

PART FIVE

Coach

Install the plan, run practice, and prepare players.

5.1 Practice Planner — blocks, timestamps, two views

<https://winlabs.com/football/practice-plan> builds practice plans block-by-block with auto-timestamps.

Create a practice

30. Open Practice Planner.
31. Click + New Practice — the form starts clean.
32. Pick date, start time, and template (or start blank).
33. Save.

Build blocks

Drag from the Block Library. Each block has duration, group, focus, coaching points. Move the start time and every block timestamp recalculates automatically.

Two views

Schedule view (vertical timeline) or Layout view (field map with groups assigned to zones).

Day templates

Use Infer Day Templates to apply your standard Tuesday/Wednesday/Thursday rhythm in one click.

► TRY IT IN WINLABS

Open Practice Planner

→ <https://winlabs.com/football/practice-plan>

★ PRO TIP

Build three Day Templates (Tuesday Install, Wednesday Game-Plan, Thursday Polish) once. Every week is a 90-second clone.

⚠ COMMON PITFALL

Hand-typing times into each block. Use the start-time field; let WinLabs do the math.

✓ DRILL / EXERCISE

Template a week

1. Build Tuesday, Wednesday, Thursday plans for this week.
2. Save each as a Day Template.

3. Next week, clone all three in 2 minutes.

5.2 Install Sheets and Position Manuals

Install sheets

Open <https://winlabs.com/football/install-template> → pick days → Generate. Choose 1, 2, or 4 plays per page. Sheets combine diagrams with role assignments.

Position Manuals

Per-position guides that travel with the player. Support inline 30s–2min video clips and uploaded documents.

► TRY IT IN WINLABS

Open Install

→ <https://winlabs.com/football/install-template>

★ PRO TIP

Position Manuals support 30s–2min clips. Keep each clip short — players quit on anything longer.

⚠ COMMON PITFALL

Updating a Position Manual on Thursday night without sending the change notification.

✓ DRILL / EXERCISE

One manual, one update

1. Pick one position group.
2. Update their manual with one teaching clip.
3. Confirm the players received the change notification.

5.3 Gamified Quizzes

<https://winlabs.com/football/quizzes> tests player knowledge with speed-based scoring.

Quick build

34. Open Quizzes → + New.
35. Pick plays from the current game plan.
36. Set question types: identify formation, name the route, decode the wrist card.

Live quiz mode

Use in position meetings — everyone joins from their phone, questions sync on the projector, scoring rewards speed + streaks.

▶ TRY IT IN WINLABS

Open Quizzes

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

★ PRO TIP

Run a live quiz at the start of Thursday meeting. The leaderboard pressure makes Friday's signal calls cleaner.

⚠ COMMON PITFALL

Making quizzes too long. Six questions in 90 seconds is a quiz; 30 questions is homework players skip.

✓ DRILL / EXERCISE

Six in ninety

1. Build a 6-question quiz on this week's third-down beaters.
2. Run it live Thursday.
3. Pull bottom 3 scorers into individual reps before practice.

5.4 Player Station (coach view)

<https://winlabs.com/football/player-station> is the coach-side dashboard.

What it aggregates

- Quiz scores (with trends).
- Install completion %.
- Wellness check-ins (subjective fatigue, soreness, sleep).
- Recent game grades.
- Eligibility and academic flags.

How to use it

Sort by anything. Find who is behind on install, who has been red-flagged in wellness, who is underperforming on grades.

► TRY IT IN WINLABS

Open Player Station

→ <https://winlabs.com/football/player-station>

★ PRO TIP

Sort by wellness score ascending Monday morning. The bottom five are your priorities for Tuesday's modified practice.

⚠ COMMON PITFALL

Treating Player Station as a discipline tool. Players stop logging wellness honestly when it costs them reps directly.

✓ DRILL / EXERCISE

Monday triage 10 minutes

1. Open Player Station.
2. Sort by wellness ascending.
3. Schedule a 2-minute check-in with the bottom five before practice.