

TALTECH

Tallinn University of Technology

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Floorball Workout Planner for Coaches

Web Applications with C# project

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Author's declaration of originality

I hereby certify that I am the sole author of this thesis. All the used materials, references to the literature and the work of others have been referred to. This thesis has not been presented for examination anywhere else.

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1. Application Overview

1.1 Introduction

Introducing our floorball workout generator for coaches, a powerful tool designed to help coaches create customized training programs that are tailored to the specific needs of their teams. Whether you're a seasoned coach or just starting out, this application offers a range of exercises and workouts that can be easily customized to suit the level of your players, the time you have available, and the areas of the game you want to focus on.

With our floorball workout generator, coaches can quickly and easily build a range of workouts that will challenge and develop their players' skills, including stickhandling, shooting, passing and teamwork. Each workout is designed to be engaging, fun, and challenging, helping players to improve their performance and develop a love for the game.

Our application includes a range of pre-built workouts and exercises, as well as the ability to create custom workouts based on your team's specific needs. Coaches can also track their players' progress, allowing them to adjust their training programs over time to help their team achieve their goals.

With our floorball workout generator, coaches have all the tools they need to create effective, customized training programs that will help their team reach their full potential.

This is also a perfect tool to make floorball a more popular sport, because there are very few materials available from coaches to learn. This makes beginner coaches lives more easier and also motivates beginner coaches to create and train their teams.

1.2 Initial stage

Application is planned to be created in different stages. Features in initial stage are following:

- Coaches are able to create multiple sessions that make a complete workout.

- Coaches are able to create training sessions based on their needs, for example a workout might consist of three thirty-minute sessions that might focus on passing skills, shooting skills and in-game situations.
- Coaches can also generate a full floorball workout within a minute by filtering the areas to focus on, players and goalkeepers count that are participating in a workout, players skill level, training duration and equipment available.
- Coaches can add their player data to one place, so they can see the players participation in trainings and also contact data.

Entity relationship diagram for initial stage is shown on next page.

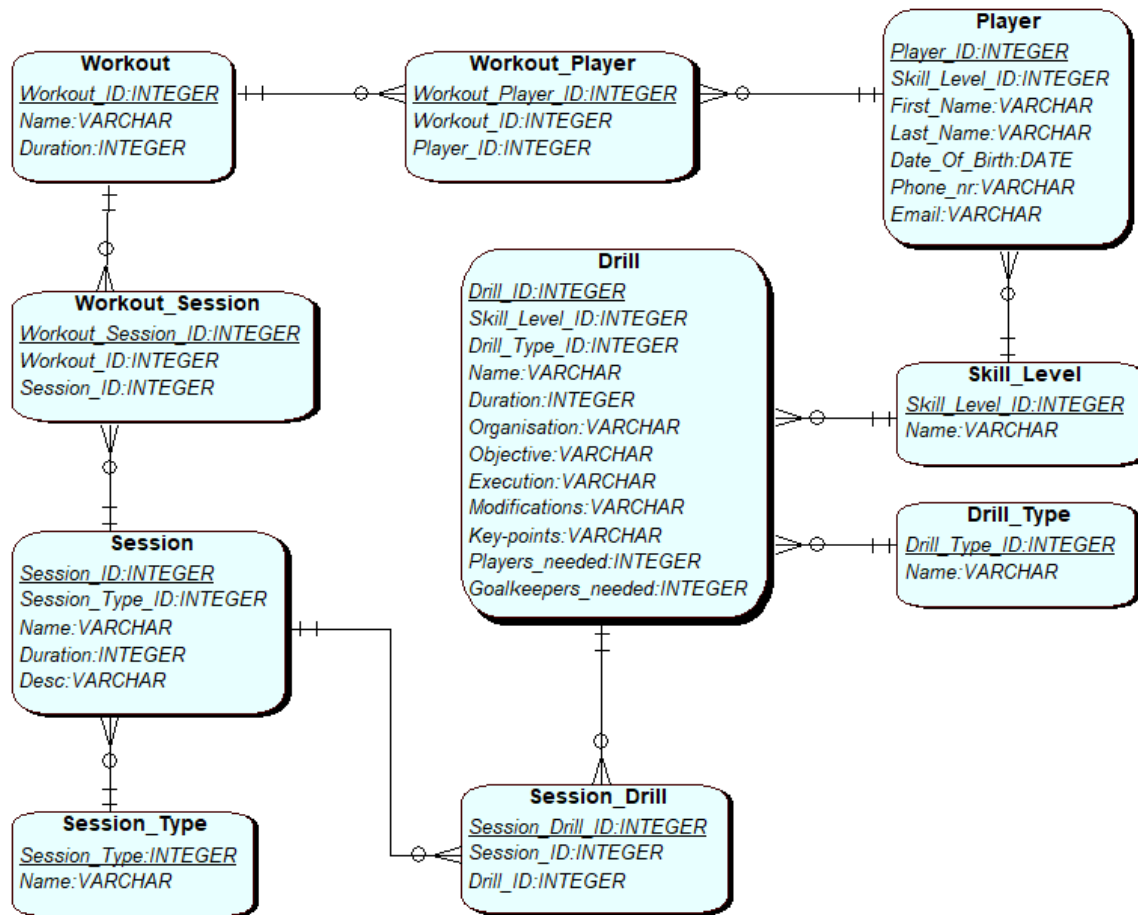


Figure 1. Entity Relationship Diagram for initial stage

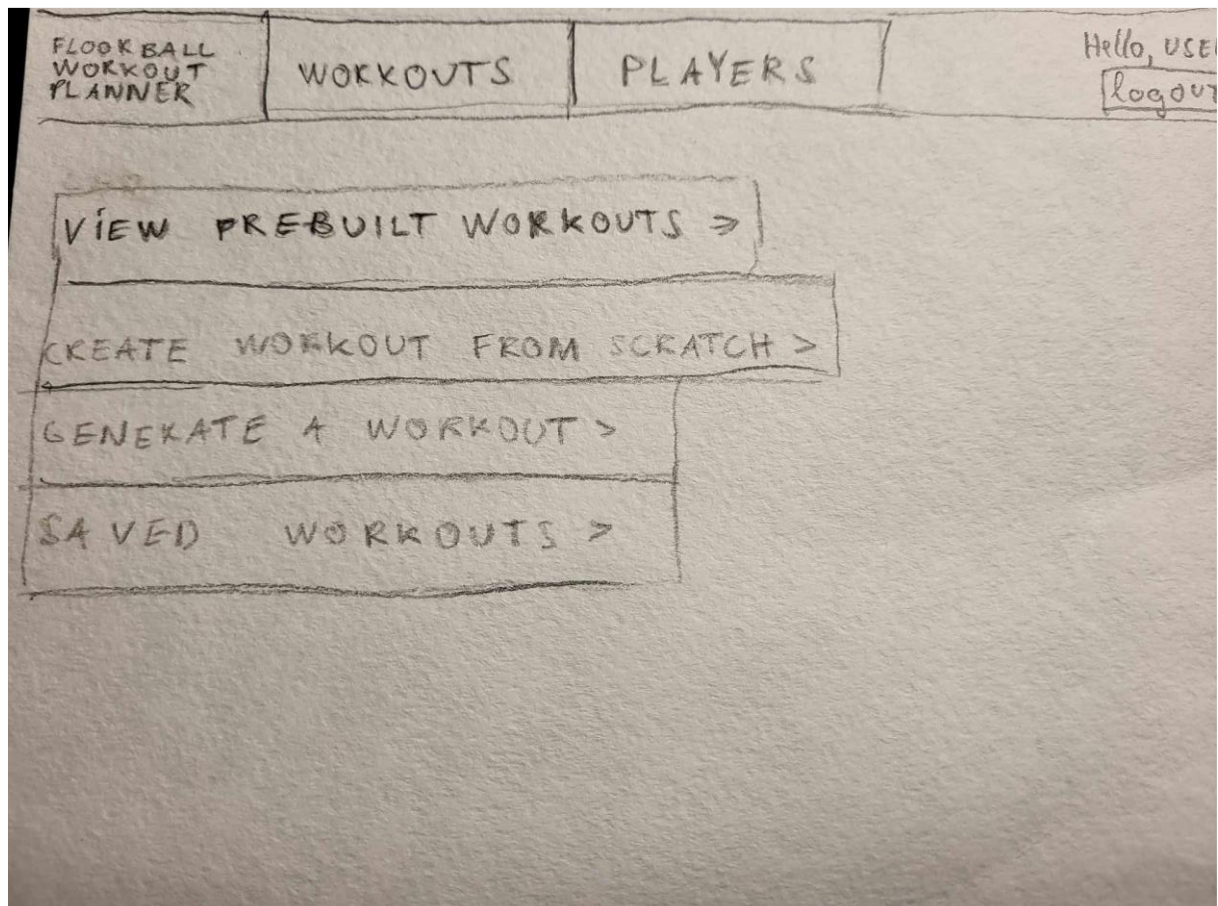
1.3 Further development

After initial stage is implemented, following features are planned to be added. Due to complex logic and calculation behind those, it may not be possible to add these in this course's time.

- **Integrate a team management system:** A team management system can help coaches keep track of their team's roster, schedule, and attendance. By integrating a team management system into floorball workout generator, coaches can easily track which players are attending which training sessions, and send out reminders and notifications to ensure everyone is on the same page.
- **Add a communication feature:** Communication is key for any team, and adding a communication feature to floorball workout generator can help coaches stay in touch with their players. This can include features like in-app messaging, email alerts, and push notifications.

1.4 UI flows

Workout menu: You can view prebuilt workouts, you can create workout from scratch for your specific needs, you can generate a workout by choosing filters and you can view your saved workouts.



View prebuilt workouts: you can press on workouts and see info about them, and also save them to view them later.

VIEW PREBUILT WORKOUTS

SHOOTING TRAINING	PLAYERS NEEDED: 10+
BEGINNER	GOALKEEPERS NEEDED: 2+
	DURATION: 60 min

DRIBBLING TRAINING	PLAYERS NEEDED: 5+
ADVANCED	GOALKEEPERS NEEDED: 0
	DURATION: 30 min

Create workout from scratch: here you can create your own workout based on your needs. You can filter drills based on your choice and add them to your workout plan, later you can give it name and save it.

CREATE WORKOUT FROM SCRATCH:

FILTER DRILLS: PLAYER COUNT []
GOALKEEPERS COUNT []
SKILL LEVEL []
NAME []
TYPE []
DURATION []

DRILLS:

BASIC SHOOTING

ORGANISATION ▼ PLAYERS: 5+
OBJECTIVE ▼ GOALKEEPERS: 1+
EXECUTION ▼ LEVEL: ADVANCED
MODIFICATIONS ▼
KEY-POINTS ▼

QUICK PASSING

ORGANISATION ▼ PLAYERS: 10+
OBJECTIVE ▼ GOALKEEPERS: 0
EXECUTION ▼ LEVEL: EXPERT
MODIFICATIONS ▼
KEY-POINTS ▼

...

YOUR WORKOUT: ←

BASIC SHOOTING ▼

QUICK PASSING ▼

ADD NAME

Generate a workout menu: Here you can generate a workout. Just add filters like the player amount and goalies amount that are participating in a training, add skill level, workout name and choose how many sessions should your full training contain. Also add type and duration for each session. After pressing generate button. You will get full workout with all of the specifications that you chose. You can later save this workout or regenerate.

GENERATE A WORKOUT

FILTERS: AMOUNT OF PLAYERS:
AMOUNT OF GOALKEEPERS:
SKILL LEVEL:
NAME:
SESSIONS COUNT 33

SESSION 1: DURATION
TYPE
SESSION 2: DURATION
TYPE
SESSION 3: DURATION
TYPE

GENERATE

NAME
DURATION
PLAYER COUNT
GOALIES COUNT
SKILL LEVEL
INFO ABOUT EACH SESSION
AND ABOUT DRILLS THAT IT
CONTAINS

Thursday 20:00
30 min
EXPERT
Session 1 info ▾
Session 2 info ▾
Session 3 info ▾

PLAYERS: 12
GOALIES: 2

SAVE **GENERATE AGAIN**

Players menu: Add your players and their contact data.

PLAYERS MENU				
FIRST NAME	LAST NAME	DATE OF BIRTH	PHONE NR,	EMAIL
X	X X	29.06.2001	+372123456	mail@gmail.com
...				