

Football Play Wristband Inserts

My-Team Sports

my-teamsports.com

Youth tackle & flag · print at 100% scale (no "fit to page") · test one card before cutting a sheet

STANDARD INSERT · 4.5 x 2.5 in · plays 1-12 · cut on dashed line

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

Fill-in tips

Number runs 1-6,
passes 7-12.

Same 12 plays all
season, called the
same way every time.

Card stock or clear
packing tape lasts
a full season.

Put one on EVERY
player in flag -
no-huddle offense
doubles your snaps.

STANDARD INSERT · 4.5 x 2.5 in · plays 1-12 · cut on dashed line

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

YOUTH INSERT · 3.5 x 2.25 in · plays 1-12 · cut on dashed line

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

12-Play Master Sheet

Lock your calls once, copy them onto every card in five minutes

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Team: _____ Season: _____

No.	Formation	Play name	When to call it
1			
2			
3			
4			
5			
6			
7			
8			
9			
10			
11			
12			

Suggested system: 1-6 runs (green), 7-12 passes (blue). Add a color word only when you need a second signal, like flipping the play to the opposite side. Twelve plays everyone knows cold beat thirty nobody remembers.

Draw the plays themselves in the Coach's Playbook on your My-Team Sports team site — then print clean diagrams so every kid sees their route while the wristband calls the number.