

## PART TWO

# Plan

*Build the season so the rest of the year takes care of itself.*

## 2.1 Team Hub and the season header

Team Hub is your home base. The header you see across the top of every football page is the single source of truth for season, week, and opponent.

### First-time setup

6. Open <https://winlabs.com/football/team-hub>.
7. Click Season → + Add Season. Name it (2026 Varsity), pick start/end dates.
8. Click Week → + Add Week for each game on your schedule. The dialog auto-creates the opponent record from the name you type.
9. Set the game date so the calendar countdown chip fires correctly.

### Why the header drives everything

Every Football tool — Tendencies, Practice Plan, Wrist Card, Sideline Ops, Self-Scout — reads three things from the header: which season, which week, and which opponent.

#### ▶ TRY IT IN WINLABS

Add a season

→ <https://winlabs.com/football/team-hub>

#### ★ PRO TIP

Use the Next Best Action chip in the top-right of the header. It deep-links to the exact tool you should be in at the current phase of the week.

#### ⚠ COMMON PITFALL

Forgetting to bump the active Week on Monday morning. Your Sunday tendencies still load the previous opponent and confuse everyone.

#### ✓ DRILL / EXERCISE

Season setup in 60 seconds

1. Add the season.
2. Add all 10 regular-season weeks with opponent + date.
3. Pin <https://winlabs.com/football/team-hub> via the Header Pin button.

## 2.2 Roster — three paths in, one source out

<https://winlabs.com/football/roster> is where every player record lives. Get it right once; every downstream tool benefits.

### Three ways to add players

#### Manual entry

Click + Add Player. Fill First Name, Last Name, Jersey #, Position(s), Grade, Height, Weight. Save. Names accept letters, spaces, hyphens, and apostrophes only.

#### CSV import (fastest)

Click Import → CSV. Download the template if you do not have a file. Drop your CSV — the wizard fuzzy-matches column headers. Review the 50-row audit preview, fix mismatches, and confirm.

#### From a connector

If MaxPreps or Hudl is linked, choose Import → MaxPreps and pick a snapshot.

### The Player Drawer is the only edit surface

Click any row to open the drawer. Changes propagate to depth chart, grading, and Player Station automatically.

#### ▶ TRY IT IN WINLABS

Open the roster

→ <https://winlabs.com/football/roster>

#### ★ PRO TIP

Use Archive (not Delete) to remove a player. The platform keeps their history for grading continuity.

#### ⚠ COMMON PITFALL

Letting jersey numbers overlap by accident. The validator catches it but flagged players will not appear on the printable depth chart.

#### ✓ DRILL / EXERCISE

CSV in five minutes

1. Export your roster from whatever you use today.

2. Drop into <https://winlabs.com/football/roster> Import → CSV.
3. Review the 50-row audit preview.
4. Fix any flagged jersey or name issues. Confirm.

## 2.3 Depth chart, practice squad, and version history

<https://winlabs.com/football/depth-chart> turns your roster into a two-deep with auto-conflict detection and side-by-side diff versioning.

### Build the two-deep

10. Open the depth chart.
11. Drag players from the unassigned panel into position cells.
12. Watch the conflict banner at the top — it flags duplicates and missing positions.

### Practice squad layer

Toggle Show Practice Squad to see your developmental layer below the two-deep.

### Versioning and publishing

Every Friday-to-Friday change auto-snapshots. Open Version History for side-by-side diffs. Save Draft for private changes; Publish broadcasts to position coaches and the Player Station.

#### ► TRY IT IN WINLABS

Build a depth chart

→ <https://winlabs.com/football/depth-chart>

#### ★ PRO TIP

Build the practice-squad layer first. It forces you to confront which freshmen and JV call-ups will actually rep this week.

#### ⚠ COMMON PITFALL

Publishing on Tuesday and then editing all week. Players get conflicting versions. Save drafts; publish once on Wednesday.

#### ✓ DRILL / EXERCISE

Diff your depth chart

1. Make three changes to the chart.
2. Open Version History → diff against last Friday.
3. Confirm the diff matches what you intended.

## 2.4 Playbook and the Install Wizard

Plays live in <https://winlabs.com/football/playbook>. Every play has a stable play\_id — edit here and it updates in the Game Plan and Call Sheet automatically. One source of truth.

### Add a play

13. Click + New Play.
14. Choose a formation template — 28 visio-style templates ship with WinLabs.
15. Drag positions, draw routes, assign blocking rules.
16. Save with tags: Concept, Personnel, Situation.

### The Play Card

Every play renders as a Rich Play Card: diagram, concept + formation + personnel, 3-5 coaching points, and linked clips auto-pulled from Film Studio.

### AI Play Finder

Type a natural-language question into Playbook search: 3rd & long beaters vs. Cover 2. The AI searches concepts, tags, and coaching points — grounded only in your own playbook.

### Install Wizard

Open <https://winlabs.com/football/install-template>. Pick Quick Start: Offense or Defense to auto-create the folder structure. Drag plays into install days. Generate install sheets at 1, 2, or 4 plays per page.

#### ▶ TRY IT IN WINLABS

Open the playbook

→ <https://winlabs.com/football/playbook>

#### ★ PRO TIP

Tag every play with at least one Concept, one Personnel, and one Situation. The AI Play Finder is only as smart as your tags.

#### ⚠ COMMON PITFALL

Duplicating a play to make a small variant. Use the play's Variants tab instead.

#### ✓ DRILL / EXERCISE

Tag sprint

1. Open <https://winlabs.com/football/playbook>.
2. Filter to untagged plays.
3. Spend 15 minutes tagging.
4. Re-run AI Play Finder and notice the difference.

## 2.5 Load Management — periodize so you peak in November

<https://winlabs.com/football/load> is where you keep players from breaking. Track training stress, recovery, and ACWR.

### What gets tracked

- Banister / Lucia TRIMP — training impulse, calculated from heart-rate or RPE × duration.
- Objective recovery score 0–100 from sleep, wellness check-in, HRV (if linked).
- 8-phase periodization model — Off-Season → In-Season → Tournament → Recovery.
- ACWR — when 7-day load exceeds 1.5× the 28-day average, fatigue risk spikes.

### How to use it weekly

Open Load → Team View on Mondays. Players in the red zone get modified Tuesday practice plans.

#### ► TRY IT IN WINLABS

Open Load Management

→ <https://winlabs.com/football/load>

#### ★ PRO TIP

Pair Load with wellness check-ins. Subjective wellness leads the objective ACWR by 2–3 days.

#### ⚠ COMMON PITFALL

Ignoring the red zone because he says he's fine. Players underestimate fatigue late in the week.

#### ✓ DRILL / EXERCISE

Monday load triage

1. Open Load → Team View.
2. Sort by ACWR descending.
3. For every player above 1.4, modify their Tuesday practice plan.

## 2.6 Budget, Equipment, and Team Calendar

### Budget

<https://winlabs.com/football/budget> defaults to a July–June fiscal year. Add categories (Travel, Equipment, Meals). Alerts fire at 80% / 90% / 100% of category spend. Rollovers are tracked automatically.

### Equipment Room

<https://winlabs.com/equipment-room> tracks gear with serial numbers. Toggle status: In Stock, Assigned, In Repair. Generate QR gear cards. AI Inventory auto-categorizes photos of your equipment closet.

### Team Calendar

<https://winlabs.com/calendar> runs 6 AM – 10 PM. Events render as thin 6px bars. Bidirectionally linked with the Weekly Plan.

#### ► TRY IT IN WINLABS

Open program tools

→ <https://winlabs.com/football/budget>

#### ★ PRO TIP

Snap a photo of your equipment closet on August 1 and again on December 1. AI Inventory will tell you what walked away.

#### ⚠ COMMON PITFALL

Setting budget alerts at 100% only. By then you have already overspent.

#### ✓ DRILL / EXERCISE

Build a budget shell

1. Open <https://winlabs.com/football/budget>.
2. Create five categories.
3. Set monthly limits. Confirm 80/90/100 alerts fire.