

smartspeed™

Testing, Training, Rehabilitation and Talent Development Made Easy

Fusion Sport's SMARTSPEED™ and SMARTJUMP™ systems have captured the imagination of a wide range of professionals - pro strength & conditioning coaches, sport scientists, talent identification specialists and educators. Since launching SMARTSPEED onto the global sports market in 2004, the system has been embraced by many of the world's leading professional teams. WHY? Because the SMARTSPEED product suite offers a complete solution; Not only is SMARTSPEED the world's most accurate and easy to use fitness testing system, it also comes with an wide range of training applications, for everything from warm up, to speed and endurance training, and rehabilitation. The versatility and value for money are unmatched by any other product.

Applications

- Able to perform any fitness test you can imagine – speed, agility, endurance, interval tests
- Regular training sessions – deliver an innovative and professional strength & conditioning program with an almost endless range of training drill for individuals, small groups and whole teams
- Monitoring – collecting data with SMARTSPEED is so easy, you can use it on a regular basis to measure speed and power to monitor player recovery and fitness throughout the season
- Rehabilitation – using SMARTSPEED's planned and unplanned agility protocols you can easily design a rehab program to bring players back to full match fitness, using fun and challenging activities
- Talent development – challenge skills, decision making, peripheral vision, team work and communication using a range of drills only limited by your imagination

What Can SMARTSPEED™ and SMARTJUMP™ Train and Measure?

- Speed and agility
- Power and jumping ability
- Planned vs. unplanned agility (change of direction)
- Decision making
- Vision and peripheral vision
- Skill under pressure
- Teamwork and passing effectiveness
- Endurance (short, prolonged and intermittent)
- Sport specific performance



“SMARTSPEED is the best product on the market” Neil Bath, Academy Manager, Chelsea FC

Key Benefits

- **EASY** to use – 5 minutes set up time anywhere on the field – wireless design with great reliability
- **TIME SAVING** – wireless multilane timing straight into MS Windows - reduces time for data collection and entry by up to 70%; Testing is so easy that you can do it every week
- **MOTIVATION** – Quite simply, SMARTSPEED will transform your training environment. Athletes will give 100% effort on every drill, and find training sessions exciting, fun and challenging. Even on your day to day sprint work, the effect of immediate results on athlete motivation is astounding.
- **ROBUST and RELIABLE** design – rain, hail or sunshine SMARTSPEED units are impact and water resistant
- **VERSATILITY** – many customers have come to know SMARTSPEED as the central piece of equipment for their strength & conditioning programs- in the gym and in the field
- **BEST PRACTICE** – unmatched timing accuracy and reliability, unmatched functionality, quality and support. Simply the best system on the market for team training and testing.

Time Saving Example

The following example highlights the powerful time saving capability of SMARTSPEED compared to other ‘timing gate’ systems. The difference? SMARTSPEED is the only system on the market capable of multilane timing onto one PDA computer.

- Sport: Football (Soccer); Athletes to be tested: 30
- Tests to be used: Speed (40m sprint with 10m split) – 3 repetitions per athlete
Repeated Speed: Intermittent sprint test – 6 x 35m sprints, one every 30s

Test	Conventional Timing Gates	SMARTSPEED (6 gate system)
Speed Test (10/40m)	1 timing lane 6s test, 10s to record results X 90 tests (30 x 3 reps) Total ~ 25 minutes	2 timing lanes 6 seconds test, 2 seconds refresh (automatic) X 45 (30 x 3 reps in 2 lanes) Total ~ 6 minutes
Interval Test (6 x 30s)	1 timing lane 3 minutes per test/2 athletes per test Total = 45minutes	3 timing lanes 3 minutes per test/6 athletes per test Total = 15 minutes
Data Entry	10/40m (2 times) x 90 tests Interval – 30 tests x 6 times Total 360 results ~ 1-2 hours	Connect PDA to computer and download directly into MS Excel Total ~ 3 minutes
Total time	Approximately 2.5-3 hours	Approximately 30 minutes

Using SMARTSPEED, coaches can easily perform this testing as part of a regular training session, therefore collecting this important data without interfering with the training program. Quick, simple and accurate. No other system compares.