

How to Get Started with Virtual Goalie

OCULUS QUEST

Background information about the Quest Store

Oculus has decided to treat the Quest and Go devices like gaming machines. That means that everything that goes on the Store must meet editorial review by Oculus.

For the Go, the allowed developers to publish apps privately by having users "redeem" coupon codes. After you redeemed a code, the private app would appear in your personal store.

For the Quest, they have decided they will not support privately distributed apps.

Virtual Goalie is not a game. Because of that, Oculus has rejected Virtual Goalie from their Store – as we expected.

You can still use Virtual Goalie on the Quest.

But there are additional steps to go through which are spelled out in detail in this document. Here is a quick overview

- 1 You need to add developer rights to your Oculus account. This is free and is as simple as creating an "organization name."
- 2 Put your quest in Developer mode. All this does is allow 3rd party apps to be installed via computer connection.
- 3 Connect the Quest to your computer
- 4 Run the VRSideload software to install our app on the Quest

When there are updates to Virtual Goalie, you would only need to do #3 and #4 to install the update.

Set up overview

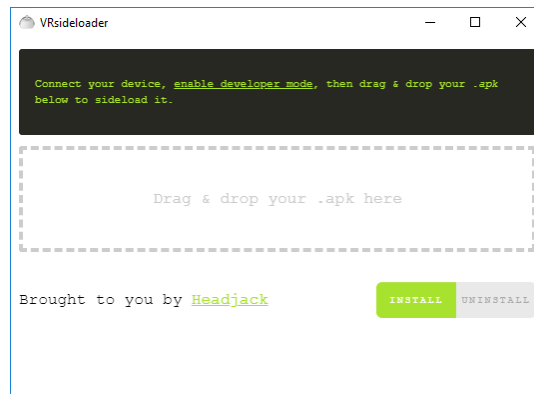
You will need to complete some steps to start training on Virtual Goalie. Most, if not all, of these steps are a one time set up procedure.

- 1 Set up the Quest – Install our software
- 2 Download our mobile app
- 3 Create a Virtual Goalie Account
- 4 Update your personal settings in the mobile app for baseline shot speed, dominant hand, ball color, and stick type.
- 5 Subscribe to Virtual Goalie.
- 6 Attach your stick mount

You can now start the app. Start the app in VR using "Library" -> "Unknown Sources" like this <https://youtu.be/xuPheut4Xb8>

Set up your Quest and mobile device

- 1) Set up your Oculus Quest.
 - a. Go through the entire Oculus process, including creating an Oculus account
 - b. Add developer rights to your account:
<https://dashboard.oculus.com/organizations/create/>
 - c. Put your quest in development mode. <https://youtu.be/1DP6yBbRxmE>
- 2) Download VR Sideload Tool from <https://headjack.io/>
 - a. OSX – [download](#)
 - b. Windows - [download](#)
- 3) Download the Virtual Goalie software to your computer
 - a. <https://purchase.virtualgoalie.com/download/quest.apk>
- 4) Sideload Virtual Goalie to the Quest
 - a. Connect your Quest to your computer. The quest comes with a USB-C to USB-C cable. If you computer does not have a USB-C port, you will need a [USB to USB-C cable](#).
 - b. Put the headset on and give permission for the computer to connect.
 - c. Start VRsideloader. It may take a few minutes the first time you run it because it may need to download tools from Google.
 - d. Drag quest.apk into the drag&drop area of the sideloader application.



- 5) 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 Manage Subscription
 - 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 doug@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 Quest to your stick, order it on the site
 - a. <https://www.reactionvrsports.com/buy-vg-mount/>

- 2) Attach the mount to your stick
 - a. Get a 30" shaft or cut down a shaft to 15"
 - b. Drill two holes for your mounting screws on the same side as the hole for your stick head.
 - i 10.25" from the TOP of the stick
 - ii 11.25" from the TOP of the stick
 - c. Attach the mount to the LEFT controller as shown here:
 - d. Slide the mount onto your lacrosse shaft
 - e. Attach a goalie head
 - f. 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 Tap on Stick Type and select "Controller on Stick Top"
 - g. When training, keep one hand above the stick mount and one hand below it

Login to the VR software to start training

- 1) 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
 - b) Token
 - c) Tap Generate Token
 - d) Put on your Quest and Open Virtual Goalie <https://youtu.be/xuPheut4Xb8>
 - e) Enter your token to sign on to the system
 - a. Use your head to aim the crosshairs over a number, then click the A or X button on the controller to enter it
 - f) If you make a mistake, aim the crosshairs at the X then click the A or X button
 - g) When you have the token entered, hover over Go, then click the A or X button
 - h) You will be transported into the game field
 - i) **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!