

COACH COPILOT

YOUR AI ASSISTANT COACH

**A Plug-And-Play Resource That
Shows Coaches How To
Use ChatGPT To Save Time**

C o a c h F r a n k F o g g

COACH COPILOT

Contents

MEET YOUR NEW ASSISTANT

A new kind of assistant for the same old grind.

QUICK START GUIDE

Taking you from “logging in” to “getting wins”

PROMPT PLAYBOOK

Copy & paste solutions for daily coaching tasks.

TEMPLATES FOR YOU

Prebuilt & coach ready: no more starting from scratch

ADVANCED PROMPTS

Unlock your coaching potential with next-level prompts

MAXIMIZING YOUR ASSISTANT

Simple systems. Repeatable wins.

DOUBLE OVERTIME

Bonus tools, smarter prompts, and deeper impact.

WELCOME TO COACH COPILOT

Welcome Coach,

I built Coach Copilot because I've seen too many coaches burn out...not from a lack of effort, not because of the job, but from trying to do everything on their own.

I was one of those coaches: practice plans, film breakdown, stat tracking, scouting, development, culture, parent emails... and still trying to find time to be a dad to my kids and husband to my wife.

It's not that we don't know what to do...it's that there's just not enough time to do it all. That's why this guide exists. To change that.

To give coaches a smarter, faster way to handle the behind-the-scenes grind...so you can focus on what really matters: coaching, leading, and making a difference.

Coach Copilot isn't about replacing coaches. It's about equipping you with a real assistant: one that never sleeps, never complains, and always has your back.

And if you're willing to try something new, this guide will save you hours, sharpen your decisions, and help your program level up.

Let's get to work.

A handwritten signature in black ink that reads "Frank Fogg". The signature is stylized with a large, sweeping initial "F" and a cursive "Fogg".

Coach Frank Fogg

MEET YOUR NEW ASSISTANT

A New Kind Of Assistant
For The Same Old Grind

COACH COPILOT:
YOUR AI ASSISTANT COACH

MEET YOUR NEW ASSISTANT

This is Coach Copilot: Your AI Assistant Coach - your new competitive edge.

Whether you're a head coach, assistant, or someone who wears every hat in the program, you already know the job is nonstop.

Scouting, planning, stats, parent emails, development plans...and that's before practice even starts.

That's where this guide (and your new AI assistant) steps in.

WHAT IS COACH COPILOT?

Coach Copilot is a plug-and-play system that shows you exactly how to use ChatGPT to:

- Save time on daily coaching tasks
- Make smarter decisions using data and trends
- Communicate clearly with players, parents, and staff
- Build better practices, better systems, and a better culture

And you'll do it without needing a tech background or spending hours learning how AI works.

If you can copy, paste, and type a sentence...you can use this.

WHAT YOU'LL ACHIEVE WITH THIS GUIDE

By the time you finish this playbook, you'll be able to:

- Turn postgame notes into instant practice plans
- Break down stats and spot trends in seconds
- Build personalized player development plans
- Write better emails, scouting reports, and motivational messages
- Use AI as a real-time assistant for anything your program needs

More than that: you'll stop feeling overwhelmed and start operating with clarity and control.

ONE MORE THOUGHT...

This isn't about replacing coaches. It's about giving you a smarter system to handle the behind-the-scenes work so you can focus on coaching, teaching, and leading.

Let's get to work.

QUICK START GUIDE

Taking You From
“Logging In” To “Getting Wins”

COACH COPILOT:
YOUR AI ASSISTANT COACH

QUICK START GUIDE

This section is designed to get you up and running fast.

No jargon. No wasted time. Just clear steps to turn ChatGPT into your personal coaching AI assistant.

We'll cover:

- What ChatGPT is (without the tech-speak)
- Why it actually helps coaches like you
- The difference between free and paid versions
- How to start using it in under 5 minutes
- How to train your AI assistant with basic background info
- Pro tips to help you get sharper, faster responses

By the end of this section, you won't just know what ChatGPT is, you'll have used it.

You'll understand how it fits into your daily workflow, how to communicate with it like a real assistant, and how to set yourself up for success before you even open the Prompt Playbook.

WHAT IS CHATGPT?

Think of ChatGPT as a hyper-intelligent assistant that works 24/7.

You give it a prompt AKA an instruction or request and it responds instantly with ideas, summaries, plans, messages, or questions to help you coach smarter.

You can use it to: build a practice plan, break down a game summary, write a player message or respond to a parent email, analyze stats and trends, brainstorm film questions, and even suggest next steps for your program.

It's not magic, and admittedly it's not perfect, but it's fast, helpful, and always ready.

HOW IT CAN HELP

Coaches are overloaded. There's never enough time to do it all, let alone do it well.

ChatGPT helps by:

- Creating first drafts so you're not starting from scratch
- Spotting patterns or trends in stat data
- Organizing your thoughts when your brain is fried
- Speeding up everything from planning to communication

Instead of doing all the heavy lifting, you're now just editing and executing.

CHATGPT: FREE VS PLUS

ChatGPT has two main versions: the free tier and the paid “Plus” plan.

Both can help you as a coach. Here’s a side-by-side breakdown so you can see what you’re working with:

Feature	Free Version	ChatGPT Plus (\$20/mo)
Speed	Slower	Much faster
Quality	Decent	Sharper and more accurate
File Uploads	Not available	Upload PDFs, stats, scouting docs
Image Understanding	Not available	Yes (e.g., diagrams, screenshots)
Output Detail	Basic responses	Deeper, more tailored responses

My suggestion? Start with the free plan as you’re just getting familiar.

Upgrade to Plus when you’re ready to handle deeper tasks like stat analysis, document upload, or multi-layered planning.