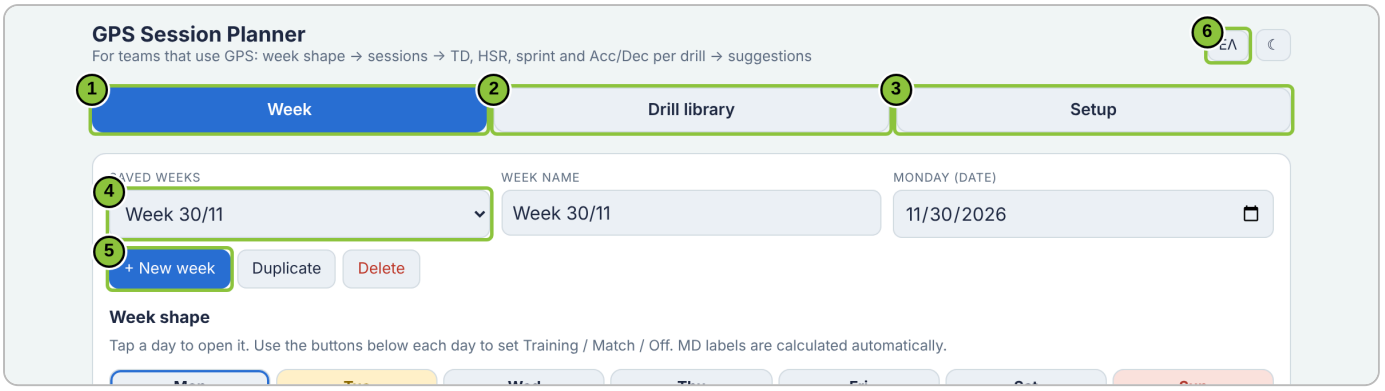
GPS SESSION PLANNER

How to use the tool · step by step

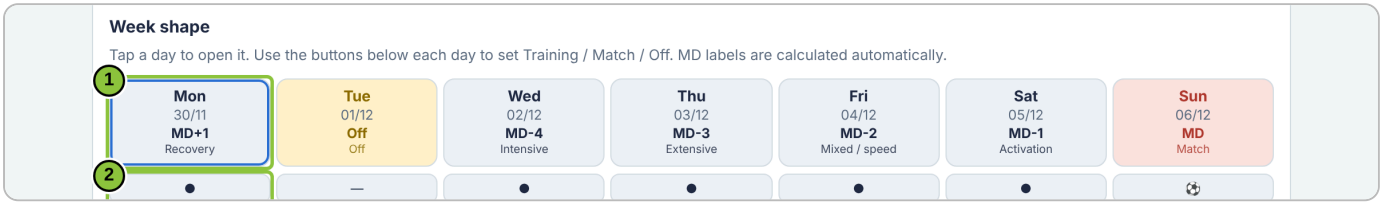
The GPS Session Planner is for teams that use GPS. You plan the week day by day, and for every drill the tool estimates the metres (total distance, high-speed running, sprint) and the accelerations/decelerations, then compares the day with its target and gives suggestions. Everything is saved **in this browser only**.

1 TABS AND WEEKS



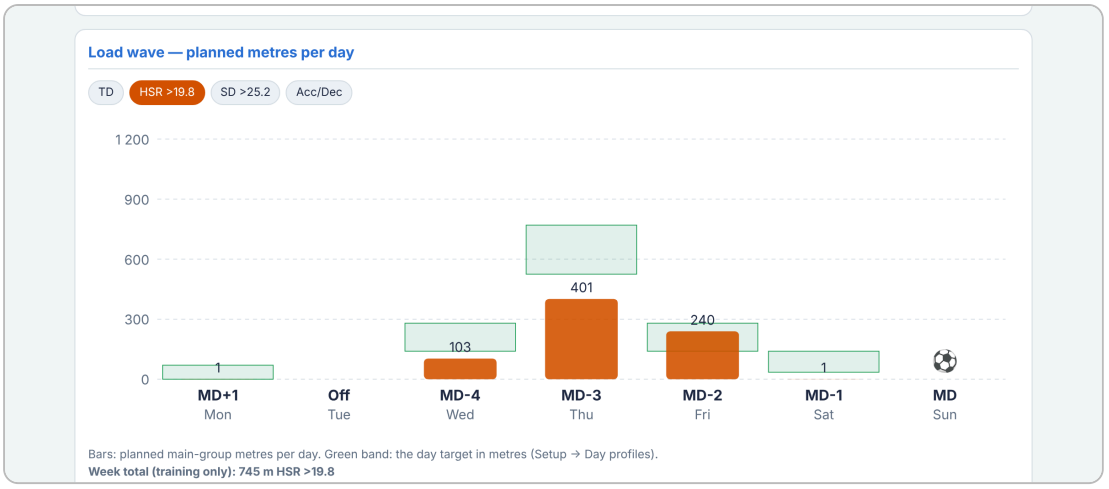
1. **Week:** plan the days of the week (main screen).
2. **Drill library:** your own drills and the full library.
3. **Setup:** team, thresholds, match reference and day profiles.
4. **Saved weeks:** open a saved week. Give it a name and the Monday date.
5. **+ New week**, **Duplicate** (copy a week) and **Delete**.
6. **EN / ΕΛ** switches the language; ☾ switches light / dark.

2 WEEK SHAPE



1. Tap a **day** to open its session.
2. Use the button under each day to set **Training / Off / Match**. The MD labels (MD+1, MD-4 …) are calculated automatically.

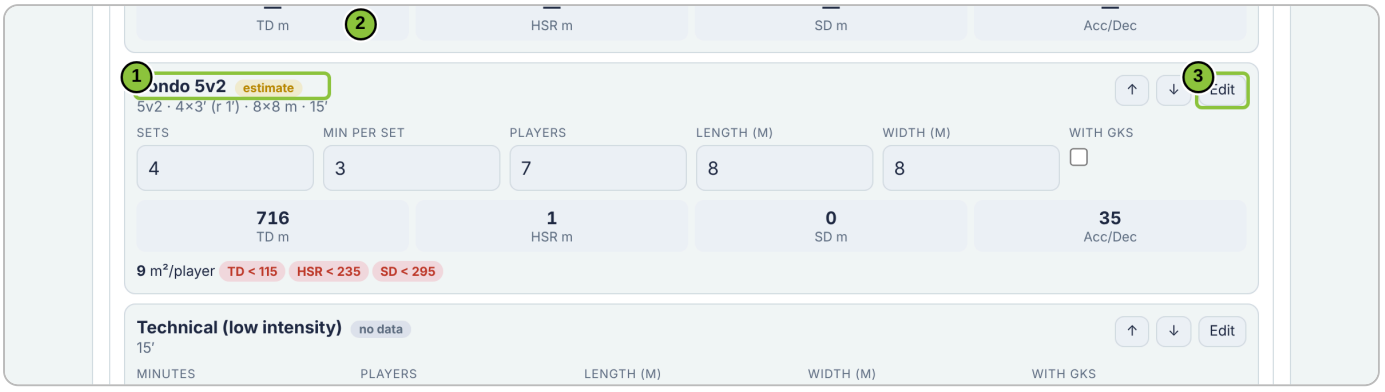
3 LOAD WAVE



1. Choose what to show: **TD, HSR, SD or Acc/Dec**. The bars are the planned metres per day; the green band is the target for that day.

> Below the chart the tool warns about the week shape, e.g. two days in a row with high HSR.

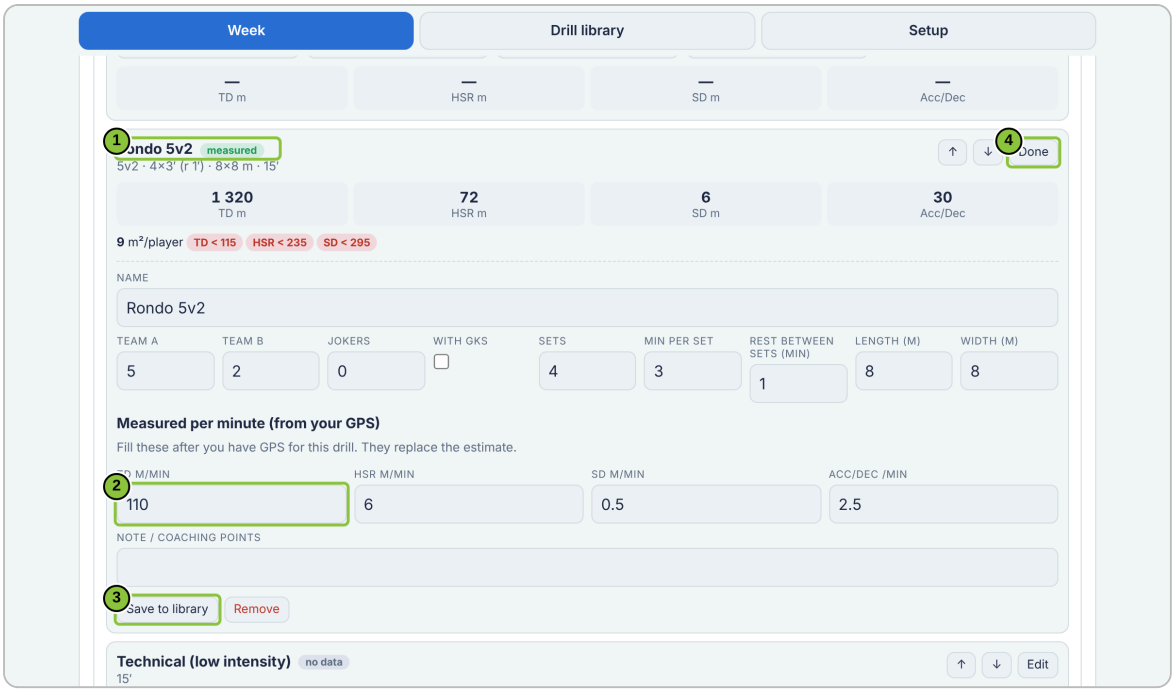
4 THE DRILLS OF A DAY



1. Each drill shows a badge: **no data** (nothing to calculate yet), **estimate** (from players, size, sets and minutes), **calculated** (running drills) or **measured** (your own GPS values, section 5).
2. Type **Sets, Min per set, Players, Length, Width** and tick GKs. The estimate (TD, HSR, SD, Acc/Dec) updates straight away.
3. **Edit** opens all the fields.

> Under game drills you see the **m²/player** and red/green tags, e.g. “TD < 115” means the area per player is too small to reach that load.

5 EDIT A DRILL AND USE YOUR GPS DATA

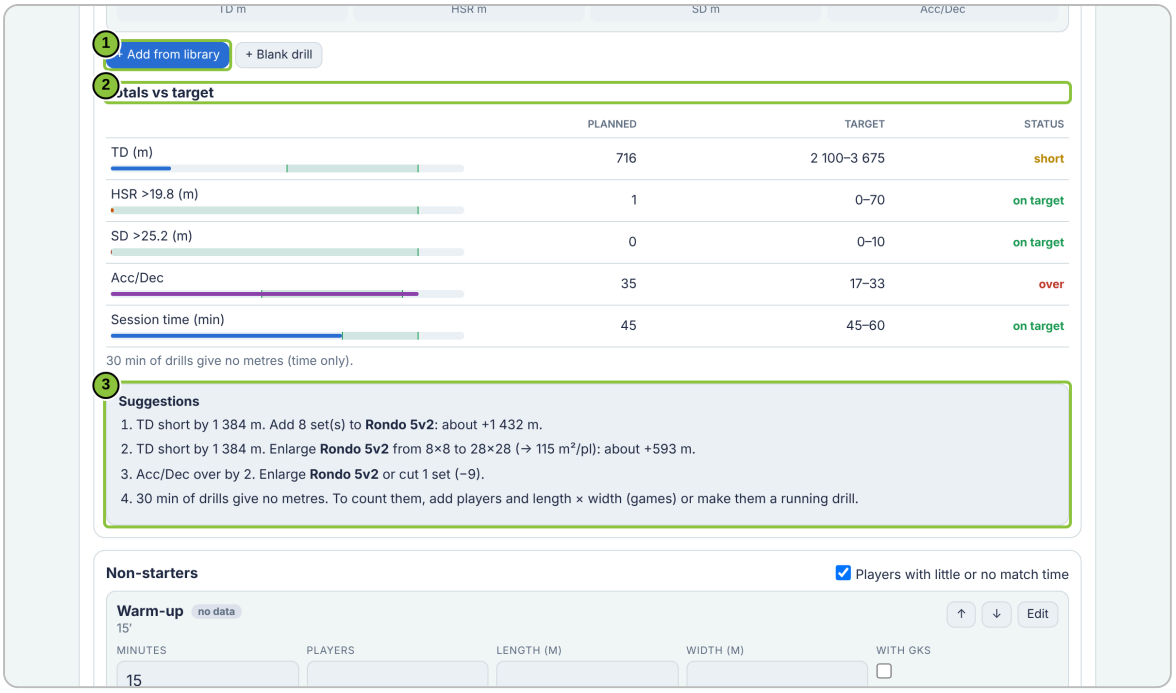


In Edit you can change Team A / Team B, Jokers, GKs, Sets, Minutes per set, Rest, Length and Width (game drills) or Distance, Reps, Sets, Work/Recovery seconds and Speed basis (running and sprint drills).

2. **Measured per minute (from your GPS):** if you have GPS data for this drill, type TD, HSR and SD in metres per minute and Acc/Dec per minute. The Planner uses your numbers instead of the estimate, multiplied by the work time (sets × minutes).
1. The badge changes to **measured**. Example: 110 m/min × 12 min = 1 320 m TD.
3. **Save to library** keeps the drill with your numbers under “My drills”, ready for next week.
4. **Done** closes the edit panel.

> No GPS? Leave the measured boxes empty and the drill keeps the estimate.

6 TOTALS, SUGGESTIONS AND NON-STARTERS



1. **+ Add from library** or **+ Blank drill**.
2. **Totals vs target:** planned against target for TD, HSR, SD, Acc/Dec and session time, with status (short / on target / over).
3. **Suggestions:** what to change to reach the target, e.g. “add 1 set”, “enlarge the area”.

> Tick **“Players with little or no match time”** to plan a second group (non-starters) with its own drills and targets.

7 PRINT THE SESSION CARD



GPS SESSION PLANNER
MON 30/11 · WEEK 30/11

Recovery
MD+1

	TIME	TD	HSR	SD	ACC/DEC
Main group	45′ *(45–60′)*	716 *2 100–3 675*	1 *0–70*	0 *0–10*	35 *17–33*
Non-starters	70′	4 881 *4 725–6 825*	71 *350–630*	8 *80–160*	67 *44–66*

1. MAIN GROUP — 15 min
WARM-UP

2. MAIN GROUP — 15 min
RONDO 5V2
5v2 · 4×3′ (r 1′) · 8×8 m

TD	HSR	SD	Acc/Dec
716	1	0	35

3. MAIN GROUP — 15 min
TECHNICAL (LOW INTENSITY)

4. NON-STARTERS — 15 min
WARM-UP

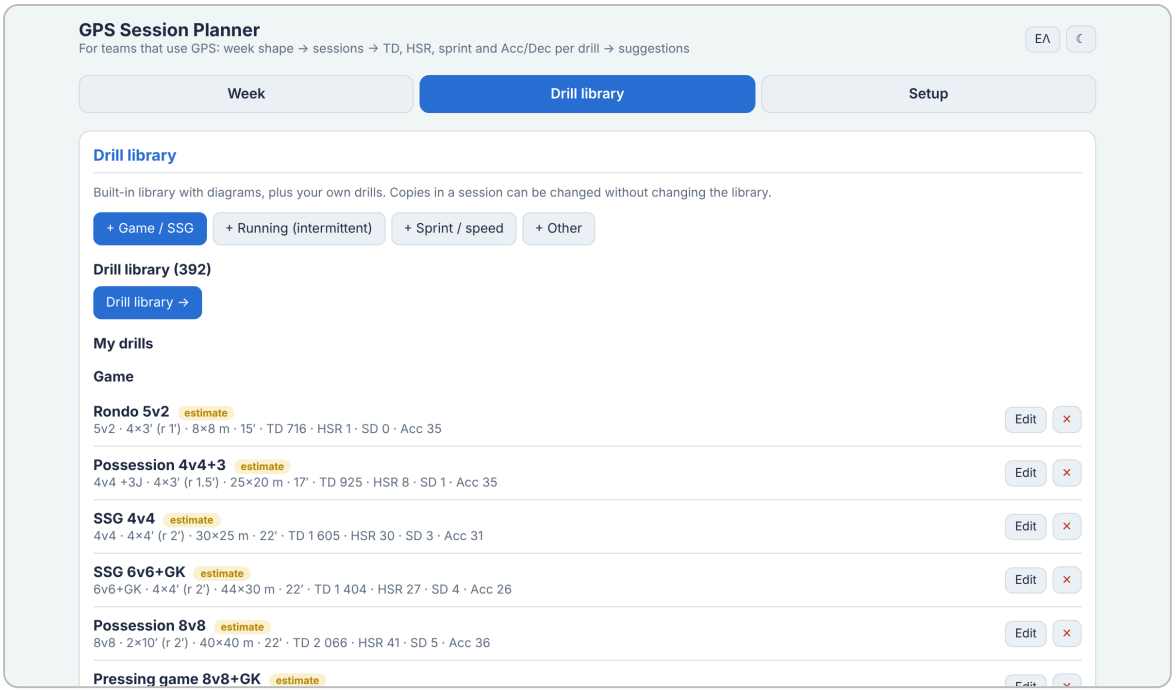
5. NON-STARTERS — 22 min
POSSESSION 8V8
8v8 · 2×10′ (r 2′) · 40×40 m

TD	HSR	SD	Acc/Dec
2 066	41	5	36

HSR >19.8 km/h · SD >25.2 km/h · target range in italics
7 drills · 115 min · page 1/2

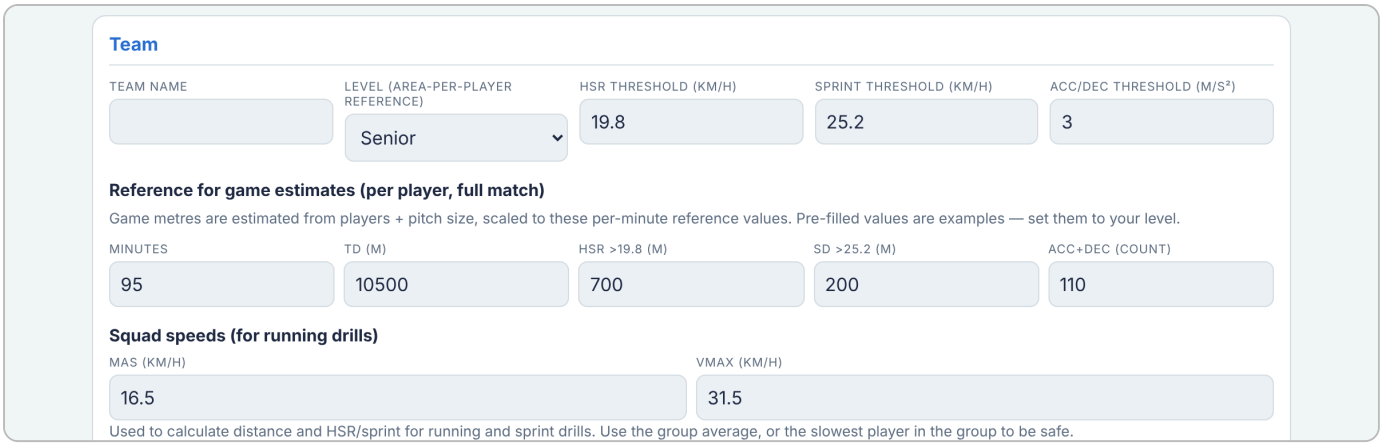
Press **Print session card** on the day. The card shows the targets and the planned metres for each group and each drill. Choose “Save as PDF” in the print window to get a PDF.

8 DRILL LIBRARY

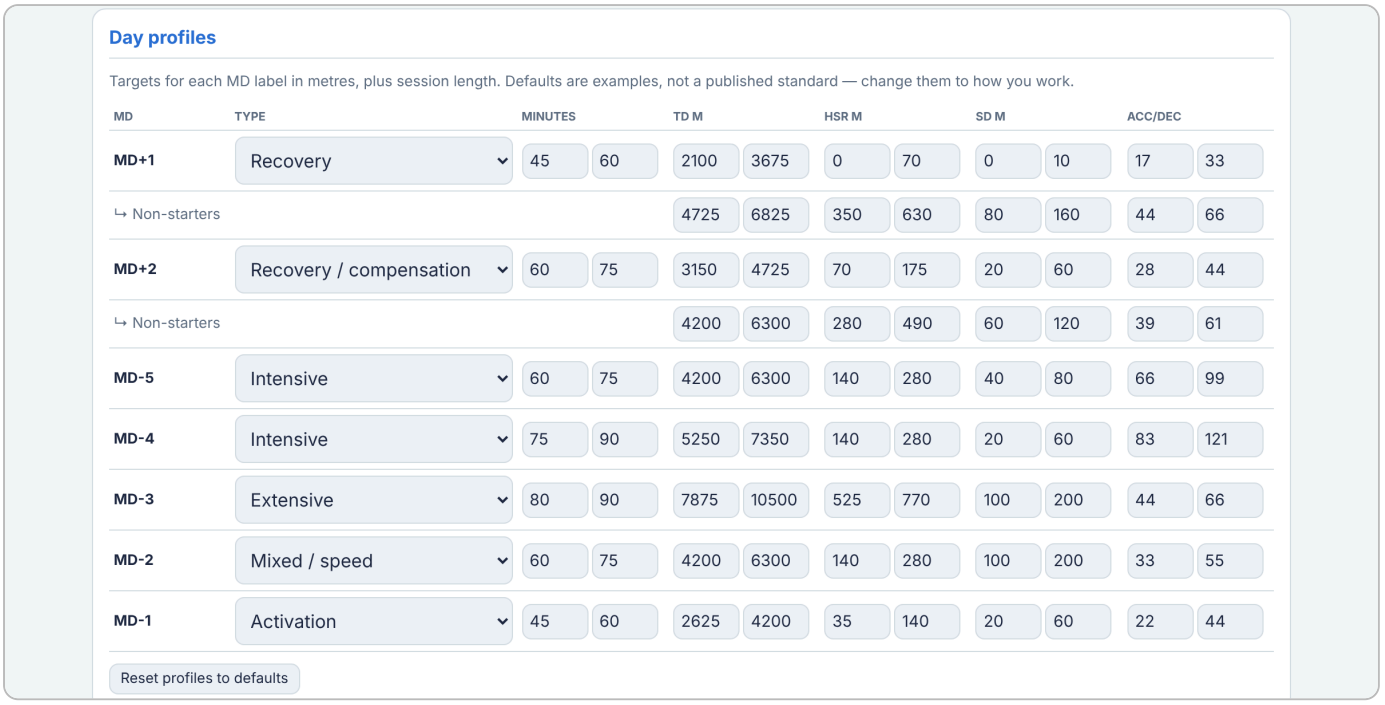


Add your own **Game / SSG, Running, Sprint / speed** or **Other** drills, edit or delete them. **Drill library** → opens the full library with diagrams. Drills drawn in the **Drawing Tool** (Save to: Session Planner) appear here under “My drills”, with their picture.

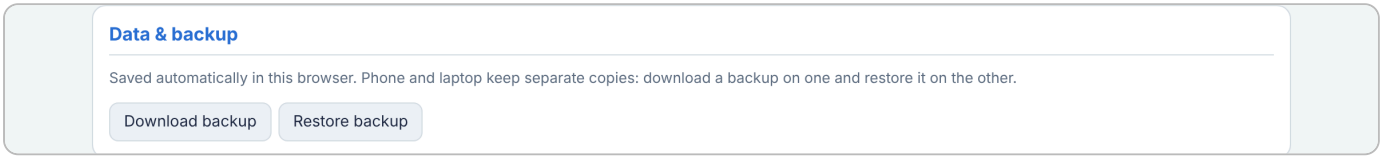
9 SETUP



Team: team name, level (sets the area-per-player reference), HSR, sprint and Acc/Dec thresholds. **Reference for game estimates:** your match values per player (minutes, TD, HSR, SD, Acc/Dec). **Squad speeds** (MAS, Vmax) for running drills.



Day profiles: the type, minutes and targets for each MD day (main group and non-starters). “Reset profiles to defaults” restores the examples.



Data & backup: Download backup saves everything to a file; **Restore backup** loads it, for example on another computer.

GOOD TO KNOW

- Fill in **Setup** with your own match values and thresholds first. The default numbers are examples.
- Everything is saved **in this browser**. Phone and laptop keep separate copies: use Download / Restore backup.
- Estimates are a guide. They improve when players, pitch size and minutes are entered.