

COACH

Keep your athletes on track










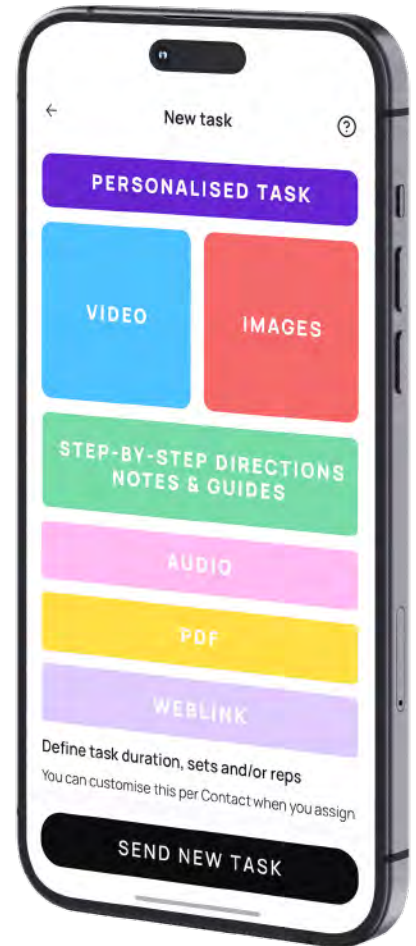
Taskey + elite sports

In elite sport, the difference between good and great is what happens outside training hours. Whether it's off-season, recovery, or individual skill development - consistency matters. That's where Taskey can help.

Taskey is a simple, mobile-first platform that allows coaches and performance staff to assign personalised training tasks directly to athletes and teams - right from your phone to theirs.

Send structured, multimedia training instructions

-  **Short video** - demonstration of 2 minutes (up to 1GB)
-  **Up to 10 images** - for technique reference
-  **Audio** - add notes, visualisations or motivational words (3 mins)
-  **PDF** - include strength protocols, rehab plans
-  **Direct link** - to warm-ups, drills, or analytics tools
-  **Custom instructions** - free text field + duration or sets/reps
-  **Completion schedule** - times per day, week or month



Reusable resource library

Your coaching content becomes a scalable library you can reuse across seasons, teams, or individual athletes. Whether it's off-season plans, return-to-play frameworks, or skill-based drills - build it once, use it forever.

Accountability without micro-managing

Push notifications keep routines top of mind and reduce missed practice or neglected recovery. Athletes mark tasks as complete, helping you to lightly monitor adherence and effort.

Use Cases

- Positional skill development
- Team mindset challenges
- Video analysis follow-ups
- Off-season conditioning plans
- Return-to-play rehab steps
- Nutrition and recipes

Download on Apple and Android

Pricing

Free Plan

Up to 2 contacts
\$0

14-day free trial

Base Plan

Up to 25 contacts
\$15 monthly

14-day free trial

Growth Plan

Up to 100 contacts
\$25 monthly

14-day free trial

Scale Plan

101 + contacts
\$49 monthly

<https://www.taskey.io>



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