



YOUTH TACKLE & 7V7

The Zone Playbook: Coach's Guide

How every feature works

A free football coaching app for youth tackle and 7v7 coaches. Built by Milton Copeland III.

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This guide covers every feature in The Zone Playbook. Button names are in **bold**, the way they read in the app. New here? Do the quick start first.

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START HERE

Your first 10 minutes

Five steps. Do them in order and you will have a team, a playbook, one play of your own, and your staff on board.

1

Sign up.

Go to thezone.live/auth and tap **Sign Up**. Enter your **Coach Name**, **Email**, and **Password**, then tap **Create Account**. Check your inbox and confirm your email before you go further. Coming back later? Use **Sign In**, then **Enter The Zone**.

2

Create your team.

Onboarding asks you first thing. Tap **Create a team**, type your **Team name**, pick **Tackle** or **7v7**, and tap **Create team**. If another coach already made the team, use **Join with invite code** and tap **Join team** instead.

3

Install a scheme or template.

Onboarding gives you **Browse templates** or **Start blank**. Browse if you want a head start. You can also do it later: in the **Library** tab, pick a scheme and tap **Install this scheme**. Or in the **Plays** tab, tap **Templates**, then **Preview**, then **Load**.

4

Create your first custom play.

Go to the **Plays** tab. Tap **New play**, pick a formation, type a name, tap **Start drawing**, draw it, and tap **Save play**. Section 1 walks through every step.

5

Invite your staff.

Go to the **Staff** tab and tap **Invite Staff**. Pick a **Role** and a **Side** (**Both**, **Offense**, or **Defense**). Email is optional. Tap **Copy Link** and send it to your coach.

SECTION 1

Creating a Custom Play

WHERE Plays tab, play editor

WHO Head coach, or a coordinator for his own side

WHAT IT'S FOR: Draw your own plays, the way you run them, and give every kid his assignment.

HOW

1. Open the **Plays** tab and go to the play editor. Tap **New play**. To change a play you already have, use **Edit a play**. To start from one you already have, use **Copy a play**.
2. Under **Formation**, tap a formation.
3. Type a **Play name**.
4. Tap **Start drawing**. It stays greyed out until you have picked a formation and typed a name. If you see “No formations yet. Open Manage formations in the playbook.”, build one first (Section 8).
5. Move a player: drag his circle where you want him.
6. Draw a route: tap the player, then tap spots on the field in order. Each tap adds a point.
7. Fix a route: drag the points. **Undo last point** takes back the last tap. **Clear path** wipes the whole route.
8. Show where the ball goes: tap **Ball path**, then tap the field in order.
9. Give each kid his job. Tap a player and his panel opens below the field. Set his route or block, mark him **Ball carrier** (only one at a time), type his **Assignment**, or tap **Remove** to take him off the play. With nobody tapped, the panel says “Tap a player to edit his assignment.”
10. Open **Play details** if you need it. It is folded by default. It holds **Play name**, **Category**, **Formation**, and **Description**. Heads up: changing the formation, or tapping **Reset to formation**, restarts the drawing.
11. Check it. On the bottom bar, tap **Preview** to watch the play run. It turns into **Pause** while it runs. Drag the **Timeline** slider to step through it.
12. Tap **Save play** on the bottom bar. You will see “Play saved to your board.”

Leaving before you save

Tap **Back** and the app asks “*Discard unsaved changes to this play?*” **Back to playbook** warns you too.

What's easier now

- No Move/Draw switch. Drag to move, tap to draw.
- Formations are built on their own **Manage formations** screen. **Add position** lives there now.
- One panel for the player you tapped, not a grid of every assignment.
- The steps go in order: choose, name, draw, save.
- **Save play** is always on the bottom bar.
- You get a warning before you lose unsaved work.

SETUP

2 Sign Up and Onboarding

WHAT IT'S FOR: Get your account made and your team set up. It takes a couple of minutes.

WHERE thezone.live/auth, then onboarding

HOW

1. Tap **Sign Up**. Enter **Coach Name**, **Email**, and **Password**. Tap **Create Account**.
2. Confirm your email. New accounts have to do this first.
3. Next time, tap **Sign In** and then **Enter The Zone**.
4. In onboarding, tap **Create a team**. Enter a **Team name**, pick **Tackle** or **7v7**, and tap **Create team**.
5. Joining someone else's team? Tap **Join with invite code**, enter it, and tap **Join team**.
6. Last step: **Browse templates** to start with plays, or **Start blank**.

3 Team, Staff, and Roles

WHAT IT'S FOR: Bring your coaches in and control what each one can touch.

WHERE Teams page (from the team-name dropdown) and the Staff tab

HOW

1. Open the team-name dropdown and go to the Teams page.
2. Head coach only: you will see the team join code. Anyone who joins with it comes in as a Viewer. Tap **Regenerate code** if you want a new one.
3. To add a coach with a real role, go to the **Staff** tab and tap **Invite Staff**.
4. Pick a **Role** and a **Side: Both, Offense, or Defense**. Email is optional.
5. Tap **Copy Link** and send it to that coach.
6. Who can do what is on the roles page near the back.

4 Getting Around: The Tabs

WHAT IT'S FOR: Everything lives in tabs across the team page. Here is where each one is covered.

WHERE Top of the team page

Overview	—	Roster	Section 5
Evaluation	Section 6	Boards	Section 11
Plays	Section 1, 8, 9, 10	Signals	Section 17
Library	Section 9	Lineup	Section 7
Live Call	Section 13, 15	Staff	Section 3, 21
Game Mode	Section 9, 15	Playbook	Section 12, 14
Tracker	Section 16	Homework	Section 20
Print	Section 14	Snaps	Section 15
Scout	Section 18	Practice	Section 19

Along the top you also have **Feedback**, **Sign Out**, and a status that reads **Synced**, **Synching**, or **Offline**.

ROSTER, EVALUATION, LINEUP

5 Roster

WHAT IT'S FOR: Keep every kid's number, name, and grade in one place, and rate him so you know where he fits.

WHERE Roster tab

HOW

1. Tap **Add Player**. Enter **#**, **First**, **Last**, and **Grade**. Tap **Save Player**.
2. Got a list already? Use **Bulk Add** or **Import CSV**. **Export CSV** gets it back out.
3. Use search to find a kid. Use the **Team 1**, **Team 2**, **Team 3** filters to narrow the list.
4. Tap a player to open him. Rate his **Traits** from 1 to 5: **Speed**, **Size**, **Throw**, **Catch**, **Shifty**, **Tackle**.
5. Under **Positions Repped**, mark each spot **Never**, **Learning**, or **Knows It**.
6. Check **Position Fit** and **Top Fits** to see where he belongs.

6 Evaluation

WHAT IT'S FOR: Run tryouts or evaluation day, score the drills, and get a suggested depth chart out of it.

WHERE Evaluation tab

HOW

1. Set the **Tested** date.
2. Go to **Drills**. Use the **Drill Battery** and **Evaluation Day** scoring.
3. Check **Safety Flags**.
4. Open **Depth Chart** and look at the **Suggested Depth Chart**.
5. Need it on paper or in a spreadsheet? Tap **Print Sheet** or **Export CSV**.

7 Lineup

WHAT IT'S FOR: Put kids in spots and save the lineup so you are not redoing it every week.

WHERE Lineup tab

HOW

1. Tap **New lineup**.
2. Tap **Auto-fill** to fill it for you, or tap a spot and pick a player.
3. Give the lineup a name.
4. Tap **Save lineup**. Tap **Delete** to get rid of one.

PLAYS, FORMATIONS, LIBRARY, BOARDS

8 Manage Formations

WHAT IT'S FOR: Build the formations your plays start from. You need at least one before you can draw a play.

WHERE Plays tab, Manage formations

HOW

1. Go to the **Plays** tab and tap **Manage formations**.
2. Tap **New formation**, or tap one you already have.
3. Type the **Formation name**.
4. Drag players into place.
5. Need another body? Tap **Add position** (a TE, for example), then **Add player**.
6. To take one out, tap the player and tap **Remove** (it shows his position, like **Remove TE**).
7. Tap **Save as new formation** or **Update this formation**.
8. **Delete formation** asks you first. Plays that use it keep their spots.

9 Pre-Built Schemes and Starter Templates

WHAT IT'S FOR: Start with a full scheme instead of drawing everything yourself, then study it and call from it.

WHERE Library tab (templates are on the Plays tab)

HOW

Install a scheme

1. In the **Library** tab, pick a scheme.
2. Tap **Install this scheme**.
3. Study it with **Flip**, **Next**, and **Roster scores**.

Offense Call Builder

1. Pick **Formation**, then **Play**, then **Direction**, then **Tag**.
2. Enter the game, yards, and down. Tap **Log play**.
3. It shows your tendencies. It warns you with *“Same play called three times in a row.”*

Defense

1. In **Game Mode**, pick a call and tap **Log play**.
2. Use the **Blitz log**. Tap **Print** when you need it on paper.

Starter templates

1. In the **Plays** tab, tap **Templates**.
2. Tap **Preview** to look, then **Load** to bring it in.

10 Animated Diagrams and Scanning Plays

WHAT IT'S FOR: Watch plays run so kids can see them move. Scan your old paper plays in instead of redrawing them.

WHERE Plays tab

HOW

1. Pick a **Formation**, an **Opposing front** if you want one, and a play.
2. Use **Play**, **Pause**, **Replay**, and **Reset**. Drag the **Play progress** slider to step through it.
3. Open **Assignments** to see each kid's job.
4. Type a **Call sign** and tap **Save call sign**.
5. To scan plays (**Scan plays**): choose photos or a PDF, and tap **Scan and build plays**.

11 Boards

WHAT IT'S FOR: A board is the set of plays you are actually running. Build one, put the plays in order, and make it active.

WHERE Boards tab

HOW

1. Tap **New Board**.
2. Enter a **Board name**. Pick a **Base scheme**, or **Start empty**.
3. Choose the formations, plays, and positions you want on it.
4. Drag plays into the order you want.
5. Tap **Create Board** (or **Save Board** when editing).
6. Tap **Use** to make it the Active board.

12 Playbook (Call Sheets)

WHAT IT'S FOR: Keep your calls and your verbiage in one book you can search fast.

WHERE Playbook tab

HOW

1. Choose a book.
2. Use **Search calls** to find one.
3. Tap **+ Add play** to add a call, or **Edit** to change one. Tap **Save**.
4. Check the **Verbiage key** so everyone says it the same way.

GAME DAY

13 Live Call

WHAT IT'S FOR: Call and log the game as it happens, and let the app show you what is working.

WHERE Live Call tab

HOW

1. Tap **Open Game**. Enter the **Opponent** and **Date**. Tap **Start Game**.
2. Set the **Quarter**, **Down**, and formation.
3. First time? Tap **Edit calls**. Enter your **Formations**, **Run calls**, and **Pass calls**, one per line. Tap **Save**.
4. Pick the play. Then log the result: **Gain Size**, **Hot/Cold**, **QB #**, **Receiver #**, **Ball carrier #**, **Yards**.
5. Tap **Log Play**, or **Incomplete**.
6. On defense, log what they ran: **Run** or **Pass**, and **Left**, **Middle**, or **Right**.
7. Made a mistake? **Undo Last**, **Fix**, or **Delete**.
8. Watch **The Read** and **Tendencies** for suggestions. If you scouted this team, "*Their tendency now.*" shows here too.

14 Wristbands and Sideline Call Sheet

WHAT IT'S FOR: Print wristbands for your players and a call sheet for you, straight from your plays.

WHERE Print tab

HOW

Wristbands

1. Tap **New wristband**.
2. Set the **Name**, **Size**, **Grid** (rows x columns), **First number**, and **Colors**. Add a **Matching coach card** if you want one.
3. Choose your plays. **Add all shown** grabs everything on the screen. Add your **Signal calls** too.
4. Tap **Save wristband**.
5. Make versions A, B, and C.
6. Use it on game day.

Sideline call sheet

1. Choose a **Playbook**.
2. Tap **Print / Save PDF**.

15 Snap Counts

WHAT IT'S FOR: Know who has played and how much. The app flags kids who are low on snaps and kids who need rest.

WHERE Game Mode, Live Call, and Snaps tabs

HOW

In Game Mode

1. Enter the **Opponent** and tap **New game**.
2. Put players in the field spots.
3. Tap **Snap +1** every snap. **Undo** takes one back.
4. Watch for flags on low snaps and kids who need rest.

In Live Call

1. Track **On field** and subs.
2. Mark each kid **Playing**, **Absent**, or **Injured**.
3. Tap + **Special teams snap** when you need it. Open **Report** to see the numbers.

Set your rule (Snaps tab)

1. Turn the **Rule** on. Set **Plays per game**, your counting choices, and the **Halftime checkpoint** %.
2. Tap **Save rule**.
3. Pick a game, then **Print** or **Export CSV**.

16 Tracker

WHAT IT'S FOR: Log every call during the game and get a summary when it is over.

WHERE Tracker tab

HOW

1. Pick your **Active playbook**.
2. Tap **Start game**.
3. Log each call as you make it.
4. Check **Play by play**. Use **Edit** or **Delete** to fix a call.
5. After the game, look at the **Game summary** and **By front**. Tap **Export CSV** to keep it.

17 Signals

WHAT IT'S FOR: Set up your sideline signals, print them, and quiz your kids until they know them.

WHERE Signals tab

HOW

Build your signals

1. Tap **+ Add call**, fill it in, and tap **Add**.
2. Open a call to change it. Tap **Save call** or **Delete**.
3. Tap **Print sheet** for a paper copy.

Study & Quiz

1. Pick **Who is studying?**
2. Tap **Reveal**, then **I knew it** or **Missed it**.
3. Check the **Keeps missing** list to see what still needs work.

SCOUTING, PRACTICE, HOMEWORK

18 Scouting

WHAT IT'S FOR: Chart what your opponent does, build a report, and see their tendencies during the game.

WHERE Scout tab

HOW

1. Tap **Add opponent**. Enter **Name**, **Level**, **Colors**, and **Notes**. Tap **Save**.
2. Open the opponent.
3. Log their plays: quarter, down, distance, hash, field zone, play type, and direction.
4. Open the **Report**. Tap **Print**, or share it with a **Staff link**.
5. On game day, Live Call shows *"Their tendency now."*

19 Practice Planner

WHAT IT'S FOR: Plan practice by the minute, script your reps, and run it from the field.

WHERE Practice tab

HOW

1. Tap **New plan**. Enter a **Plan name**, **Location**, and **Focus/notes**.
2. Tap **+ Add period**. Set the **Minutes**, the **Period focus**, and **Pick a drill**.
3. Build the script: tap **Auto-generate**, or add reps one at a time with **+ Rep**.
4. Tap **Save**. Tap **Save as template** to reuse it. Tap **Print** for paper.
5. At practice, open **On-field mode**, tap **Start practice**, and tap **Next** to move on.
6. In the drill library, use **Save drill** or **Save to my drills** to keep the ones you like.

20 Homework

WHAT IT'S FOR: Send players plays and signals to study at home, and see who actually did it.

WHERE Homework tab

HOW

1. Tap **+ New homework**. Enter a **Title**, **Due date**, and **Side**.
2. Pick the plays and signal calls.
3. Assign it to the **Whole roster**, a **Position group**, or **Specific players**. Tap **Assign homework**.
4. Track **Status**, **Score**, and **Attempts** for each kid.
5. Tap **Copy reminder text** to nudge the ones who have not done it.
6. Players open their own link and take the quiz. They see *“Correct!”* or *“Not quite...”* and can tap **Retake**.

SHARING AND SETTINGS

21 Share Links

WHAT IT'S FOR: Send a read-only playbook, or one player's own assignments, with a link. Players need no account.

WHERE Staff tab, Share Links

HOW

1. Go to the **Staff** tab and open **Share Links**.
2. For a read-only playbook, pick **Board** and tap **Create board link**.
3. For one player's own assignments, pick **Player** and tap **Create player link**.
4. Tap **Copy Link** and send it. Players need no account.
5. Use **Turn Off** to shut a link down, and **Turn On** to bring it back.
6. A dead or wrong link shows “*Link not found or expired.*”

22 Other: Feedback, Light/Dark, Password

WHAT IT'S FOR: The small stuff you will still need.

WHERE Top bar and bottom-right corner

HOW

Feedback

1. Tap **Feedback** at the top. Pick **Request** or **Review**. Tap **Send**.

Light or dark mode

1. Tap the sun/moon button in the bottom right.

Forgot your password

1. Tap **Forgot password?** and check your email for the link.
2. Open it, then **Set a new password** and tap **Save password**.

Sync status

1. The top bar shows **Synced**, **Syncing**, or **Offline**. **Sign Out** is up there too.

REFERENCE

Roles: who can do what

Every coach on your staff gets a role. The head coach picks it when he sends the invite, along with a side: **Both**, **Offense**, or **Defense**.

	Head coach	Coordinator	Assistant	Viewer
View the team and plays	Yes	Yes	Yes	Yes
Log games	Yes	Own side	Yes	No
Create and edit plays	Yes	Own side	No	No
Manage staff and invites	Yes	No	No	No
See and regenerate the join code	Yes	No	No	No

Head coach

Everything. He is the only one who sees the join code and handles staff.

Coordinator

Everything but staff, for his own side.

Assistant

Logs games and views.

Viewer

View only. Anyone who joins with the team join code comes in as a Viewer.



Questions or ideas?

Tap **Feedback** in the app.

thezone.live

The Zone Playbook. Built by Milton Copeland III.