

XPS network

为俱乐部、教练和运动员
提供完整解决方案的软件。

 www.sidelinesports.com





一站式的服务。

为俱乐部、组织机构和体育学院提供一站式的软体系统。



规划



监测



分析



策略



沟通



评价

团队运动



单人运动



电竞



体育协会



灵活性是我们的优势。



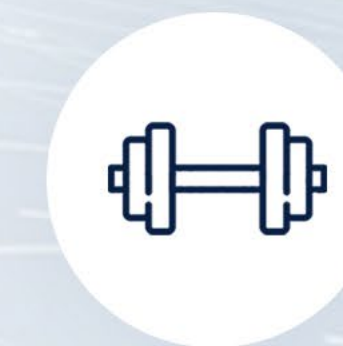
教练教育



体能与
高绩效教练



体育学院
与学校



私人教练

日历表

收藏

规划

轻松的构建、规划团队和个人项目和课程。

训练规划器



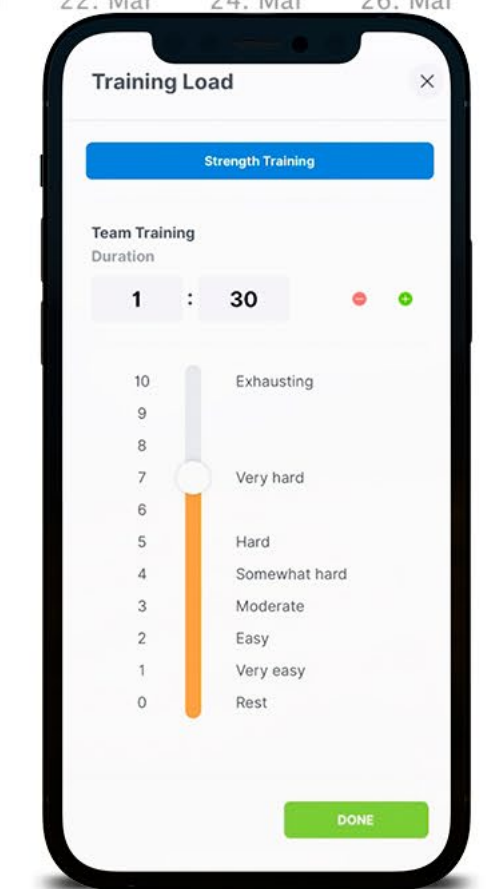
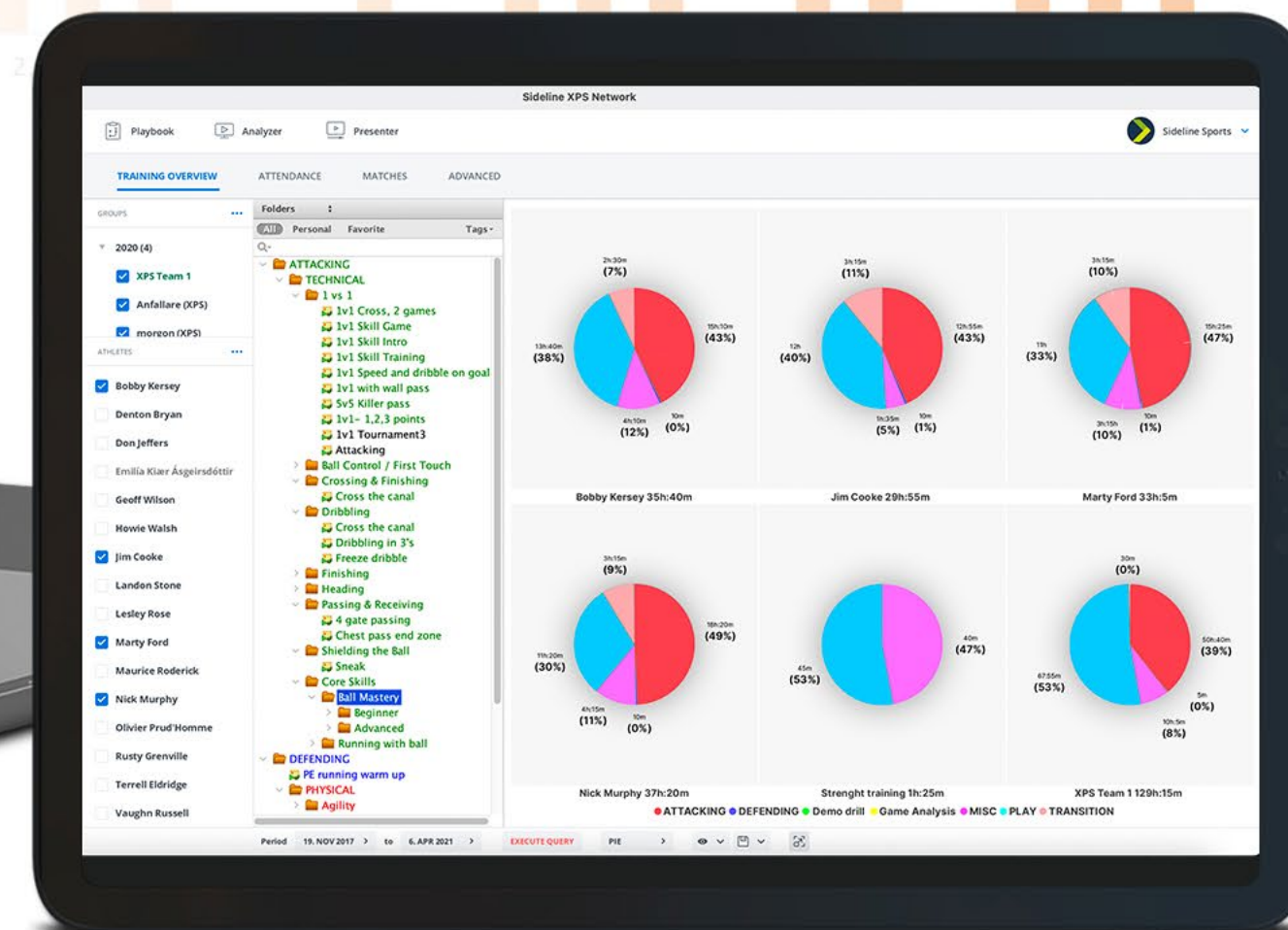
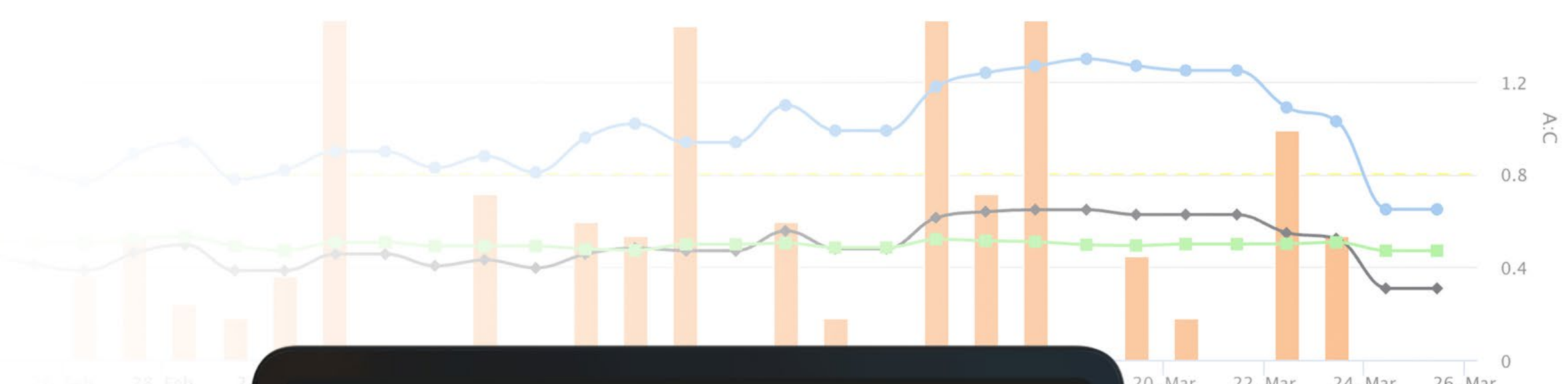


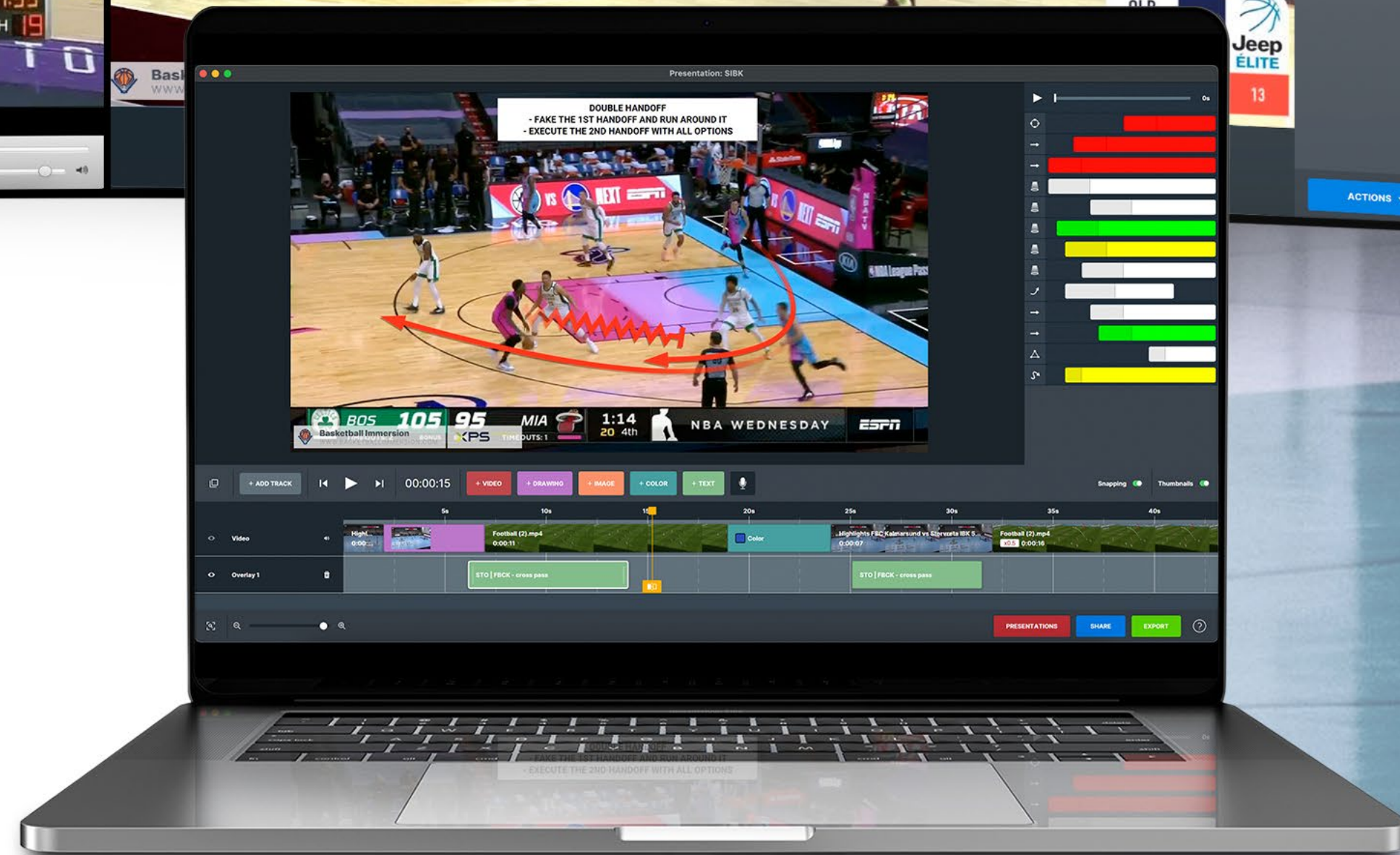
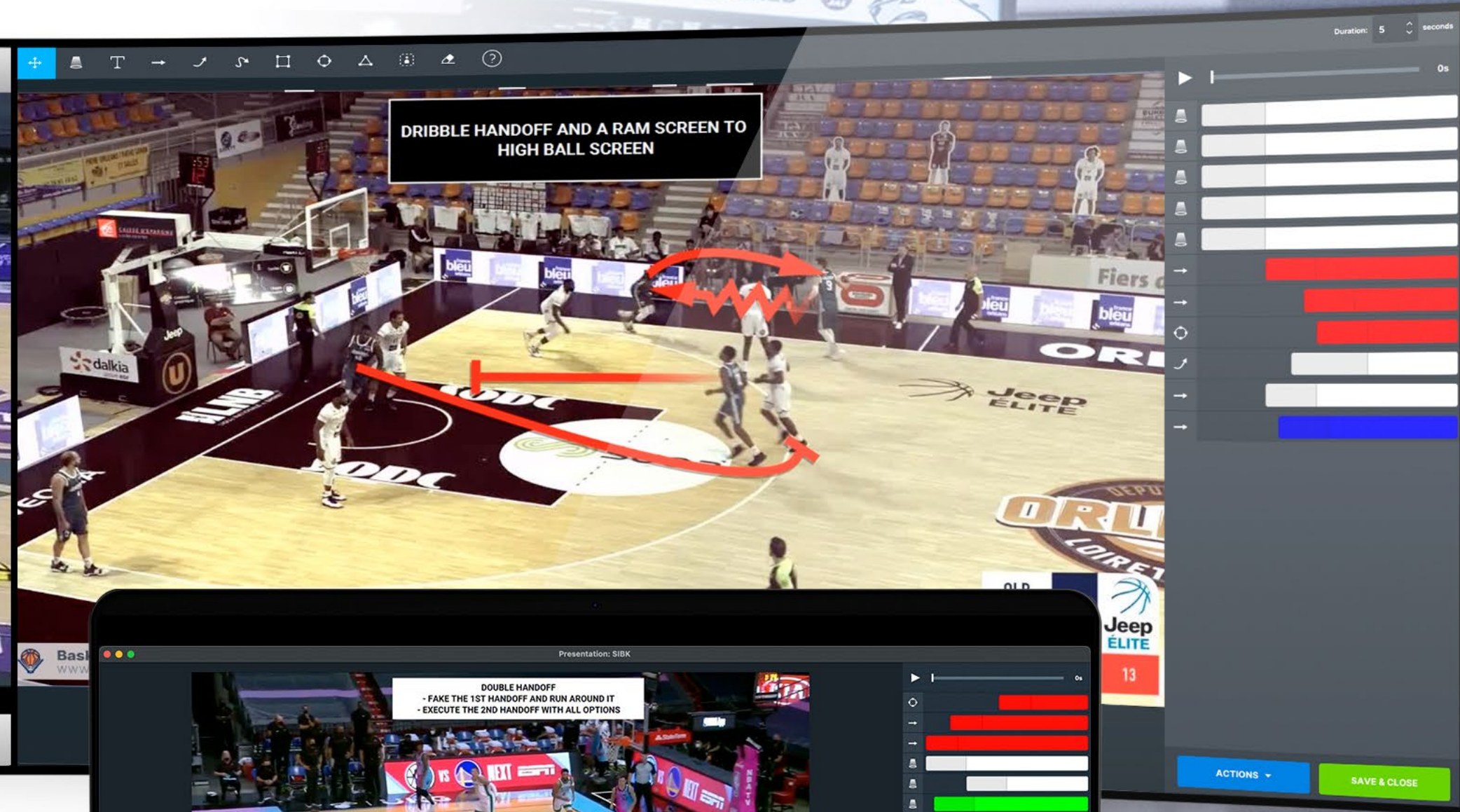
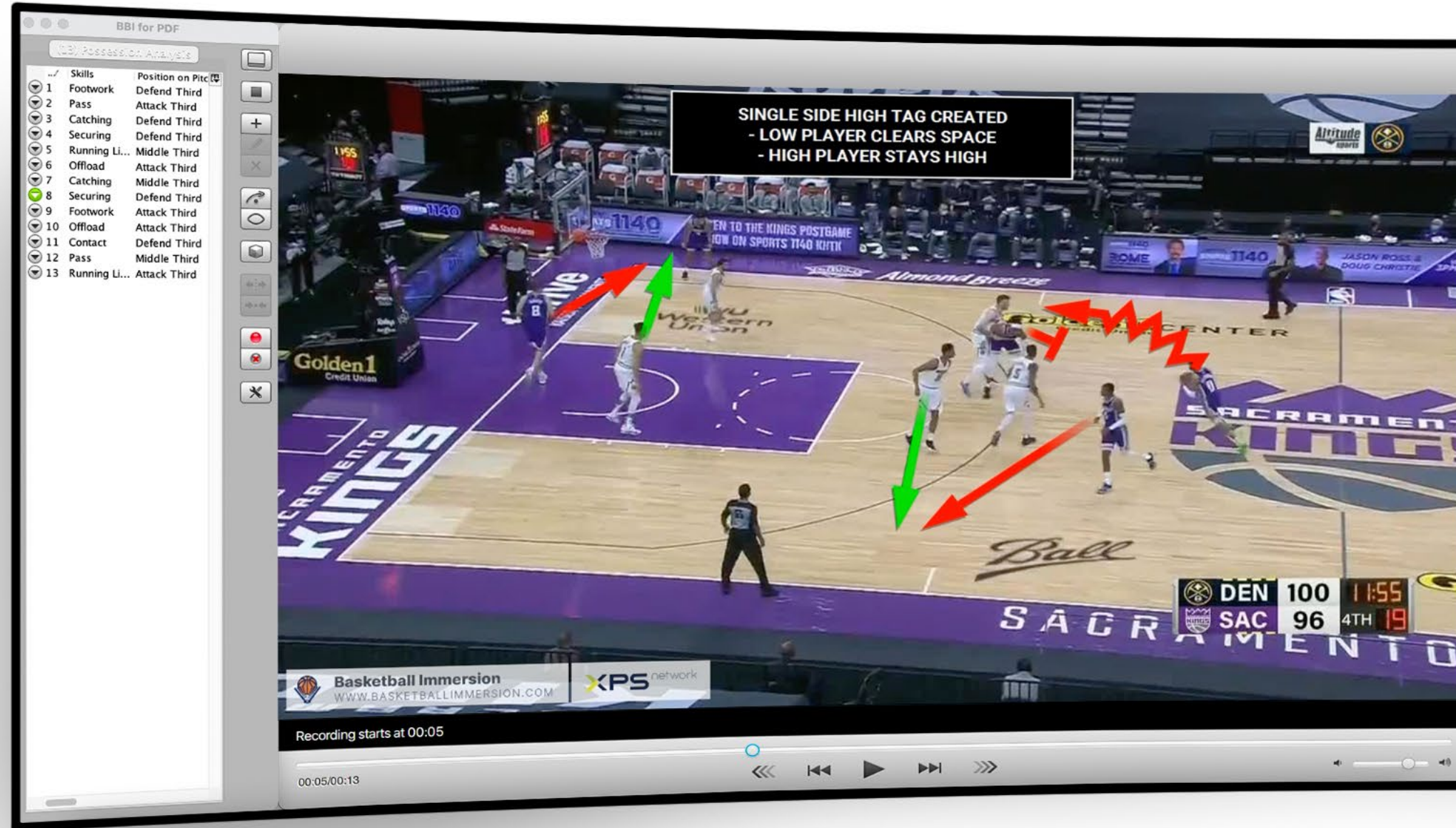
策略

通过 Playbook 中的图表和动画重创训练和比赛情况。

监测

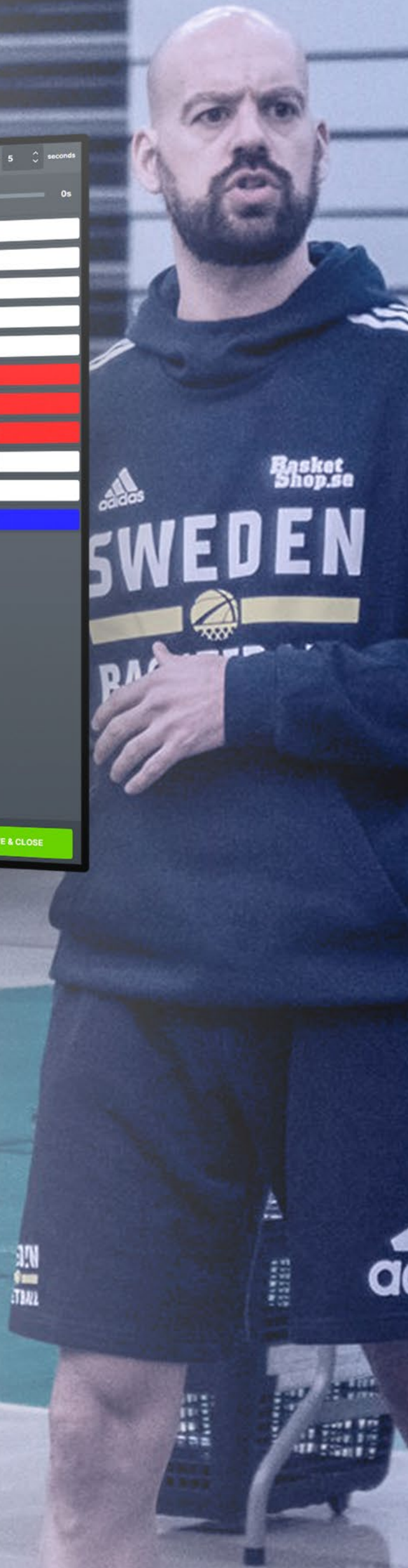
监测准备状态、健康和训练负荷。
做出数据驱动的指导决策。

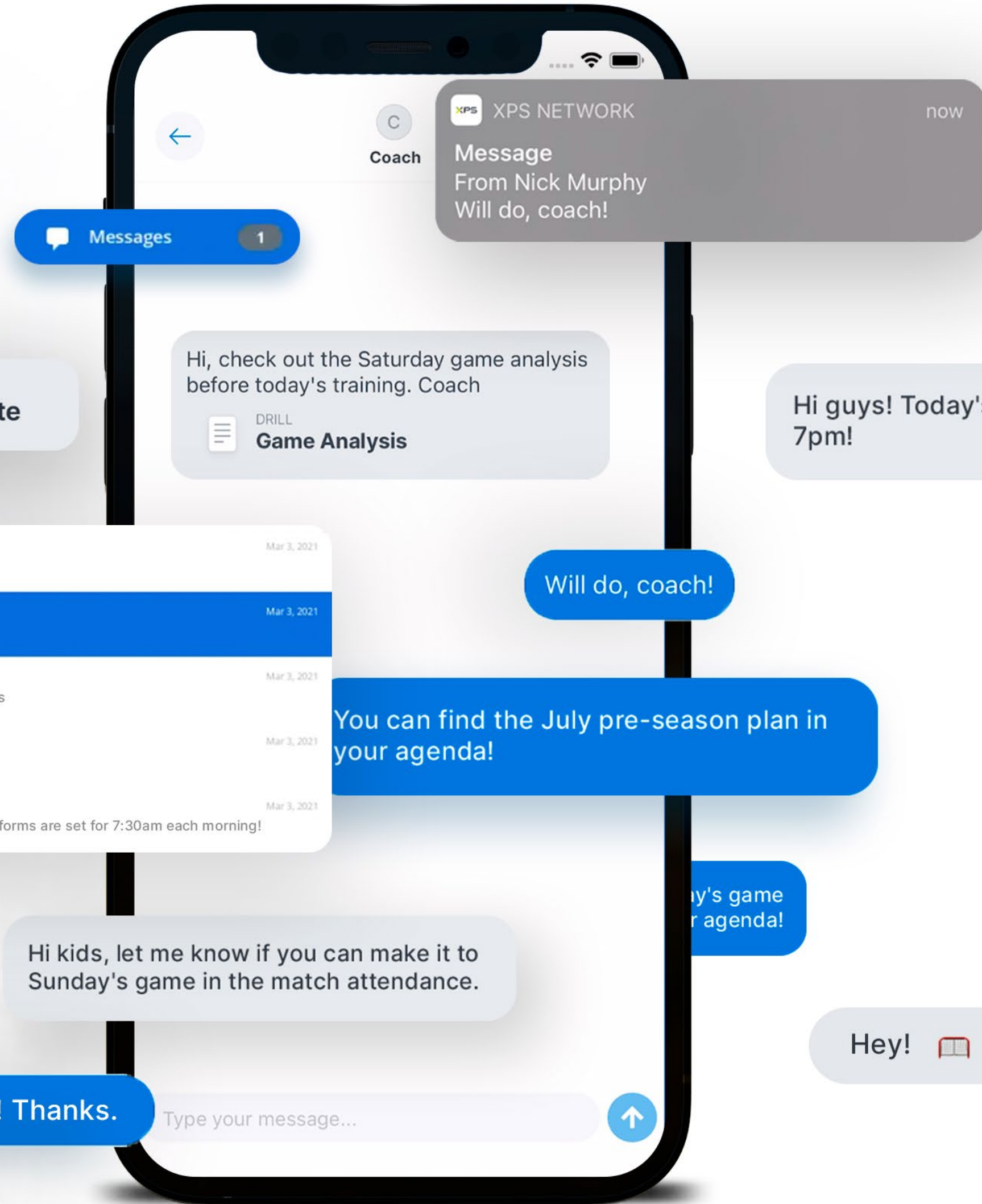




分析

分析您在训练和比赛中的表现。
产生高水平的督查检讨和反馈。





沟通

把教练和运动员所有沟通
归纳在一个地方。

收藏

创建您一生的教法观察与研究。

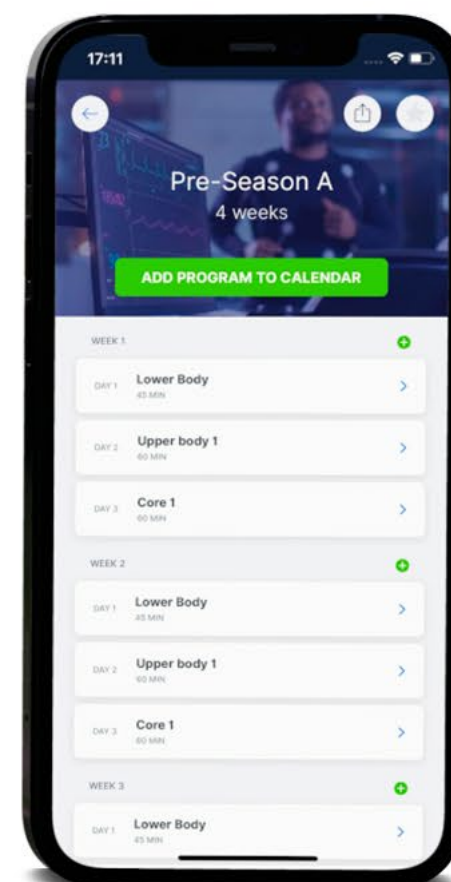
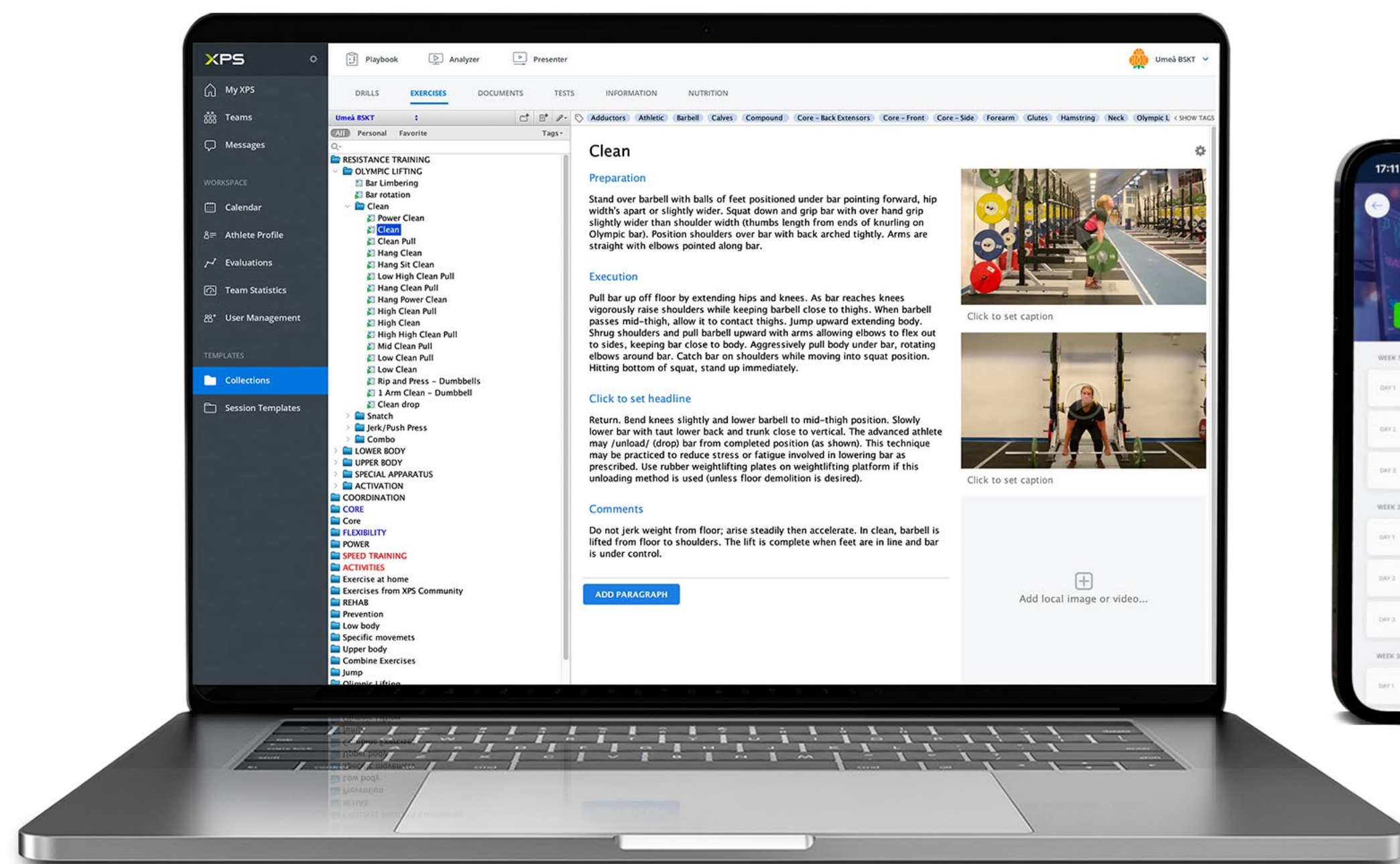
This screenshot shows the XPS Network interface with the 'Mix Drills' article selected. The left sidebar contains navigation options like 'My XPS', 'Teams', 'Messages', 'Workspace', 'Calendar', 'Athlete Profile', 'Evaluations', 'Team Statistics', 'User Management', 'Templates', 'Collections', and 'Session Templates'. The main content area features a 'Mix Drills' article with a 'Click to set headline' button, a 'Table of Contents' section, and a 'Why is Mixing Effective?' section. The article text explains that mix drills are individual player development drills that focus on mixing many offensive skills at one time, such as shooting, footwork, ball pick-up, physical literacy, and more. It also mentions that contextual interference is one of the main mechanisms responsible for the benefits of interleaving.

This screenshot shows the XPS Network interface with the 'TUG OF WAR' article selected. The left sidebar is identical to the previous screenshot. The main content area features a 'TUG OF WAR' article with a 'Purpose' section, a 'Description' section, a 'Coaching Points' section, and a 'Common Mistakes' section. The article text states that the purpose is ball control, stability, strengthening hands and strengthening and stability of legs. The description explains that two players stand opposite each other, at arm's length, and both start by holding onto the ball and on the coach's signal (or count of 3), try to 'yip' or 'twist' the ball away from their opponent. The coaching points include bending the knees to stay low, maintaining shoulder width stance, and trying to twist the ball away from the opponent. Common mistakes include stance that is too narrow, standing up too tall, and a core that is not engaged.

This screenshot shows the XPS Network interface with the '2 ON 2 DEFENDING OFF THE BALL' article selected. The left sidebar is identical to the previous screenshots. The main content area features a '2 ON 2 DEFENDING OFF THE BALL' article with an 'Objectives' section, a 'Description' section, a 'Coaching Points' section, and a 'Progressions' section. The article text explains that players will work in groups of four on one side of the floor, with two players on defense and two on offense. The objectives are to work on tactics of defending offensive actions away from the ball with two players. The description states that players will work in groups of four on one side of the floor, with two players on defense and two on offense. The coaching points include communicating at all times, ensuring correct position in relation to the ball and player, working together to prevent easy catches, bumping any player that cuts into the lane, and denying players that move up to the wing to receive the ball. The progressions section mentions that offensive players may use downscreens, and the defender of the screener must communicate with their teammate that a screen is coming and step back to make a space for them to come through.

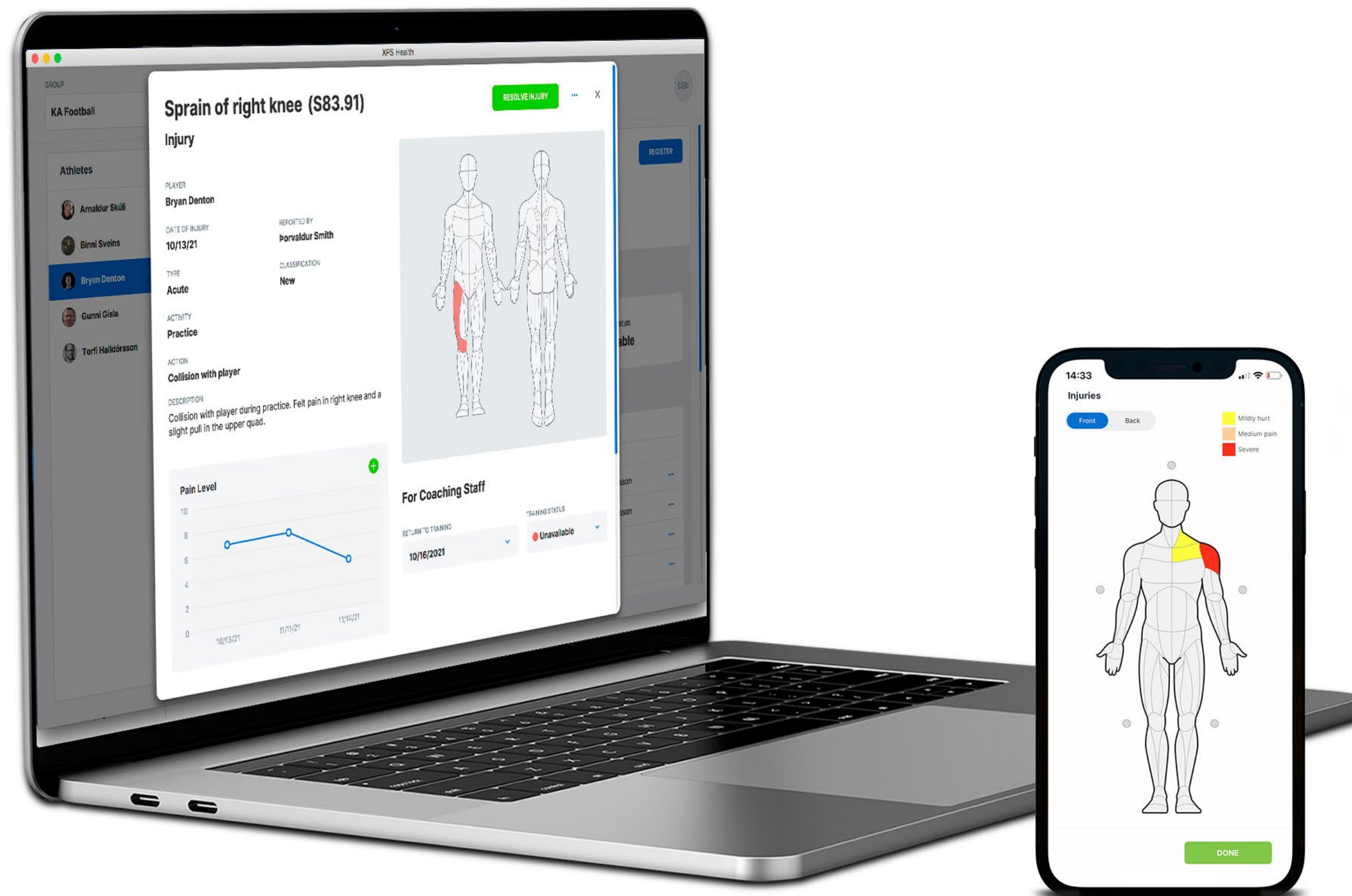
体能训练

拥有数千个练习的视频库。
获得个别运动员进展的即时反馈。



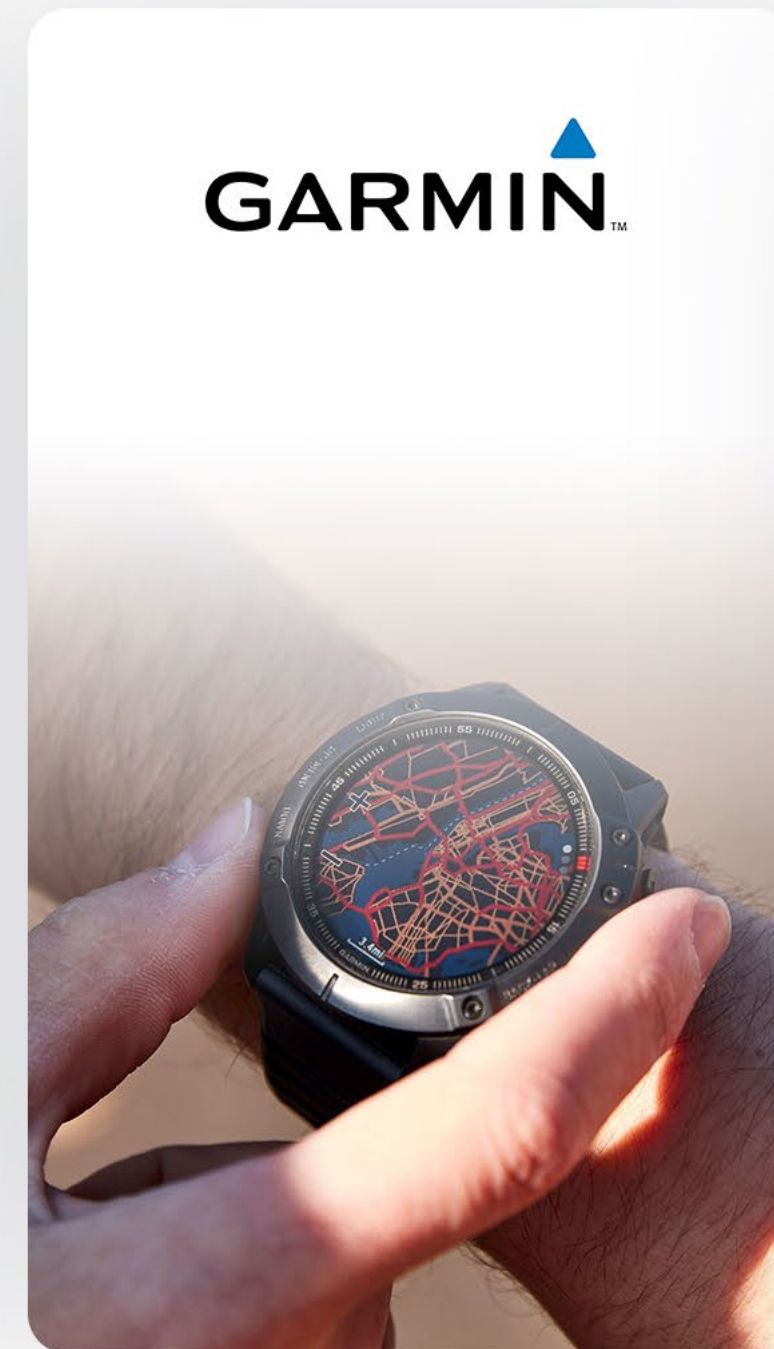
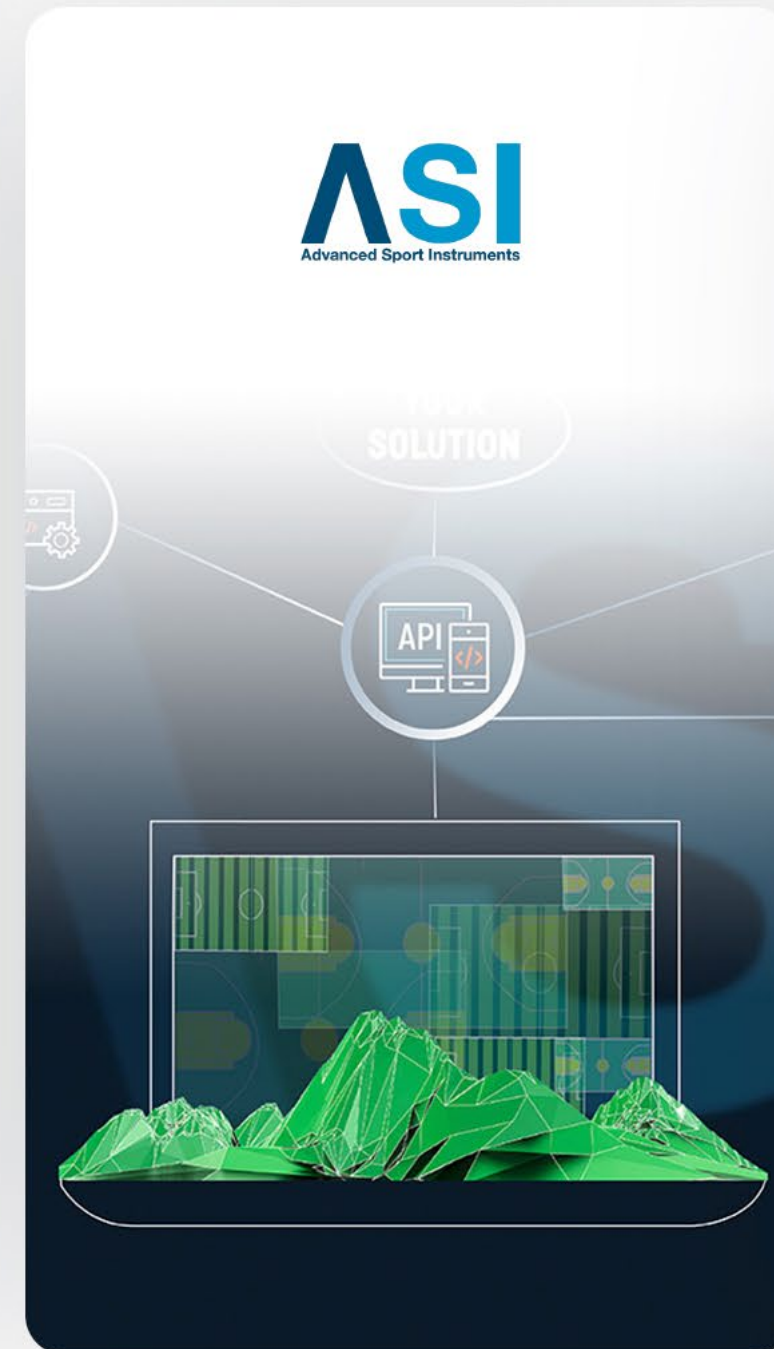
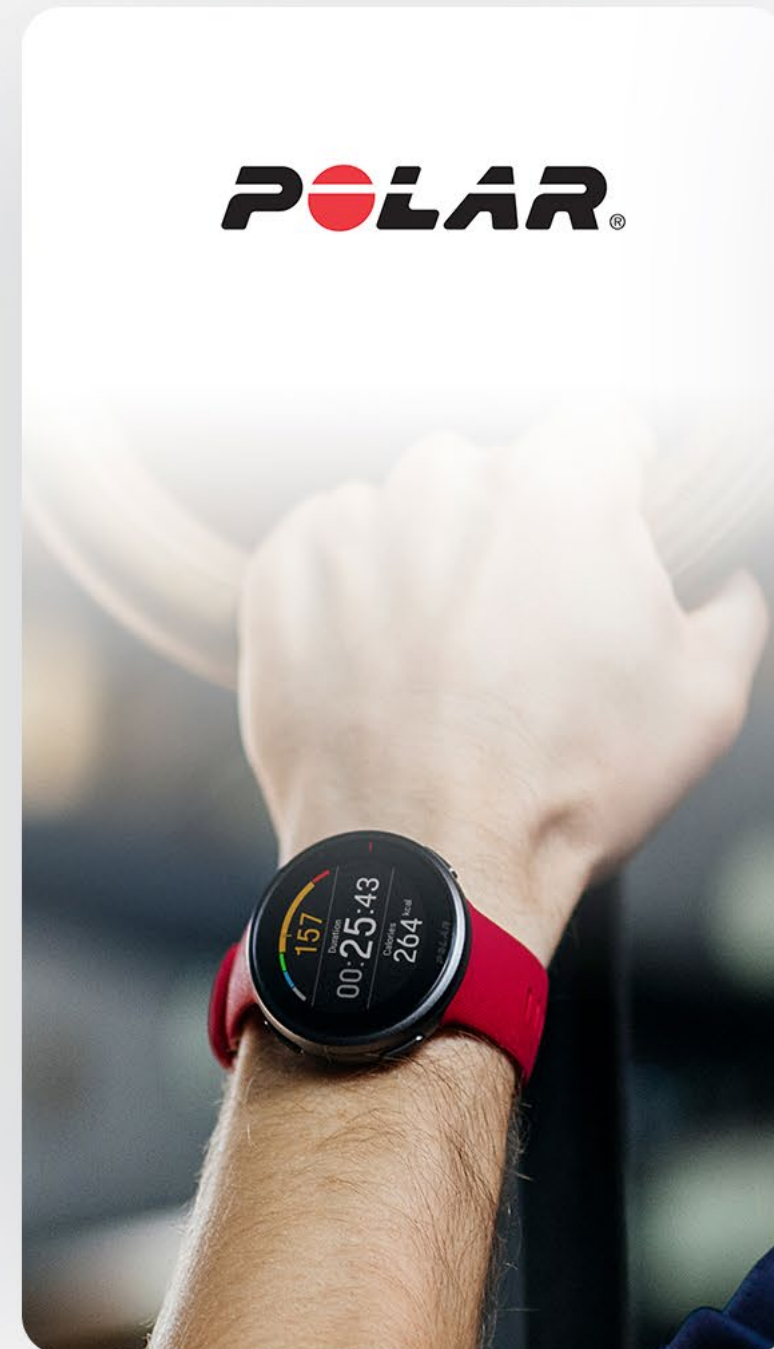
受伤管理

提供受伤和疾病报告，便于治疗和康复计划。
在您的医疗团队和教练组之间提供无缝沟通。



XPS 系统融合

XPS 可连接您最喜爱的穿戴设备和应用程序。



XPS network

已有20个系统融合
并在持续增加

我们每个月
融合新产品



XPS 体育协会伙伴

 <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

我们的系统
遍布全球。



33 种语言

92 个国家



57 项运动



2,000 家俱乐部



30,000 名教练



120,000 名运动员



John Welch
Los Angeles Clippers

如果不使用 XPS Network, 您就不会去到“篮球天堂”。



Karel Poborský
Czech Football Association

XPS 是我们分析整个区域青训学院项目过程的关键工具。



Kasper Hjulmand
Denmark Football Team

XPS 系统允许您按照自己的方式来设定。无论是简单还是详细, 一切随您的心意。



Boris Balibrea
Sweden Basketball

XPS 拥有一切专业人士所需求的来管理自己的团队, 是一个完美的工具。

您与我们 同在。



Elísabet Gunnarsdóttir
Kristianstads DFF

一旦你开始使用 XPS, 它就会变成您的复制人。您会对它爱不离手。



Filip Jícha
THW Kiel

我 80% 的指导任务是利用 XPS 完成的。



Joonas Naava
EräViikingit

基本上一切与团队有关事情, 我们都是使用 XPS Network 来处理的。



Olli-Pekka Yrjänheikki
Jokerit Helsinki

XPS 帮助我们的教练团改进并且更轻松面对任务, 没有其他软件可以提供相同的功能。



Agust Thorkelsson

Sideline Sports 创始人及 CEO

我们坚信保持简单。在体育运动中，数据的力量可让教练有触手可及的正确信息来完成事情。我们的优先任务始终如一：提供优质的服务，在市场中建立最佳的数据驱动产品，并享受当中的乐趣！对于我们世界各地的教练和运动队伍来说，XPS Network 就像一座灯塔 - 它帮助他们导航。

什么是 Sideline Sports?

Sideline Sports 成立于 2001 年，最初只是三个人的团队。现在，我们是一家拥有 30 名员工的公司，与 92 个国家，2,000 多个地区俱乐部和运动队合作。我们确保教练和团队获得更好的组织，从更有效的沟通中受益，并可以获得关键指导数据来推动更明智的决策。

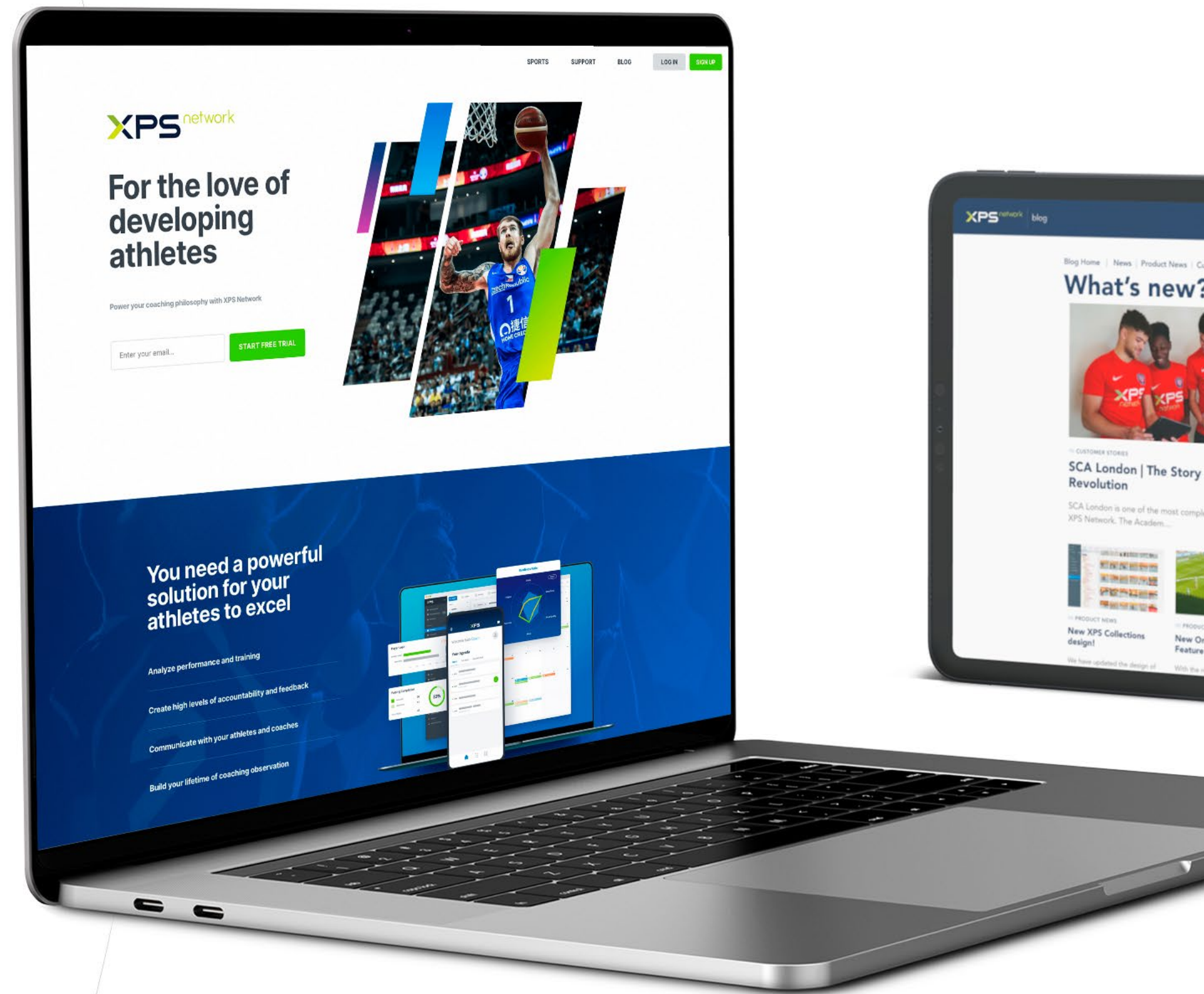
我们的主要产品 XPS Network 赢得了数以千计客户的长期信任，其中包括一些世界上最大和最小的体育俱乐部和组织。我们为我们的成功感到自豪，并将继续提高标准，为世界各地的每项运动教练创建和提供尖端且易于使用的软件。来加入我们的旅程！我们觉得我们才刚刚开始。

关注 XPS



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网站



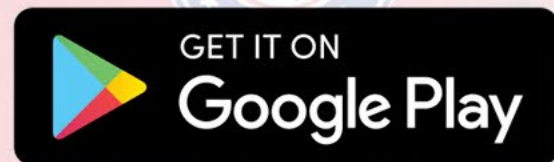
博客



播客

XPS network

一直与您同在。



80

7,6

Fatigue

7,7

Soreness

8,4

Mood

8,4

Soreness

XPS network

领先于您的竞争对手。