USA Football - PLAYBOOK

Offensive Football – A Great Way to Start
Flag Football – Spread, Trips and Stack
INTRODUCTION TO FORMATIONS

All offensive plays start from a formation that dictates where all five players line up prior to the start of the play. Our flag football playbooks focus on six formations – spread, trips, stack, double back, I and single-back. There are always adjustments and changes a coach can make to these plays (including sending a player in motion), however it is important when coaching young players that you focus more on basic fundamentals of the game and less on complicated formations and motions. Teams that do just a few things very well will be more successful than teams that do many things less than well.

<table>
<thead>
<tr>
<th>SPREAD RIGHT</th>
<th>SPREAD LEFT</th>
<th>TRIPS RIGHT</th>
<th>TRIPS LEFT</th>
<th>STACK RIGHT</th>
<th>STACK LEFT</th>
</tr>
</thead>
<tbody>
<tr>
<td><img src="image1.png" alt="Formation Diagram" /></td>
<td><img src="image2.png" alt="Formation Diagram" /></td>
<td><img src="image3.png" alt="Formation Diagram" /></td>
<td><img src="image4.png" alt="Formation Diagram" /></td>
<td><img src="image5.png" alt="Formation Diagram" /></td>
<td><img src="image6.png" alt="Formation Diagram" /></td>
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</tbody>
</table>

Where all three receivers are on the line of scrimmage, two to the right side of the center and one to the left.  
Where all three receivers are on the line of scrimmage, two to the left side of the center and one to the right.  
Where all three receivers are on the line of scrimmage, right of the center.  
Where all three receivers are on the line of scrimmage, left of the center.  
Where one receiver lines up behind another to the right of the center; the other receiver is left of the center on the line.  
Where one receiver lines up behind another to the left of the center; the other receiver is right of the center on the line.

Note: Like play names, formations can be adjusted to fit your needs. For example, “Stack left trips” can refer to a formation in which two receivers are stacked to the left of center with the third receiver on that side of the ball as well.

PLAY-CALLING

When calling an offensive play in the huddle, give the formation first, then the play. Example: “Spread Left Fills Left” would refer to a Spread Left formation and the Fills Left play.

Note: Play names included in this playbook are suggestions. Feel free to adapt the play names to fit your needs and the mental capacity of your players. USA Football recommends picking a few plays that your team can run well rather than implementing the entire playbook.
All three receivers are on the line of scrimmage, two to the right side of the center and one to the left.
All three receivers are on the line of scrimmage, two to the left side of the center and one to the right.
HIDDEN SLANT LEFT

SLANT UNDER LEFT

FIL FLY RIGHT

CHAIR LEFT
SAFETY’S CHOICE
TRIPS RIGHT

All three receivers are on the line of scrimmage, right of the center.

AKRON

ZIG ZAG
TRIPS LEFT

All three receivers are on the line of scrimmage, left of the center.
SEAHAWK LEFT

CROSSING SLANTS
STACK RIGHT

One receiver lines up behind another to the right of the center; the other receiver is left of the center on the line.

STACK 45 DEGREES

STACK 90 DEGREES
STACK LEFT

One receiver lines up behind another to the left of the center; the other receiver is right of the center on the line.
STACK 45 DEGREES

STACK STRAIGHT

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