# PISON

## BASEBALL PRO

User Guide

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**Pison BASEBALL Pro User Guide**

This guide is designed to help you make the most of your subscription by walking you through the essential features. Whether you're setting up your personalized/team dashboard, learning how to interpret key metrics, or using the Pison BASEBALL Pro App to run drills and collect data, this guide provides step-by-step instructions to enhance your experience. Our goal is to help you elevate your game by unlocking the full potential of Pison BASEBALL Pro.

# Dashboard Setup

This section will walk you through dashboard on-boarding; from signing into your account to creating your organization and teams step-by-step.


**Figure 1.** Homepage

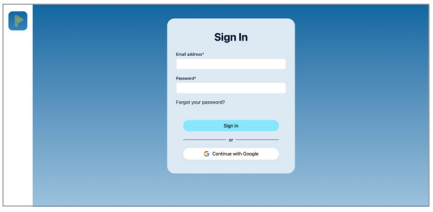


**Figure 2.** Account sign-in page

## SIGN IN TO YOUR ACCOUNT

- Go to the Pison dashboard at https://dashboard.pison.io/ (Figure 1).
- Click the 'Log in' text link.
- Enter your log-in information through the email and password fields or through the 'Continue with Google' option (Figure 2).

### Finish Your Profile Setup (Optional)

- Click the profile icon in the upper right corner.
- Click 'Edit profile'.
- Enter any information missing in your account.

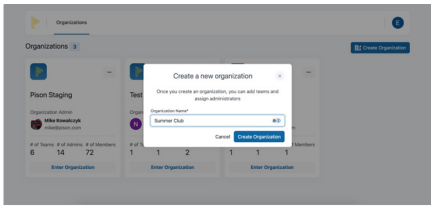


**Figure 3.** Create an organization

## CREATE AN ORGANIZATION

- When you are logged in, click the 'Create Organization' button in the upper right corner. This brings up the modal window shown in Figure 3.
- Enter your organization's name.
- Click 'Create Organization'.

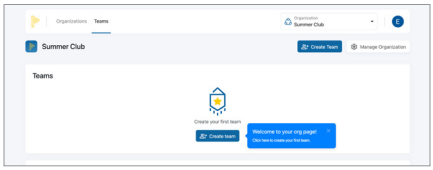


**Figure 4.** Create a team

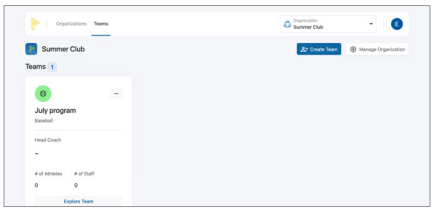


**Figure 5.** The Teams tab with a team card

## CREATE A TEAM

- Once you have created an organization, click the 'Enter Organization' button at the bottom of the card.
- Click the 'Create Team' button shown in Figure 4. Enter your team's name.
- Click 'Create Team'. This creates and populates a team card on your dashboard (Figure 5).
- Click the 'Explore Team' button at the bottom of the card.

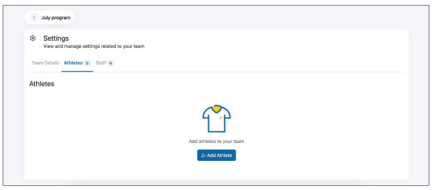


**Figure 6.** The Settings page with the 'Athletes' tab active

### Invite Team Members

You are now on your team page where data will appear for your team's cognitive and physical tests. Now you can populate the team with athletes and staff.

- Click the settings icon in the top right of the screen. This takes you to the Settings page, which has three tabs: 'Team Details', 'Athletes', and 'Staff' (Figure 6).
- Click the 'Athletes' tab to add players to your team. You can add players individually or in bulk with a .CSV file.
- Click the 'Staff' tab to add coaches, medics, or trainers to your team. Just as adding athletes, you can add staff individually or in bulk with a .CSV file.

### Add Athletes Individually

- Click 'Add Athlete'. Enter the player's information including name, email, and role details (optional).
- Click 'Add and Send Invite' to finish creating the athlete's account. An email will be sent inviting them to join the team.

### Add Athletes in Bulk

- Click Add Athlete'.
- In the pop-up, click the 'Bulk' button. From here you can upload a .CSV file with your athletes. The columns in the file must include 'name', 'email', and 'team_role'. For each athlete, set their 'team_role' to 'member'.

### Add Staff Individually

- Click 'Add Staff'. Enter the staff member's information, including name, email, and role. Optionally, you can turn on the 'Assign as Team Admin' toggle to grant the staff member team-editing permission.
- Click 'Add and Send Invite' to finish creating the staff member's account. An email will be sent inviting them to join the team.

### Add Staff in Bulk

- Click 'Add Staff'.
- In the pop-up, click the 'Bulk' button. From here you can upload a .CSV file with your staff members. The columns in the file must include 'name', 'email', 'team_role', and 'staff_role'. For each staff member, set their 'team_role' to either 'admin'—if you want them to have editing permission—or 'staff'. For each staff member, set their 'staff_role' to be either 'coach', 'medic', or 'trainer'.

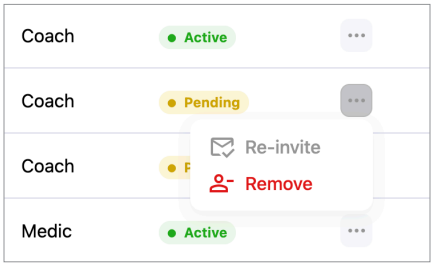


**Figure 7.** Track the status of an invite.

## TRACK TEAM INVITES

On the 'Settings' page you can track whether or not an athlete or staff member has accepted the team invitation by looking at their status field (Figure 7). To re-send a user an invite, you can click the button under 'Actions' to send them another invitation.

# Using the Dashboard

Explore how to navigate your Team/Personalized Dashboard, which visualizes data for both Cognitive and Physical Metrics. Learn about the Cognitive Metrics tab, the Physical Metrics tab, and how to filter the data displayed on each.

## The Cognitive Metrics Tab

The Cognitive Metrics Tab visualizes data across **eight metrics** for your Readiness, Agility, and Focus testing scores. With a personalized dashboard, you can view data for individuals or multiple athletes at the same time. You can filter the data in three ways:

**By Test Type:** Filter by either 'Readiness', 'Agility', 'Focus', or all three test scores.

**By User:** Filter by athlete name or position.

**By Date range:** Choose from the last day, 7 days, 30 days, 90 days, or a custom range using the calendar.

### 1. USAGE SUMMARY

This feature shows the number of Readiness, Agility, and Focus tests taken by a user(s) over a selected period. Click the 'Tests' button to see the total number of active (athletes participating in cognitive tests) versus inactive (athletes not participating in cognitive tests).

#### Why is this important?

Allows coaches to track their players' compliance with their desired testing schedule so that they are collecting enough information to improve their players' training, ultimately enhancing both team and individual performance.

#### How can I use this?

- ***Increase Engagement:*** Engage unmotivated or inactive users.
- ***Testing Consistency:*** Consistently testing will help you find trends and causes of good/bad performance that will help athletes improve their mental performance.

### 2. RESULT CONSISTENCY

This feature indicates how consistent testing scores have been over time. It compares score average during the period selected, to the typical range (one standard deviation above and below your all-time average).

#### Filter by:

- ***Readiness:*** Displays your average Readiness score, percent from baseline, and baseline Readiness score. Your Readiness baseline is calculated in the Pison app and consists of 3 Readiness tests.
- ***Agility:*** Shows your average Agility score, average speed (response time to the white light signal), and average accuracy percentage. Your average accuracy percentage shows a user how well they responded to white light signals while avoiding orange light signals.
- ***Focus:*** Displays your average Focus score, average speed (reaction time to white light), and average reaction time consistency. Reaction time consistency is a measure of how variable your average speed is to each white light in a focus test.

#### Why is this important?

Consistency in your cognitive performance measurements correlates to higher performance on the field. Consistency is dependent on factors such as your mental preparation and lifestyle routines such as sleep, hydration, nutrition, and consumption of drugs/alcohol.

#### How can I use this?

You can use this metric to identify trends, track progress, and pinpoint areas of the mental game that may need improvement or adjustment in training.

- ***Use the notes field to record things that the athlete did to physically and mentally prepare.*** In the notes field you can record things to describe what they did to physically and mentally prepare before cognitive testing, including caffeine, hydration, meditation, or physical activity (e.g. running, high/low intensity workouts). Then you can go back

to understand the causes of some of your good and bad mental days, use this information to develop better habits, leading to increased mental performance.

- ***Compare your average range in a selected time period to your typical range.*** By looking at the average over the recent period, you can see your progress to see whether you are improving or not. Use this information to evaluate if your physical/mental preparation techniques are working.

## 3. VARIABILITY GRAPH

The Variability Graph shows how an athlete's cognitive performance varies by hour of day. It shows an athlete's average score for each cognitive test throughout the day based on a defined time period.

### Why is this important?

Most people have times during the day when their cognitive performance is high/lower due to their unique neurophysiology and circadian rhythm. Coaches and players can use this information to schedule training around times of optimal performance. Optimal performance occurs at a time in the day when your cognitive measurements are at their best.

### How can I use this?

- ***Align your highly demanding tasks/activities with your times of optimal performance.*** Looking at your data from the last 30 to 90 days provides you an understanding as to when your optimal performance times occur. Use these insights to plan your day and align your highly demanding tasks with optimal performance times for best productivity. Use relaxation techniques such as meditation, journaling, or listening to music during your dips in performance for mental rejuvenation.
- ***Compare your recent mental performance variability to your long term variability.*** Shifts in your mental performance variability can provide insights into changes in your lifestyle routine and mental preparation. You can see if changes to your lifestyle and how you prepare for games and practices are reducing the variability in your mental performance, to ensure you are always locked in every time you take the field.

## 4. SCORE TRENDS GRAPH

This graph displays the distribution of cognitive test scores for multiple athletes, over a selected period of time. It breaks down cognitive test scores into buckets and tells you how many athletes scored within those buckets.

### Why is this important?

The Score Trends Metric graph allows coaches or personal trainers to view the distribution of scores for each cognitive test over an extended period of time for multiple athletes. This visualizes mental performance trends so that coaches can implement changes to athletes' training at a team level.

### How can I use this?

- ***Prevent burnout and fatigue.*** Monitoring mental performance over time helps a coach spot signs of burnout or fatigue early. If athletes' mental performance drops, the coach can adjust practice schedules, give them more rest, and use mental recovery techniques like meditation, visualization, or mental exercises like concentration grids to help athletes stay focused and energized.
- ***Identify training effectiveness.*** By tracking mental performance trends over 30 to 90 days, a coach can see if their training methods are helping athletes improve mentally. If scores go up, the coach knows their approach is working. If scores drop, it's a sign they might need to adjust their training to better support athletes' needs.

## 5. ATHLETE AVERAGE SCORE

This feature allows you to compare cognitive test data for individual athletes. You can rank athletes by their mental performance.

### Filter by:

- ***All:*** Shows athlete name, rank, Readiness average, Agility average, Focus average, and total number of tests.
- ***Readiness:*** Shows athlete name, rank, Readiness average, baseline, and daily score dynamics. Your Readiness baseline is calculated in the Pison app and consists of 3 Readiness tests. The daily score dynamic shows how readiness scores vary from the baseline (gray dotted line) over a selected time period.
- ***Agility:*** Displays athlete name, rank, Agility average, speed, accuracy, and total tests.
- ***Focus:*** Provides athlete name, rank, Focus average, speed, reaction time consistency, and total tests.

### Why is this important?

The Athlete Average Score helps coaches identify athletes that are mentally performing well and others that need more support. This helps close the gap between the top and bottom performers.

### How can I use this?

- ***Foster healthy competition.*** Coaches can use this feature to rank athletes based on their mental performance and create friendly competition amongst the team. Rewarding the top performers motivates athletes to improve their focus, readiness, and decision-making skills, leading to overall better mental performance.
- ***Improve individuals mental performance.*** Coaches can identify athletes who aren't mentally performing at their best and give these players extra attention. Focusing on lifestyle

routines such as proper sleep/nutrition or mental and physical preparation like visualization, meditation, or tailored workouts (high/low intensity), can help them stay sharp and perform their best on the field.

## 6. SCORE VS. VARIATION DISTRIBUTION

Score vs. Variation Distribution shows an athlete's average readiness score and how consistent their scores are over time. This graph is only displayed when filtering for 'Readiness' tests on your dashboard.

### Why is this important?

Variance in Readiness scores indicates fluctuations in an athlete's mental state. Visualizing when scores rise and fall allows users to identify what factors contribute to their optimal and sub-optimal mental performance. Coaches should help athletes limit exterior factors to achieve consistency, so they are ready to perform every time they take the field.

### How can I use this?

- ***Use the notes field to record things you did to physically/mentally prepare.*** The notes field allows users to record what they did to physically and mentally prepare before reaction time testing, such as caffeine intake, hydration, meditation, or physical activity (e.g. running, high/low intensity workouts). They then can review their notes to understand the causes behind both good and bad mental days and use this information to develop better habits and lifestyle routines, leading to more consistent reaction times.
- ***Compare your recent score and consistency to your long-term scores.*** Viewing reaction times over the past 1–7 days compared to the last 30–90 days provides insights into larger trends. This can reveal how certain lifestyle habits, health, and preparation affect your performance. If testing performance declines or is inconsistent (top right corner of the distribution), it might mean you're developing bad habits, like poor sleep, nutrition, and hydration.

## 7. SPEED VS. ACCURACY DISTRIBUTION

The speed vs. accuracy distribution helps you understand how your Agility score is achieved. Speed measures how quickly you respond to a 'Go' signal (white light) during an agility test, while accuracy shows how often you correctly respond to 'Go' signals and avoid 'No Go' signals (yellow light). This chart appears when you filter for 'Agility' on your personal dashboard.

### Why is this important?

Agility can be improved with practice. Using this distribution, you can both track and set goals to improve both your speed and accuracy, which is key to making better split-second decisions such as pitch recognition and plate discipline. Practice drills like Stroop testing and ball-numbered drills (reacting to color-coded balls) can help improve your mental performance and agility.

### How can I use this?

- ***Track Your Speed and Accuracy.*** Monitoring both speed and accuracy helps you understand what affects your agility score and if you're overcompensating for one or the other. Tracking your progress over time helps ensure your training is helping you improve these key areas.
- ***Set Goals to Improve Agility.*** By identifying speed and accuracy separately, you can set goals to improve on your weaknesses and bolster your strengths. Practicing drills like Stroop testing or ball-numbered drills (reacting to color-coded balls), can boost your reaction time and decision-making.

## 8. FOCUS OVER TIME

The Focus Over Time graph shows how well an athlete can maintain attention during a focus test. It tracks how quickly the athlete responds to a white light signal throughout the entire test. This chart appears when you filter for 'Agility' on your personal dashboard.

### Why is this important?

In baseball, an athlete's ability to stay focused is key to their performance. For example, a fielder needs to stay alert and ready to react to the ball, even though most of the time nothing happens, and the ball is rarely hit in their direction. The Focus Over Time graph helps identify how well an athlete can maintain attention during a task. It shows if, at any point during the test, the athlete's focus starts to fade.

### How can I use this?

- ***Track When Your Focus Drops.*** If you notice a dip in your response times, it can help you identify the point at which your focus starts to fade. This helps you understand which parts of the test or game may be challenging for maintaining focus.
- ***Work on Mental Endurance.*** If you notice that your focus tends to drop at certain points, use that information to improve your mental stamina. Practice drills that require sustained focus such as tracking targets with neurotracker, or try techniques like mindfulness, meditation, taking a nap, or taking a break to help you stay sharp and focused for longer periods, both in training and during games.

# The Physical Metrics Tab

The Physical Metrics tab displays data ranging from predictive analytics of on-field batting performance to drill data from the BASEBALL Pro app.

The Physical Metrics Tab visualizes data across **four metrics.** You can filter the data in two ways:

- ***By User:*** Filter by athlete name.
- ***By Date Range:*** Choose from the last day, 7 days, 30 days, 90 days, or a custom range using the calendar.

## 1. COGNITIVE POTENTIAL GRAPH

The Cognitive Potential graph displays an athlete's training potential, which represents your theoretical peak in cognitive, in-game decision making after training at the highest level of the game. Training potential is calculated after establishing a stable baseline reaction time in Pison Readiness tests and tracks this baseline over time. Your decision time (average response time to 'go' signals on Pison Agility tests) tracks your progress towards your training potential over the course of months to years. Decision time is the best predictor of on-field performance and improves with rigorous baseball training.

### Why is this important?

This helps you understand how strong your mental game is right now and how much it can improve with training. Additionally, it allows you to benchmark your mental performance to athletes at the high school, college, and pro levels.

### How can I use this?

- ***Compare your mental skills to athletes at different levels.*** By comparing your mental skills to athletes at various levels (pro, college, high school), you can see what it takes to reach those levels. If your training potential is higher than the average pro, college, or high school athlete, it shows you could reach that level with enough practice. Similarly, if your decision-making time is faster than the average for those levels, it suggests you're mentally ready for that level of play.
- ***Track mental progress.*** By using the Cognitive Potential graph, coaches and athletes can see their current mental skill level and track progress over time. If an athlete's decision time isn't improving with training, they may need to adjust their daily habits and add mental exercises such as concentration grids to boost their mental performance in baseball.

## 2. PISON BASEBALL PRO METRICS

Pison BASEBALL Pro metrics allow you to compare yourself to players at different levels. The metrics have three components:

**Personal Stats:** An athlete's percentile ranking for reaction and decision times compared to the selected level.

**Stats vs. Mean:** Reaction time and decision time have proven correlations to various on-field statistics, such as batting average and on-base percentage. Stats vs. Mean allows you to compare your projected on-field statistics to players at the selected level.

**Measured Analytics:** Shows an athlete's drill data (from the Pison BASEBALL Pro app) and percentile ranking for each drill compared to the selected level.

### Why is this important?

Allows you to benchmark your current performance to players at different levels. This allows you to set goals in your training and measure progress towards those goals.

### How can I use it?

- ***Compare your mental and on-field performance to athletes at different levels.*** Evaluate your performance in both mental skills and on-field abilities compared to high school, college, and professional athletes. If you score in the 75th percentile or higher, it means your skills are on par with players at that level, and you're likely a strong competitor. If you're in the 30th percentile or below, it shows you're below average compared to athletes at that level. However, you can improve by focusing on specific areas like reaction time or other on-field drills to boost your chances of reaching the next level.
- ***Training sessions card.*** Displays your six most recent training sessions, including participant names, dates, and titles, helping you easily track and review your training history.

## 3. MEASURED ANALYTICS HISTOGRAMS

The Measured Analytics Histograms show the number of repetitions and results for each on-field drill, helping you see how consistent and variable your performance is.

### Why is this important?

Consistency in your drill results is key to better performance on the field. For example, a catcher with more consistent pop times is more likely to throw out runners than one with highly variable times. Additionally, these histograms show your best, worst, and most common results for each drill, so you can track your progress over time and make sure your training is improving your performance on the field.

### How can I use this?

- ***Compare your recent drill results to your long-term results.*** By looking at your drill results from the last 1-7 days and comparing them to the last 30-90 days, you can see how your performance has changed. If your results are getting worse or less consistent for a particular drill, it might mean you need to adjust your training to focus on improving those specific skills. For example, if a catcher's pop time results stay the same over time despite training, they might focus on improving their footwork, opposed to their transfer time, to break through that plateau and see better results.
- ***Share your drill histograms with coaches and college recruiters.*** Showing your drill data to your coach helps highlight areas you need to improve. Sharing your scores with college recruiters lets them see your progress over time, as well as how consistent you are in each drill. This gives them a better understanding of your skills and development.

## 4. ATHLETE TABLE

The Athlete Table displays your average results for each one of Pison BASEBALL Pro drills.

### Why is this important?

Tracking your averages helps you see how you're improving in each of the Pison BASEBALL Pro drills over time. Changes in your averages can show whether your skills are getting better or worse. By monitoring your progress, you can confirm that your training methods are effective and that you're making the right improvements in the right areas.

### How can I use this?

- ***Track your progress in each drill.*** The Athlete table shows your average results for each Pison BASEBALL Pro drill. By checking your averages regularly, you can see which skills are improving and which ones require more work.
- ***Make adjustments based on your averages.*** If your averages stop improving or start to get worse, it's a sign that your training needs adjustment. For example, if your average score in a drill plateaus, try changing your approach or focusing on different techniques to keep improving. Using your averages to guide your training helps ensure you're focusing on the right areas for progress.

# Pison BASEBALL Pro App

This section explains how to use the BASEBALL Pro App, covering both on-field drills and running cognitive tests for multiple athletes. It includes instructions on assigning devices, starting sessions, and running drills. The app's initial release is for indoor training only, with an update planned for Spring 2025 to support outdoor use in challenging RF environments.

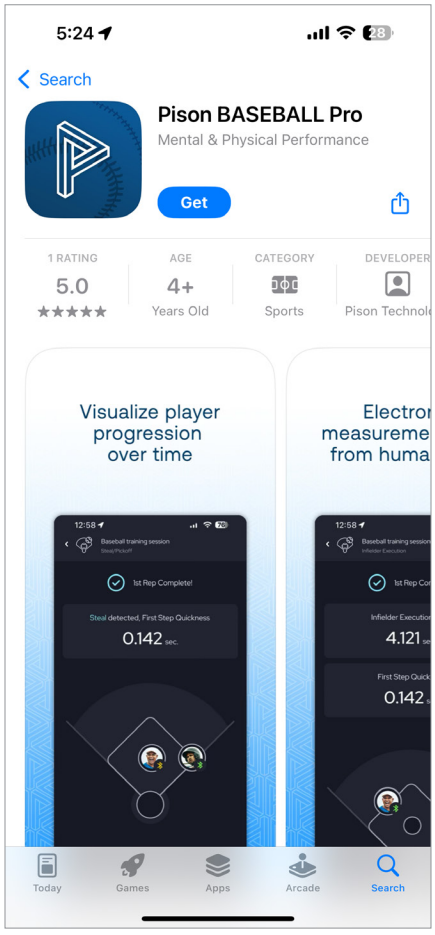


**Figure 8.** Pison BASEBALL Pro on the App Store.

## DOWNLOAD/LOGIN

- Download the Pison BASEBALL Pro App. The App is located on the Apple App Store (Figure 8) and Google Play Store.

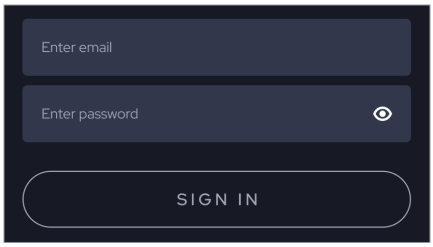


**Figure 9.** Sign in to your account.

- Sign in to your account (Figure 9). Enter the same credentials as the dashboard (applies to all athletes). If you're not already registered through the BASEBALL Pro dashboard, follow these steps.

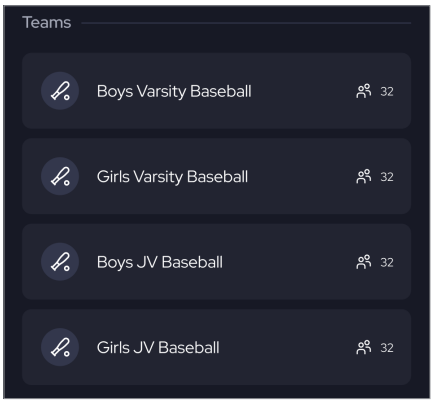


**Figure 10.** Team selection.

## TEAM SELECTION

### Step 1: Select Team Within Organization

- All teams that the user is a part of within their organization will appear (Figure 10).
- Note: Users within multiple organizations are not currently supported—the most recently created organization will be chosen.

## ASSIGN AND PAIR DEVICES (BLUETOOTH)

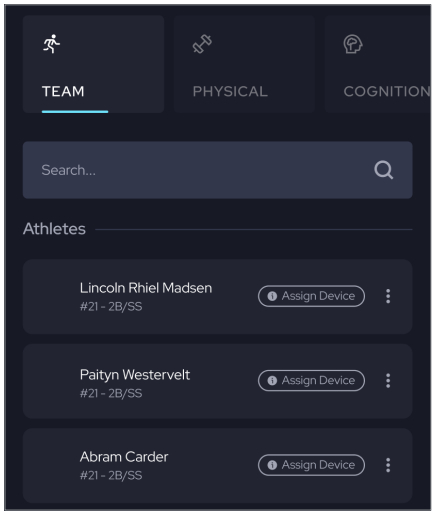


**Figure 11.** The 'Team' tab.

### Step 1: Tap the 'Team' Tab

- Athletes are listed under the 'Team' Tab (Figure 11).

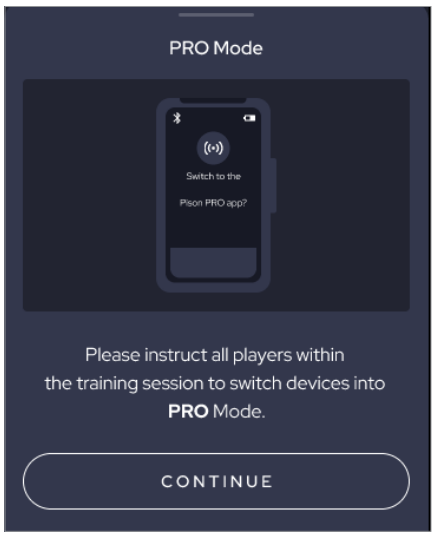


**Figure 12.** Switching Into PRO Mode.

### Step 2: Switch Devices Into Pro Mode

- Athletes switch their devices into PRO Mode by sequentially clicking the 'PISON' button, then the side button, and then the 'PISON' button again.

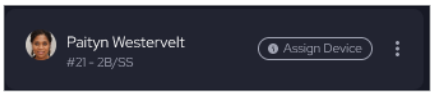


**Figure 13.** Assign a device to an athlete.

### Step 3: Assign Devices to Athletes

- Tap the 'Assign Device' button on the name card of the athlete (Figure 13).

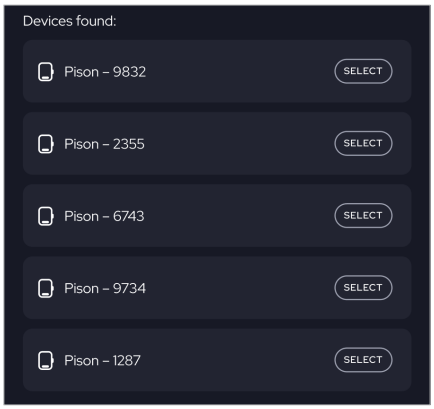


**Figure 14.** Assign a device to an athlete.

### Step 4: Assign Devices Using Bluetooth

- All Pison devices within Bluetooth range will appear, differentiated by a four-digit device identifier code (Figure 14).
- A device's identifier code can be found by clicking the 'PISON' button. The identifier is the last four digits of the device's serial number.
- An athlete tells the [Dashboard Owner] their identifier. The [Dashboard Owner] then taps the 'SELECT' button of the device with the corresponding number (Figure 00). Repeat this process as many times as necessary.

## START A TRAINING SESSION

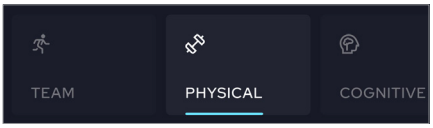


**Figure 15.** The 'PHYSICAL' tab.

### Step 1: Tap the 'Physical' Tab

- Once devices are assigned, tap the 'PHYSICAL' tab (Figure 15).

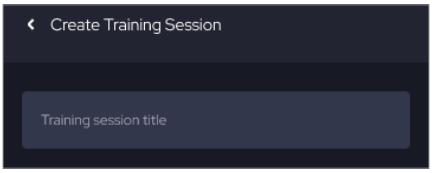


**Figure 16.** Create a Training Session.

### Step 2: Create a Training Session

- Start the training session and enter a training session title (i.e. Spring Training Day 1 - Fielding) (Figure 16).

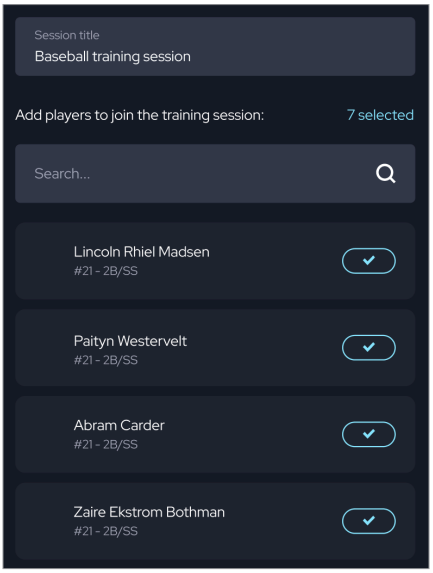


**Figure 17.** Select athletes to join a training session.

### Step 3: Select Athletes for a Training Session

- Select any athletes you want to join a training session (Figure 17) and tap the 'Confirm' button.

## START A DRILL

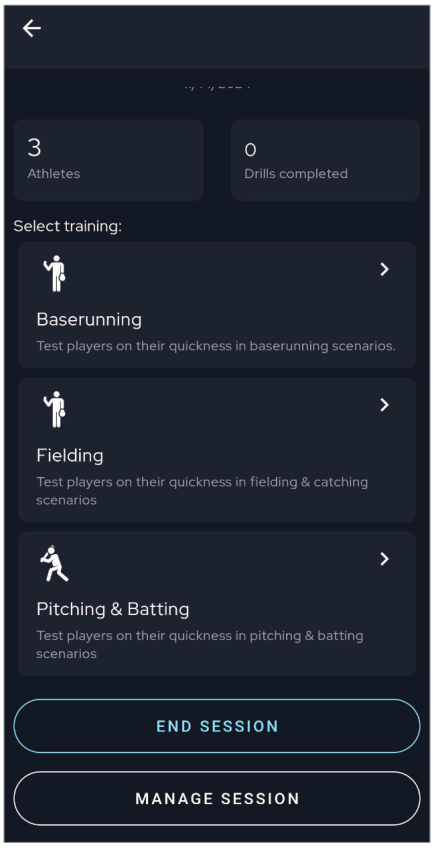


**Figure 18.** Drill Categories.

### Step 1: Select a Drill Category

- Tap one of the three drill categories—Fielding, Base Running, or Pitching & Batting (Figure 18).

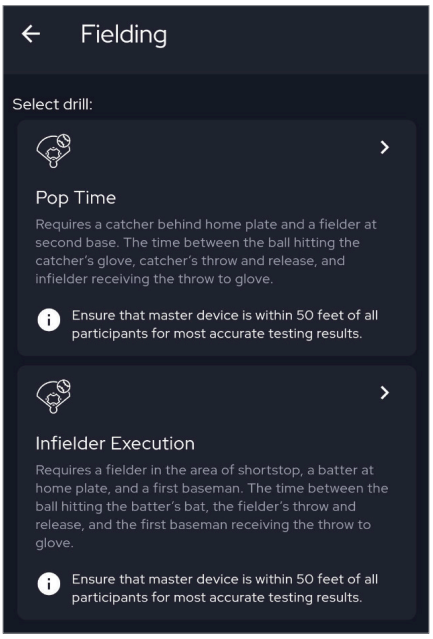


**Figure 19.** Drill Selection.

### Step 2: Select a Drill

- After selecting a drill category, select the desired drill (Figure 19).

### Step 3: Ensure Proper Device Placement

- Ensure athletes' devices are positioned correctly. The placement varies depending on the drill selected. The **Drill Options and Device Placements** table (below) shows the device locations for specific drills, along with the events that start (Start Trigger) and stop (End Trigger) the timing clock.
- Proper device positioning is essential for executing a drill. The device identifies the first event as the Start Trigger and the second event as the End Trigger. The time between these triggers represents one repetition of the drill.

### Step 4: Assign Athletes to Positions

- After selecting a specific drill, assign as many athletes as desired to their positions.


**Figure 20.** Tap the 'START DRILL' button.

### Step 5: Start the Drill

- Tap 'Start Drill' (Figure 20).

## Drill Options and Device Placements

| Drill | Drill Positions | Player/Coach Device Location | Start Trigger (Timer Starts) | End Trigger (Timer Stops) |
|---|---|---|---|---|
| **Infielder Execution** | Batters | Lower/knob-hand wrist | Batter ball off bat contact | First Baseman catching ball |
| | Infielders | Glove-hand wrist | | |
| | First Baseman | Glove-hand wrist | | |
| **Pop Time** | Catchers | Glove-hand wrist | Catcher receiving ball | Infielder catching ball |
| | Infielders | Glove-hand wrist | | |
| **Pitcher Time to 1B** | Pitchers | Glove-hand wrist | Pitcher's first movement | First Baseman catching ball |
| | Catchers | Glove-hand wrist | | |
| **Pitcher Time to HP** | Pitchers | Glove-hand wrist | Pitcher's first movement | Catcher receiving ball |
| | Catchers | Glove-hand wrist | | |
| ***Hard 90** | Batters | Lower/knob-hand wrist | Ball off bat contact OR imitate ball contact with a swing (athlete MUST hit his hands together to simulate ball contact)[1] | Batter running through the base |
| | Base | Base sensor receptacle[2] | | |
| ***5/10/5** | Runners | Either wrist | Runner first movement | Runner running through the base |
| | Base | Base sensor receptacle | | |

[1] See Hard 90 Training Video for additional help.
[2] See Hard 90 Training Video or the Pison Support page for additional help.

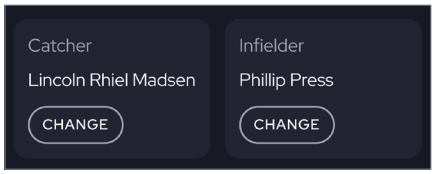


**Figure 21.** Change athletes per rep.

### Step 6: Changing Athletes at Positions Within Certain Drills

- If you want different athletes for a specific rep, tap 'CHANGE' (Figure 21), to swap them accordingly. Athletes can be changed prior to any Rep, but will *not* automatically switch.

## START, END, AND SAVE REPS


**Figure 22.** The 'BEGIN REP' button.

### Step 1: Start a Rep

- Tap 'BEGIN REP' when all of the athletes are in position and in range (Figure 22).

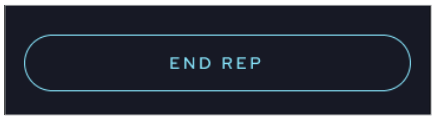


**Figure 23.** The 'END REP' button.

### Step 2: Ending a Rep

- After the drill is complete, tap 'END REP' (Figure 23).

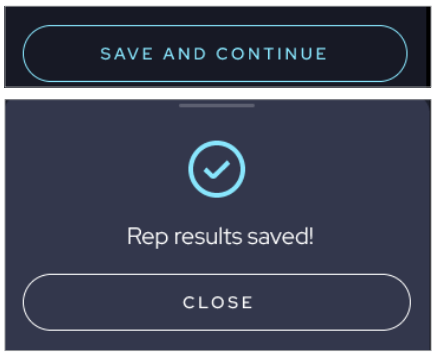


**Figure 24.** Tap the 'SAVE AND CONTINUE' button to save a rep result.

### Step 3: Saving a Rep Result

- A numerical result will be produced. If the result seems correct, tap 'SAVE AND CONTINUE' (Figure 24).

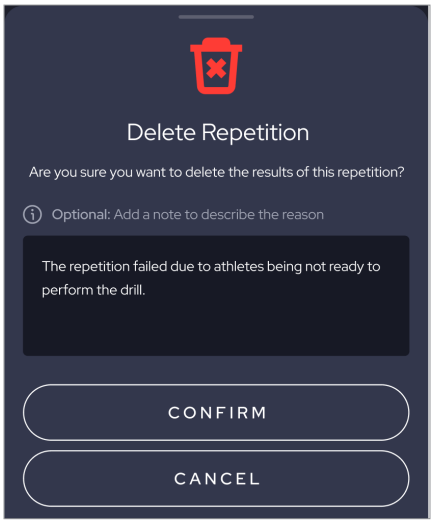


**Figure 25.** Confirmation screen when deleting a rep. Users can leave a short note explaining why a rep was deleted.

### Step 4: Deleting a Rep Result

- If the result seems incorrect, tap 'DELETE', and optionally note a reason for the deletion, for instance what failed or what went wrong (Figure 25).

## END A DRILL

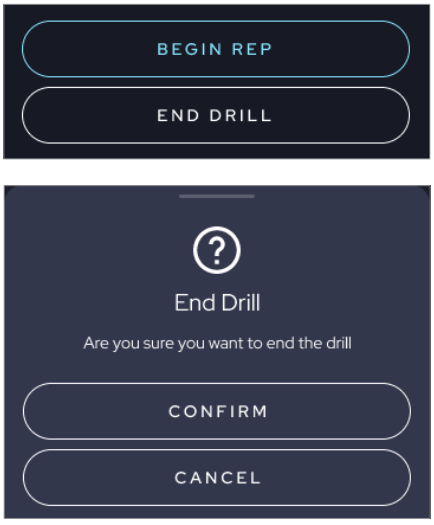


**Figure 26.** Ending a drill and confirmation.

### Step 1: Tap 'END DRILL'

- After running as many Reps as desired, tap the 'END DRILL' button (Figure 26).

## END A TRAINING SESSION

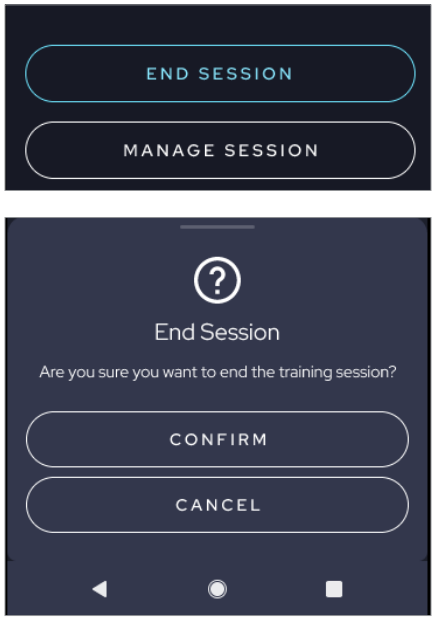


**Figure 27.** Ending a session and confirmation.

### Step 1: Tap 'END SESSION'

- When satisfied with drills completed in the training session, tap the 'END SESSION' button (Figure 27).

## START AND RUN COGNITIVE TESTS

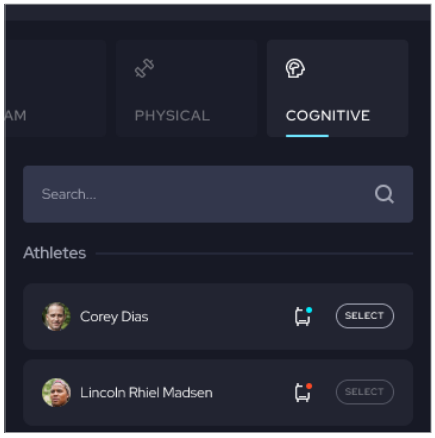


**Figure 28.** The 'COGNITIVE' tab is highlighted.

### Step 1: Tap the 'Cognitive' Tab

- To start a cognitive test, select the 'COGNITIVE' tab (Figure 28).

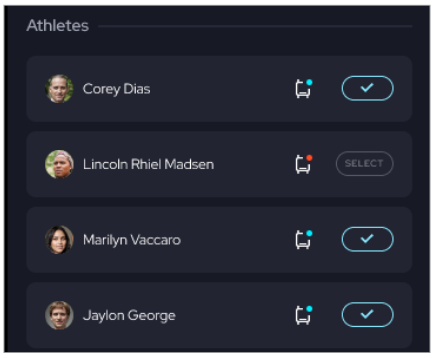


**Figure 29.** The red dot indicates a disconnected athlete.

### Step 2: Select Athletes

- Select a maximum of 3 athletes and tap 'Continue'.
- It is important to note that athletes with a red dot on their device icon to the right of their name are disconnected and won't be able to be selected until a connection is established (Figure 29).
- To establish a connection, make sure that the device is within range, is in Pison Pro mode, and powered on.

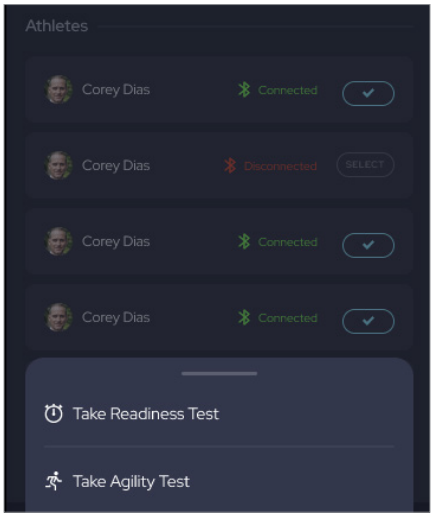


**Figure 30.** Select a cognitive test.

### Step 3: Select a Cognitive Test

- Select either the 'Readiness' or 'Agility' test (Figure 30).
- Tap 'Start Test' when the athletes are ready.


**Figure 31.** The Start Test screen.

### Step 4: Run the Cognitive Test

- The three athletes selected will complete the cognitive test on their individual devices simultaneously.

## SAVE, DELETE, AND RETAKE COGNITIVE TESTS

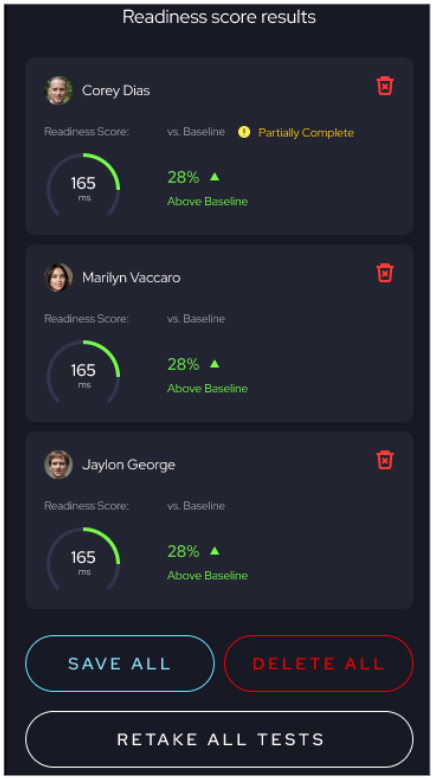


**Figure 32.** Readiness score results.

### Step 1: Save Test Results

- After the cognitive tests are finished, the scores and percent from baseline are displayed for each athlete (Figure 32).
- If you're satisfied with *all* the of the test results, tap the 'SAVE ALL' button.


**Figure 33.** The 'DELETE ALL' button.

### Step 2: Delete Test Results

- If you're unsatisfied with *all* of the test results, tap the 'DELETE ALL' button (Figure 33).


**Figure 34.** Delete an individual result by tapping the red trashcan icon.

### Step 3: Delete Individual Test Results

- If you're unsatisfied with only one or two of the athletes' test results, tap on the red trashcan icon to the right of the athlete(s) names and then tap 'CONFIRM' (Figure 34).


**Figure 35.** The 'RETAKE ALL TESTS' button.

### Step 4: Retake All Tests

- To redo all of the tests with the same three athletes, tap 'RETAKE ALL TESTS' (Figure 35).
- Make sure all of the athletes are ready then tap 'START TEST'. The test will run again on the selected devices.

PISON

BASEBALL **PRO**

**Pison BASEBALL Pro User Guide**

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