

DRILL VIEWER GUIDE

A single screen app for finding and watching drills. Coaches line up a session and message it to a player. Players open the link, or line up a playlist of their own, and follow it.

DRILL VIEWER

www.stperformanceglobal.com/athlete-support/viewer/

Works in portrait and landscape on any phone, tablet or laptop. Nothing to build and nothing to install. Ask Simon for the access code.

THE SCREEN

Same layout everywhere

The drill video sits at the top with the written instructions under it and a one row Total strip. Two tabs switch the list below between **Drills** and **Playlist**.

FOR COACHES BUILD ONE SESSION AND MESSAGE IT TO A PLAYER

- 1 Open the viewer link and enter the access code once. The phone remembers it for 14 days.
- 2 In **Drills** search by name or open a group. Tap a drill to watch it run. Tap the **+** beside it to add it to the playlist and tap **✓** again to take it out.
- 3 Open **Playlist** to build the order. **+** and **-** change the reps, the arrows move a drill up or down and **x** removes it. **Clear** starts again.
- 4 Check the **Total** strip under the instructions. It updates as you build and shows distance, changes of direction, down-ups, drop-rolls and time, so you can match the session to the running a player needs.
- 5 Pick the pitch (Rugby, Football or Soccer) and metres or yards with the small buttons in the corner of the video so the distances read the way the player thinks.
- 6 Press **Copy link** and paste it into WhatsApp, text or email with a line such as "Run this one today". The link carries the drills and the reps, so there is nothing to attach.

Short notice? Build it in a minute, send the link and the player can run it from the car park. Anyone who opens the link needs the access code, and the link opens the session you built in place of any playlist they already had.

FOR PLAYERS OPEN A LINK AND FOLLOW IT

- 1 Tap the link in the message. If your phone opens it inside WhatsApp, use the menu to open it in Safari or Chrome.
- 2 Enter the access code. You see the session as a playlist with the first drill ready to play.
- 3 Press **Play in order**. Watch the drill and read the instructions under the video. **Next** and **Prev** move through the session and a drill ticks off when you move on.
- 4 Use the camera buttons to see a drill from above or behind the player, slow it to 0.5x and use **Loop** to repeat it while you learn where the cones go.
- 5 Turn the phone sideways for a wide view. Time your rests with your own stopwatch.

FOR PLAYERS

LINE UP A PLAYLIST FROM A LIST YOU WERE GIVEN

If a coach sends a script such as "Bronco, 22 Bronco and Pro Agility" rather than a link, build it yourself in a minute.

- 1 Open **Drills** and type the first drill name into the search.
- 2 Tap the **+** beside it. It goes to the bottom of your playlist and the button turns to **✓**.
- 3 Repeat for each drill in the order you were given.
- 4 Open **Playlist** and set the reps with **+** and **-**. Use the arrows to fix the order. The **Total** strip should match the distance your coach set.
- 5 Press **Play in order** and work through it. Your playlist saves on your phone, so it is still there next time you open the viewer.

KEEP IT ON YOUR PHONE

DEVICE	HOW
iPhone	Open the viewer in Safari, tap Share and choose Add to Home Screen. The icon says VIEWER.
Android	Open the viewer in Chrome and choose Add to Home screen from the menu.

GOOD TO KNOW

- The pitch buttons (Rugby, League, Soccer, Football) and the metres or yards switch sit in the corner of the video. They change the field and every distance in the totals and the descriptions.
- Opening a link from a coach replaces the playlist you built yourself. To keep yours, copy your own link first with **Copy link** and paste it into a note.
- A link needs the access code on a new device or after 14 days. Ask your coach or Simon.
- The viewer only shows and times drills. Building programmes lives in the Programme Builder and full sessions and plans in the Visualiser.

NEED A SESSION BUILT FOR YOU?

Book a call with Simon Thomas for individual athlete programming or coach mentoring.

[Book a call](#)

General guidance only. Warm up first and choose drills, loads and surfaces that suit you. Coaches remain responsible for drill selection, loading and supervision.