



# Buffalo's George Wilson uses iPad as part of game plan

By Jefferson Graham

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[George Wilson](#) won't play football without his iPad.



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During the National Football League season, the team captain and strong safety for the [Buffalo Bills](#) doesn't go anywhere without the Apple tablet. He uses it to study his plays and improve the game.

We caught up with Wilson recently in [Los Angeles](#). Here are his comments on:



### **Using the iPad to study**

"Most guys can't sleep the night after a game, whether you won or lost. You want to go back and see what you did, what plays you left out there on the field. You always want to try to fine-tune your mistakes and correct them as quickly as you can. ... By the time they're on the airplane, our teams have uploaded the (NFL-shot game video), so if we have an hour flight, most guys have an opportunity to already see the game footage before we actually walk off the airplane."

### **Why studying is important**

"People think we just throw the football around and play the game. They don't get to see the student side of the game. The game is 90% mental and 10% physical. If you don't have a good way to study and retain information, you're going to have a difficult time having a long career in the NFL."

### **How it was before tablets**

"With us playing on Sunday afternoon, we'd have to wait until Monday, at least 24 hours, before we could come in and see the footage. We had to go to a meeting room, turn on the projector, power up the computer, as opposed to swiping a device, clicking on the video and just pressing play. Now we can get it in less than an hour, and watch it within two hours. It's very easy."

## **Fans and tech**

"They're definitely paying attention. The show is on the field and it will always take precedence. But when you have a TV timeout, halftime, an injury timeout, it gives the fans something to do and still feel like they're linked in and part of the experience."

## **Music and tech**

"When I'm working out, I always have headphones on." Wilson makes playlists for his workout. His Football 2012 workout includes *Ambition* by Wale, [Rick Ross](#) and Meek Mill; Kanye West; Bobby Brackins; Drake; and [Nicki Minaj](#). Music "really helps us prepare."

A constant companion when driving is the Shazam app, which identifies music. "Within two or three seconds, I have all the info I need to go on the Internet and get the song."