

How to Get Started with Virtual Goalie

HTC VIVE

Set up your computer and mobile device

Acquire a virtual reality-enabled computer and the HTC Vive. 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 Headset
 - a. Vive will help you through the setup process
 - i <https://www.vive.com/us/setup/vive/>
 - ii You will need to download Steam and Steam VR
 - 1 The Vive setup software will walk you through the installation
 - b. If you are using a Vive Tracker, you must pair it with your computer
 - i https://www.vive.com/us/support/accessory/category_howto/pairing-vive-tracker.html
 - ii You must have the USB chip that comes with the tracker plugged in for the tracker to work
- 3) Download the Virtual Goalie app to your iOS or Android device



Set up your account & settings

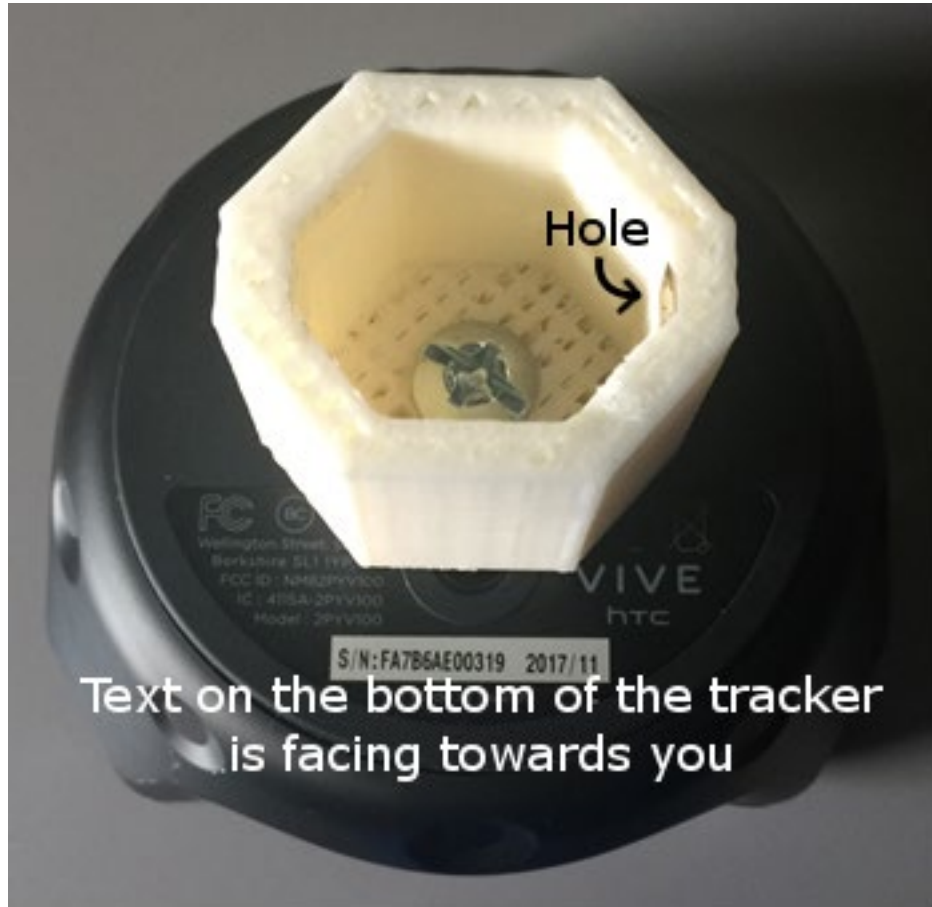
- 1) Create an account
 - a. Open the Virtual Goalie app on your device

- 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 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 Vive Tracker to your stick, order it on the site
 - a. <https://www.reactionvrsports.com/buy-vg-mount/>
- 2) Attach the mount to your stick
 - a. <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. Place the vive tracker so the hole on the bottom lines up with the hole on the flat side of the tracker mount. Take the screw that comes with your mount, and screw it in the tracker's hole. The tracker should be oriented like this:



The hole in the mount is facing to the right when the text on the bottom is facing towards you

- e. Slide the mount onto your lacrosse shaft.
- f. Thread another screw through the hole in the mount. This screw can be a screw that you use to mount stick heads onto shafts.
- g. 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. Touch Stick Type to choose the appropriate option

Login to the VR software to start training

- 1) Watch this video: <https://www.youtube.com/watch?v=ifj9kTRTnE&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 (This is also what you use with the VIVE)
 - b. Tap Generate Token
 - c. Go to your VR computer, open the Virtual Goalie software
 - d. Put on your Vive headset and enter the token
 - a. Use your head to aim the crosshairs over a number, then click the triggers on the hand controllers to select it
 - e. If you make a mistake, aim the crosshairs at the X then click the trigger
 - f. When you have the token entered, hover over Go, then click the trigger
 - 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 a hand controller by clicking the top button with the three lines.
 - c. Use your head and a controller to make menu selections
 - d. Hover the crosshairs over your selection. Click the trigger
 - 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 trigger 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 $\frac{1}{2}$ 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 $\frac{1}{2}$ 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!