



"DIGITALIZATION IN COACHING PROCESS"

TRAINING MONITORING: PRE-PROJECT PREPARATION

To ensure participants are prepared for the seminar, the following pre-project tasks will introduce them to key concepts and practical tools they'll be using during the practical session.

1. READING MATERIAL: GENERAL OVERVIEW OF DIGITALIZATION IN COACHING

- **Objective:** Gain foundational knowledge about digital tools in coaching processes.
- **Task:** Read the following scientific articles:
 - McGuigan, H. E., Hassmén, P., Rosic, N., & Stevens, C. J. (2021). Monitoring of training in high-performance athletes: what do practitioners do. *J Sport Exerc Sci*, 5(2), 121-129.
 - Montull, L., Slapšinskaitė-Dackevičienė, A., Kiely, J., Hristovski, R., & Balagué, N. (2022). Integrative proposals of sports monitoring: subjective outperforms objective monitoring. *Sports medicine-open*, 8(1), 41.
 - Coutts, A. J., Crowcroft, S., & Kempton, T. (2021). Developing athlete monitoring systems: theoretical basis and practical applications. In *Recovery and Well-being in Sport and Exercise* (pp. 17-31). Routledge.
 - Blanchfield, J., McArdle, J., & Haughey, T. (2023). Sports Coaching in an Online Space: What Can We Learn From Endurance Sport Coaches?. *International Sport Coaching Journal*, 10(3), 328-339.
 - McGuigan, H. E., Hassmén, P., Rosic, N., & Stevens, C. J. (2021). Monitoring of training in high-performance athletes: what do practitioners do. *J Sport Exerc Sci*, 5(2), 121-129.
 - Weston, M. (2018). Training load monitoring in elite English soccer: a comparison of practices and perceptions between coaches and practitioners. *Science and Medicine in Football*, 2(3), 216-224.

2. APPS TO DOWNLOAD & EXPLORE:

To familiarize with the tools used during the project meeting, it is recommended to download and explore the following apps (GogglePlay & AppStore):

- Google sheets & Google forms
- Polar Beat
- Elite HRV
- Pulsebit
- Bearable
- Sleepcycle



3. REFLECT ON YOUR CURRENT COACHING METHODS:

Reflection: Bring insights from your own coaching experience.

1. *How do I currently monitor athlete performance, and is there room for improvement with digital tools?*
2. *What data points are critical for my athletes' success, and how well am I currently tracking them?*
3. *Am I utilizing digital tools to make data-driven decisions, or is it more instinct-based?*
4. *How often do I review the data collected, and is it impacting my coaching strategies?*
5. *Am I effectively communicating data insights with athletes, ensuring they understand their progress and how it impacts their goals?*

4. FINAL NOTES:

- **Bring a smartphone:** ensure you have downloaded the relevant apps for practical use.
- **Bring a laptop/tablet:** to work on google sheets/forms and track data in real-time during the session.
- ***Optional: Preload the data:** have your weekly sample data for general insight and further discussion.