

Dr. G's Playbook

Strategies for a winning season



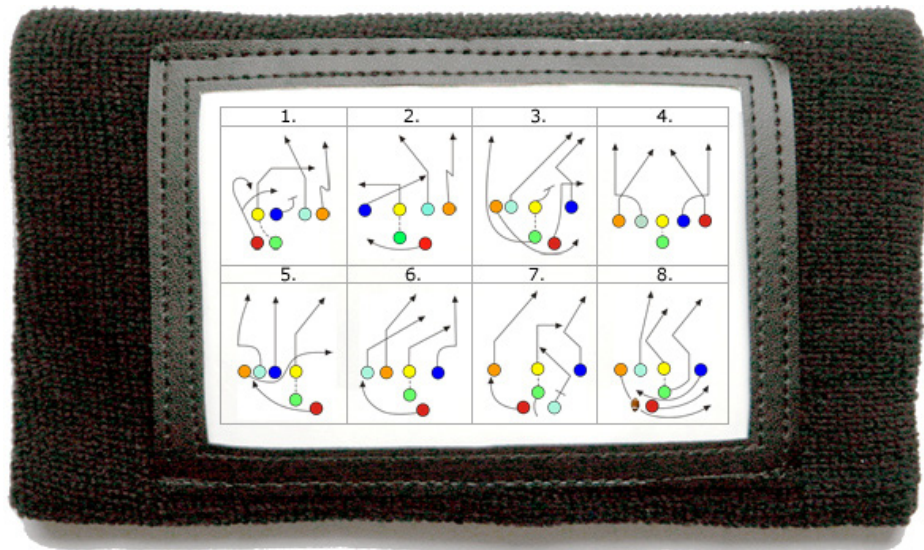
5 on 5 flag football plays

for youth and adults

-- and --

Wristband Interactive TM

mobilize your playbook



A MUST SEE!

Dr G's Playbook

Strategies for a winning season

Dr. G's playbook and Wristband Interactive™ were designed to increase a team's rhythm and efficiency on the football field. As a quarterback for many years, I became frustrated with the lack of flag football plays available on the web. I'd spend many late nights drawing, coloring and cutting out plays for game time. Motivated to fill the void, I created 4 man, 5 man, 6 man, 7 man and 8 man playbooks for youth and adults. We offer the largest selection of plays on the web. Our playbooks are easy to use and diverse in play selection. We have run and pass plays, basic and trick plays and short and long yardage plays. Whether you are a coach or player, we will improve your game!

Playbook tips: If there is no route for your player, stay home and block. A small "notch" at the beginning your route means that there is a slight delay/block, prior to running the route. Assign a color to each player for the entire game. If there is a substitution, the new player gets the color of the player leaving the field.

Wristband Interactive™

mobilize your playbook

Improve communication with teammates	Access our online library of plays
Run the hurry up, no huddle offense	Print for your entire team
Change your plays anytime	Use for any size wristband
Audible from the line of scrimmage	Reduce explanations in the huddle
Mobilize your playbook	Win the close games!

Wristband Interactive™ is an amazing tool for flag football. With Wristband Interactive™, select from hundreds of plays in our online library. Pick the 8 best plays for your upcoming opponent, then print for your entire team. Change your plays at anytime and print again!

Everyone on your team should have a wristband with play inserts, including linemen. If you did not purchase Wristband Interactive™ with your playbook, it's not too late. Upgrading your account to include this feature is easy and inexpensive. Simply login to your account at www.FlagFootballStrategies.com and click "Add Wristband Interactive".

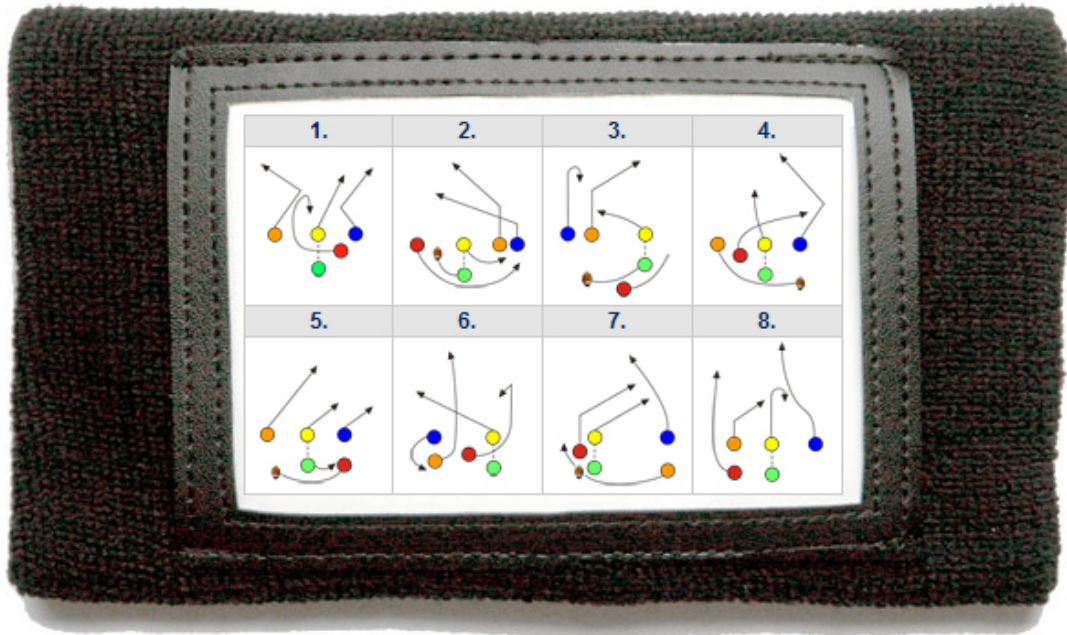
The concept of using wristbands became real to me when my team was down 28-0 at the half against the best team in the league. By avoiding huddles and calling plays from the line, we managed a major comeback and won 29-28, in the playoffs. Approximately 68% of a football game is spent in the huddle (or in transition from play to play). If you are behind, and can't afford to huddle, you will love this tool.

Wristband Interactive is not only for a hurry up offense, however. It also helps you to stay organized, reduce chatter in the huddle, catch the opposing defense off-guard and easily illustrate everyone's exact assignment. Effective communication, in any team sport, is a critical component for success. Let us show you why Wristband Interactive wins games!

Wristband Tips: When calling a play at the line of scrimmage, make the last number of the play the "real number". "Red 337" would be play # 7 on the wristband. "Blue 12" would be play # 2 on the wristband. Throwing in decoys will help keep the defense honest! If you add an "F" on the end an audible ("black 242 F"), that's means it's play # 2, but flipped. In other words, everyone runs their same route, but on the opposite side of the field. For example, a wide out running an "out and up" on the right side of the center would instead run an "out and up" on the left side of the center. You can find more tips and strategies on our web site at www.FlagFootballStrategies.com

Wristband Interactive™

mobilize your playbook

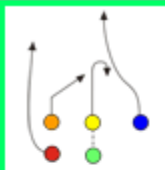
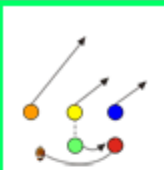

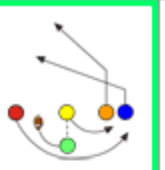


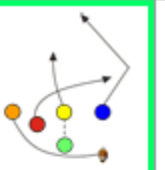
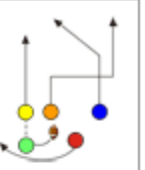


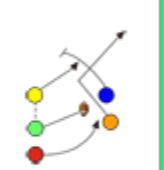

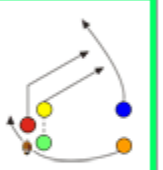
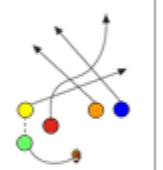





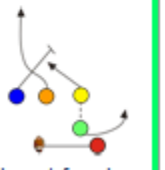
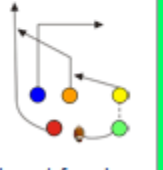
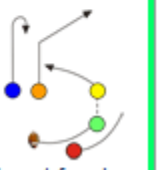




Visit our web site and try Wristband Interactive!" www.FlagFootballStrategies.com

Find a play you like, then decide which position on the wristband you want that play to replace, numbered 1 through 8.

Click go, and watch the wristband automatically update! ***Print for your entire team and change plays at anytime.***

Currently selected plays are highlighted:

 Insert for play: 8 GO	 Insert for play: 5 GO	 Insert for play: 6 GO	 Insert for play: 2 GO	 Insert for play: 7 GO	 Insert for play: 4 GO	 Insert for play: 1 GO	 Insert for play: 3 GO
 Insert for play: 8 GO	 Insert for play: 5 GO	 Insert for play: 6 GO	 Insert for play: 2 GO	 Insert for play: 7 GO	 Insert for play: 4 GO	 Insert for play: 1 GO	 Insert for play: 3 GO
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