

**XPS** network

**Complete software solution for  
clubs, coaches and athletes.**

 [www.sidelinesports.com](http://www.sidelinesports.com)





# Everything in one place.

XPS Network is the one-stop-shop for clubs, organisations and sports academies



Planning



Monitoring



Analysis



Tactics



Communication



Evaluations

Team Sports



Individual Sports



Esports



Sports Associations



**Flexibility is our strength.**



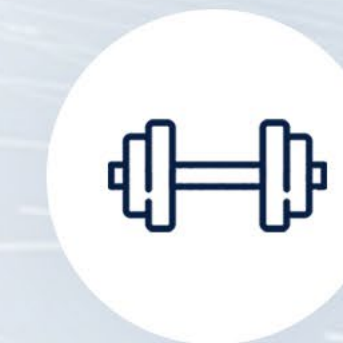
Coaching Education



S&C and  
Performance  
Coaches



Sports  
Academies  
& Schools



Personal Coaches

Calendar

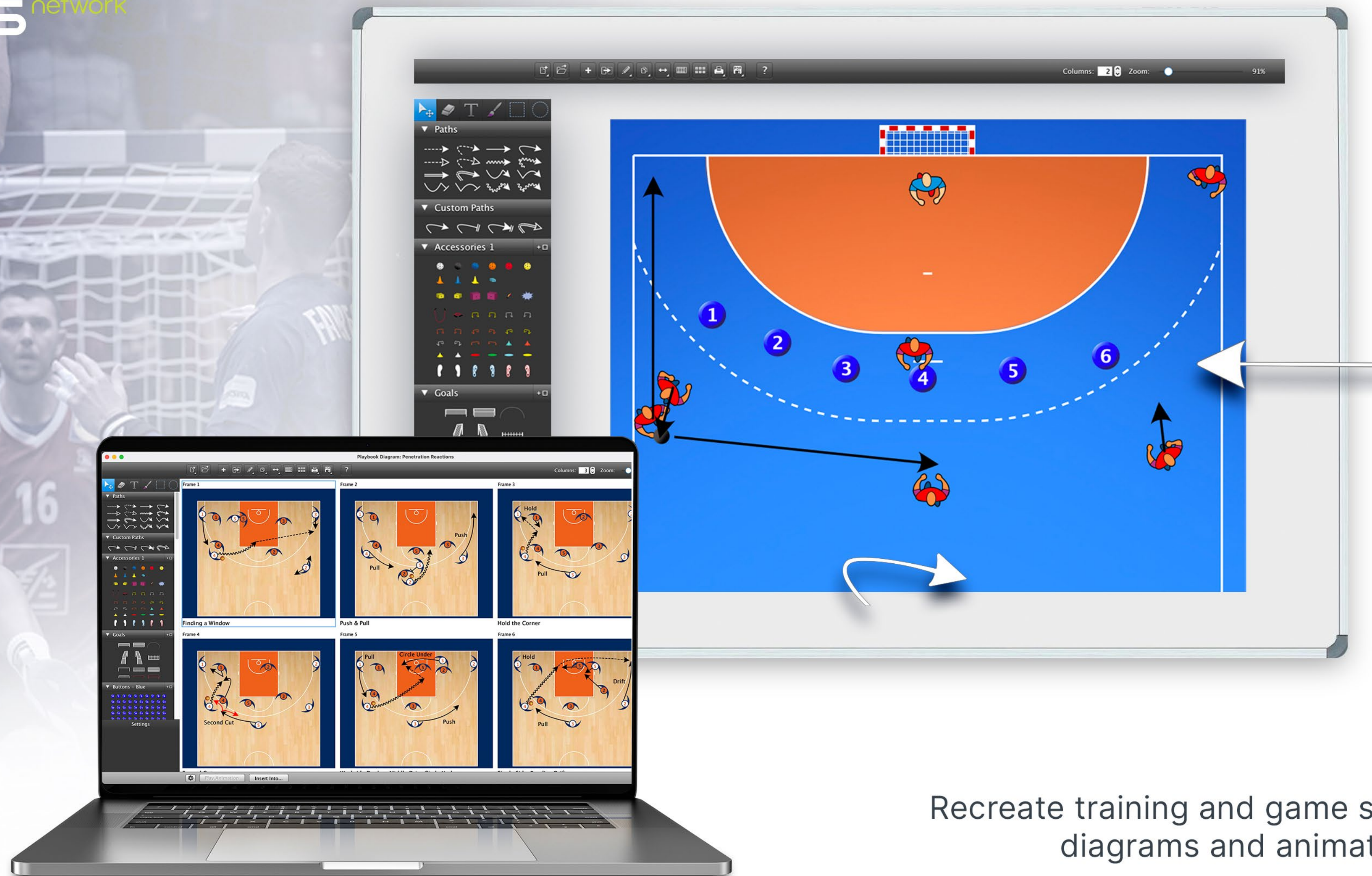
Collections

# Planning

Build and plan team and individual programmes and sessions with ease.

Session Planner



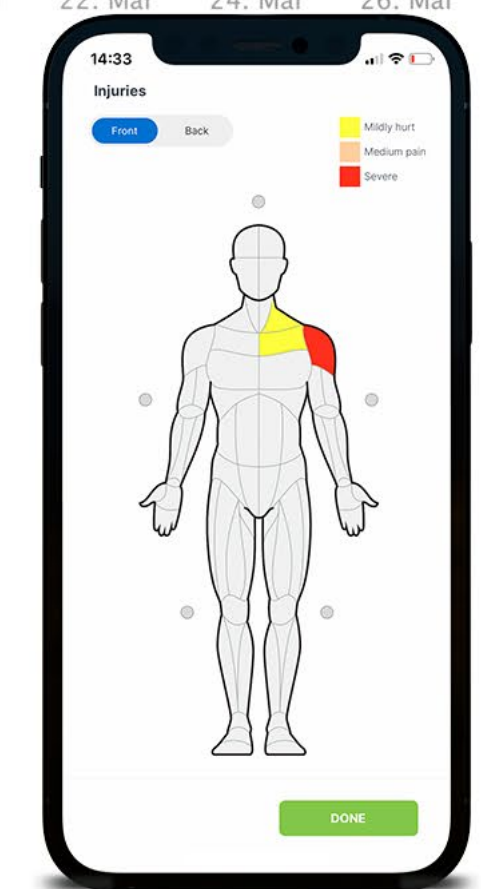
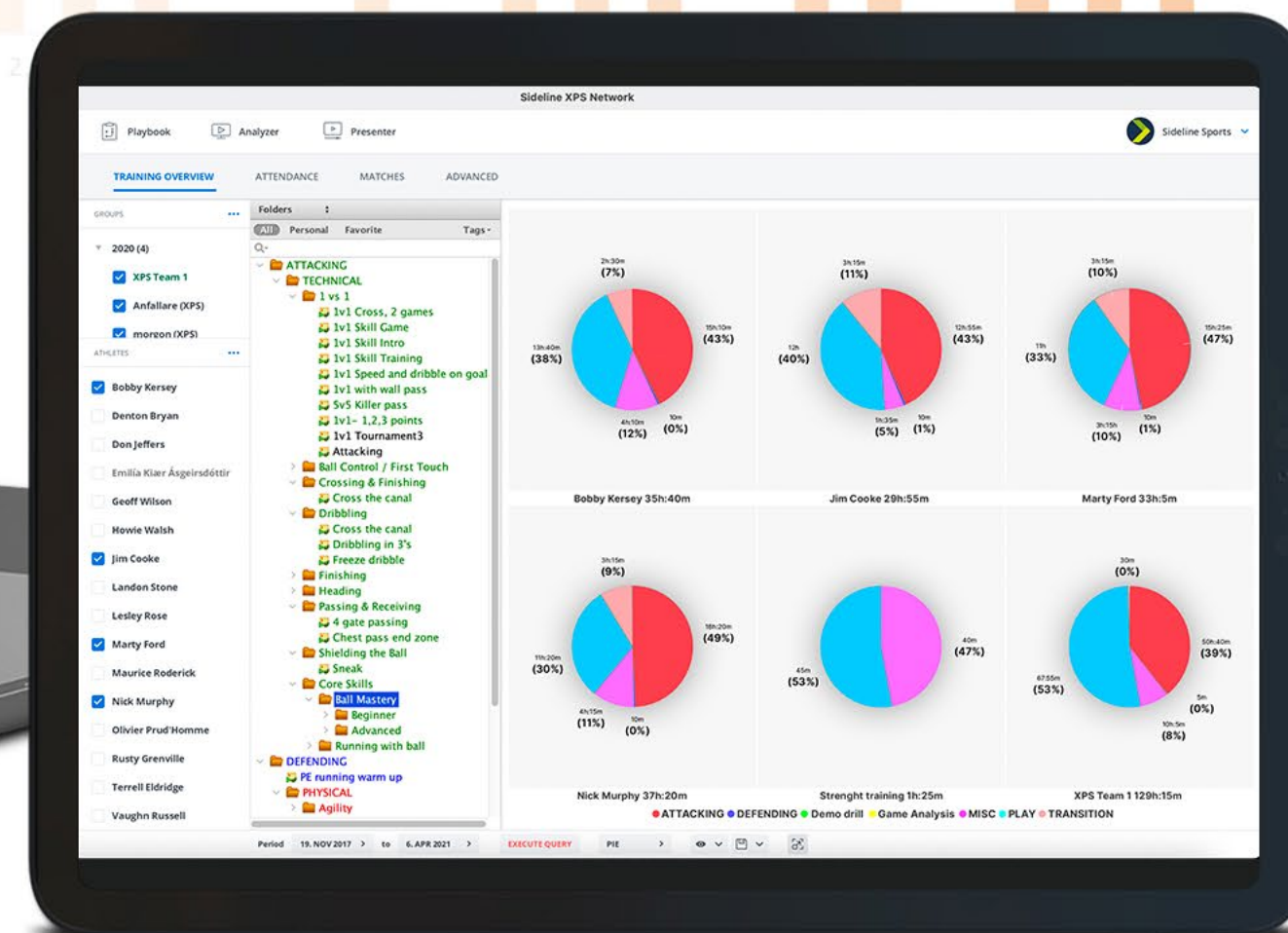
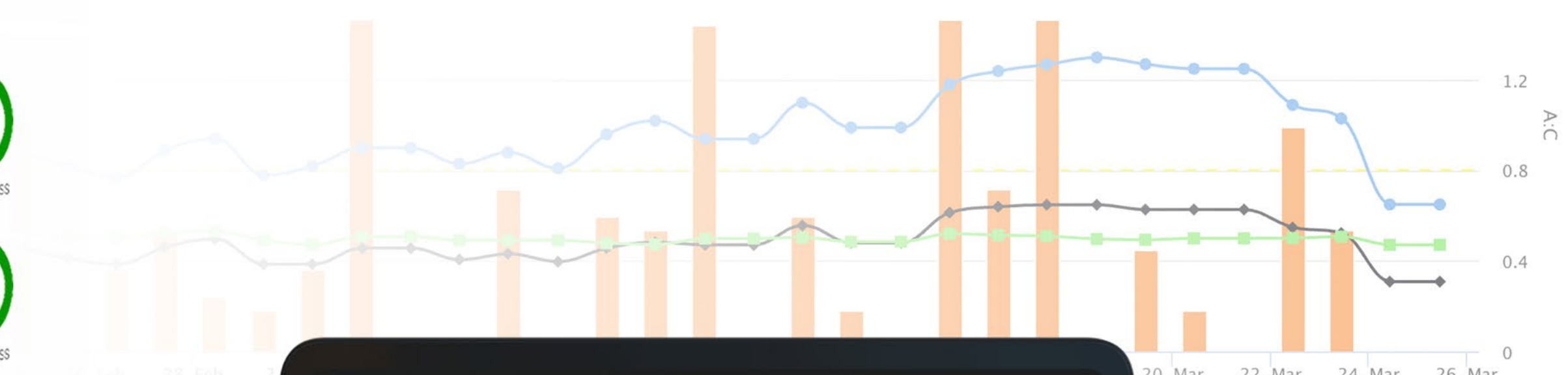


## Tactics

Recreate training and game situations through diagrams and animations in Playbook.

# Monitoring

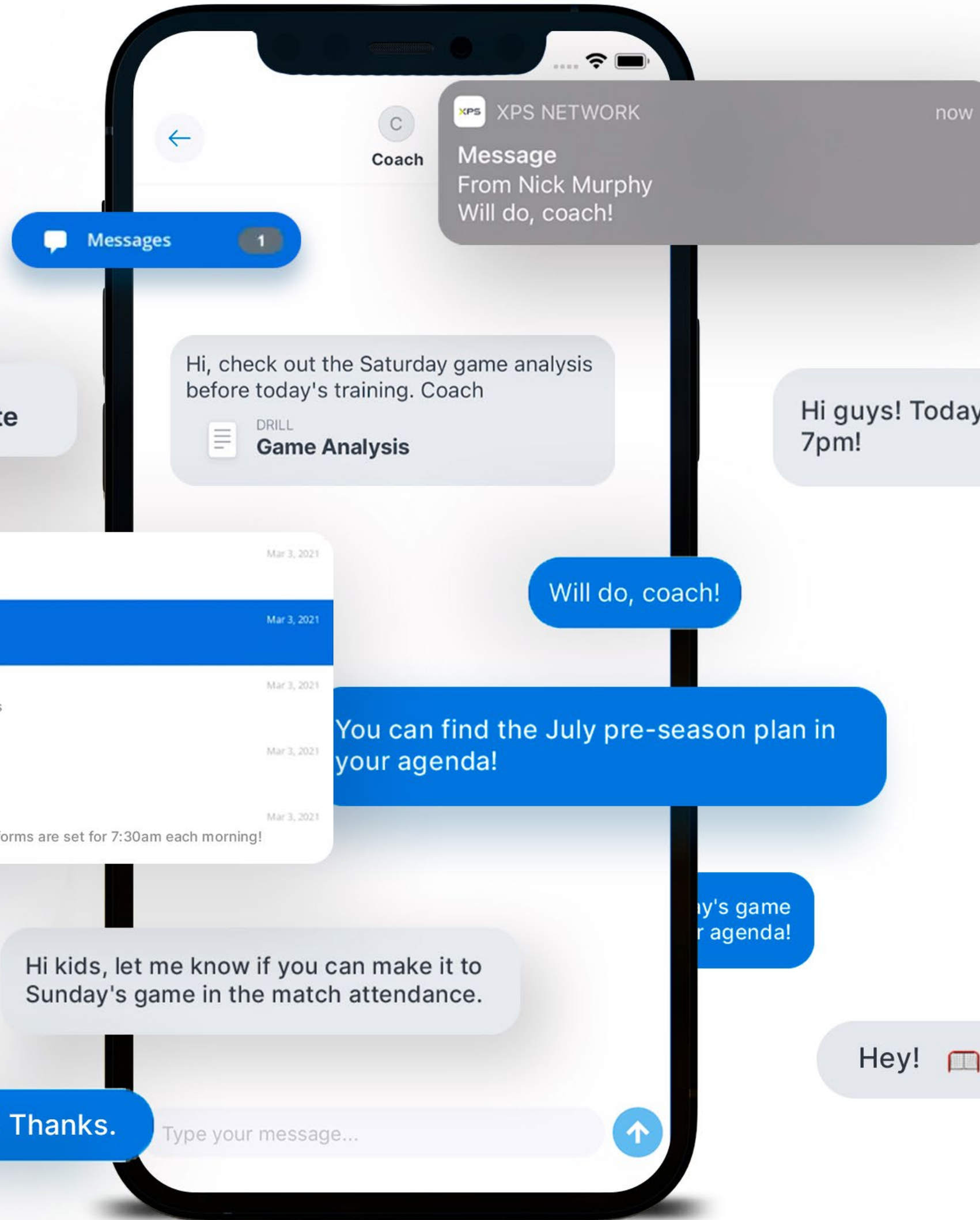
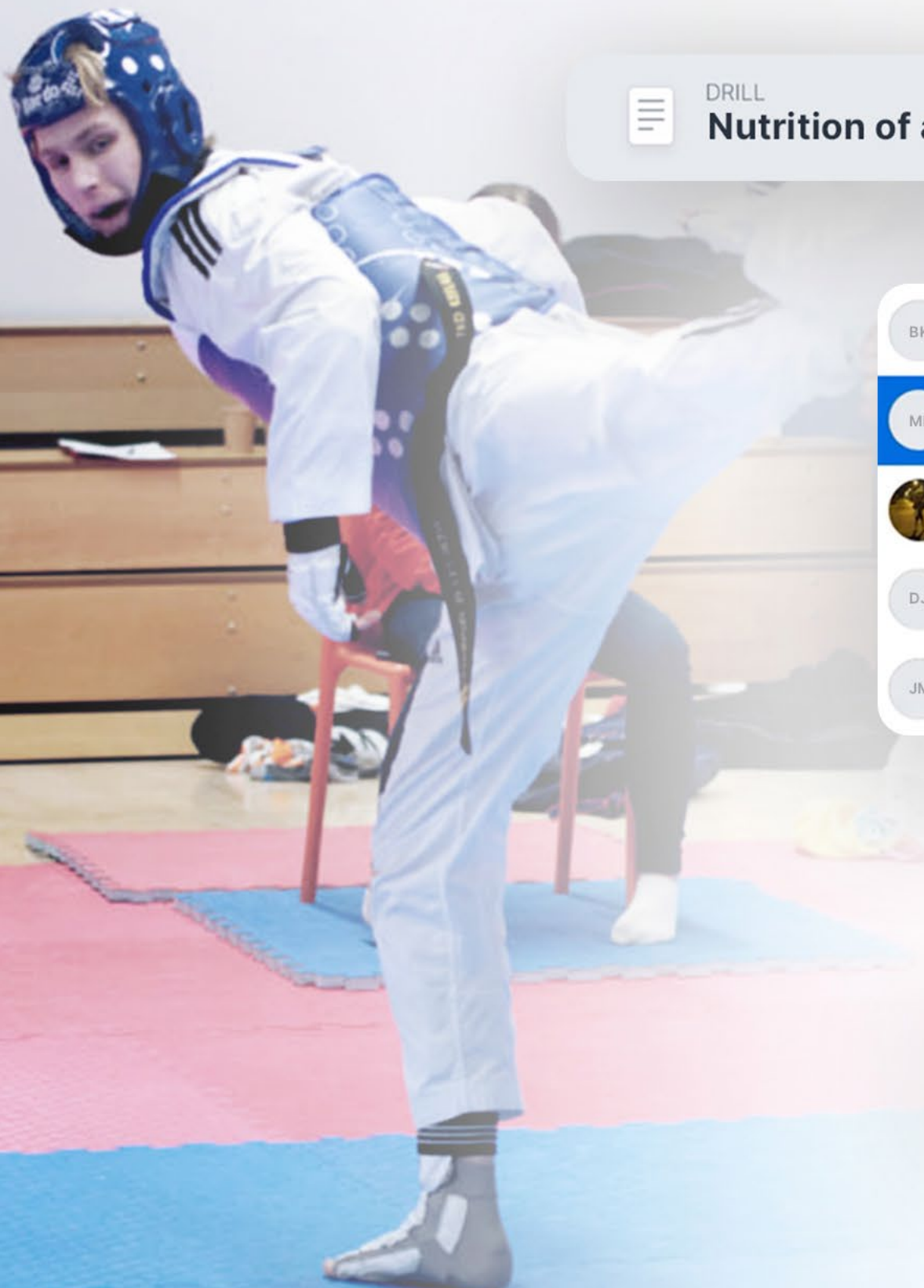
Monitor readiness, wellness and training load. Make data-driven coaching decisions.





## Analysis

Analyze your performance in training and matches. Generate high levels of accountability and feedback.



# Communication

Keep all communication with coaches and athletes in one place.



# Collections

Create your lifetime of coaching observation.

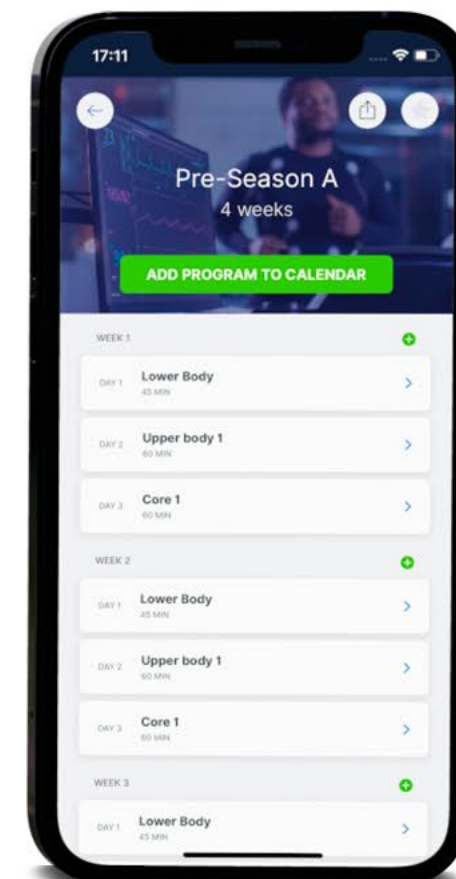
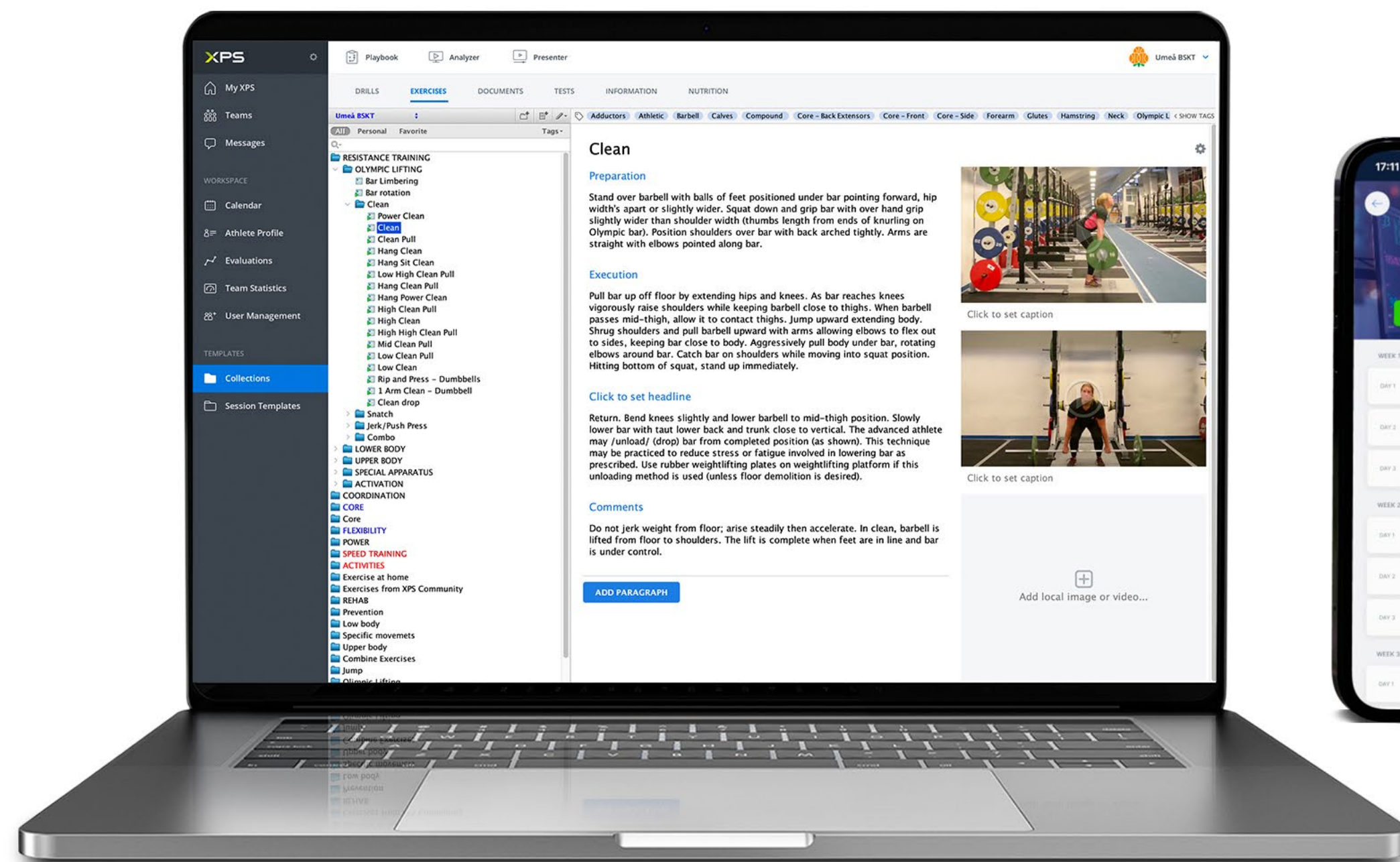
This screenshot shows the XPS software interface with a document titled "Mix Drills" open. The left sidebar contains navigation options like "My XPS", "Teams", "Messages", "Workspace", "Calendar", "Athlete Profile", "Evaluations", "Team Statistics", and "User Management". The main content area includes a "Table of Contents" and a "Why is Mixing Effective?" section. The document text explains that mix drills are individual player development drills that focus on mixing many offensive skills at one time. It also mentions that contextual interference is one of the main mechanisms responsible for the benefits of interleaving.

This screenshot shows the XPS software interface with a document titled "1:1 + ta beslut I" open. The left sidebar is similar to the previous screenshot. The main content area features a "Table of Contents" and a "Why is Mixing Effective?" section. The document text discusses decision-making in a 1:1 situation, mentioning rules and upgrades for the drill. It states that players are supposed to decide if they go for less points (but easier success) or more points (but more difficult success).

This screenshot shows the XPS software interface with a document titled "7v7 Breaking Lines" open. The left sidebar is similar to the previous screenshots. The main content area includes a "Table of Contents" and a "Why is Mixing Effective?" section. The document text describes the organization and coaching points for a 7v7 drill, such as "4v4 centrally, players must stick to their zones" and "Two attacking players in the attacking zones vs one defender." It also lists coaching points like "Awareness before receiving the ball to identify line breaks."

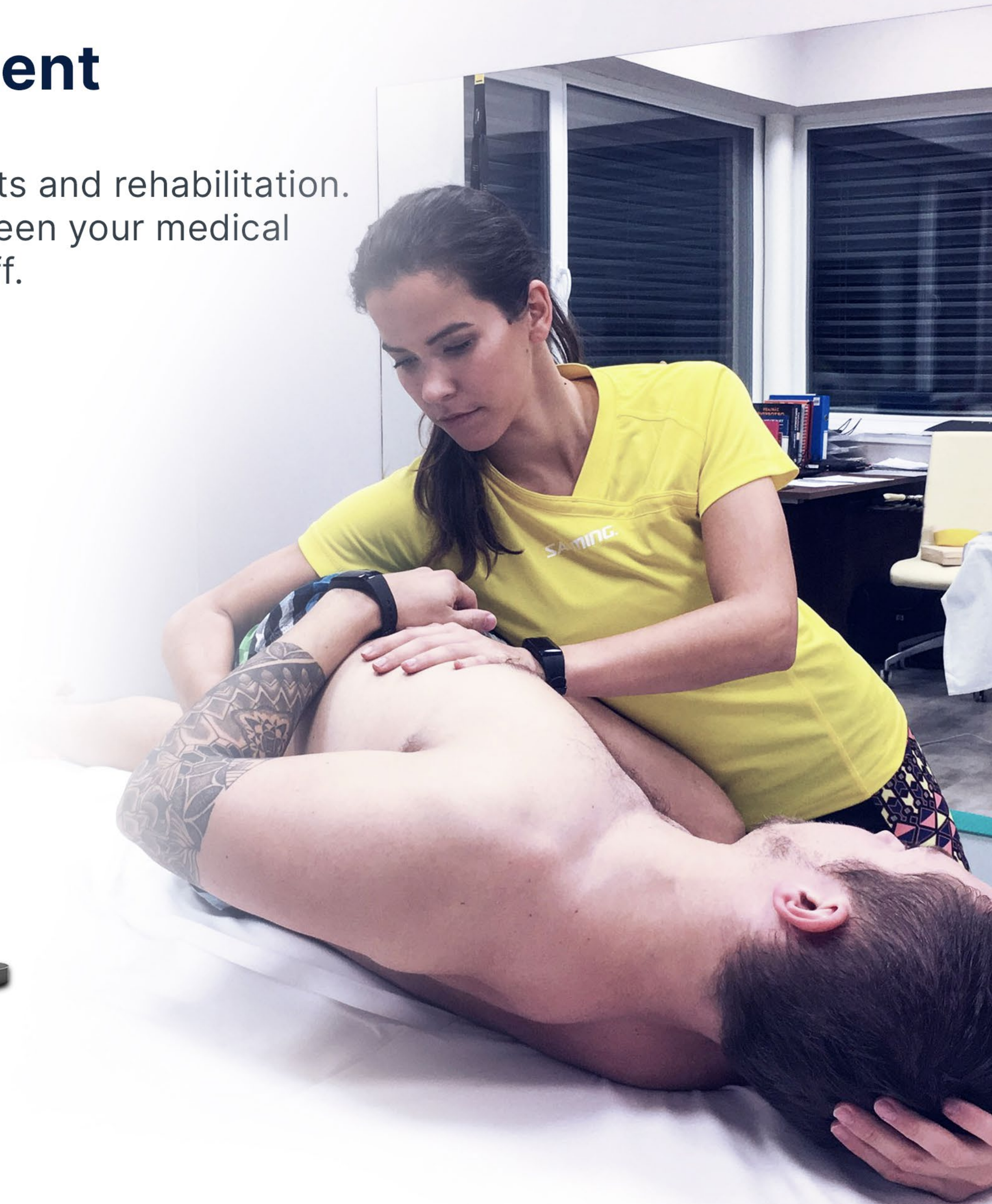
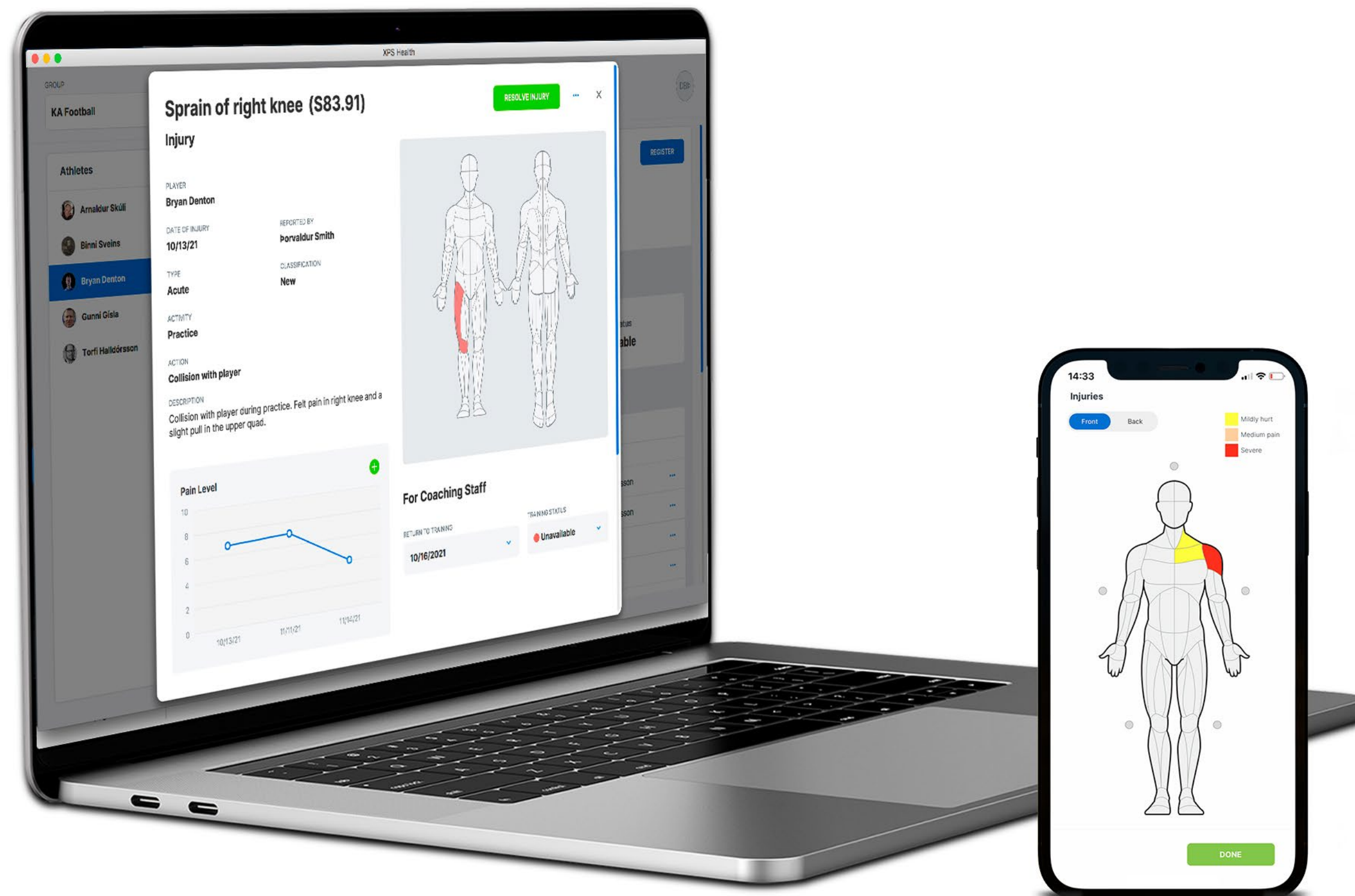
# Strength & Conditioning

Video library with thousands of exercises.  
Get instant feedback on your athlete's progress.



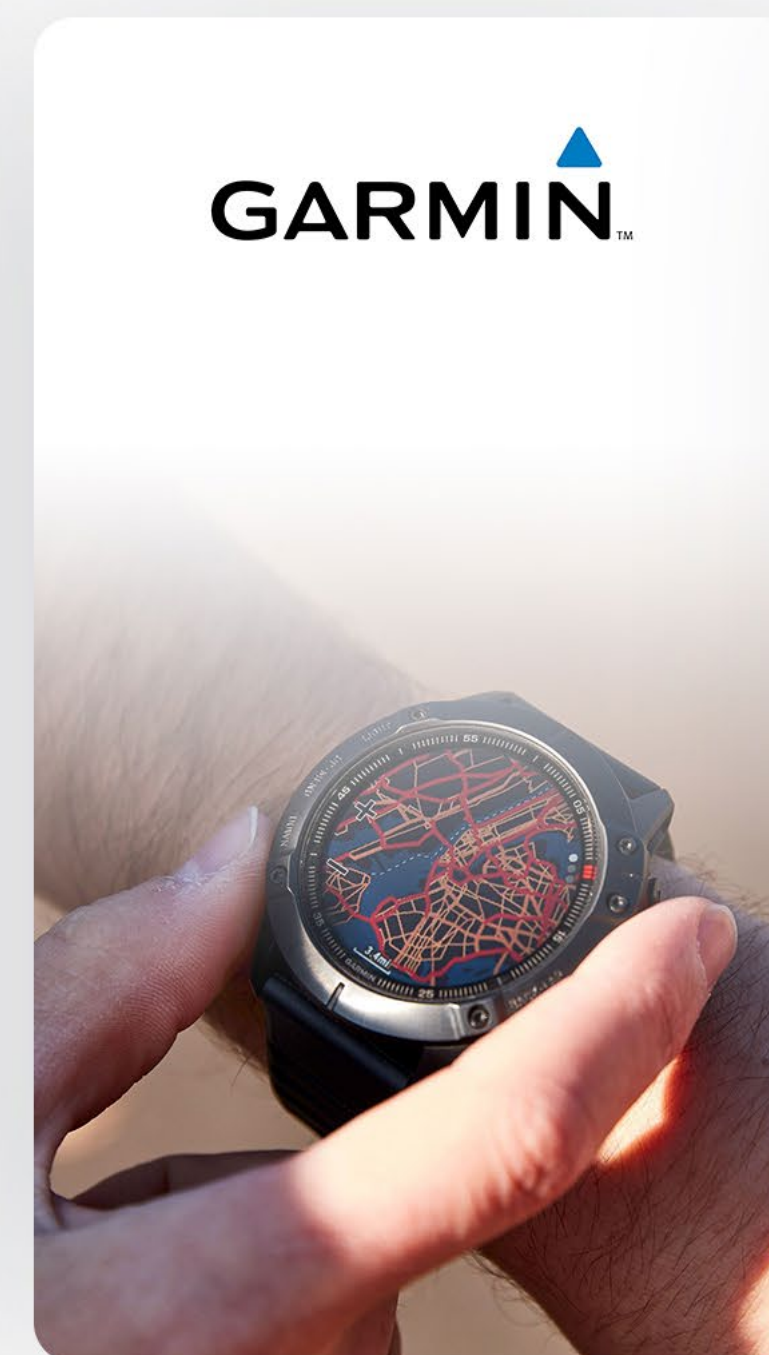
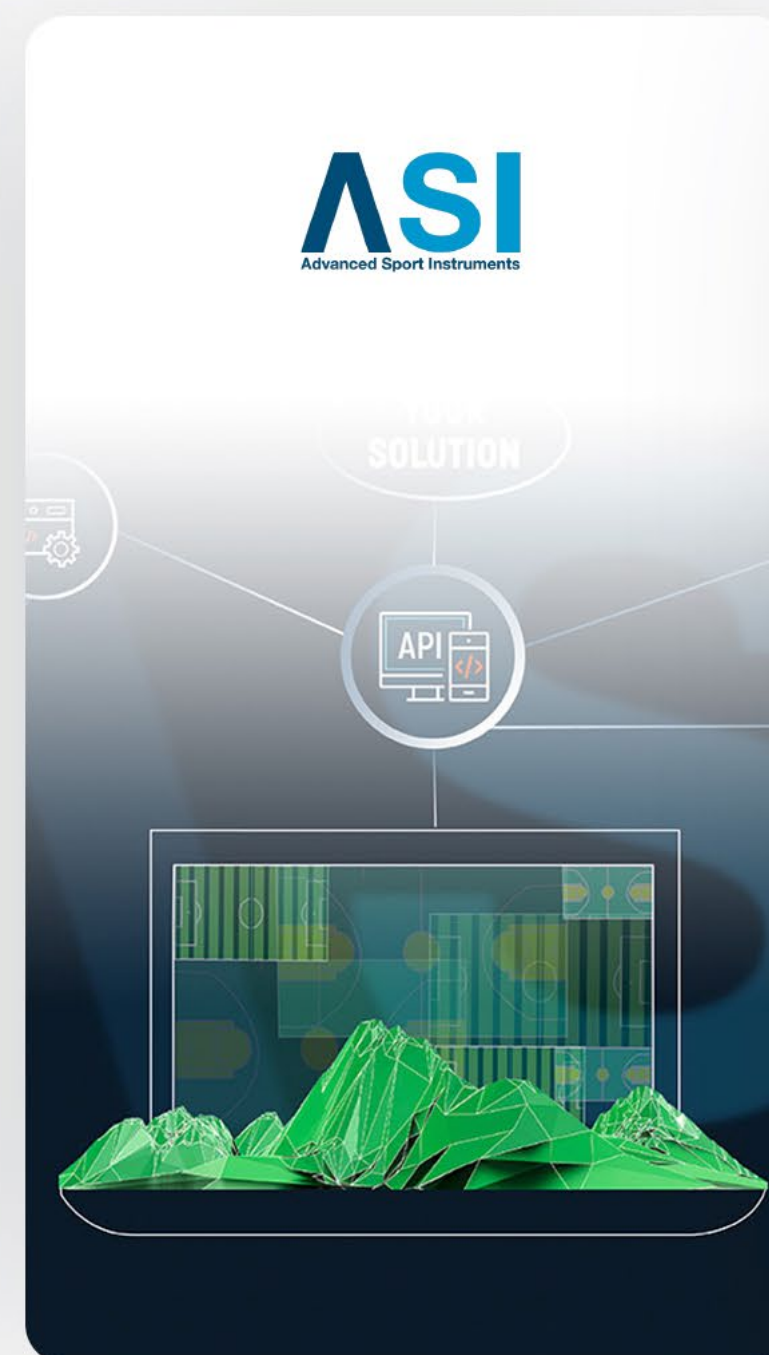
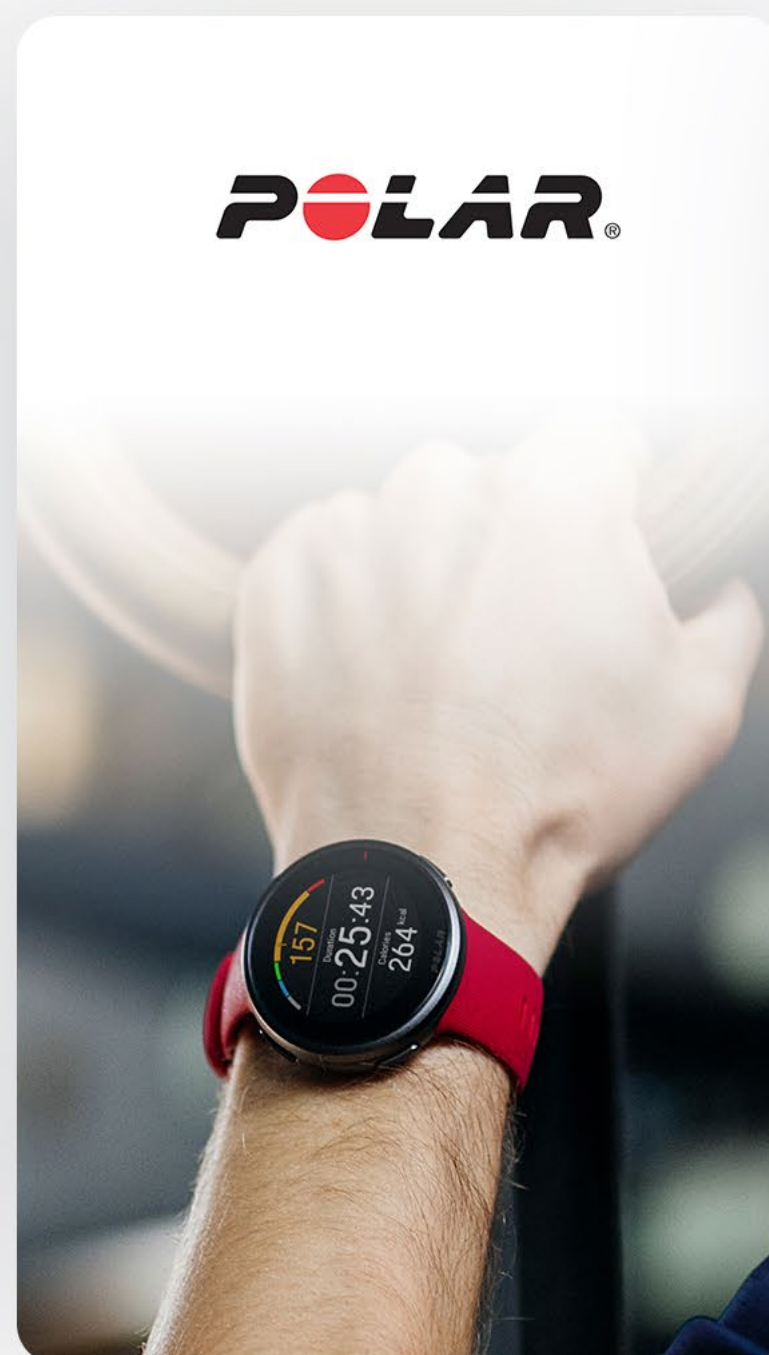
# Injury Management

Report injuries and illnesses, plan treatments and rehabilitation.  
Provide seamless communication between your medical team and coaching staff.



# XPS Integrations


Connect XPS with your favorite wearables and APIs



**XPS** network

**20 integrations and counting**

We integrate new products every month



# XPS Sports Associations

 <p>Czech Football Association</p>	 <p>Danish Football Association</p>	 <p>Austrian Volleyball Association</p>	 <p>Swedish Basketball Association</p>	 <p>Soccer Québec</p>	 <p>Spanish Handball Association</p>	 <p>Czech Floorball</p>	 <p>Faroe Island Football Association</p>
 <p>Czech Basketball Association</p>	 <p>Danish Floorball Association</p>	 <p>Italian Handball Association</p>	 <p>Icelandic Football Association</p>	 <p>Czech Squash Association</p>	 <p>Czech Badminton Association</p>	 <p>Austrian Handball Association</p>	 <p>Israel Handball Association</p>
 <p>Norwegian Football Association</p>	 <p>Icelandic Basketball Association</p>	 <p>Portuguese Handball Association</p>	 <p>Swedish Bandy Association</p>	 <p>Bosnia and Herzegovina Handball Association</p>	 <p>Norwegian Basketball Association</p>	 <p>Danish Handball Association</p>	 <p>England Handball Association</p>
 <p>Bayern Basketball Association</p>	 <p>Swedish Floorball Association</p>	 <p>Swedish Volleyball Federation</p>	 <p>Czech Volleyball Association</p>	 <p>USA Team Handball</p>	 <p>Faroe Handball Association</p>	 <p>Finnish Handball Association</p>	 <p>Swiss Handball Association</p>
 <p>German Handball Association</p>	 <p>Swedish Handball Association</p>	 <p>Norwegian Handball Association</p>	 <p>Icelandic Handball Association</p>	 <p>Icelandic Volleyball Association</p>	 <p>Japan Handball Association</p>	 <p>Russian Handball Federation</p>	 <p>Bahrain Handball Association</p>





XPS network

We are  
worldwide.



33 languages

92 countries



57 sports



2000 clubs



30.000 coaches



120.000 athletes



**John Welch**

Los Angeles Clippers

"You don't go to Basketball Heaven without using XPS Network."



**Karel Poborský**

Czech Football Association

"XPS is a key tool in analysis of the whole working process in our Regional Youth Academy project."



**Kasper Hjulmand**

Denmark Football Team

"XPS allows you to do things your way. As simple or as detailed as you want."



**Boris Balibrea**

Sweden Basketball

"XPS is a perfect tool, with everything that a professional staff needs to manage its own team."

**You are in good  
company.**



**Elísabet Gunnarsdóttir**

Kristianstads DFF

"As soon as you start using XPS it becomes your twin. You get addicted to it."



**Filip Jícha**

THW Kiel

"I spend 80% of my coaching job working with XPS."



**Joonas Naava**

EräViikingit

"We're handling basically everything regarding all our teams in XPS Network."



**Olli-Pekka Yrjänheikki**

Jokerit Helsinki

"XPS helps our coaches evolve and makes my life easier, no other software provides the same."



## Agust Thorkelsson

Founder & CEO Sideline Sports

“We are big believers in keeping it simple. In the power of data in sports, and how much coaches can do with the right information at your fingertips. Our priorities have always been the same: Provide great service, build the best data-driven products in the business, and have fun! For our coaches and sports teams across the world, XPS Network is like a lighthouse - it helps them navigate.”

## What is Sideline Sports?

Founded in 2001, Sideline Sports started with a team of three. Now we are a company with 30 employees, working with over 2,000 clubs and sports teams in 92 countries. We ensure coaches and teams are better organised, benefit from more effective communication, and have access to key coaching data that drives smarter decision-making.

Our main product, XPS Network, has earned the long-term trust of thousands of customers, including some of the world’s largest — and smallest — sports clubs and organizations. We are proud of our success and will continue to raise the bar, creating and providing cutting-edge and easy-to-use software for coaches in every sport, all around the world. Join us on this journey! We feel we are just getting started.

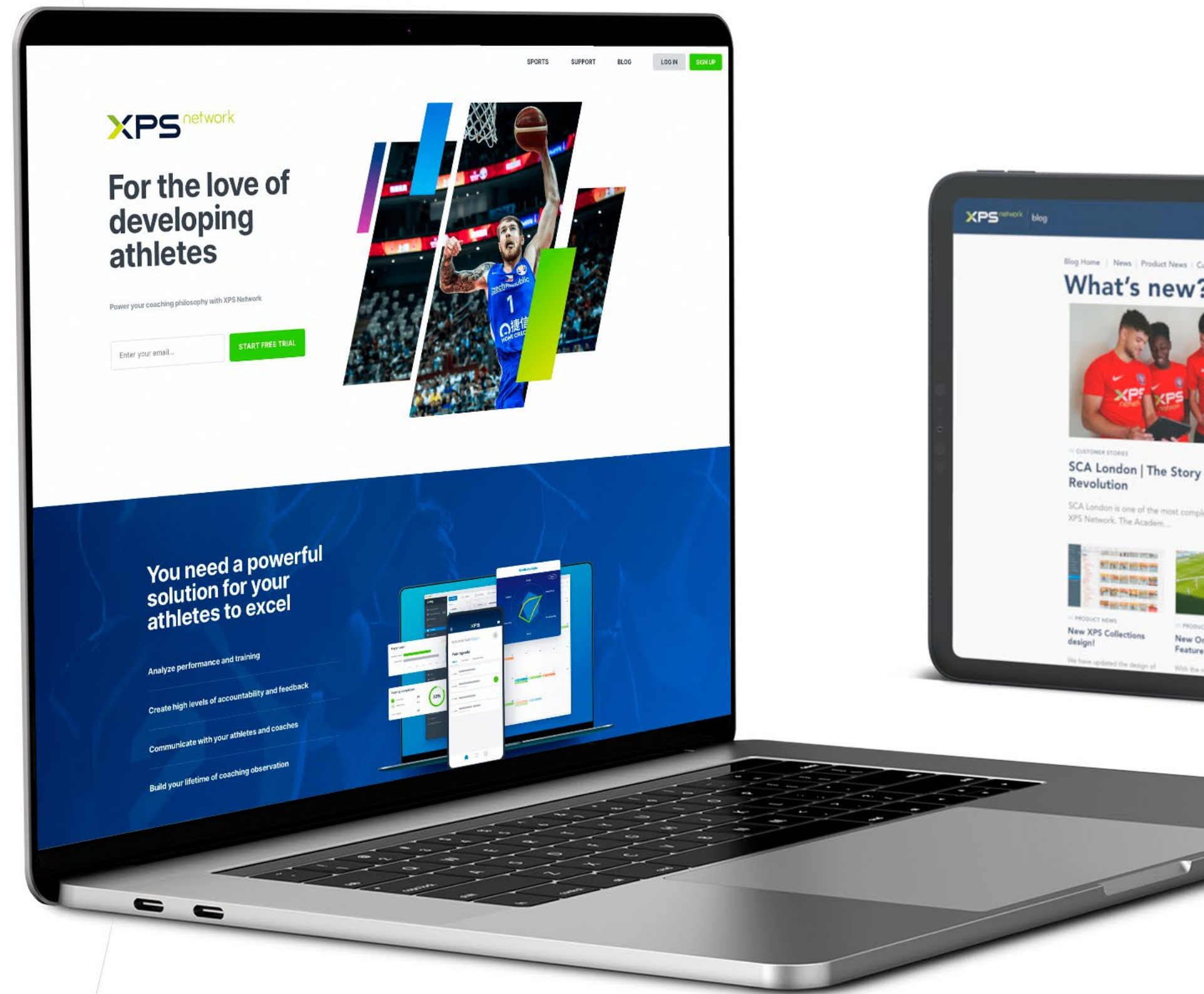


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## Website



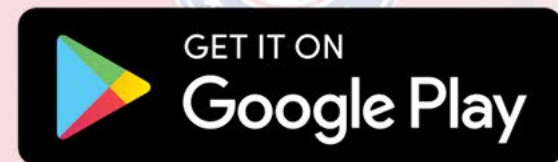
## Blog



## Podcast

XPS network

Always with you.



**XPS** network

Be ahead of your competition.