**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.

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**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