

FLAG COACH PLAYS · WRISTBAND TEMPLATE

# 12 plays · 4.5 x 2.5 in standard

Common sizes; measure the window of your own wristband first and trim or change the print scale if it differs. Cut on the dashed lines.

\_\_\_\_\_ should measure 1 inch

12 plays · 4.5 x 2.5 in

|   |    |    |    |
|---|----|----|----|
| 1 | 2  | 3  | 4  |
| 5 | 6  | 7  | 8  |
| 9 | 10 | 11 | 12 |

12 plays · 4.5 x 2.5 in

|   |    |    |    |
|---|----|----|----|
| 1 | 2  | 3  | 4  |
| 5 | 6  | 7  | 8  |
| 9 | 10 | 11 | 12 |

12 plays · 4.5 x 2.5 in

|   |    |    |    |
|---|----|----|----|
| 1 | 2  | 3  | 4  |
| 5 | 6  | 7  | 8  |
| 9 | 10 | 11 | 12 |

# 8 and 6 plays · 4.5 x 2.5 in standard

Bigger boxes, for diagrams younger players can read. Common sizes; measure the window of your own wristband first and trim or change the print scale if it differs. Cut on the dashed lines.

\_\_\_\_\_ should measure 1 inch

8 plays · 4.5 x 2.5 in

|   |   |   |   |
|---|---|---|---|
| 1 | 2 | 3 | 4 |
|   |   |   |   |
| 5 | 6 | 7 | 8 |
|   |   |   |   |

8 plays · 4.5 x 2.5 in

|   |   |   |   |
|---|---|---|---|
| 1 | 2 | 3 | 4 |
|   |   |   |   |
| 5 | 6 | 7 | 8 |
|   |   |   |   |

6 plays · 4.5 x 2.5 in

|   |   |   |
|---|---|---|
| 1 | 2 | 3 |
|   |   |   |
| 4 | 5 | 6 |
|   |   |   |

## 6, 8 and 12 plays · 3.5 x 2.25 in youth

In the 12-box cards, write the play name or draw only the key route. Common sizes; measure the window of your own wristband first and trim or change the print scale if it differs. Cut on the dashed lines.

\_\_\_\_\_ should measure 1 inch

6 plays · 3.5 x 2.25 in

|   |   |   |
|---|---|---|
| 1 | 2 | 3 |
| 4 | 5 | 6 |

6 plays · 3.5 x 2.25 in

|   |   |   |
|---|---|---|
| 1 | 2 | 3 |
| 4 | 5 | 6 |

8 plays · 3.5 x 2.25 in

|   |   |   |   |
|---|---|---|---|
| 1 | 2 | 3 | 4 |
| 5 | 6 | 7 | 8 |

8 plays · 3.5 x 2.25 in

|   |   |   |   |
|---|---|---|---|
| 1 | 2 | 3 | 4 |
| 5 | 6 | 7 | 8 |

12 plays · 3.5 x 2.25 in

|   |    |    |    |
|---|----|----|----|
| 1 | 2  | 3  | 4  |
| 5 | 6  | 7  | 8  |
| 9 | 10 | 11 | 12 |

12 plays · 3.5 x 2.25 in

|   |    |    |    |
|---|----|----|----|
| 1 | 2  | 3  | 4  |
| 5 | 6  | 7  | 8  |
| 9 | 10 | 11 | 12 |

 should measure 1 inch

|    |    |    |    |
|----|----|----|----|
| 1  | 2  | 3  | 4  |
| 5  | 6  | 7  | 8  |
| 9  | 10 | 11 | 12 |
| 13 | 14 | 15 | 16 |
| 17 | 18 | 19 | 20 |
| 21 | 22 | 23 | 24 |

|   |    |    |    |    |    |    |    |
|---|----|----|----|----|----|----|----|
| 1 | 2  | 3  | 4  | 13 | 14 | 15 | 16 |
| 5 | 6  | 7  | 8  | 17 | 18 | 19 | 20 |
| 9 | 10 | 11 | 12 | 21 | 22 | 23 | 24 |

# Coach's play list

Write each play next to its wristband number and keep this sheet on your clipboard. One common system: runs 1 to 6, passes 7 to 12, trick plays last. Once a number means a play, keep it all season.

| #  | PLAY | FORMATION | NOTES (FIRST READ, WHO GETS THE BALL) |
|----|------|-----------|---------------------------------------|
| 1  |      |           |                                       |
| 2  |      |           |                                       |
| 3  |      |           |                                       |
| 4  |      |           |                                       |
| 5  |      |           |                                       |
| 6  |      |           |                                       |
| 7  |      |           |                                       |
| 8  |      |           |                                       |
| 9  |      |           |                                       |
| 10 |      |           |                                       |
| 11 |      |           |                                       |
| 12 |      |           |                                       |
| 13 |      |           |                                       |
| 14 |      |           |                                       |
| 15 |      |           |                                       |
| 16 |      |           |                                       |
| 17 |      |           |                                       |
| 18 |      |           |                                       |
| 19 |      |           |                                       |
| 20 |      |           |                                       |
| 21 |      |           |                                       |
| 22 |      |           |                                       |
| 23 |      |           |                                       |
| 24 |      |           |                                       |