

PART EIGHT

# Voice-First & Power-User Tricks

*The hidden shortcuts that turn proficient coaches into platform operators.*

## 8.1 Voice Quick-Add and the Voice-First philosophy

WinLabs treats voice as a primary input method. On Practice, Game Plan, and Sideline routes, a hands-free mic dock is anchored to the bottom-right corner.

### What you can say

- Add Power Right to red zone, tag must-call.
- Mark Jenkins green on play 27.
- Practice block: Team period, 18 minutes, focus 3rd down.
- Open this week's wrist card.

### Voice capture

Hit V anywhere to open the Voice Capture dialog. Notes are classified by an AI router and routed to the Coach Inbox plus a suggested tool.

#### ▶ TRY IT IN WINLABS

Voice capture from anywhere

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

#### ★ PRO TIP

Wear a wireless lav mic during practice. You will capture five times the in-context notes you would otherwise type after.

#### ⚠ COMMON PITFALL

Long monologues. Voice routing works best on single intents. Break compound thoughts into separate captures.

#### ✓ DRILL / EXERCISE

Voice-only practice

1. Run one practice using only Voice Quick-Add for notes.
2. Review the Coach Inbox after.
3. Count what would have been lost to typing-later.

## 8.2 ⌘K Omnisearch, Coach Inbox, and Automations

### ⌘K — Omnisearch

Hit ⌘K (or Ctrl+K) anywhere to open the Voice Command Palette. Type or speak.

### Coach Inbox

The header Coach Inbox aggregates cross-module signals — wellness flags, tendency alerts, AI suggestions, voice notes. Triage in 5 minutes a day.

### Automations

Open <https://winlabs.com/automations> to build if-then rules. Examples:

- If wellness score  $\leq 3$  → add wellness card to Coach Inbox.
- If quiz score  $< 60\%$  → ping position coach.
- If load ACWR  $> 1.5$  → flag for modified practice.

#### ► TRY IT IN WINLABS

Open Automations

→ <https://winlabs.com/automations>

#### ★ PRO TIP

Build three automations the first week and leave them alone. They run silently; you discover their value when you need them most.

#### ⚠ COMMON PITFALL

Building 20 automations on day one. You will get notification fatigue and disable all of them. Three is the right number.

#### ✓ DRILL / EXERCISE

Three automations

1. Wellness  $\leq 3$  → Inbox.
2. Quiz  $< 60\%$  → ping position coach.
3. ACWR  $> 1.5$  → flag depth-chart card.

## 8.3 The recommended weekly cadence

Pin this page to the wall of your office. It is the cadence that high-performing WinLabs staffs run.

Day	AM	PM	Tool focus
Sun	Self-Scout loop (30 min)	Watch opp film + Auto-Scout	Self-Scout, Auto-Scout
Mon	Player Station triage	Load Mgmt + Depth Chart updates	Player Station, Load
Tue	Practice install (script)	Position Manuals updates	Practice Planner, Manuals
Wed	Live quiz in meeting	Wrist Card shuffle + decode drill	Quizzes, Wrist Card
Thu	Polish practice	Call Sheet print, B&W + color	Call Sheet
Fri	Walk-through	Sideline Ops live charting	Sideline Ops
Sat	Grade film	Auto-Scout next opponent	Grading, Auto-Scout

Adjust to your reality, but keep the order: Self-Scout always leads, Sideline Ops always finishes. The loop closes Saturday.

**▶ TRY IT IN WINLABS**

Pin your home view

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

**★ PRO TIP**

Pin the home page. Use the Favorites Rail to one-click into each day's tool focus.

**⚠ COMMON PITFALL**

Treating cadence as aspirational. Either commit, or do not adopt it. Half-running it is worse than not running it.

**✓ DRILL / EXERCISE**

Two-week trial

1. Run this cadence for two weeks exactly as written.
2. Track time spent vs prior weeks.
3. Decide what to keep, swap, or cut.

# Glossary

**ACWR** — Acute-to-Chronic Workload Ratio. 7-day load divided by 28-day average. Above 1.5 = elevated injury risk.

**Auto-Scout** — AI workflow that converts a raw opponent game into a one-page scouting brief.

**Call Sheet** — Print- and tablet-ready sheet derived from the Game Plan. Live mode for game day.

**Concept Efficiency** — Yards-per-play and success rate broken down by concept (Self-Scout tab 2).

**EVL** — Execution Variability Layer. Adjusts AI outputs by team Level so suggestions stay realistic.

**Game Plan Builder** — Six-tab hub for organizing the week's calls by situation.

**HIA** — Head-Injury Assessment. Concussion protocol step. Tracked in Sports Physio.

**Install Sheet** — PDF generated from the Install Wizard, 1/2/4 plays per page.

**Must-call** — Tag that elevates a play on the Call Sheet and Wrist Card.

**Player Station** — Coach-side dashboard aggregating player activity and wellness.

**play\_id** — Stable foreign key that keeps Playbook, Game Plan, and Call Sheet in sync.

**PIE** — Performance Index Engine. Cross-linked with the Call Sheet for in-game pivots.

**RTP** — Return-To-Play. Phase-gated process for clearing injured players.

**Self-Scout** — Four-tab hub for analyzing your own calls, concepts, and tendencies.

**Sideline Ops** — Live play-charting tool with Green/Blue/Red result buttons.

**Threat Score** — Composite of your 9 ability ratings for an opponent.

**TRIMP** — Training Impulse. Banister/Lucia model of training stress.

**Voice-First** — Platform design principle: voice is a primary input alongside touch and keyboard.

**War Room** — Cross-staff kanban for weekly tasks.

**Wrist Card** — Generator for true-size wristbands with code shuffle and decode drills.

**WPA** — Win Probability Added. Per-call contribution to game outcome.

**⌘K** — Keyboard shortcut for the Voice Command Palette / Omnisearch.

# WinLabs route index

Every Football route referenced in this book. Bookmark or pin the ones you live in.

Route	Purpose
<a href="https://winlabs.com/football/team-hub">https://winlabs.com/football/team-hub</a>	Home base. Season/Week/Opponent header lives here.
<a href="https://winlabs.com/football/roster">https://winlabs.com/football/roster</a>	Player records. Import, edit, archive.
<a href="https://winlabs.com/football/depth-chart">https://winlabs.com/football/depth-chart</a>	Two-deep + practice squad + version diffs.
<a href="https://winlabs.com/football/playbook">https://winlabs.com/football/playbook</a>	Plays, AI Play Finder, AI Play Generator.
<a href="https://winlabs.com/football/install-template">https://winlabs.com/football/install-template</a>	Install Wizard. 1/2/4 plays per page.
<a href="https://winlabs.com/football/opponents">https://winlabs.com/football/opponents</a>	Opponents Hub. 9-dimension 1–10 ratings.
<a href="https://winlabs.com/football/week-prep">https://winlabs.com/football/week-prep</a>	Week → Opponent → Tendencies → Game Plan.
<a href="https://winlabs.com/football/film-studio">https://winlabs.com/football/film-studio</a>	Film ingest, watched sources, AI Auto-Tagger.
<a href="https://winlabs.com/football/tendencies">https://winlabs.com/football/tendencies</a>	Opponent scouting reports. Charts → Overview default.
<a href="https://winlabs.com/football/game-plan">https://winlabs.com/football/game-plan</a>	6-tab Game Plan Builder.
<a href="https://winlabs.com/football/call-sheet">https://winlabs.com/football/call-sheet</a>	Print-ready and Live game-day mode.
<a href="https://winlabs.com/football/wrist-card">https://winlabs.com/football/wrist-card</a>	True-size wristbands, shuffle, decode drill.
<a href="https://winlabs.com/football/practice-plan">https://winlabs.com/football/practice-plan</a>	Block-by-block planner. Schedule + Layout views.
<a href="https://winlabs.com/football/quizzes">https://winlabs.com/football/quizzes</a>	Gamified quizzes. Live mode.
<a href="https://winlabs.com/football/player-station">https://winlabs.com/football/player-station</a>	Coach-side player dashboard.
<a href="https://winlabs.com/football/sideline-ops">https://winlabs.com/football/sideline-ops</a>	Live game-day charting.
<a href="https://winlabs.com/football/grading">https://winlabs.com/football/grading</a>	1–4 grading on Assignment/Technique/Effort/Execution.
<a href="https://winlabs.com/football/self-scout">https://winlabs.com/football/self-scout</a>	4-tab self-scout.
<a href="https://winlabs.com/football/analytics">https://winlabs.com/football/analytics</a>	WPA + benchmark analytics.
<a href="https://winlabs.com/football/sports-physio">https://winlabs.com/football/sports-physio</a>	Injury lifecycles + RTP protocols.
<a href="https://winlabs.com/football/load">https://winlabs.com/football/load</a>	Load Management with TRIMP + ACWR.
<a href="https://winlabs.com/football/budget">https://winlabs.com/football/budget</a>	Program budget, 80/90/100 alerts.

<a href="https://winlabs.com/staff-hub">https://winlabs.com/staff-hub</a>	Staff comms + shared documents.
<a href="https://winlabs.com/war-room">https://winlabs.com/war-room</a>	Cross-staff kanban with weekly templates.
<a href="https://winlabs.com/calendar">https://winlabs.com/calendar</a>	Team Calendar. Bidirectional with Weekly Plan.
<a href="https://winlabs.com/equipment-room">https://winlabs.com/equipment-room</a>	Gear inventory + QR cards + AI inventory.
<a href="https://winlabs.com/automations">https://winlabs.com/automations</a>	If-then rules into the Coach Inbox.
<a href="https://winlabs.com/archive">https://winlabs.com/archive</a>	Restore archived players, plays, opponents.

# Credits and version

## The AI-Powered Football Coach — A WinLabs Playbook

First Edition. Published 2026. Written for WinLabs by the WinLabs coaching content team. Built on the WinLabs Football platform — same routes, same workflows, same EVL guardrails your staff already uses.

### Get the latest

- In-app manual: open any Football page and press ? for shortcuts; the manual link is in the help menu.
- Updates: this book ships with the platform; check the Coach Inbox for new-edition announcements.
- Support: [support@winlabs.com](mailto:support@winlabs.com)

*Respect the sport. Share the engine. Scale the impact.*