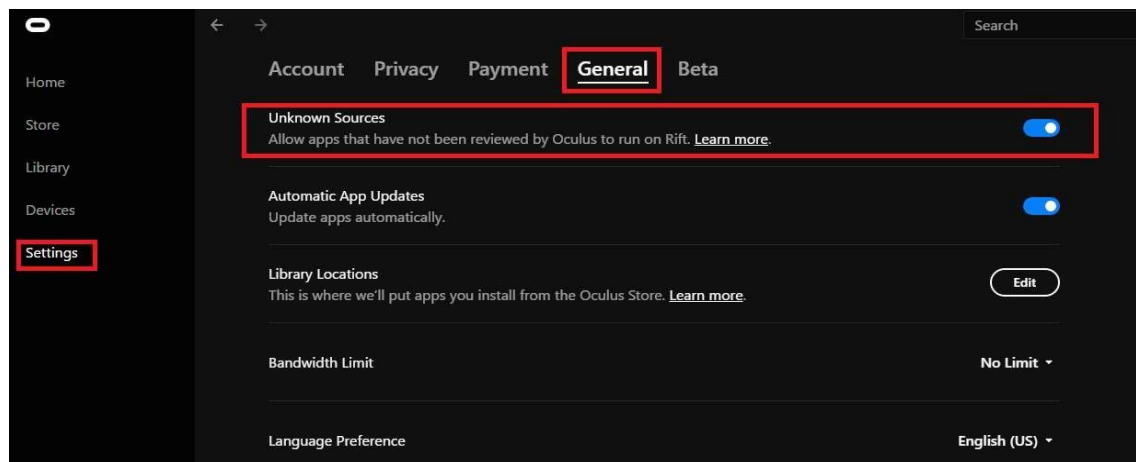


How to Get Started with Virtual Goalie

Set up your computer and mobile device

Acquire a virtual reality-enabled computer and the Oculus Rift + Touch. For hardware specs, to test your computer, or to order from Amazon, visit the [Required Hardware](#) page of our website. (*Windows Mixed reality will not work.*)

- 1) Download the Virtual Goalie software to your VR computer
 - a. Open <https://purchase.virtualgoalie.com/download/VirtualGoalie.exe>
 - b. Open the .exe file that downloads to your computer and click Install
- 2) Set up your Oculus
 - a. Oculus will guide you through the process
 - b. <https://www.oculus.com/setup/>
- 3) Update Oculus to allow unknown applications.
 - a. Open the Oculus application.
 - b. Click Settings on the left.
 - c. Click the General Tab
 - d. Enable Unknown Sources



- 4) Download the app to your iOS or Android device



Set up your account & settings

- 1) Create an account
 - a. Open the Virtual Goalie app on your device
 - b. At the bottom of the screen, touch Sign in or Sign Up
 - c. Enter your email address and touch Sign Up
 - d. The app will display a page that requires verification of your email address
 - e. You will receive an email with a Verification Code
 - f. Enter the verification code in the app with your new password
 - g. Click Verify
 - h. Now, log into the app with your username and password
 - i. Alternative: You can go through the same process at <https://purchase.virtualgoalie.com>
- 2) On the app, set up your profile
 - a. Open the app
 - b. Sign in with your email address and password
 - c. Touch to open the menu on the top left corner of the app
 - d. Touch Settings
 - e. Update your personal settings: dominant hand, shot speed, etc.
 - f. Touch Save on the top right of the screen
- 3) On www.reactionvrsports.com, purchase a subscription.
 - a. On the top navigation bar, click Sign In
 - b. Enter your email address and password and click Sign In
 - c. On the following page, enter your credit card information and click Subscribe.
- 4) **Coaches:** No need to purchase a subscription to view your goalies' data. Just download the app to your mobile device.
 - a. Send an email at suzanne@virtualgoalie.com to let us know which goalies to associate with your account, and we will set you up.

Set up your stick

- 1) If you need a mount to attach the Oculus Touch to your stick, order it on the site
 - a. On www.reactionvrsports.com click Sign In on the top navigation bar

- b. Sign in with your username and password
 - c. In the top black navigation bar, click Buy Mount
- 2) Attach the mount to your stick
- a. Watch this demonstration: <https://www.youtube.com/watch?v=IBZSPiFRvZU>
 - b. Get a 30" shaft or cut down a shaft to 15", whichever you prefer (this should not be a stick you use regularly)
 - c. Attach a goalie head to one side
 - d. Slide the mount onto your lacrosse shaft
 - e. Partially thread a screw into the mount/shaft to keep it in place. Do not tighten all the way
 - f. Get the LEFT Oculus Touch controller. (It MUST be the left controller. The left controller has the X and Y buttons, the right controller has the A and B buttons.)
 - g. Thread the Touch wrist tether through the hole in the mount
 - h. Push the Touch controller into the mount. Make sure it is pressed in firmly and friction keeps it in place
 - i. Wrap the Touch tether once around the screw so that it is snug and provides tension on the Touch
 - j. Tighten the screw
 - k. Update your profile settings with the correct stick type
 - i. Login to the app with your username and password
 - ii. Touch the top left menu
 - iii. Choose Settings
 - iv. Touch Stick Type to choose appropriate option
 - l. When training, do not hold the stick by the mount, keep hands above it. You may want to wrap tape around it for extra security.

Login to the VR software to start training

- 1) Watch this video: <https://www.youtube.com/watch?v=ifj9kTR-TnE&t=19s>
- 2) To begin, go to your app and get a token and enter it into the system.
 - a. In the app on your device, touch the menu in the top left corner and tap Oculus Token
 - b. Tap Generate Token
 - c. Go to your VR computer, open the Virtual Goalie software

- d. Put on your Oculus headset and enter the token
 - i. Use your head to aim the crosshairs over a number, then click the A or X button on the Touch controller to enter it
- e. If you make a mistake, aim the crosshairs at the X then click the A or X button
- f. When you have the token entered, hover over Go, then click the A or X button
- g. You will be transported into the game field
- h. **Coaches:** You can generate tokens for each of your players from your app. No need to sign in/out of the computer software each time a new player starts. Just generate a new token for each player.

3) Choose Assessment, Course or Drill

- a. The menu will appear after you enter the token
- b. You can also open the menu at any time with the Touch controllers. Click the Y (left controller) or B (right controller)
- c. Use your head and a Touch controller to make menu selections
- d. Hover the crosshairs over your selection. Click the A or X button
 - i. If there are sub-menus, the menus will change
 - ii. For a Drill or Course, an information pane about that drill or course will appear to the right of the menu
- e. Use the crosshairs to hover over Start Drill in the information pane and click the A or X button to begin

Training

- 1) To begin saving shots, put the crosshairs in the circle above the shooter's head for ½ second.

The circle will change to indicate that you're looking at it
- 2) The shooter will shoot in ½ to 2 seconds
- 3) If you have coaching enabled in your settings, you will receive feedback after every shot
 - a. Feedback is displayed as a red or green pane with text
 - b. To dismiss the feedback, use your head to aim the crosshairs at the virtual button under the pane for ½ second

Course & Training Recommendations

Warm Up

Every time you train with Virtual Goalie, start with a Warmup course. The data from this course is not stored. It is intended as a warmup only.

Assessment

The first time you use the system, you must do an Assessment course. This course has two drills, each 100 shots. The first drill has shots going everywhere, with no bounce. The second has shots going everywhere, bouncing. For both, the speed increases incrementally from your baseline minus 5 MPH to your baseline plus 35 MPH. For example, if your baseline is 65 MPH, the speeds will range from 60 to 100 MPH. (You entered your baseline in the Settings in the app.)

The point of this assessment is for you to collect a lot of data about your abilities. It gives you a starting point to compare your progress over time, and provides data that gives you insight into your ability to make saves at different speeds.

Speed Training

We highly suggest you do the Speed Training course three times per week. It is designed to increase your ability to make saves at high speeds. It will take you out of your comfort zone. That's OK! The course consists of five drills, each of which increases the shot speed incrementally from your baseline minus 5 MPH to your baseline plus 20 MPH.

Tailor Your Training

Beyond these suggestions, tailor your training routine to your needs. If you have trouble with bounce shots, do Bouncer Training. If up close shots freak you out, do the Up Close drill. You can also create your own drills and courses in the app to further customize your training experience.

Have fun!