



PLAYBOOK

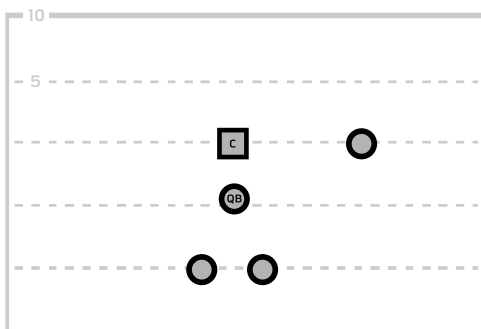
Offensive Football – A Great Way to Start
Flag Football - Strong, Split and I Formation



INTRODUCTION TO FORMATIONS

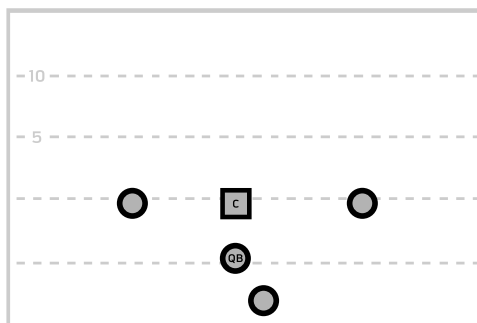
All offensive plays start from a formation that dictates where all five players line up prior to the start of the play. Our flag football playbooks focus on various formations, including spread, trips, stack, double-back and single-back. There are always adjustments and changes a coach can make to these 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.

SPLIT BACK RIGHT



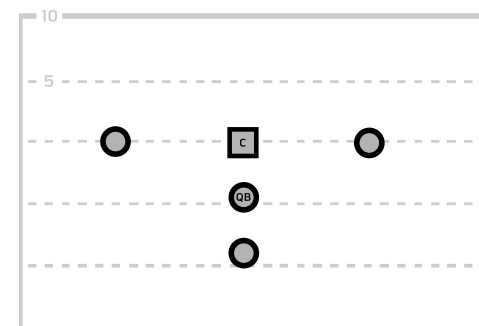
Two running backs line up next to each other and behind the quarterback; the receiver is right of the center.

STRONG RIGHT



The running back is lined up to the right of the quarterback with one receiver on each side of the center.

I FORMATION



A running back lines up behind the quarterback with one receiver on each side of the center.

Note: Like play names, formations can be adjusted to fit your needs. For example, "Strong left twins right" can refer to a formation in which two receivers are lined up to the right of center with the running back to the left of the quarterback..

PLAY-CALLING

When calling an offensive play in the huddle, give the formation first, then the play.

For example: "Split back right end around" would refer to a Split back right formation and the end around play.

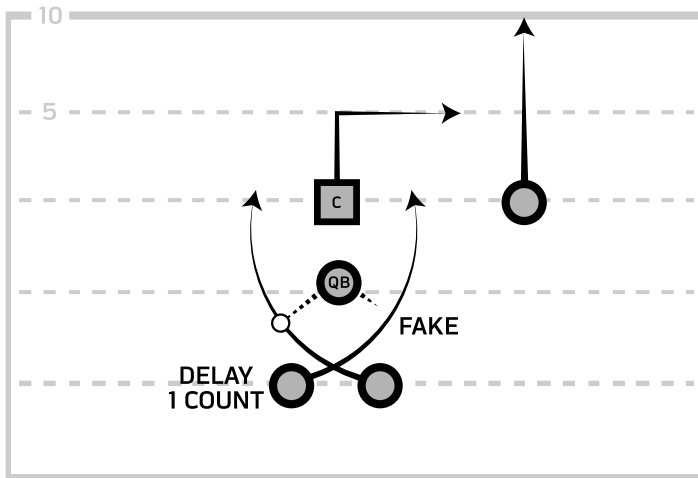
Note: Play names included in this playbook are suggestions. Feel free to adapt the play names to fit your needs and the mental capacity of your players. USA Football recommends picking a few plays that your team can run well rather than implementing the entire playbook.

SPLIT BACK RIGHT

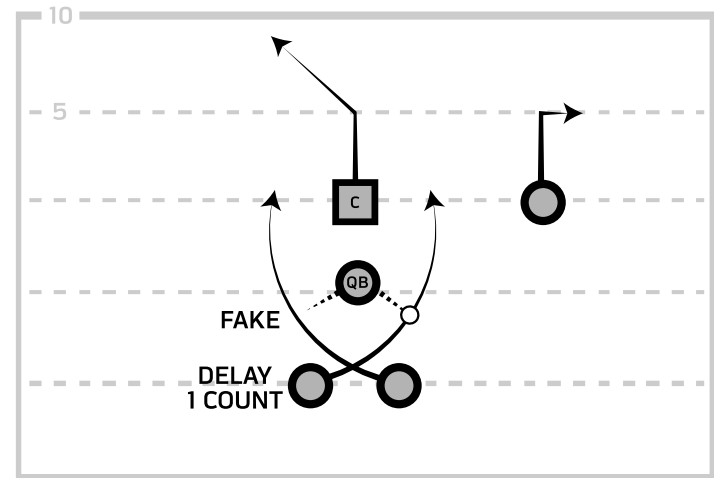
Two running backs line up next to each other and behind the quarterback; the receiver is right of the center.

O:Handoff

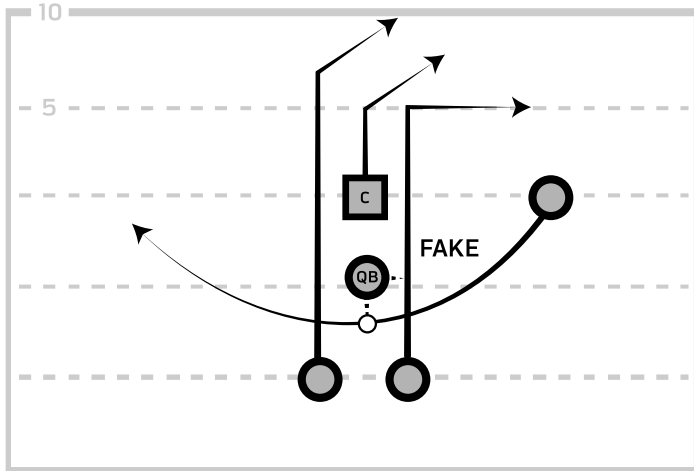
LEAD



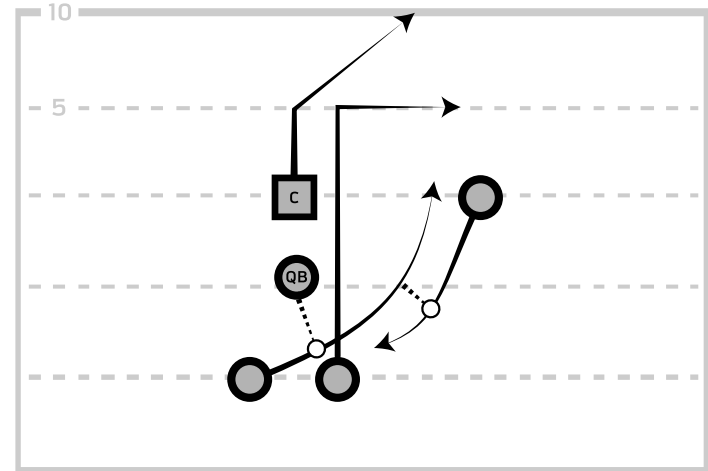
TRAIL



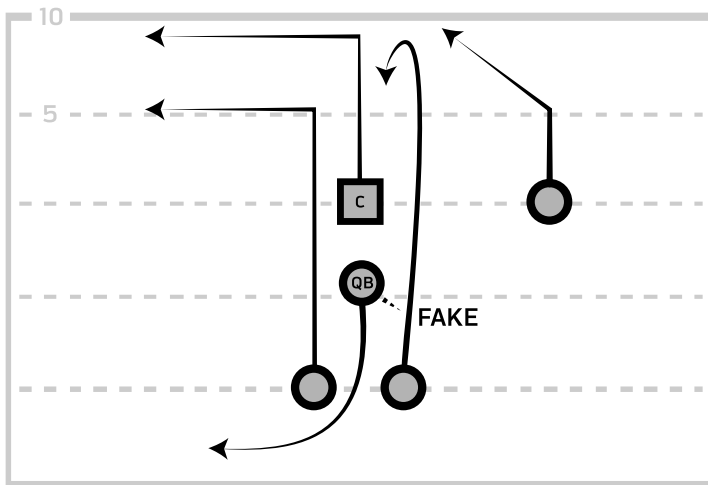
END AROUND



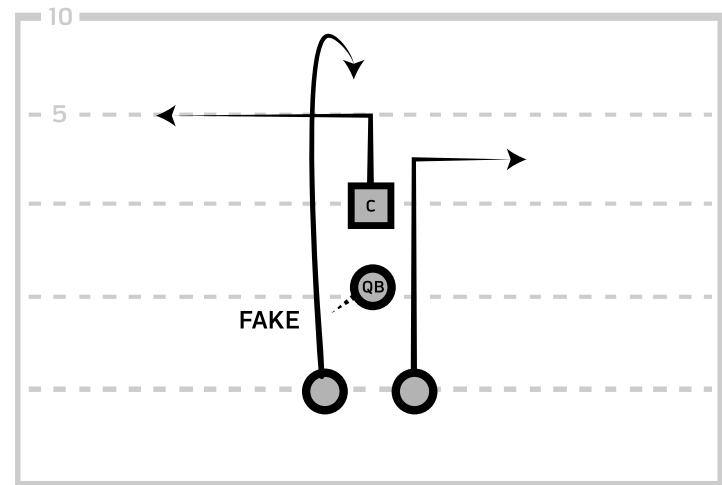
REVERSE



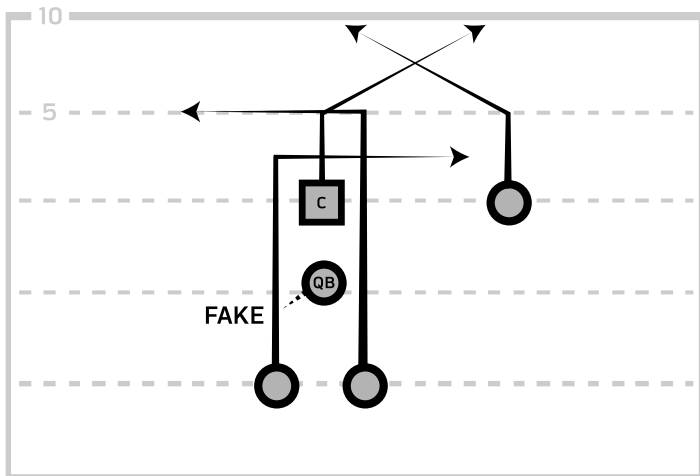
BOOT LEFT LADDER



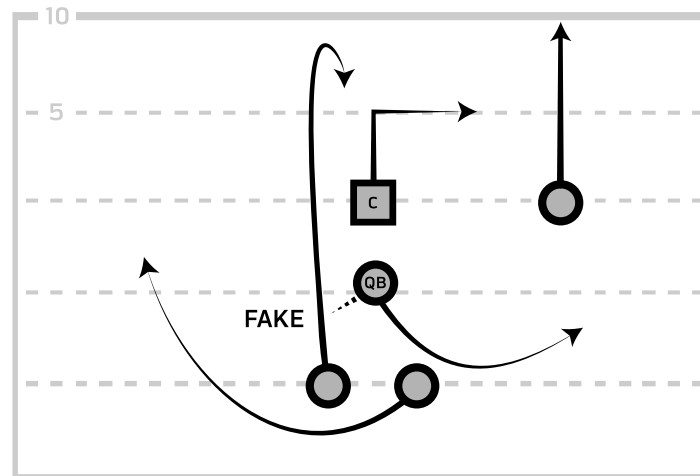
ALL OUT



BOOT RIGHT CROSS



BOOT RIGHT WHEEL

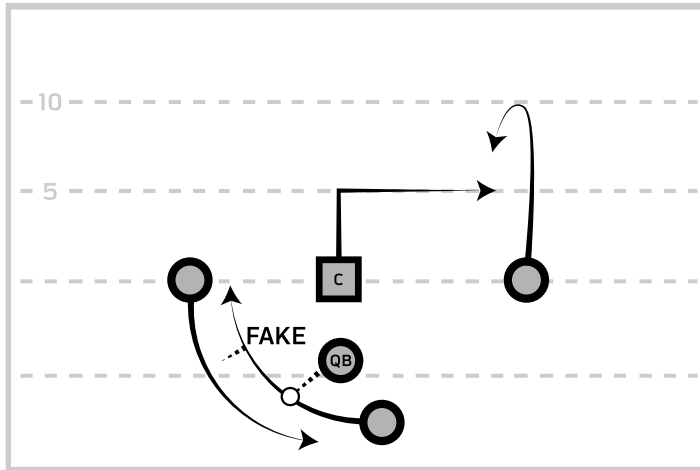


STRONG RIGHT

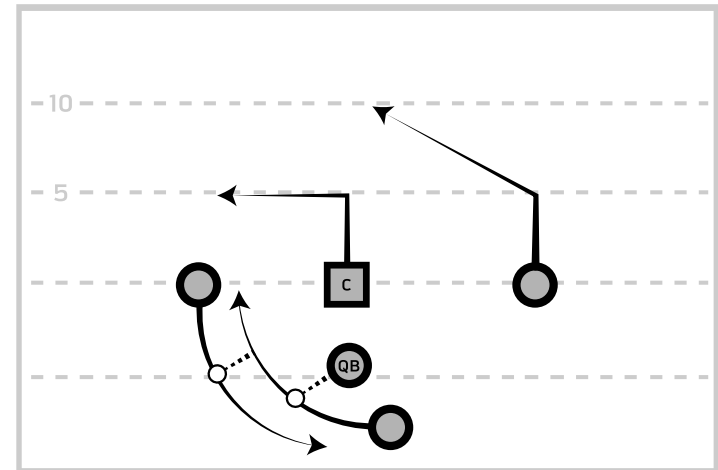
The running back is lined up to the right of the quarterback with one receiver on each side of the center.

○:Handoff

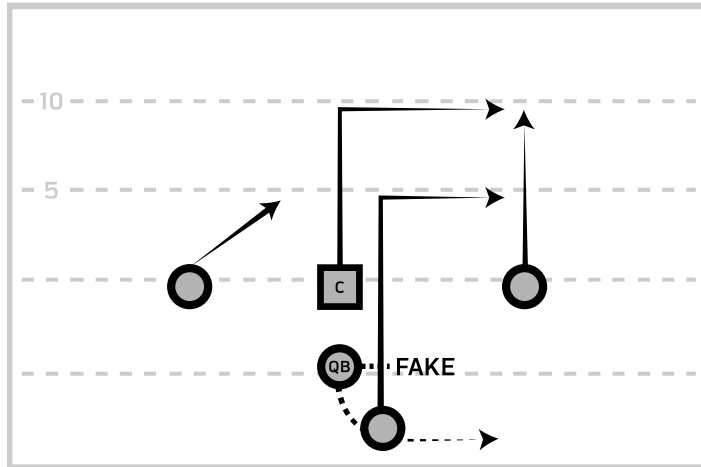
REVERSE FAKE



REVERSE

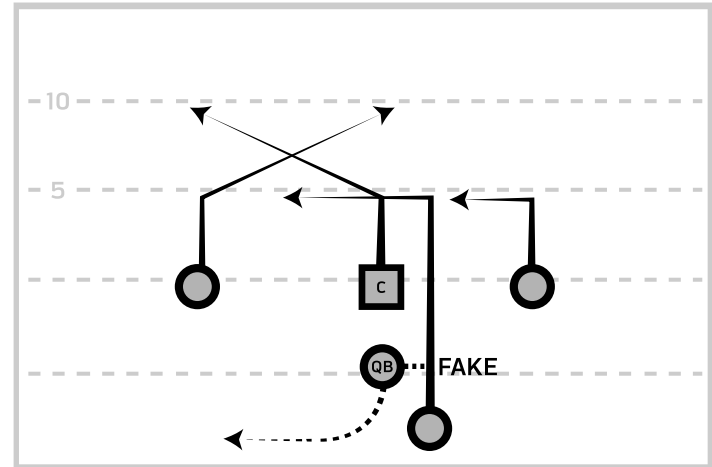


BOOT RIGHT LADDER

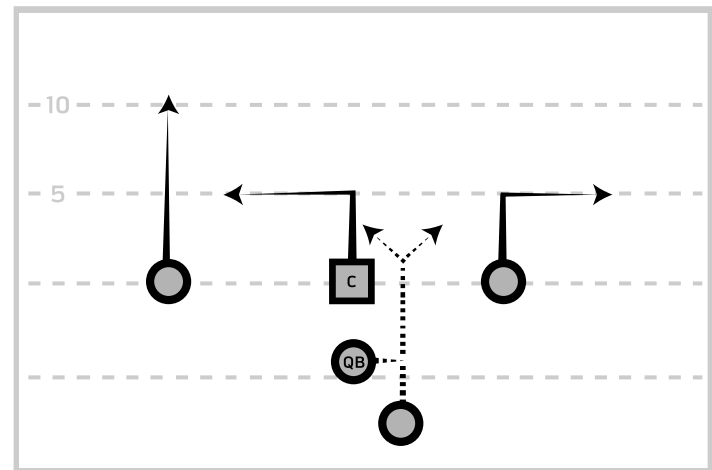
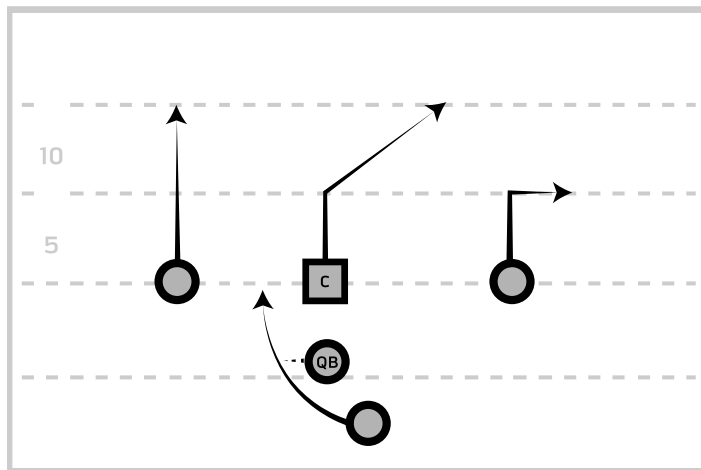


OPPO

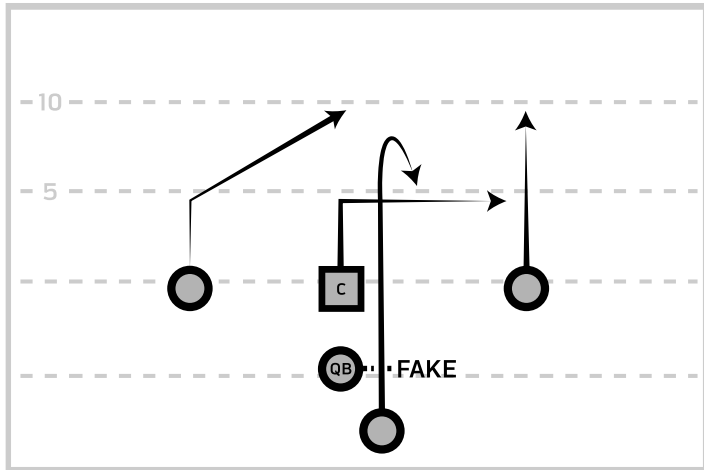
BOOT LEFT CROSS



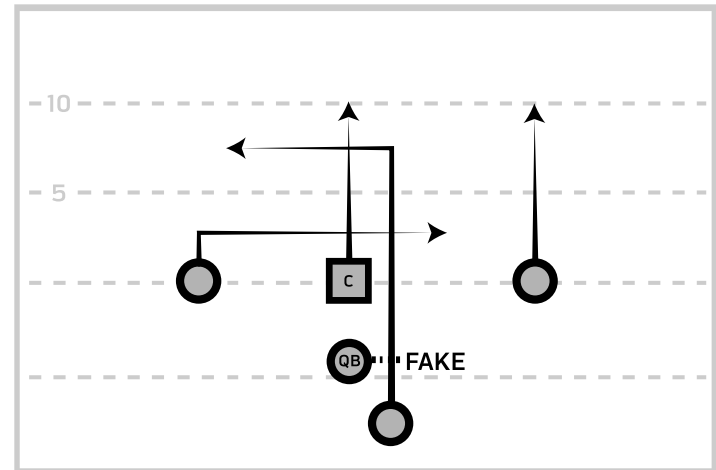
RB CHOICE



QB CHOICE



"X" UNDER

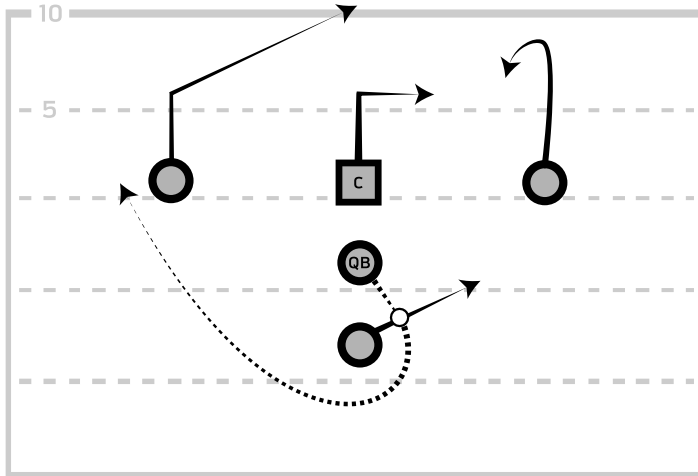


I FORMATION

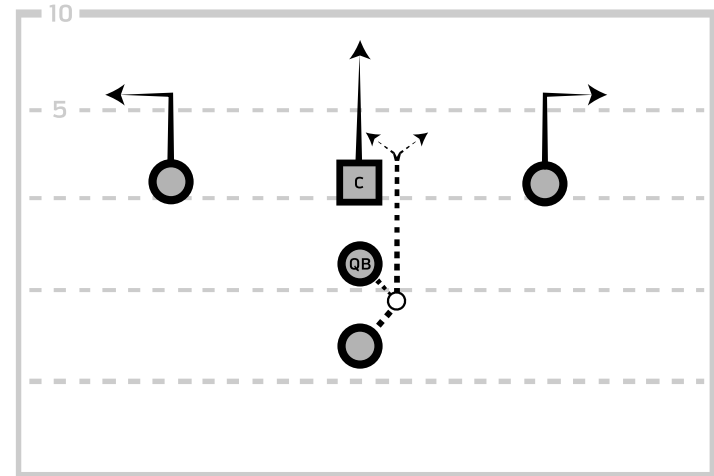
A running back lines up behind the quarterback with one receiver on each side of the center.

○:Handoff

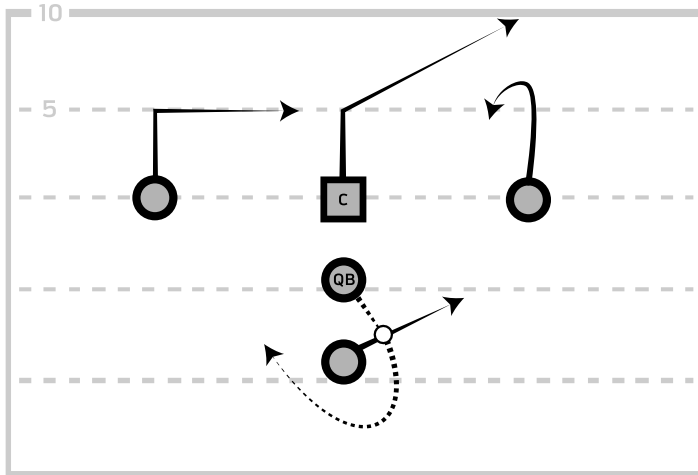
QB THROWBACK



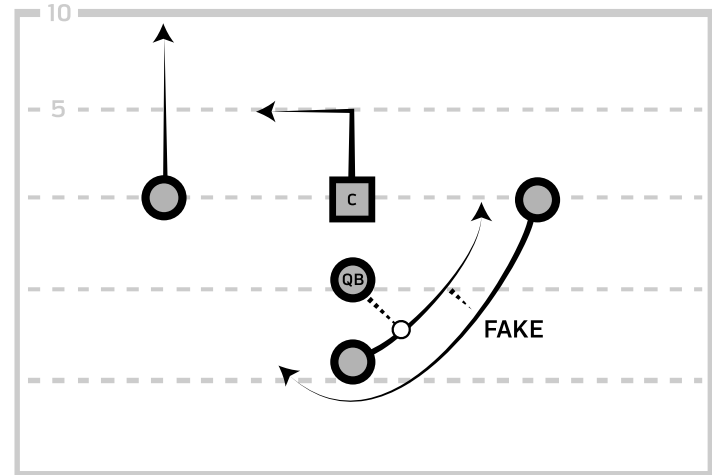
RB CHOICE



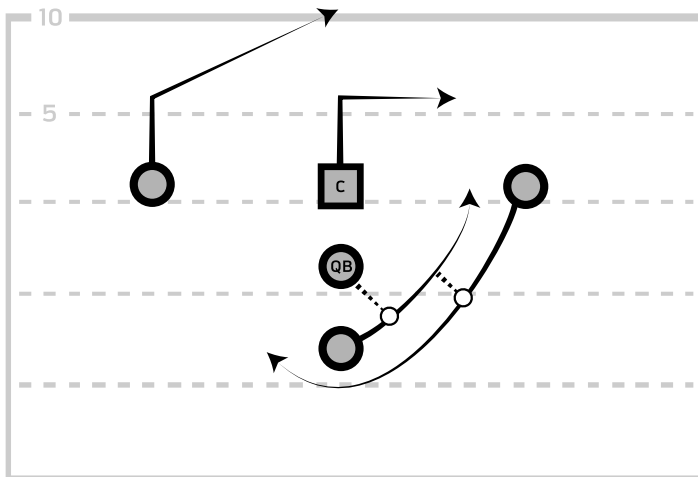
RB PASS



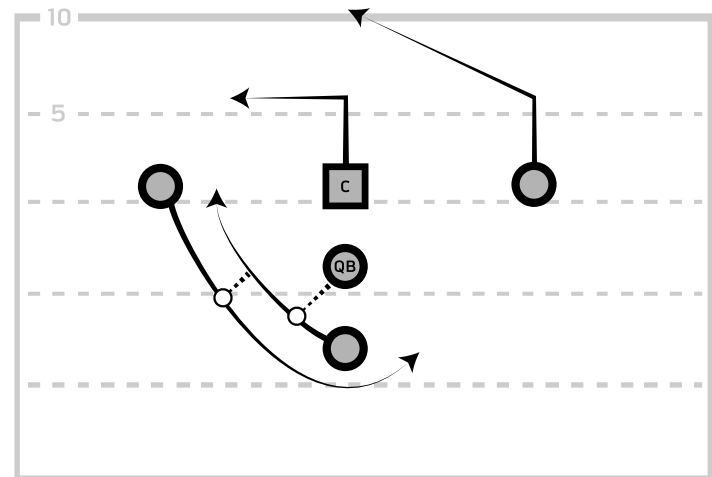
FAKE REVERSE



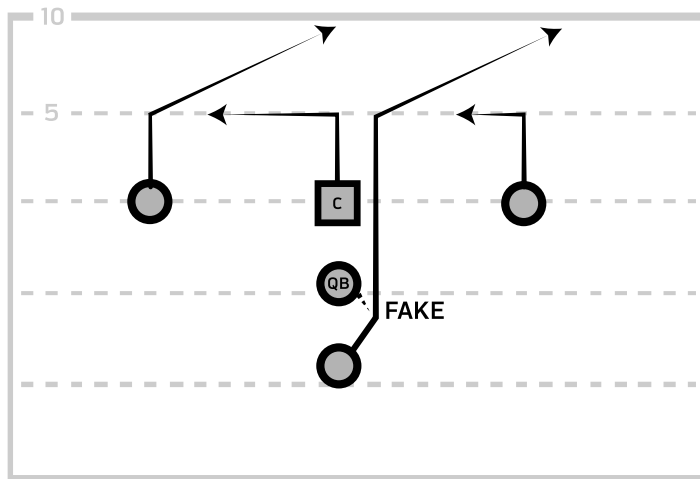
RIGHT REVERSE



LEFT REVERSE



ALL OUT



CROSS

