BEFORE YESTERDAY

I had played

already, not ... yet
up to then

YESTERDAY

I did play
I played

How long?
For...
When...?
from... to...

BEFORE NOW

I have played

already, not ... yet
up to now

**NOW
GENERALLY**

I do play
I play

How long?
For...
When...?
from... to...

**BEFORE AND AT A
MOMENT
YESTERDAY**

I had been playing

How long?   For...
Since when?
Since...

**AT A MOMENT
YESTERDAY**

I was playing

while

**BEFORE AND AT
THE MOMENT**

I have been playing

How long?   For...
Since when?
Since...

**NOW
AT THE MOMENT**

I am playing