

PART SEVEN

Adjust

Close the loop. Take what you learned and update plans, personnel, and tendencies.

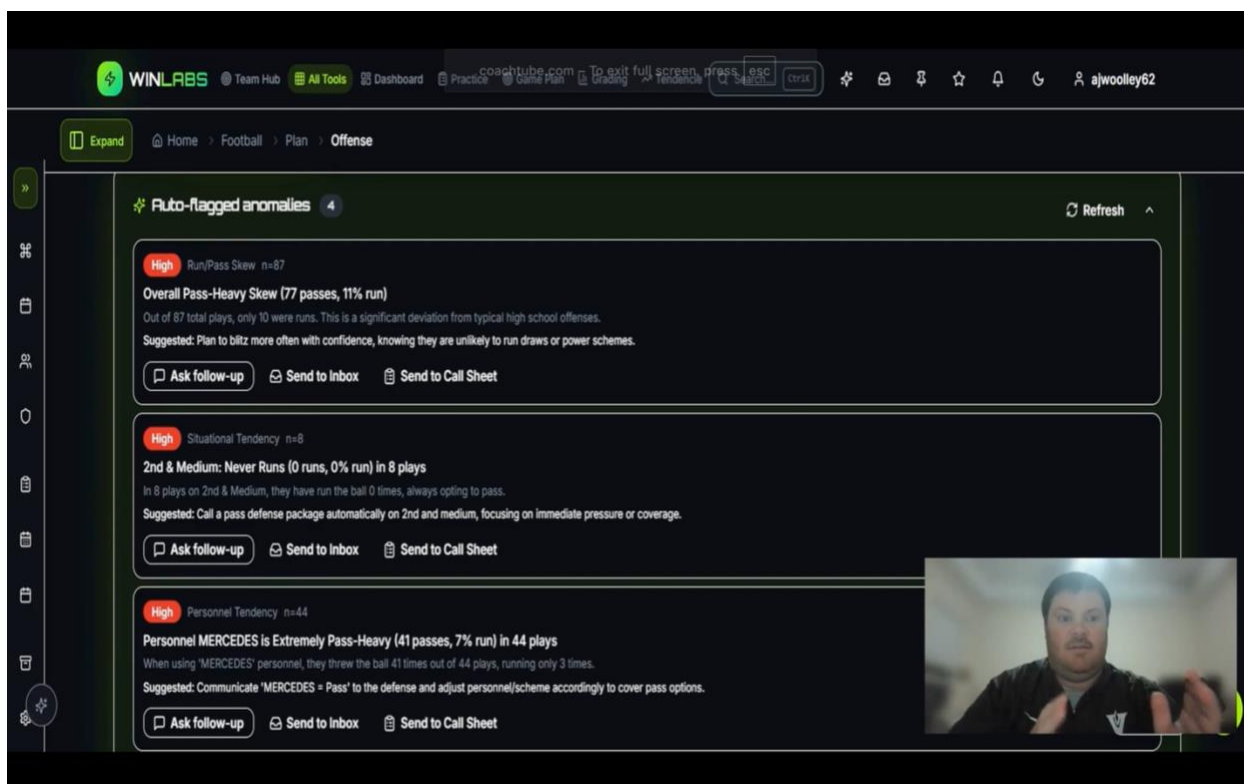
7.1 The Sunday tendency-flag loop

A simple, repeatable Sunday morning routine that turns last week's data into next week's edge.

The five-step loop

47. Open Self-Scout → Season Trends.
48. Flag any tendency >70%. That is what an opponent will key on.
49. Open next week's Game Plan.
50. Add at least one counter call for each flagged tendency.
51. Tag those counters must-call.

This loop takes 30 minutes. It is the cheapest insurance policy in football.



The screenshot shows the WinLabs web application interface. At the top, there's a navigation bar with the WinLabs logo, 'Team Hub', 'All Tools', and 'Dashboard'. Below that, a breadcrumb trail reads 'Home > Football > Plan > Offense'. The main content area is titled 'Auto-flagged anomalies' with a 'Refresh' button. It displays three high-priority anomalies:

- High Run/Pass Skew n=87**: Overall Pass-Heavy Skew (77 passes, 11% run). Suggested: Plan to blitz more often with confidence, knowing they are unlikely to run draws or power schemes.
- High Situational Tendency n=8**: 2nd & Medium: Never Runs (0 runs, 0% run) in 8 plays. Suggested: Call a pass defense package automatically on 2nd and medium, focusing on immediate pressure or coverage.
- High Personnel Tendency n=44**: Personnel MERCEDES is Extremely Pass-Heavy (41 passes, 7% run) in 44 plays. Suggested: Communicate 'MERCEDES = Pass' to the defense and adjust personnel/scheme accordingly to cover pass options.

Each anomaly card includes buttons for 'Ask follow-up', 'Send to Inbox', and 'Send to Call Sheet'. A video call window is visible in the bottom right corner of the interface.

▶ TRY IT IN WINLABS

Run the loop

→ <https://winlabs.com/football/self-scout>

★ PRO TIP

Print the flagged tendencies and walk them to your coordinator. A short conversation beats a long email.

⚠ COMMON PITFALL

Adding counter calls without ever calling them. If a play is on the sheet but never gets called, cut it next week.

✓ DRILL / EXERCISE

First Sunday of the season

1. Block 30 min Sunday 8:00–8:30 AM on the calendar.
2. Run the loop.
3. Repeat every Sunday.

7.2 Sports Physio and Return-to-Play protocols

<https://winlabs.com/football/sports-physio> manages injury lifecycles and return-to-play (RTP) protocols.

Tracked injuries

- Concussion (with HIA protocol).
- ACL, MCL, ankle, shoulder.
- Soft-tissue / pulls.

Per-injury workflow

52. Log the injury with date, mechanism, severity.
53. The system surfaces the right protocol (e.g. 5-day concussion return).
54. Track daily check-ins.
55. Player cannot be marked Available until protocol is complete.

FB Availability Dashboard

Shows every injured player, current phase, and target return date.

► TRY IT IN WINLABS

Open Sports Physio

→ <https://winlabs.com/football/sports-physio>

★ PRO TIP

Log every minor pull, not just season-enders. Soft-tissue patterns surface only after 3-4 entries.

⚠ COMMON PITFALL

Marking a player Available on coach's gut feel. Trust the protocol and the AT.

✓ DRILL / EXERCISE

Roster-check Monday

1. Open the Availability Dashboard.
2. Confirm every flagged player has a check-in logged.
3. Adjust depth chart for any non-clear player.

7.3 Staff Hub and the War Room

Staff Hub

<https://winlabs.com/staff-hub> is for staff comms and shared documents. Personal library items stay private until you grant team access via Team Shared Documents (read-only by default).

War Room

<https://winlabs.com/war-room> is a central kanban board for cross-staff tasks. Templates pre-built for Sunday Review, Mid-week Install, Game-Day Prep. Drag through columns: To Do → In Progress → Review → Done.

▶ TRY IT IN WINLABS

Open War Room

→ <https://winlabs.com/war-room>

★ PRO TIP

Run a 5-minute Monday standup from War Room. Every coach moves their cards live.

⚠ COMMON PITFALL

Treating cards as suggestions. If a card is in In-Progress with no movement for 5 days, it is dead.

✓ DRILL / EXERCISE

Two-week pilot

1. Adopt the Sunday Review template.
2. Run two consecutive Sundays through War Room.
3. By week 3, every staff member knows their cards.