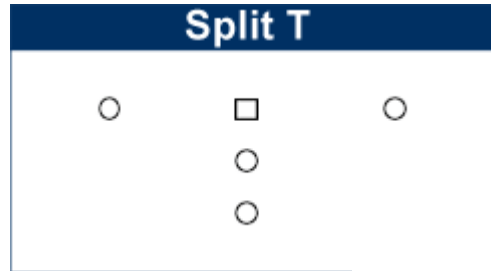


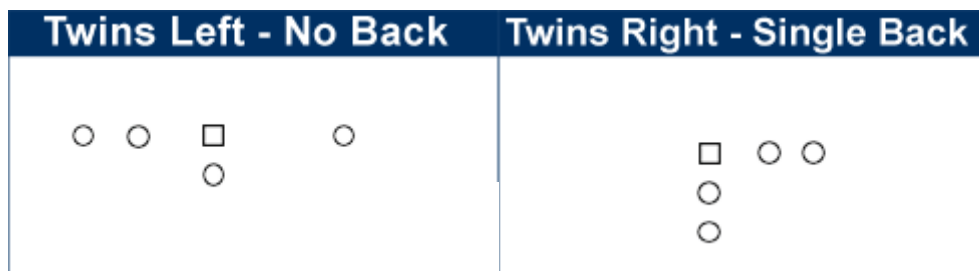
# Flag Football - Plays

## How to Call and Set a Formation

- ▶▶ In Flag Football we will work with the understanding that there will be (3) basic formation calls (Split T, Twins, Trips). Variations and adjustments to the formation can be made to both. (See examples below).
- ▶▶ In our first series of plays we will run out of the most basic formation, the Split T (one receiver on either side of the ball, split out approximately 10-12 yards from the center, with a single running back set behind the quarterback) This is a balanced formation in NFL Flag with no strong side – therefore we will not have a call side (no right or left). The formation when set looks like the letter "T".
- ▶▶ The first call made when setting a play will be the formation.



Three receivers go to the call side of the formation – This is a no back formation

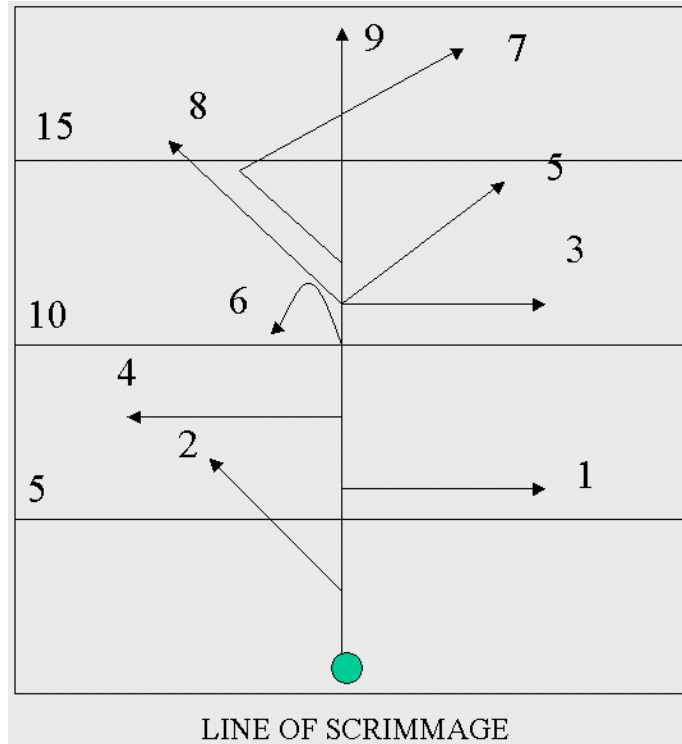


Two receivers go to the call side of the formation – There is the option to have a single back or no backs.

The Passing Tree is a numbered System used for the passing routes.

The passing tree system is designed so that all even (2,4,6,8) numbered routes are run towards the middle of the field; and all odd (1,3,5,7,9) numbered routes will be run towards the sideline.

These routes will be used for all positions on the field.



The running back has extra routes that will always be referred to by name.

Since the ball is always placed in the middle of the field the center faces the dilemma, and all the centers' routes should be based on the play design.

### Passing Tree – Routes / Number

- ▶ Slant – 2
- ▶ Drag / In – 4
- ▶ Curl–6
- ▶ Post– 8
- ▶ Quick Out- 1
- ▶ Deep Out- 3
- ▶ Flag– 5
- ▶ Post Corner – 7
- ▶ Fly - 9

# Flag Football - Plays

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## PASSING TREE - Receiver Route Definitions

- Quick Out (1):** This is a 5-8 yard route forward then the receiver cuts out towards the sideline then looks for the ball.
- Slant (2):** This is a 3-5 yard route forward then the receiver breaks towards the middle of the field on a 45 degree angle and looks for the ball.
- Deep Out (3):** This is a 10-15 yard route. It should be run exactly like the quick out only deeper.
- Drag/In (4):** This is a 5-8 yard route forward then the receiver breaks into the middle of the field on a 90 degree angle and looks for the ball.
- Flag (5):** This is a 10-15 yard route forward then the receiver breaks at a 45 degree angle towards the sideline and looks for the ball.
- Curl (6):** This is a 5-8 yard route forward then the receiver stops and turns to the ball.
- Post Corner (7):** This is a 12-20 yard route forward then the receiver cuts on a 45 degree angle to the middle of the field for a few steps then the receiver cuts on a 45 degree angle towards the sideline and then looks for the ball.
- Post (8):** This is a 12-20 yard route forward then the receiver breaks on a 45 degree angle towards the middle of the field and looks for the ball.
- Fly (9):** This route is run straight up the field with the receiver looking for the ball after he gets past about 15 yards.

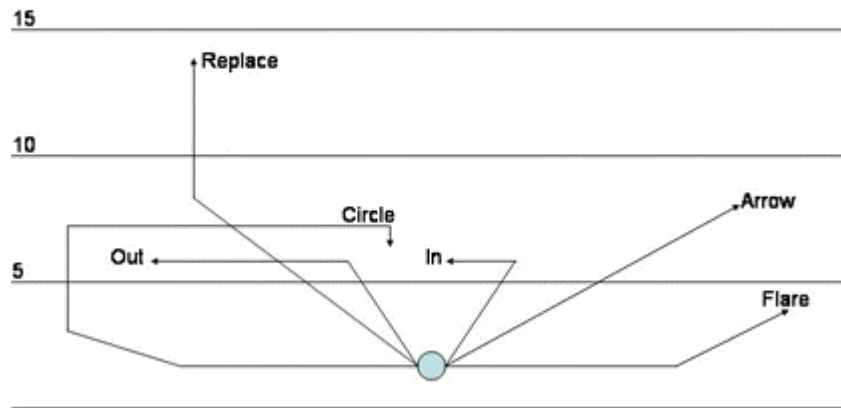
**\* For younger participants the passing routes can be reduced by half**

## PASSING TREE - Running Back Routes

While your backs can run any of the assigned routes on the primary passing tree, these routes have been designed as a high percentage second option to complete a pass.

These routes will not be numbered You will always refer to them by name.

# Running Back Routes



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## **Flag Football - Plays**

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### **PASSING TREE - Running Back Route Definitions**

- Replace** This is an 8-15 yard route where the running back angles forward on a 45 degree angle and then goes straight up the field and looks for the ball.
- Arrow** This route the running back drives on a 45 degree angle towards the sideline and looks back for the ball.
- Circle** This route starts toward the sideline and then circles back to in front of the QB.
- Out/In** This route starts straight up the field then the running back breaks "out" or "in" depending on the play.

**\* For younger participants the passing routes can be reduced by half**

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### **PASSING TREE - Secondary Routes**

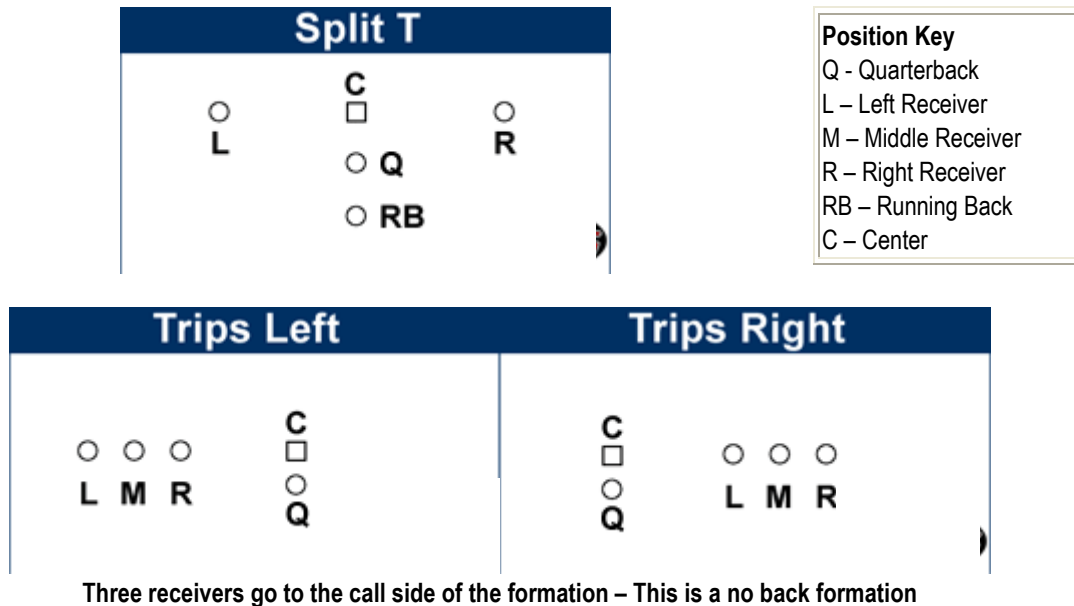
- Replace** Exactly what the route is called. Your secondary or safety receiver should drive to and replace the area where your receivers were aligned. Works well in the case when receivers clear out one side of the field.
- Arrow** A route in which the receiver drives on a 45 degree angle, always toward the side line. The receiver should always look over the outside shoulder for the pass.
- Stop** Look for open space. Turn to the quarterback with your back to the defender. This should be a pass to the chest.
- Circle / Wheel**

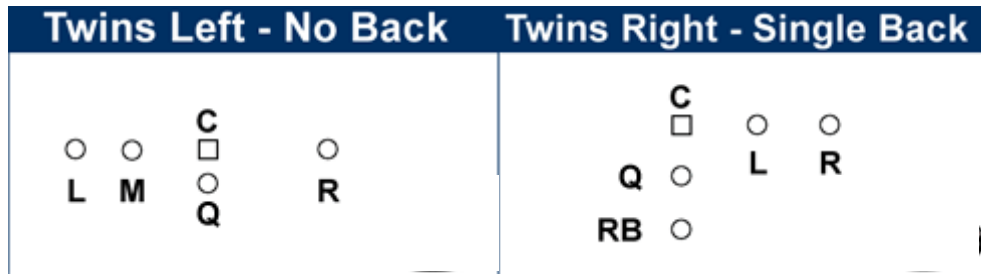
**Flare** Rounded off pattern in the backfield with the completion coming near or at the line of scrimmage. Usually executed by a running back being used as a second or third option. A pass option for a quarterback when his main options have been shut down.

## Flag Football - Plays

### How to call a Play

- ▶▶ Now that you've read your passing tree and understand the pass routes available to you, there are two options you have in play calling; one simple (using positions attached to route names), the other, more advanced (using the passing tree numeric system).
- ▶▶ There will be a few constants when calling plays.
  1. You will always call the formation first, including the alignment (left or right – if necessary). You'll call an alignment in an unbalanced formation (anything but a Split T – see examples below).
  2. You will always **call your receiver pass routes from left to right** (then your Halfback (H) route, followed by the Center route)



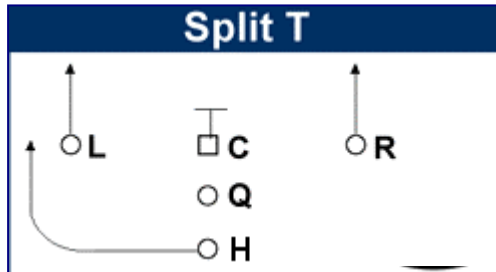


Two receivers go to the call side of the formation – There is the option to have a single back or no backs.

# Flag Football - Plays

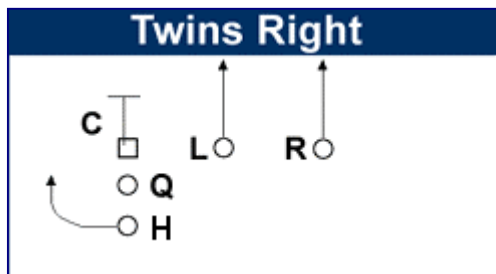
## Flag Football - Plays - Examples

Based on the passing tree routes and using our formula of calling your receiver routes from left to right followed by the running back route then the center route the following play would be called:



Split T – Left Fly – Right Fly – H Flare Left – Center Stop

If we stick with our formula, the **same play in a different formation** will look like this.



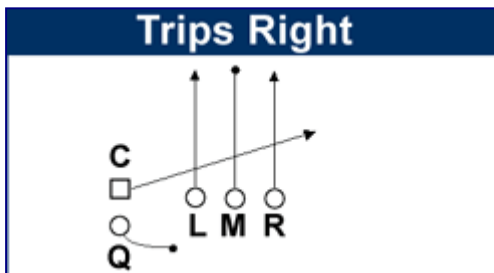
Twins Right – Single Back – Left Fly – Right Fly – H Flare Left – Center Stop



# Flag Football- Plays

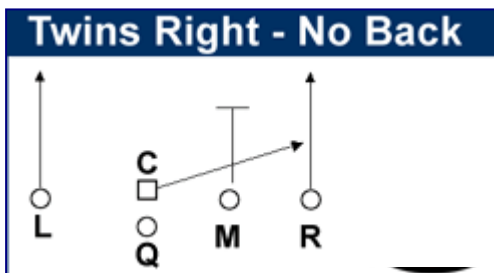
## Flag Football - Plays - Examples

If we move to a (3) receiver set, with no running back, (a trips formation or twins with a single receiver split opposite the call side), we will now have a middle, or M receiver. Our play call formula remains the same – the play call is your receivers from left to right followed by the center call (since there is no running back in these formations there are no running back calls)

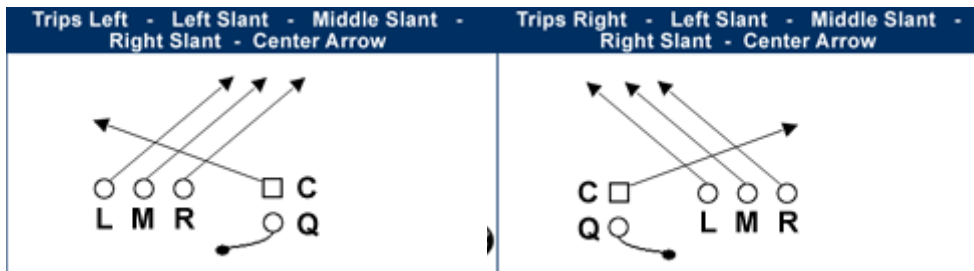


Trips Right – Left Fly – Middle Fly – Right Fly – Center Arrow

If we stick with our formula, the same play in a different formation will look like this.



Twins Right – No Back – Left Fly – Middle Stop – Right Fly – Center Arrow



1 – Quick Out, 2 – Slant, 3 – Deep Out, 4 – Drag/In, 5 – Flag, 6 – Curl, 7 – Post Corner, 8 – Post, 9 - Fly

If you are using the numeric play calling system from the passing tree we would call these plays:

**Trips Left – 222- Center Arrow or Trips Right – 222 – Center Arrow**

The goal of this play is to isolate your center for an easy completion. This play works well in a man to man cover situation with one safety and one rusher, where you are able to run all the defenders out of the area you want your center to go. The key to this play is to have your center delay for a count of 2 –3 seconds to allow your other receivers the chance to cross the centers face at a deep angle (hopefully drawing the safety into the coverage)

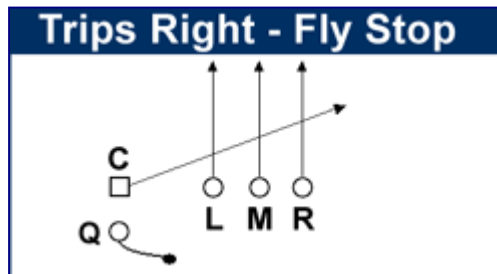
and take their defenders at full speed away from the play. Once the rusher is focused on the quarterback the center can then release to the play side and should find himself/herself wide open.

## **Flag Football - Plays**

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### **Advanced Play Calling**

If you want a more advanced system to call plays you can use the actual numbers attached to the routes on the passing tree to call your receiver routes (refer to passing tree for routes and the numbers associated with them). You are still calling your receiver routes from left to right. Instead of designating the receiver and the route he/ she will run you call out a sequence of numbers that tells the receiver which route to run.



Now this play would be called:

**Trips Right – 999 – Center Arrow**

Instead of:

Trips Right – Left Fly – Middle Fly – Right Fly – Center Arrow

The key to using this numeric system is to keep ensure each receiver knows his / her position within the formation.

- The first number is the Left receiver
- The second number is the Middle receiver
- The third number is the Right receiver

Important Reminders:

\* You will continue to call the routes (without using numbers) for the running back (when necessary), and the center.

\* If you are using a two receiver formation than the play call should only be (2) digits rather than (3).