

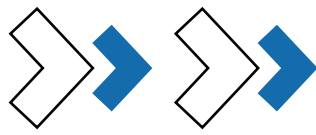


**HADO**  
BEYOND SPORTS

# HADO ACADEMY

INSTRUCTIONAL MANUAL

LEVEL 1



## **HADO ACADEMY INSTRUCTIONAL MANUAL: LEVEL 1**

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*(o/a Green Mouse Academy)*

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# **SESSION DESCRIPTIONS AND OBJECTIVES**

The image shows two young men standing against a vibrant, particle-filled background. The man on the left is wearing a black long-sleeved shirt and a yellow arm sleeve, holding a glowing red sphere with a bright yellow center. The man on the right is wearing a black jacket and a yellow arm sleeve, holding a glowing blue sphere with a bright yellow center. Both are wearing HADO headsets and wristbands. The background is a mix of purple and blue particles, creating a futuristic, energetic atmosphere.

Following are the session objectives and descriptions for the nine sessions of HADO Academy Level 1. Each session focuses on a unique HADO skill. The Off-Court activities reinforce the HADO gameplay skills and offer participants targeted practice.

# SESSION 1

## Let's Play HADO!

### Session Objectives

- Participants will explain the difference between Augmented Reality and Virtual Reality.
- Participants will identify all HADO components.
- Participants will summarize how to “gear up” and play a HADO game.
- Participants will practice teamwork and collaboration as they play Caterpillar Riot.

### Session Description

Session one introduces participants to the exciting world of HADO, bridging the gap between video games and physical sports! Participants will rotate between the HADO Court and the Off-Court activity, engaging in exercises, routines, and drills corresponding to HADO game mechanics and techniques.

During the session introduction, participants will learn about the HADO components, how to gear up, and play a HADO game. Participants will also take part in a warm-up that will prepare them for playing on the HADO Court and the Off-Court activity. On the HADO Court, players will gear up and play their first 80-second HADO game. Off-Court, participants will play Caterpillar Riot to foster teamwork and collaboration skills that will be utilized when playing HADO.

# SESSION 2

## Player Zones

### Session Objectives

- Participants will be able to identify different zones within the limits of the HADO Court.
- Participants will review and perform the HADO signature moves: HADO Throw, HADO Charge, HADO Shield, HADO Shield Charge.
- Participants will practice effective communication while keeping sight of their targets.
- While playing Slide Tag, participants will practice shuffling and dodging - essential moves in HADO.

### Session Description

Session two combines physical fitness, agility training, and strategic gameplay to enhance coordination and decision-making skills while playing HADO.

Participants will review the HADO components, how to gear up and play a HADO game, and then move on to a fun warmup. On the HADO Court, participants will become familiar with “Player Zones,” using shuffling and dodging techniques and shields to move strategically within assigned sections of the HADO Court. Off-Court, participants will play Slide Tag, fostering an awareness of playing areas and practicing physical movements essential in HADO.

## SESSION 3

# Role Change

### Session Objectives

- Participants will explain offensive and defensive roles in a HADO game.
- Participants will practice offensive and defensive skills such as shuffling and dodging.
- Participants will become familiar with the user interface.
- Participants will practice effective communication to use the HADO Court efficiently.

### Session Description

In session three, participants will continue learning players' roles in a HADO game: offense, defense, and support, and when each role is required during play. In those roles, participants will have intensive practice with the HADO throw, putting up shields, and judging when to offer support to other players. Off-Court, participants will play Endzones, practicing offense and defense skills in one game. These activities promote agility, quick decision-making, and effective teamwork in a fast-paced setting.

## SESSION 4

# Defense

### Session Objectives

- Participants will increase teamwork through collaborative gameplay.
- Participants will enhance gross motor skills through targeted drills.
- Participants will practice defensive skills through collaborative gameplay.
- Participants will increase problem-solving and decision-making skills as they work with teammates.

### Session Description

In session four, participants will participate in activities focusing on strategic team play and enhancing their defensive skills. On the HADO Court, teams will practice defensive strategies to avoid attacks from the HADO AI. Off-Court, participants will play Guard the Pin, which encourages defensive tactics.

## SESSION 5

# Offense

### Session Objectives

- Participants will continue to develop strategic thinking skills by modeling the Game Master.
- Participants will increase their offensive game skills by playing HADO and Target 5.
- Participants will practice hand-eye coordination and effort awareness by applying a controlled force to send an object toward a target.

### Session Description

In this session, participants will participate in activities focusing on strategic team play and enhancing their offensive skills. After warming up, participants at the HADO Court will choose a team captain and follow their instructions to practice strategic attacks on the HADO AI. Off-Court, participants will work on hand-eye coordination by playing Target 5 - throwing objects at different-sized targets.

## SESSION 6

# Defense Continued

### Session Objectives

- Participants will continue to develop strategic thinking skills by modeling the Game Master.
- Participants will increase their offensive game skills by playing HADO and Matball.
- Participants will practice shuffling and defensive sliding.

### Session Description

In session six, participants will participate in activities focusing on defense. After warming up, participants at the HADO Court will work on defensive slides using shields against the HADO AI. Off-Court, participants will play Matball to work on their shuffling and defensive sliding.

## SESSION 7

# Offense and Defense

### Session Objectives

- Participants will practice effective team communication.
- Participants will enhance gross motor skills through targeted drills.
- Participants will practice offensive and defensive skills through collaborative gameplay.
- Participants will program the user interface through collaborative team decision-making.

### Session Description

In session seven, participants will participate in activities culminating in the skills they have learned at HADO Academy. On the HADO Court, teams will take turns as the offensive and defensive teams as they face off against each other. Off-court, participants will play Castle Ball, which encourages the practice of offense and defense skills.

## SESSION 8

# Preparing for the Mini-Tournament

### Session Objectives

- Participants will practice effective team communication.
- HADO teams will discuss and choose offensive and defensive strategies for the Mini-Tournament.
- Participants will practice offensive and defensive skills through collaborative gameplay.
- Participants will practice agreed-upon strategies in a HADO game.

### Session Description

In session eight, participants will prepare for the culminating session of HADO Academy - a HADO Mini-Tournament! On the HADO Court, teams discuss, choose, and practice offensive and defensive strategies. Off-Court, participants will play Full House, which challenges players to practice offense and defense skills simultaneously.

## SESSION 9

# HADO Mini-Tournament!

### Session Objectives

- Participants will practice fitness and agility skills to improve speed and coordination.
- Participants will improve their shooting accuracy and techniques through targeted drills.
- Participants will practice strategic thinking and decision-making as they determine offensive and defensive strategies during play.
- Participants will practice effective communication as they strategize during gameplay.

### Session Description

Session nine offers participants a chance to put the HADO gaming skills they learned into practice in the HADO Mini-Tournament! Participants will warm up in preparation for fast-paced HADO games. Then, on the HADO Court, teams will compete in a Mini-Tournament. Off-Court, participants will practice offensive and defensive skills and strategies by playing Prairie Dog Pick-off.





# ***USING THE SESSION GUIDE***



# Using The Session Guide

Please visit [www.hado-usa.com](http://www.hado-usa.com) to learn more about HADO.

**Careful planning is required to make sure teams are in the right place at the right time for the Off-Court and HADO Court activities, especially if these activities are conducted simultaneously.**

The session guide is divided into multiple sections for easy understanding and use.

## ENGAGE

Introduces participants to the session's activities and the HADO focus of the session. It also includes a physical warm-up to prepare participants for the HADO Court and Off-Court activities.

## PLAY!

A step-by-step guide for Group Leaders to follow. A list of materials, set-up explanation, gameplay specifics, procedures, and modifications are included for both the HADO Court and Off-Court activities.

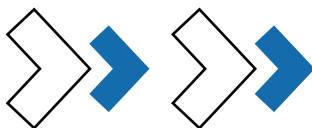
## WRAP-UP

The wrap-up offers an opportunity for reflection and discussion of the session's activities.

Session 9 is a culminating Mini-Tournament that can be completed in one session. If you would like to host a tournament event, please see the HADO 1-Day Tournament documents.

The session notes are laid out on the following example pages:





## Session Description

# SESSION 1

# Let's Play HADO!

## Session Objectives

### Session Objectives

- Participants will explain the difference between Augmented Reality and Virtual Reality.
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### Session Description

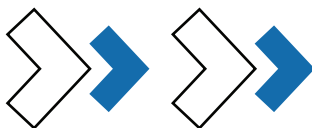
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A detailed overview of the session includes groupings, time, and materials.

### Session Overview

	Grouping	Time	Materials
<b>Engage</b>	Whole Group	10 minutes	<ul style="list-style-type: none"> <li>- Monitor</li> <li>- How To Play HADO QR code</li> </ul>
<b>Play!</b>		25 - 40 minutes	
<i>HADO Court Let's Play HADO!</i>	Teams of 3		<ul style="list-style-type: none"> <li>- HADO Court</li> <li>- HADO Server</li> <li>- Player Devices</li> </ul>
<i>Off-court Caterpillar Riot</i>	Teams of an equal number of players		<ul style="list-style-type: none"> <li>- 1 hula hoop per team member</li> <li>- 10 bean bags/small balls/etc. per team</li> <li>- Taped square/hula hoop/bucket/box /etc. per team to represent "home base"</li> <li>- QR code of sample video of Caterpillar Riot</li> </ul>
<b>Wrap Up</b>	Whole Group	10 minutes	<ul style="list-style-type: none"> <li>- Reflection questions in HADO Academy User Guide</li> </ul>



Detailed preparation instructions for both activities which may include diagrams.

## Session Preparation

HADO Quick Start Guide



HADO User Manual

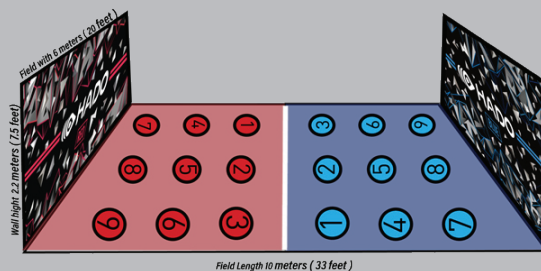


How to Play HADO



### HADO

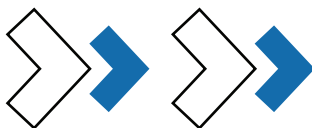
- Set up the HADO Court, server, and player devices 20-30 minutes before the session is scheduled to start - see Quick Start Guide.
- HADO CPU - Beginner mode
- Place a monitor where the whole group can view the warm-up



### Off-Court

- Designate a home base for each team in the corners of the Off-Court
- Scatter bean bags/small balls/etc. throughout the Off-Court
- Stack hula hoops to the side of the playing area
- Suggested - create a scoreboard to keep track of points during gameplay





The ENGAGE section includes detailed instructions on materials, set up, procedure, and modifications.

## ENGAGE

### Introducing HADO

#### Materials

- HADO Court, server, and a player device
- Monitor
- How to Play HADO >>



#### Set up

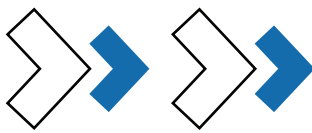
- See the Quick Start Guide for set-up instructions
- Designate an area for participants to sit during the introduction

#### Procedure

- The Game Master (instructor/group leader) introduces themselves with their title.
- **Define Esports:**  
The word Esports stands for Electronic Sports, where players compete against each other in video games.
- **Explain the difference between Augmented Reality (AR) and Virtual Reality (VR):**  
In AR, like HADO, you see virtual objects superimposed over the real world, while in VR, you're entirely immersed in a virtual environment.
- Explain that HADO is the first AR Esport that combines gaming and physical activity and show the clip of a HADO game linked in the materials section.
- Show and identify the physical components of HADO.
  - **AR Marker Walls:**  
physical barriers that create the augmented reality area
  - **Court Boundaries:**  
the area where the game takes place that can be seen through the Head Mounted Display. Any action outside of the marked area will not be effective during gameplay.
  - **Head Mounted Display (HMD):**  
a wearable device that lets you see HADO's virtual elements, such as an energy ball, crosshairs, shield meter, an opponent's life petals, and all game stats.
- **Arm Motion Sensor (AMS):**  
tracks arm movements and allows players to charge and throw energy balls and charge and use a shield.
- **EYE:**  
an iPhone used to calibrate the game and lets spectators see the AR action on the monitor
- **HADO Server:**  
the computer that manages the HADO game
- Demonstrate how to correctly handle and secure the HADO Gear, emphasizing participants are to do so only when instructed.
- **HMS - Head Mounted Display**
  - Make sure the iPhone inside the headset is secure and the Head Mounted Display and the Arm Motion Sensor have matching labels.
  - Put the safety lanyard around your necks.
  - Use one hand to hold the HMD over your eyes and the other to stretch the elastic band around the back of your head.
  - Remove the headset and adjust the elastic bands if the head strap is too tight.

Words in blue may be spoken verbatim to the participants.





The Warm Up includes detailed instructions on materials, set up, procedure, and modifications.



## Warm-Up

### Materials

- Monitor
- HADO Warm-Up video >>



### Set up

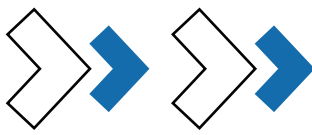
- Place the monitor where all participants can view it
- Load the warm-up video

### Procedure

- Direct participants to stand and spread out throughout the room.
- Play the warm-up video and encourage participants to engage.
- After the warm-up, divide participants into two groups: HADO Court and Off-Court, and ask them to move to their respective locations.

### Modifications

- Tell participants to refrain from a particular exercise if it is painful or uncomfortable.
- Offer variations on exercises if needed.



The **PLAY!** section includes detailed instructions on materials, set up, procedure, and modifications for the Off-Court activity and the HADO Court activity. It may also include diagrams.

## Off-Court Activity



### PLAY!

## Off-Court Activity - Caterpillar Riot

### Materials

- 1 hula hoop per team member
- 10 bean bags/small balls/other small objects per team
- A marked home base per team
- Caterpillar Riot Example video >>



### Set up

- Divide participants into teams of 4-6
- Mark a home base for each team spread out along the edges of the playing area.
- Scatter bean bags/small balls/etc. throughout the playing area

### Game Play

- **Activity Focus:** teamwork and collaboration.
- **Objective:** teams move their caterpillar to collect objects throughout the playing area and return them to their home base. The team with the most objects in their home base wins at the end of the round.
- **Suggested playing time:** 2-3 minutes per round, a total of 10 minutes
- Caterpillar Riot encourages teamwork and collaboration among participants, essential skills when playing HADO.

### Procedure

- Line teams up in single file lines at different locations outside the playing area.
- Each team member places their hula hoops on the floor in a line; the hula hoops must touch.
- Players stand inside their hula hoops.
- To move the caterpillar toward an object, the last person in the line steps into the hula hoop of the person in front of them, picks up the hula hoop they stepped out of, and passes it to the front of the line.
- The team member at the front of the line places the hula hoop on the floor, and all team members step forward one hula hoop.
- Continue until reaching an object.
- Collect the object, move the caterpillar to the team's home base, and drop off the object.
- The team continues collecting objects until the end of playing time.

### Modifications

- Allow younger participants to collect more than one object before returning to their home base.
- Lengthen or shorten the playing time
- Increase or decrease the length of each caterpillar (team members)