

# SoccerPulse

## Know Your Squad

Readiness



# READINESS AND TRAINING LOAD GUIDE

# About this Guide

This guide is meant to help coaches understand the wellness reports and training load in the SoccerPulse app.

Wellness reports are added by the player daily on their SoccerPulse account. This questionnaire will ask them on a scale of 1–10 what their level of soreness, energy, stress, sleep, and mood currently is.

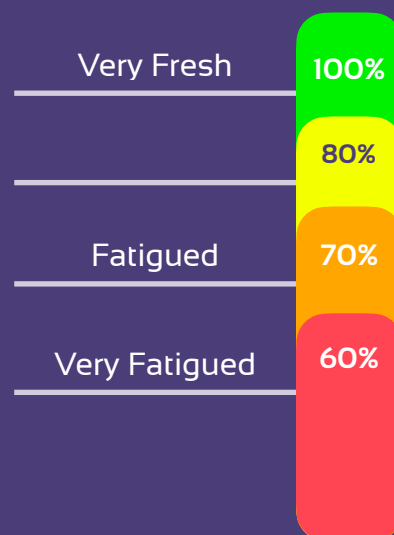
Collectively, these values give us an idea of how “ready” that player is to perform. Players with higher readiness scores indicate that the player is feeling fresh, while players with lower readiness scores indicate they are feeling fatigued.

The overall readiness score is really a measure of “the cost of doing business”, to use a common phrase. A player with a low readiness score does not mean that the player will not be able to perform at a high level, but the cost of doing so will be greater than a player with a higher readiness score.

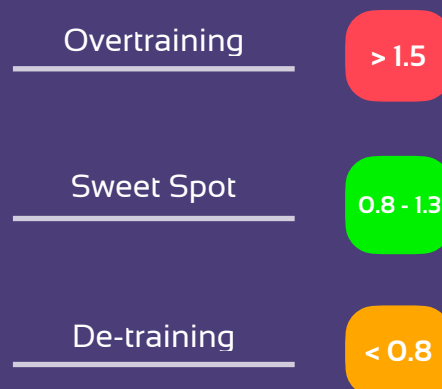
Even the best sports car is useless when the gas tank is empty.

To use the wellness reports accurately, players should submit 1 report per day 20–30 minutes after they wake up in the morning. They should only submit 1 per day maximum, and they should submit it on training days and OFF days to give the coach a complete picture of their recovery status.

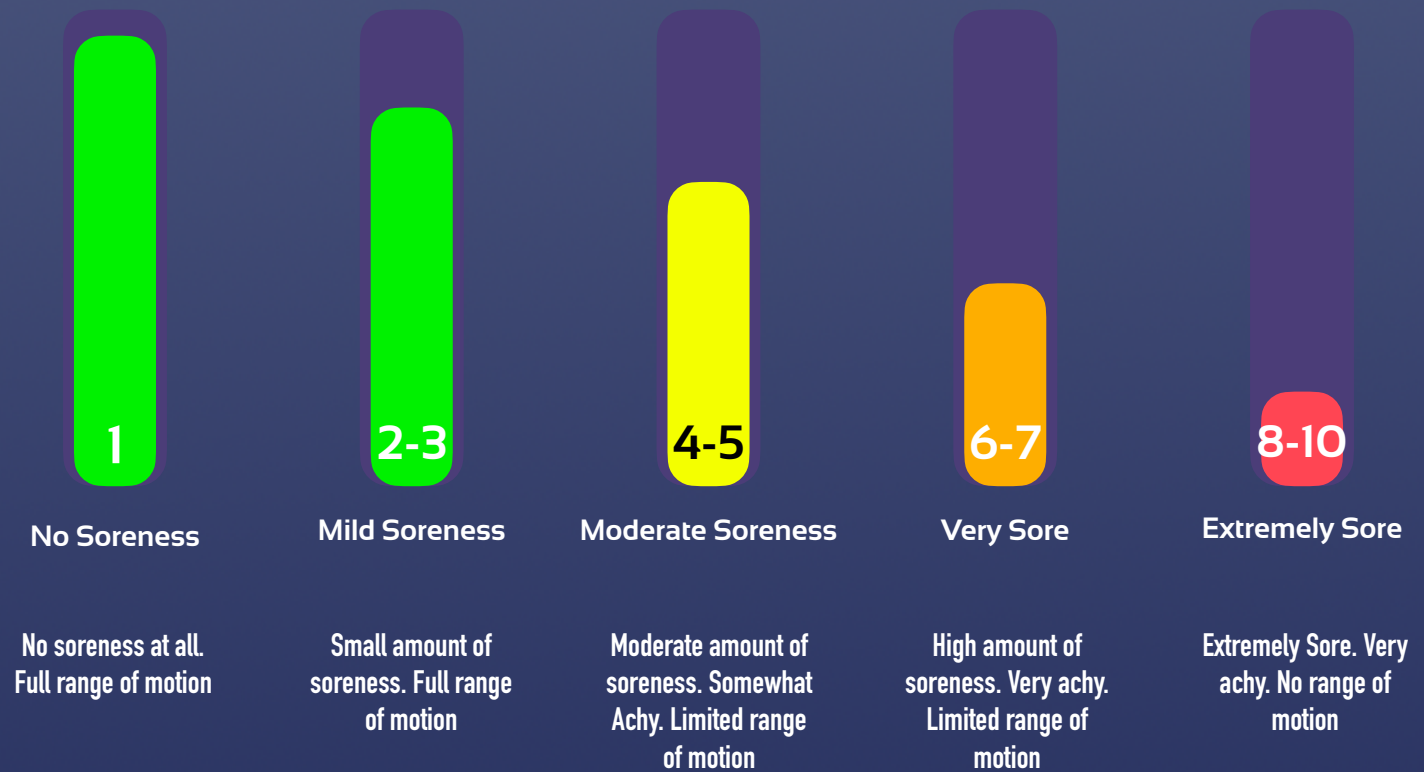
## Player Readiness



## Training Load Ratio



# Soreness

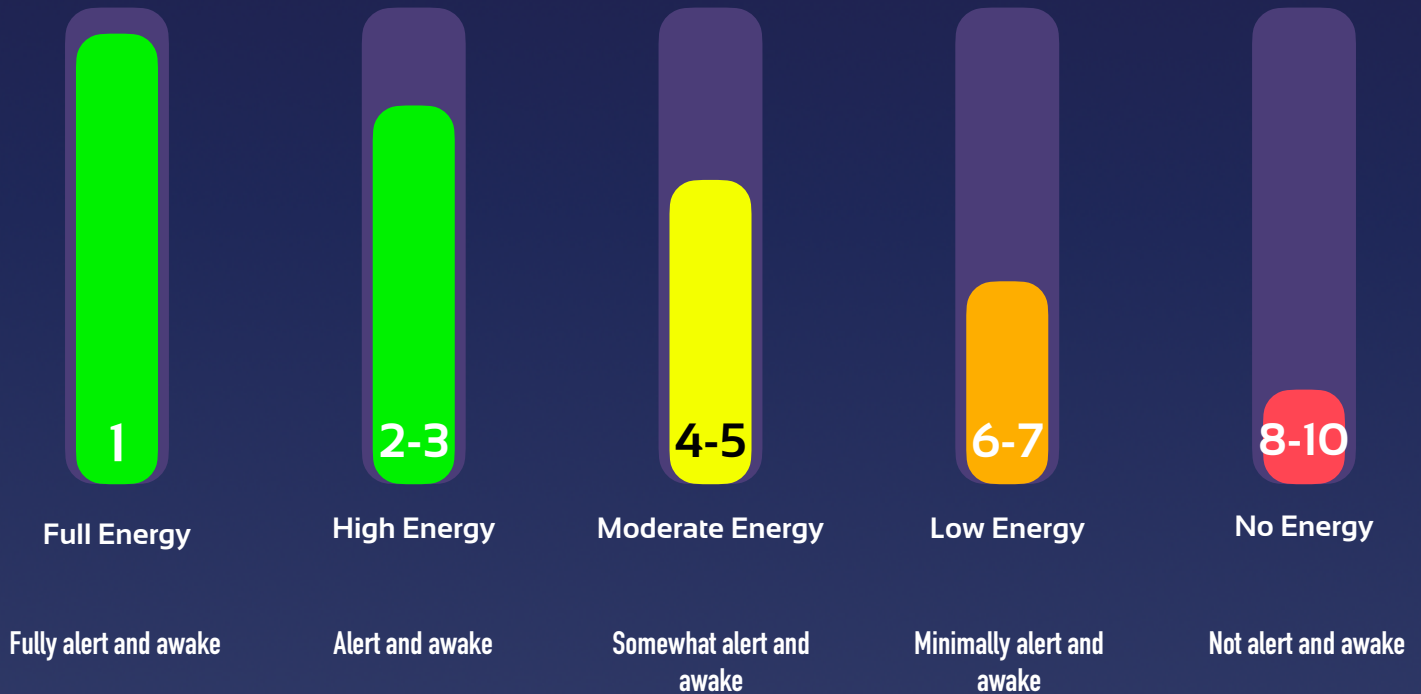


Soreness is the feeling of discomfort that many players will feel in their muscles after an intense training session or game. This is typically highest when a player has been exposed to a new training stimulus.

This could be small sided games after having only played larger sided games, or after a tournament when the player is only used to one game at a time. Players may also feel a high level of soreness initially when starting a weight lifting regime for the first time.

As the season progresses, you should see this value decrease after games compared to what it was at the beginning of the season.

# Energy

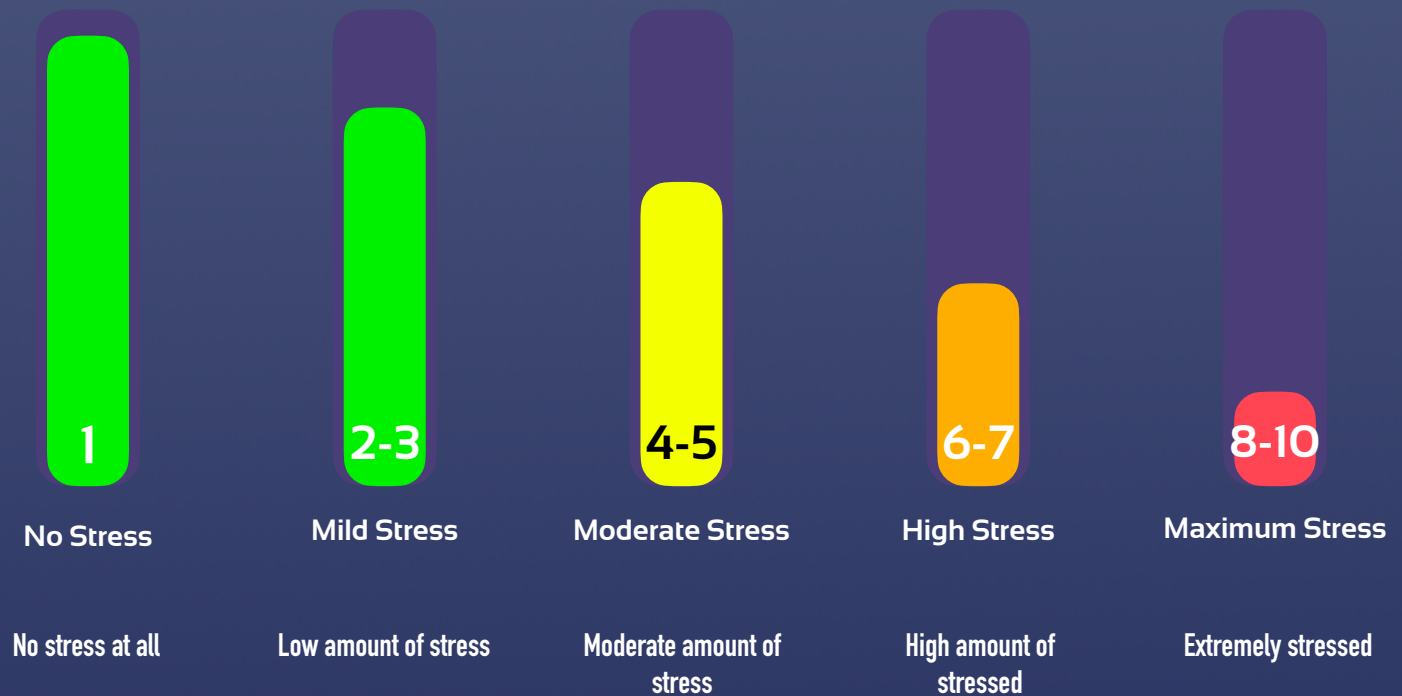


Energy indicates how alert and awake a player is currently feeling. A player with a high energy level feels like they are fully engaged and able to focus completely on the task at hand.

A player with a low energy level may have trouble concentrating and is usually paired with high stress or poor sleep levels.

You can expect players to have low energy the day after an intense training session or after a period of multiple games in a row.

# Stress

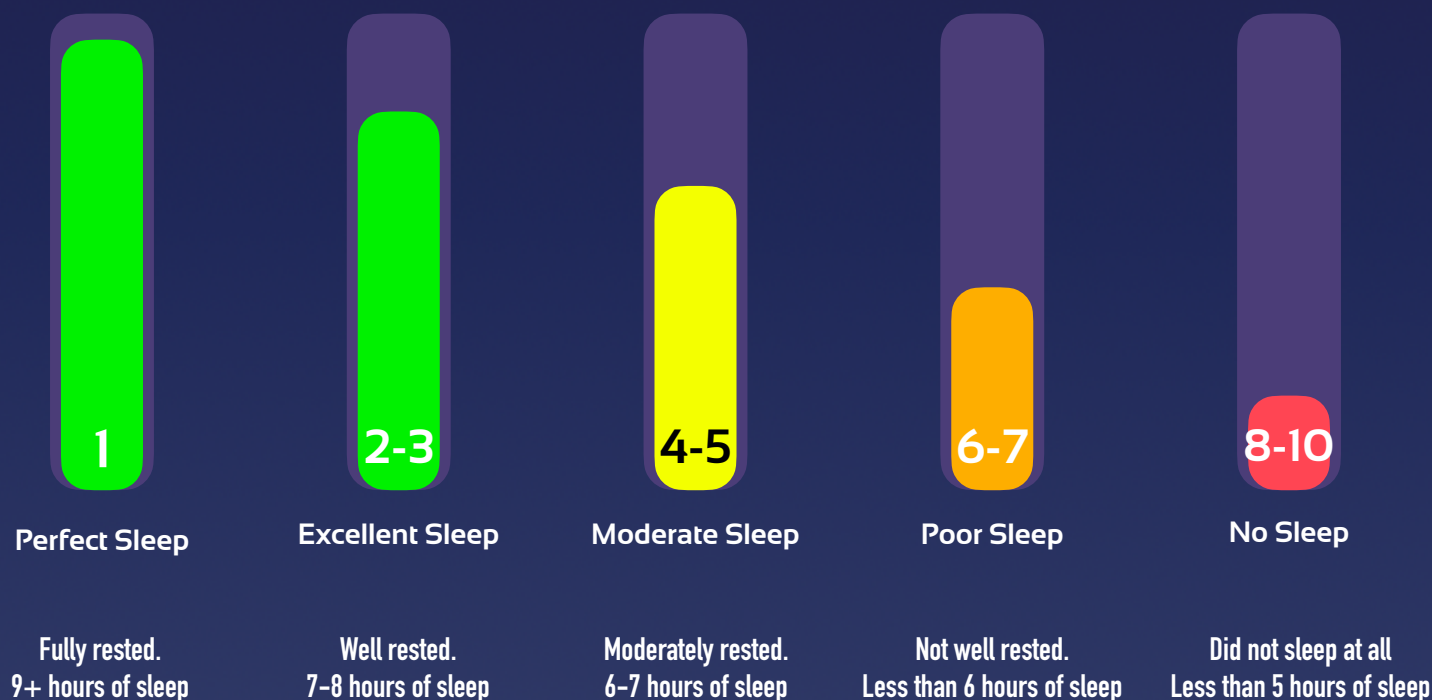


Stress refers to any external stress the player might be feeling from their work, school, personal life, or relationships. Studies have shown that mental stress will have a physical impact on the body, especially when there is a major life event involved, such as a breakup or a traumatic family event.

When we see players indicating high levels of stress or a poor mood, it can be a good idea to follow up with a private conversation about what is going on in the players life, as these stress levels will have an impact on their readiness and performance.



# Sleep



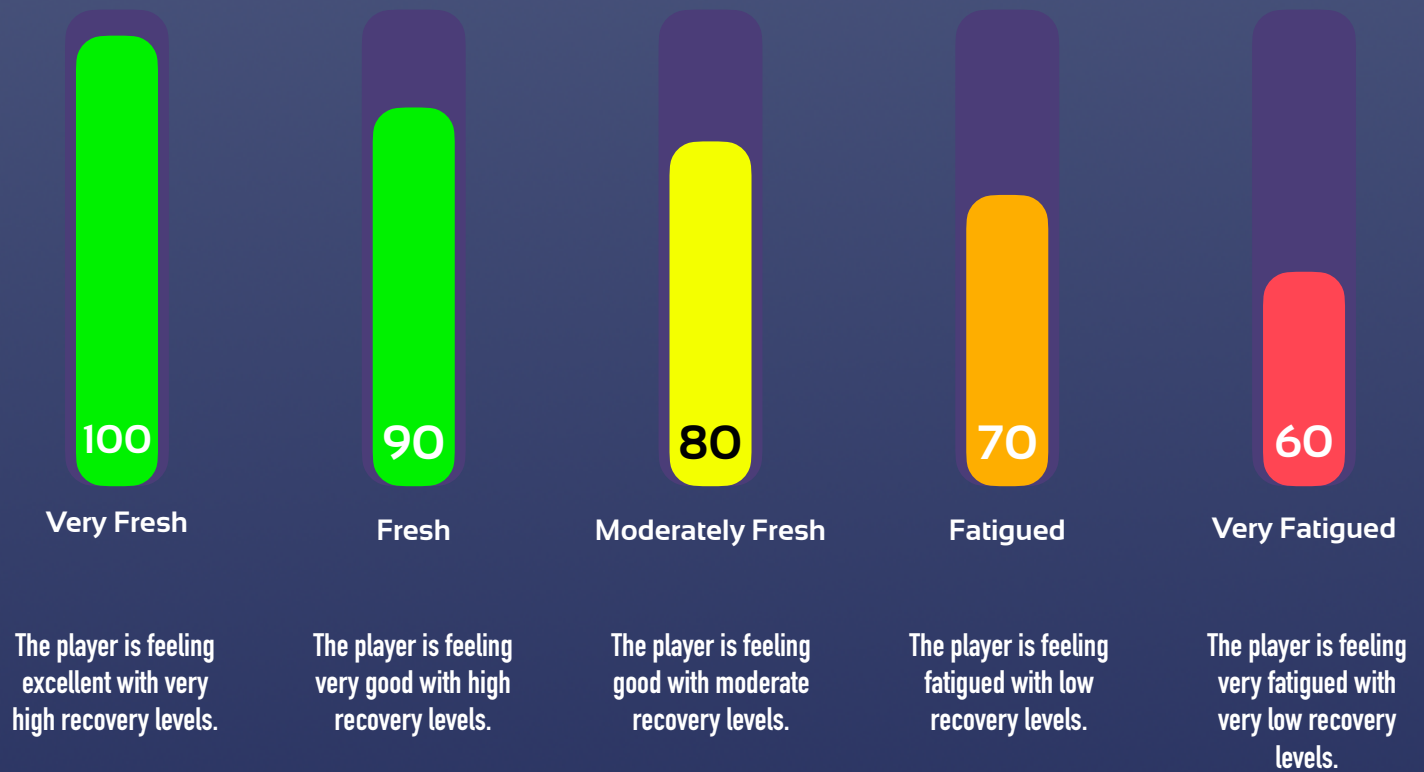
Sleep is crucial to recovery and is usually the driving factor behind soreness, energy, and stress. When reporting their sleep value, players are indicating the number of hours slept and the quality of their sleep.

You can expect players sleeping in a new location for the first time (away for preseason or away at school) to have difficulty sleeping initially.

A player who is struggling to sleep or fully recover is a telling indication of over-training and may require intervention from the coach in terms of reducing training load until the player is able to achieve restful sleep.

Players can improve the quality of their sleep by limiting their exposure to electronic devices and screens at least 1 hour before bedtime.

# Overall Readiness



The overall readiness score is the aggregate score of soreness, energy, stress, and sleep. It does not include mood, as we felt that current mood does not have an impact on the readiness of a player to perform.

Each of these values are weighted equally in the overall score, but you can manipulate these values in Settings to put more weight on one value or another.

If a player is consistently feeling fatigued, there are a couple strategies you can employ to return them to 100%. The first is to make the player a neutral player in training. This will reduce their training load by 50%, as they will not be performing defensive or transition actions.

You can also reduce their training load by rotating them on and off with another player in training, or making them a target player on the outside. Your last resort should be to remove the player entirely from training, as this may impact how honest they are on their wellness reports.

# Training Load



Very High Load



High Load



Moderate Load



Light Load

There are 4 measures of training load, to give you an idea of the amount of work your players have performed.

The first metric is acute load (7 day). This is the ECWA (exponentially weighted moving average) of the last 7 days of training that the player has performed..

The second metric is chronic load (28 day). This is the ECWA of the last 7 days of training that the player has performed..

The third metric is load yesterday. This is unweighted to display the exact amount of work that was performed yesterday. This load will be higher than the ECWA when added into the chronic and acute load totals because the yesterday load is unweighted.

The fourth metric is Training Load Ratio. This is the ratio of acute to chronic. The ratio will be green if it stays between 0.8 and 1.3. If the ratio goes above 1.5, the player is in danger of doing too much, too soon. If the value drop below 0.8, the player is in danger of detraining and losing fitness levels.



# SoccerPulse

## Know Your Squad



### Simple Set Up

No equipment required.  
Just download the app  
to get started.



### Training Intensity

Receive instant feedback  
on the intensity of your  
training sessions.



### Team Form

Rate your players after  
events to know who is in  
the best playing form.



### Injury List

Observe trends in  
player injuries and  
screen for illnesses.



### Squad Status

Wellness questionnaires  
give you insight into  
your players' readiness.



### Player Development

Position specific  
evaluations based on 32  
unique abilities.



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