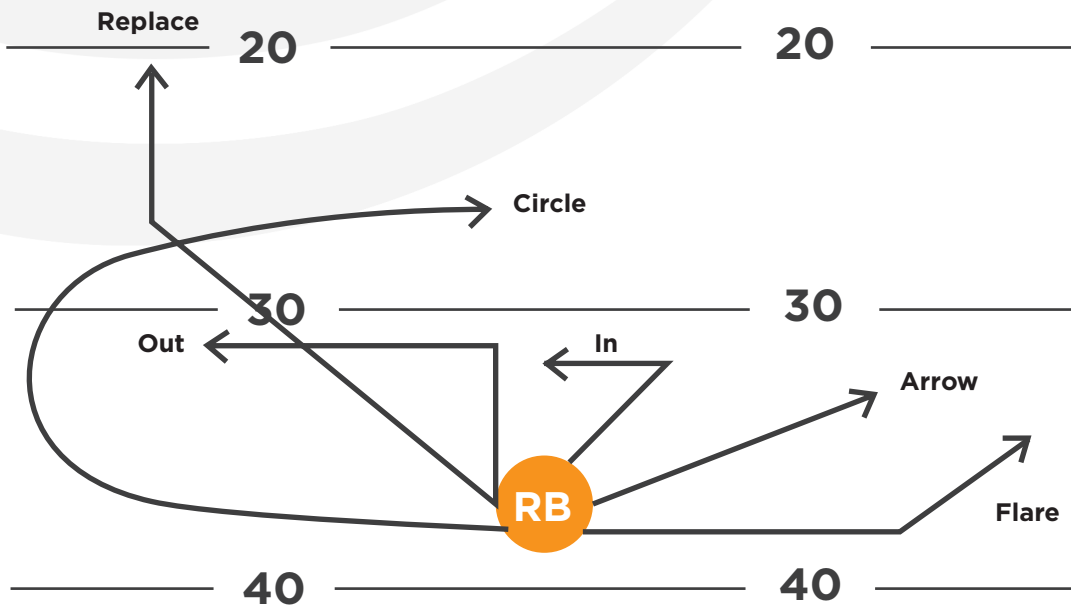


Flag Football Running Back Route Tree



Running backs can run any routes on the receiver passing tree, along with the following six routes that have been designed especially for backs to run out of the backfield.

REPLACE - Running back comes out of the backfield at a 45 degree angle then goes straight upfield. Route is typically 10-15 yards but can be made shorter for younger players.

ARROW - Running back takes a 45 degree angle toward the sideline. He looks back for the ball.

FLARE - Running back runs toward the sideline then flares out and up.

CIRCLE - This route starts out similar to the flare but the running back keeps going vertically up the sideline and then circling back in toward the quarterback or the middle of the field.

IN - Running back runs upfield and then breaks in toward the middle of the field.

OUT - Running back runs upfield and then breaks out toward the sideline.

STOP - (Not Shown in Diagram) Here the running back simply runs to open space on the field and stops. He turns toward the quarterback with his back to the defender.