

1. **Install:** MOTI Mobile from Google Play Store or Apple App Store. Search for “**MOTI Mobile**” to download or click on the store badge to the right to hyperlink.



2. **Log-in:** Via MOTI Mobile or www.coachspage.com, log in using the email address you provided your club during registration once you’ve established your password. You will receive a Welcome Email from motisports@motisports.com which will allow you to set your Password. (Check your SPAM Folder and if found mark it “NOT SPAM”).



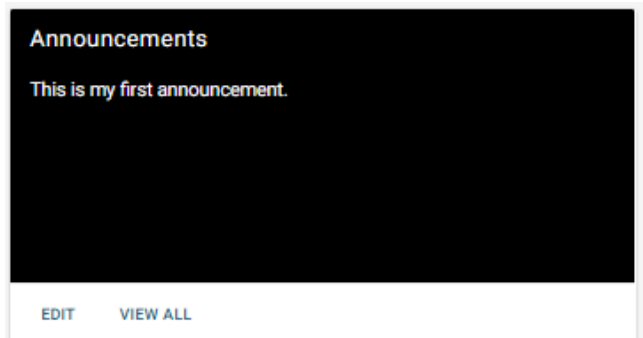
**as of this training, your user should be setup. In this case, watch for an email invite from Coach's Page, motisports.com or your club. Then, proceed with these steps.*

CREATE YOUR PASSWORD

VIEW THE QUICK START VIDEO

3. **Quick Start Video:** Watch the Quick Start video to learn more. →

4. **Announcements:** Via MOTI Mobile or www.coachspage.com, view your coach’s announcements on the Announcement Board. Follow their instructions.



5. **View Your First Practice Plan:** Via MOTI Mobile or www.coachspage.com, view your first practice plan. It will be under the dashboard. After your app has downloaded the 3D Training Materials [techniques and simulations] you will be able to interact with them. View all training materials.

Practice Plan

TEST PLAN MOTI U12 BOYS WEEK 10 SESSION 20

3D Skills have this icon



3D Drills have this icon



6. As the season progresses, continue to use the Announcement Board, and Practice Plans to prepare for practice.