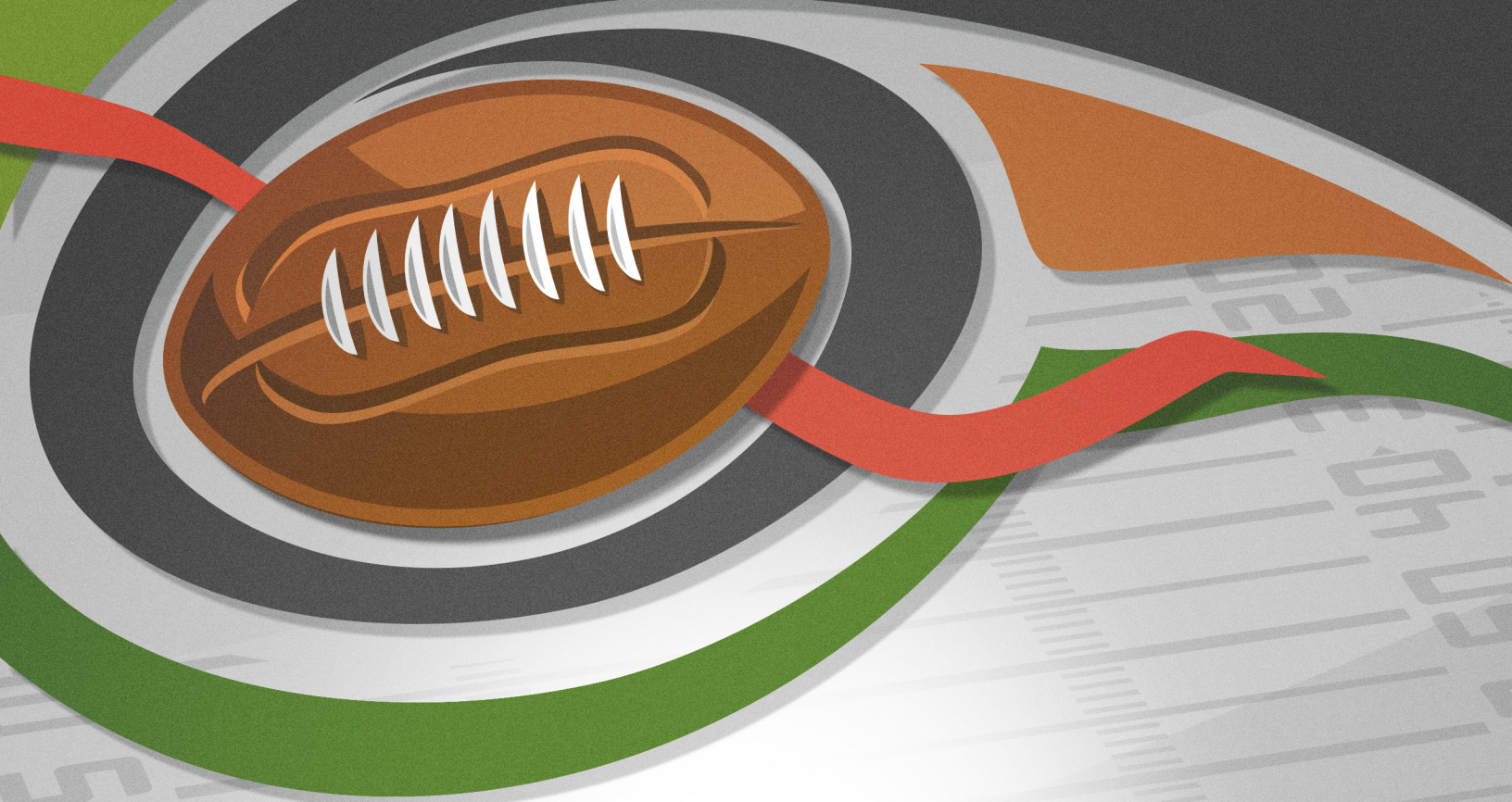




COMPLETE ***FLAG FOOTBALL*** PLAYBOOK

41 Game-Tested Plays for a Powerhouse Offense

**Simple.
Fun &
Effective**

- Designed for 5-Man, 6-Man, 7-Man or 8-Man Flag Football
- All Ages and Competitive Levels
- Running and Passing Plays for Every Yardage and Situation
- Spread, Trips, Stack, Split, Strong and I Formations
- Step by Step Instructions, Diagrams and Coaching Tips

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Consult Your Physician

The techniques, ideas, and suggestions in this document are not intended as a substitute for proper medical advice! Consult your physician or health care professional before performing any exercise or exercise technique. Any application of the techniques, ideas, and suggestions in this document is at the reader's sole discretion and risk.

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FLAG FOOTBALL PASSING PLAYS
SPREAD FORMATION

1.

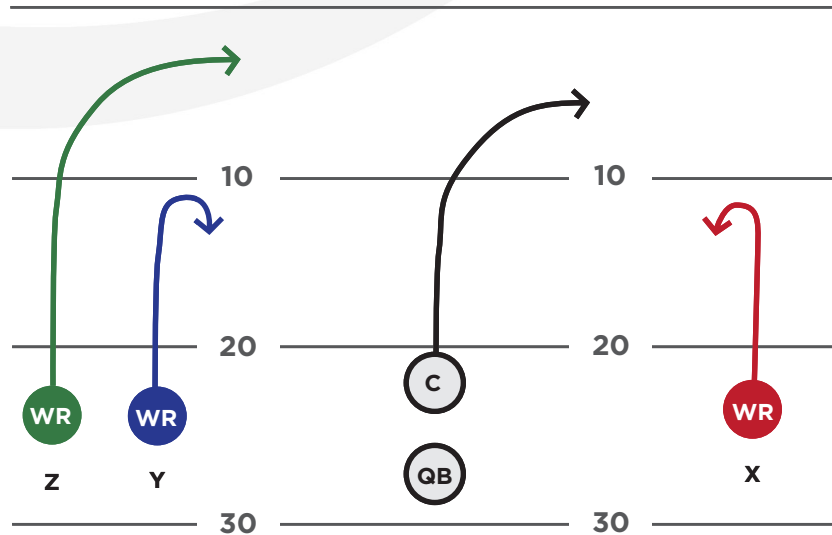
Spread Left, Double Hook

Formation:

Spread Left.

Strategy:

QB has both quick-hitting targets and deep, longer developing options in this play.



Assignments:

- Wide receiver X runs a 5 to 10 yard hook
- Wide receiver Y runs a 5 to 10 yard hook
- Wide receiver Z runs to the post
- Center hikes the ball, then goes up the middle of the field before angling off to the corner.

Coaching Tips

1. QB should look first at one of the two hook routes and then if there is time he can look at the deeper options.
2. If under pressure, QB can roll either direction and have receivers on that side of the field.

Modifications:

- For 6 on 6 or 7 on 7 add a running back or two running backs and have them flare out to the flat (if 2, 1 going toward each sideline)
- For 8 on 8, add two players to the line and have them run short patterns in the middle of the field. You can also add a RB to flare out into the flat as a safety valve.

2.

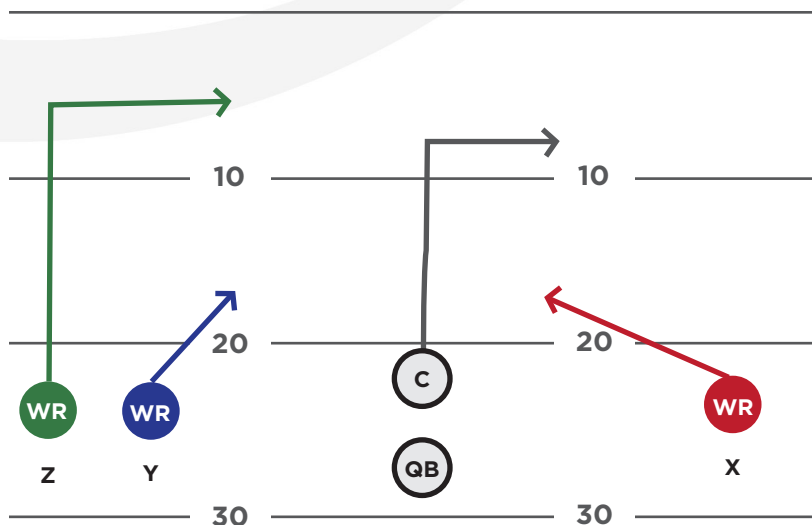
Spread Left, Double Slant

Formation:

Spread Left.

Strategy:

This play allows the QB to attack the defense either with a fast, short pass or by going deeper down the field.



Assignments:

- Wide receiver X runs a slant pattern
- Wide receiver Y runs a slant pattern.
- Wide receiver Z runs an in
- The center hikes the ball and then runs an out.

Coaching Tips

1. The slant is a great quick-hitting play to call to build QB and WR confidence – and when a receiver breaks free it can lead to big gains.
2. If the slant is not there, QB should hold the ball for a beat and look downfield at the longer developing routes.

Modifications:

- For 6 on 6 add a running back and have him run an arrow pattern out to where wide receiver Y originally lined up.
- For 7 on 7 you can add two players on the line or two running backs and have them run arrow or in patterns underneath the receivers.
- For 8 on 8 you can add two linemen and a running back. Have the linemen delay and then run outs toward where the receivers originally lined up. If motion is allowed in your league, you can motion the running back toward the right sideline and then send him on a go or fly route straight downfield.

3.

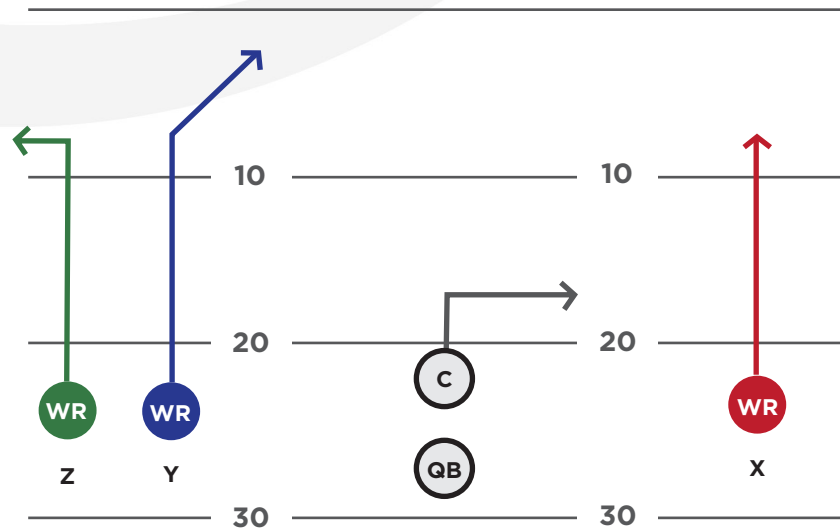
Spread Left, Y Post

Formation:

Spread Left.

Strategy:

This play stretches the field while still providing the QB with a short, dump-off option.



Assignments:

- Wide receiver Y runs a deep post pattern.
- Wide receiver Z runs an out.
- Wide receiver X runs a go or fly.
- The center hikes the ball and runs a short out to provide the QB with a check-down option.

Coaching Tips

1. Adjust distances based on QB arm strength and receiver speed.
2. QB should be leading receivers with his passes so they catch the ball on the run and pick up huge chunks of yards after the catch.

Modifications:

- For 6 on 6 add a running back and have him run a 5-yard in to the left of the center.
- For 7 on 7 add two running backs. The first runs the in described above, the second runs a circle pattern to the left.
- For 8 on 8, add two lineman and have them delay and then run corners so that they cross in the middle of the field. Also, add a running back and have him run a circle or flare pattern out to the left sideline.

4.

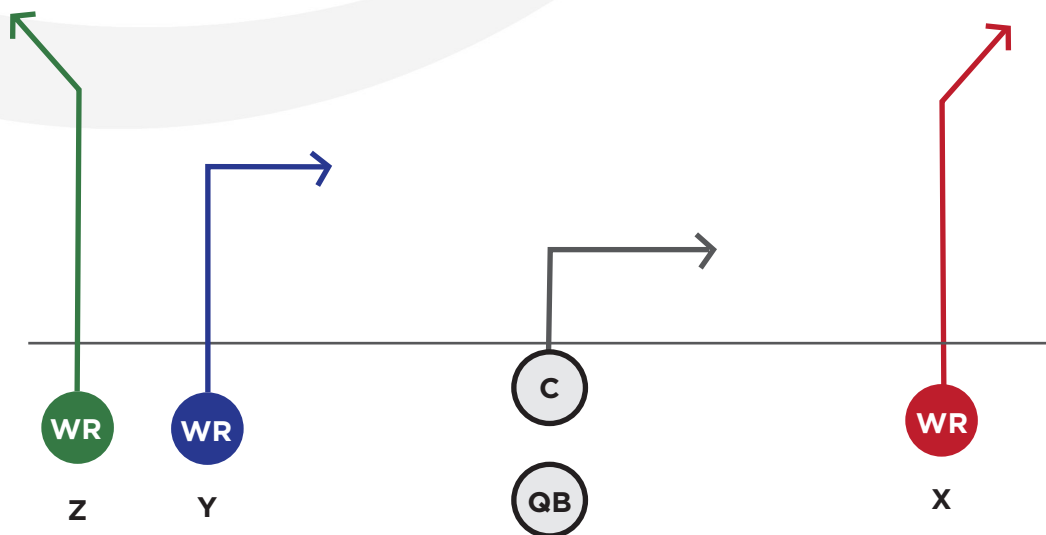
Spread Left, Corners In

Formation:

Spread Left.

Strategy:

This play allows the quarterback to choose from attacking the defense outside or on the inside.



Assignments:

- Wide receiver X runs a corner route.
- Wide receiver Z runs a corner route.
- Wide receiver Y runs a short in pattern.
- The center hikes the ball, delays two seconds and then releases on a short out pattern.

Coaching Tips

1. QB could roll out to get a little more momentum on the deep throw.
2. Remind the QB when rolling out that he should not throw back across the field, he should stick to receivers in front of him.

Modifications:

- For 6 on 6 add a running back who runs a flare out toward wide receiver Y's original lineup position.
- For 7 on 7 add a second running back who flares out toward the right sideline.
- For 8 on 8 also add a lineman to the left of the center who delays and runs the short out pattern toward the opposite sideline.

5.

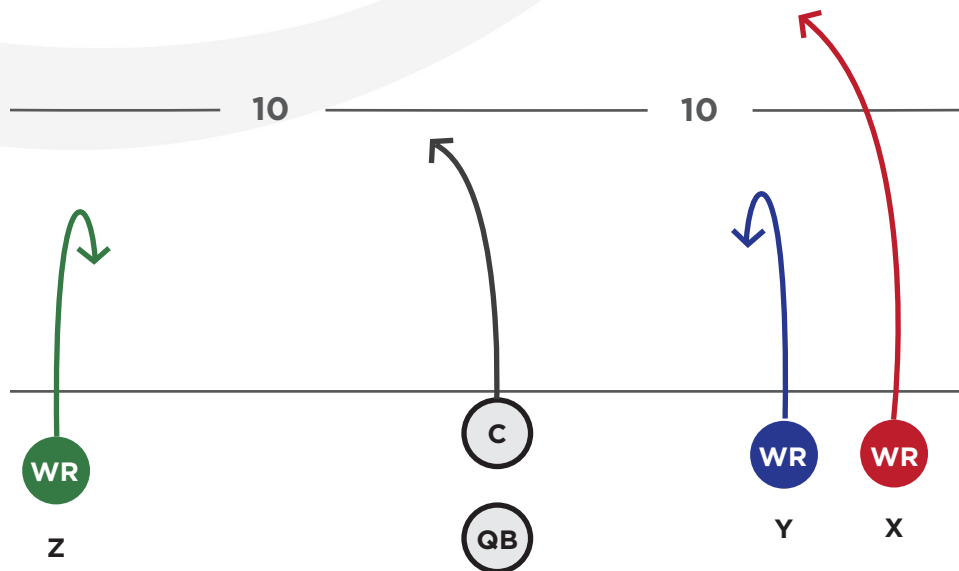
Spread Right, Double Hook

Formation:

Spread Right.

Strategy:

QB has both quick-hitting targets and deep, longer developing options in this play.



Assignments:

- Wide receiver Y runs a 5 to 10 yard hook.
- Wide receiver Z runs a 5 to 10 yard hook.
- Wide receiver X runs to the post.
- The center hikes the ball and then goes up the middle of the field before angling off to the corner.

Coaching Tips

1. QB should look first at one of the two hook routes and then if there is time he can look at the deeper options.
2. If under pressure, QB can roll either direction and have receivers on that side of the field.

Modifications:

- For 6 on 6 or 7 on 7 add a running back or two running backs and have them flare out to the flat (if 2, 1 going toward each sideline)
- For 8 on 8, add two players to the line and have them run short patterns in the middle of the field. You can also add a RB to flare out or run an arrow into the flat as a safety valve.

6.

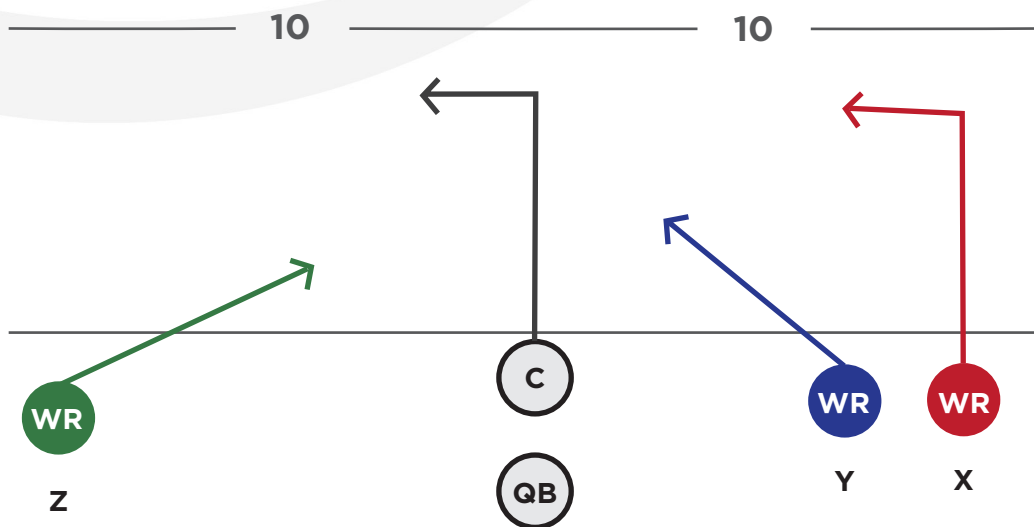
Spread Right, Double Slant

Formation:

Spread Right.

Strategy:

This play allows the QB to attack the defense either with a fast, short pass or by going deeper down the field.



Assignments:

- Wide receiver Y runs a slant pattern.
- Wide receiver Z runs a slant pattern.
- Wide receiver X runs an in.
- The center hikes the ball and then runs an out.

Coaching Tips

1. The slant is a great quick-hitting play to call to build QB and WR confidence – and when a receiver breaks free it can lead to big gains.
2. If the slant is not there, QB should hold the ball for a beat and look downfield at the longer developing routes.

Modifications:

- For 6 on 6 add a running back and have him run an arrow pattern out to where wide receiver Y originally lined up.
- For 7 on 7 you can add two players on the line or two running backs and have them run patterns underneath the receivers, such as an in or an out.
- For 8 on 8 you can add two linemen and a running back. Have the linemen delay and then run outs toward where the receivers originally lined up. If motion is allowed in your league, you can motion the running back toward the right sideline and then send him on a go or fly route straight downfield.

7.

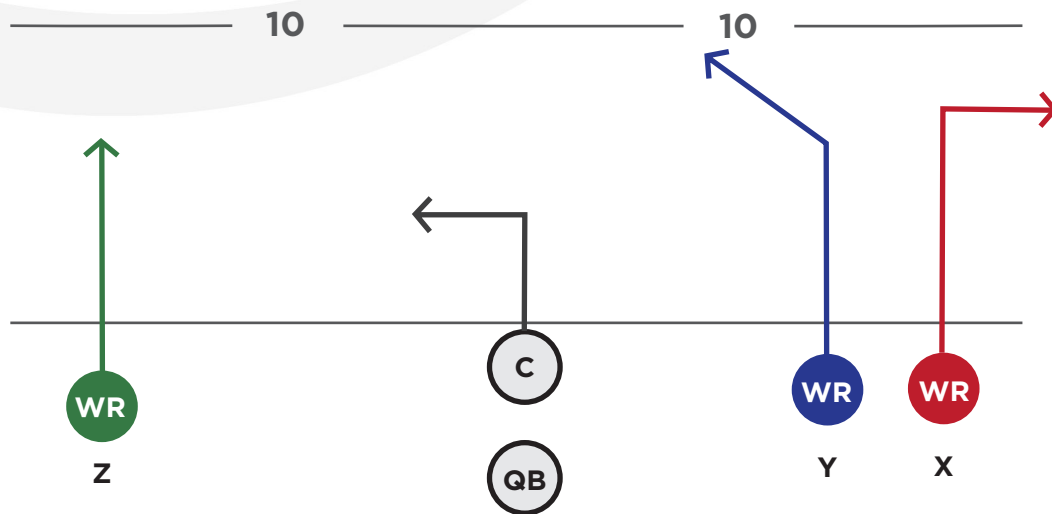
Spread Right, Y Post

Formation:

Spread Right.

Strategy:

This play stretches the field while still providing the QB with a short, dump-off option.



Assignments:

- Wide receiver Y runs a deep post pattern.
- Wide receiver X runs an out.
- Wide receiver Z runs a go or fly.
- The center hikes the ball and then runs a short out to provide the QB with a check-down option.

Coaching Tips

1. Adjust distances based on QB arm strength and receiver speed.
2. QB should be leading receivers with his passes so they catch the ball on the run and pick up huge chunks of yards after the catch.

Modifications:

- For 6 on 6 add a running back and have him run a 5-yard in to the left of the center.
- For 7 on 7 add two running backs. The first runs the in described above, the second flares out to the left sideline.
- For 8 on 8, add two lineman and have them delay and then run corners so that they cross in the middle of the field. Also, add a running back and have him run a flare or circle pattern out to the left sideline.

8.

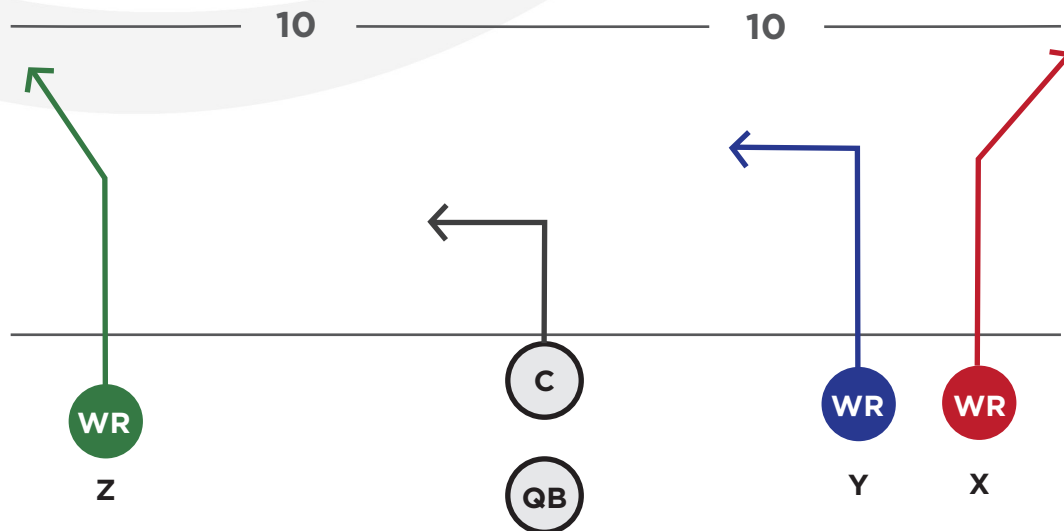
Spread Right, Corners In

Formation:

Spread Right.

Strategy:

This play allows the quarterback to choose from attacking the defense outside or on the inside.



Assignments:

- Wide receiver X runs a corner route.
- Wide receiver Z runs a corner route.
- Wide receiver Y runs a short in pattern.
- The center hikes the ball, delays two seconds and then releases on a short out pattern.

Coaching Tips

1. QB could roll out to get a little more momentum on the deep throw.
2. Remind the QB when rolling out that he should not throw back across the field, he should stick to receivers in front of him.

Modifications:

- For 6 on 6 add a running back who flares out toward wide receiver Y's original lineup position.
- For 7 on 7 add a second running back who runs a flare out toward the right sideline.
- For 8 on 8 also add a lineman to the left of the center who delays and runs the short out pattern toward the opposite sideline.



FLAG FOOTBALL PASSING PLAYS
TRIPS FORMATION

9.

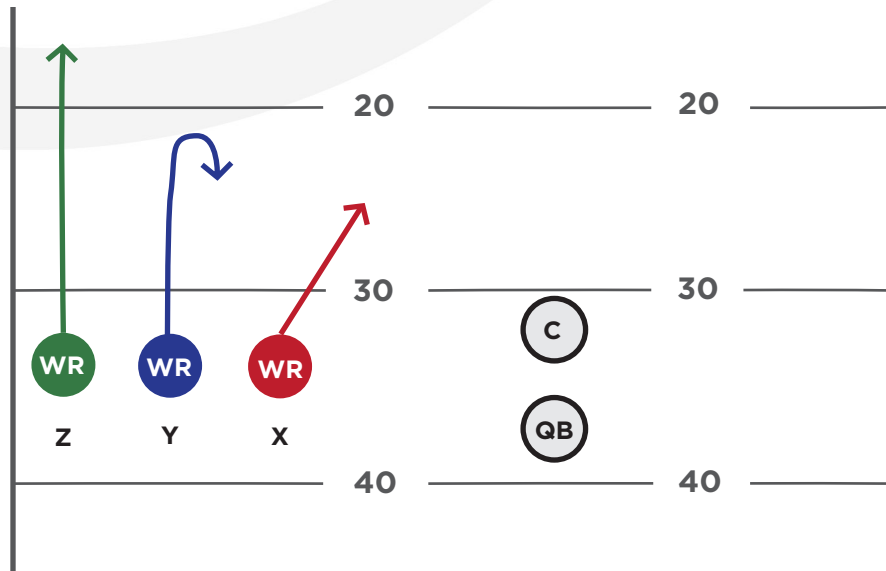
Trips Left, Levels

Formation:

Trips Left.

Strategy:

With this play the quarterback can throw short, medium or deep depending on what the defense gives him.



Assignments:

- Wide receiver X runs a slant.
- Wide receiver Y runs a hook.
- Wide receiver Z runs a go route.
- Center hikes the ball and then stays home.

Coaching Tips

1. QB should look short first and if that is open make the throw. If the short route is covered, he should then go to the second and third routes.

Modifications:

- For 6 on 6 add a running back who runs a flare out toward the right sideline.
- For 7 on 7 add one lineman (plus the RB) and for 8 on 8 add two lineman (plus the RB). The rightside lineman runs a hitch toward the right sideline. Center and second lineman stay home.

10.

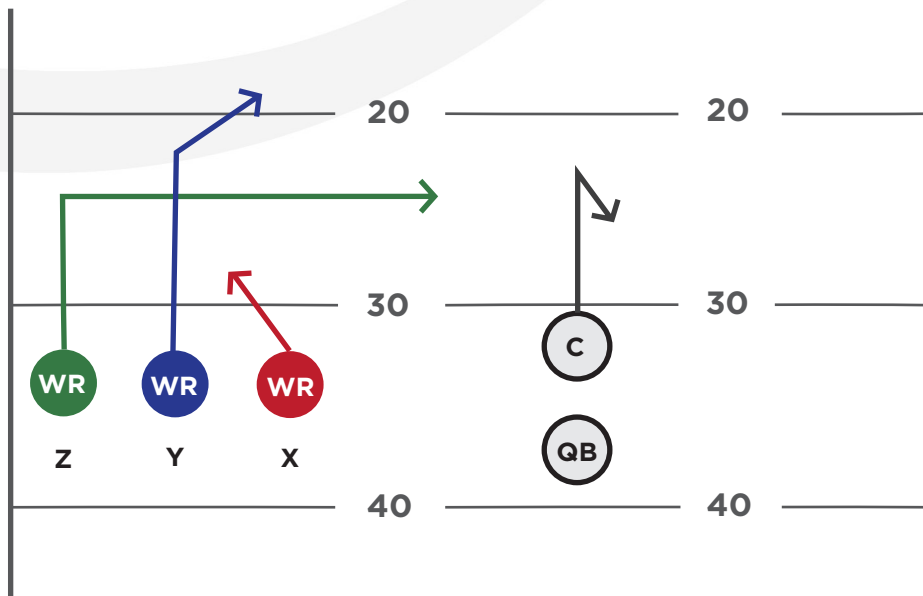
Trips Left, West Coast

Formation:

Trips Left.

Strategy:

This play gives the QB several short distance throws to choose from.



Assignments:

- Wide receiver X runs a slant toward the sideline.
- Wide receiver Y runs a post pattern downfield.
- Wide receiver Z runs an in across the field.
- Center hikes the ball and then runs a curl pattern down the middle of the field.

Coaching Tips

1. Receivers need to run precise, well-timed routes in this play, you don't want them running into each other.

Modifications:

- For 6 on 6 add a running back who runs a replace route down the right sideline.
- For 7 on 7 (in addition to the running back) add a lineman to the right of the center who runs a five-yard out.
- For 8 on 8 (in addition to the running back) add two lineman. Rightside lineman runs a five yard out. Leftside lineman runs down the line of scrimmage toward the left sideline.

11.

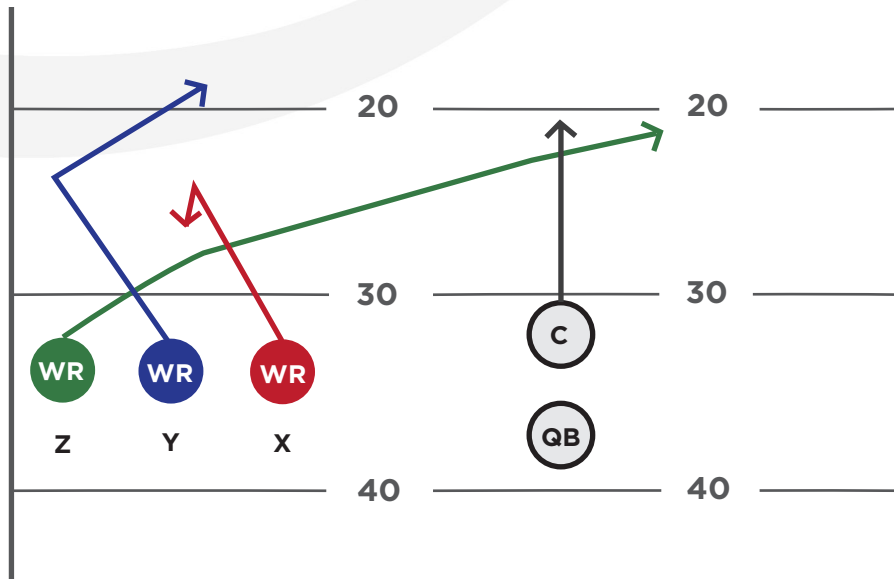
Trips Left, Crossover

Formation:

Trips Left.

Strategy:

If Z does not come open crossing the field, QB has both short and long patterns to check to.



Assignments:

- Wide receiver X runs a five yard hitch.
- Wide receiver Y runs out and then to the post.
- Wide receiver Z runs across the field and to the corner.
- Center hikes the ball and then runs a go route straight up the field.

Coaching Tips

1. Have the QB look for Z first, then check down to C and Y going deep. X would be the safety valve.

Modifications:

- For 6 on 6 add a running back who runs an arrow pattern to the right flat.
- For 7 on 7 (in addition to the running back) add a lineman to the right of the center who runs a five-yard out.
- For 8 on 8 (in addition to the running back) add two lineman. Rightside lineman runs a five yard out. Leftside lineman runs about five yards downfield and stops, turning back and looking for the ball.

12.

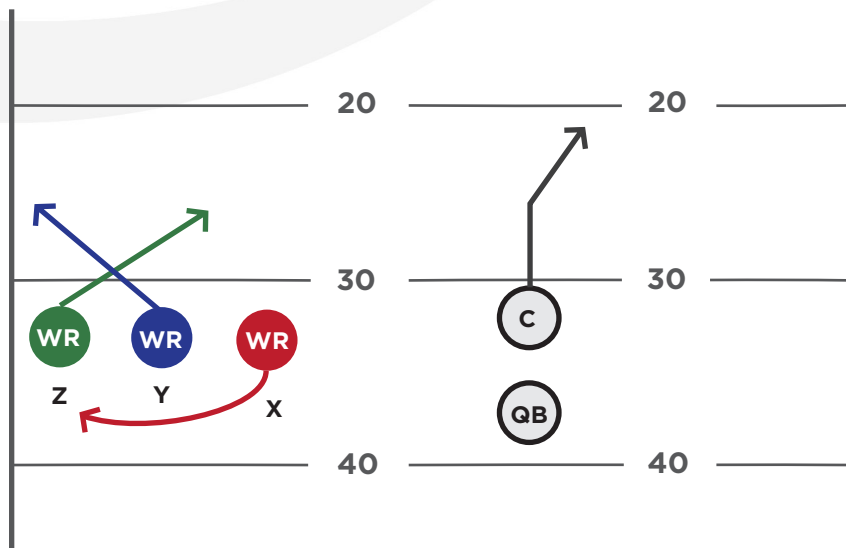
Trips Left, Screen Cross

Formation:

Trips Left.

Strategy:

Z and Y hope to lose their defenders on the cross. X runs a screen to take advantage of defenders cheating downfield. Center goes deep.



Assignments:

- Wide receivers Y and Z run crossing slant patterns.
- Wide receiver X runs a screen pattern behind the other two receivers.
- Center hikes the ball and then runs a corner route.

Coaching Tips

1. With three tightly bunched routes it could be easy for QB to forget about the Center. Make sure he looks that way as well in stead of just locking in on the left side.

Modifications:

- For 6 on 6 add a running back who runs a 5 yard out.
- For 7 on 7 (in addition to the running back) add a lineman to the right of the center who runs a flat pattern.
- For 8 on 8 (in addition to the running back) add two lineman. Rightside lineman runs to the flat. Leftside lineman runs a five yard out.

13.

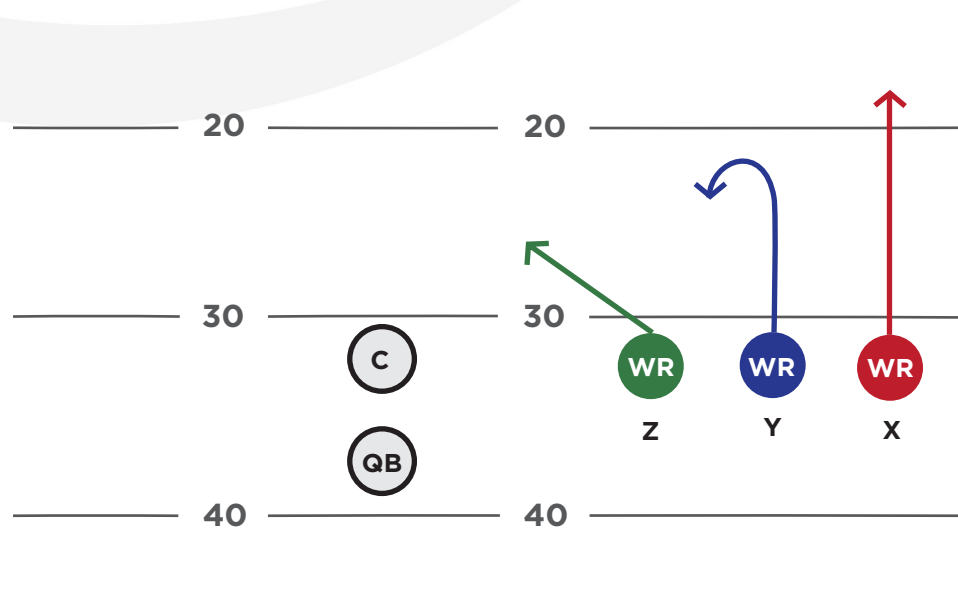
Trips Right, Levels

Formation:

Trips Right.

Strategy:

With this play the quarterback can throw short, medium or deep depending on what the defense gives him.



Assignments:

- Wide receiver X runs a go route.
- Wide receiver Y runs a hook.
- Wide receiver Z runs a slant.
- Center hikes the ball and then stays home.

Coaching Tips

1. QB should look short first and if that is open make the throw. If the short route is covered, he should then go to the second and third routes.

Modifications:

- For 6 on 6 add a running back who flares out toward the left sideline.
- For 7 on 7 add one lineman (plus the RB) and for 8 on 8 add two lineman (plus the RB). The leftside lineman runs a hitch toward the left sideline. Center and second lineman stay home.

14.

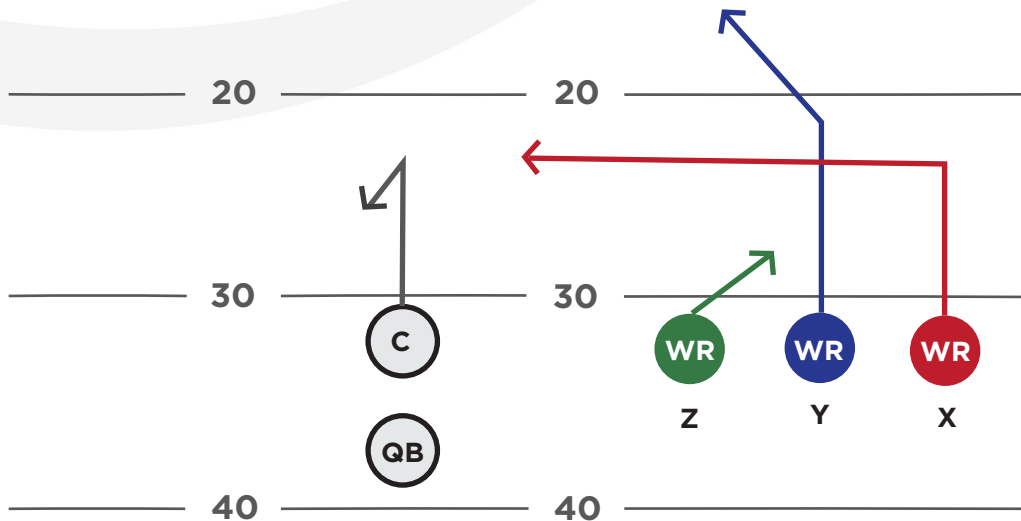
Trips Right, West Coast

Formation:

Trips Right.

Strategy:

This play gives the QB several short distance throws to choose from.



Assignments:

- Wide receiver X runs an in across the field.
- Wide receiver Y runs a post pattern downfield.
- Wide receiver Z runs a slant.
- Center hikes the ball and then runs a curl pattern down the middle of the field.

Coaching Tips

1. Receivers need to run precise, well-timed routes in this play, you don't want them running into each other.

Modifications:

- For 6 on 6 add a running back who runs a replace route down the left sideline.
- For 7 on 7 (in addition to the running back) add a lineman to the left of the center who runs a five-yard out.
- For 8 on 8 (in addition to the running back) add two lineman. Leftside lineman runs a five yard out. Rightside lineman runs down the line of scrimmage toward the right sideline.

15.

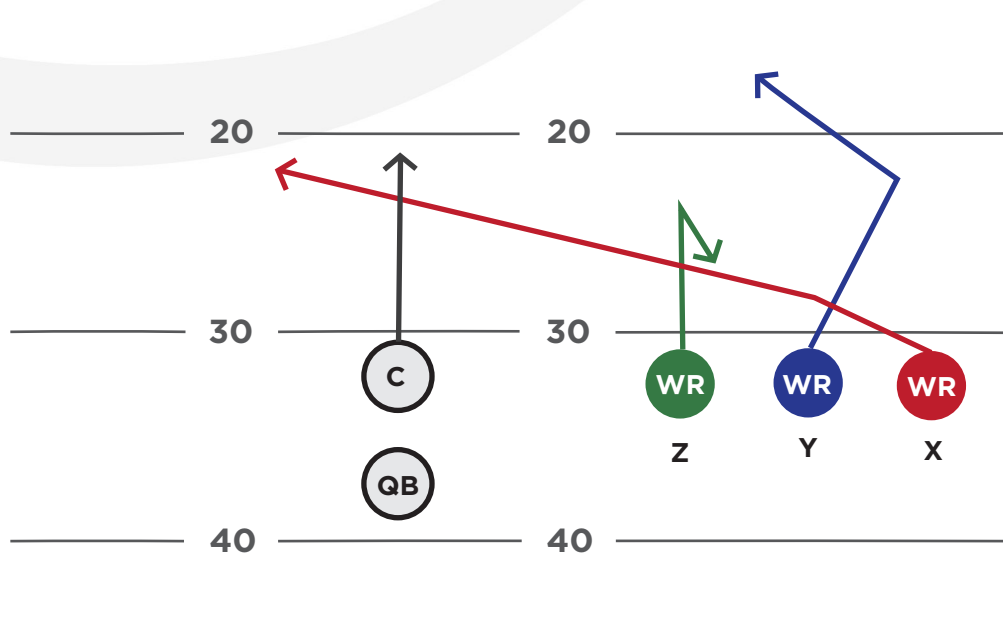
Trips Right, Crossover

Formation:

Trips Right.

Strategy:

If X does not come open crossing the field, QB has both short and long patterns to check to.



Assignments:

- Wide receiver X runs across the field and to the corner.
- Wide receiver Y runs out and then to the post.
- Wide receiver Z runs a five yard hitch.
- Center hikes the ball and then runs a go route straight up the field.

Coaching Tips

1. Have the QB look for X first, then check down to C and Y going deep. Z would be the safety valve.

Modifications:

- For 6 on 6 add a running back who runs an arrow or flare pattern to the left flat.
- For 7 on 7 (in addition to the running back) add a lineman to the left of the center who runs a five-yard out.
- For 8 on 8 (in addition to the running back) add two lineman. Leftside lineman runs a five yard out. Right side lineman runs about five yards downfield and stops, turning back and looking for the ball.

16.

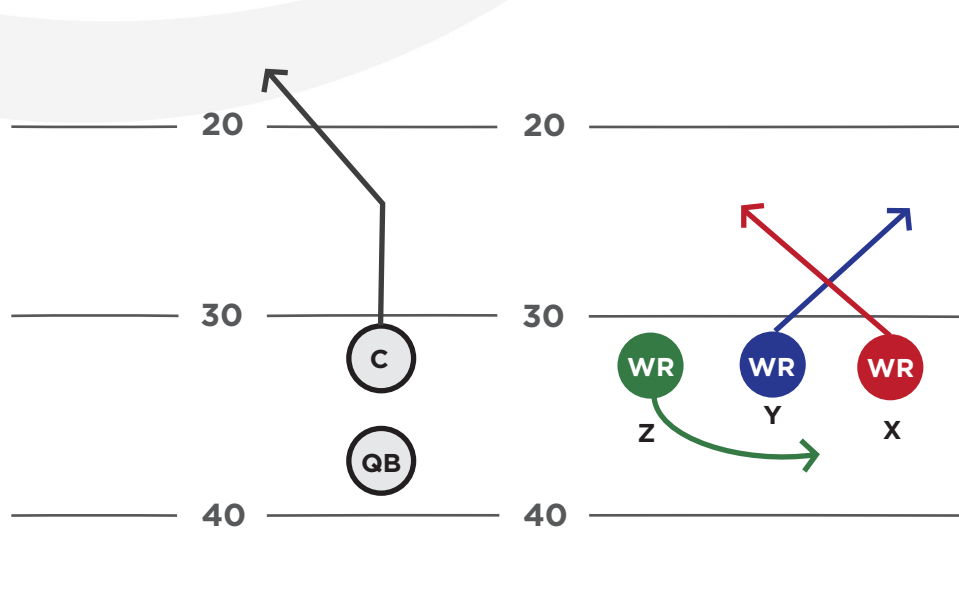
Trips Right, Screen Cross

Formation:

Trips Right.

Strategy:

X and Y hope to lose their defenders on the cross. Z runs a screen to take advantage of defenders cheating downfield. Center goes deep.



Assignments:

- Wide receivers X and Y run crossing slant patterns.
- Wide receiver Z runs a screen pattern behind the other two receivers.
- Center hikes the ball and then runs a corner route.

Coaching Tips

1. With three tightly bunched routes it could be easy for QB to forget about the Center. Make sure he looks that way as well instead of just locking in on the left side.

Modifications:

- For 6 on 6 add a running back who runs a 5 yard out.
- For 7 on 7 (in addition to the running back) add a lineman to the left of the center who runs a flat pattern.
- For 8 on 8 (in addition to the running back) add two lineman. Leftside lineman runs to the flat. Rightside lineman runs a five yard out.



FLAG FOOTBALL PASSING PLAYS
STACK FORMATION

17.

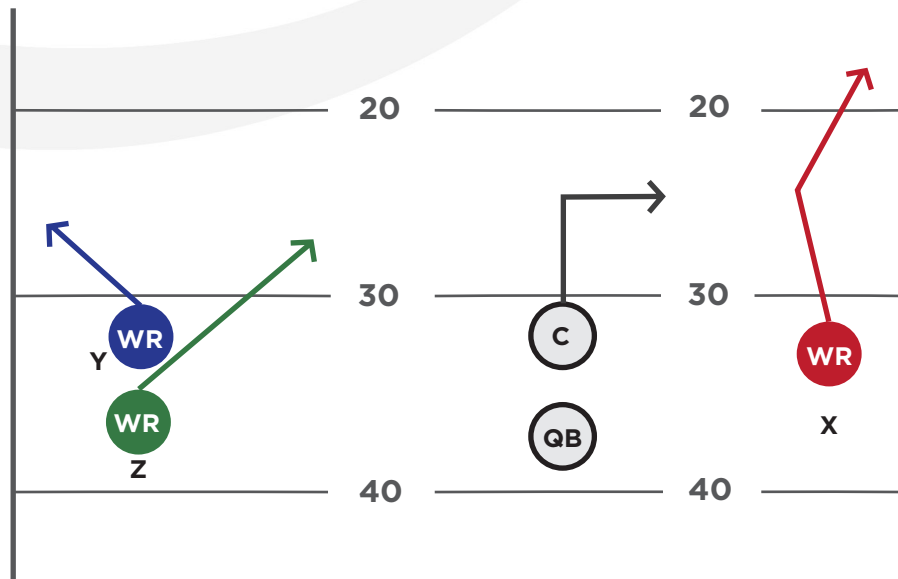
Stack Left, Stacked Slants

Formation:

Stack Left.

Strategy:

With this pattern, QB will have options on the left, middle and right sides of the field.



Assignments:

- Wide receiver X runs a corner route.
- Wide receiver Y slants to the sideline.
- Wide receiver Z slants to the middle of the field.
- Center hikes the ball and then runs a five yard out.

Coaching Tips

1. This play puts receivers in space where it is up to them to beat their man and get open for their QB – that means they must be fast and precise on their cuts.
2. QB should scan the field from left to right.

Modifications:

- For 6 on 6 add a running back who runs a flare or arrow out into the right flat.
- For 7 on 7 (in addition to the running back) add a lineman to the right of the center who runs a slant to the sideline.
- For 8 on 8 (in addition to the running back) add two lineman. Rightside lineman runs the slant to the sideline. Leftside lineman runs to the right corner.

18.

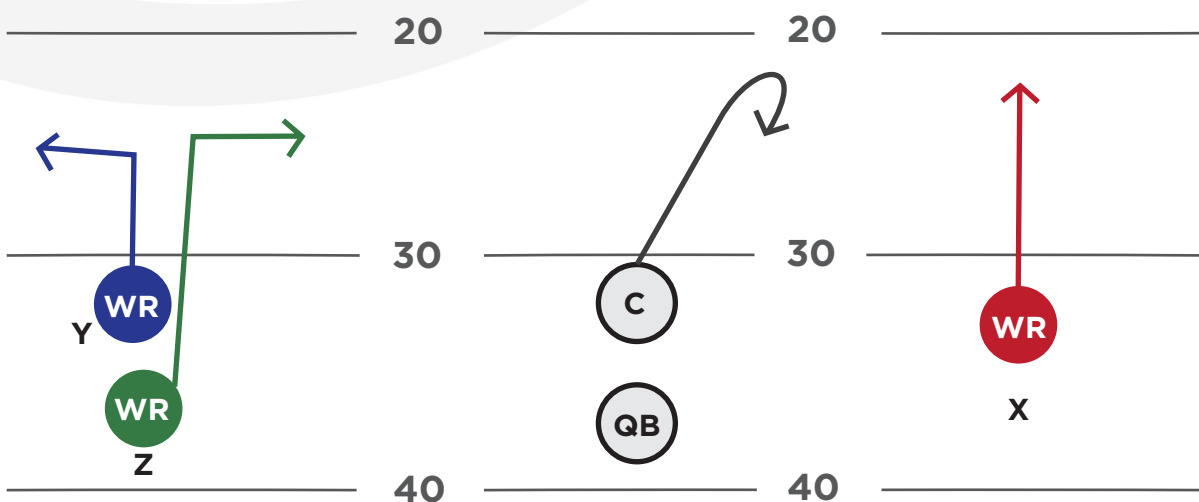
Stack Left, YZ Split

Formation:

Stack Left.

Strategy:

Y and Z hope to confuse defense with their split. C and X are given space to work.



Assignments:

- Wide receiver X runs a go route.
- Wide receiver Y runs a five yard out.
- Wide receiver Z runs a five yard in.
- Center hikes the ball and then runs a hook pattern toward the sideline.

Coaching Tips

1. Y and Z should break sharply.
2. QB should give a quick look to X so he can hit him before he gets out of range.

Modifications:

- For 6 on 6 add a running back who runs a simple five yard in up the middle, his break should be in opposite direction of center's break.
- For 7 on 7 (in addition to the running back) add a lineman to the right of the center who slants toward the sideline.
- For 8 on 8 (in addition to the running back) add two lineman. Rightside lineman runs the slant to sideline. Leftside lineman runs a short 3-yard curl.

19.

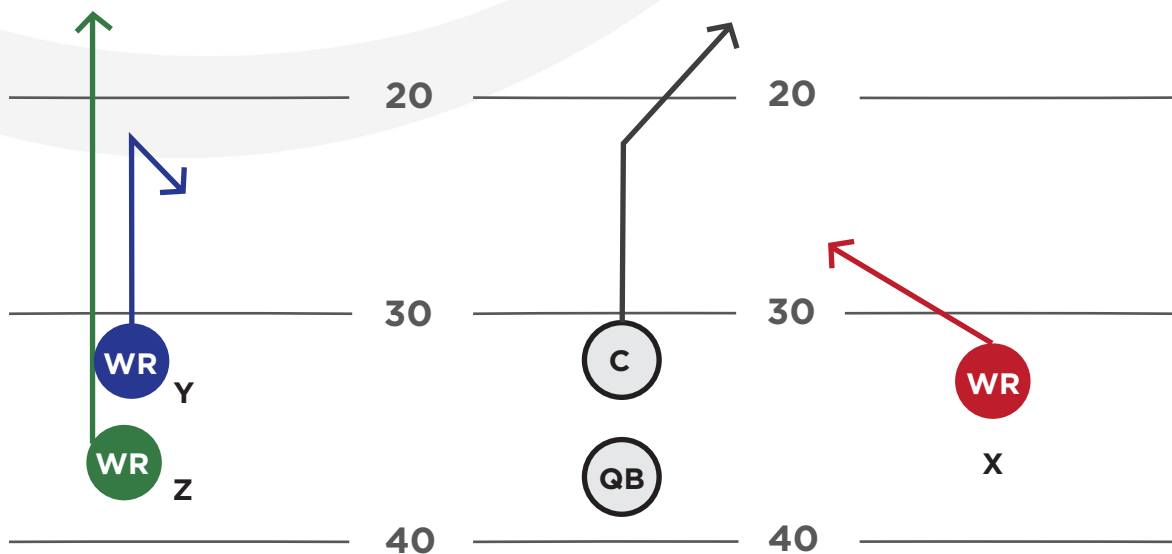
Stack Left, Stop & Go

Formation:

Stack Left.

Strategy:

Sends receivers out in a variety of patterns to find open spots in the defense.



Assignments:

- Wide receiver X runs a slant.
- Wide receiver Y runs a five yard hitch.
- Wide receiver Z runs a go.
- Center hikes the ball and then runs a corner route.

Coaching Tips

1. If defenders jump Y's short route, tell the QB to air it out to Z.
2. First look should be X on the slant, then QB can work his way to the left side.

Modifications:

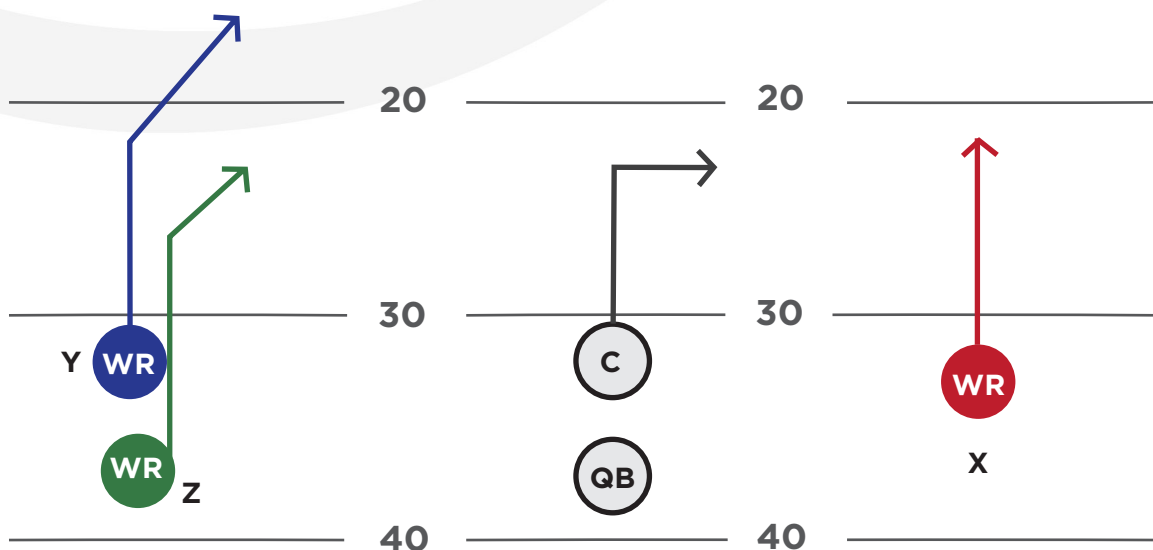
- For 6 on 6 add a running back who runs a replace route straight up the field.
- For 7 on 7 (in addition to the first running back) add a second running back who runs a five yard out toward the left sideline.
- For 8 on 8 (in addition to the two running backs) add a lineman on the rightside. He runs a five yard out to the left sideline.

Formation:

Stack Left.

Strategy:

Everything flows toward the right side of the field, giving the offense players plenty of space to beat their defenders and get open.

**Assignments:**

- Wide receiver X runs a go route.
- Wide receiver Y runs a post pattern.
- Wide receiver Z runs a post pattern.
- Center hikes the ball and then runs a five yard out toward the right sideline.

Coaching Tips

1. QB should scan the field right to left on this play.
2. There should be a 3-5 yard gap between the routes run by Y and Z.

Modifications:

- For 6 on 6 add a running back who runs to a flare or circle pattern toward the right sideline.
- For 7 on 7 (in addition to the running back) add a lineman to the right of the center who runs a slant toward the sideline.
- For 8 on 8 (in addition to the running back) add two lineman. Rightside lineman runs a slant toward the sideline. Leftside lineman goes out about 3-5 yards as dump-off option.

21.

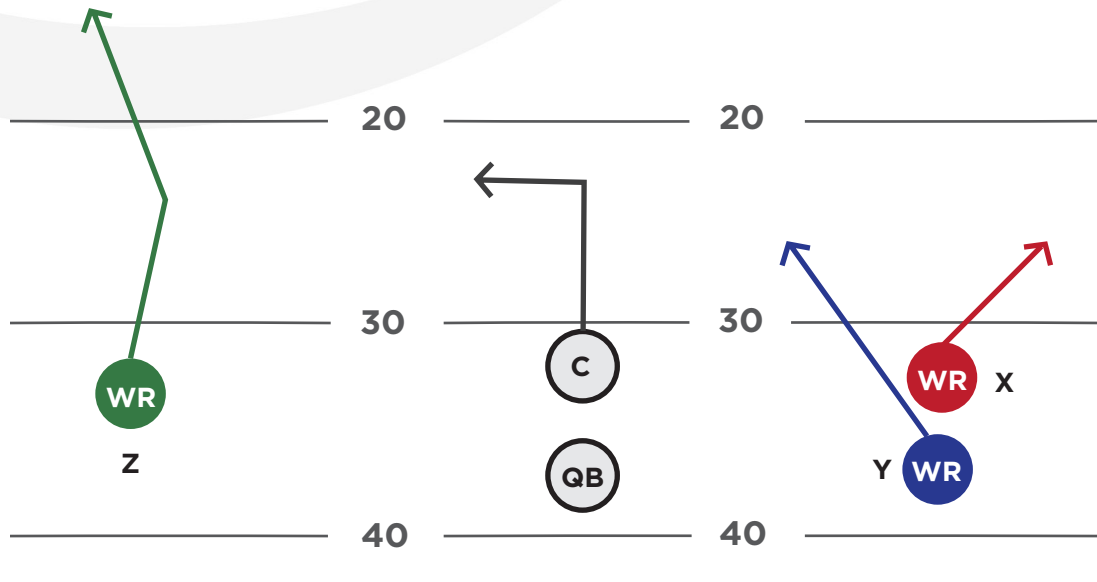
Stack Right, Stacked Slants

Formation:

Stack Right.

Strategy:

With this pattern, QB will have options on the left, middle and right sides of the field.



Assignments:

- Wide receiver Z runs a corner route.
- Wide receiver X slants to the sideline.
- Wide receiver Y slants to the middle of the field.
- Center hikes the ball and then runs a five yard out.

Coaching Tips

1. This play puts receivers in space where it is up to them to beat their man and get open for their QB – that means they must be fast and precise on their cuts.
2. QB should scan the field from right to left.

Modifications:

- For 6 on 6 add a running back who runs a flare or arrow out into the left flat.
- For 7 on 7 (in addition to the running back) add a lineman to the left of the center who runs a slant to the sideline.
- For 8 on 8 (in addition to the running back) add two lineman. Leftside lineman runs the slant to the sideline. Rightside lineman runs to the right corner.

22.

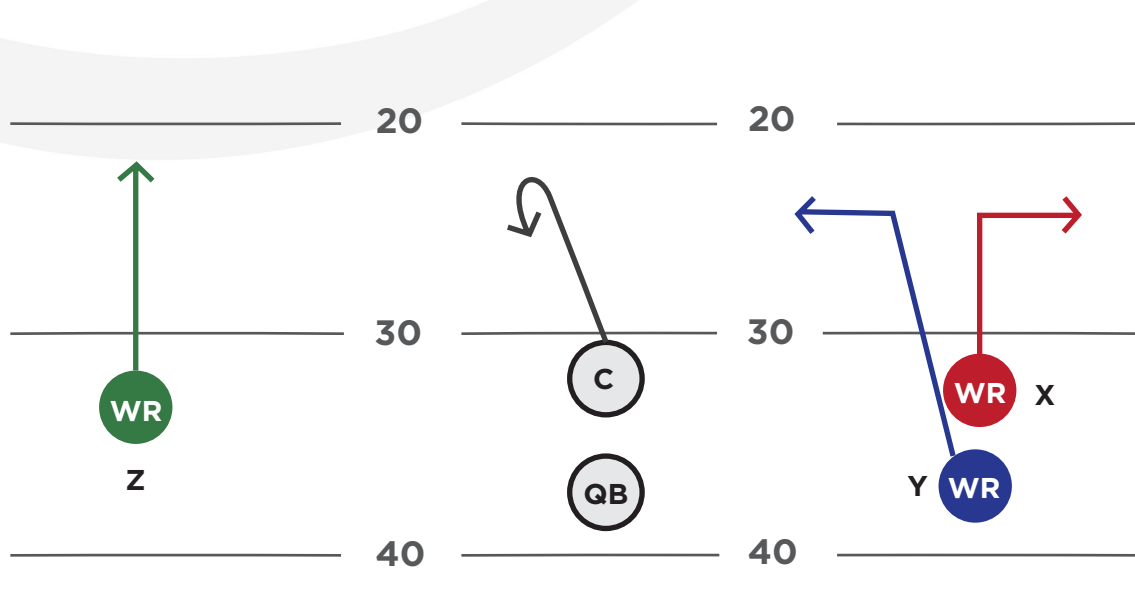
Stack Right, XY Split

Formation:

Stack Right.

Strategy:

X and Y hope to confuse defense with their split. C and Z are given space to work.



Assignments:

- Wide receiver Z runs a go route.
- Wide receiver X runs a five yard out.
- Wide receiver Y runs a five yard in.
- Center hikes the ball and then runs a hook pattern toward the sideline.

Coaching Tips

1. X and Y should break sharply.
2. QB should give a quick look to Z so he can hit him before he gets out of range.

Modifications:

- For 6 on 6 add a running back who runs a simple five yard in route up the middle. His break should be in the opposite direction of the center's break.
- For 7 on 7 (in addition to the running back) add a lineman to the left of the center who slants toward the sideline.
- For 8 on 8 (in addition to the running back) add two lineman. Leftside lineman runs the slant to sideline. Rightside lineman runs a short 3-yard curl.

23.

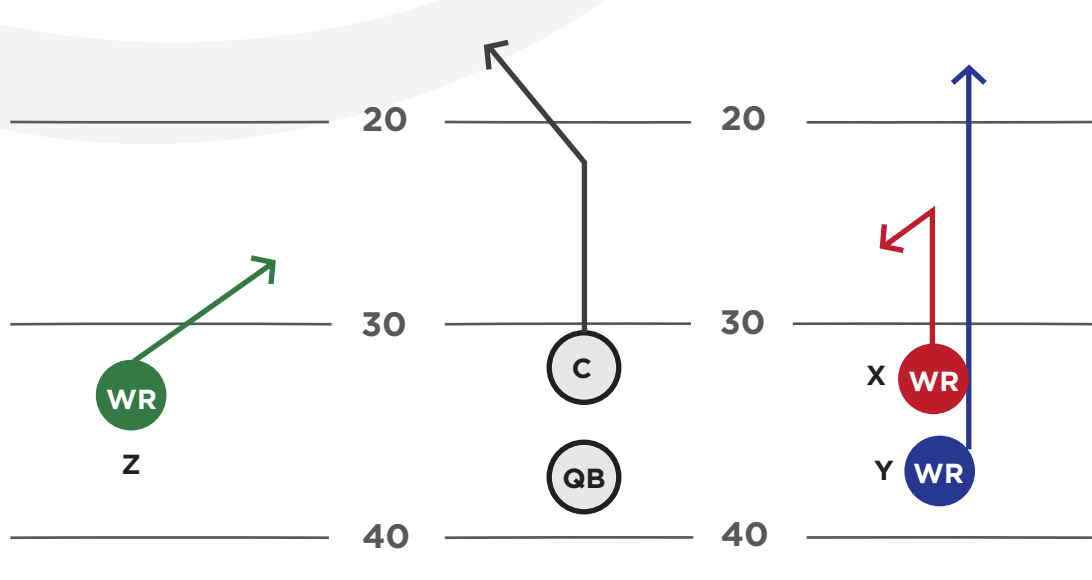
Stack Right, Stop & Go

Formation:

Stack Right.

Strategy:

Sends receivers out in a variety of patterns to find open spots in the defense.



Assignments:

- Wide receiver Z runs a slant.
- Wide receiver X runs a five yard hitch.
- Wide receiver Y runs a go.
- Center hikes the ball and then runs a corner route.

Coaching Tips

1. If defenders jump X's short route, tell the QB to air it out to Y.
2. First look should be Z on the slant, then QB can work his way to the right side.

Modifications:

- For 6 on 6 add a running back who runs a replace route straight up the field.
- For 7 on 7 (in addition to the first running back) add a second running back who runs a five yard out toward the left sideline.
- For 8 on 8 (in addition to the two running backs) add a lineman on the leftside. He runs a five yard out toward the right sideline.

24.

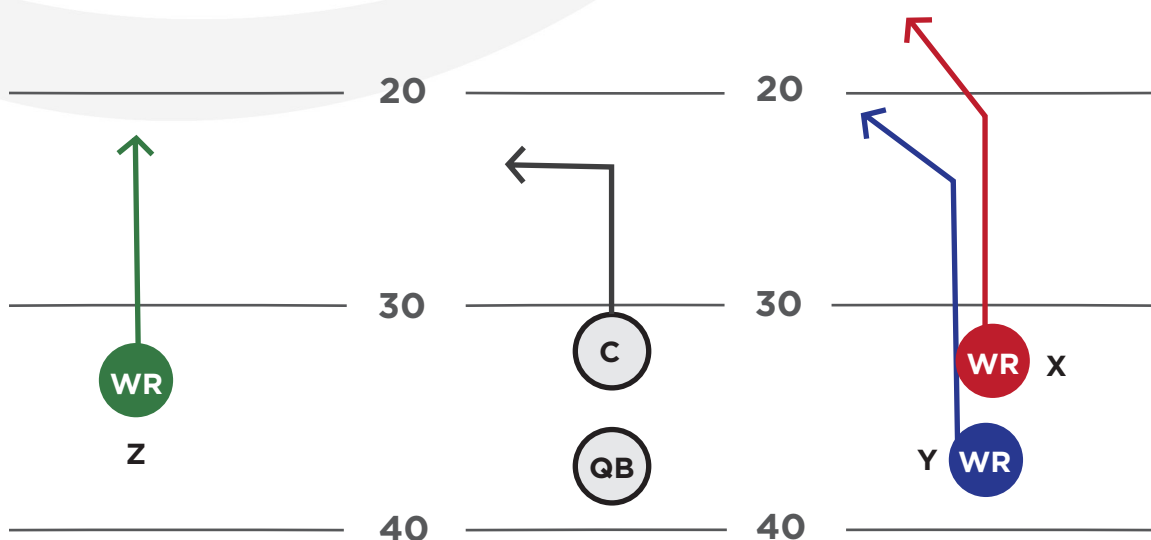
Stack Right, High Low

Formation:

Stack Right.

Strategy:

Everything flows toward the left side of the field, giving the offensive players plenty of space to beat their defenders and get open.



Assignments:

- Wide receiver Z runs a go route.
- Wide receiver X runs a post pattern.
- Wide receiver Y runs a post pattern.
- Center hikes the ball and then runs a five yard out toward the left sideline.

Coaching Tips

1. QB should scan the field left to right on this play.
2. There should be a 3-5 yard gap between the routes run by X and Y.

Modifications:

- For 6 on 6 add a running back who runs a flare or arrow to the left flat.
- For 7 on 7 (in addition to the running back) add a lineman to the left of the center who runs a slant toward the sideline.
- For 8 on 8 (in addition to the running back) add two lineman. Leftside lineman runs a slant toward the sideline. Rightside lineman goes out about 3-5 yards as a dump-off option.



FLAG FOOTBALL PASSING PLAYS
I-FORMATION

25.

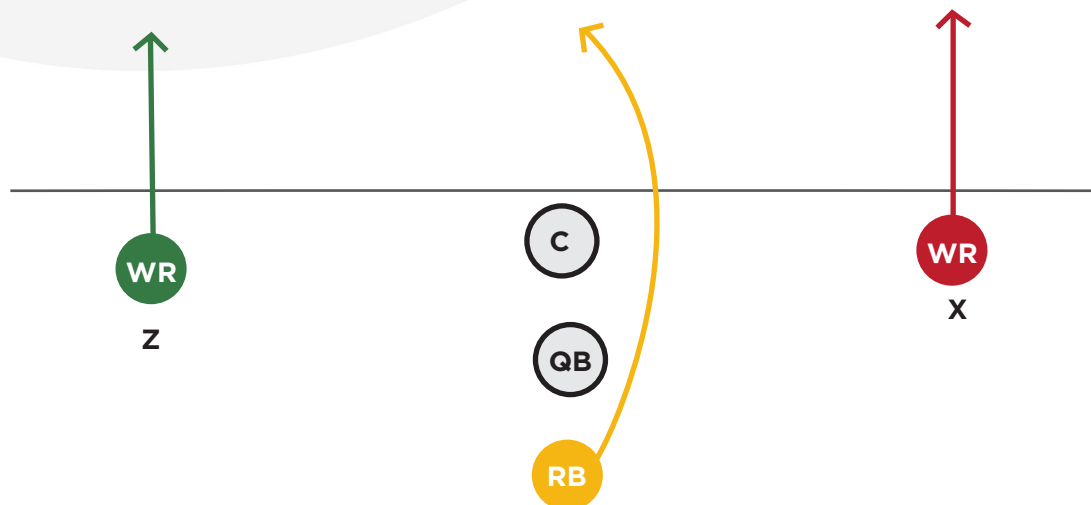
I Formation, Dump & Go

Formation:

I.

Strategy:

In this play the QB has the option of going over the top of the defense or attacking from underneath via a short pass to the RB or center.



Assignments:

- Wide receiver X runs a go route.
- Wide receiver Z runs a go route.
- Running back delays then releases to middle of field for a short dump pass.
- Center hikes the ball and then clears toward the sideline.

Coaching Tips

1. QB could also fake a handoff to the RB to further draw in the defense.
2. Center should be looking over shoulder at the QB in case the QB needs to check down to him.

Modifications:

- For 6 on 6, 7 on 7 or 8 on 8 add in a third receiver and have him run a short out to the left sideline, away from the direction the center is running. For 7 on 7 or 8 on 8 also add linemen. For 7 on 7 the lineman stays home. For 8 on 8 have each outside lineman run a slant toward the sideline and the center stays home.



FLAG FOOTBALL RUNNING PLAYS
SPLIT FORMATION

26.

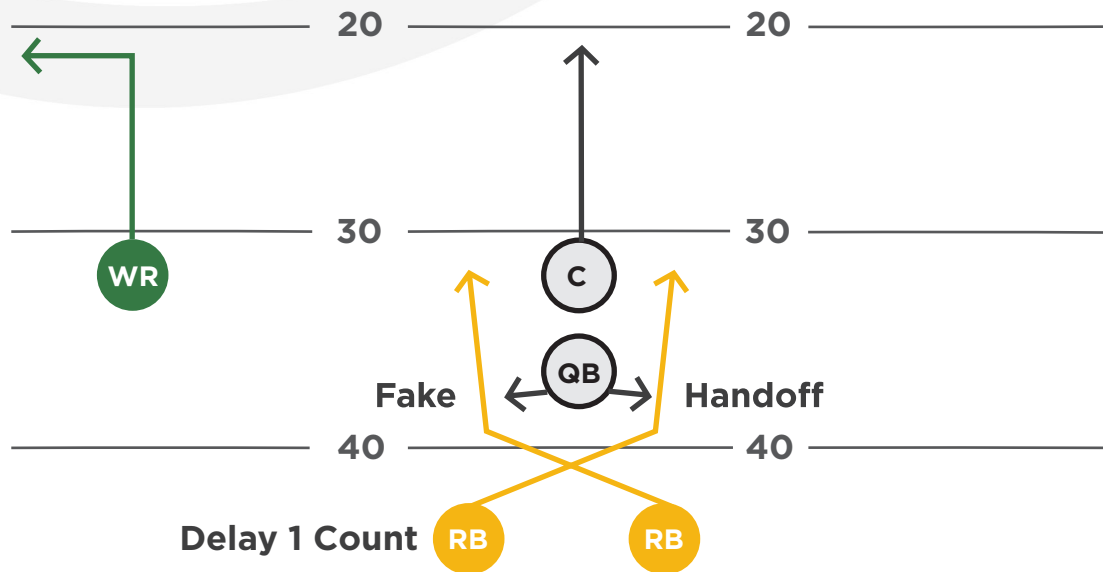
Split Left, Criss-Cross

Formation:

Split Left.

Strategy:

Tries to get defense to bite on the fake to the left so that running back has lots of clear space to the right.



Assignments:

- Wide receiver runs an out.
- Center runs a go route.
- QB fakes handoff to running back on the left and turns and hands the ball to running back on the right.

Coaching Tips

1. QB should really sell the fake and try to hide the ball with his body to keep the defense guessing.

Modifications:

- For 6 on 6, 7 on 7 or 8 on 8 add linemen and have them run clearing patterns toward the left side of the field.

27.

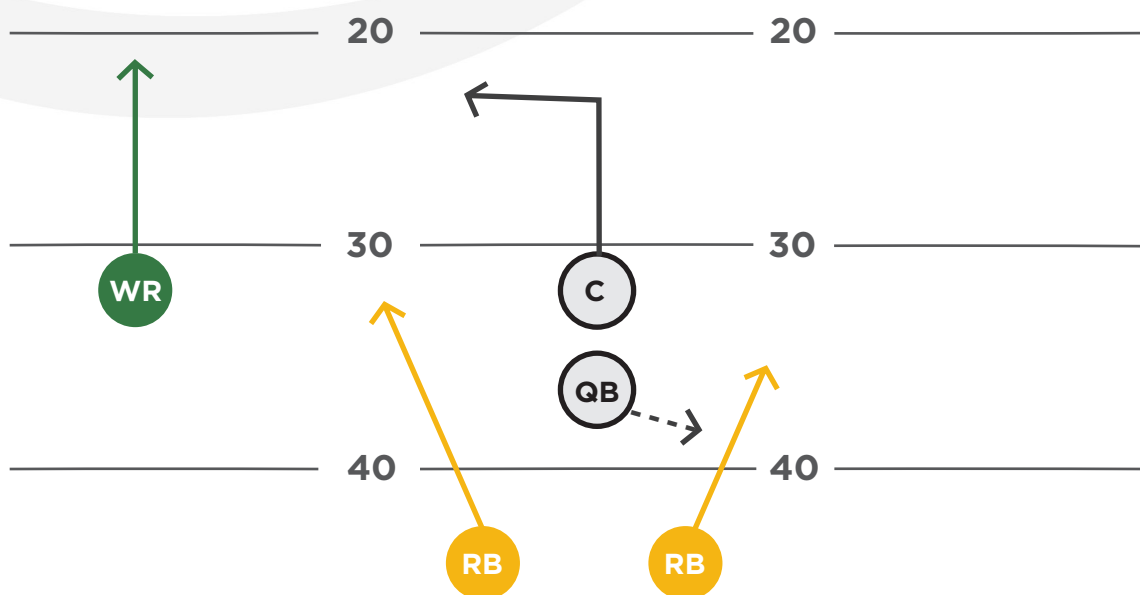
Split Left, Sweep Right

Formation:

Split Left.

Strategy:

This can be a good play to call near the goal line or in short yardage – particularly if you have a fast running back.



Assignments:

- Wide receiver runs a go route.
- Center runs an out.
- Left running back runs a stop route to open space.
- Right running back receives pitch from QB.

Coaching Tips

1. QB should throw the pitch to the running back's chest. Ball should be flat in the air, not spinning.
2. Running back should watch the ball all the way into his hands and catch it with both hands.

Modifications:

- For 6 on 6, 7 on 7 or 8 on 8 add linemen. Have the right side lineman run a corner route to help clear out that side of the field. Other linemen should stay home or run short patterns to the left.

28.

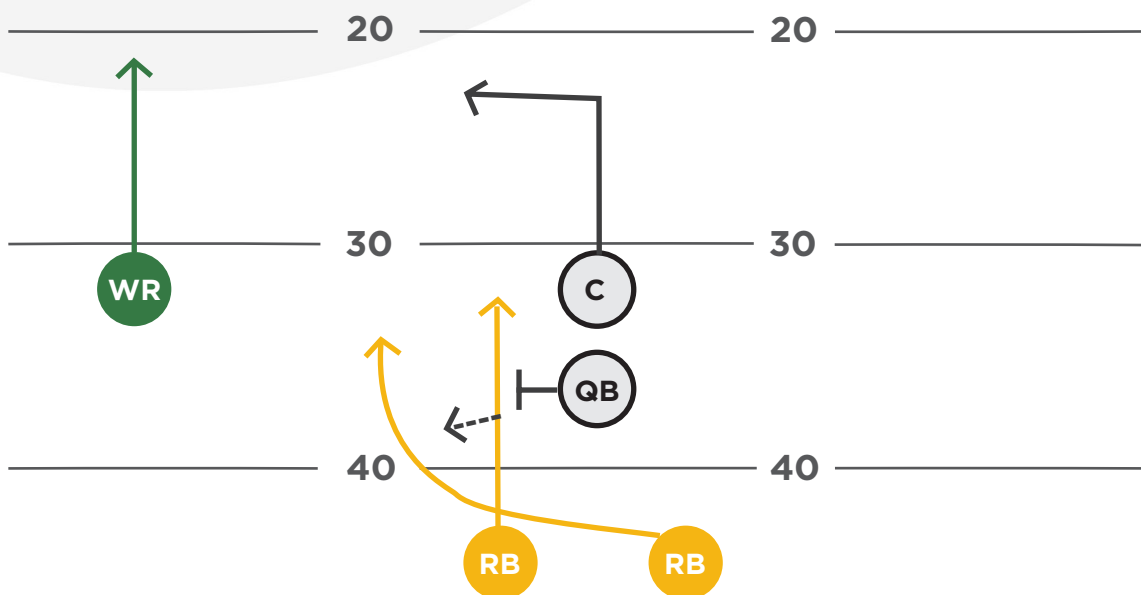
Split Left, Read Option

Formation:

Split Left.

Strategy:

QB can choose between two runners in this play as the other offensive players try to get the defense to move downfield.



Assignments:

- Wide receiver runs a go route.
- Center runs a go route.
- QB can either handoff to the leftside running back diving down or hold the ball and pitch it to the second back.

Coaching Tips

1. QB should keep one eye on the defense and handoff early to the first running back if there is an immediate hole or hold the ball and pitch it to the second back to let defense get farther downfield.

Modifications:

- For 6 on 6, 7 on 7 or 8 on 8 add linemen. Have the left side lineman run a corner route. The right side lineman should also run a corner route.

29.

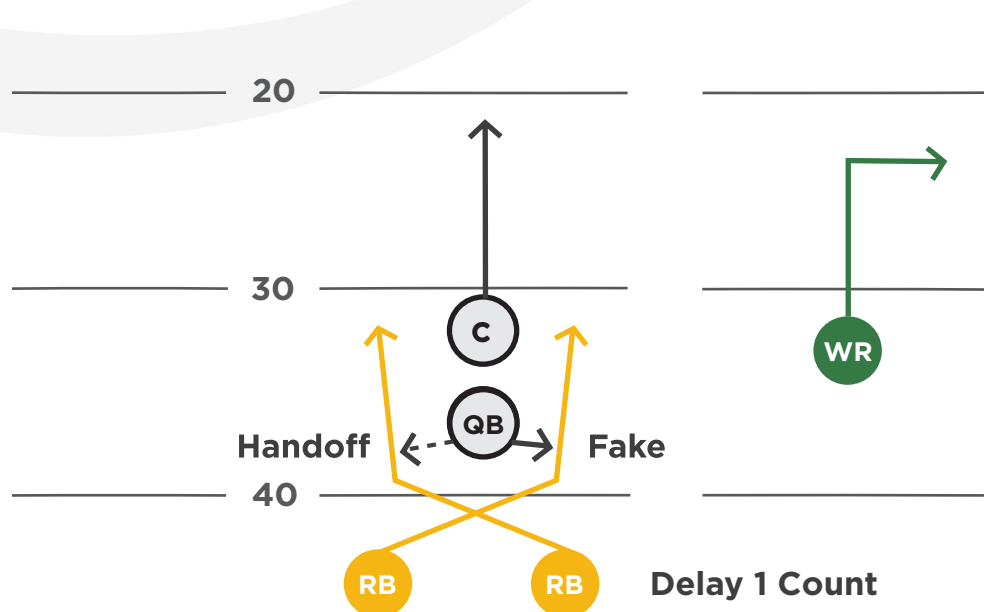
Split Right, Criss-Cross

Formation:

Split Right.

Strategy:

Tries to get defense to bite on the fake to the right so that running back has lots of clear space to the left.



Assignments:

- Wide receiver runs an out.
- Center runs a go route.
- QB fakes handoff to running back on the right and turns and hands the ball to running back on the left.

Coaching Tips

1. QB should really sell the fake and try to hide the ball with his body to keep the defense guessing.

Modifications:

- For 6 on 6, 7 on 7 or 8 on 8 add linemen and have them run clearing patterns toward the right side of the field.

30.

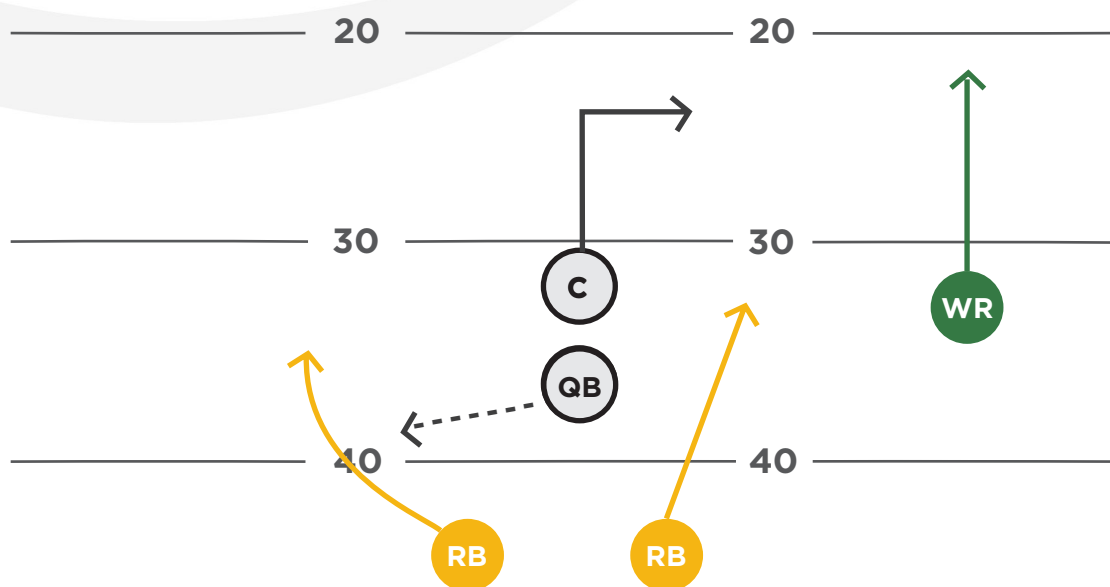
Split Right, Sweep Left

Formation:

Split Right.

Strategy:

This can be a good play to call near the goal line or in short yardage – particularly if you have a fast running back.



Assignments:

- Wide receiver runs a go route.
- Center runs an out.
- Right running back runs a stop route to open space.
- Left running back receives pitch from QB.

Coaching Tips

1. QB should throw the pitch to the running back's chest. Ball should be flat in the air, not spinning.
2. Running back should watch the ball all the way into his hands and catch it with both hands.

Modifications:

- For 6 on 6, 7 on 7 or 8 on 8 add linemen. Have the left side lineman run a corner route to help clear out that side of the field. Other linemen should stay home or run short patterns to the right.

31.

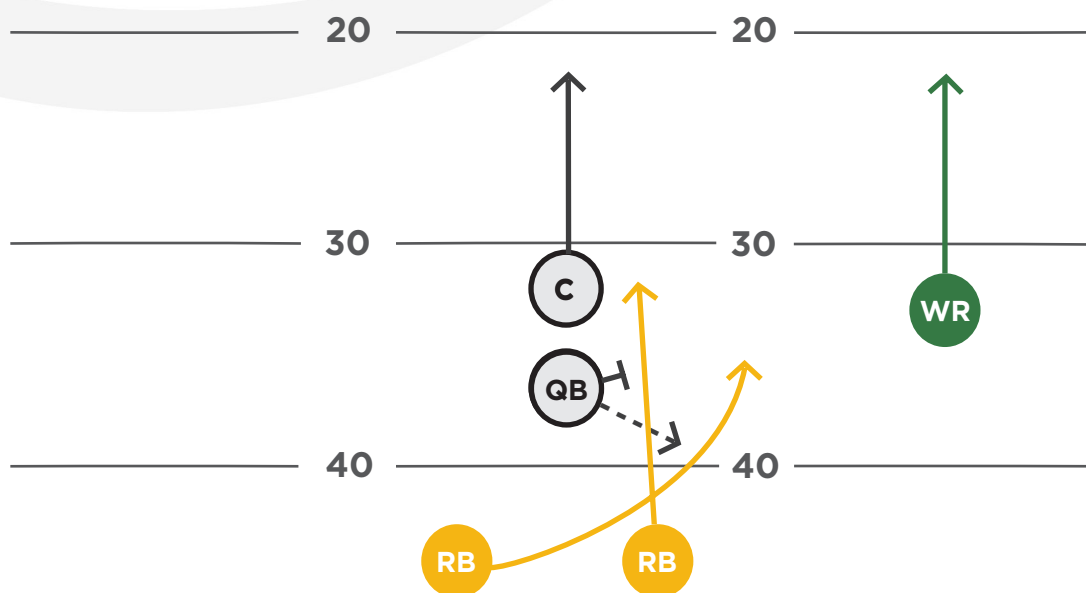
Split Right, Read Option

Formation:

Split Right.

Strategy:

QB can choose between two runners in this play as the other offensive players try to get the defense to move downfield.



Assignments:

- Wide receiver runs a go route.
- Center runs a go route.
- QB takes one step to the left and either hands off to the first back or pitches to the second.

Coaching Tips

1. QB should keep one eye on the defense and handoff early to the first running back if there is an immediate hole or hold the ball and pitch to the second back to let defense get farther downfield.

Modifications:

- For 6 on 6, 7 on 7 or 8 on 8 add linemen. Have the right side lineman run a corner route. The left side lineman should also run a corner route.



FLAG FOOTBALL RUNNING PLAYS
STRONG FORMATION

32.

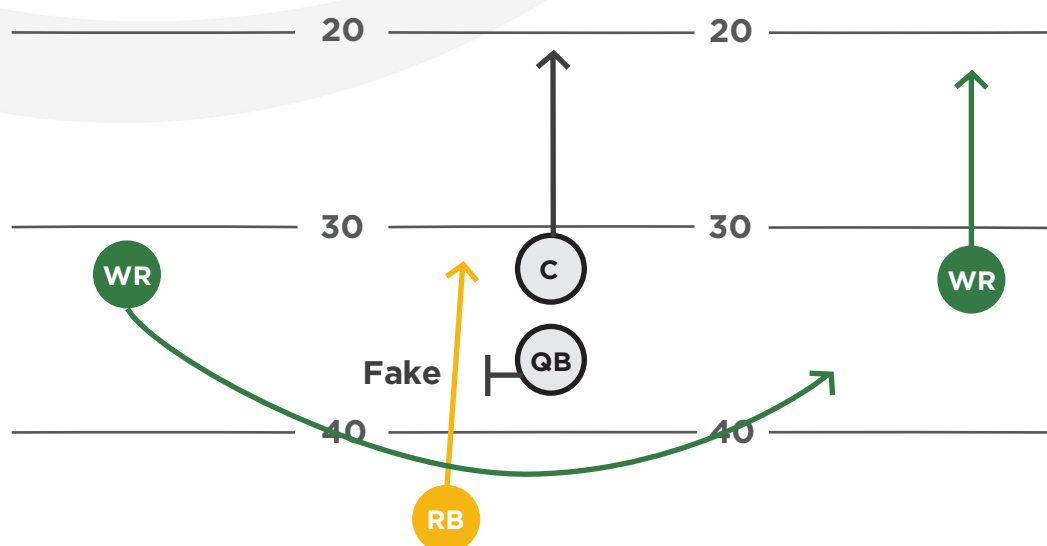
Strong Left, Reverse

Formation:

Strong Left.

Strategy:

Aims to draw the defense in with the fake handoff and then beat them to the edge with the reverse to the receiver.



Assignments:

- Wide receiver runs a go route.
- Center runs a go route.
- QB fakes handoff to running back and pitches the ball to the wide receiver coming around.

Coaching Tips

1. QB should sell the fake and deliver a chest-high pitch to the receiver.
2. Receiver should be coming around at full speed.
3. If the receiver has a good arm you could also have him throw deep off this play.

Modifications:

- For 6 on 6, you could add a slot receiver to the left and have him run an out.
- For 7 on 7, you could add a slot receiver on each side. Left side runs an out. Right side runs an in.
- For 8 on 8, you could add a slot receiver on the left who runs an out and two linemen who run corner routes to their sides of the field.

33.

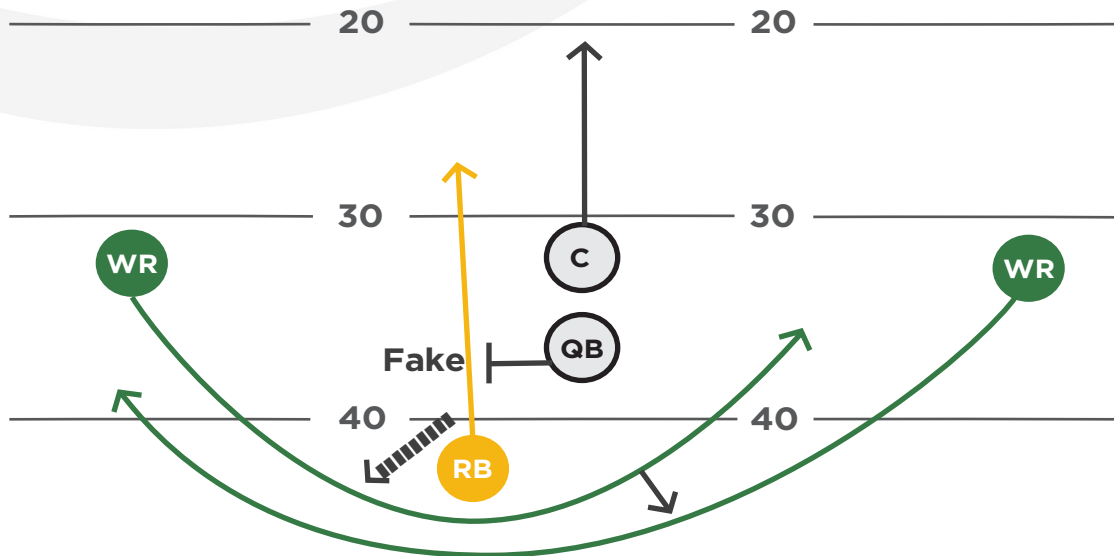
Strong Left, Double Reverse

Formation:

Strong Left.

Strategy:

Misdirection play aimed at getting the defense flowing one direction only to have the offense go the other way.



Assignments:

- Center runs a go route.
- QB fakes handoff to running back and pitches the ball to the leftside WR who then pitches to rightside WR.

Coaching Tips

1. Players should have the ball tucked in their outside arm.
2. Pitches should be thrown and caught with two hands.

Modifications:

- For 6 on 6, add a slot receiver on the right side who runs a corner route.
- For 7 on 7, add slot receivers on both sides. Right side runs a corner. Left side runs an in.
- For 8 on 8, you could add a slot receiver on the right who runs a corner and two linemen. Right side lineman runs a five yard out and left side lineman runs a five yard in.

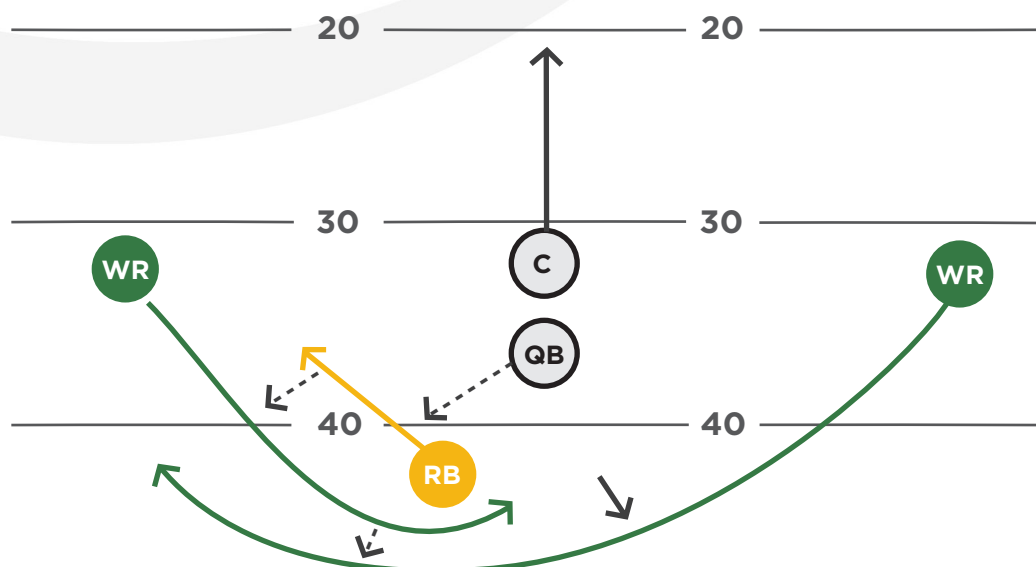
Strong Left, Triple Pitch

Formation:

Strong Left.

Strategy:

Multiple players handle the ball in an attempt to confuse the defense and break the ball carrier free.



Assignments:

- Center runs a go route.
- QB pitches to running back.
- Running back pitches to leftside wide receiver.
- Leftside wide receiver pitches to rightside wide receiver.

Coaching Tips

1. While this play can result in a big gain it can also lead to a big loss due to the time needed to execute all the pitches – players should run all out and execute short, safe, quick pitches.

Modifications:

- For 6 on 6, add a slot receiver on the right side who runs a corner route.
- For 7 on 7, add slot receivers on both sides. Right side runs a corner. Left side runs an in.
- For 8 on 8, you could add a slot receiver on the right who runs a corner and two linemen. Right side lineman runs a five yard out and left side lineman runs a five yard in.

35.

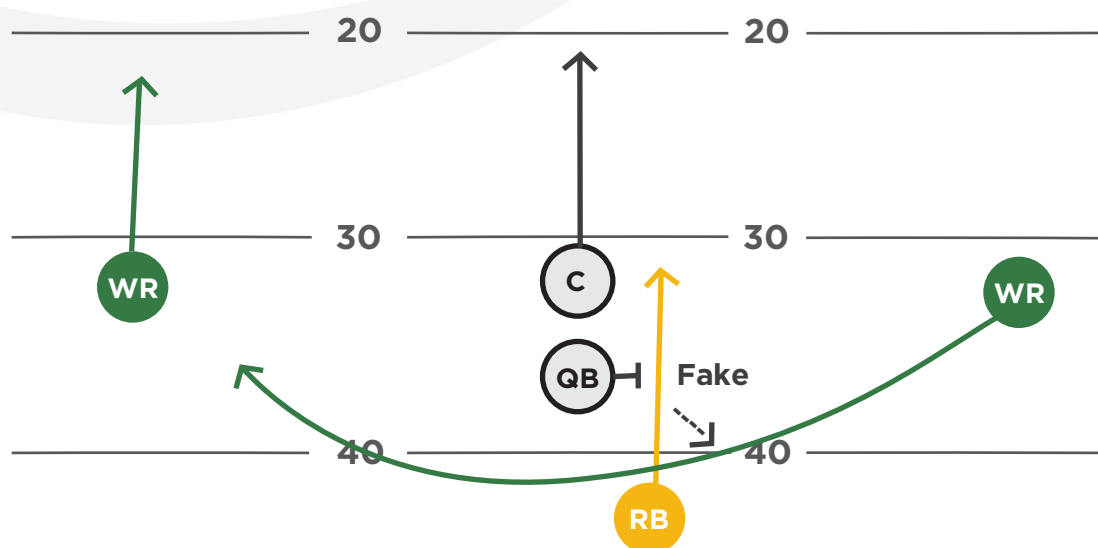
Strong Right, Reverse

Formation:

Strong Right.

Strategy:

Aims to draw the defense in with the fake handoff and then beat them to the edge with the reverse to the receiver.



Assignments:

- Wide receiver runs a go route.
- Center runs a go route.
- QB fakes handoff to running back and pitches the ball to the wide receiver.

Coaching Tips

1. QB should sell the fake and deliver a chest-high pitch to the receiver.
2. Receiver should be coming around at full speed.
3. If the receiver has a good arm you could also have him throw deep off this play.

Modifications:

- For 6 on 6, you could add a slot receiver to the right and have him run an out.
- For 7 on 7, you could add a slot receiver on each side. Right side runs an out. Left side runs an in.
- For 8 on 8, you could add a slot receiver on the right who runs an out and two linemen who run corner routes to their sides of the field.

36.

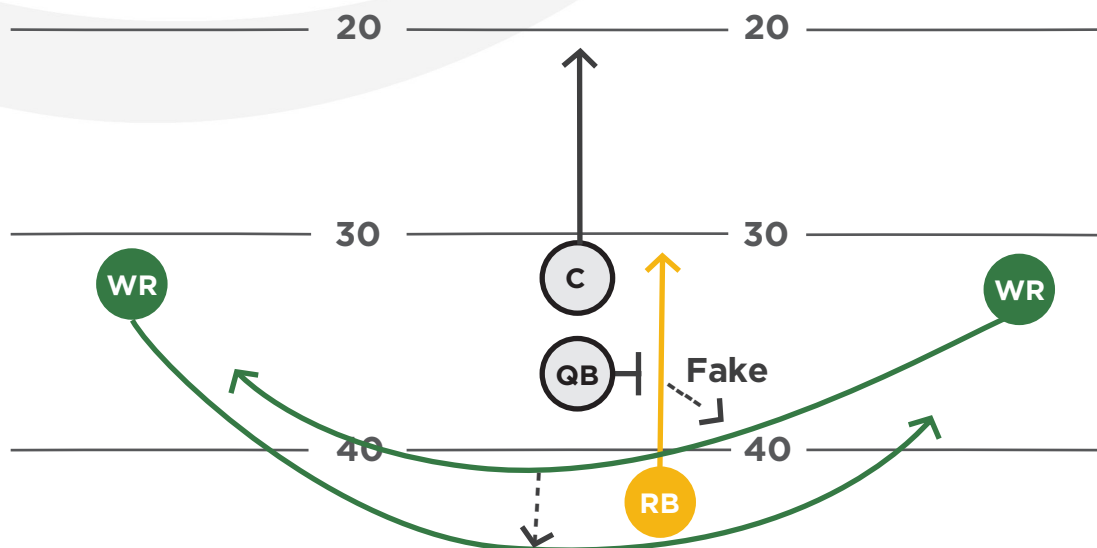
Strong Right, Double Reverse

Formation:

Strong Right.

Strategy:

Misdirection play aimed at getting the defense flowing one direction only to have the offense go the other way.



Assignments:

- Center runs a go route.
- QB fakes handoff to running back and pitches to the rightside WR who then pitches to leftside WR.

Coaching Tips

1. Players should have the ball tucked in their outside arm.
2. Pitches should be thrown and caught with two hands.

Modifications:

- For 6 on 6, add a slot receiver on the left side who runs a corner route.
- For 7 on 7, add slot receivers on both sides. Left side runs a corner. Right side runs an in.
- For 8 on 8, you could add a slot receiver on the left who runs a corner and two linemen. Right side lineman runs a five yard in and left side lineman runs a five yard out.

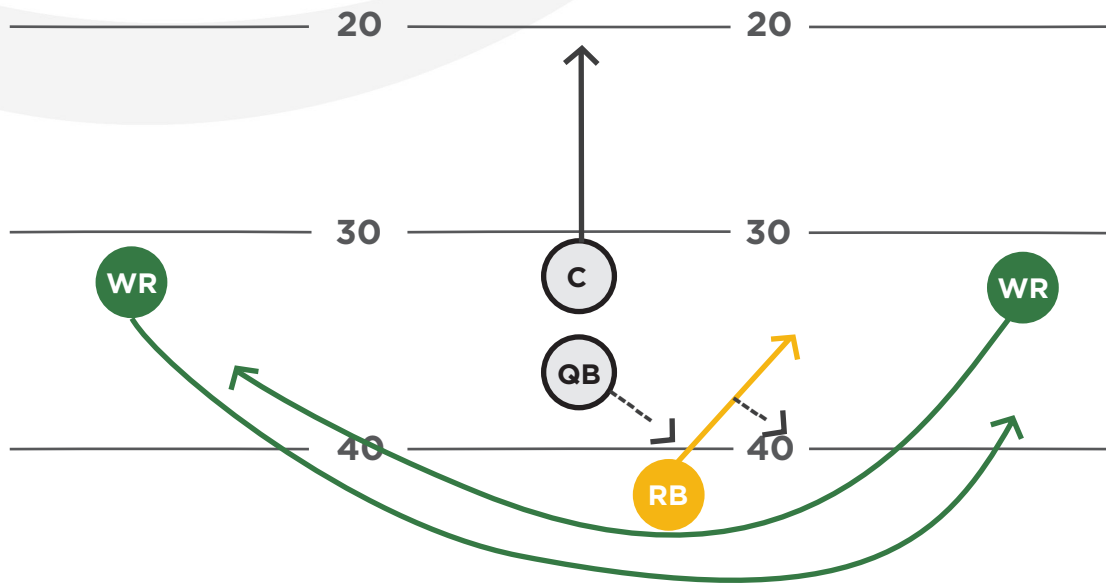
Strong Right, Triple Pitch

Formation:

Spread Left.

Strategy:

Multiple players handle the ball in an attempt to confuse the defense and break the ball carrier free.



Assignments:

- Center runs a go route.
- QB pitches to running back.
- Running back pitches to rightside wide receiver.
- Rightside wide receiver pitches to leftside wide receiver.

Coaching Tips

1. While this play can result in a big gain it can also lead to a big loss due to the time needed to execute all the pitches – players should run all out and execute short, safe, quick pitches.

Modifications:

- For 6 on 6, add a slot receiver on the left side who runs a corner route.
- For 7 on 7, add slot receivers on both sides. Left side runs a corner. Right side runs an in.
- For 8 on 8, you could add a slot receiver on the left who runs a corner and two linemen. Right side lineman runs a five yard in and left side lineman runs a five yard out.



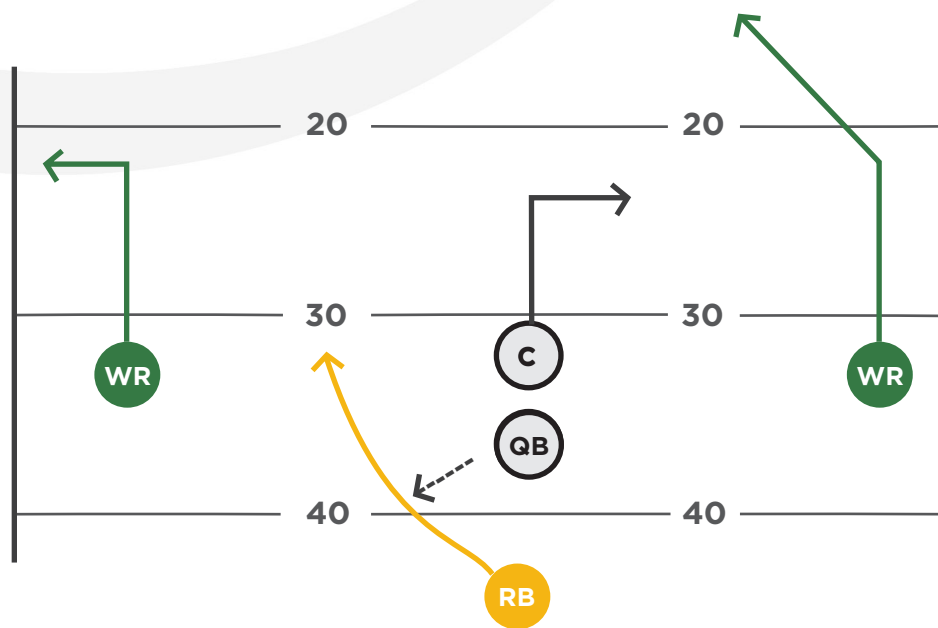
FLAG FOOTBALL RUNNING PLAYS
I-FORMATION

Formation:

I.

Strategy:

Straightforward play that matches your running back up against the defense.

**Assignments:**

- Left wide receiver runs an out.
- Center runs an out.
- Right wide receiver runs a post.
- QB pitches to running back.

Coaching Tips

1. Running back should have his head up, scanning the field, looking for holes.
2. Ball should be tucked tightly against outside of chest, elbow tucked in tight.

Modifications:

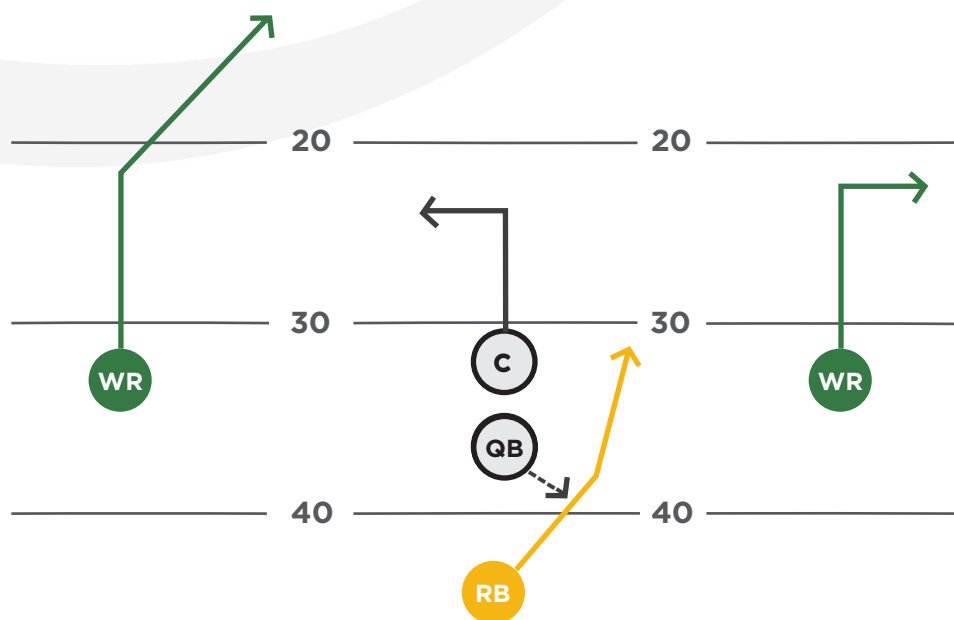
- For 6 on 6, add a slot receiver on the right side who runs a slant.
- For 7 on 7, add slot receivers on both sides. Right side runs a slant. Left side runs a go pattern.
- For 8 on 8, you could add a slot receiver on the right who runs a slant and two linemen. Right side lineman slants toward the left sideline. Left side lineman runs a go route.

Formation:

I.

Strategy:

Straightforward play that matches your running back up against the defense.

**Assignments:**

- Right wide receiver runs an out.
- Center runs an out.
- Left wide receiver runs a post.
- QB pitches to running back.

Coaching Tips

1. Running back should have his head up, scanning the field, looking for holes.
2. Ball should be tucked tightly against outside of chest, elbow tucked in tight.

Modifications:

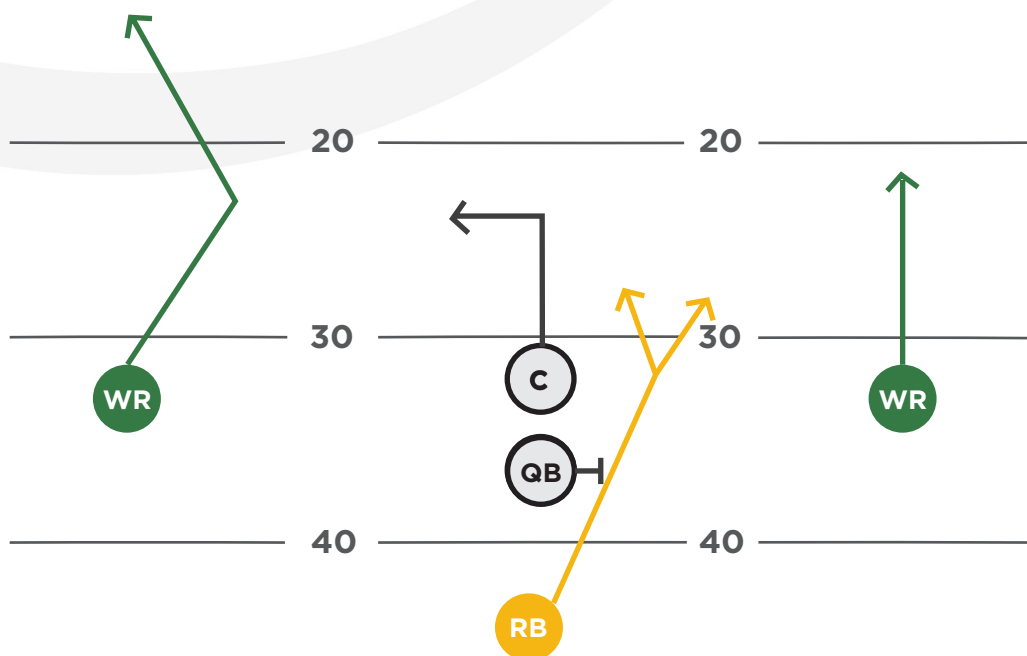
- For 6 on 6, add a slot receiver on the left side who runs a slant.
- For 7 on 7, add slot receivers on both sides. Left side runs a slant. Right side runs a go pattern.
- For 8 on 8, you could add a slot receiver on the left who runs a slant and two linemen. Left side lineman stays home. Right side lineman runs a go route.

Formation:

I.

Strategy:

Running back runs to open space.

**Assignments:**

- Right wide receiver runs a go.
- Center runs an out.
- Left wide receiver runs a corner.
- QB hands off to running back who has the option to pick his hole.

Coaching Tips

1. Running back chooses his hole on the play so he should have his head up and eyes scanning the defense. "Run to where they are not."
2. Ball should be tucked and carried in outside arm.

Modifications:

- For 6 on 6, add a receiver to the left side where he runs a post.
- For 7 on 7, add a receiver to each side of the line. Left side runs a post, right side runs a five yard out
- For 8 on 8, you could add a receiver on the right who runs a five yard out and two receivers to the left – middle receiver runs a post, inside receiver runs a slant.

41.

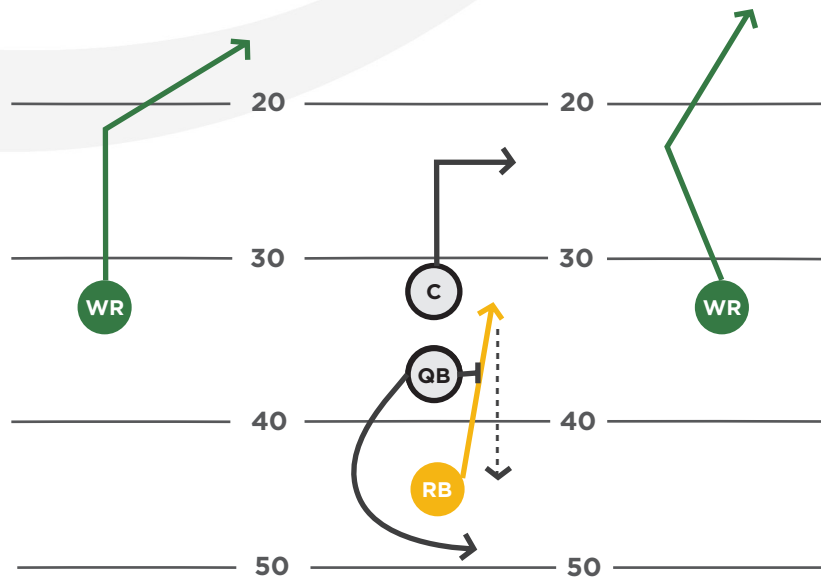
I Formation, Flea Flicker

Formation:

I.

Strategy:

Designed to make the defense expect a run but then surprises them with a pass.



Assignments:

- Center runs a five yard out.
- Left wide receiver runs a post pattern.
- Right wide receiver runs a corner.
- QB hands off to running back.

Coaching Tips

1. Running back should be careful to not cross the line of scrimmage.

Modifications:

- For 6 on 6, add a slot receiver on the left side who runs a corner route.
- For 7 on 7, add slot receivers on both sides. Left side runs a corner. Right side runs an out.
- For 8 on 8, you could add a slot receiver on the left who runs a corner and two linemen. Right side lineman runs a five yard out and left side lineman runs a five yard curl.