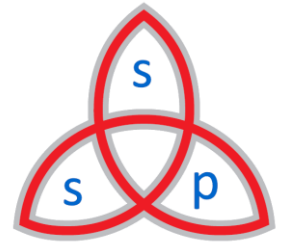


SSP

Specialised Sports Performance



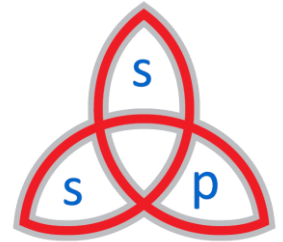
Designed for Rugby, Hockey and Soccer

Independently developed for the Athlete, Fitness Coach, Skills Coach and / or Director of Sport to assist them in achieving and maintaining a high level of performance whilst guaranteeing the well-being of the individual.

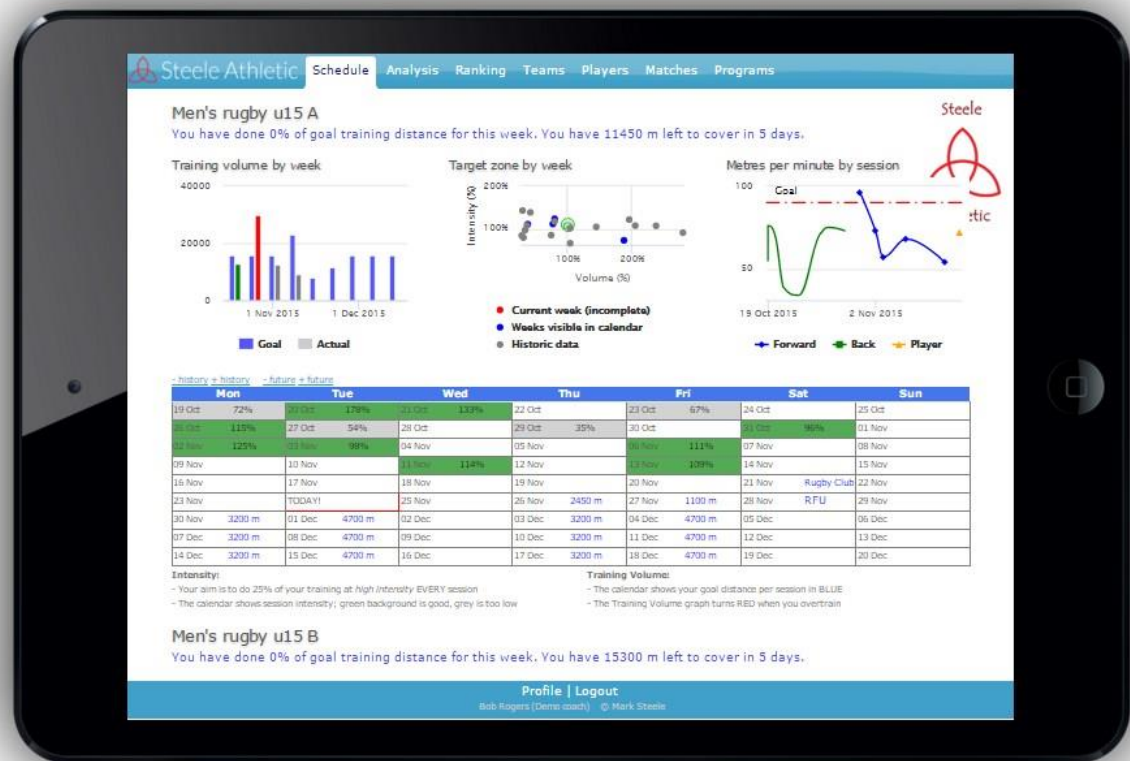
- Reduce Players DOWNTIME
- Administrative time REDUCED
- SSP, designed to complement and support the Fitness Trainer
- SSP, designed to support the Skills Coach
- SSP, designed to oversee large numbers by the Sports Director, yet still have intimate knowledge on the Individual.
- Data is collected and History formed on each individual which can be tracked throughout his or her tenure or contract as a professional player.
- Focuses on Individuals Key Performance areas, which are age group and sports specific.
- History of injuries and player downtime is collated and archived.
- A history of Fitness training and tests as well as Skills training is tracked.
- Pre- Season, In – Season and Match Day Performances are monitored, tracked and form parts of the Historical Data and Reporting system.
- SSP System allows for continuity when a new coach or fitness trainer arrives.
- Monitors the Well – Being of the player in Fitness training, Skills Sessions and Competition Time.
- Tool for a coach to communicate to key personal via e-mail or video clips.
- Built in Alerts for Over Training, Injury, Under Performance and possible Sickness!
- SSP Maximizes training in the essential High Intensity Zones, allowing for accurate training sessions.
- SSP gives confidence to Coaching staff with Accurate, Objective post training data.
- Longevity of competition level sports because the well-being of the player is being monitored.
- Remote monitoring of players
- Highly accurate, Scientifically formulated Strength and Conditioning Programs
- Ranking systems to compare Individuals or compare players in like positions.
- Android and Apple App

SSP

Specialised Sports Performance



Coach View



- Analyse previous training sessions for correct intensity and volume
- Manage teams and players
- Rank players by performance
- Select players based on fitness and well-being
- Build gym training programs for your team

More Information

Software videos: <http://www.steeleathletic.co.za/videos>

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