under Sports

Simple. Powerful. Friendly

HOW UNDERSPORTS HELP FOOTBALL COACHES AND MANAGERS TOO

Improve coach-player communication

Various tools to Give the feedback and get the feedback from the player

Have a better planning

Professional and easy-to-use to use planification

Unified & flexible database

For players' stats, injuries, achievents

Powerful & Mobile

Rich Mobile App keeps everything right in your pocket

Better planning - better result

1

Many coaches are comfortable with an Excel or paper planners.
But new technologies give some interesting advantages

Plan micro and macro cycles
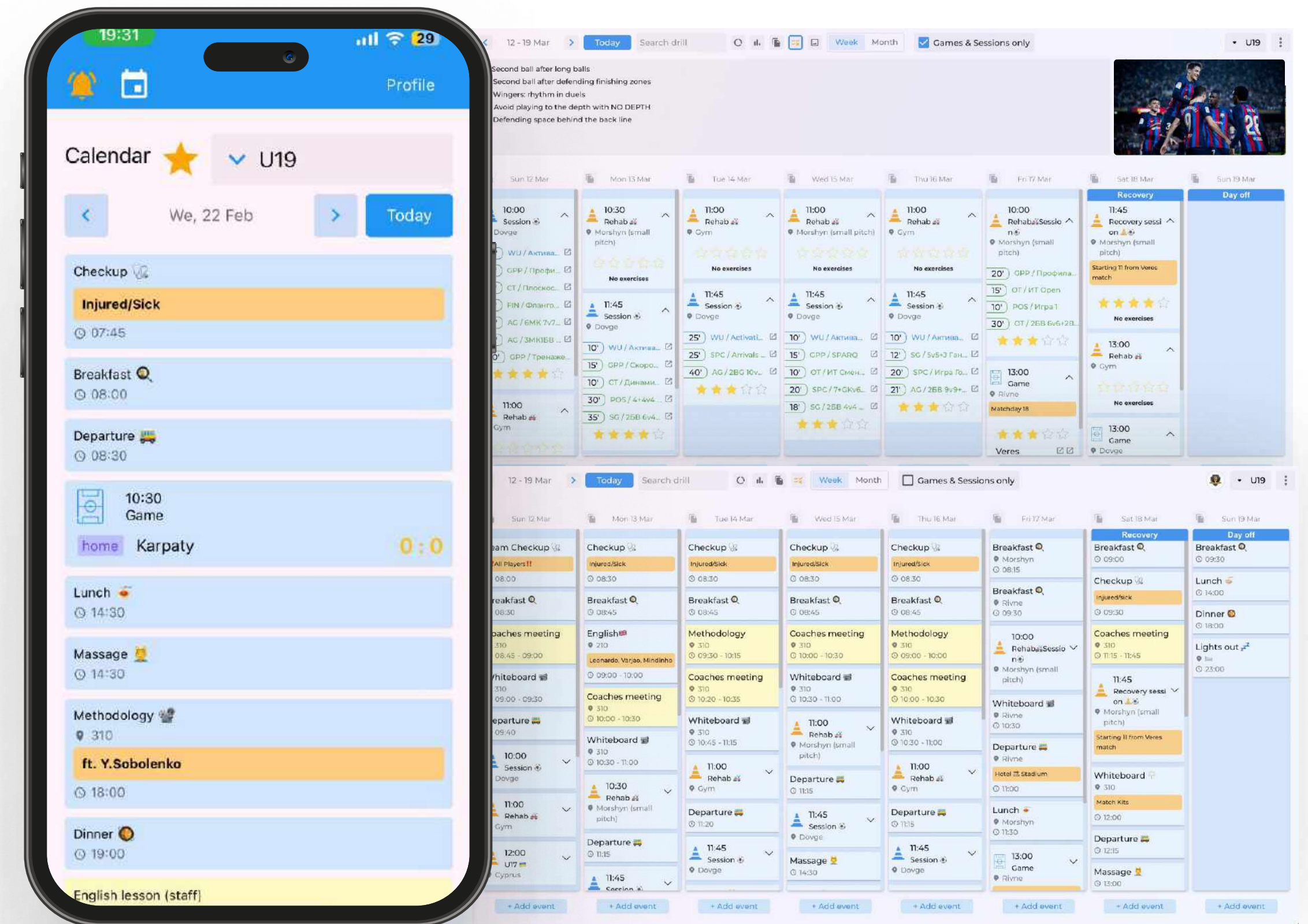
Everything under control on a single screen

Share the plan

Coordinate with other coaches to efficiently plan and synchronize schedules

Prepare for training session with ease and efficiency

Coordinate with other coaches to efficiently plan and synchronize schedules
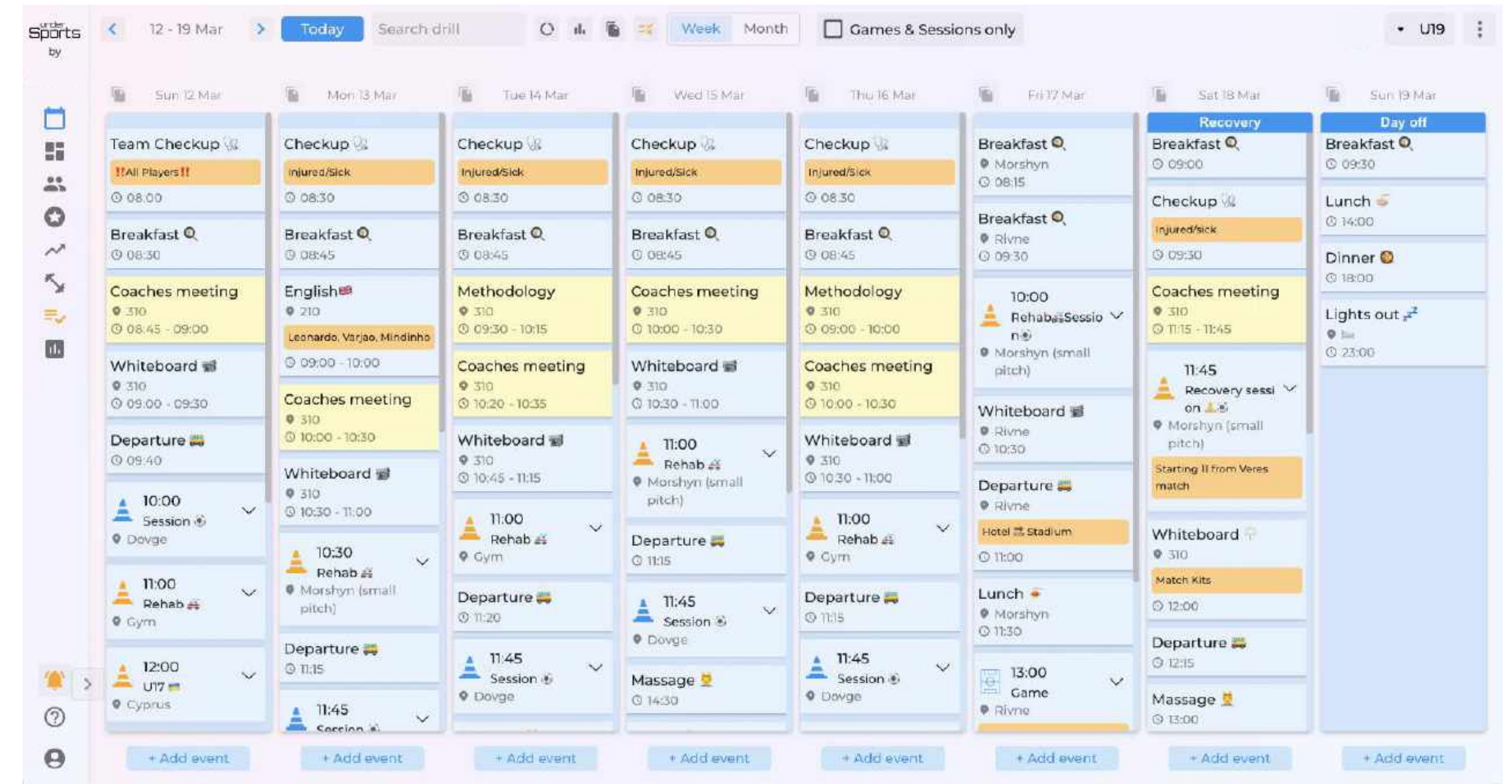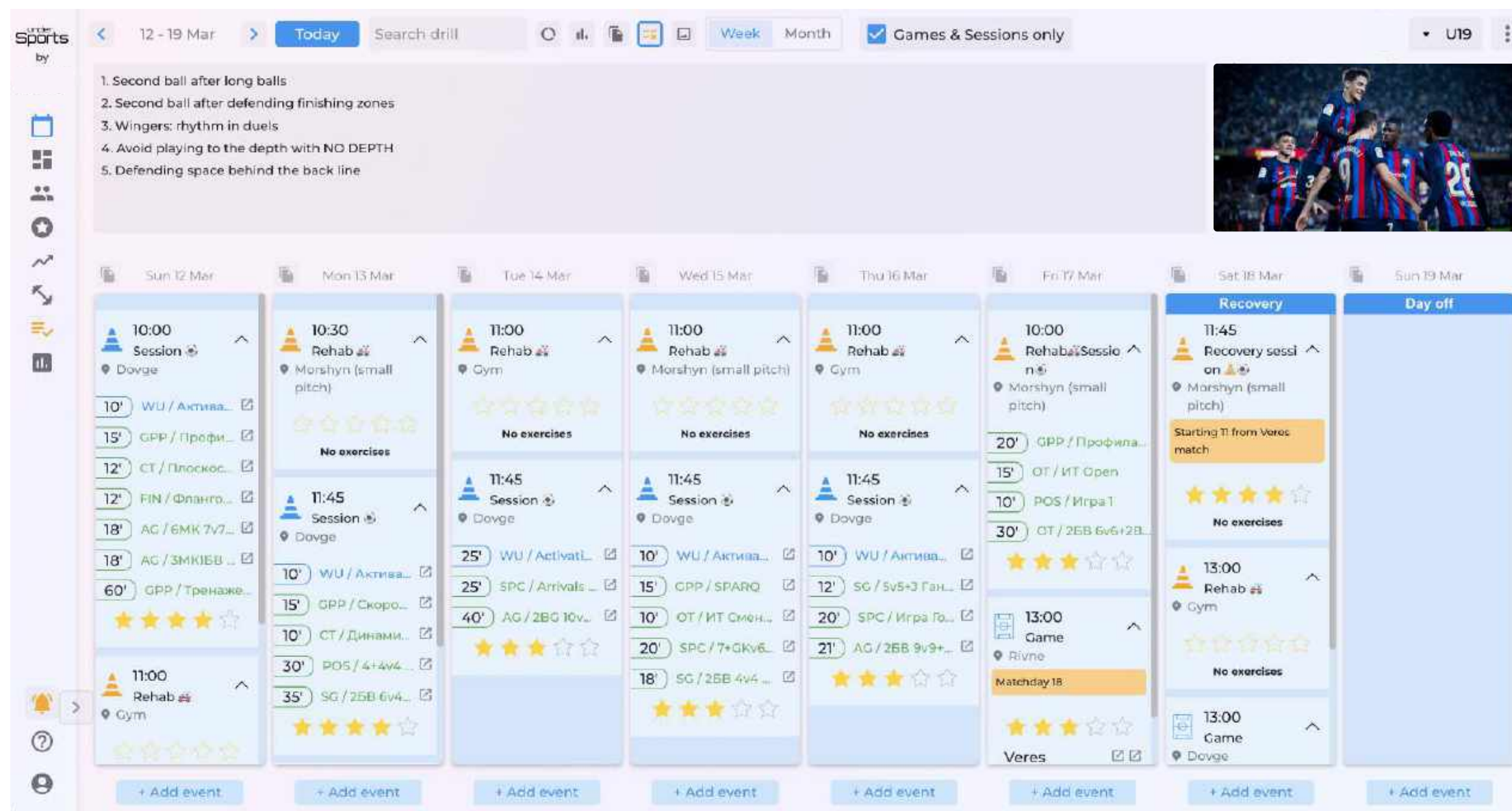
Unified & flexible database

Centralize all player information in one place

Everything under control on a single screen

Maintain a comprehensive record of players' injury history

Monitor the progress of injuries, store test results, and implement preventive measures to reduce the risk of future injuries
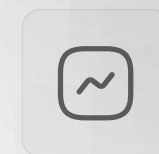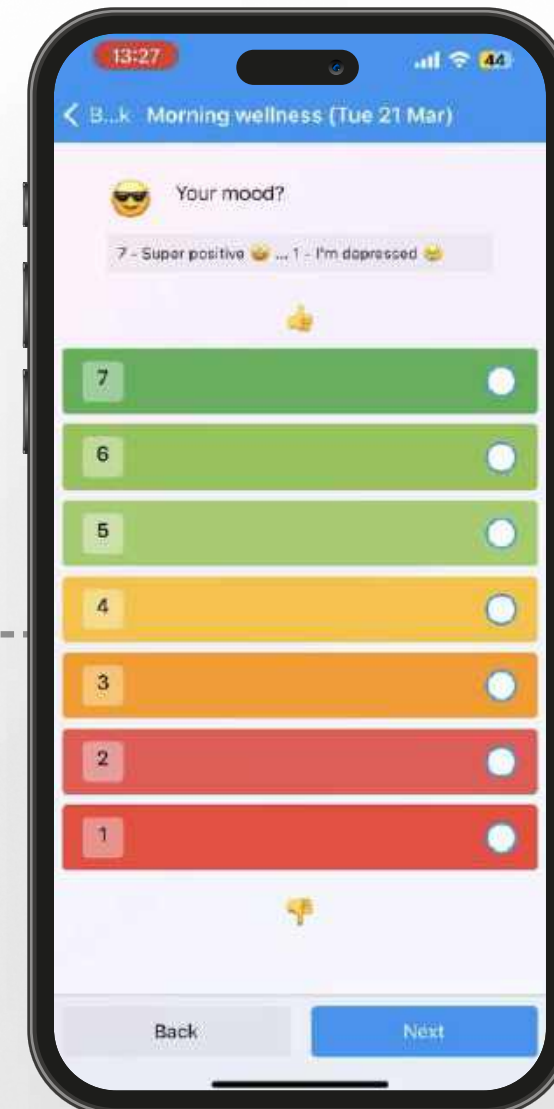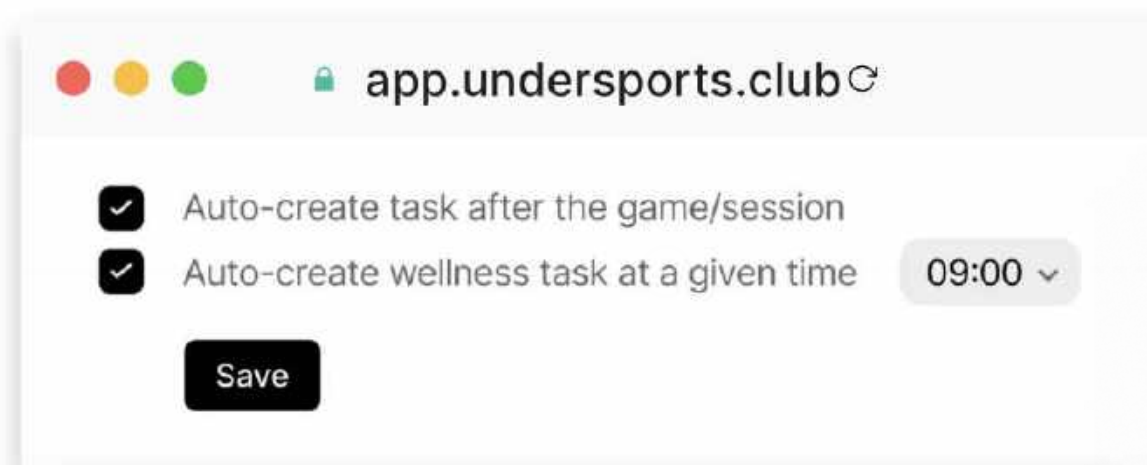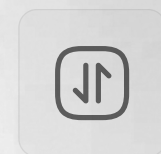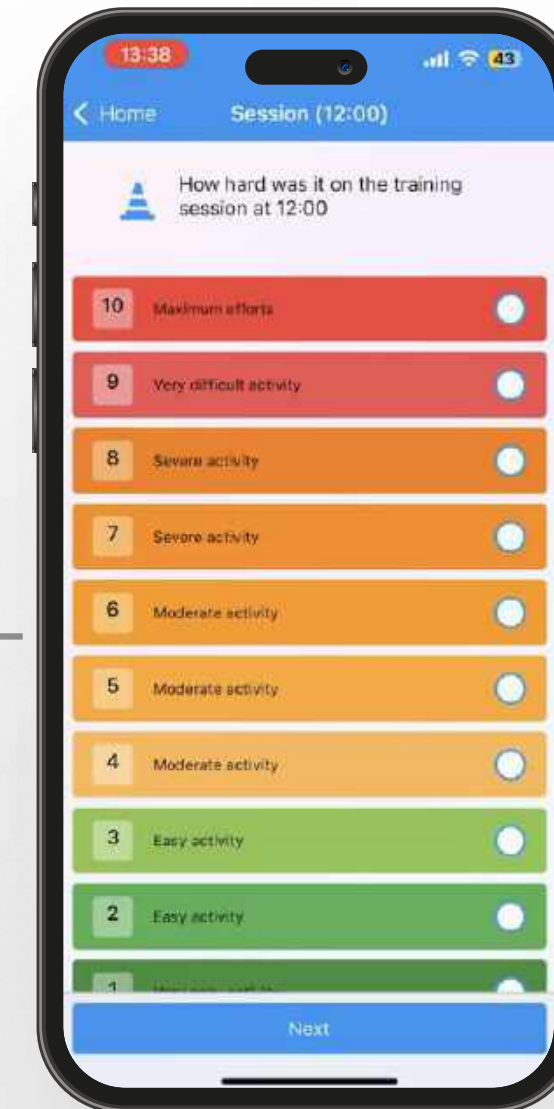
2

Understand your team

How do players feel? Who is overloaded? Is your team has proper condition before the match day? Let your players tell you!
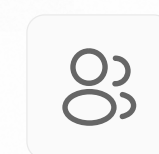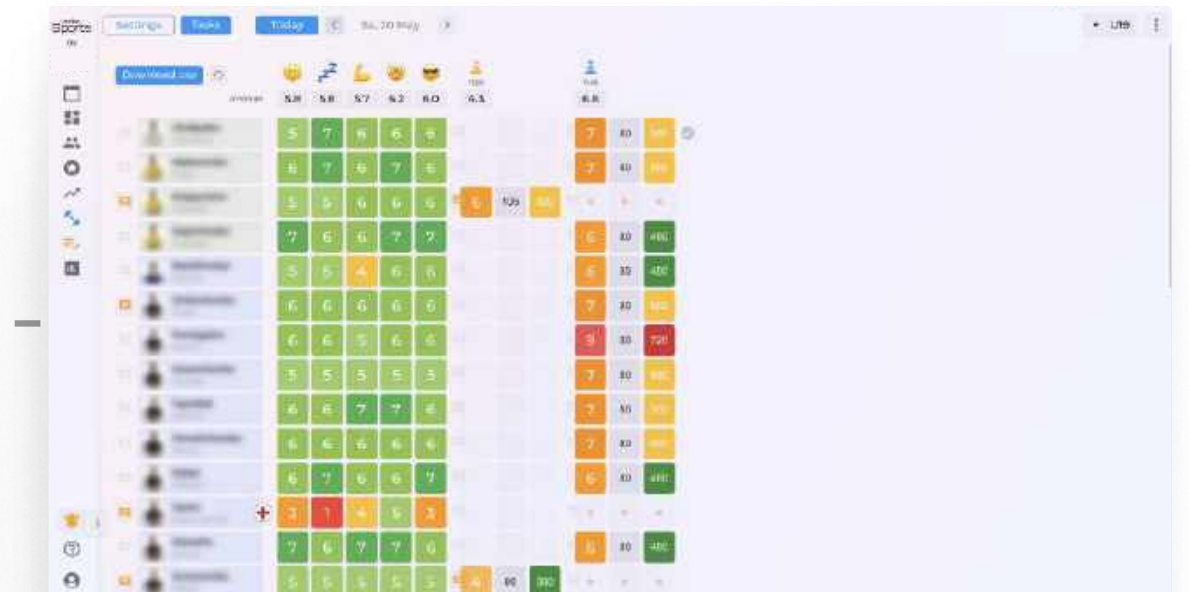
Morning wellness

Player puts few values to the system. Good habit for self analyzes and for the coach to know the team before sessions /games

Session load

Do you know how the team feels the load on the sessions? In one click player can give a feedback you can analyze

Get a full picture of your players conditions load

A way to find anomalies. Check the players it is better to talk. Get a signal that something goes wrong or unusual

Talk to your players

3

It is quite common for a player to believe they had a good game or practice, while the coach may hold a different perspective. By employing straightforward assessment tools, players are prompted to ask questions, engage in communication with the coach, and strive for improvement

Individual goals

Establish individual goals for each player, assess their progress in both games and training sessions, closely monitor their development, and maintain effective communication with the players
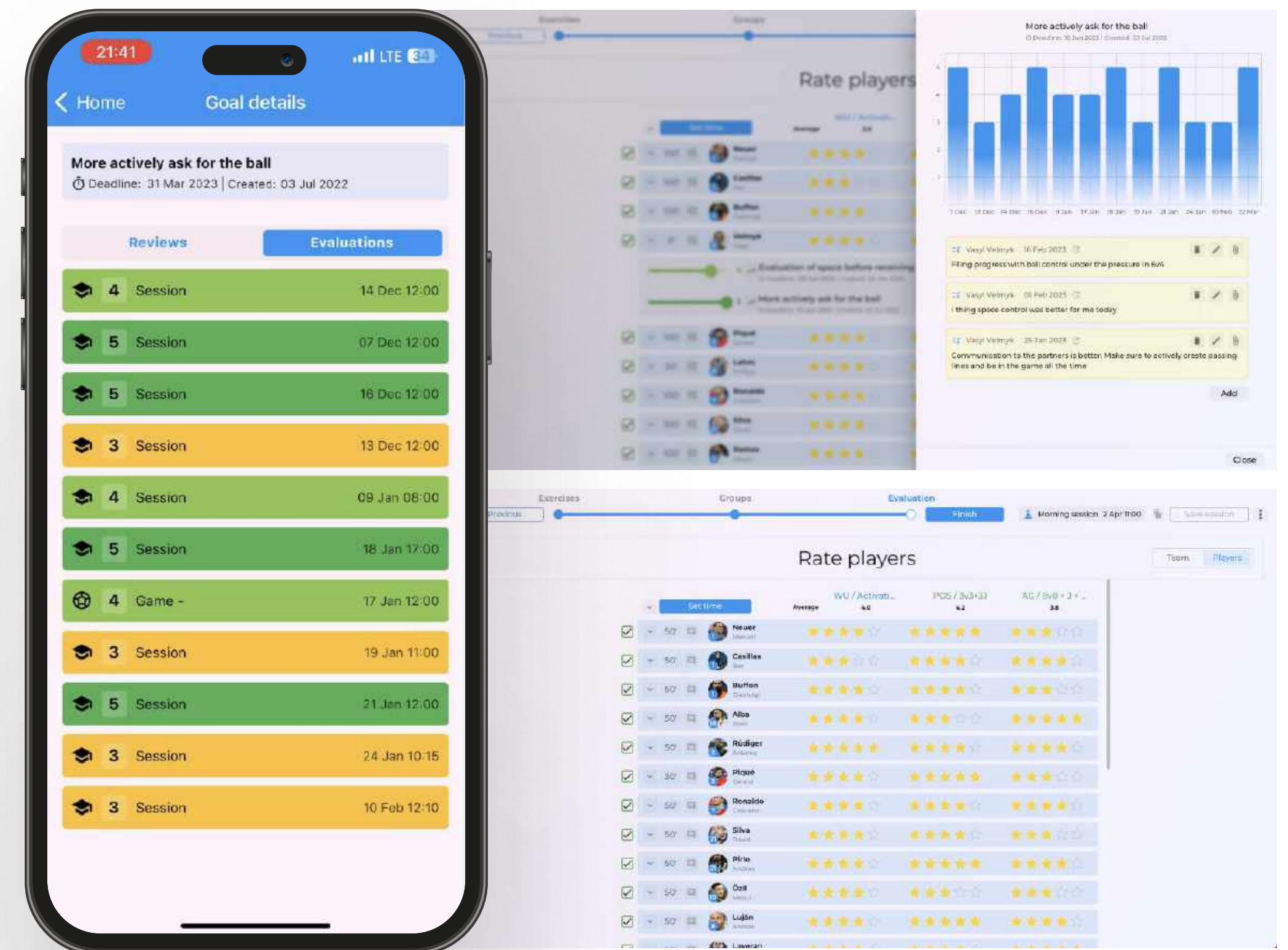
Evaluations

Evaluate the performance of players and teams, both in games and during training sessions. Monitor the progress and dynamics over time

▶ Watch about evaluations
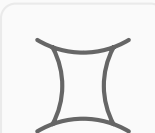
▶ Watch about ind. goals

Organize

4

Develop a structured methodology to establish a unified direction for the growth and development of football players

Establish a well-structured methodology

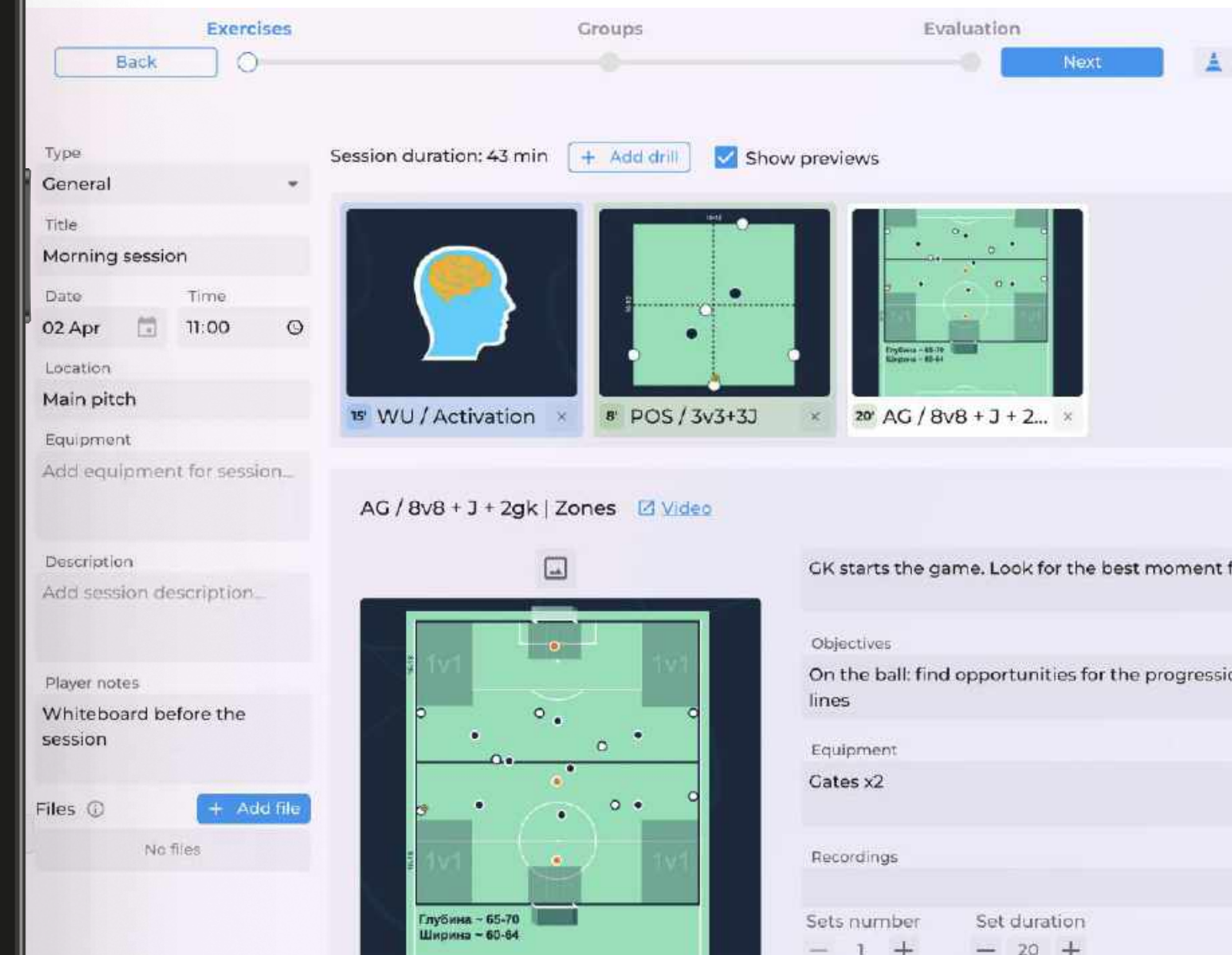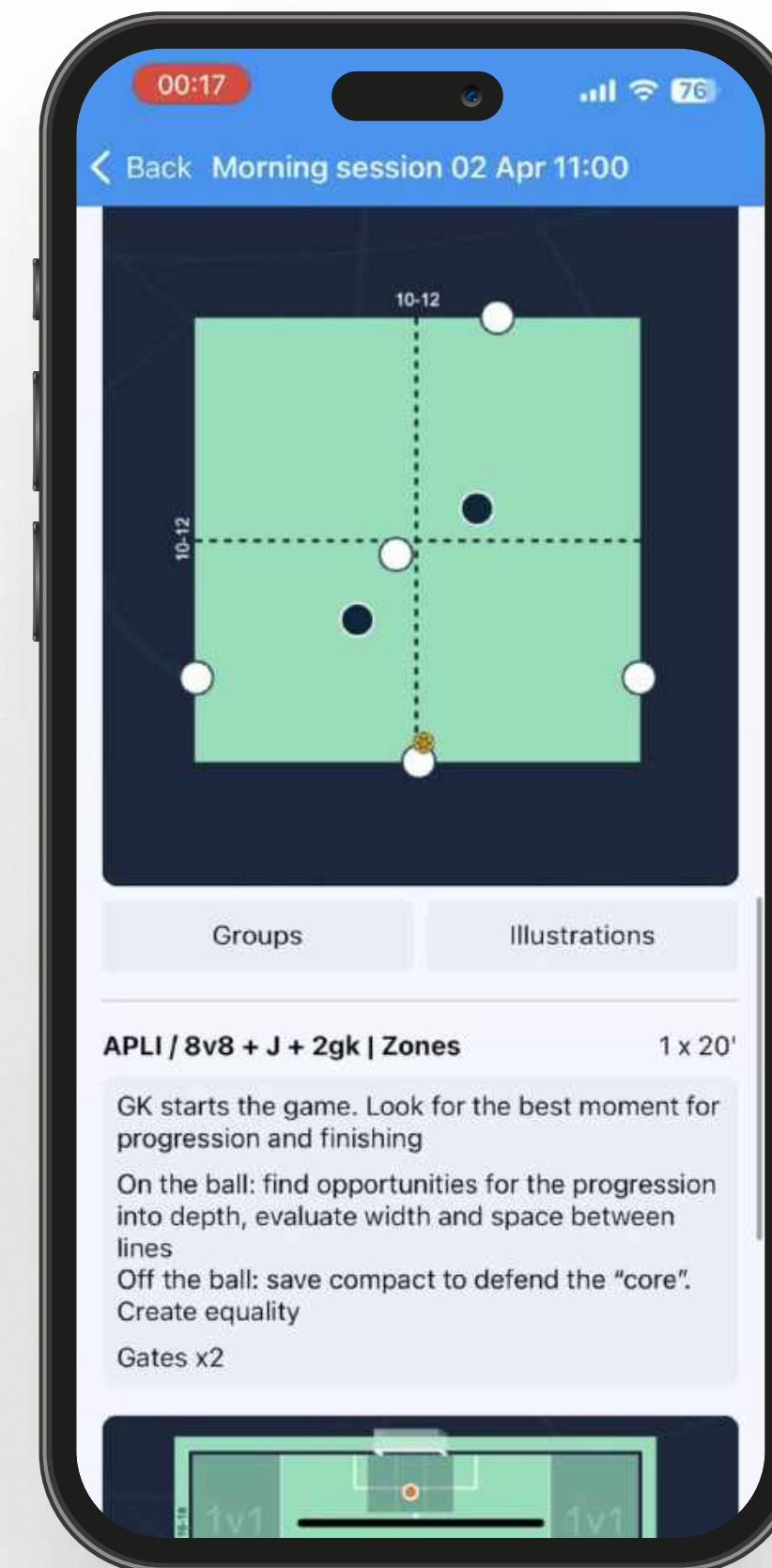Build an exercise library and utilize it for designing training sessions

Adapt exercises with flexibility

Add images, diagrams, videos to the exercises

Compose sessions

Easily add exercises from the library, specify the desired time and number of repetitions, and mark the attendance of players

Reports & statistics

Get detailed reports for each player
to make data-driven decisions

▶ **Watch video**

Detailed reports for any period

Generate comprehensive reports that display information from the system, including player statistics, microcycle details, and team performance. Collect and utilize the data effectively

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Start WhatsApp chat

Start Telegram chat

Write an email

▲ Visit a website