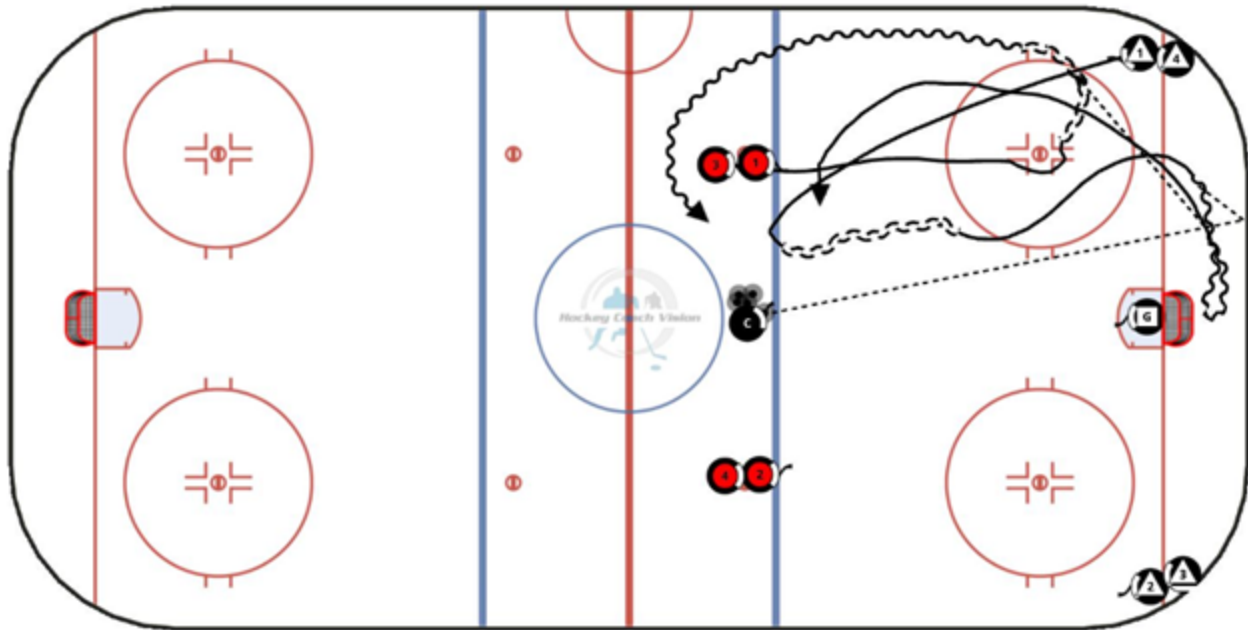


In Objects Mode, you may add new objects or delete existing ones. You may delete players completely if they have not been involved in a puck action with another player. To edit the time lines of players to edit their skating, passing and shooting, you must go into Action mode and scale up the player you wish to edit and drop down onto their timeline. Here you can start editing the actions of the player, going backwards from the last timing point on their timing lines. Eliminate one timing point at a time by clicking “Remove” until you arrive at the point you wish to edit. You may then start building the action forwards again. Note that puck actions can be removed in this manner but you may have to edit another player as well if the puck action is connected to another player like a passing action. In this case you may have to edit the other player backwards as well until you reach that connected puck action. White timing points can be adjusted at any time by clicking on the timing point on the timing line and sliding it to the left or to the right. When you now go to save your edits, you first click the save icon top right of the screen, adjust the drawing image then you will be given the option to click “save” or “discard” in the bottom left of the screen. Click “save” to save your edits. When you click “discard”, it will then restore your animated file to its original form before you started editing.



5.3 Play a file

If you wish to play a file while you are in “Details View”, you need to click on the File-preview picture/ice surface on the top right in the large frame. This will load the animation or picture/video.



If the file is an animation, the Drill-creator will start in the 2D Play-mode (see chapter 4.2) and you'll be able to watch the animated scene. For picture-files, the picture will open in full-screen view. Video files will open an HCV-own video player.

5.4 Duplicate a file

To duplicate a file, simply click on the Duplicate-key, which will create an exact copy of the selected file with the addition that it will have the text "copy" added to the name. This is very useful when doing a series of drills with different options. You can create the basic setup, copy it then work on the copy and save the original as a template. Another example would be to diagram an opponent's power play breakout, copy it to create a template then use the copies to draw in various defensive tactics that you may use against it.



5.5 Delete a file

To delete a file, you can select the Delete-key. At any time if there are drills that you do not wish to see but do not wish to delete, you can use the Flags, Levels and Tags properly (see chapter 3.3) to filter and display only those files that you wish to see. If you delete a drill from a Drill Store package but then wish to get it back, just open up your Purchased folder and click the Refresh icon on the purchased package that the drill belonged to. This will recover your deleted drill.

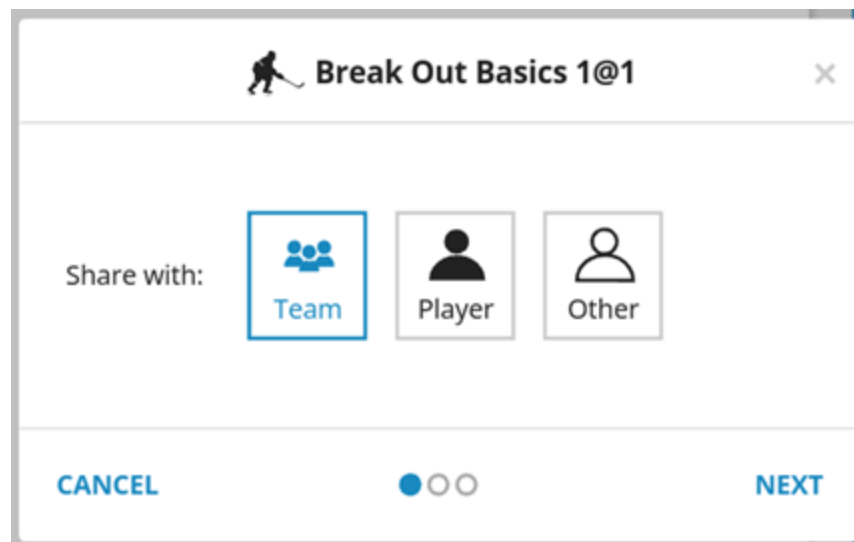


5.6 Share a file

A very important feature of HCV is sharing files. You can share files and packages with anyone who owns the HCV-Coach, Coach Limited or Player version. The receivers just need to be registered users. You may share any of your files in a package. You may only share single files that you have created or imported. To share a single Drill Store file, you must share it in a package. To share a single file, click on the Send-key.

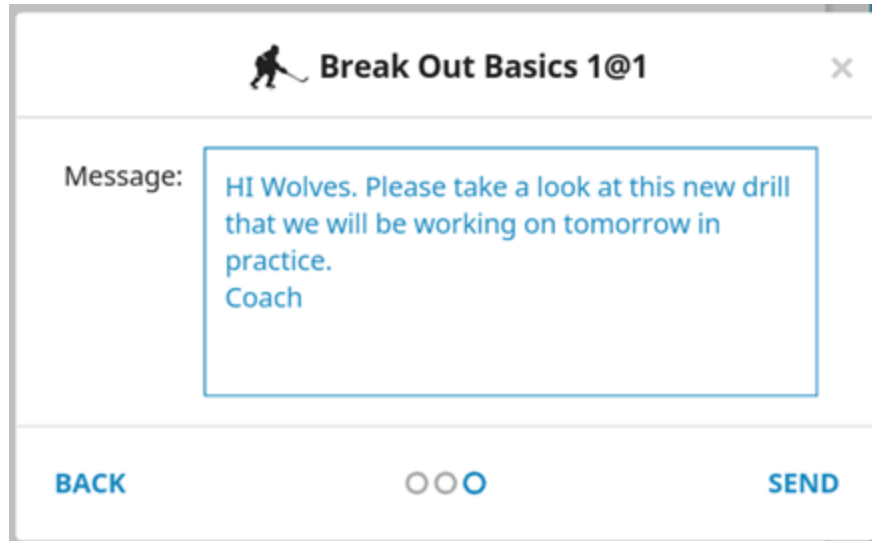


The sharing options will pop-up and you can select one of the three options to share the file:



1. **Team:** Sharing with a team will automatically send your file to all your team members that you've created within the roster section (see chapter 8.5).
2. **Player:** You'll be able to select existing players from your roster and share it with them. Make sure that the email address of your created player from the roster is a valid one.
3. **Other:** Use any email address to share the file with. If the person you wish to send the file to does not have an HCV account, they will receive an invitation from us with details on how to download and set up a free Player account to view the file or package that you have shared.

In the next step you will have to select the recipient. Select a recipient from the list or type in an email address if you've selected "Other" in the previous step.



In the last step you can write a text message. This message will help your recipients identify the file and add some more thoughts on it. Hit the Send button to share your file.

Once you press the Send button, you will see if the sharing was successful. Keep in mind that every recipient needs to be a registered user of HCV. If they don't own an HCV account, they will get an email with an invitation to register with the free Player version or buy the Coach version on our website.

5.7 Individual File PDF

To create a PDF of an individual file, click on the “PDF” icon just below the playing surface image. You have two options. One allows for more text while the other has a larger image of the drill itself.

KEYPOINTS

- Forwards time their pivot towards the wall and pivot to the wall or the D-man has committed to the cut back move.
- Forwards pivot towards the wall, forwards to backwards, always keeping their eyes on the puck.



EDIT



DUPLICATE



SEND

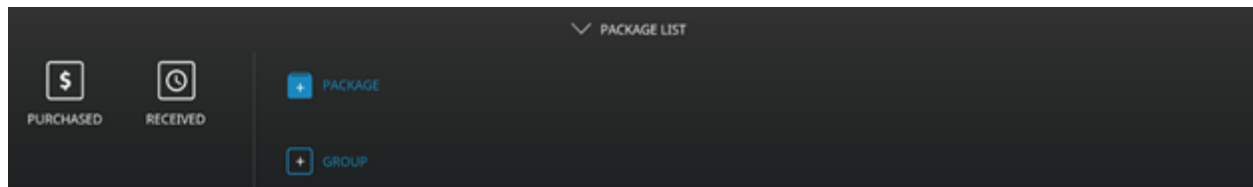


DELETE

6. The Package List-bar (Group your files to packages)

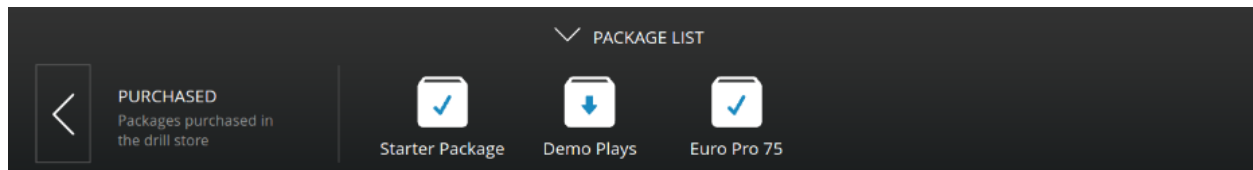
6.1 What is the Package List Bar?

The package list bar is the place where you can create practice or tactical packages, download files from purchased packages and view packages that have been sent to you. Open up the package list bar by clicking on it. The bar will move up and you'll see packages and groups. A “package” is a folder for files. A “group” is a folder that you may place selected packages into.



6.2 Download a Drill Store Package

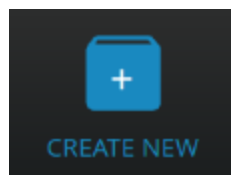
There are free packages of sample drills that come with the Coach and Player versions of Hockey Coach Vision. To access these packages, open up the package bar at the bottom of the main page and open the folder "Purchased".



In the "Purchased" folder you can see all the packages that you own, including the ones you bought in the Drill Store (see chapter 9).

6.3 Create your own package

When you prepare a practice or a presentation you might want to group several files together. To do that, you first need to create a package on the Package Bar. Click on the icon to create a new Package.



After putting a name on your package you can drag and drop files from your Files-browser list into your package. To do that, select a file in the list to open the details view.

The screenshot shows the Hockey Coach Vision web application. At the top is a navigation bar with the logo and several icons. Below this is a main content area divided into two panels. The left panel contains a table of drills, and the right panel shows the details for the selected drill, 'Break Out Basics 1@1'.

Name	Players	Fit - Tec - Tac - Fun
break Out Basics 1@0 Cut Back	1 - 1 - 1	2 - 3 - 3 - 5
Break Out Basics 1@0 Wheel	2 - 2 - 1	2 - 3 - 3 - 5
Break Out Basics 1@0 Wheel 2 Shots	2 - 2 - 1	2 - 4 - 3 - 5
Break Out Basics 1@1	2 - 2 - 1	3 - 3 - 3 - 5
Break Out Basics 2@1	2 - 1 - 1	3 - 3 - 3 - 5
Break Out Basics 2@2	2 - 2 - 1	3 - 3 - 3 - 5
Break Out Basics 3@2 A	3 - 2 - 1	3 - 3 - 3 - 5
Break Out Basics 3@2 B	3 - 2 - 1	3 - 3 - 3 - 5

The right panel displays a diagram of a hockey rink with player positions and movement arrows for the 'Break Out Basics 1@1' drill. Below the diagram is a description of the drill.

Break Out Basics 1@1

DESCRIPTION

- D1 steps up over blue line, pivots backwards, retrieves the puck, makes an evasive move behind the net and makes a break out pass to F1 on the wall.
- F1 skates out around the next players waiting in line and attacks back 1@1 against D1 who has gapped up to defend F1.

At the bottom of the interface is a dark navigation bar. On the left, there are icons for 'PURCHASED' (dollar sign) and 'RECEIVED' (clock). In the center, there is a 'PACKAGE LIST' section with a 'PACKAGE' button (plus icon) and a 'GROUP' button (plus icon). A red arrow points from the selected drill in the table to the 'PACKAGE' button.

Once a file is selected, it can be dragged into the new package. You can put as many files into a package as you wish. To see Packaging in action, watch the video tutorial [here](#). You will find the "Tutorial" folder in the "Support" folder on our home page.

6.4 Edit the details of your package

Open the package bar and click on the package that you wish to Edit.

Hockey Coach Vision

INFO STATS

Name: Tuesday Practice 1

Description: 2

Keypoints: 3

PDF 5 SEND 10 DELETE 10

6

PREVIEW DETAILS

Name	Players	Fit - Tec - Tac - Fl	Time	7	7
1 Ready 1	5 - 5 - 2	1 - 3 - 1 - 3	10	+	-
2 High D One Timer	0 - 6 - 1	1 - 5 - 2 - 5	10	8	
3 D Bad Pass/Shoot	0 - 6 - 0	1 - 5 - 2 - 5	10		
4 D One Touch Pass	0 - 2 - 0	1 - 5 - 2 - 5	10		
5 Passing star	8 - 0 - 0	1 - 4 - 1 - 4	10		

9

1. **Name:** Write a name that will be the label for the package in the package bar.
2. **Description:** A text that describes what this package (group of files) is about in details.
3. **Key-points:** An area for further description of the details of the package.
4. **Package summary:** Click on the “Stats” button marked here to get a quick overview of the combined average levels of the different classification points within each file
5. **PDF key:** Click on it to create a PDF file of your package.
6. **File-preview:** A preview picture of the selected file in the list. Click on it to run the file.
7. **Order-keys:** Click the arrow keys to move the file up or down in the list, i.e. to rearrange its order.
8. **Remove-key:** Click this key if you wish to remove the selected file in the list.
9. **Roster:** Select the roster tab, to display the attached roster to this package.
10. **Share-key:** To the left of the Delete-Key is the Send-key that allows you to share the entire package of drills including an attached roster/lineup if you wish.

6.5 Attach a Lineup

Once you have created your practice package, you now have the possibility to add your lineup to it. You first must create your lineup in the Roster folder in the Settings area (see chapter 8.5) for the selected practice. Once your lineup is set the way you want it, open up the package bar at the bottom of the screen to display your packages. Open up the package that you wish to add the line up to. Click on the “Team” logo to open up that area of the package and add your team line up.

Hockey Coach Vision

NAME: Monday U20

DESCRIPTION: A practice plan on Backhand Passing and Backhand Shooting to teach coaches and train players (Options and progressions shown)

KEYPOINTS: Game Speed...lets get ready for the weekend...

PDF Send Delete

Name	Players	Fit - Tec - Tac	Time
1 Schwenigen Scramble	4 - 6 - 2	3 - 4 - 1 - 5	10
2 D Gap Master 1@1	8 - 6 - 2	4 - 4 - 2 - 5	10
3 D Gap Control	1 - 1 - 0	2 - 4 - 3 - 4	10
4 3@2 Blue Collar	9 - 6 - 2	4 - 3 - 3 - 5	10
5 Jacques Back Check Low Walk Out A	6 - 4 - 2	4 - 4 - 5 - 4	10

6.6 Print your package to PDF

Click on the PDF button to create a PDF file of the present package.



You have 2 different PDF formats that you can choose from.

- Normal/Default: First page with the lineup with roster, followed by pages with practice description and preview pictures of the files with description. 3 files will be displayed per page.
- Compact: A simpler version with everything on one page (max. 8 file pictures per page) with no description of the package and no description of the different files. It just displays the picture of the drills in order.

6.7 Share a package

Select the package/practice plan you wish to share and open it up. Click on the send-key to open the share function. You can share your package with anyone who owns the Coach, Coach Limited or Player version. Note that received packages are only available for 2 weeks and they are only visible in the “Received” folder on the Packages List of the receiver. The person receiving the package must first download it from their HCV Inbox into their “Received Folder”.



The process of sharing packages works the same as sharing files (see chapter 5.6).

6.8 Group Packages in a Group Folder

You can group packages together in a separate folder by creating a “Group” folder. With the Package List open, select the “+ Group” key. Once created, select the Group folder to open it up and add your selected packages to the Group folder. This works great for keeping favorite practices together or grouping practices that work on similar themes. You can also group together tactical packages this way as well.

The screenshot displays the Hockey Coach Vision app interface. At the top, the header reads "Hockey Coach Vision" with navigation icons on the right. The main content area is divided into two sections. On the left, a table lists various hockey packages with columns for Name, Players, and Fit - Tec - Tac - Fun. The package "Break Out Basics 1@1" is highlighted in blue. On the right, a tactical diagram of a hockey rink shows player positions and movement paths. Below the diagram, the title "Break Out Basics 1@1" is followed by a "DESCRIPTION" section detailing the practice steps.

Name	Players	Fit - Tec - Tac - Fun
break out basics 1@0 cut back	1 - 1 - 1	2 - 3 - 3 - 5
Break Out Basics 1@0 Wheel	2 - 2 - 1	2 - 3 - 3 - 5
Break Out Basics 1@0 Wheel 2 Shots	2 - 2 - 1	2 - 4 - 3 - 5
Break Out Basics 1@1	2 - 2 - 1	3 - 3 - 3 - 5
Break Out Basics 2@1	2 - 1 - 1	3 - 3 - 3 - 5
Break Out Basics 2@2	2 - 2 - 1	3 - 3 - 3 - 5
Break Out Basics 3@2 A	3 - 2 - 1	3 - 3 - 3 - 5
Break Out Basics 3@2 B	3 - 2 - 1	3 - 3 - 3 - 5

Break Out Basics 1@1

DESCRIPTION

- D1 steps up over blue line, pivots backwards, retrieves the puck, makes an evasive move behind the net and makes a break out pass to F1 on the wall.
- F1 skates out around the next players waiting in line and attacks back 1@1 against D1 who has gapped up to defend F1.

At the bottom, a "PACKAGE LIST" section shows icons for PURCHASED, RECEIVED, and a "Wolves" folder. It also includes buttons for "+ PACKAGE" and "+ GROUP", along with icons for "U12 Monday", "U12", and "U10".

6.9 The Portal System

With the Portal System, clubs and larger organizations can have their own server for distributing large folders of files and practice plans amongst their members that they can then use to create their own package plans to be shared with coaches and players. The Portal is ideal for putting all of a club's coaches under one umbrella where information flows freely. Selected coaches and the administrator may upload files to the central library of the portal where the administrator can then create packages of animations, videos and photos that can then be made accessible to selected members of their portal. The Portal icon is the third icon on the left side of the package list bar. By clicking on the Portal icon (Wolves), you can now access the packages of files that are in your organization's library. Members of the Portal can then download the files from these folders directly into their Animations, Photos and Video folders. For more information on the Portal features and pricing, please contact: info@hockeycoachvision.com

Hockey Coach Vision

Navigation icons: Home, Calendar, Shopping Cart, Help

Name	Players	Fit - Tec - Tac - Fun
Break Out Basics 1@0 Lut Back	1 - 1 - 1	2 - 3 - 3 - 5
Break Out Basics 1@0 Wheel	2 - 2 - 1	2 - 3 - 3 - 5
Break Out Basics 1@0 Wheel 2 Shots	2 - 2 - 1	2 - 4 - 3 - 5
Break Out Basics 1@1	2 - 2 - 1	3 - 3 - 3 - 5
Break Out Basics 2@1	2 - 1 - 1	3 - 3 - 3 - 5
Break Out Basics 2@2	2 - 2 - 1	3 - 3 - 3 - 5
Break Out Basics 3@2 A	3 - 2 - 1	3 - 3 - 3 - 5
Break Out Basics 3@2 B	3 - 2 - 1	3 - 3 - 3 - 5

Break Out Basics 1@1

DESCRIPTION

- D1 steps up over blue line, pivots backwards, retrieves the puck, makes an evasive move behind the net and makes a break out pass to F1 on the wall.
- F1 skates out around the next players waiting in line and attacks back 1@1 against D1 who has gapped up to defend F1.

PACKAGE LIST

Icons: U 10, Small Area Games, U12, U14, U16

WOLVES logo

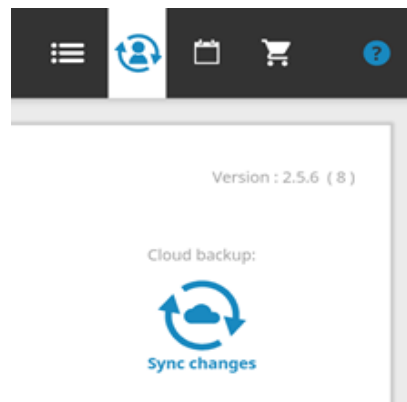
7. Your Backup-Cloud System

7.1 What is the Backup-Cloud System?

Imagine a hard drive that you can access from everywhere, that allows you to create a drill on a computer, save it, sync your app to the Cloud, open up your tablet's HCV app, sync it to the Cloud and your drill is there. With this possibility your files will be safe and you don't have to worry about losing the files that you have created. This is also useful when purchasing a new device or replacing an older one. Sync your files on your current device to the Cloud then log out. Install HCV Coach on your new device, log in and then sync your new device to your account and pull all your files from our Cloud system. If you have a lot of files, you may have to wait a while for the sync process to finish. It is recommended to sync your files frequently to make the syncing process faster and to safeguard them in the Cloud.

7.2 Locating the Sync Changes Key

You can find the “Sync Changes” key in the Settings area of the app.



8. Settings (Manage your coach/team settings)

8.1 What is the Settings area of the app?

The **Settings** area of the app where you manage all your user settings. You can also create player profiles, rosters and lineups for all of your teams. To open the Settings area,, select the icon in the main navigation.



8.2 Set up your user settings

In Settings, you can switch between 3 settings menus. The first selection is for your user settings, marked by a man silhouette.



Here you can manage all your personal user settings.

The screenshot shows the "Hockey Coach Vision - Coach" app interface. The top navigation bar is dark grey with a logo on the left and icons for settings, calendar, shopping cart, and help on the right. The main content area is titled "Account settings" and includes the following sections:

- First name:** A text input field.
- Last name:** A text input field.
- User email:** A text input field containing "lrhuras7@yahoo.ca".
- Language selection:** A dropdown menu with "English" selected.
- Sport mode:** A dropdown menu with "Ice hockey" selected.
- Club icon:** A square area showing the Hockey Coach Vision logo, with an "Upload new icon" button below it.
- Use logo on rink:** A checkbox that is checked.
- Color selection:** A dropdown menu.
- Password:** A text input field with "*****" and an "Edit password" button below it.
- Date format:** A dropdown menu with "dd/mm/yy" selected.
- Cloud backup:** A section with a "Sync changes" button featuring a circular arrow icon.

A "Log out" button is located in the bottom right corner of the settings area. The version number "Version : 2.6.0 (13)" is displayed in the top right corner of the settings page.

In the first setting options, you can customize your name and logo. They will both be displayed on the PDF's that you create with HCV. Every time you create a HCV-file, it is going to have your name saved as the author of it. Even if a file is shared with other coaches and they modify it, the original author's name will remain the same. To add your own logo, just click "Upload New Icon." You will then be prompted to select a photo from your photo files to replace it. You also have the option of placing your logo at center ice. The photo needs to be in a .jpg or .png format.

8.2.1 Logo

You may change the default logo at any time by clicking on "Upload New Icon". You can then search your files for a .png or .jpg picture to replace the default HCV logo. Note that both options are written with small case letters. You have several options as to how you can use the logo. If you choose "Use Logo on Rink", your logo will appear at center ice during playback, appear on the saved picture of your drill as well as being on your PDFs.

8.2.2 Language selection

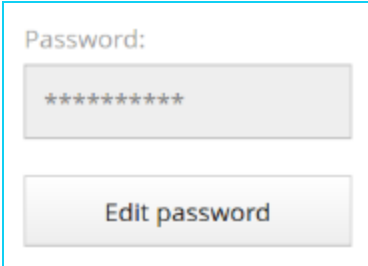
HCV has many languages to choose from. The Language Selector is in the lower left corner of the Settings area. Click on the arrow to the right of "English" and scroll down to your preferred language.

8.2.3 Sport Mode option

In the lower left of the Settings area you will find "Sport Mode". In Sport Mode you may choose the sport that you wish to create and playback your files in. You may choose between: Ice Hockey, Inline Hockey and Ringette.

8.3 Change your password

In the user settings menu you can modify your password. Click on the "Edit password" button to edit your password. You will be requested for your current password, then you will have to type in your new password two times. After saving the changes, you will receive a message confirming that your password has been changed. You must be on-line to change your password.




Password:

Edit password

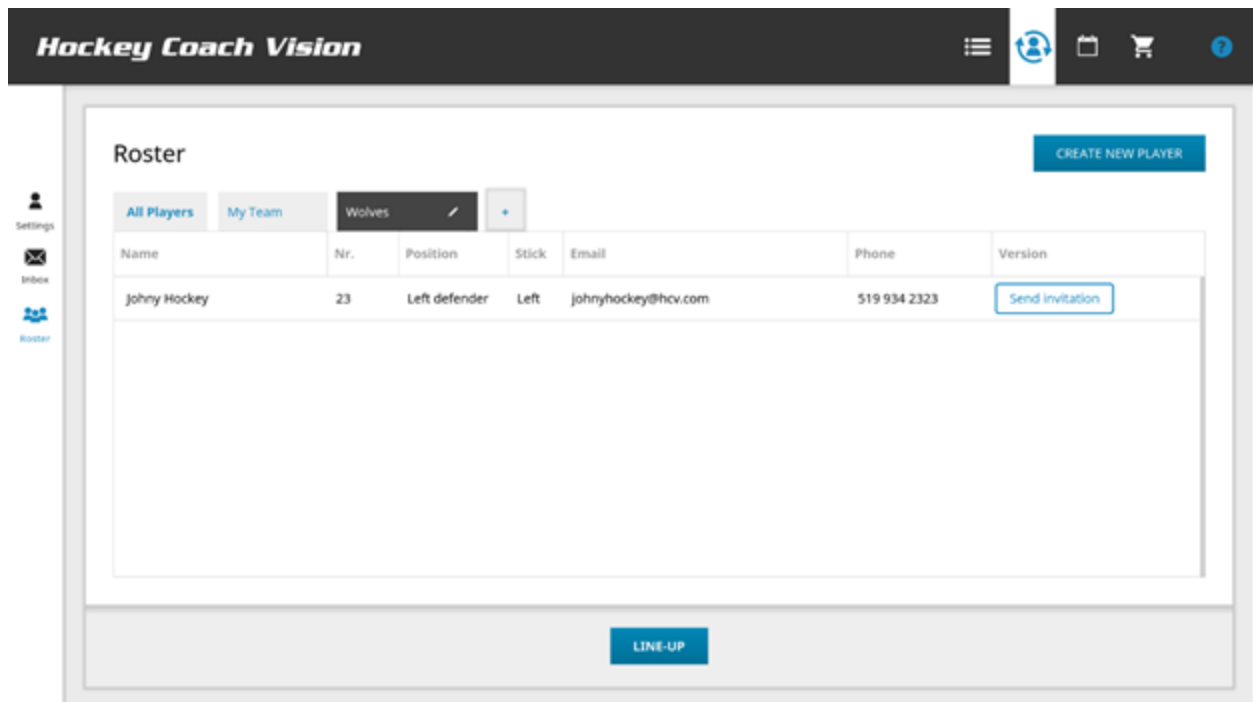
8.4 Switch between devices

If you wish to login to another device that uses the same operating system, you'll first need to logout on your original device. To logout of your current HCV-app, select the "Log out" key on the bottom right corner of the settings page. You may operate your HCV-app on multiple devices at the same time but they must be on different operating systems. Example: If I am logged onto my iPad, I can also log onto my PC. I cannot be logged in to 2 iPads at the same time. I must log out of my first iPad if I wish to sign in onto my second iPad.

A blue rectangular button with the text "Log out" in white.

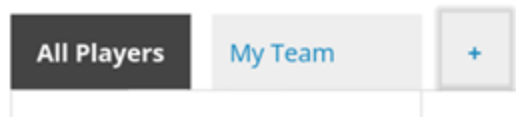
8.5 Create a team

Select the Roster icon on the left hand side, to open up the menu to manage your teams.

A screenshot of the Hockey Coach Vision web application. The top header is dark grey with the logo "Hockey Coach Vision" on the left and navigation icons (menu, user, calendar, shopping cart, refresh) on the right. On the left side, there is a vertical menu with icons for Settings, Inbox, and Roster. The main content area is titled "Roster" and features a "CREATE NEW PLAYER" button in the top right. Below the title, there are tabs for "All Players", "My Team", and "Wolves" (which is selected and has a pencil icon). A table lists players with columns: Name, Nr., Position, Stick, Email, Phone, and Version. One player, "Johnny Hockey", is listed with Nr. 23, Position "Left defender", Stick "Left", Email "johnyhockey@hcv.com", and Phone "519 934 2323". A "Send invitation" button is next to the player's name. At the bottom of the main content area, there is a "LINE-UP" button.

You need to select a team in order to see its players in the list. To create a new team, select the "+" button on top of the overview window.

Roster



For every player you have added to your roster, you can click the "Send invitation" key, to send your player a notification by email, to get the HCV – Player, Coach Limited or Coach app.

Name	Nr.	Position	Stick	Email	Phone	Version
Johny Hockey	23	Left defender	Left	johnyhockey23@hcv.com	519 934 2323	Send invitation

Once a user has installed either the Player or Coach app and confirmed their email address, you will see their version marked in the version column as "Coach" or "Player". You may then share files and packages with them.

Name	Nr.	Position	Stick	Email	Phone	Version
Johny Hockey	23	Left defender	Left	johnyhockey23@hcv.com	519 934 2323	Player

8.5.1 Add/Edit players

When you have selected the team that you wish to work on, select the "create new player" key on the top right, to open the form to create a new player.



Remember to add the player to a specific team or their file will go into the general roster and you will find it at the bottom of the list. You may add the same player to multiple teams. We suggest that you create a roster/team for your players and separate ones for coaches and parents. You then have more flexibility when sharing files and packages.

The screenshot shows the Hockey Coach Vision web application interface. A modal window titled "CREATE NEW / EDIT PLAYER" is open over the "Roster" section. The modal contains the following fields and controls:

- First Name:** A text input field.
- Last Name:** A text input field.
- Email:** A text input field.
- Phone number:** A text input field.
- Team:** A dropdown menu with "Team" selected.
- Number:** A numeric input field with a value of "1" and minus/plus buttons.
- Position:** A dropdown menu with "Goaltender" selected.
- Stickside:** A dropdown menu with "Left" selected.
- SAVE:** A blue button at the bottom right of the modal.

The background interface includes a sidebar with "Settings", "Inbox", and "Roster" (selected). The main content area shows a "Roster" section with a list of players, including "John Doe". A "CREATE NEW PLAYER" button is visible in the top right of the roster area.

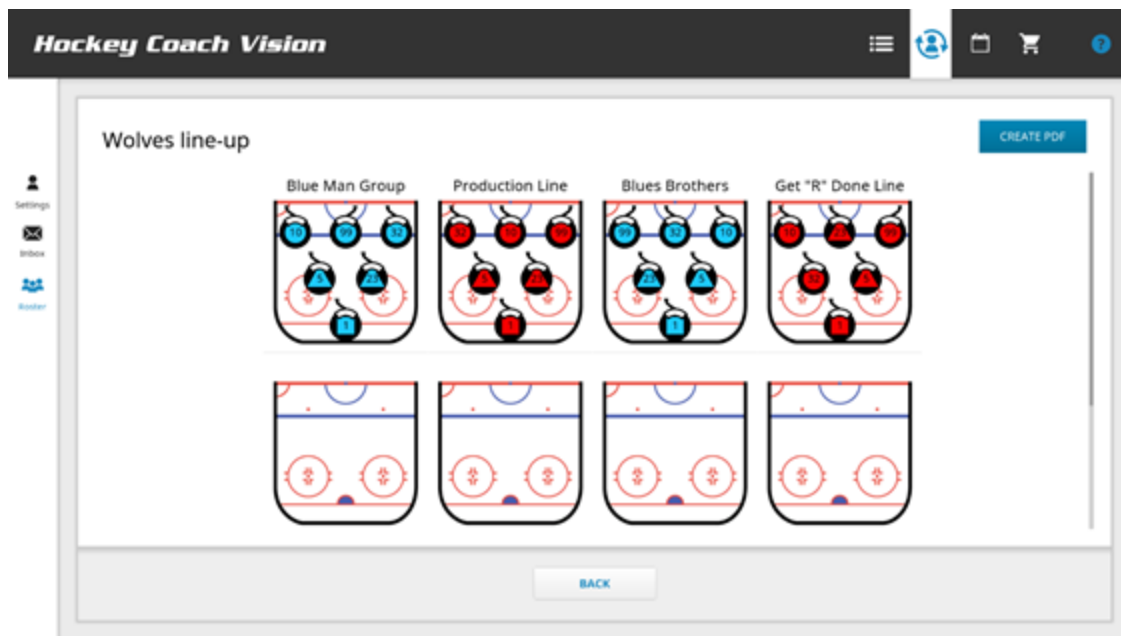
In this form you can edit the details of your player. Use the “Team” selection to add your player to any of your existing teams. Note that your player can be added to multiple teams. The email address is important for the share function (see chapter 5.6 and chapter 6.7). After entering all of the player’s details press the save button to save your player. You can always edit the player by selecting the player in the roster list. The email address must be 100% accurate with no extra spaces, periods, etc. anywhere so be careful when copying and pasting an email address.

8.5.2 Edit lineups

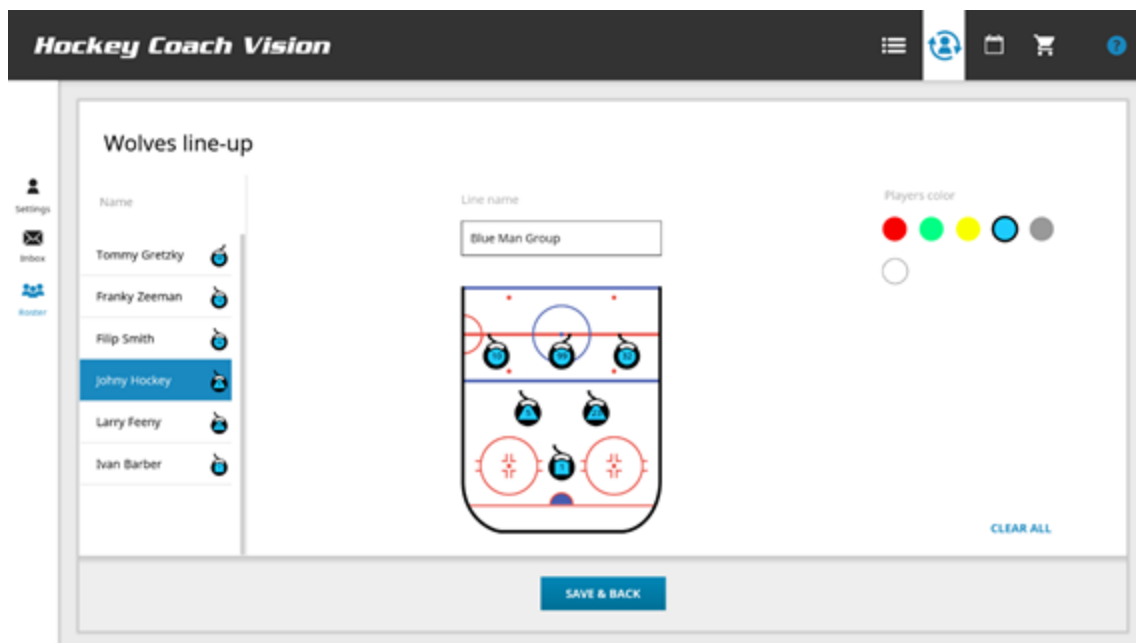
To edit your line-ups you need to switch to the Line-Ups mode by selecting the icon.



You need to have a team with players in order to create line-ups. Click on one of the rink diagrams to display the team roster.



To edit a group of players, select one of the playing surfaces. This will open up a menu that will display all the players of this team with the possibility to drag and drop them onto certain positions on the playing surface.



You can give the line-up a name and also give it a color. The line-ups you create here can be used in the drill creator, to automatically insert your line-ups onto the playing surface. You may replace a

player by dragging and dropping the new player onto the player you wish to replace. Press the “Save & back” key to save your line-up.

8.6 Syncing changes

To back up all of your files, it is a good idea to synchronize all changes and additions that you make to them by “syncing” them to our Cloud system. You must be on-line to sync your changes. Go into the Settings area of the app and click “Sync Changes”. When your files have finished syncing, you will get a notification that the sync was successful. The first time you sync your files, you may have to do it a couple of times to get them all synced if you have a large number of files.

If you are on multiple devices, sync your principal device to the Cloud, open up your secondary device and go into the Settings area. When you click “Sync Changes”, the changes from your principal device will now be downloaded onto your secondary device so that both devices are now exactly the same. For a new device, download the HCV Coach app, log in and sync your files.

Cloud backup:



8.7 Print your roster and lineups to PDF

Open up the Line-ups menu in the Rosters folder and select the “Create PDF” key to export a PDF file with all your created line-ups. All the player names that are in the line-ups will be displayed on that PDF.

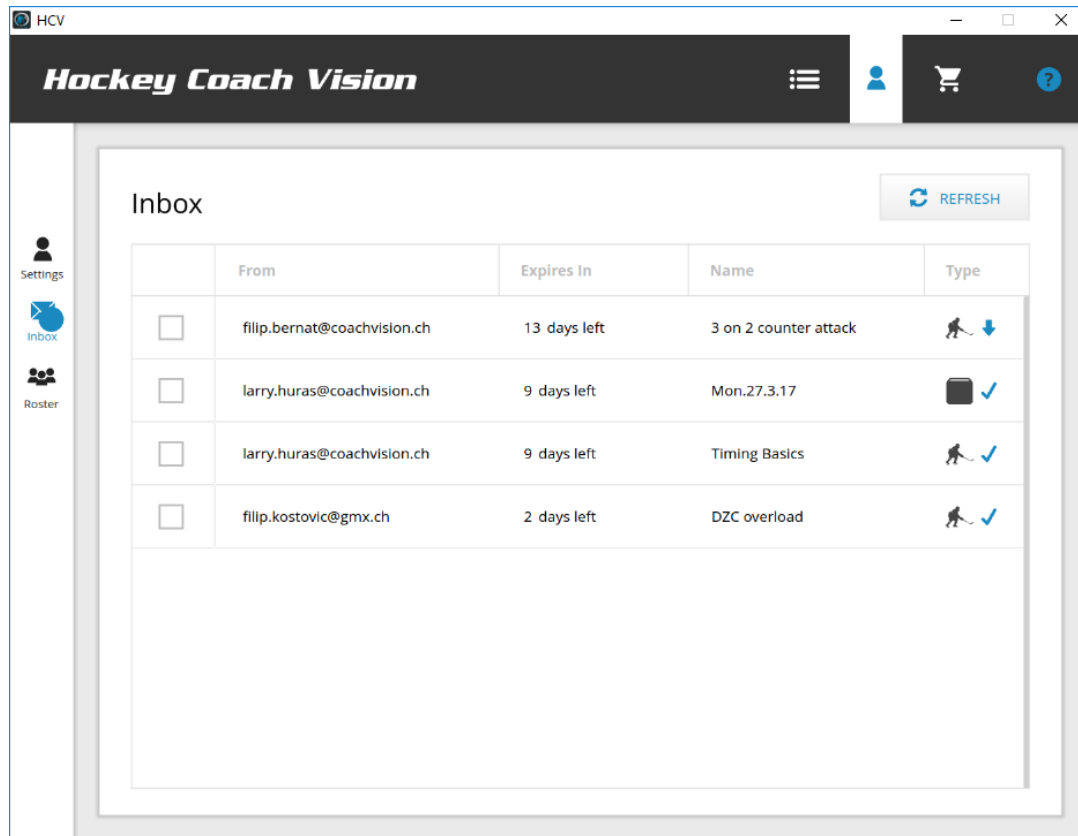


8.8 Receiving shared items

If an individual file or a package has been shared with you, you will receive an email notification. You will also see a blue dot appear over the inbox icon.



When you select the inbox tab, you will see a list with all the items that have been shared with you.



Select an item from the list to import it. If it is an Animation/Picture/Video file, it will be displayed in the main list of your Files-Browser (see chapter 3). If the item is a Package, it will be in your package list bar in the "Received" folder after downloading it from your HCV Inbox. Note that files shared with you must be downloaded within two weeks or they will go dormant in your inbox. Received package also goes dormant in your Received folder after two weeks. Imported individual files remain permanently.

9. Drill Store - Get Professionally Created Drill files

9.1 What is the Drill Store?

HCV is a platform used to create ice hockey, inline hockey and ringette specific content. We have professional ice hockey, inline and ringette coaches on board that create drills so you have the option of creating your own drills as well as purchasing professionally created drill packages from our store. The Drill Store contains a growing database of professionally designed drills and tactics for all ages and levels that you can use for your own practices.

9.2 Browse items

Select the cart icon in the top right corner to switch to the Drill Store.



Here you can see what packages are available in the store. HCV comes with the Demo, Starter Youth and Starter Advanced packages. These packages are free but you will see them as purchased items in your package bar (see chapter 6.1). There may also be some other free packages from time to time in your Purchased folder that are available to you.

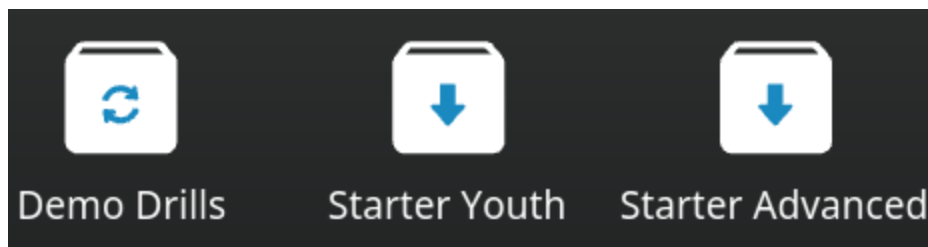
The screenshot shows the Hockey Coach Vision - Coach interface. At the top, there is a navigation bar with the logo and several icons. Below the navigation bar, the main content area displays the details for the 'Euro U-10' package. The package is locked, indicated by a lock icon. The details include a tabbed interface with 'INFO' and 'AUTHOR' tabs. The 'INFO' tab shows the package contains 31 animations, 0 pictures, and 24 videos. It also lists levels: UNDER 7 and 08-10. A description states that the package contains both video and animated drills focusing on individual skill development for youth players 10 years old and younger. A 'BUY' button is visible at the bottom right of the package details. To the right of the package details is a 'GALLERY' section showing two images: one of a player on ice and another of two coaches. At the bottom of the interface is a horizontal bar with icons for various packages: Demo Drills, Starter Youth, Starter Advanced, Euro Pro 75, Small Ice Games, Euro U-10, Euro U-16, and Swiss.

9.3 Buy a package

To buy a package, simply go to the **Drill Store** on our website www.hockeycoachvision.com and buy the packages there. You may only buy a package from the Drill Store if you own a Coach version of HCV. This is a one-time purchase. The purchased package will then be permanently attached to your account. Once purchased, you will find it in the “Purchased Folder” on the Package List bar. Click on the package icon to download the files to your Animations and Videos folders on the main page.

9.4 Refresh a Package

From time to time, we may make changes within packages by adding files or editing existing files. If a package has been edited, you will see a “Refresh” icon on the package as seen here on the Demo Drills package. To import the changes, simply click on the refresh icon to import the changes into your files.



10. HCV-Calendar (Organize and schedule your practice plans)

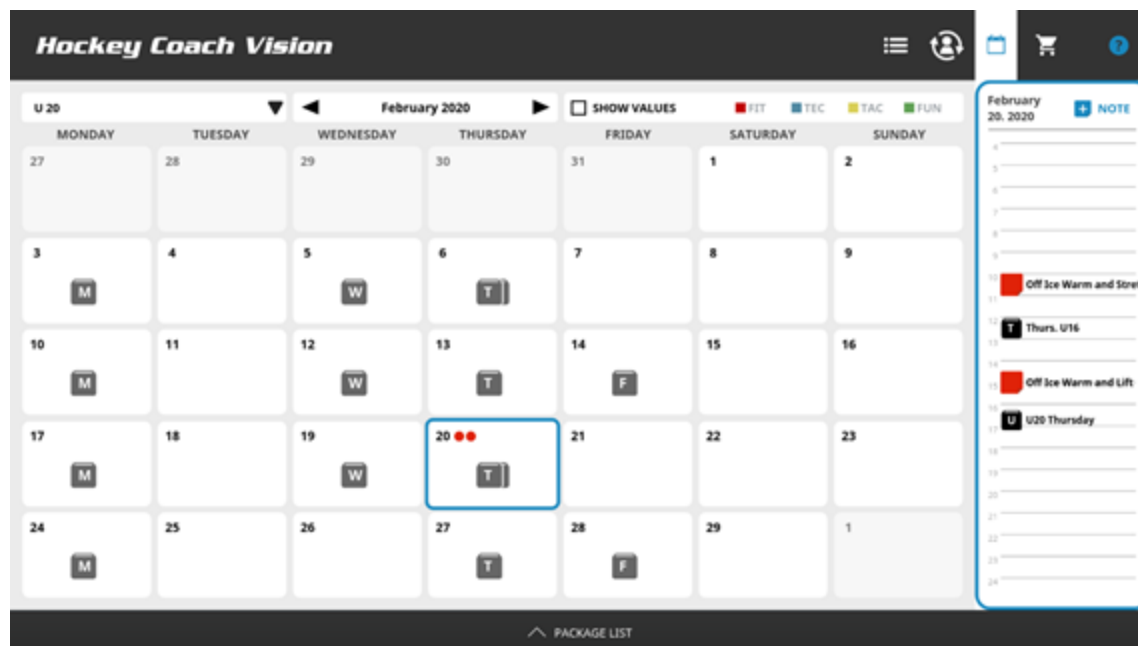
10.1 What is the HCV-Calendar?

Every good ice hockey coach needs to have a plan before hitting the rink with their players. The ability to create a package of drills (see chapter 6.3) gives you a planning tool that you can use on a daily basis. If you wish to plan your next week, month or even a whole season ahead, you can use the calendar to place your practice plan/package for each practice onto your daily schedule. You can always adjust your plan according to the circumstances should things change but weekly and monthly planning helps you develop an overall view of where your team is and where it is going.

The Calendar Key is in the top right corner of the main page:



Drag and drop your practice packages from your Package List bar onto the calendar dates that you wish. You may add notes and other details. To remove a package from your calendar, open the package on the calendar and click the “Remove” key. This will only remove the package from the calendar and not delete the actual practice. It will still be on your Package List bar.



11. Support

11.1 Newsletter

We are constantly working on HCV and improving it with all the feedback we get from our coaches. To be notified when we launch a new version of HCV, please subscribe to our Newsletter on the home page of our website. Scroll to the bottom on any of our web pages to subscribe.

11.2 Video tutorials

Take a look at the video tutorials on our website [here](#), as they are short and easy to understand. We're constantly updating this section with new video tutorials so check it out every so often. You may also access the tutorials by going into the **“Support”** folder on our home page: www.hockeycoachvision.com

11.3 FAQ

1. Which platforms is HCV available on?

To check which platforms are available, you can always check the “features” area on our website [here](#), or follow our Newsletter. HCV Coach and Player are available on all major platforms.

2. Will I get all the features that will come in the future?

Yes. All features that are being developed will be released in updates. Presumably, by subscribing to the Coach version, you will get all of the updates which will follow. You will periodically need to update your apps to use new features.

3. Why can't I see my drills in the Files-Browser?

Most likely you have previously selected a TAG or LEVEL. If your drill does not have this TAG or LEVEL assigned to, it will not be displayed in the list.

4. Some timing events on the timing bar are grayed out, why?

These timings are usually puck actions and can have an influence on multiple objects, and therefore can't be moved. You need to be sure that the timing of your players is correct before you pass the puck or take a shot.

5. I cannot login, it says "Account used on another device"?

If you have your HCV account running on another device, you'll need to log out of it first. If you cannot log out, because you're not in reach of it, write to us at info@hockeycoachvision.com and we'll log you off your device within 2 working days manually.

6. Do I need to delete the older version of HCV to update to the most current one?

No, never delete the app under any circumstances. Always contact us if you have any issues with your app. You simply download the new version over the existing one.

7. How do I put my existing files onto a new device?

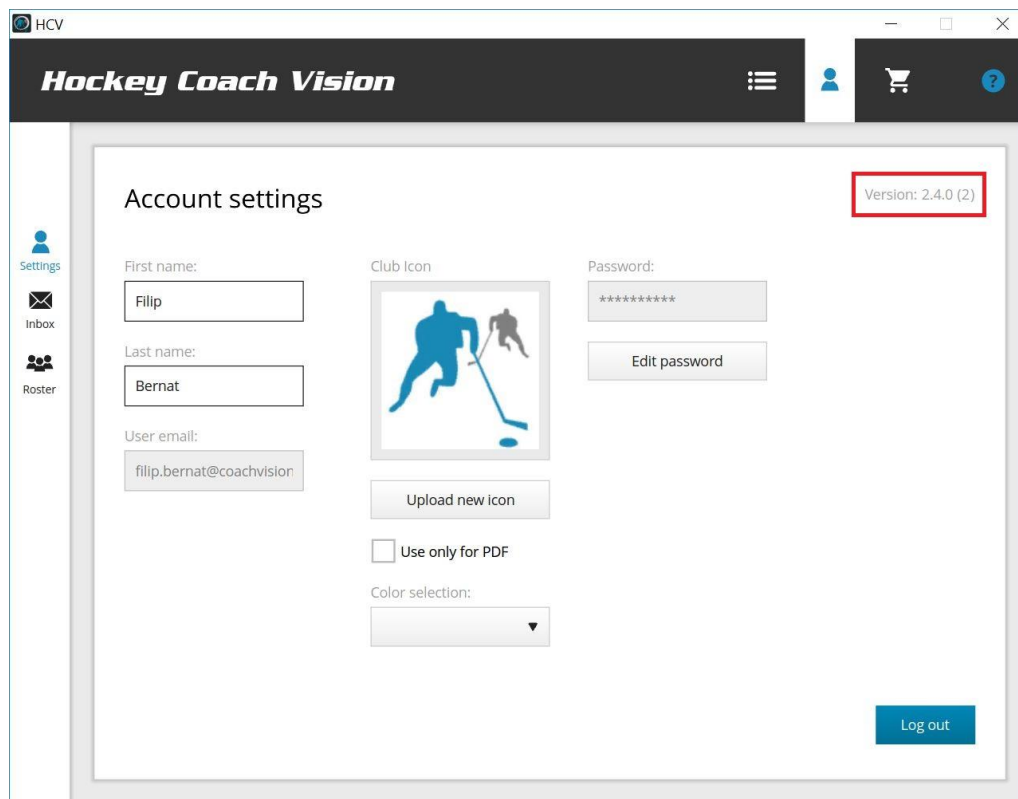
You must first sync your files on your first device to our Cloud system. Then log out of the first device and log into your other device. You may then download them onto your new device by logging in and clicking the “Sync Files” key.

11.4 Contact us

We're always interested in your feedback, so don't hesitate and contact us at:
info@hockeycoachvision.com.

11.5 Update your HCV app

If there is a new version of HCV released, you will be notified by your App Store, Google or within the app itself. It is important for you to know that you have the latest version of HCV so you have all the newest features and bug fixes. To find out if you have the newest version, check the version number in the Coach's Corner (see chapter 8) which is located in the top right corner.



Compare the version number of your HCV-Coach or your HCV-Player app, with the corresponding version number on our Website in the Download section [here](#).



Note: Don't delete your app if you just want to update it. Deleting your app will cause the loss of all your local HCV files.

If the version number of the HCV-Coach or HCV-Player app shown on our website is higher than the version number in the Settings menu of your corresponding HCV app, you should update your HCV app. To do so, please follow the following steps for each platform:

1. iPad: Open the App Store on your iPad and select Update on the bottom right. If an Update for your device is available it will be in the update list. Choose Update to start updating the app.
2. Android: Open the Google Playstore app on your device and select the My Apps option from the menu. If an Update for your device is available it will be in the update list. Choose Update to start updating the app.
3. Windows: Go to the Download section on our Website and download the HCV-Coach or HCV-Player setup file for Windows. Run the setup file to install your HCV. This will overwrite all HCV program files but all your local HCV files that you created so far on this device will remain.
4. Mac: Go to the Download section on our Website and download the HCV-Coach or HCV-Player .dmg file for Mac (OSX). Run the .dmg file to install your HCV. This will overwrite your HCV application file but all your local HCV files that you created so far on this device will remain.

Note: The "Download" link is located in the "Support" section of our website:

www.hockeycoachvision.com

11.6 Deleting the app

When you delete the app, you will lose all of your local content. The files that you've synced with your HCV Backup-cloud (see chapter 7) will not be deleted. By installing HCV on another device you'll be able to get back all your files that you've synced to your HCV Backup-cloud.

1. iPad: To delete the app on an iOS device, tap and hold the HCV icon until it starts to shake. Select the "x"-key next to the icon to delete it.
2. Android: To delete the app on your Android device, go into your Settings/Apps folder, select your HCV app and choose Uninstall.
3. Windows: If you wish to correctly uninstall your Windows HCV Program, you need to uninstall it from your Control panel. To do that, select Start/Control Panel and search for the Programs Feature. Open the Uninstall Program section, select your Hockey Coach Vision Program from the list and double click it.
4. Mac: Locate your HCV app (most likely in your Application folder on your mac) and drag it into the trash can. Once you empty your trash, your HCV app and all of its files will be removed from your Mac.

11.7 Non-Renewal of your Subscription

Your subscription is based on an automatic renewal and it will renew unless canceled. On the date you purchased your HCV-Coach subscription, you received an email by mailer@fastspring.com. Open this email and select the link within your order information. On the following page you'll be able to cancel your subscription. If you do not cancel your subscription at any point, 10 days before the automatic renewal date you will receive a reminder email from mailer@fastspring.com that your subscription will be renewed, that email will also contain the link to edit or cancel your subscription or you can always contact us: info@hockeycoachvision.com to cancel your subscription manually.

Once you have canceled your subscription, you will be able to use your HCV app until the last day of your subscription period. **After that, you will not be able to log into your app anymore.** If you have synced your files successfully to the HCV cloud using the Sync Changes function, your files will be stored on our servers, available to you should you decide to subscribe again at a later date.

12. Appendix

Drill-Creator: step by step instruction

When you click on "Create New File" on the main page, three icons will appear. Click on the "Animation" icon and a new file will open. Click on the playing surface to open up the Drill Creator.

Note: We suggest that you go over some of the tutorials in the "Tutorial" folder before opening the Drill-Creator for the first time. You will find this folder in the "Support" folder on our home page: www.hockeycoachvision.com

12.1 Objects:

The first thing you need to do is place all of the objects onto the playing surface that you will need for your drill: players, pucks/rings, pylons and nets.

Players: By default, when you touch the playing surface for the first time, a red, number 1, left handed forward, will be placed where you touch the screen and the player will be facing to the right side of the screen. To change the position, number/position letters, color, stick selection or the position on the ice of a player- click on the player and it will "scale up". You can now manipulate the player as you like. While the player is illuminated, you can touch the different choices available to you on the "Object" line to give the player the qualities that you wish. To change the number to letters to indicate the player's position, like "LW" or "RD", click on the numbers key and scroll left for letters and right to change the numbers.



To change the direction the player is facing, click on the turning wheel on the outside of the player and spin it left or right until you are happy with which way it is facing. You can also drag the player around on the screen to place it wherever you like. To eliminate objects, click on the object and an "x" will appear on it. Click on the "x" to eliminate this object.

Pucks: Select "Puck" by touching the "Puck" key on the "Object" bar. You may now place the pucks on the ice wherever you want by touching the ice surface when "Puck" is selected. We suggest placing the pucks near the players but not too close because the player will light up if you touch the screen too close to the player's body. It is better to put the number of pucks you wish close to where the player is, click on a puck to make it light up then drag it in tight to the player or

coach. You may place one puck at a time or choose "Many" to place a pile of pucks onto the playing surface.

Goal: You may move and spin the existing goals that are on the ice by clicking on them, or click on "Goal" on the "Object" bar to add additional goals. There are **two types of goals available: normal and tiny**. Touch the screen to where you wish to place the goal, click on the goal to scale it up then place the goal where you wish by dragging it on the screen. You may also rotate it by activating the goal and grabbing the turning wheel. Tiny nets have the same properties as the full size ones.

Other: To place other items on the ice surface, select "Other" on the "Object" bar and touch the ice surface where you would like to place the object. You can choose from a variety of objects: **cone, stick, rink divider, tire and cart tire**. If you are close to players that are already on the ice surface, place the object away from him and drag it into place. To see how your objects are placed and how far apart they are, press "Play" and go into "Viewer" mode to see what they will look like while you are playing the drill in 3D. If you want to rotate the object just click on it and pull it whichever way you want it to rotate. Tires and cart tires can't be rotated, others can.

Shapes: Here you have the ability to create **arrows, rectangle/straight line shapes, circles and text boxes**. **Arrows** can be adjusted for size, number of pointed ends or remove both points to create a straight line. **Rectangles** can be placed, then by clicking on the fist icon, can be edited to alter the shape, remove fill, change size and change the position. **Circles** can also be placed onto the playing surface and edited for size, shape, color and fill. **Text Boxes** can be added with a choice of text size and text color. Click the playing surface where you wish to add the text then click on the fist icon to move the text box around or rotate it into the position that you wish. You can set the time you wish the shapes to appear and exit your drill while in "**Action Mode**". Just click on the shape/text box to scale it up, then adjust the two timing dots below to set the timing of when the object appears and exits. If no editing of the timing is done, the objects will pop in at the start of your drill and remain for the remainder of the drill.

Once you have all of the objects on the ice that you need and everything is in the right place to start the drill, you are ready to go to the next step: "Action". This short tutorial explains the basics of Creating Objects. Click [here](#).

12.2 Action:

To begin animating, click on the "Action" key to open up the action bar then click on the first player that you wish to start your drill. The player's timeline will open on the bottom of the screen. By default, the player will start whichever action you choose at 0:00 seconds. If you wish to start the action later, click on the initial timing point on the player's timeline and slide it to the right. You will see the initial time of the player's first action increase the more you slide it to the right.

12.2.1 Take a puck:

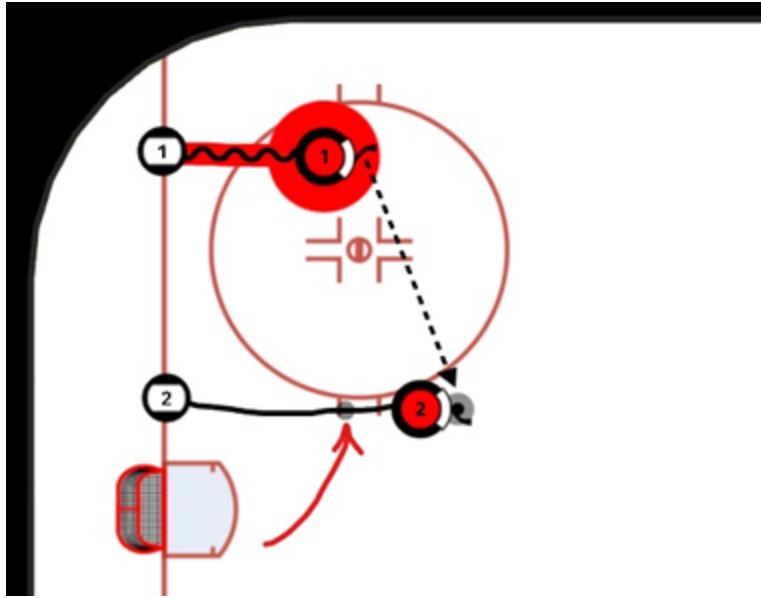
When you click on a player and it is close enough to the puck that the red ring around the player covers the puck, you will see the "Take" key light up on the action bar. If the player is not close enough, click on the player to activate it and drag it close enough to the puck you choose and the "Take" key will light up when you get close enough. Press the "Take" key and the player is now a puck carrier. Once you have taken a puck, the "Pass", "Shoot" and "Dump" action keys will illuminate. When illuminated, these options are open to you whether the player is moving or stationary.

12.2.2 Pass:

When you want to make a pass, click on the player in possession of the puck, this will illuminate the options available to you on the Action Bar. Click on "Pass". Next, you must click on the player that you would like to receive the pass and the pass will be made directly to player 2. In a case where the player is not in position to receive the pass, a prompt will appear in the top right of your screen in red letters explaining to you where you must adjust the last timing point of the player to make the pass on time. Adjust the last timing point to the time that is suggested and try the pass again. When you have two players going up the ice together exchanging passes, the player receiving the pass should be slightly ahead of the passer each time to create a smooth exchange of passes. The gray timing points on the diagram indicate where players are in any given moment of time when another player is activated. Making a pass from a static position to a moving player involves using the "Timing" key. This is explained later on. To make a bank pass off of the boards or a pass to an area, you can use the "Dump" key. To check out some passing tips, you might want to take a look at our new video tutorial [here](#).

12.2.3 Gray Timing Dots for Passing

The gray timing point behind P2 indicates the position of P2 at the precise time that P1 makes the pass. Passing at this time will allow the puck and P2 to arrive at the pass receptions point at the same time. When timed correctly, there will be no change of speed of P2 as P2 takes the pass and continues skating.



12.2.4 Shoot:

A player may shoot at any time when in possession of the puck. Click on the puck carrier then click on "Shoot". Then click on the net that you wish the player to shoot on. You may select the type of shot by clicking on the black shooting timing point on the timing line. The default shot is a wrist shot. You may also choose a slap shot, snap shot or a back hand shot. It is important to have the player in the right position, going the correct speed before shooting because you cannot adjust the shot time point afterwards. To create shot actions that result in missing the net, the goalie making a save or hitting the post, use the "Dump" key to make the puck react in a realistic manner.

12.2.5 Dump:

This feature is used to create situations where the puck carrier makes indirect plays to areas of the ice or to other players. Click on the puck carrier and select "Dump". Place the initial puck position onto the ice surface where you would like the starting position of the puck. This will create an "x" on the ice. If you click on the "x" the puck will finish in this position. If you are making an indirect pass off of the boards or rimming the puck around the boards, keep touching the ice surface to move the "x" along on the path that you wish until you have it where you want it then click on the "x" to fix the puck onto this end position. You may make drop passes or area passes using the "Dump" key as well. The use of the "Dump" key is explained in our video tutorial 13 [here](#).

12.2.6 Skate:

Once you have clicked on a player to activate it, simply hold your finger or stylus pen on the player selected and draw the path on your screen you wish the player to skate. If the player is not skating with a puck you will see a straight line and if he is skating with a puck you will see a wavy line. By

default, the player will be skating forwards at the speed of 20 km/h. You may adjust his skating speed by clicking on the last timing point on his timing line and sliding it to the right to slow it down to give the player more time to get to his position or to the left to speed it up as you reduce the amount of time it takes to get to the same position on the ice.

You may also lower the default speed of the player to 10kms or 14 kms an hour by activating the player and choosing the new speed on the Objects bar. Lower speeds are recommended for youth drills as well as small area games and skill drills in small areas.

To do a pivot, and skate backwards, click on the "Back" key on the action bar. Again, you may adjust the player's speed by sliding the last timing point on his timing line left or right. If you want to have your player skate backwards right from the start of the drill, make sure that the player is facing the correct position to begin with while you are placing your objects on to the ice. Then you just have to click the "Back" button before you start drawing to have the player begin skating backwards. To make the player pivot towards the right or left, a slight movement one way or the other while drawing the skating line after you have changed the direction will cause the player to pivot in the direction that you choose. Pivoting from forwards to backwards or backwards to forwards will create a pivot timing point on the player's timeline. You may adjust the left or right pivot by clicking on this pivot timing point on the player's timeline and choosing the direction you wish the player to turn during the pivot.

12.2.7 Timing Key:

One of the things that you will need to master to be able to do advanced drills on HCV is how and when to use the "Timing" key to create timing points on the player's skating line on the screen and on the timing line of each player. Here are some examples of where and how to use the "Timing" key to create timing points:

Changing speeds while skating: When drawing a player skating, the player will skate by default at 20 km/h. If you click on the "Timing" key once when you wish the player to speed up or slow down, this will create a timing point on the player's timing line that you can adjust to alter his speed. By placing multiple timing points on his timing line at intervals while he is skating, you can have a player change speed several times during one skating sequence. There is a very useful tutorial on our website that explains this in the "Support" section [here](#):

Stopping and Starting: When you want a player to stop in one place and wait a specific amount of time, draw the player to the end position where you want him to skate, adjust the player's speed if necessary to have him arrive exactly when you want him there and then click the "Timing" key twice to place two timing points on the player's timing line. Click on the last timing point and drag it to the right. You will see the amount of time elapsing as you drag the timing point along the line. This creates a gap of time between the time the player stops and the time when you want the player to move again or make another action such as passing or shooting a puck. If, for example, you slide the last timing point to the right to cause a one second delay on the timing line, the next action you choose will start exactly one second after the player stopped in their current position.

Moving Players up in a Line: If you have a line of three players (P1, P2 and P3) and the first player starts the drill by skating away from the group and you want to move the other two players up in line to take P1's place, click on the timeline of P2 to show his timing line at the bottom of the screen. Next, click on his initial timing point and slide it to the right. As you slide it to the right, you will see exactly when P1 starts to skate away from the group. When you are happy with the starting time point of the second player, release his timing point to fix it at the desired start time on P2's timing line and move up P2 into the head of the line. To make a smooth, realistic skating motion, we suggest that you now click on the last timing point of P2 and slide it slightly to the right to slow down P2's skating in the line to about 6-10 km/h instead of the default 20 km/h...unless you have players who like to sprint while standing in line. Repeat the same process with P3. Now, to have P2 start the drill at exactly the right time, he must now wait in line for a few seconds before it is P2's turn to skate away from the group. To create the waiting time, click on P2 to open his timing line, click the "Timing" key twice to create two timing points on his timeline, then slide the last timing point to the right to fix the starting point of P2's next action. Whenever you have a player waiting or holding onto a puck in a stationary position, you must create a timing gap on his timeline to make sure that the player starts their next action on time. Repeat the same action with P3. Create two timing points on his timeline then adjust them to create a smooth progression in the line of players. Remember to slow the player down each time you move them up in line before adding the next two timing points. You may also use the default speed settings to create the same effect by setting the default speed of all of the players in line to 10kms and hour, then switching it to full speed when they jump into the drill.

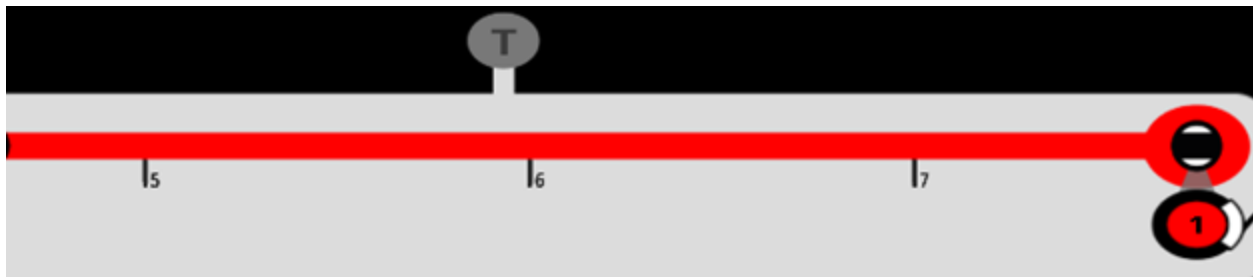
Making a Pass: If you make a one touch pass back to a stationary or a moving player you do not need to use any timing points. When a moving player makes a pass to a stationary player and you wish to get a one touch pass back, remember to advance the moving player along to the point where the player can receive the pass without changing his speed or stopping. In the case where a player takes a pass and is required to hold on to the puck before making his pass, you must use timing points to allow the passer to make their pass on time. First, place the player receiving the pass where you want it. Next, create two timing points on the passer's timing line and slide the last timing point to the right to create a gap of time. As you slide the timing point to the right you can see exactly where the skating player is in his skating route. Like in a real passing play, you must lead the player and make the pass towards the player before the skating player reaches their pass reception position. With practice, you will be able to make the pass at exactly the right time so the receiving player does not have to speed up, slow down or stop to take the pass. If, after making a pass you find that the player has had to slow down to take the pass. Hit your "Undo" button to cancel the last key entries that you made until you get to the moment that your player makes his pass. Now click on the last skating action of the receiving player to redo it with the player skating not quite so far this time. Make the pass to the skating player again and this time it should not slow down as much or not at all when the timing is perfect. This function works best when the player is skating at the default 20,14 or 10 km/h speeds. In some small area drills, you may want to slow down the skating speed of the players by lowering their default speed. This takes a little more manipulation but it is then much easier to have players make passes amongst themselves at the lower speeds. The gray shadow timing points on the player's skating line are quite useful for

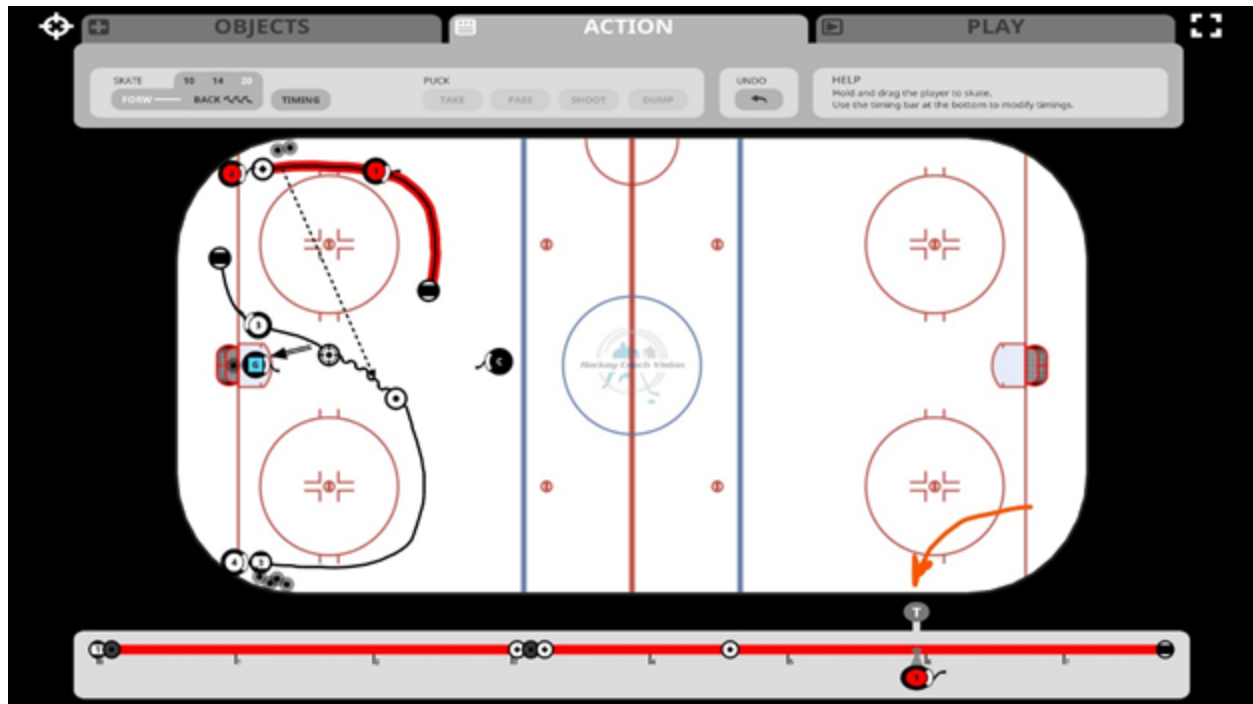
making perfectly timed passes. When passing to a player in movement, make the pass when the trailing gray timing point is about two meters/6 feet behind the player receiving the pass. The gray timing dot represents where the player receiving the puck is at the moment the pass is made. This allows the puck and player to arrive at the pass reception point at exactly the same time. You should notice no change of speed in the player receiving the pass if the pass is timed correctly.

Stop and Go Correction: In some passing situations, when you find that the player actually stops to receive a pass, you can go onto the timing line of the player receiving the puck and you will see that the program has created a white timing point on his timing line right before he receives the pass (black timing point) Click on this white timing point and slide it to the right up against the dark timing point where he receives the pass. This will slow down his skating to the point where he receives the pass, but the player's skating will look smoother when he receives the pass. After receiving the pass, the player will accelerate again to 20 km/h.

12.2.8 Timing Tab:

To check your action without going into “Play” mode, you can slide the Timing Tab, “T”, left or right along the time-line to see how your drawing is progressing.





12.3 Undo Key

We all make mistakes...And you will make some while creating your animated masterpieces. The "Undo" key is there to rescue you! We suggest that you check your drill often as you are building it to make sure that it is flowing along as it should. Make small adjustments often to insure that everything is moving along the way that you want. This is often done by simply adjusting the timing points on the timing line of the players. Sometimes we have to go backwards a few actions to correct the problem. By clicking the "Undo" button, you can go back 15 actions and start again. That is why it is important to check your drill and adjust it as you move along with it. Once you save the animation by clicking the disc on the top right of your screen, you may still go back and continue animating your drill, but your "Undo" key will now start from this new point. You may still edit it (see chapter 5.2 Edit a file) by deleting the last timing points one by one on the player's timeline.

12.4 Play Key

One of the simplest ways to check to make sure everything is going well is to play the drill back by clicking on the "Play" key. This will put HCV into play mode. Click on the "Play" arrow on the bottom left of the screen to play the drill. You may slide the red dot back and forth on the bottom timing line to see exactly how the drill is working. To continue working on the drill, just click on "Action" again and you can make your adjustments and continue to create the drill. In play mode, all of the viewing options are available. Another way to check your drill while you are creating it without switching back and forth from "Action" to "Play" mode is to use the "T" timing tab that

slides back and forth to show you exactly how the drill is running so far. This saves time not having to switch back and forth to view your drill.

12.4.1 Add Audio

When you are creating a new animated file or editing an existing file, when you go into Play mode, you may add an audio track to your animation. Click the "Mic On" key to activate your microphone. You then click on the red icon on the lower left of the screen to start your file playing and record your audio track. Once you have recorded an audio track to your animated file, you will see a "speaker" icon on the animation file. You may turn off the audio during playback by clicking on the speaker icon.



Drawing Tip: If you wish to have a delay before starting the drill to be able to explain things before the action starts, advance all of the starting timing points of all of the players ahead 5 to 10 seconds to give you a 5-10 second lead into the drill. If you wish to extend the audio time at the end of a drill...just add a single timing point to any player or coach and advance it to the right to the new desired end time. This will give you extra time at the end to wrap up your commentary.

12.5 Save And Exit Drill Creator - Key

The "Save" key is located in the top right hand corner of the screen while you are in "Action" mode. Once you have finished the drawing part of creating your animated file, click on the "Save Animation" key to proceed to the next step. **Your drill is not saved at this point so pay attention!** Next, you can write descriptions and outline the key points of this drill or play by clicking on the area that you wish to write in and the typing bar will appear. When you are happy with the text, press "Done" and you will be able to move onto the next step. You may also place your "Tags" or "Levels" on the drill to file it. Once everything is the way that you want it, then you press the second **"Save"** key that is on the bottom left of your screen, right beside the "Discard" key. **Once you click on this "Save" key, your file will be saved.** Remember that your file is not saved until you hit the second save key. If you are creating a long, more complicated drill and you need to do it in a number of sessions, save your work each time you finish as you will be able to continue creating your drill later by simply clicking on the "Edit" key and clicking on the ice surface to allow you to go back to "Action" mode. Be sure to title your drill before saving it and exiting HCV. If you put a couple of spaces before the name, it will appear as the first drill in the list of your animations to make it easier to find in order to continue to work on it in your next session.

