

MindBall



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MindBall is a application which will allows players to evaluate their mood and suggest videos which help with any negative emotions. MindBall's aim is "Will a player preform better in a football match if their mood is improved?" and this is only the start.

Why?

It has been proven that there is a big link between mental and physical health, both being key for a football player. When researching, there was no app on either Android or IOS to help mental wellbeing for football players. Until now.

Development

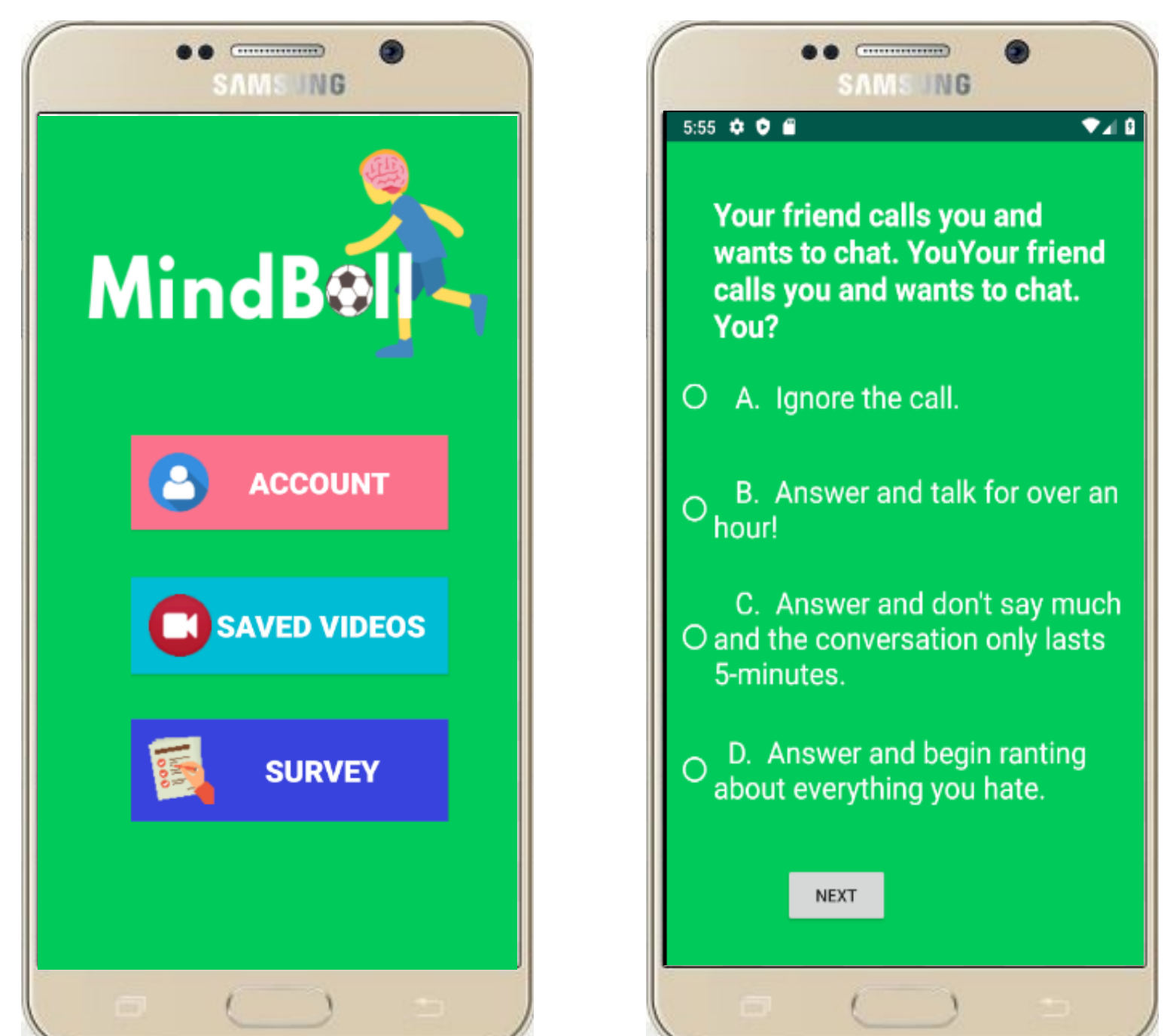
I developed the front end using Android Studio and coding in Java. I used agile methodology to incorporate sprints and reviews. After the users mood has been calculated, the app will contact my Firebase database and retrieve the relevant videos needed. The database can then also be updated when needed to keep the app engaging for users.

For The Future

Professional players seeking mental health support trebled this year compared to 2018, I hope that the PFA work with us to help improve the reach and quality going forward. Furthermore having user created videos available will give a better sense of community and Interaction across the platform.

Research

I have conducted thorough field work, primary and secondary research to uncover what potential users would want from the system and how to best tackle negative moods and emotions. This was done by attending 5 a side matches, creating questionnaires for players and researching how mood changes and works.



* <https://www.pinterest.co.uk/pin/387168899214575434/>