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Testing Input: A Detailed Overview



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a few seconds ago · Updated

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1. Learn how to access and enter testing information for groups
2. Learn how to use the stopwatch tool and paste your data into a testing field
3. Learn how to enter testing in a "station" format
4. Learn how to enter testing for an individual athlete

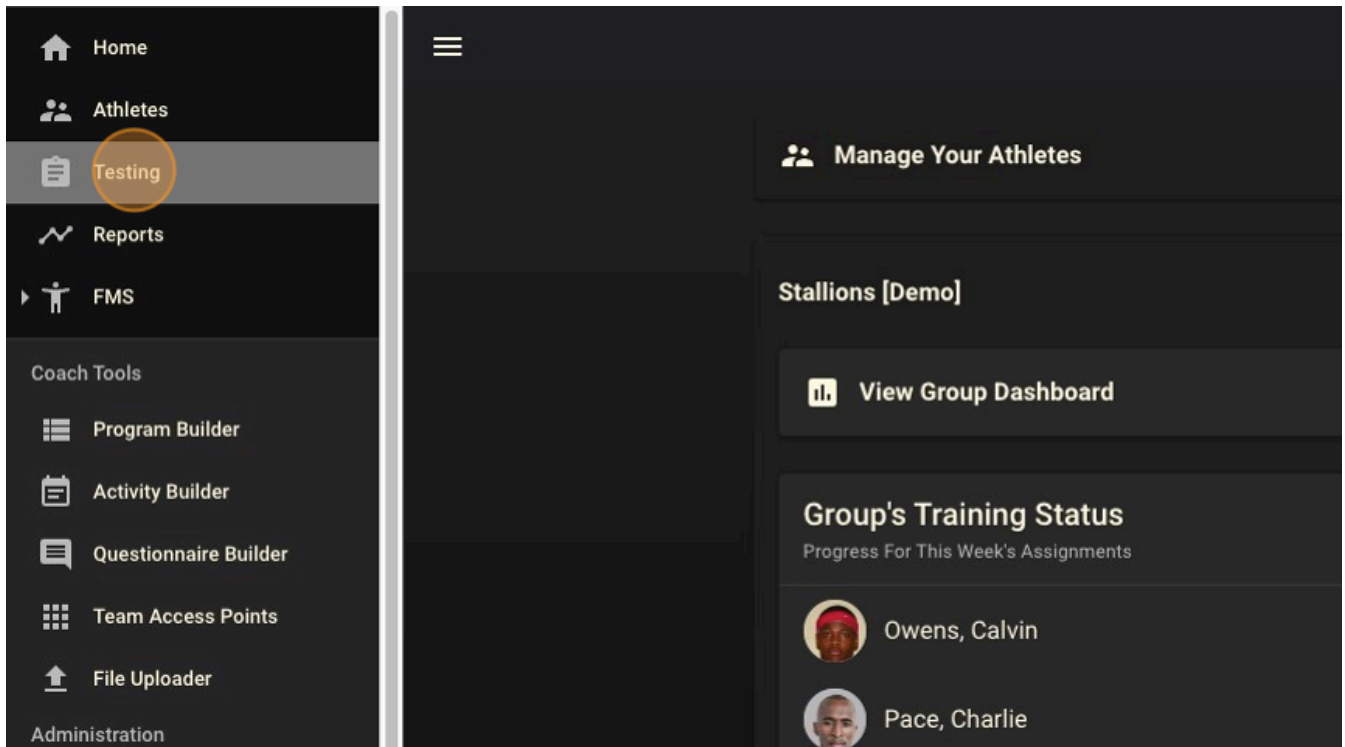
Video Walkthrough

A Detailed Overview of Testing In CoachMePlus | FAQs + H...

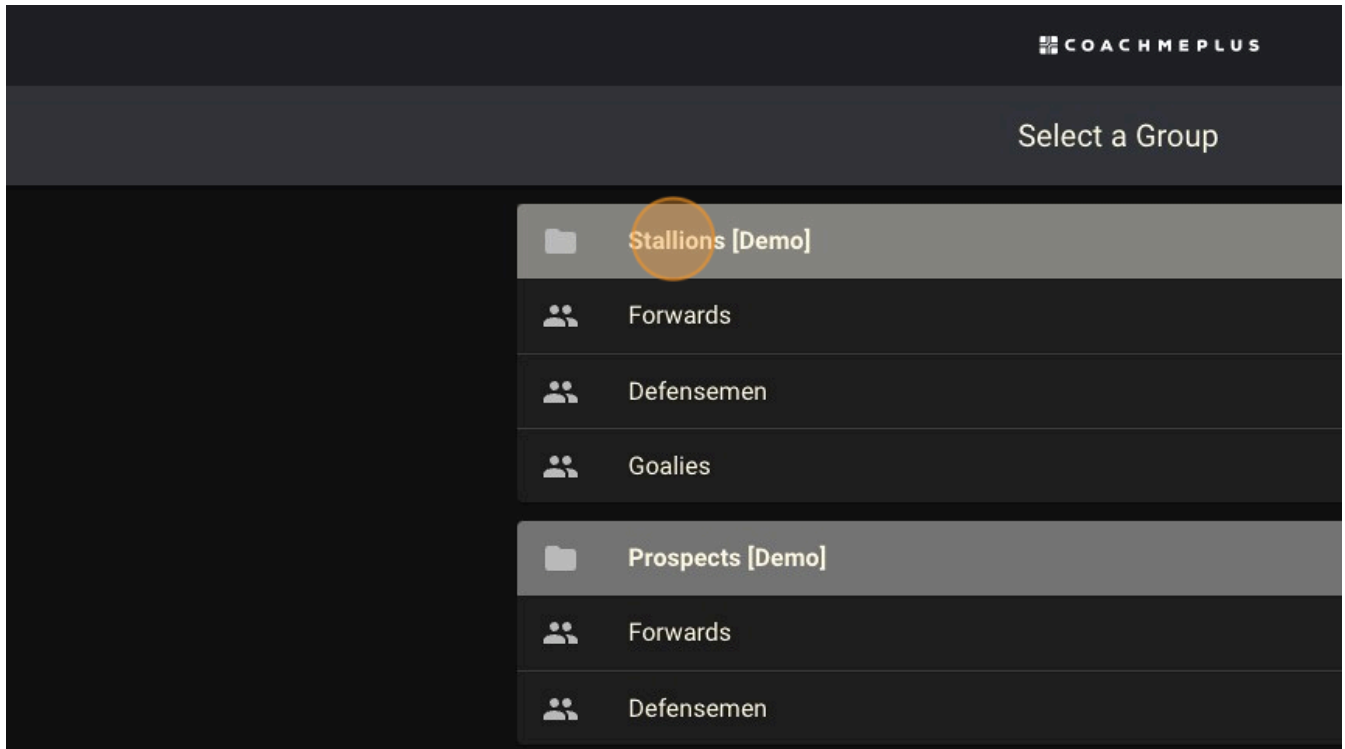


Step-by-step Instructions - Group Testing Input

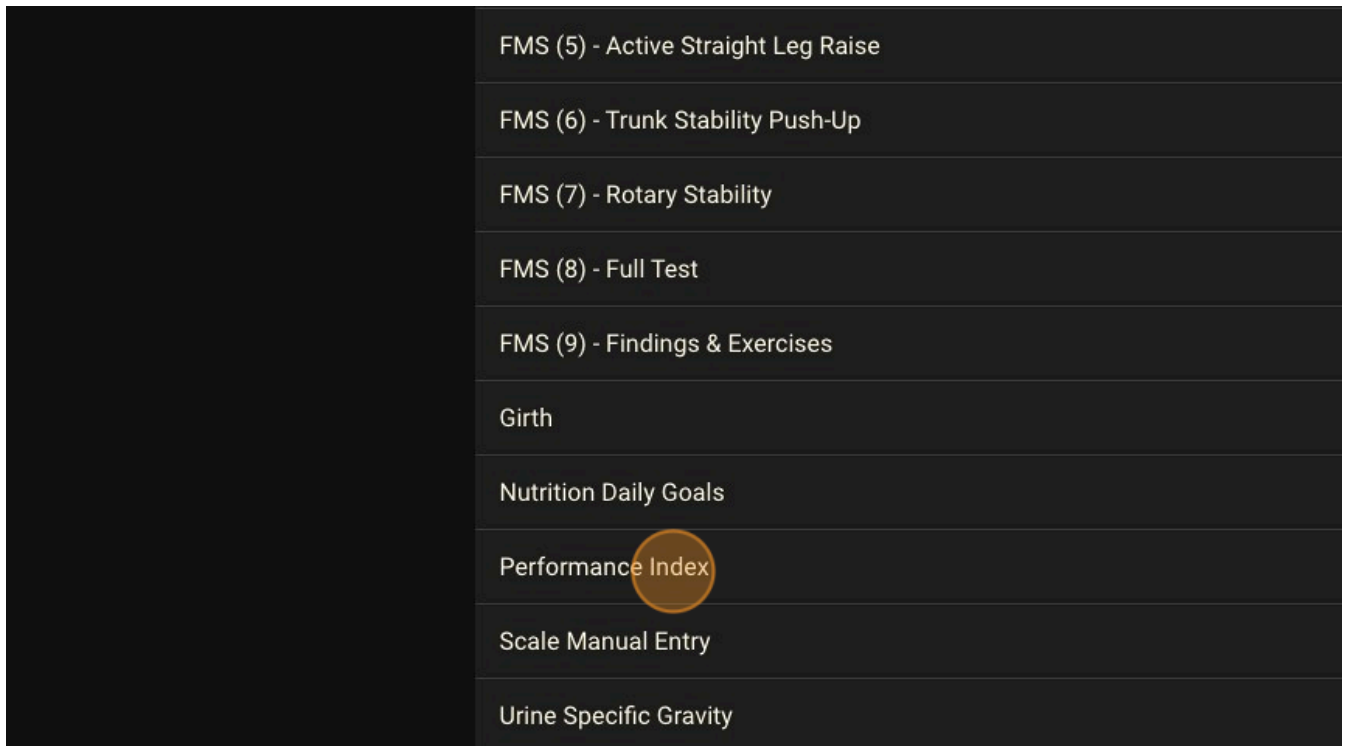
Step One: From your side menu, select **Testing**



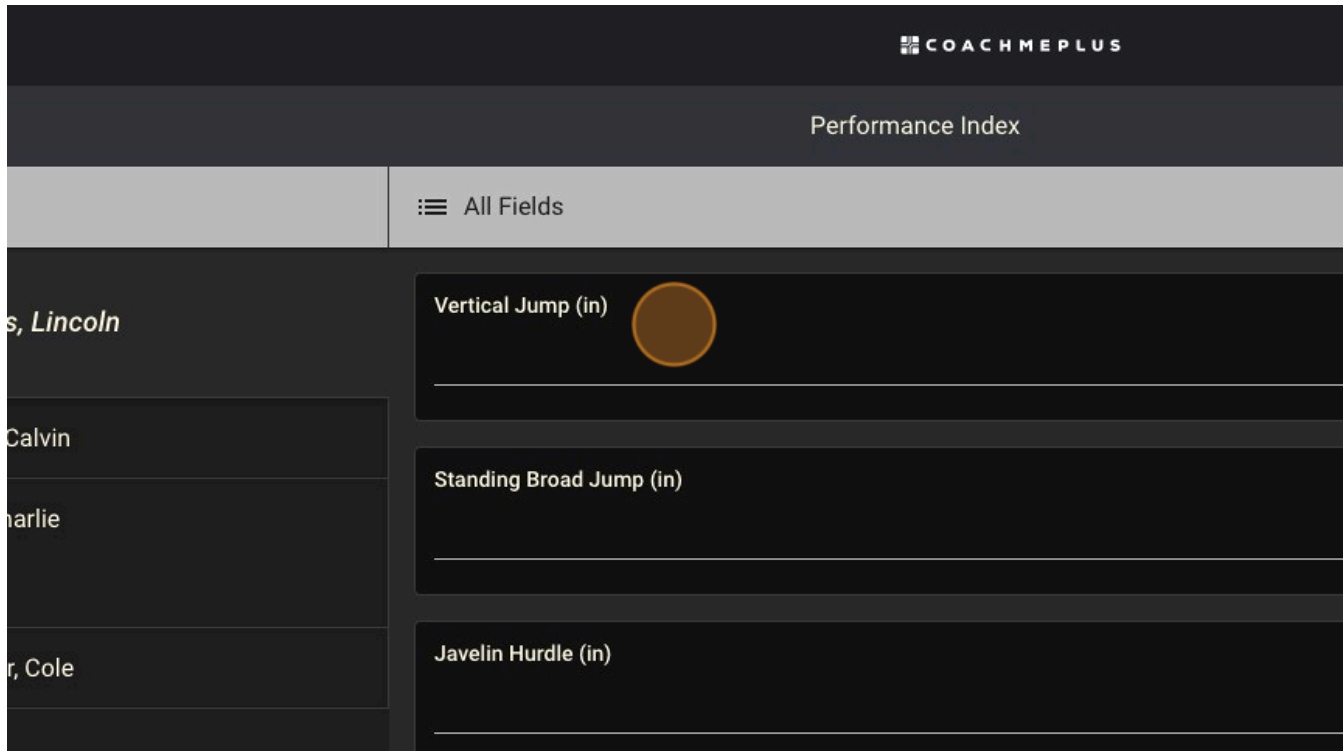
Step Two: Select a training group to enter data for



Step Three: Select the test to input



Step Four: Input the data for your athlete and select **Save**



The screenshot displays the CoachMePlus Performance Index interface. At the top right, the logo "COACHMEPLUS" is visible. Below it, the title "Performance Index" is centered. A navigation bar contains a menu icon and the text "All Fields". On the left, a list of athletes is shown, including "s, Lincoln", "Calvin", "harlie", and "r, Cole". The right side of the interface features three performance metrics, each with a stopwatch icon and a horizontal line for data entry:

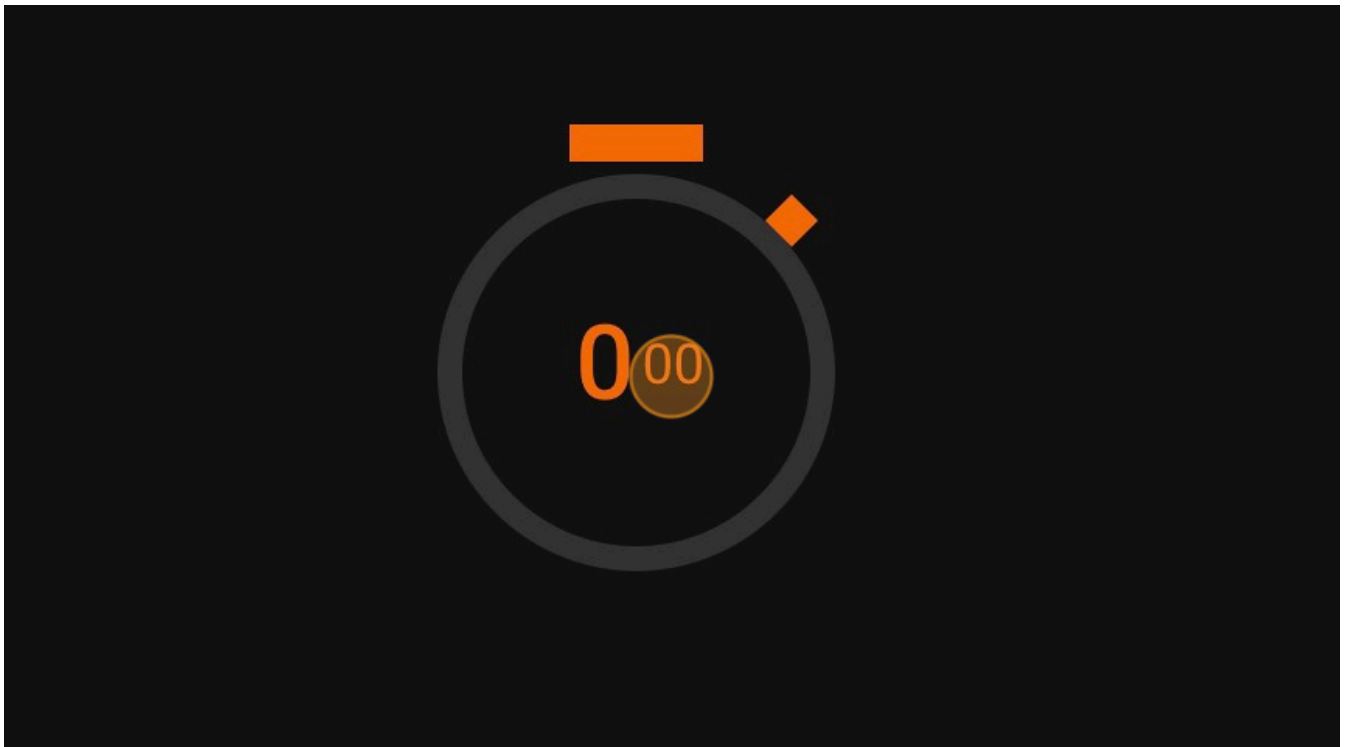
- Vertical Jump (in)
- Standing Broad Jump (in)
- Javelin Hurdle (in)

Step-by-step Instructions - Stopwatch Tool

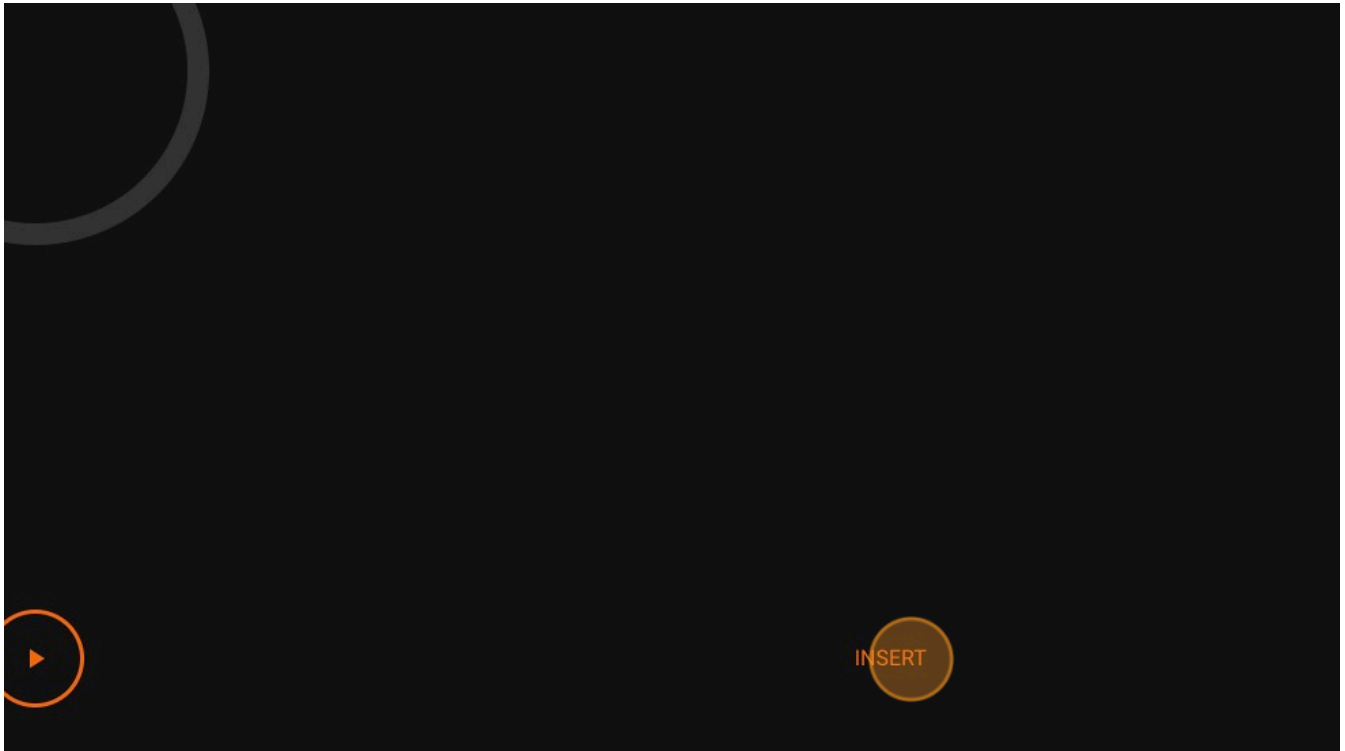
Step One: Select the stopwatch icon on the according duration test field

The screenshot shows a dark-themed interface with three testing fields. The first field is labeled "Javelin Hurdle (in)" and has an empty input line. The second field is labeled "5-10-5 Pro Agility Left (sec)" and contains three input boxes for "Hour", "Min", and "Sec", each with the number "0". To the right of these boxes is a play button icon (a stopwatch with a right-pointing arrow) and a trash can icon. The third field is labeled "5-10-5 Pro Agility Right (sec)" and also has three input boxes for "Hour", "Min", and "Sec", each with the number "0", and a play button icon and a trash can icon. A fourth field, labeled "5-10-5 Pro Agility (sec)", is partially visible at the bottom.

Step Two: Click on the play button or the stopwatch itself to start the clock, click again to stop

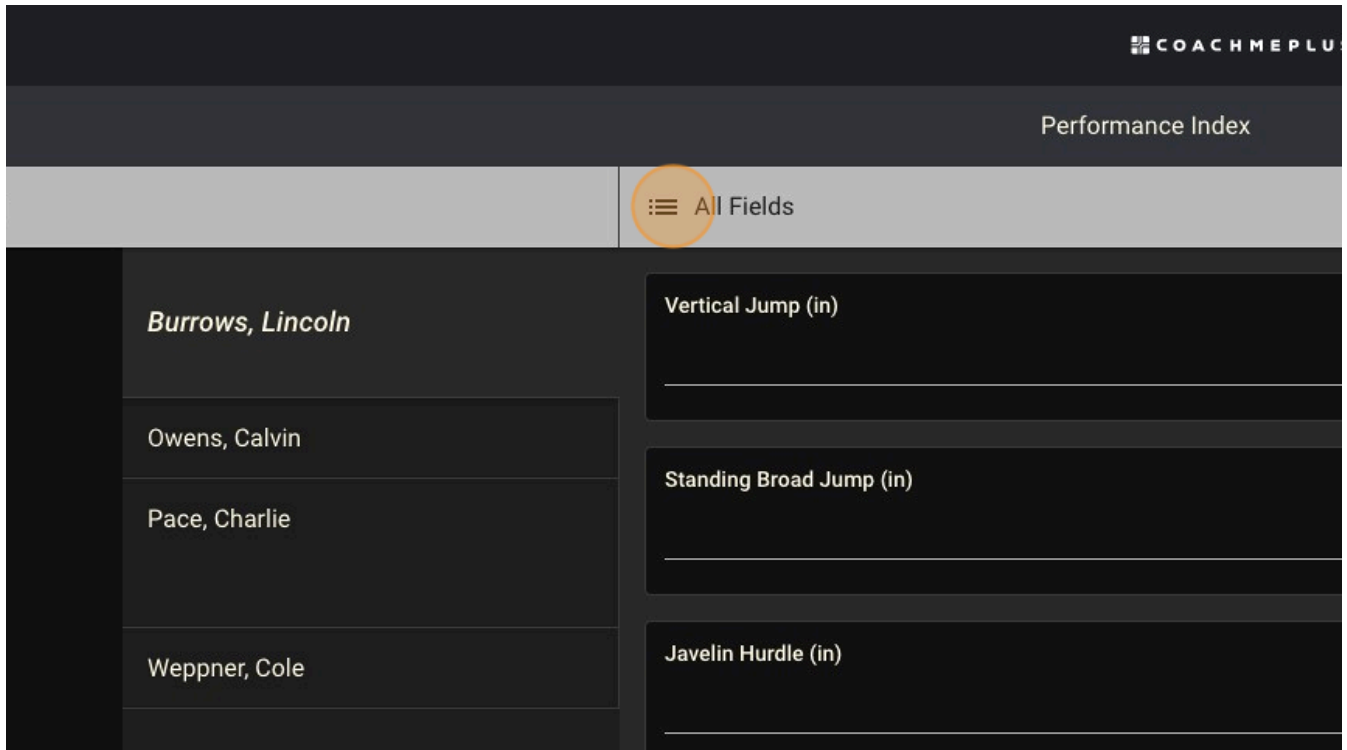


Step Three: Click on **INSERT** to paste the time into the testing field

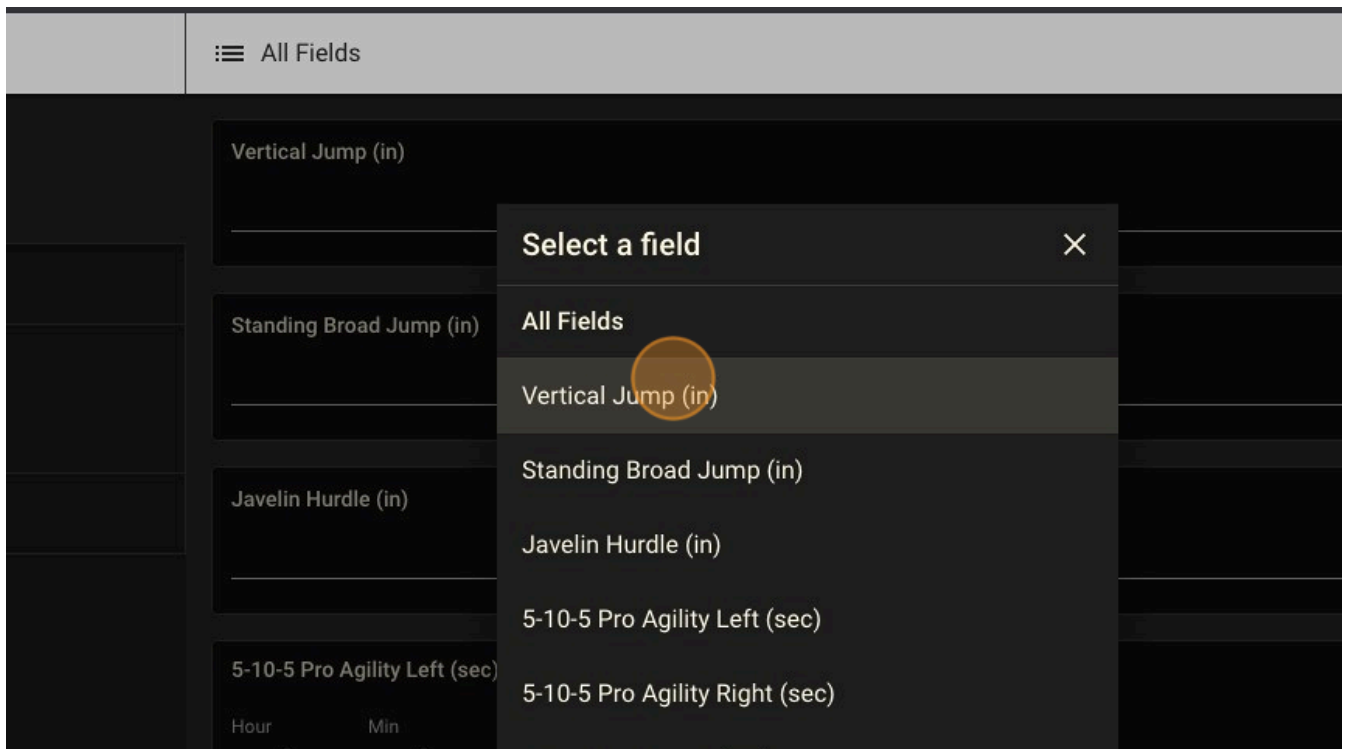


Step-by-step Instructions - Testing Stations


Step One: Click on **All Fields**



Step Two: Click on the field you want to input data for

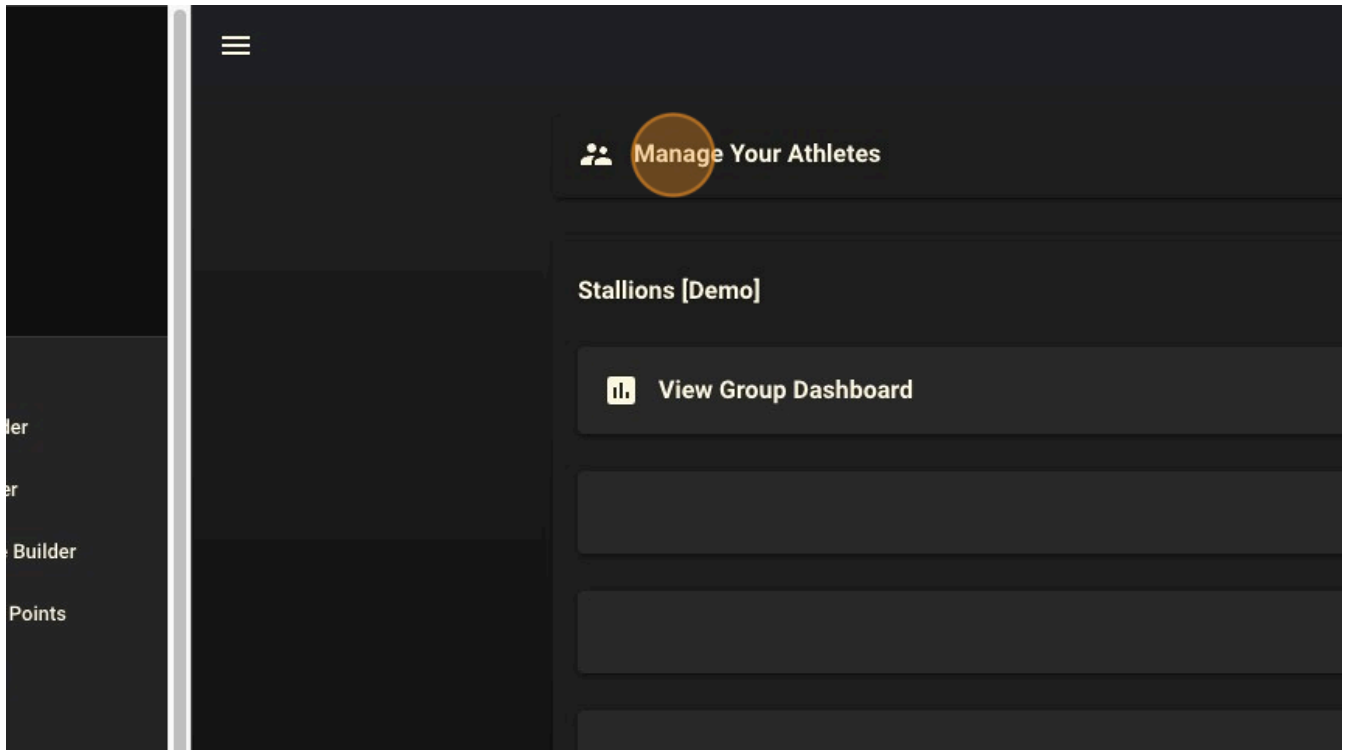


Step Three: On this screen, you can enter testing data for as many athletes as you like before selecting to **Save** the data

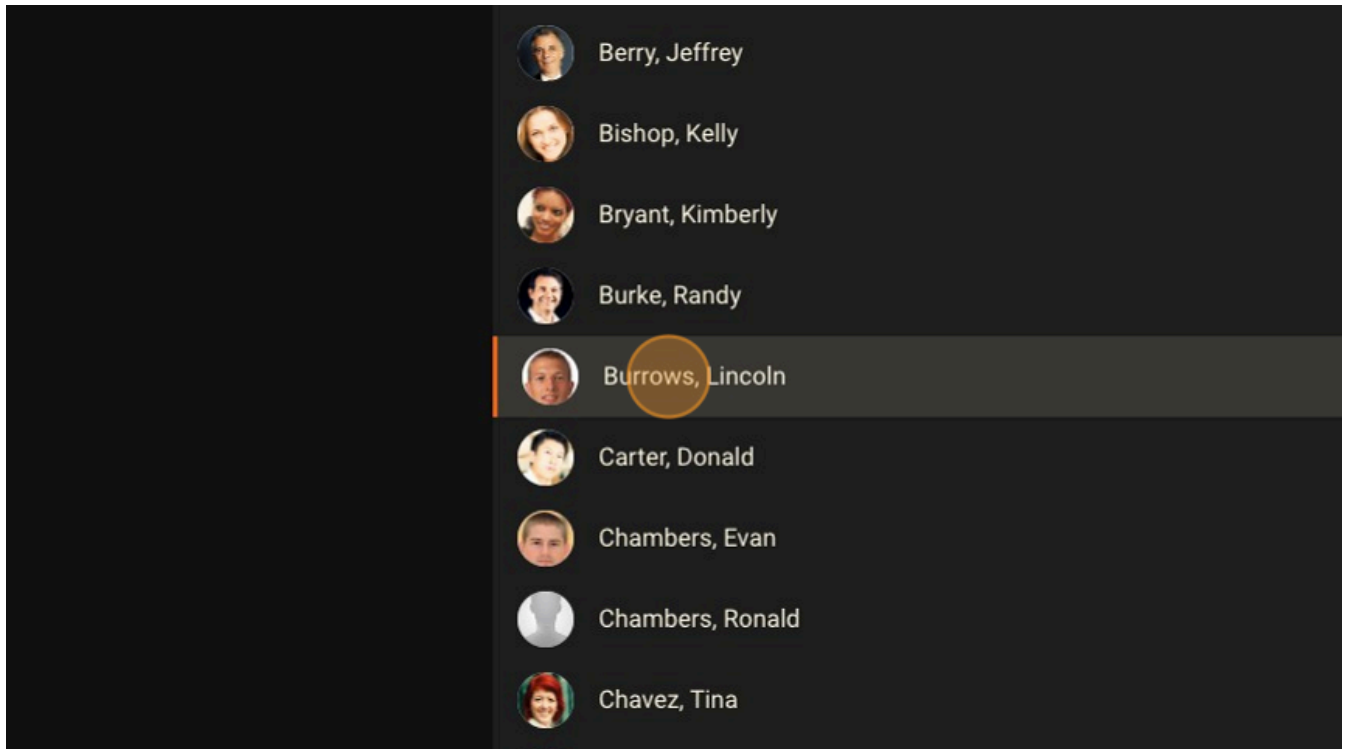
Performance Index	
	☰ Vertical Jump (in)
All Athletes	<i>Click to change value for all athletes</i>
Burrows, Lincoln	<i>No value</i>
Owens, Calvin	
Pace, Charlie	<i>No value</i>
Weppner, Cole	<i>No value</i>

Step-by-step Instructions - Individual Testing Input

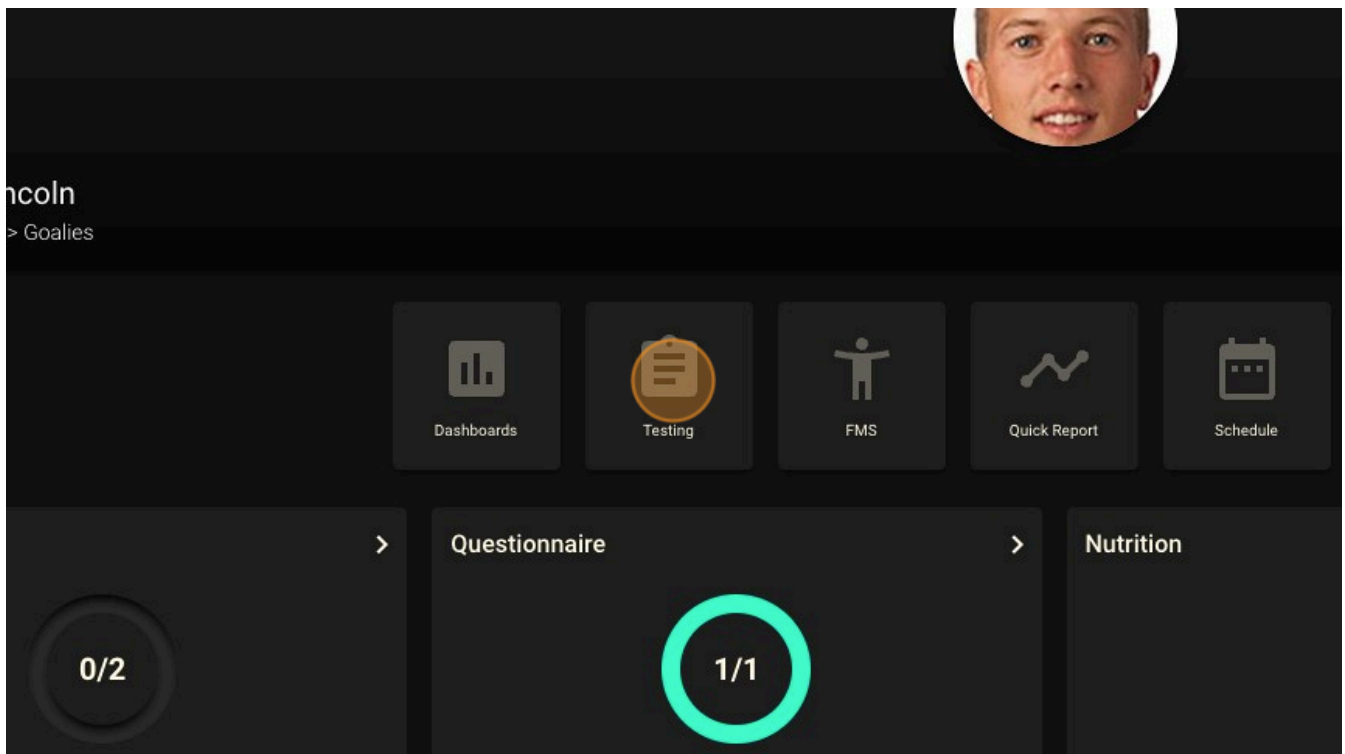
Step One: Select **Manage Your Athletes**



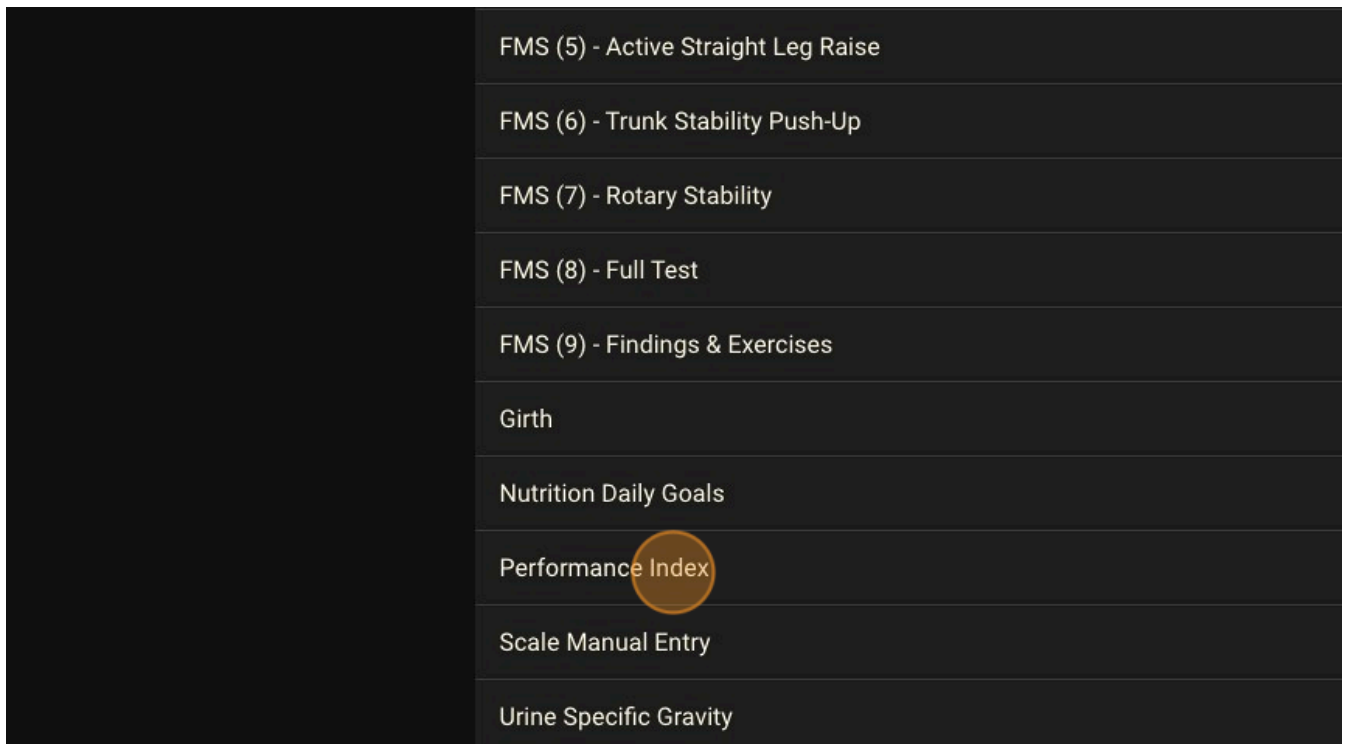
Step Two: Select the athlete to enter data for



Step Three: On the profile page, select **Testing**



Step Four: Select the testing group to input data for



Step Five: Enter testing data and select **Save**

Performance Index
Burrows, Lincoln

Daily Goals

Fields

Vertical Jump (in)

Standing Broad Jump (in)

Javelin Hurdle (in)

COACHMEPLUS

Scale Manual Entry >


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