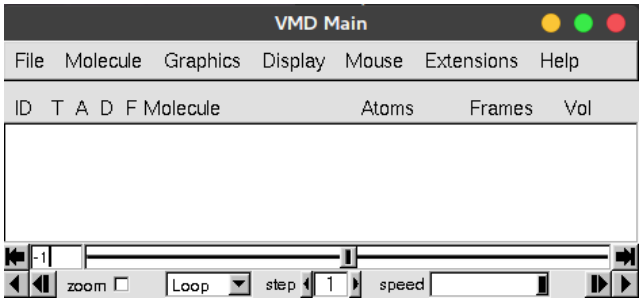
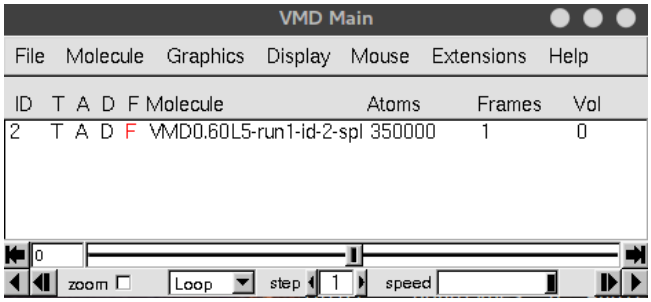
Visualize coarse-grained system in .xyz format using VMD

To load the trajectory xyz file, open File/New Molecule… in VMD Main window.



Browse the xyz trajectory file in Molecule File Browser window. Information of the new molecule will be shown the Main window.



For a system of 70000 proteins of length 5, there are 350000 atoms (very big system). If your laptop doesn't have discrete graphics card (e.g. NVIDIA) it will be a bit slow when you manipulate the system in VMD Display Window.

In the Main window, go to Graphics/Representations… to change the Drawing Method to CPK, the Sphere Scale to 0.2, the Bond Radius to 0 (You can choose Points in Drawing Method if your laptop doesn't have discreate graphics card).