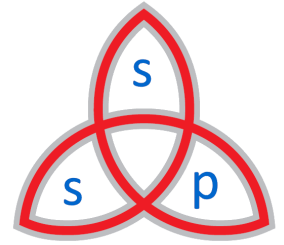


SSP

Specialised Sports Performance



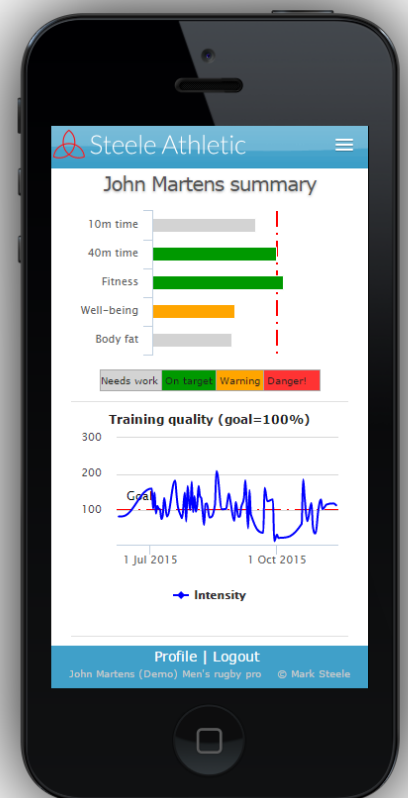
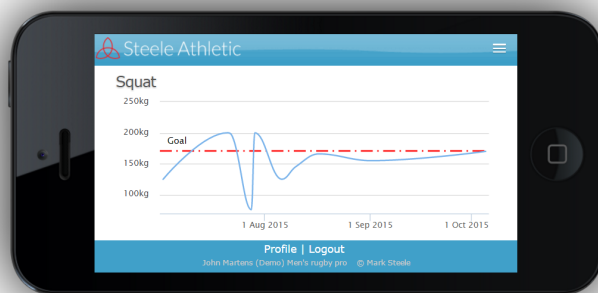
prevent injury
plan your training
play your optimal game

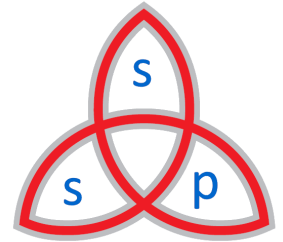
Specialised Sports Performance software allows players and coaches to understand their training patterns using science. Simple dashboards show where you are training too much or too little so you can plan effective sessions.

Key Performance Indicators are tailored to sport, age and position so every player knows exactly which area to focus on.

Player view

- Key Performance Indicators at a glance
- Quickly see where to focus training
- Well-being alerts to over-training
- Capture data from training sessions





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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