




Flag Football Plays

Use for 5 v 5 flag football

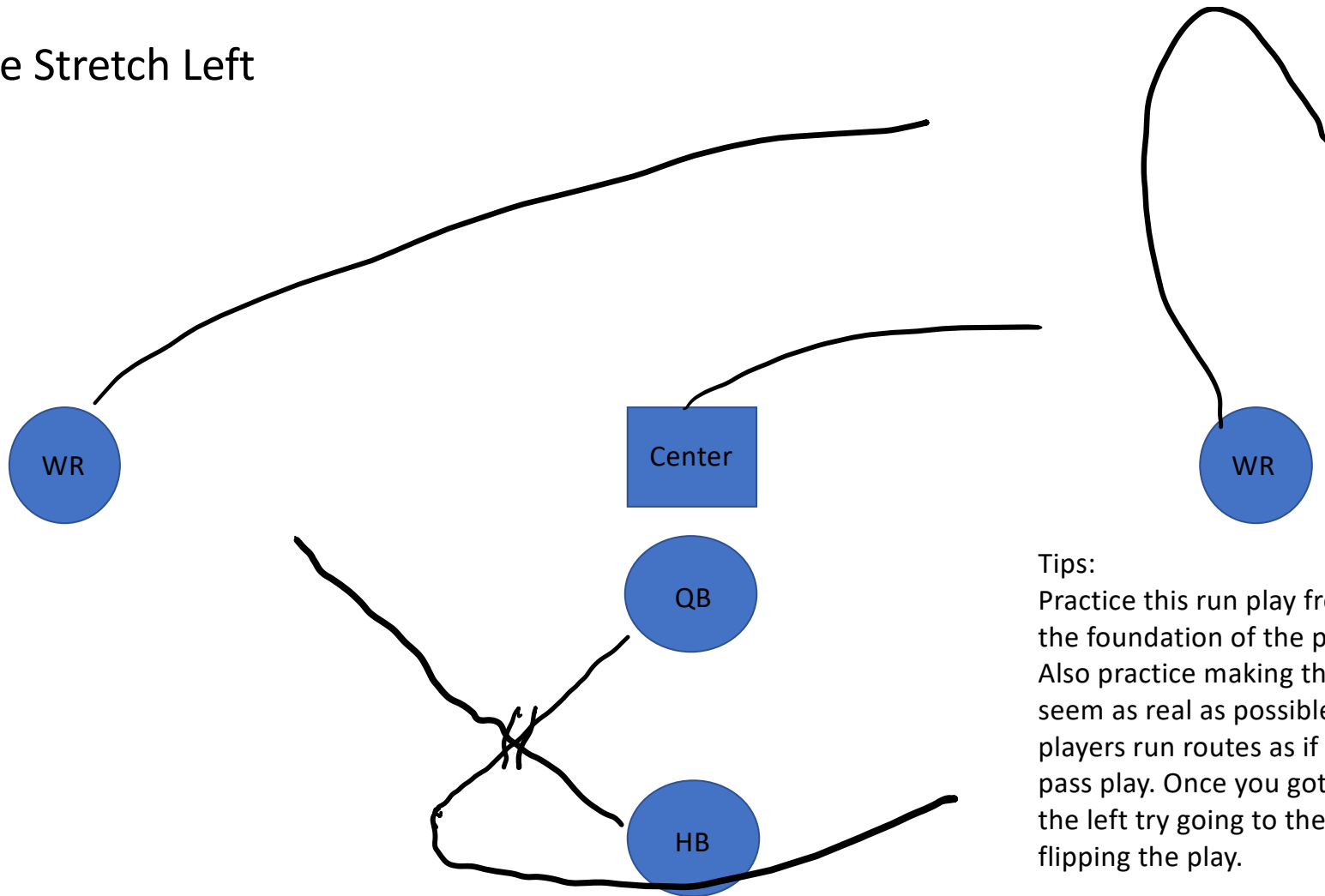
Ten plays included

8-12 years old

How to read and tips

- Two Lines signify a handoff: 
- One line signifies a fake handoff: 
- Dotted lines mean it is a toss, or a pass behind you: 
- Tips are found in the bottom right and tell what to coach on each play
- Plays are called formation first then play name the direction such as Base Stretch Left. Base would be the formation and stretch would be the name of the play and left would be the direction you would run it to.
- Plays are only drawn to one direction. Try to flip the play eventually as to keep the defense off balance
- WR=Wide Receiver; QB=Quarterback; HB=Halfback (Running Back).

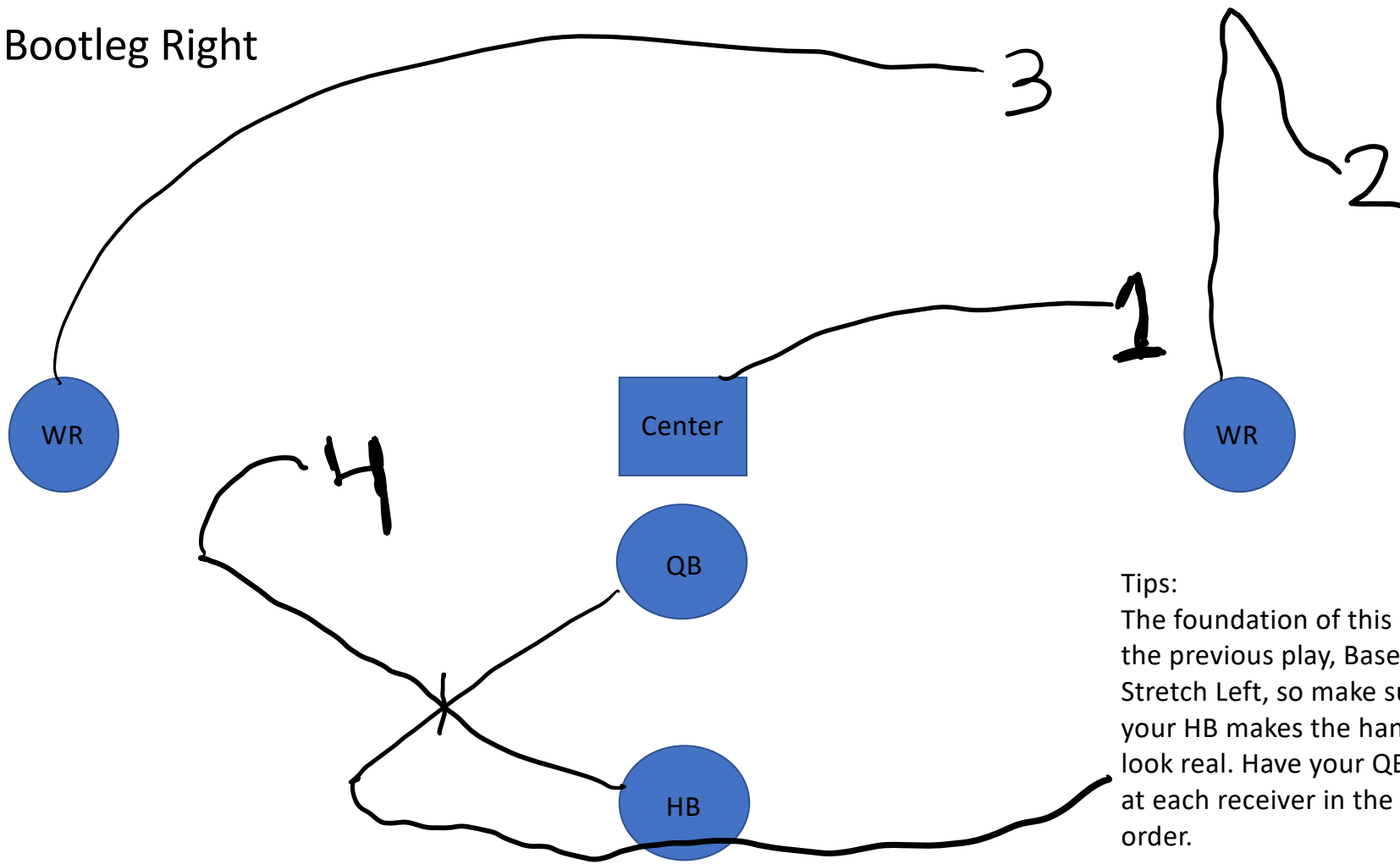
Base Stretch Left



Tips:

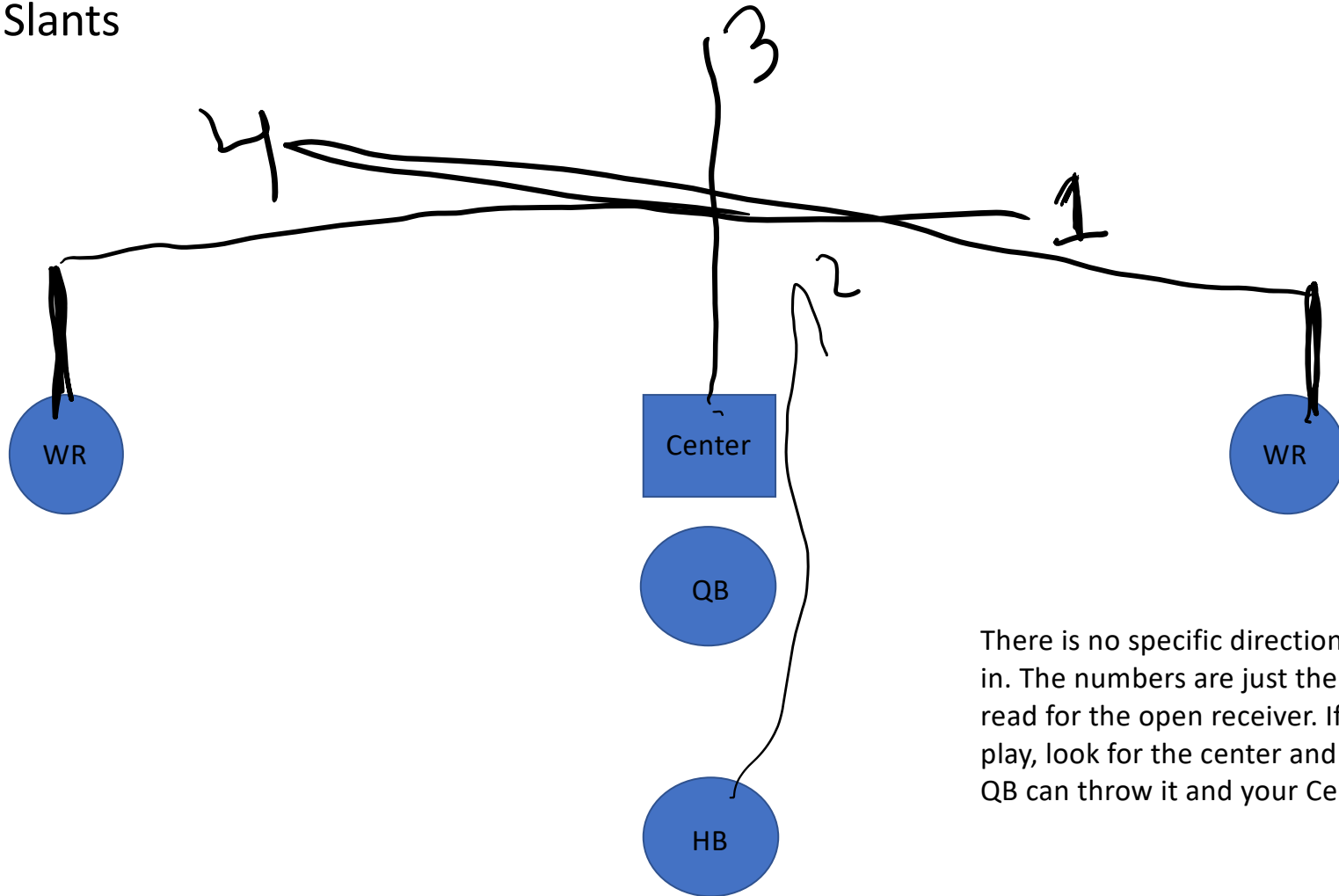
Practice this run play frequently. It is the foundation of the playbook. Also practice making the handoff seem as real as possible. Have players run routes as if it were a pass play. Once you got it down to the left try going to the right by just flipping the play.

Base Bootleg Right



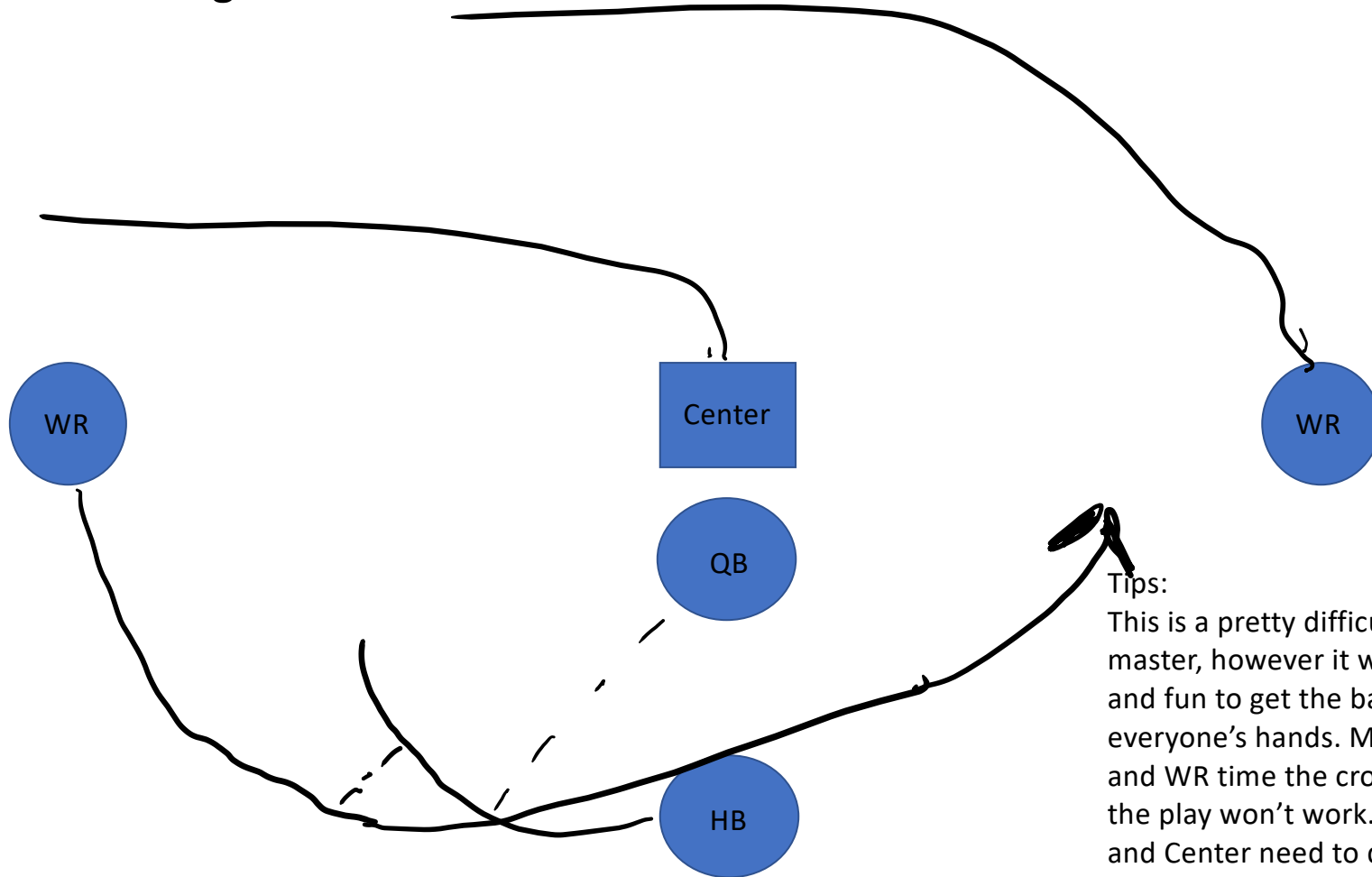
Tips:
The foundation of this play is the previous play, Base Stretch Left, so make sure your HB makes the handoff look real. Have your QB look at each receiver in the above order.

Base Slants



There is no specific direction to run this play in. The numbers are just the easiest way to read for the open receiver. If you want a big play, look for the center and make sure your QB can throw it and your Center can catch it

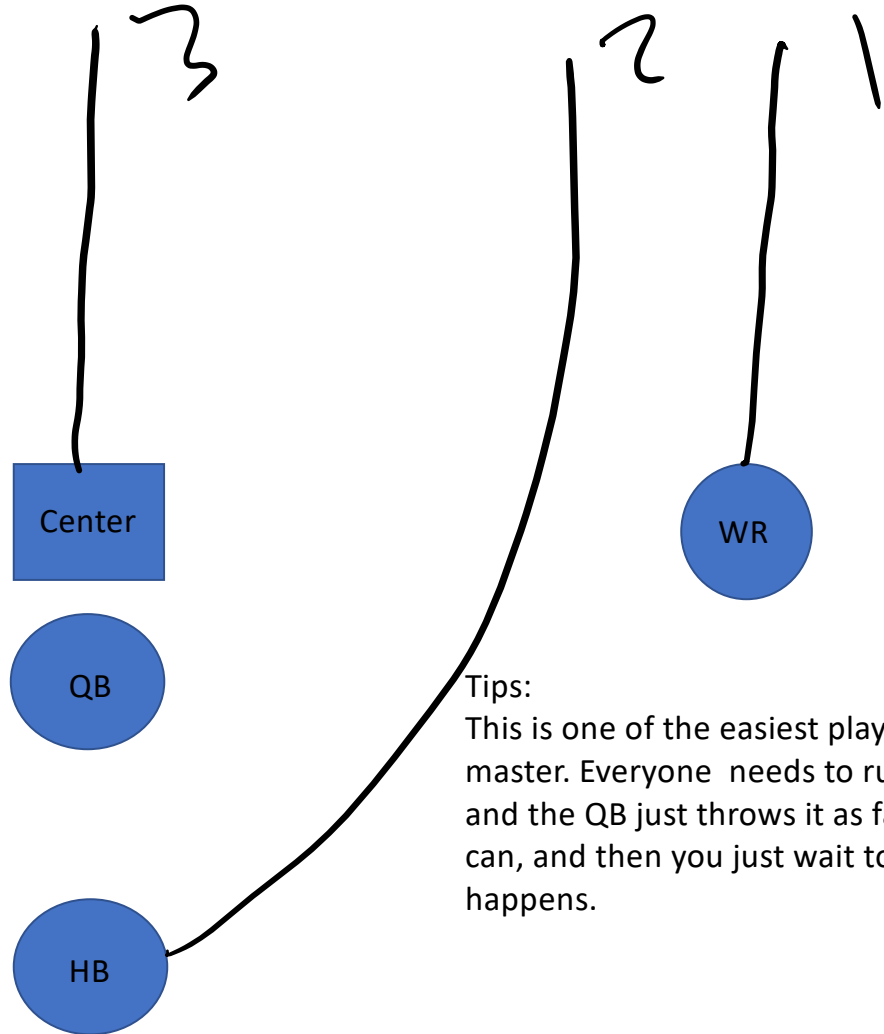
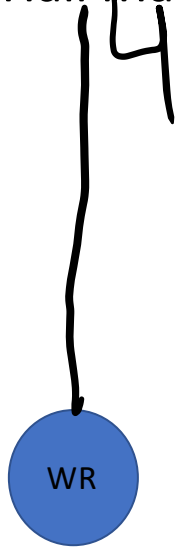
Base Reverse Right



Tips:

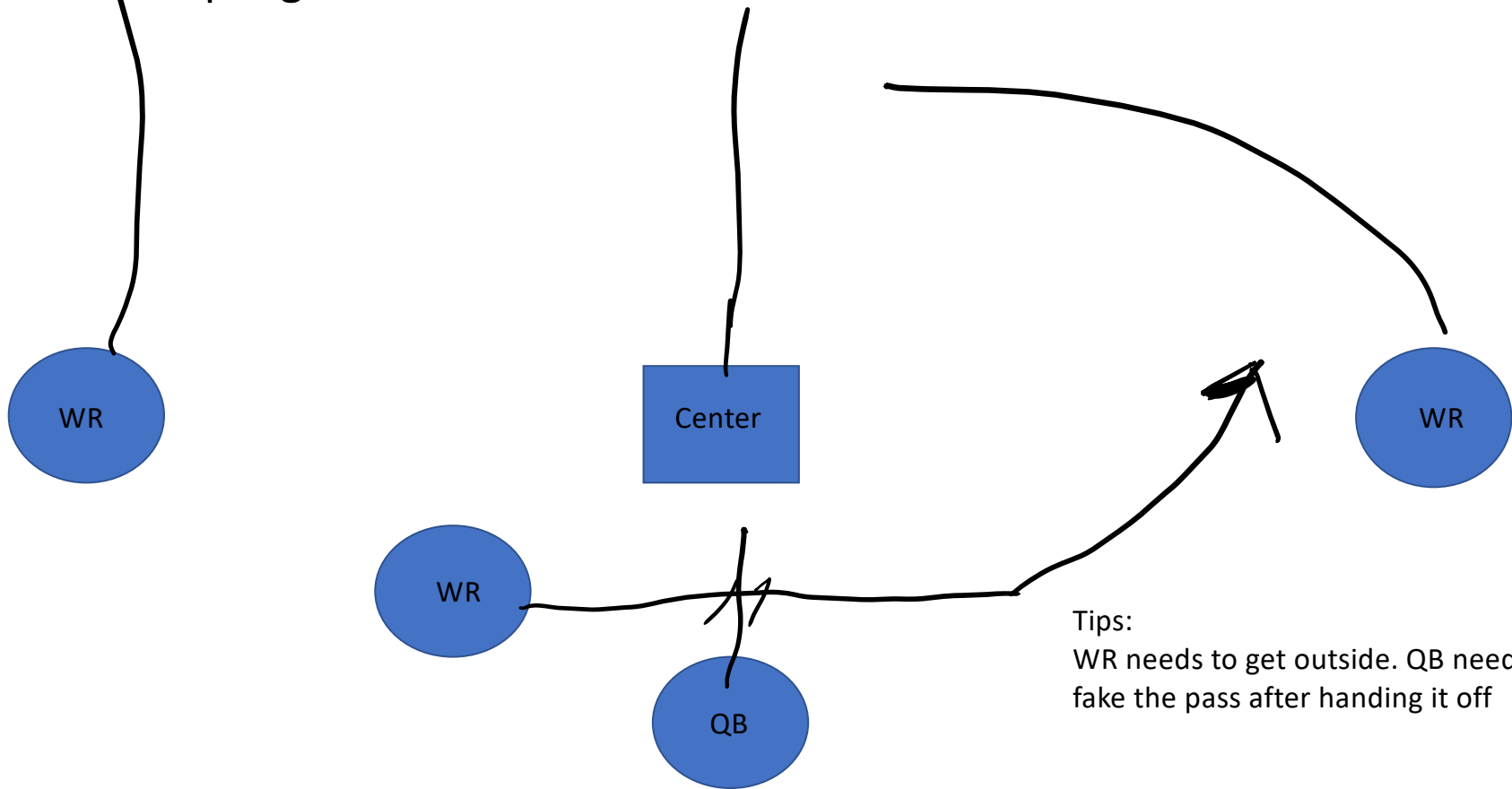
This is a pretty difficult play to master, however it will be effective and fun to get the ball into everyone's hands. Make sure the HB and WR time the crossing right or the play won't work. Also, the WR and Center need to draw players away from the play

Base Hail Mary

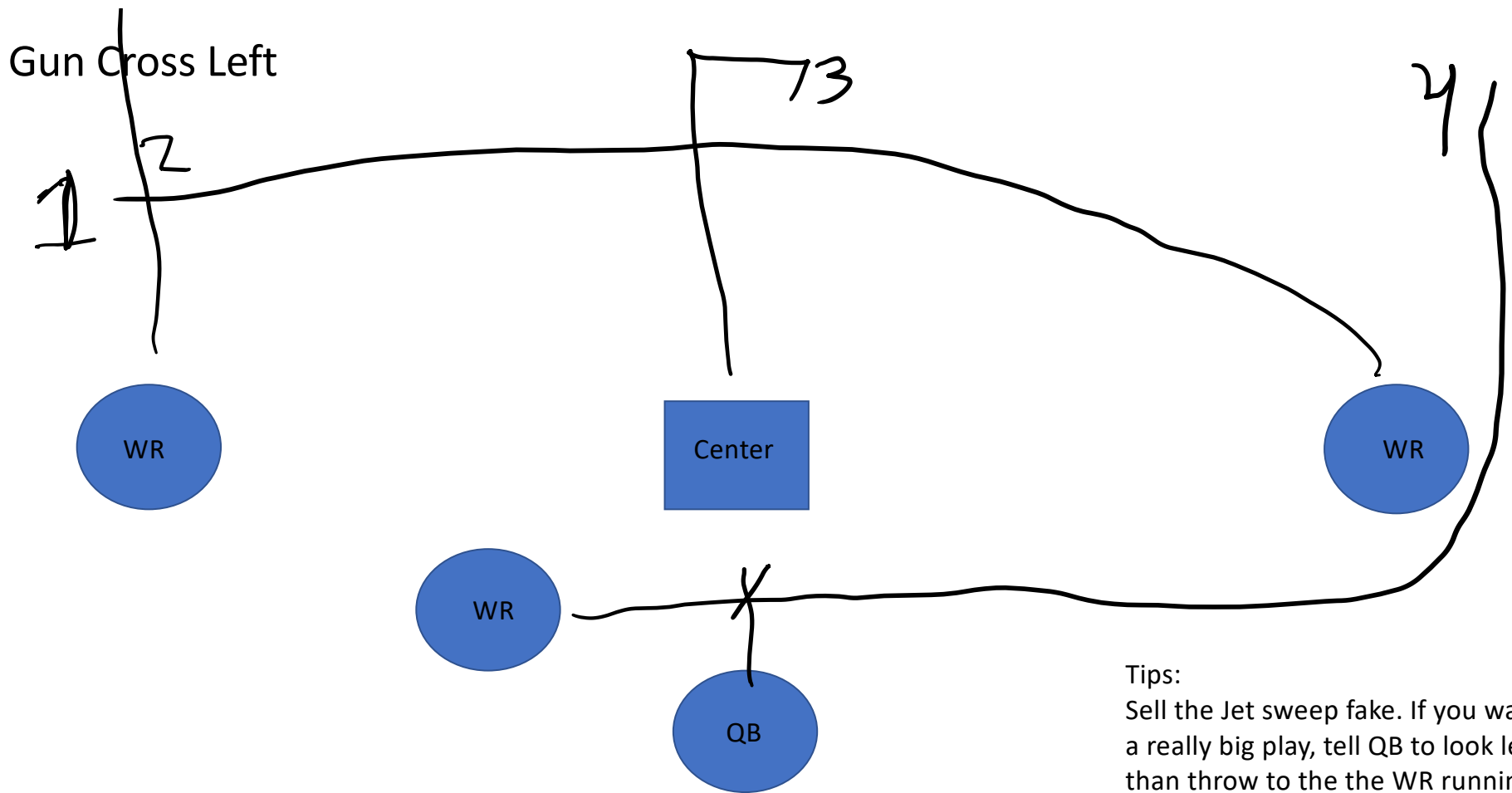


Tips:
This is one of the easiest plays to master. Everyone needs to run deep and the QB just throws it as far as he can, and then you just wait to see what happens.

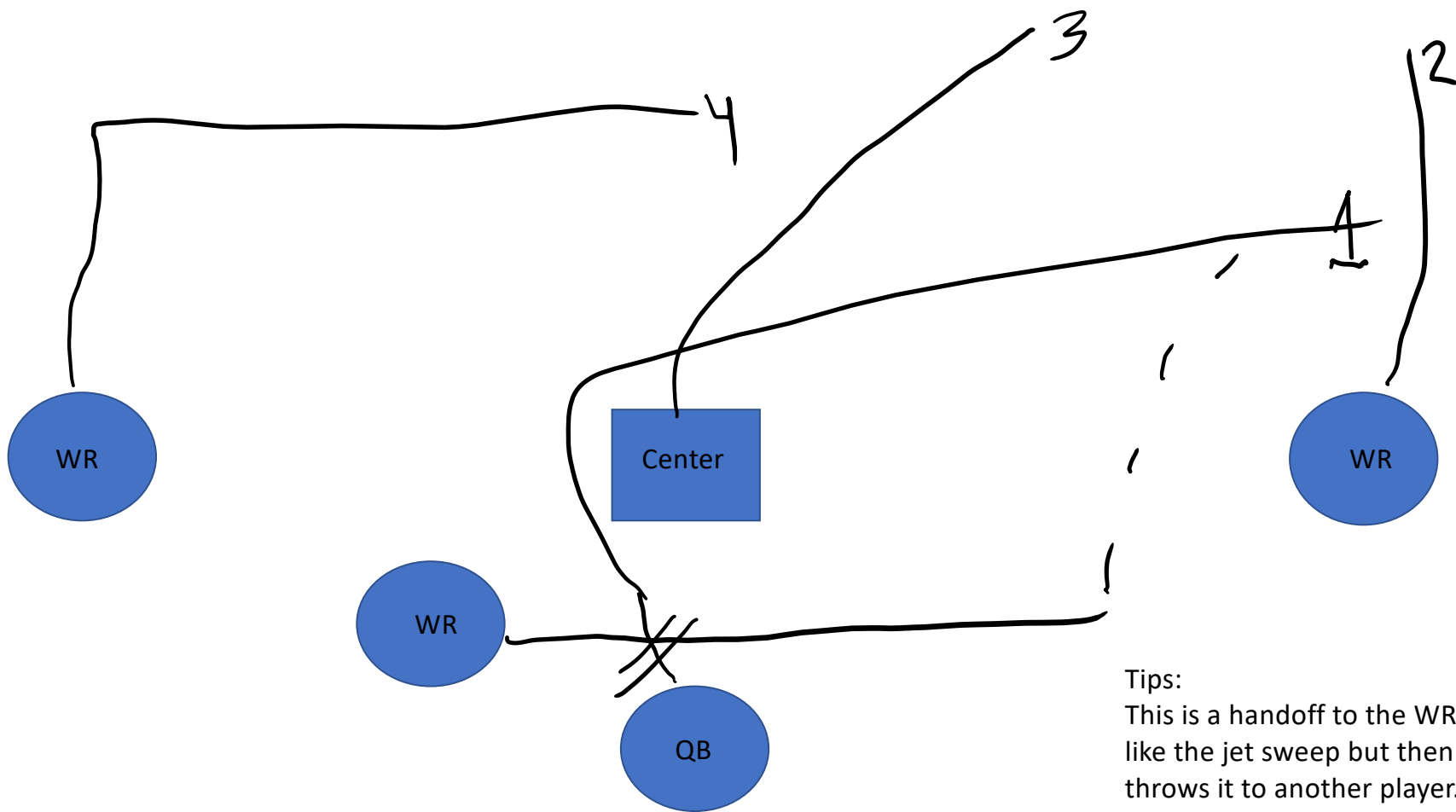
Gun Jet Sweep Right



Tips:
WR needs to get outside. QB needs to fake the pass after handing it off



Tips:
 Sell the Jet sweep fake. If you want a really big play, tell QB to look left than throw to the the WR running the route number 4.



Tips:
This is a handoff to the WR just like the jet sweep but then he throws it to another player. Again, a play to do later in the season when you have other plays mastered.