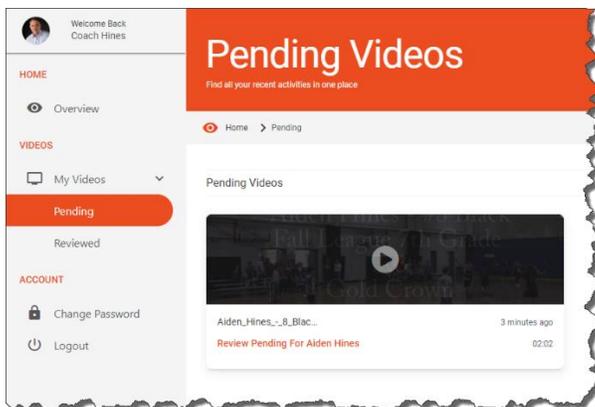


UpSport - Coach's Quick Start Guide

Two Tips Before Getting Started

1. Close all programs except for the web browser you will be using to access the UpSport app
2. Use Chrome as your browser (highly recommended for best results, Firefox would be the other option)

Once a video has been submitted by a player, login into the system, where you will see the home screen. From there, click on "pending videos" to see any videos for you to review.

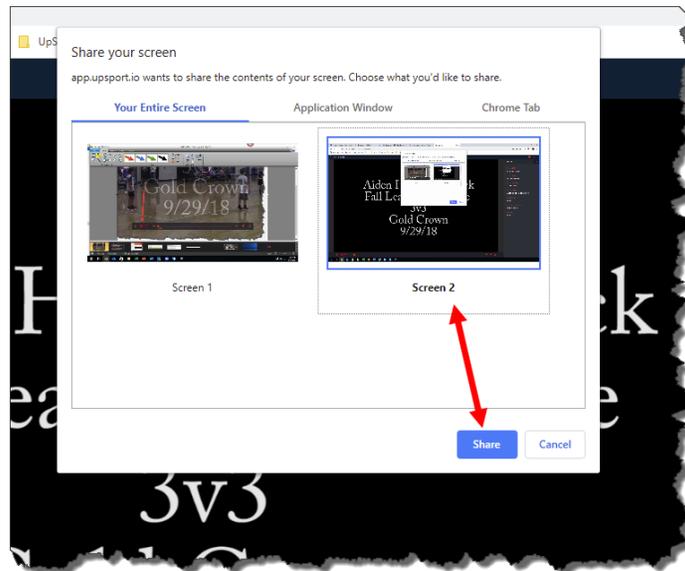


Next, click into the video to launch the player/recorder. Then, click the red circle button to start the recording process.

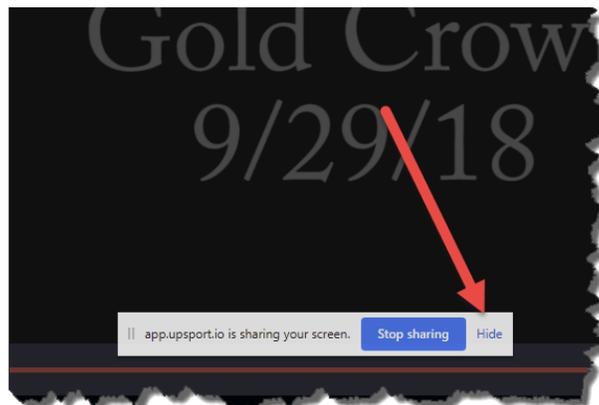


Once this happens, you will need to give the app permission to use your microphone.

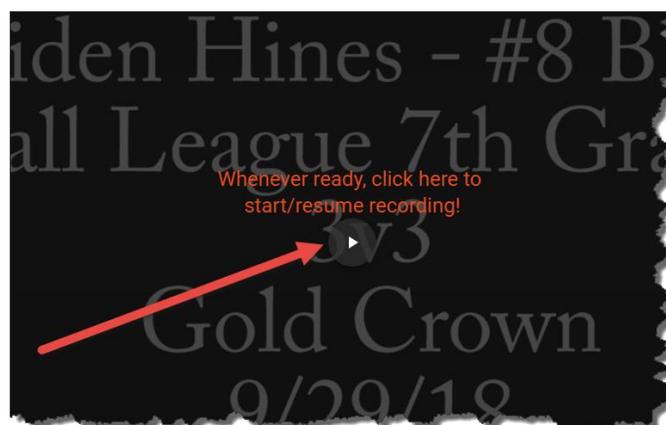
Next, you will need to give the system permission to recording your screen. Click the image of the monitor you wish to share (in this example, a dual monitor setup is shown). Then, click the share button. This is a browser security feature, not an UpSport feature.



Next, click the "hide" button:



Then, click the arrow icon to launch the video player and start recording (this will automatically put the video in full-screen mode).



Start your recording by talking over the playing video on the screen.

Hover over the screen to display the control bar.



The buttons on the control bar perform the following tasks:

1. Pause the video player. Use this if you want to freeze the video at a specific spot while you continue your voice recording. Click again (will be a triangle at that point) to resume the video player.
2. Play the video in slow motion. Clicking this button repeatedly will create a “frame-by-frame” effect. To resume to full speed playback, click button #1, mentioned in first step above.
3. Stop the recording and the video player simultaneously. This will give you an option to either discard the recording or upload it back to the athlete/player (see screen shot below). **Please note, you must manually stop the recording by clicking the red square in order to conclude the video recording breakdown process. The recorder does not stop automatically just because the video stopped playing.**
4. Pause the recording and the video simultaneously. Use this if you want to take a break from the recording for a period of time. Click again (will be a triangle at that point) to resume the recorder and the video player.
5. Rewind by 5 seconds
6. Use this timeline slide bar to scroll to a specific point in the video
7. Advance by 5 seconds
8. Exit full screen mode

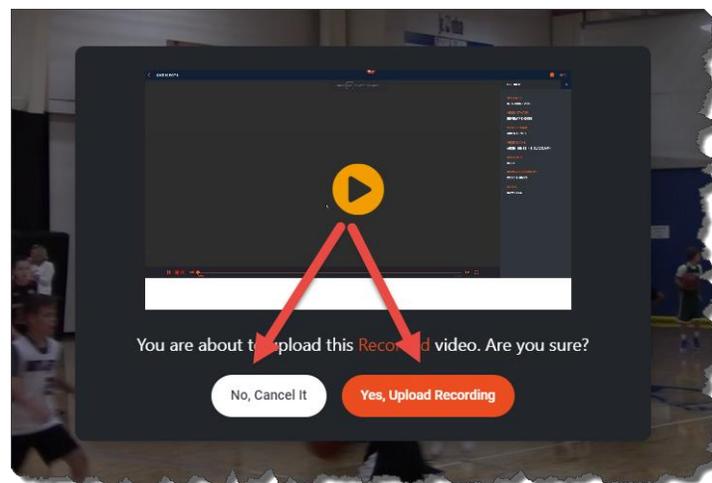
Finally, you can use for following keyboard commands as “hot keys” to control the video experience:

- Esc - Exit Full screen
- Space or Enter - Play or pause video player
- Right arrow button – click once to advance 5 seconds
- Left arrow button – click once to go back 5 seconds
- Space + shift - Play or pause recording
- O - Stop recording

Use the toolbar on the left side of the screen to make drawings and annotations (*note, additional annotations options are now available that are not reflected in the screen shot below*):

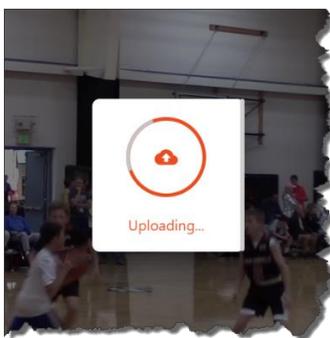


Once you are finished with the recording session, you can stop the recording process by clicking on the red square button. At that point, you will be presented with this dialog, which offers two options:

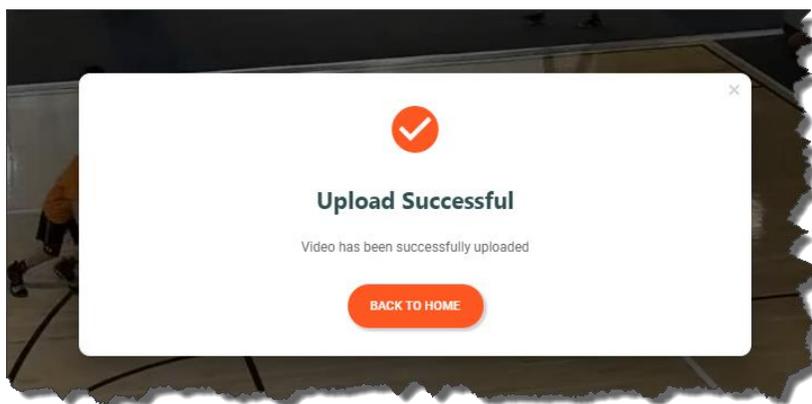


1. Choose “No, Cancel It” to discard the recording, and return to the home screen
2. Choose “Yes, Upload Recording” to complete the process; if the original video originated from a player, it will be returned accordingly

If you choose the option to send the finished product back to the athlete/player, you will see this message:

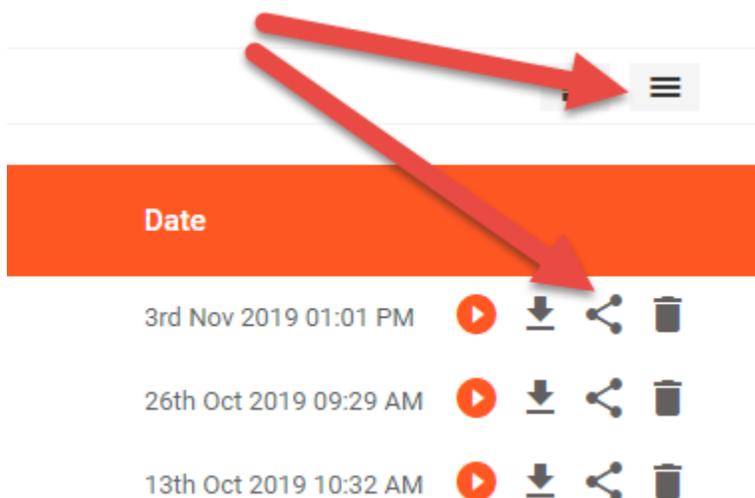


Do not close your browser tab until the video has finished uploading and you see this message:

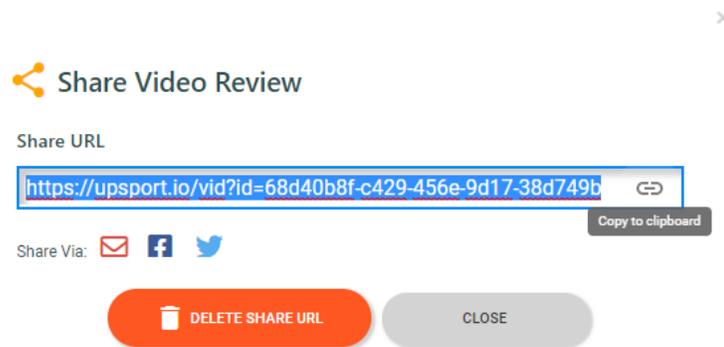


Alternatively, you can share the recorded video breakdown with any user, including users who do not have an UpSport account. To share using this method, you will generate a sharing URL that can be sent via email or social media:

Under Reviewed Videos, select the list view icon to generate a list of your video breakdowns. From there, select the sharing icon:



Then, you will be presented with the following dialog box. You can click the link icon to place the link URL in your clipboard, or click on one of the available icons to share directly through those channels:



Repeat these steps and click the “Delete Share URL” button to make this video unavailable for viewing through this URL.