Metis Reaction Training Lights: Comprehensive Guide

Introduction
- Overview of Metis Reaction Training Lights and their application in sports training for agility, reaction time, and coordination.

Standard Modes

1. Standard Mode
  - Description: Measures the time from when the light turns on to when it is touched.
  - Use Cases: Ideal for basic reaction time training, suitable for beginners or as a warm-up exercise.
  - Configuration Tips: Set a moderate delay and use multiple colours to create a simple yet effective drill.

  Standard Game Mode Settings
  - Primary Function: Measure time from light to touch.
  - Number of Sensors: 1 to 12
  - Colours: One colour selected by default
  - Delay: 0.5 to 0.5 seconds
  - Timeout: Disabled
  - Light-Sound: Disabled
  - Touch-Sound: Enabled
  - Sensor Activation: Close distance
  - Flash: Disabled
  - Timer: 30 seconds
  - Start-Delay: 0 seconds
  Timer Options: Timer, Cycles, Counts

2. All At Once
  - Description: Multiple lamps light up simultaneously, challenging the player to deactivate them as quickly as possible.
  - Use Cases: Great for developing rapid response skills and peripheral vision awareness.
  - Configuration Tips: Use in a confined space to increase difficulty, and vary the number of lights for different skill levels.

All At Once Mode Settings
- Primary Function: Multiple lamps light up at the same time.
- Number of Sensors: 8
- Colours: One colour selected
- Targets: 3
- Delay: 0.5 to 0.5 seconds
- Timeout: Disabled
- Light-Sound: Enabled
- Touch-Sound: Enabled
- Sensor Activation: Close proximity
- Flash: Disabled
- Timer: Set to preference
- Start-Delay: Set to preference
Timer Options: Timer, Counts

3. Sequence
 - Description: Lamps light up in a specific sequence that the player must follow.
 - Use Cases: Enhances memory and coordination, suitable for advanced agility training.
 - Configuration Tips: Start with simple sequences and gradually increase complexity as proficiency improves.

Sequence Mode Settings
- Primary Function: Lamps light up one by one in sequence.
- Number of Sensors: 1 to 8
- Colours: One colour selected
- Delay: 0.3 to 0.3 seconds
- Timeout: Disabled
- Light-Sound: Disabled
- Touch-Sound: Enabled
- Sensor Activation: Far proximity
- Flash: Disabled
- Timer: Set to preference
- Start-Delay: Set to preference
  Timer Options: Timer, Cycles, Counts

4. True-False Mode
 - Description: Players must touch lamps of a specific colour to score points, avoiding lamps of false colours.
 - Use Cases: Excellent for training decision-making under pressure and improving concentration.
 - Configuration Tips: Use contrasting colours for true and false lamps, and adjust the probability settings to vary the challenge.

True-False Mode Settings
- Primary Function: Catch the correct colour to collect points.
- Number of Sensors: User-defined
- Colours: One colour selected
- False Colours: One colour selected
- Quantity-Limit: One light selected
- Probability: 30%
- Delay: 0.5 to 0.5 seconds
- Timeout: 1.5 seconds
- Light-Sound: Disabled
- Touch-Sound: Enabled
- Sensor Activation: Close proximity
- Flash: Disabled
- Timer: Set to preference
- Start-Delay: Set to preference
  Timer Options: Timer, Counts

5. Focus Mode
  - Description: Players are required to focus on and touch only the lamps of specified colours.
  - Use Cases: Ideal for training selective attention and enhancing cognitive processing.
  - Configuration Tips: Start with fewer colours and gradually add more to increase the level of difficulty.

Focus Mode Settings
- Primary Function: Focus on the correct colours.
- Number of Sensors: User-defined
- Colours: User-defined
- Targets: One target selected
- Delay: 0.5 to 0.5 seconds
- Timeout: Disabled
- Light-Sound: Disabled
- Touch-Sound: Enabled
- Sensor Activation: Close proximity
- Flash: Disabled
- Timer: Set to preference
- Start-Delay: Set to preference
  Timer Options: Timer, Cycles, Counts

6. Find the Difference Mode
  - Description: Among several lamps, players must quickly find and touch the one that is different.
  - Use Cases: Develops quick visual processing skills and is excellent for cognitive training.
  - Configuration Tips: Increase the number of lamps to enhance difficulty and vary the colours to keep players engaged.

Find the Difference Mode Settings
- Primary Function: Find the different colour quickly.
- Number of Sensors: User-defined
- Colours: User-defined
- False Colours: 1 to 3
- Delay: User-defined
- Timeout: Disabled
- Light-Sound: User-defined
- Touch-Sound: User-defined
- Sensor Activation: User-defined
- Flash: User-defined
- Timer: User-defined
- Start-Delay: User-defined
  Timer Options: Timer, Cycles, Counts

7. Command Mode
   - Description: Players follow commands displayed on the screen, touching the correct lamps as instructed.
   - Use Cases: Enhances cognitive-motor skills, suitable for advanced training focusing on reaction and precision.
   - Configuration Tips: Use a mix of simple and complex commands to cater to different skill levels.

Command Mode Settings
- Primary Function: Follow the correct commands on the screen.
- Number of Sensors: 1 to 12
- Colours: User-defined
- Targets: 1 (Options include colours, numbers, text, colours & numbers, colours & text, numbers & text, and All)
- Delay: 0.5 to 0.5 seconds
- Timeout: Disabled
- Light-Sound: Disabled
- Touch-Sound: Enabled
- Sensor Activation: Close distance
- Flash: Disabled
- Timer: 30 seconds
- Start-Delay: 0 seconds
   Timer Options: Timer, Cycles, Counts

8. Battle Mode
   - Description: A competitive two-player game where missing a light awards a point to the opponent.
   - Use Cases: Great for head-to-head challenges, fostering competitive spirit and quick reactions.
   - Configuration Tips: Adjust the number of lights and delay settings based on the players' skill levels to ensure fair competition.

Battle Mode Settings
- Primary Function: A two-player game. A point is awarded to your opponent for every light you miss.
- Number of Sensors: 1 to 12
- Colours: One colour
- Targets: 1 (Options of 1 or 2)
- Delay: User-defined
- Timeout: Disabled
- Light-Sound: Disabled
- Touch-Sound: Enabled
- Sensor Activation: Close distance
- Flash: Disabled
- Timer: User-defined
- Start-Delay: 0 seconds
   Timer Options: Timer, Counts

9. Colour-Battle Mode
   - Description: Each player is assigned a colour, and the one with the most hits wins.
   - Use Cases: Suitable for competitive training, focusing on speed and accuracy.
   - Configuration Tips: Choose contrasting colours for clarity and set a time limit to increase the intensity of the competition.

Colour Battle Mode
- Primary Function: One colour for each player; most hits win.
- Number of Sensors: 1 to 12
- Colours: Up to 6 (1 by default)
- Targets: 1 (Options between 1 and 3)
- Delay: User-defined
- Timeout: Disabled
- Light-Sound: Disabled
- Touch-Sound: Enabled
- Sensor Activation: Close distance
- Flash: Disabled
- Timer: User-defined
- Start-Delay: 0 seconds
   Timer Options: Timer, Counts

10. Colour-Battle 2 Mode
   - Description: Only the fastest player to touch the lamp scores points.
   - Use Cases: Enhances quick decision-making and reaction speed in a competitive setting.
   - Configuration Tips: Set a short delay between light activations to keep the pace fast and challenging.

Colour-Battle 2 Mode Settings
- Primary Function: Only the fastest one gets the points.
- Number of Sensors: 1 to 12
- Players: Red and Green
- Winners: 1 (Options between 1 and 5)
- Targets: 1 (Options between 1 and 3)
- Delay: 0.5 to 0.5 seconds
- Timeout: Disabled
- Light-Sound: Disabled
- Touch-Sound: Enabled
- Sensor Activation: Close distance
- Flash: Disabled
- Timer: User-defined
- Start-Delay: 0 seconds
   Timer Options: Timer, Cycles, Counts

11. Listening Mode
   - Description: Players must identify and touch the correct lamp based solely on sound cues.
   - Use Cases: Develops auditory processing and reaction skills, suitable for training in environments where visual cues are limited.
   - Configuration Tips: Vary the volume and type of sound cues to adapt the difficulty level.

Listening Mode Settings
- Primary Function: Judge the correct lamp based only on the sound.
- Number of Lamps: 1 to 12
- Delay: 1 to 1 seconds
- Timeout: Disabled
- Touch-Sound: Enabled
- Sensor Activation: Close distance
- Timer: 30 seconds
- Start-Delay: 0 seconds
- Flash: Disabled
- Timer: User-defined
- Start-Delay: 0 seconds
   Timer Options: Timer, Cycles, Counts

12. Homebase Mode
   - Description: After every action, players must return to the 'Homebase' lamp.
   - Use Cases: Excellent for endurance training and improving agility.
   - Configuration Tips: Place the Homebase lamp at a strategic location to maximize movement and use a variety of sensor activations for other lamps.

Homebase Mode Settings
- Primary Function: After every action, return to Homebase.
- Number of Sensors: 1 to 12
- Colours: 1 (User-defined)
- Homebase: 1 (Options between 1 and 12)
- Delay: 0.5 to 0.5 seconds
- Timeout: Disabled
- Light-Sound: Disabled
- Touch-Sound: Enabled
- Sensor Activation: Close distance
- Flash: Disabled
- Timer: 1 minute
- Start-Delay: 0 seconds
   Timer Options: Timer, Cycles, Counts

13. Multi-Standard Mode
   - Description: Multiple groups play the standard mode simultaneously.
   - Use Cases: Ideal for large group training sessions, promoting teamwork and competitive spirit.
   - Configuration Tips: Ensure even distribution of skill levels across groups and adjust the number of sensors to suit group sizes.

Multi-Standard Mode Settings
- Primary Function: Multiple groups play standard mode at once.
- Number of Sensors: 1 to 12
- Colours: One colour (User-defined)
- Players: 2, 3, or 4 players
- Logic: Random (Options include Random, Homebase, Sequence)
- Delay: 0.5 to 0.5 seconds
- Timeout: Disabled
- Light-Sound: Disabled
- Touch-Sound: Enabled
- Sensor Activation: Close distance
  Timer Options: Timer

14. Mix Action Mode
   - Description: Lamps require different actions to be triggered, not just touch.
   - Use Cases: Enhances cognitive-motor coordination, suitable for advanced training focusing on varied responses.
   - Configuration Tips: Combine different sensor activation types (e.g., proximity, vibration) to create diverse challenges.

Mix Action Mode Settings
- Primary Function: Trigger the lamps with different actions.
- Number of Lamps: 1 to 12
- Colours: One colour (User-defined)
- Targets: 1 (Options up to 2)
- Delay: 0.5 to 0.5 seconds
- Timeout: Disabled
- Light-Sound: Disabled
- Touch-Sound: Enabled
- Flash: Disabled
- Timer: 30 seconds
- Start-Delay: 0 seconds
  Timer Options: Timer, Counts

15. True Action Mode
   - Description: Each colour requires a specific action to be taken by the player.
   - Use Cases: Develops quick decision-making and the ability to perform varied physical responses.
   - Configuration Tips: Use clear colour distinctions and start with fewer colours to simplify the initial learning phase.

True Action Mode Settings
- Primary Function: Pick an action for each colour.
- Number of Sensors: 1 to 12
- Colours: One colour (Options up to 6)
- Targets: 1 (Options up to 2)
- Delay: 0.5 to 0.5 seconds
- Timeout: Disabled
- Light-Sound: Disabled
- Touch-Sound: Enabled
- Flash: Disabled
- Actions: A. Close distance, B. Far distance, C. Small vibration, D. Strong vibration
- Timer: User-defined
- Start-Delay: 0 seconds
   Timer Options: Timer, Counts

16. Memory Mode
   - Description: Players memorise a sequence of colours and must repeat it by touching the lamps in order.
   - Use Cases: Excellent for cognitive training, enhancing memory and concentration.
   - Configuration Tips: Start with shorter sequences and gradually increase the length as players improve.

Memory Mode Settings
- Primary Function: Memorise the colours and repeat.
- Lamps: 1 to 12
- Targets: Two settings, first is "=" or "<=", second is between 1 and 4
- Delay: 2 seconds (no range)
- Timeout: Disabled
- Touch-Sound: Enabled
- Sensor Activation: Close distance
- Timer: User-defined
- Start-Delay: 0 seconds
   Timer Options: Timer, Cycles, Counts

17. Memory 2 Mode
   - Description: Similar to Memory Mode, but focuses on memorising and repeating more complex sequences.
   - Use Cases: Ideal for advanced cognitive training, enhancing working memory and sequential processing.
   - Configuration Tips: Gradually increase the complexity of sequences and introduce distractions to challenge players.

Memory 2 Mode Settings
- Primary Function: Memorise the sequence and repeat.
- Number of Lamps: 1 to 12
- Targets: 4 (Options up to 12)
- Delay: 1 second
- Timeout: Disabled
- Touch-Sound: Enabled
- Sensor Activation: Small vibration
- Timer: User-defined
- Start-Delay: 0 seconds
   Timer Options: Timer, Cycles, Counts

18. Signal Mode
   - Description: Players follow the target colour among signal lamps.
   - Use Cases: Enhances decision-making skills and reaction time, especially in distinguishing between multiple stimuli.
   - Configuration Tips: Use a variety of colours and increase the number of signal lamps to raise the difficulty level.

Signal Mode Settings
- Primary Function: Follow the target colour of signal lamps.
- Lamps: 1 to 12
- Colours: 2 (Options up to 6)
- Signal: User-defined (e.g., 1, 6, 9)
- Signal-Timeout: Disabled
- Targets: 1 to 3
- Logic: Random
- Delay: 0.5 to 0.5 seconds
- Timeout: Disabled
- Light-Sound: Disabled
- Touch-Sound: Enabled
- Sensor Activation: Close distance
- Flash: Disabled
- Timer: 30 seconds
- Start-Delay: 0 seconds
   Timer Options: Timer, Cycles, Counts

19. Counter Mode
   - Description: Each lamp acts as an independent counter, registering touches.
   - Use Cases: Suitable for endurance and repetitive skill training, such as dribbling or passing drills.
   - Configuration Tips: Set a target number of touches for each lamp to encourage sustained effort and focus.

Counter Mode Settings
- Primary Function: Every Lamp works as an independent counter.
- Lamps: 1 to 12
- Colours: 1 (Options up to 6)
- Delay: 1.5 to 1.5 seconds
- Timeout: 3 seconds
- Light-Sound: Disabled
- Touch-Sound: Enabled
- Sensor Activation: Far distance
- Flash: Disabled
- Timer: User-defined
- Start-Delay: 0 seconds
   Timer Options: Timer

20. Manual Mode
   - Description: The coach or player can manually decide which lamp lights up in real-time.
   - Use Cases: Allows for customised, on-the-fly training scenarios tailored to immediate training needs.
   - Configuration Tips: Use this mode for drills that require adaptability and for addressing specific player weaknesses.

Manual Mode Settings
- Primary Function: The coach can decide which lamp to light up in real-time.
- Lamps: 1 to 12
- Light-Sound: Enabled
- Touch-Sound: Enabled
- Sensor Activation: Close distance
- Flash: Enabled
- Interaction: Tap or slide to light lamps

21. Offline Mode
   - Description: Parameters are set in advance, and players train without the app, with the lights running the programmed sequence.
   - Use Cases: Useful for scenarios where app connectivity is not available or for simpler, self-guided training sessions.
   - Configuration Tips: Pre-program a variety of drills and sequences to provide a diverse training experience.

Offline Mode Settings
- Primary Function: Set the parameters, download to the lights, and train without the app.
- Lamps: 1 to 12
- Minimum Delay: 3 seconds
- Maximum Delay: 5 seconds
- Timeout: Disabled
- Light-Sound: Disabled
- Touch-Sound: Enabled
- Sensor Activation (3.0 Only): Close distance
- Flash (3.0 Only): Disabled
- Colours: 3 selected

22. Coding Mode
   - Description: A custom mode where users can set up unique configurations of lamps, colours, sounds, and other settings.
   - Use Cases: Ideal for creating tailored training scenarios that are not covered by standard modes.
   - Configuration Tips: Experiment with different settings to discover effective training combinations.

Coding Mode Settings
- Primary Function: Allows for custom configurations of sensor settings, enabling a tailored training experience.

  Turn On Tab
  - Number of Sensors: 1 to 12
  - Random: Enabled/Disabled
  - Colours: 1 to 6
  - Light-Sound: Enabled/Disabled
  - Touch-Sound: Enabled/Disabled
  - Proximity: Close/Far
  - Vibration: Small/Strong
  - Flash: Enabled/Disabled

  Wait For Tab
  - Numbers: 1 to 8
  - Colours: 1 to 6
  - Numbers+Colours: Combination of numbers and colours
  - Logic: All/Any
  - Wait Time: 0 to n seconds

  Delay Tab
  - Delay: Set in seconds

  Turn Off Tab
  - Number of Sensors: 1 to 12
  - Random: Enabled/Disabled
   Timer Options: Timer, Cycles, Counts

23. Multi-Code Mode
   - Description: Allows for running multiple 'Coding' configurations simultaneously.
   - Use Cases: Perfect for complex training setups, especially in group training sessions.
   - Configuration Tips: Plan the sequence of different configurations carefully to ensure a cohesive training session.

Multi-Code Mode Settings
- Primary Function: Allows for the combination of multiple "Coding" modes to create complex training scenarios.

  Lamps
  - Number of Sensors: 1 to 12
  Logic 2
  - Options: All, Random, Sequence, Manual
  Six Boxes for Modes
  - Selection: Choose from manually created modes in "Coding"
  Timer
  - Options: No timer, 10undefined, 15undefined, etc.
  Start Delay
  - Options: 0, 3, 5, 10 seconds
   Timer Options: Timer, Counts