

Flag Football Wristband Play Cards

Write your play numbers in the boxes, cut out, and slip into a QB wristband

sportsbrackets.net

Free printable • print low-ink

PLAY CARD

#1

1	2	3	4
5	6	7	8
9	10	11	12
13	14	15	16
17	18	19	20

PLAY CARD

#2

1	2	3	4
5	6	7	8
9	10	11	12
13	14	15	16
17	18	19	20

PLAY CARD

#3

1	2	3	4
5	6	7	8
9	10	11	12
13	14	15	16
17	18	19	20

PLAY CARD

#4

1	2	3	4
5	6	7	8
9	10	11	12
13	14	15	16
17	18	19	20

PLAY CARD

#5

1	2	3	4
5	6	7	8
9	10	11	12
13	14	15	16
17	18	19	20

PLAY CARD

#6

1	2	3	4
5	6	7	8
9	10	11	12
13	14	15	16
17	18	19	20

Each card holds 20 numbered plays. Write a play name or number in each box so it matches the master play-call key on page 2, then cut the card out and fold it into a standard wristband window. Print several so every player who calls plays has the same card.

Flag Football Master Play-Call Key

Map each number to a play once, then write the numbers on your wristband cards

Play Numbers 1 to 30

#	PLAY NAME	FORMATION	NOTES
1			
2			
3			
4			
5			
6			
7			
8			
9			
10			
11			
12			
13			
14			
15			

#	PLAY NAME	FORMATION	NOTES
16			
17			
18			
19			
20			
21			
22			
23			
24			
25			
26			
27			
28			
29			
30			

Keep this master key on your clipboard. Call plays by number so your team lines up fast, and update the wristband cards whenever you add or swap a play.