Blast Softball

1 — Last update: 2018/05/03

Blast Motion

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Table of Contents

1. Introduction and Overview 1

1.1. Account Types 2

1.2. Organizational Chart 4

2. Blast Account Creation – Invite Academy Members 5

2.1. Individual Creation 6

2.2. Bulk Account Creation 8

2.3. Already have a Blast Account? 11

2.4. Recommendations and Tips 12

3. Data Collection and Workflows 16

3.1. Off-Line Mode & In-Game 17

3.1.1. Coach Responsibility Data Upload 20

3.1.2. Player Responsibility Data Upload 22

3.2. Live Capture 23

3.2.1. Live Capture: Metrics 25

3.2.2. Live Capture: Video 26

3.2.2.1. Capturing and Analyzing Video 27

3.2.3. Blast Softball 3D Swing Tracer 28

3.2.4. Uploading Actions Captured Live 30

3.2.5. Upload Videos Captured Live 31

4. Blast Connect Overviews 33

4.1. Sync Softball Metrics 34

4.2. Analyze Video and Share 35

4.3. Run a Team Report 36

5. Sensor Reassignment 37

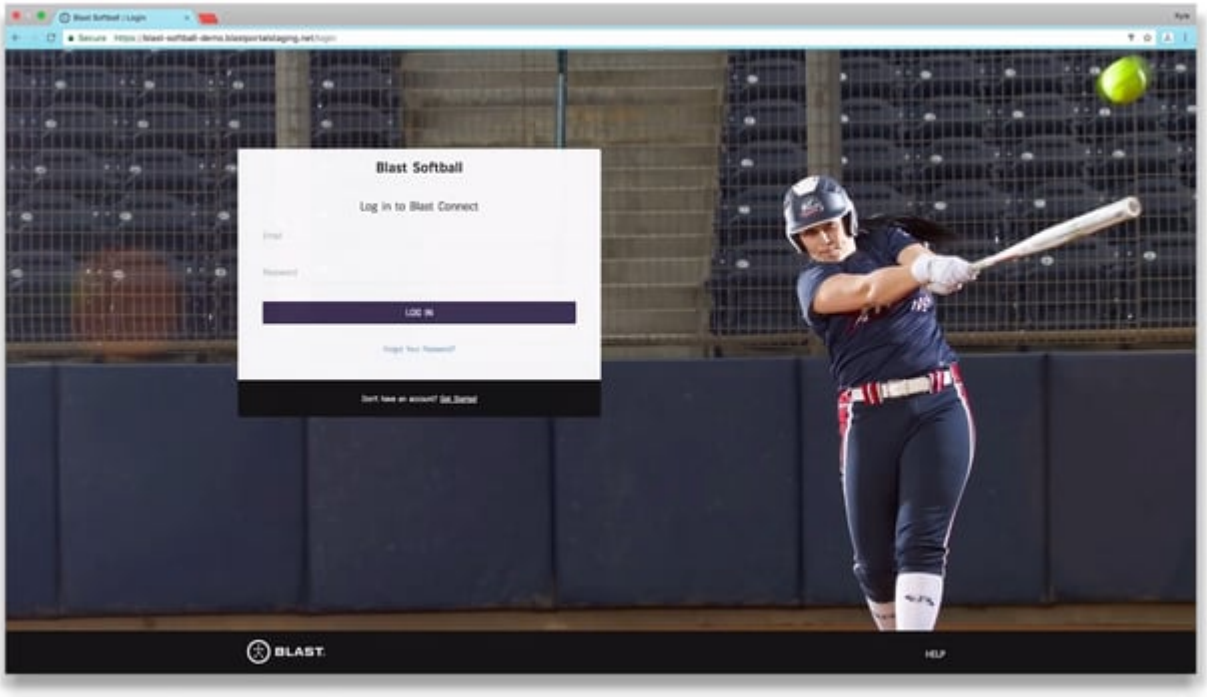
6. Contact Blast 40

7. Blast Vision 41

1. Introduction and Overview

Introduction

Welcome to the Blast Softball user guide! This guide will help you understand the ins and outs of the Blast Softball Solution. The table of contents can help guide you through everything you need from understanding account types, creating accounts, data collection, and uploading swings.



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1.1. Account Types

Owner Accounts:

Owner accounts have premium access and full admin capabilities to Blast Connect. Owner accounts can see every player within the ecosystem and manage what coach or coaches they are assigned to. Owner accounts are generally the Blast administrator for the account and are created first before inviting coach and player accounts.

Coach Accounts:

Coach Accounts have access to a whole suite of Blast Connect functionalities and enables “Coach Mode” within the Blast Softball app. The email and password are the credentials used for both Blast Connect and Blast Softball app.

Blast Connect Owner & Coach Functionality:

COACH

- Practice – Create practice plans & assign them to your players
- Workouts – Create workout plans & assign them to your players
- Skills Competitions – Create competitions for your players to drive engagement as they work to improve skills
- Remote Coaching – Provide real-time coach feedback to your players – anywhere, anytime

COMMUNICATE

- Messaging, Notification & Activity Feed – Stay connected & monitor player activities
- Surveys – Create player surveys to capture valuable feedback
- Leaderboard – Real-time leader ranking & stats for events

ANALYZE

- Media Library – Store videos/images, select media for analysis and share with your players
- Swing Analysis – Analyze data and receive coaching feedback through video voiceovers, markups, and drawings
- Statistics – Evaluate player/team performance history with statistics and data visualizations

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MANAGE

- Calendar – Keep events, practices, & workouts all in one place
- Scheduler – Schedule lessons or allow players to sign-up for 1:1, group, or team lessons

Student Accounts

Student accounts are created in Blast Connect through account creation. Players will use their credentials to access Blast Connect and our Blast Baseball application.

Blast Connect Student Functionality:
Students only have access to their own metrics, video library and any various content they create or created by their Blast Connect coaching staff.

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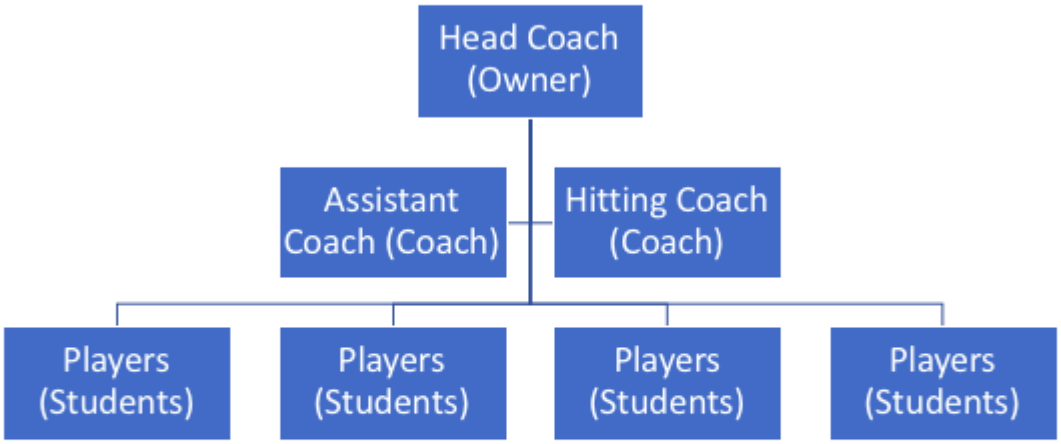
1.2. Organizational Chart



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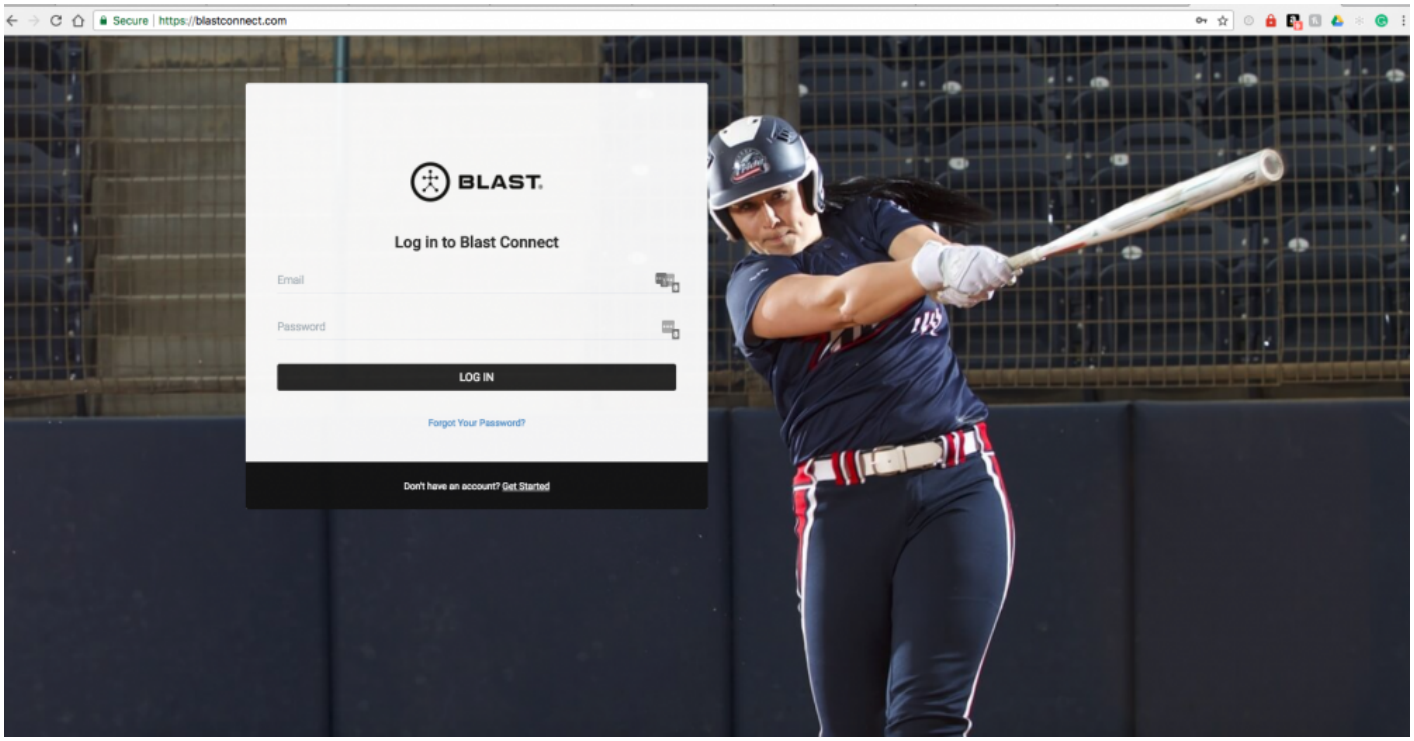
2. Blast Account Creation – Invite Academy Members

Blast Connect enables you to create and or invite other owners, coaches, and students into your portal. Please see the next few sections for detailed instructions.

The credentials used for Blast Connect will be the same credentials for your Blast Softball App

[Blast Connect Login]



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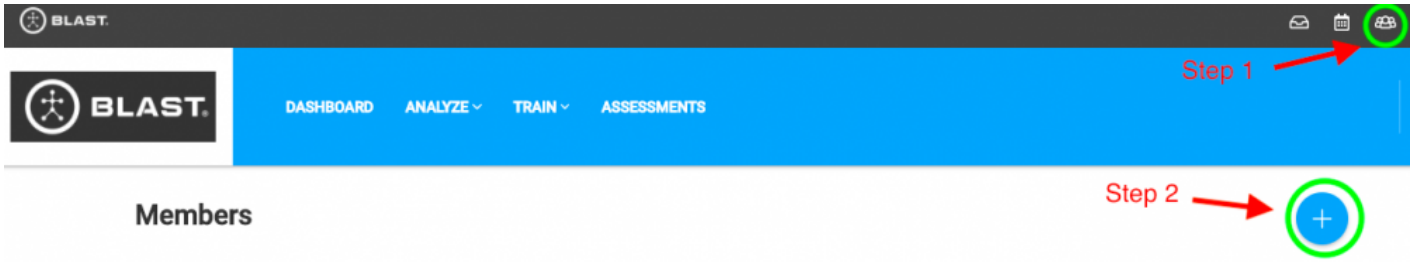
2.1. Individual Creation

1. In the top right hand corner, click on the icon of 3 people.
2. Then, click on the + sign and select “Invite Members”



1. You will invite owners, coaches and students by email. Populate the following fields
    - First Name, Last Name
    - Email *(valid email)*
    - Temporary Password

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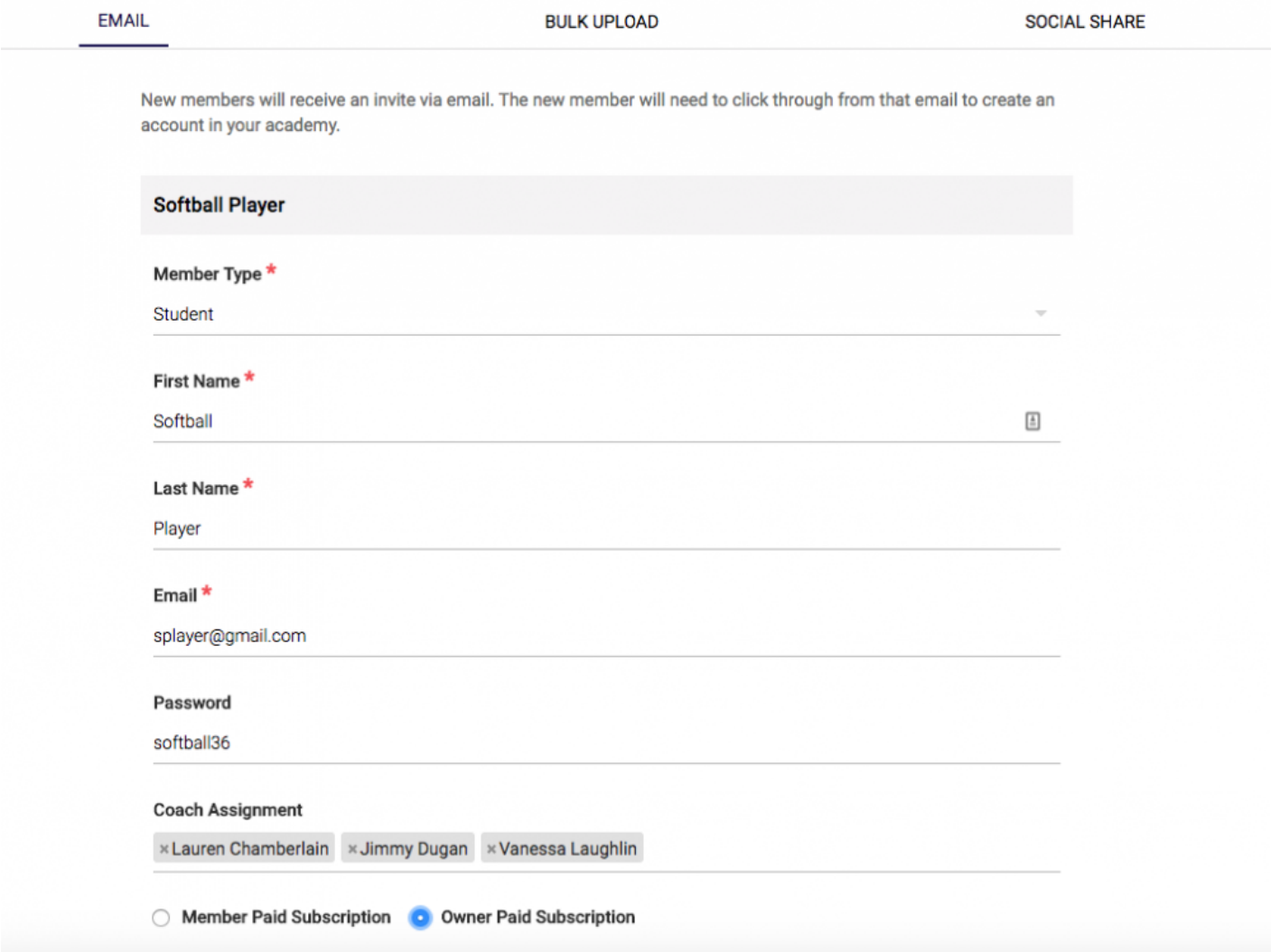

- Assign to coach or coaches
- Select payment option (owner pays for subscription or player pays for subscription)
- Press “Send Invitation” and the individual will receive an email invite to complete their account set up and change their password

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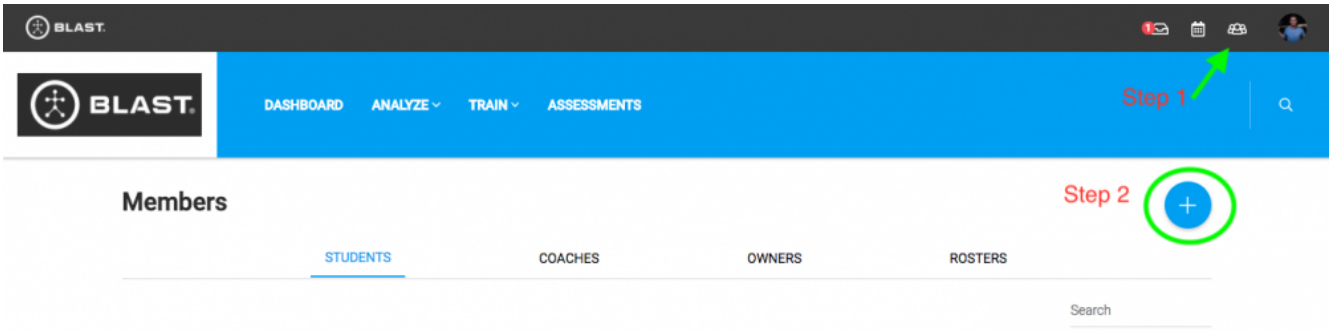
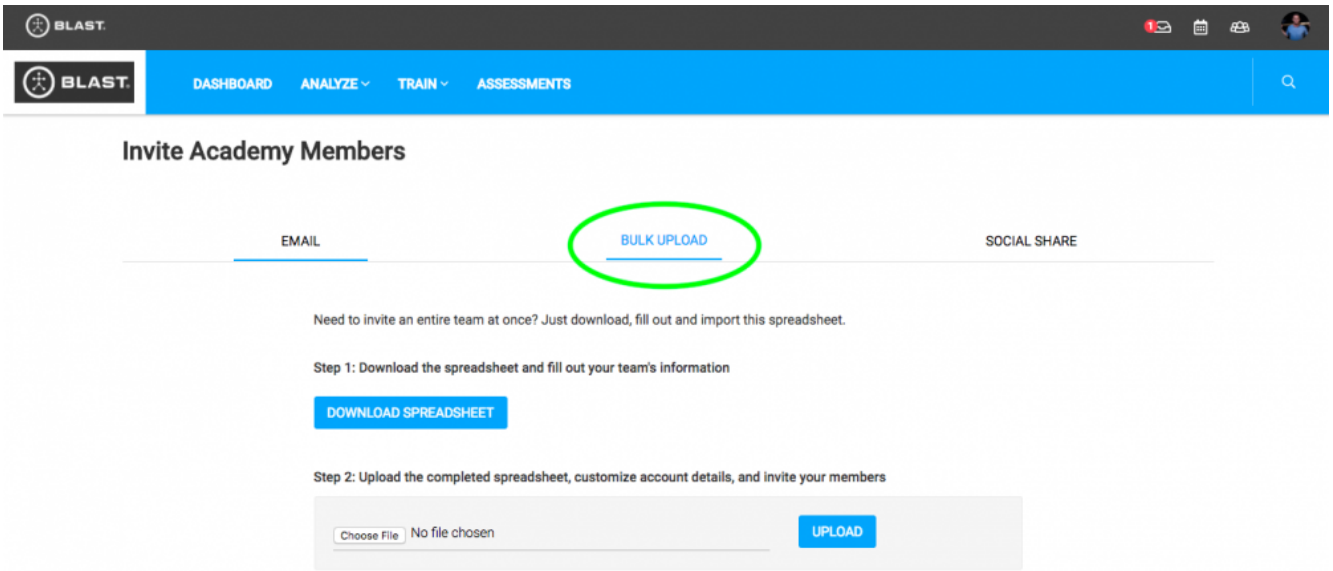
2.2. Bulk Account Creation

1. In the top right-hand corner, click on the icon of 3 people.
2. Then, click on the + sign and select “Invite Members”



3. Select Bulk Upload



4. Choose file and upload the spreadsheet with the Owner, Coach or Players information that you populated. Coach and player required fields are below.
    - **Owner, Coach and Student**
      Required Fields: Member type, first and last name and email

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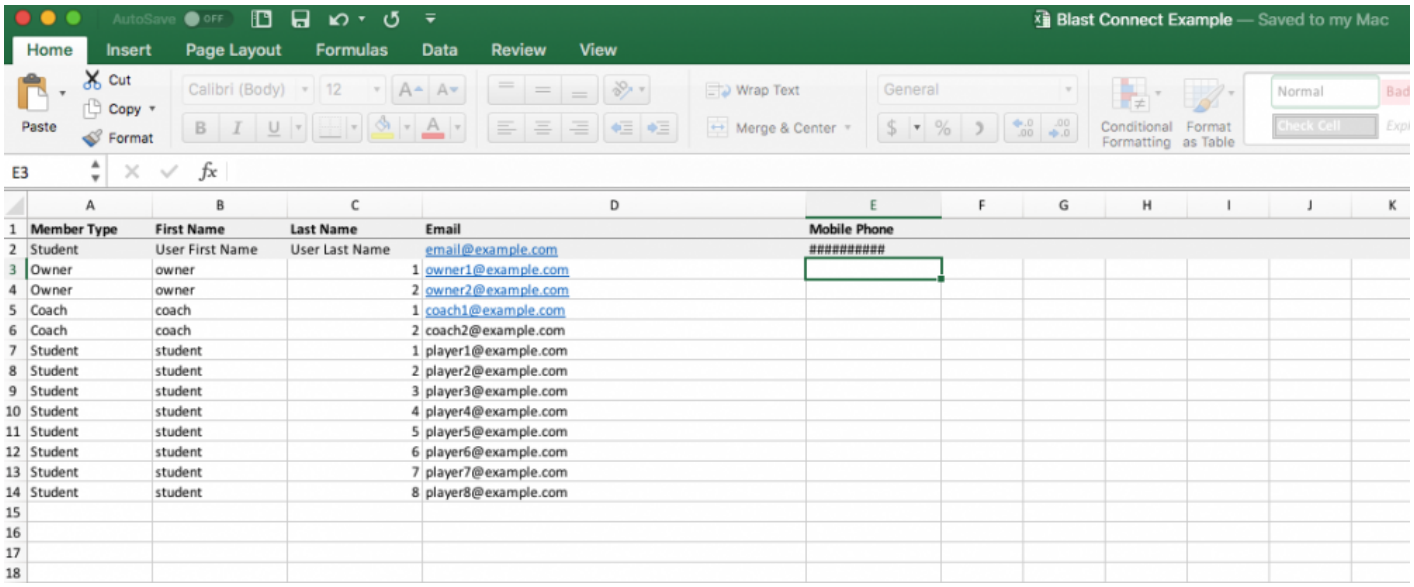
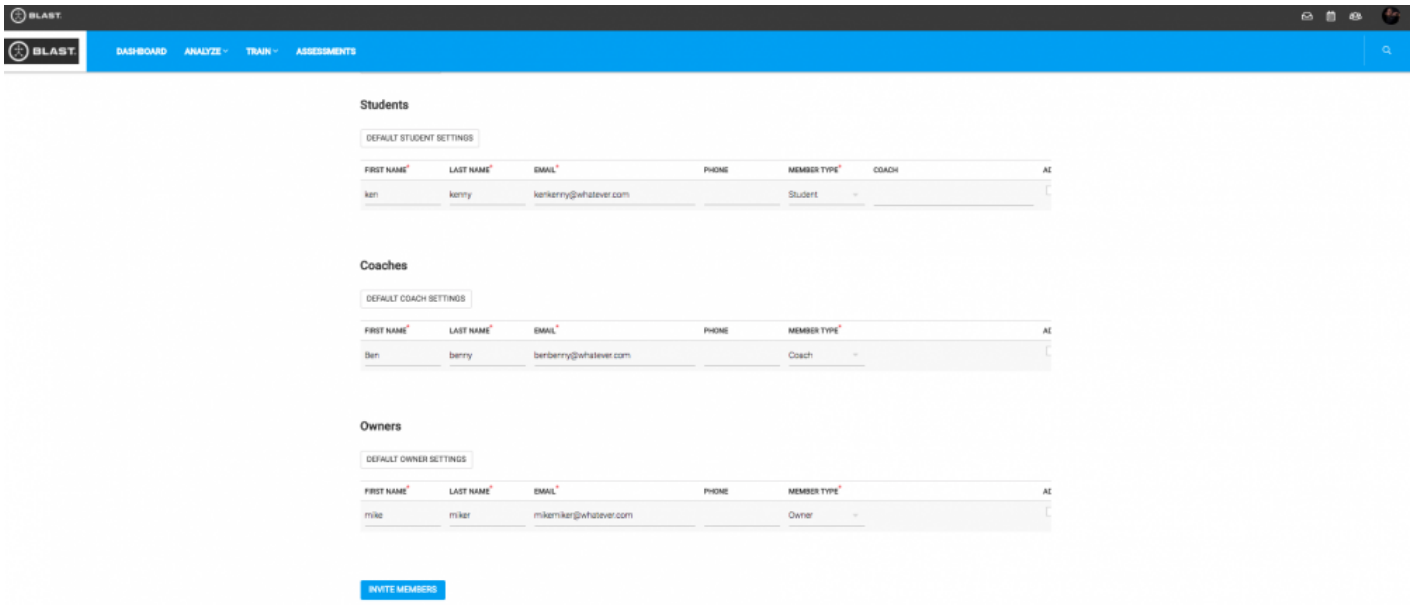


	A	B	C	D	E
1	Member Type	First Name	Last Name	Email	Mobile Phone
2	Student	User First Name	User Last Name	email@example.com	##########
3	Owner	owner	1	owner1@example.com	
4	Owner	owner	2	owner2@example.com	
5	Coach	coach	1	coach1@example.com	
6	Coach	coach	2	coach2@example.com	
7	Student	student	1	player1@example.com	
8	Student	student	2	player2@example.com	
9	Student	student	3	player3@example.com	
10	Student	student	4	player4@example.com	
11	Student	student	5	player5@example.com	
12	Student	student	6	player6@example.com	
13	Student	student	7	player7@example.com	
14	Student	student	8	player8@example.com	
15					
16					
17					
18					

5. Once you upload the spreadsheet, it will populate in a web version to review. This gives you a second chance to validate accuracy and make any updates.
6. Once you have had a second look at the spreadsheet upload, press “Add Members” at the bottom of the page.



Select the box to assign player to a coach or multiple coaches

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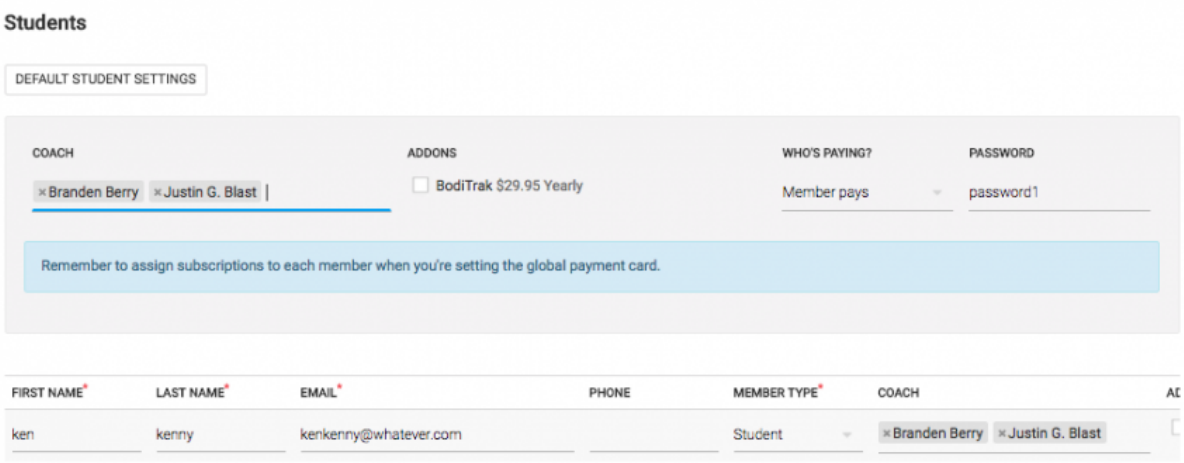

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2.3. Already have a Blast Account?

Please inform your Blast representative if any of your owners, coaches or students already have a Blast account and cannot be added to your portal. **Information needed for the change will be the blast account email and the name of the correct portal they would like to be in.**

How to Contact Us

We have a premier customer support staff that is happy to help:*

Contact Customer Support by:

Filling out our Contact Form
Calling us at 1-855-632-5278 (US phone number)
Please note that support hours are 7AM – 5PM Pacific Time (US business days) and are only in English.

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2.4. Recommendations and Tips

Tips:

Invite members to the academy in this order:

1. Owners
2. Coaches
3. Students

Using the same “master” password for coaches and students when creating accounts will help keep things simple. After the accounts are created, the users have complete access to change their passwords after the fact.

When bulk uploading student accounts, please upload the coach accounts first so that the students can be bulk assigned to the proper coaches. This will eliminate the pain point for you after the fact.

Is a player greyed out in Coach Mode?
Please note: When a user’s account is created, it is imperative that the user logs in to their account on the Blast Baseball App and add’s a bat. This will unlock coach mode for the coaches the player is assigned to.

(Mike Fox) is not available. Follow these steps:

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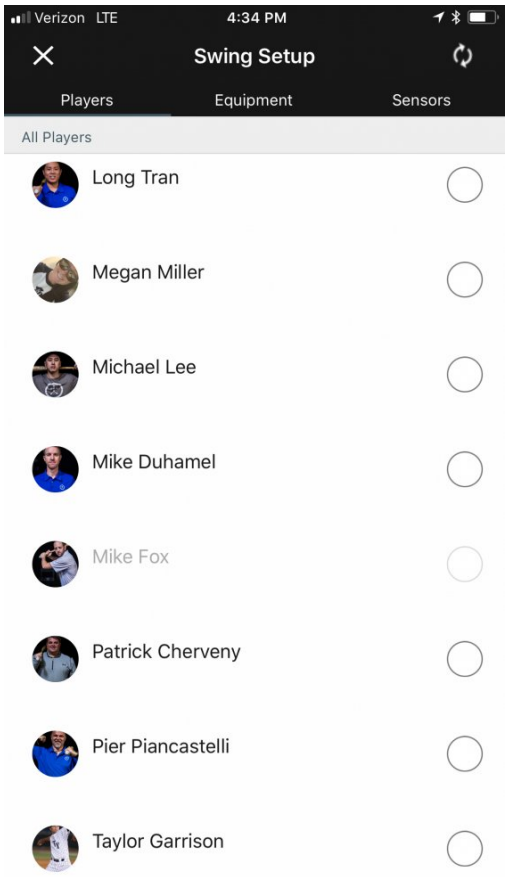

Player must “add bat”

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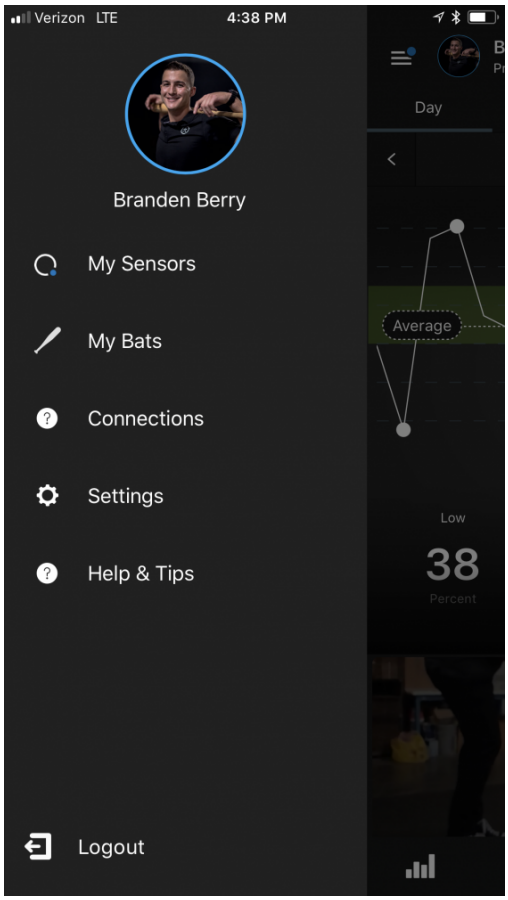

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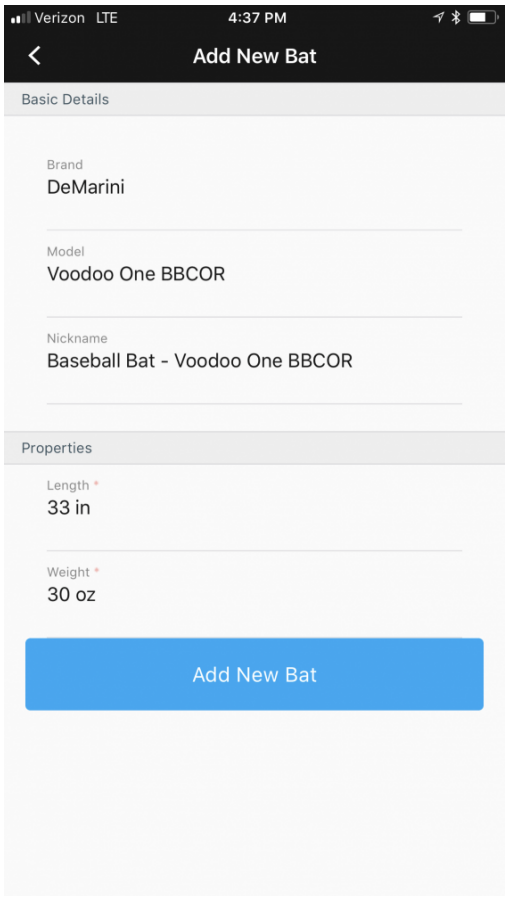

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3. Data Collection and Workflows

Summary

The steps on how to collect and upload data are on the following pages. Before we collect data, it is important to understand the different ways data and video can be collected. Below is a quick overview of the data collection types for reference.

OFF-LINE MODE

The mobile device is not used while hitting. Sensors store swings locally *(up to 1,000)* and then swings are uploaded in bulk at the end of the workout or day.

ONLINE MODE

Connect to players sensors live to see instant feedback, record video, and access the 3D swing tracer.

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3.1. Off-Line Mode & In-Game

Summary

Off-line mode allows you to collect swings on players without the mobile device around. Simply set up the sensors for use (steps below), pass out sensors to players, and attach to their bat to hit. At the end of the workout, or day, upload all the swings at one time in the Blast Softball App.

Steps:

1. Sensors need to be
2. Adequately Charged,
3. In their attachments
4. Labeled appropriately
5. Open the Blast Softball App
6. Login using the proper coach credentials. *(once you log in the first time, credentials will be saved until you log out)*
7. Example Email: hittingcoach@blastmotion.edu
8. Example Password: hittingcoach36
9. You must have a data connection for the device to log in to the app for the first time
10. Distribute sensors to players (you may have to help players put sensors on in the beginning)
11. At the end of the session, make sure you have all the sensors from the players that were wearing it for the day
12. Now it is time to upload the data from the sensors. Please see the next section (4.2) on how to upload the off-line swings using Coach Mode
13. Select the player you would like to download offline swings

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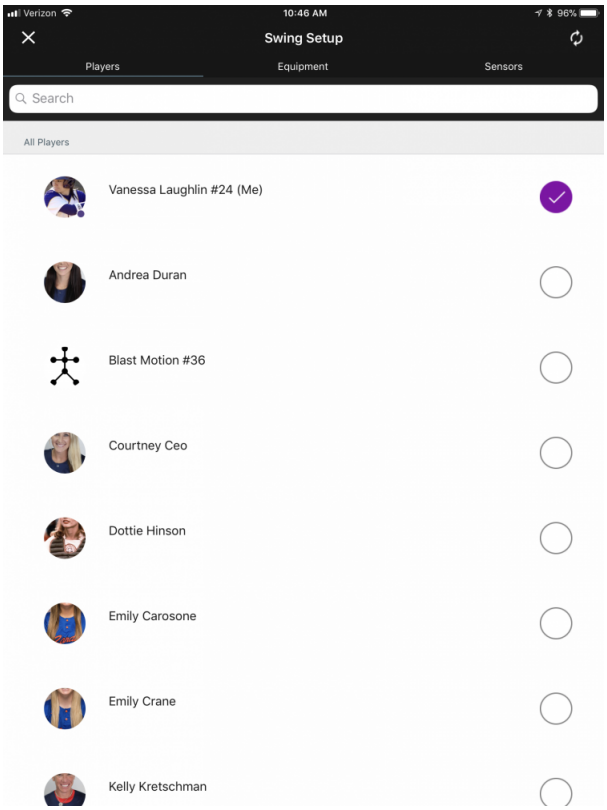
14. 

15. Select “download offline swings”

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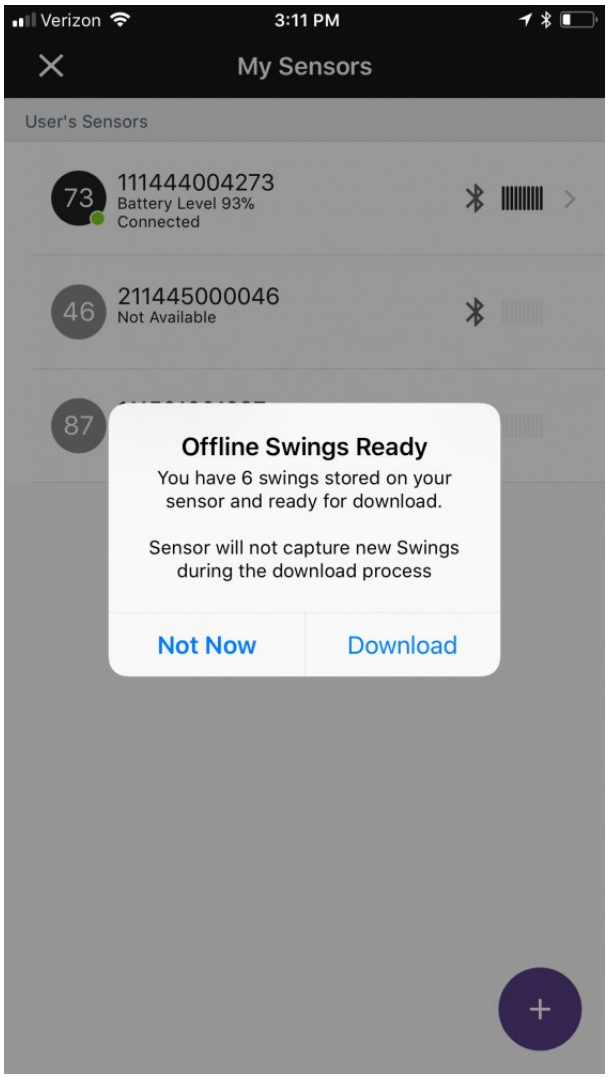

1. Repeat this process for all hitters (Note: Please leave the application open and confirm completion of cloud sync found in the top right-hand corner)

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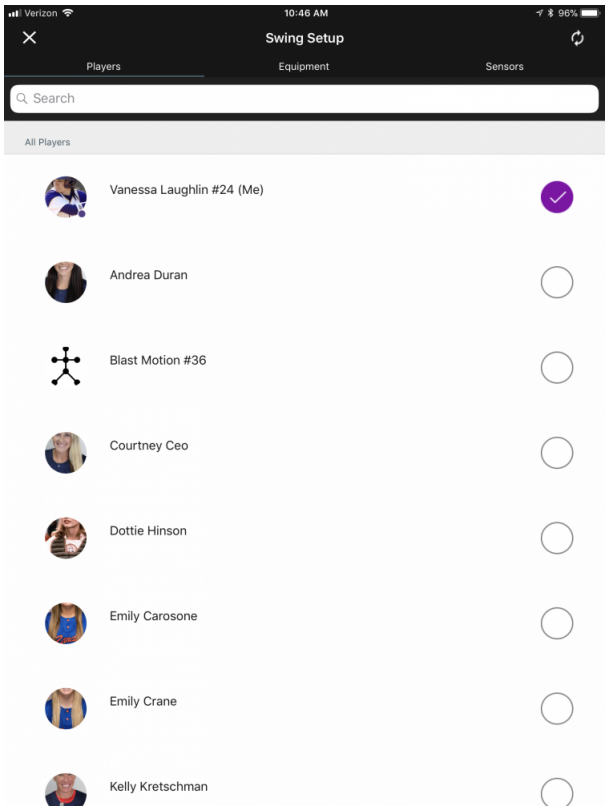
3.1.1. Coach Responsibility Data Upload

If your program would like to delegate the responsibility of uploading the player's data, please see the following steps. This process can be done daily, every other day or every few days depending on your specific situation.

Steps:

- Install labeled sensors on matching players bat in the morning or sometime before practice begins
- Allow player's to capture all offline swings throughout the days early work, practice, live batting practice and post-practice work.
- Gather sensors from the players when they are finished or designate a "Blast Dropoff" area somewhere in the facility
- Coach then selects each player utilizing coach mode in the Blast Baseball App and "download offline swings"
- Confirm completed cloud sync (blue pulsing dot in the right-hand corner)
- Repeat these steps for continued utilization of coach responsibility data upload



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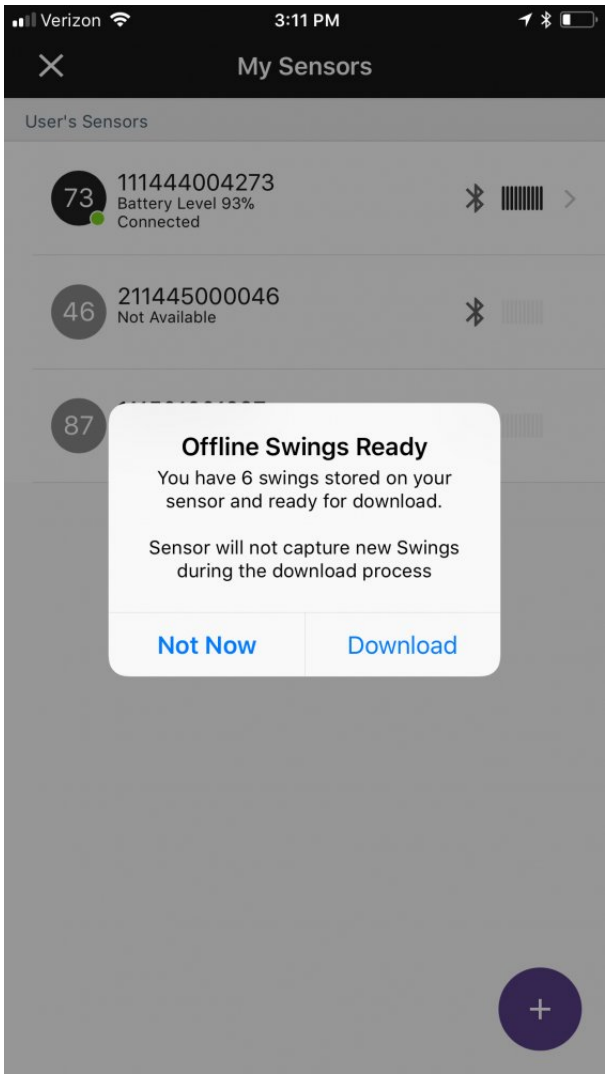

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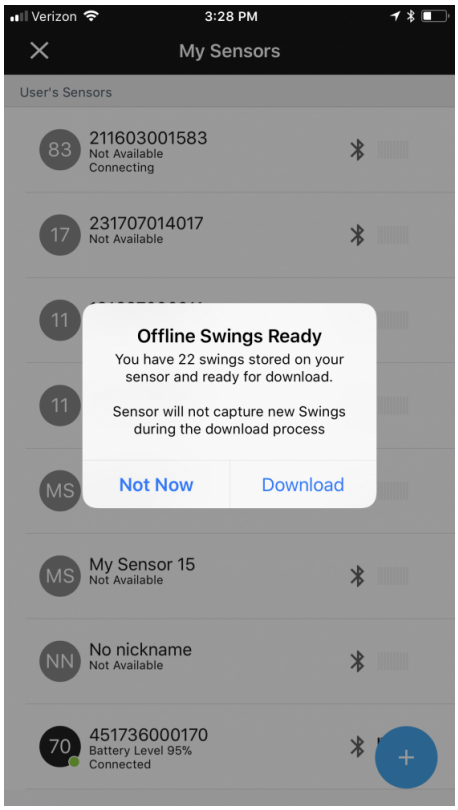
3.1.2. Player Responsibility Data Upload

Players in your program can also absorb the responsibility to upload their own data. Please see the steps below for this process.

Steps:

- Player's login to the Blast Softball App using their own player credentials
- Sensor will automatically connect and the "download offline swings" option will appear
- Select "download offline swings"
- Confirm cloud sync



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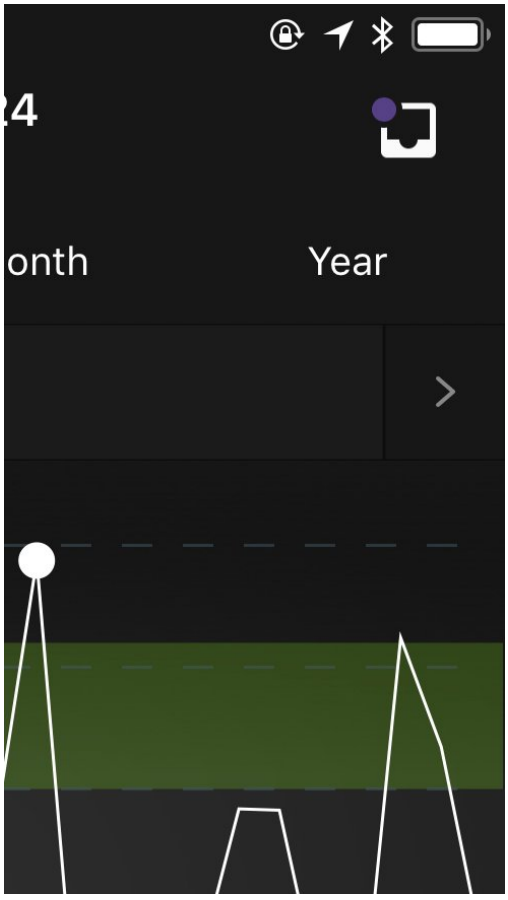
3.2. Live Capture

Summary

The Blast Softball App allows you to connect to players sensor live to see metrics, record video, or the 3D swing tracer. All of the players assigned to that coach account can be accessible from 1 device, using the coach account login.

When You First Open the App

The inbox icon in the top-right will have a pulsing blue dot. This is indicating that the app is syncing information to the cloud. This can include bringing information down to the app or uploading information to the cloud. Allow the purple dot to pulse and then stop pulsing before functioning in the app. You can tap on the inbox to see the status and identify what is happening.



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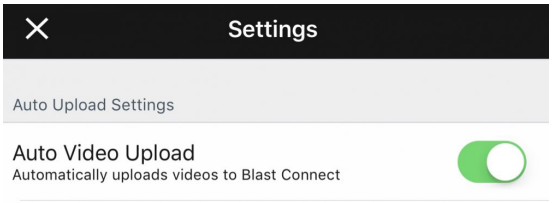
Setting for Auto Video Upload

You have the choice via *settings* to have videos you capture automatically upload to the Blast Connect portal. If you have auto-video upload turned ON then any video you capture will get uploaded to Blast Connect when the device is both open and connected to Wi-Fi.



> ! Videos will only upload automatically after the setting is turned on. If you record videos and then turn auto-video upload on, the previous videos you have already captured will NOT be uploaded automatically.

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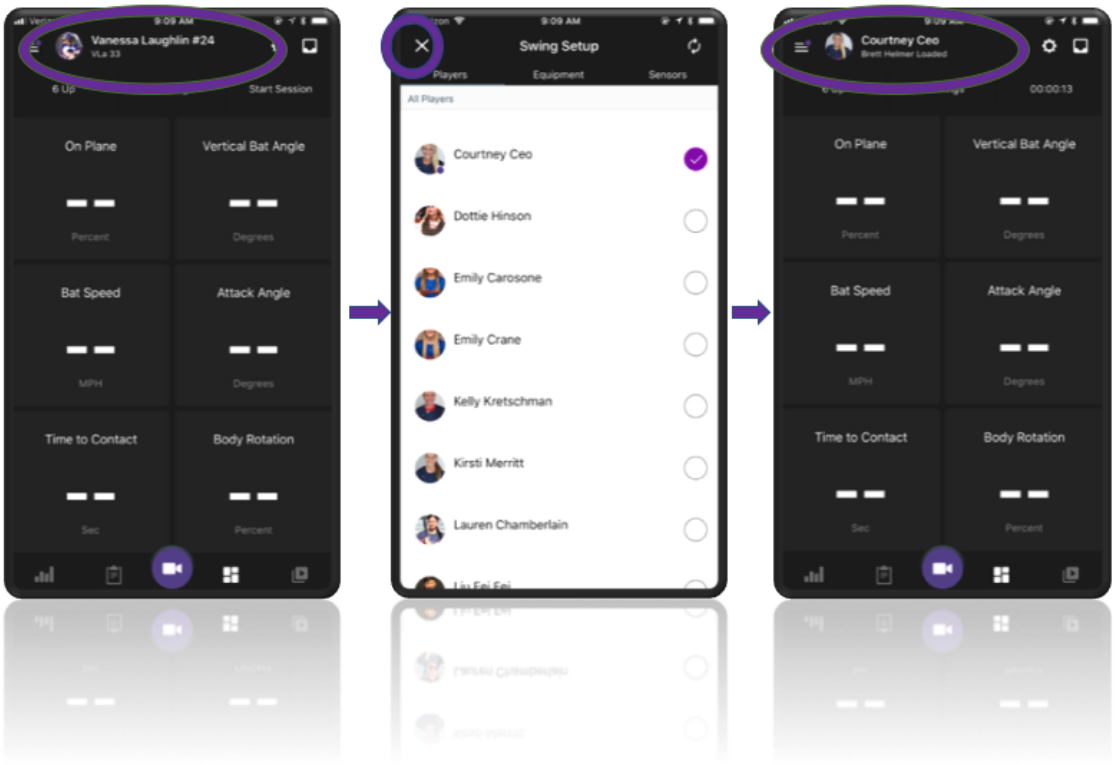
3.2.1. Live Capture: Metrics

Live Metrics: Switching Players, In-Cage or On-Field

1. From the dashboard *(navigation key in 3.2)* tap the name at the top of the screen
2. Find players name on the roster and select
3. Close window
4. Player name will then be at the top
5. Check to see green dot in top left-hand corner to indicate the sensor is connected



Recommendations and Tips

- When capturing metrics of players hitting live, you will only need 1 device that has the appropriate coach account login credentials
- From the coach account, you can access all players and sensors associated with that coach account/ team.

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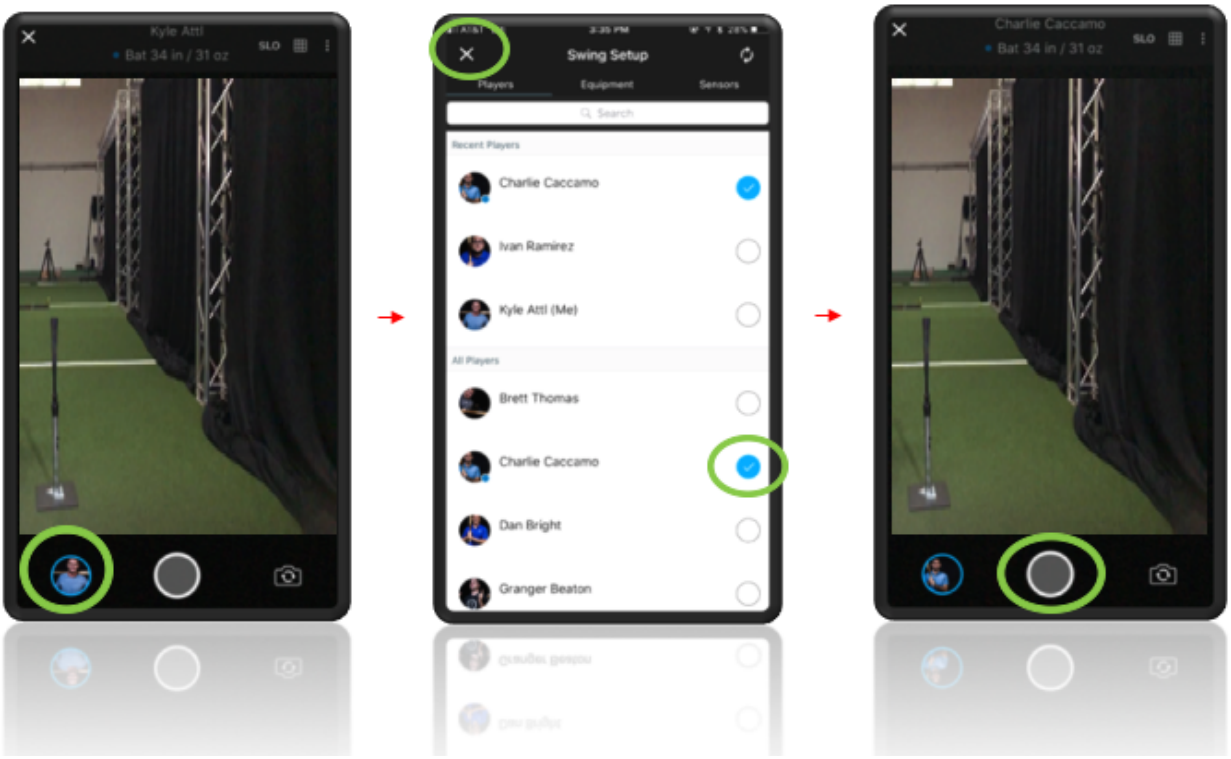
3.2.2. Live Capture: Video

Recording Video: Switching Players, In-Cage or On-Field

1. Open the Blast Softball App and login using the coach credentials
2. Tap the video record button
3. Tap on the silhouette in the bottom left-hand corner
4. Select the hitter's name from the list and close (*You should see the current hitters name at the top*)
5. Tap "Record" before hitting and then stop recording when done hitting
6. YOU DO NOT NEED TO START AND STOP FOR EACH SWING, JUST FOR EACH HITTER. JUST TAKE 1 CONTINUOUS VIDEO OF THE HITTER. THE APP AUTO CLIPS SWING VIDEOS.



Recommendations and Tips

- When recording video of players hitting, you will only need 1 device that has the appropriate coach account logged in.
- From the coach account, you can access all players and their sensors.
- It will be important to communicate with the hitting coach prior to when early work begins to know what players will be using Blast during their workout time slot.

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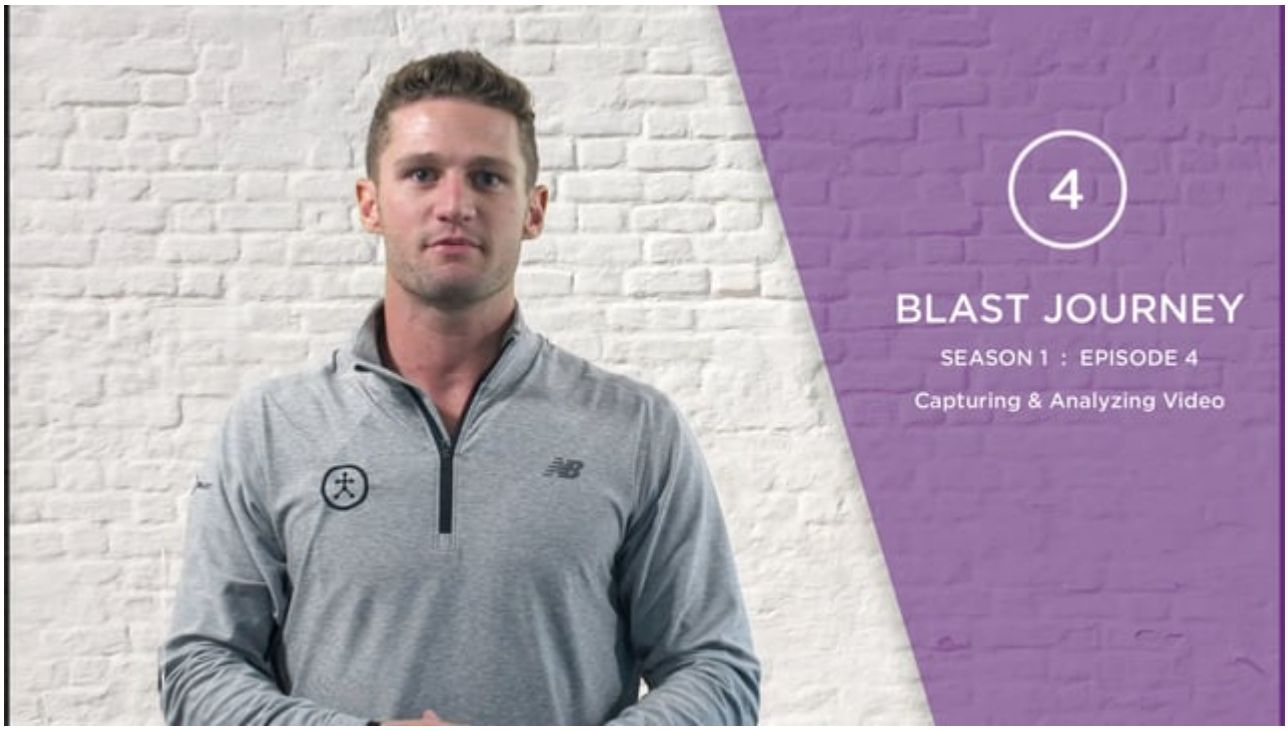
3.2.2.1. Capturing and Analyzing Video



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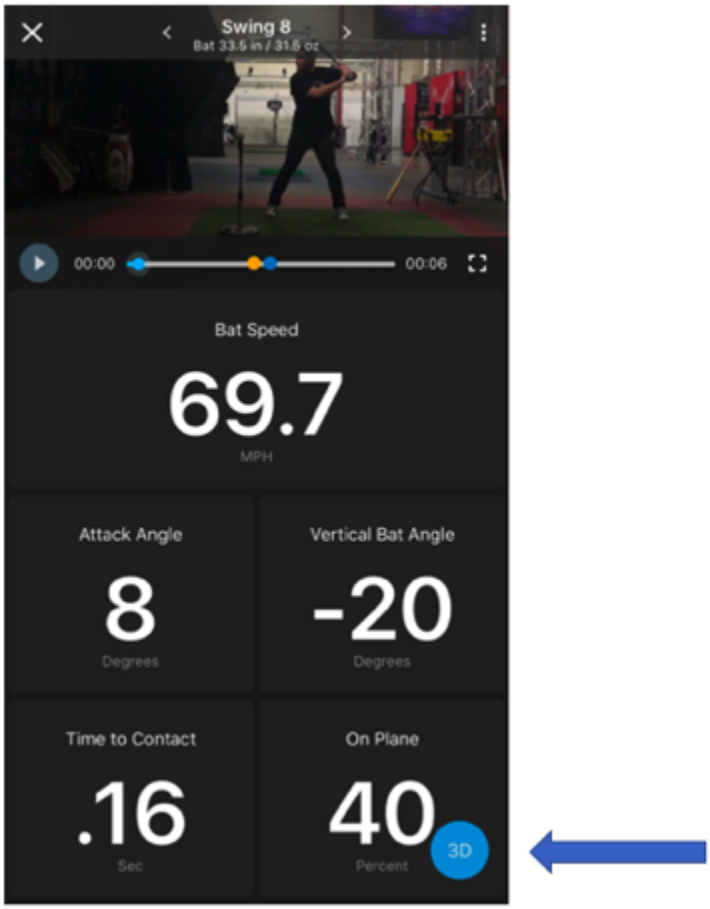
3.2.3. Blast Softball 3D Swing Tracer

Summary

The 3D swing tracer allows you to visualize any swings that were captured with the Blast Softball App. You can access the swing tracer by selecting a swing or video within the app and tapping on the blue 3D icon.



Note: You will NOT see the 3D button on an empty dashboard
Note: The 3D swing tracer is only viewable for swings captured locally on the device. The 3D button will be Grey

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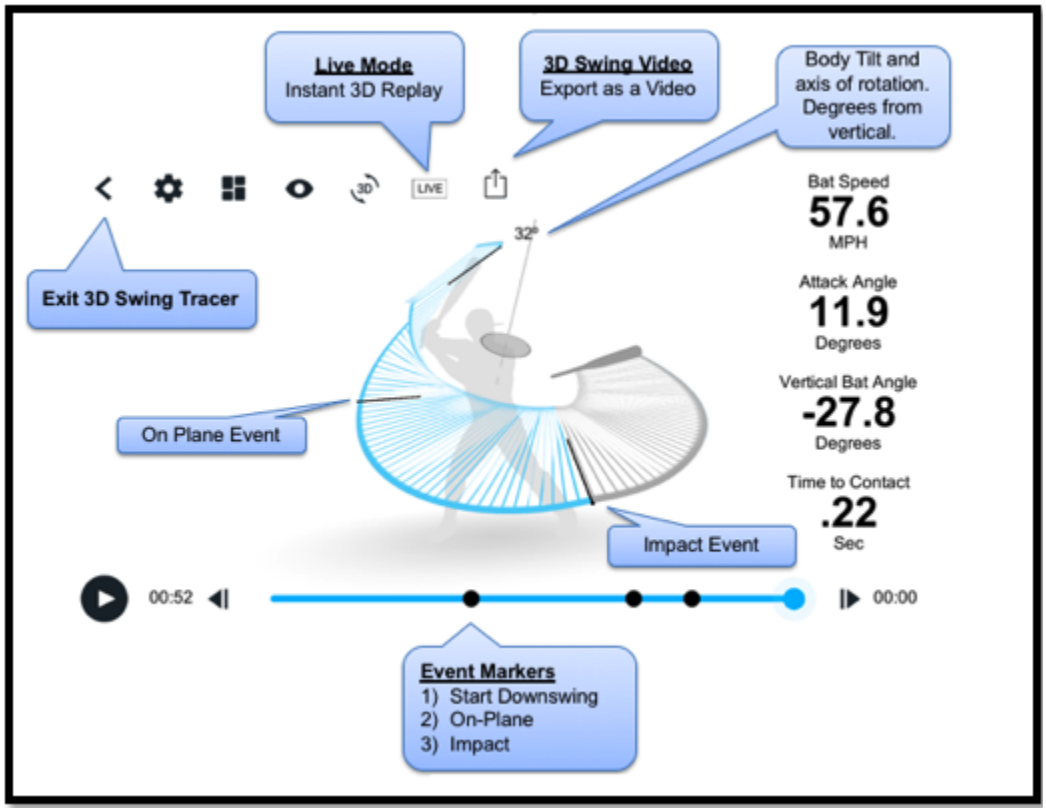
Swing Tracer Screen

Once the swing tracer is launched you will see the 3D swing trace for the swing you just tapped. You can also tap on ‘live mode’ for instant 3D replay.



Displaying the live swing tracer on a TV through hardwire adapter or airplay onto a television makes for a great visual. If your devices screen is large enough, the iPad itself could act as the screen to show the feedback.

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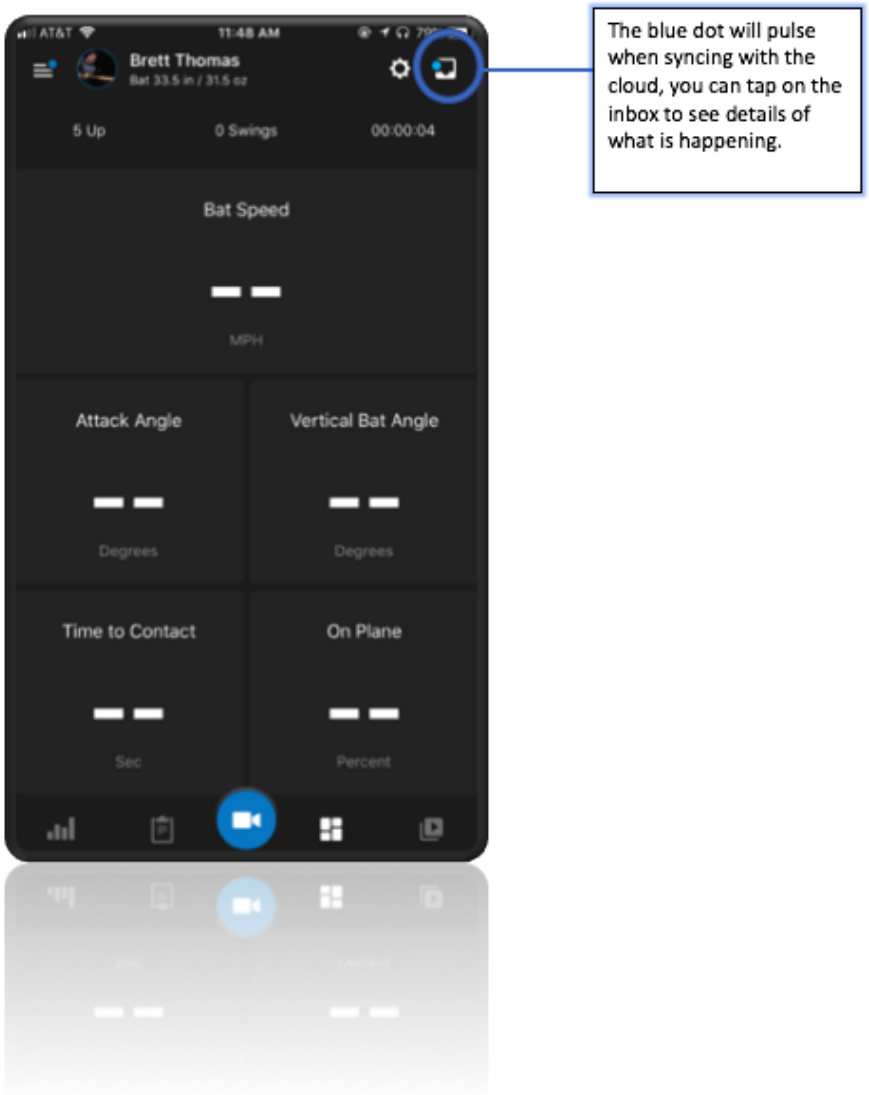
3.2.4. Uploading Actions Captured Live

How to upload actions that were collected live on the device.

1. Open the app where there is quality Wi-Fi or cellular connection
2. In the top right-hand corner, the blue dot on the inbox icon will pulse when syncing to the cloud. Allow the blue dot to pulse until it stops, this will indicate that swings have been uploaded to the cloud.



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3.2.5. Upload Videos Captured Live

How to upload videos collected on the device.

Auto-Video Upload

Steps:

1. Make sure the device that captured the videos is connected to Wi-Fi or a strong data connection
2. Open the app
3. Tap on the inbox in the top right-hand corner to see the processing progression
4. Videos will upload and the message will no longer be displayed when videos have been uploaded.

Manual Video Upload

Steps:

1. Go to the video library and select the player whose videos you would like to upload.
2. Tap on the check-mark in the top right part of the screen
3. Individually select which videos you would like to upload
4. Tap on the export icon and select “upload to blast connect”

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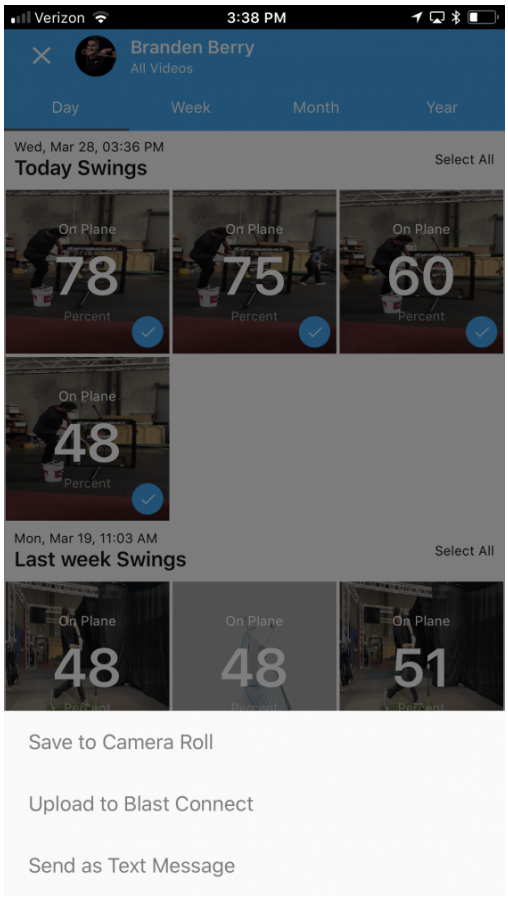

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4. Blast Connect Overviews

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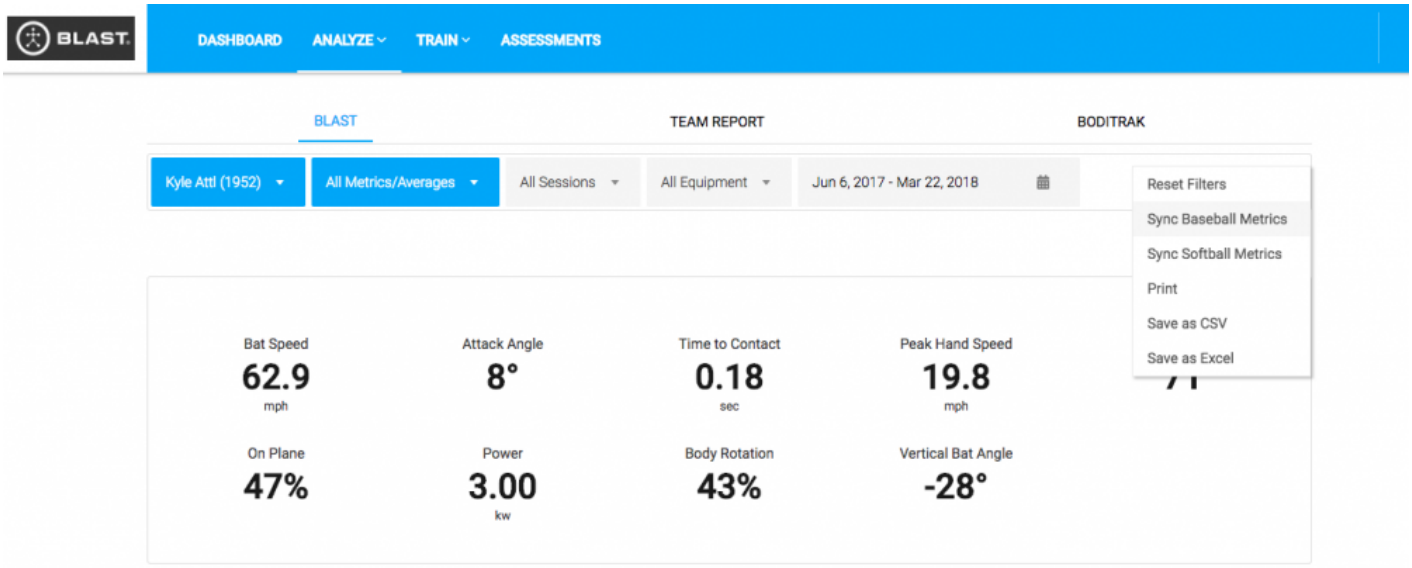
4.1. Sync Softball Metrics

Users must “sync baseball metrics” to pull down any fresh actions to their portal. This is a crucial component to the Blast Connect portal.



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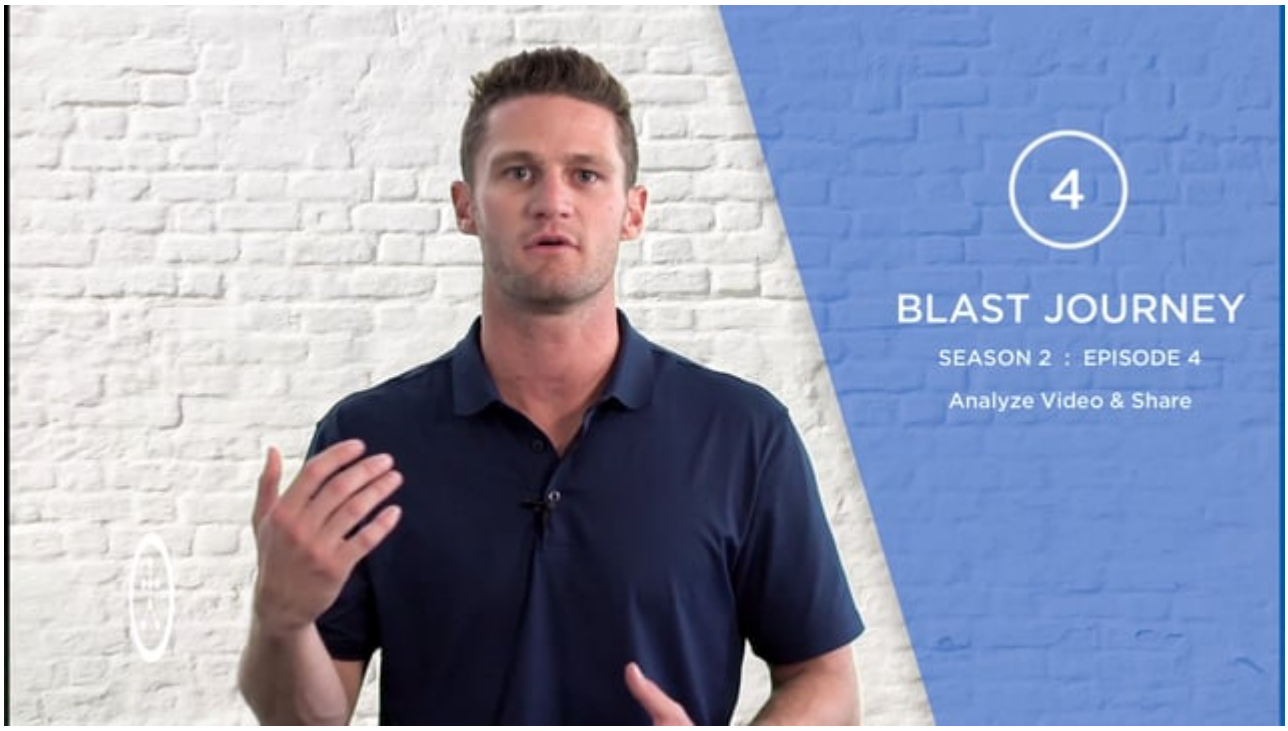
4.2. Analyze Video and Share



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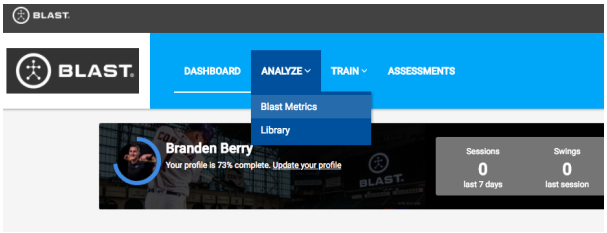
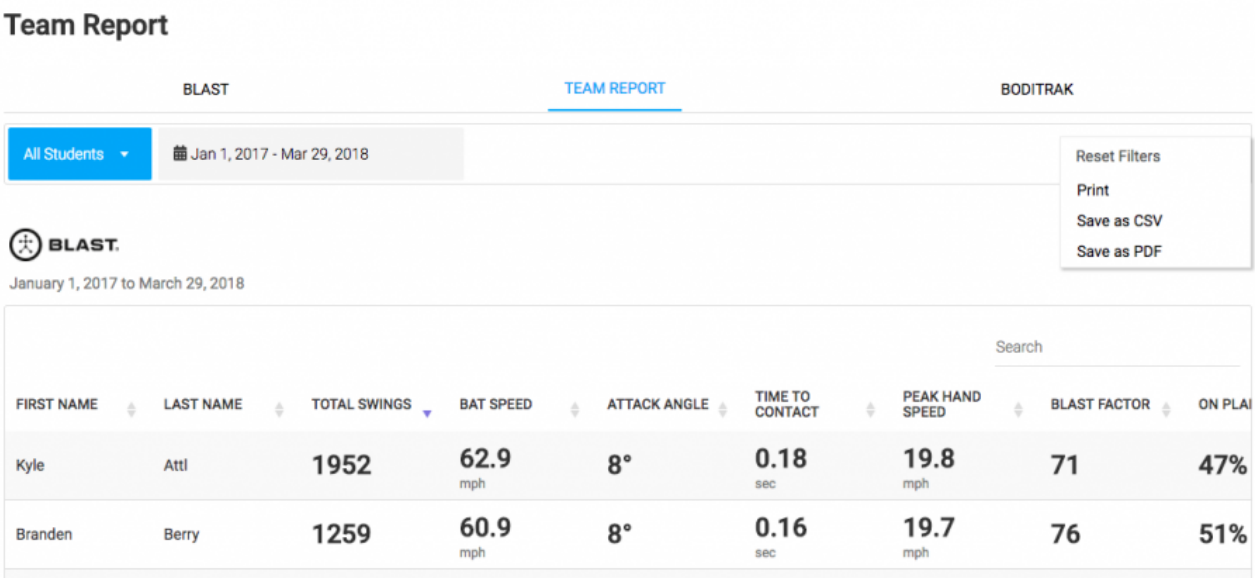
4.3. Run a Team Report

Steps to Run a Team Report when logged in as a Coach:

Select “Blast Metrics” from the Analyze Tab



Select “Team Report” and separate by date range. As a owner or a coach, you can export this report as an excel or PDF file.



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5. Sensor Reassignment

Summary

Sensors can be unpaired from a player and reassigned to another. The steps are outlined below.

1. To unpair the sensor, email your Blast Motion direct point of contact or support@blastmotion.com with the sensor serial number. *(found on the back of the sensor, both top and bottom numbers)*
2. They will respond when sensors are unpaired and ready to be repaired to another player.
3. To pair to a new player, you need to log in to the Blast Baseball App using the PLAYERS login credentials.
4. Make sure the sensor is charged.
5. Once you are logged in, tap on the menu icon, and go to my sensors.
6. Tap the + sign and use the camera on the phone to scan the back of the sensor, then follow the onscreen instructions.
7. You will hear a chime *(if volume is on)* and see a checkmark to indicate the sensor is paired.
8. The sensor is now paired to the new player.

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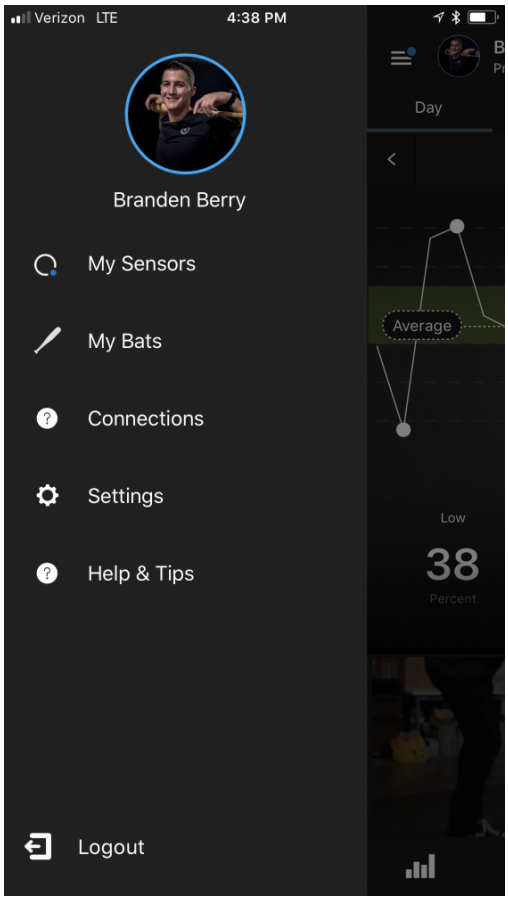

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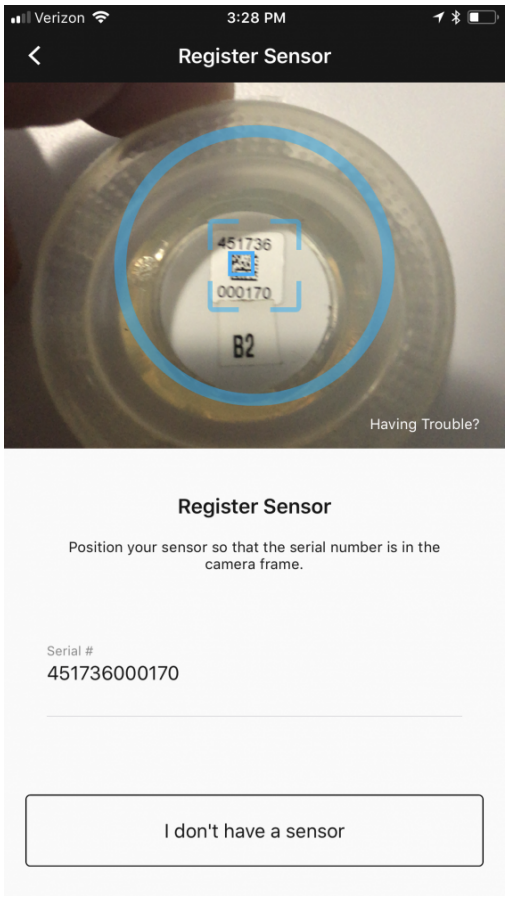

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6. Contact Blast

Any more questions or issues? We have a premier customer support staff that is happy to help:

Contact Customer Support by:

Filling out our Contact Form
Calling us at 1-855-632-5278 (US phone number)
Please note that support hours are 7AM – 5PM Pacific Time (US business days) and are only in English.

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7. Blast Vision

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