



FLAG FOOTBALL
5V5 PLAYBOOK

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THANK YOU ESPN

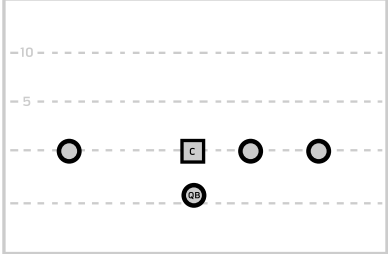
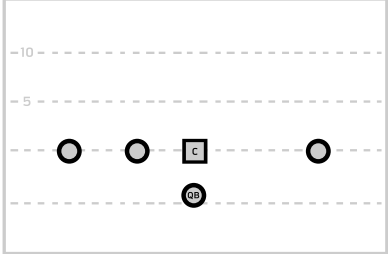
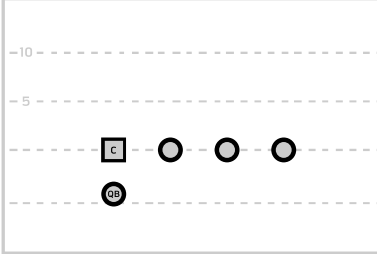
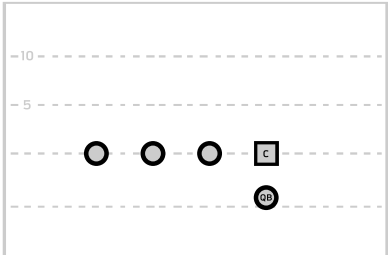
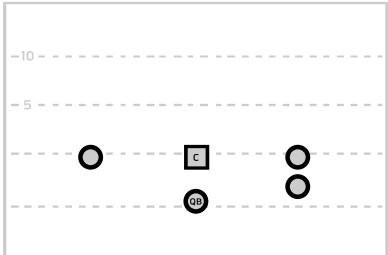
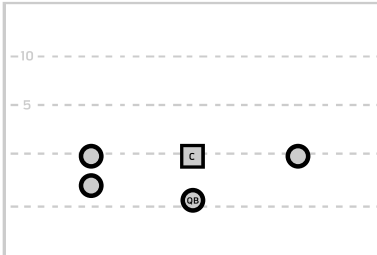
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Introduction to Formations

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.

SPREAD RIGHT	SPREAD LEFT	TRIPS RIGHT
		
<p>Where all three receivers are on the line of scrimmage, two to the right side of the center and one to the left.</p>	<p>Where all three receivers are on the line of scrimmage, two to the left side of the center and one to the right.</p>	<p>Where all three receivers are on the line of scrimmage, right of the center.</p>
TRIPS LEFT	STACK RIGHT	STACK LEFT
		
<p>Where all three receivers are on the line of scrimmage, left of the center.</p>	<p>Where one receiver lines up behind another to the right of the center; the other receiver is left of the center on the line.</p>	<p>Where one receiver lines up behind another to the left of the center; the other receiver is right of the center on the line.</p>

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 Fils Left” would refer to a Spread Left formation and the Fils Left play.

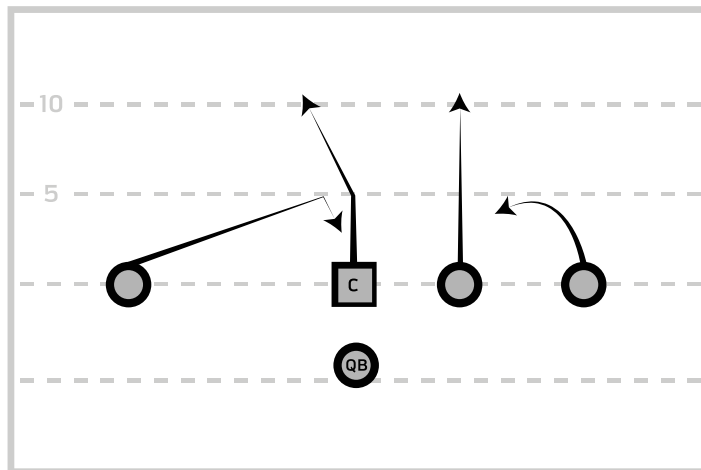
Note: Play names included in this playbook are suggestions. Feel free to adapt the play names to fit your needs and the mental capacity of your players. USA Football recommends picking a few plays that your team can run well rather than implementing the entire playbook.

Ⓚ = quarterback	— = athlete’s intended movement
Ⓢ = center	⋯ = movement with the football
○ = handoff toss	● = running back or wide receiver

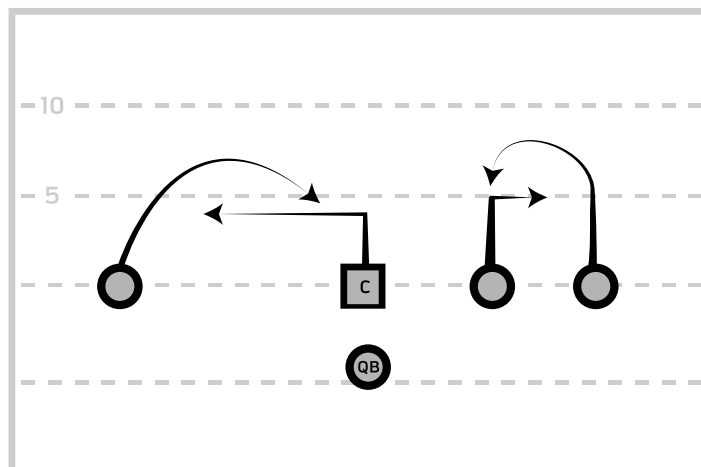
Spread Right

All three receivers are on the line of scrimmage, two to the right side of the center and one to the left.

i. Fils Right

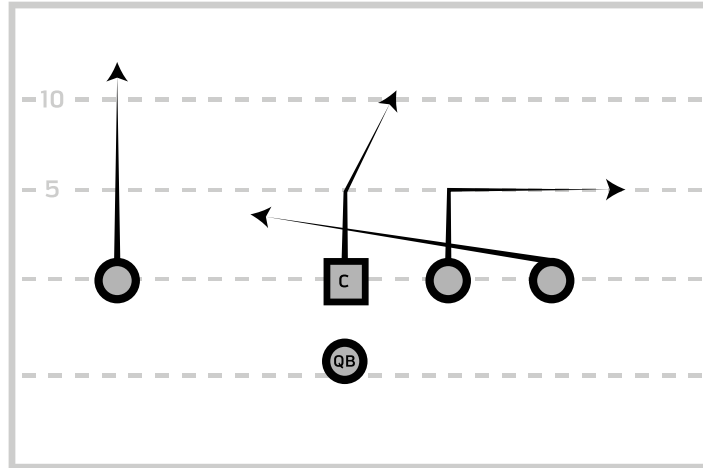


ii. McDonald Left

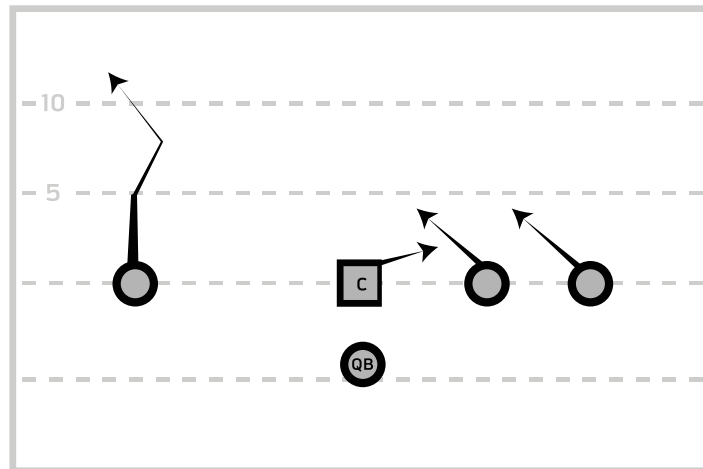


Spread Right
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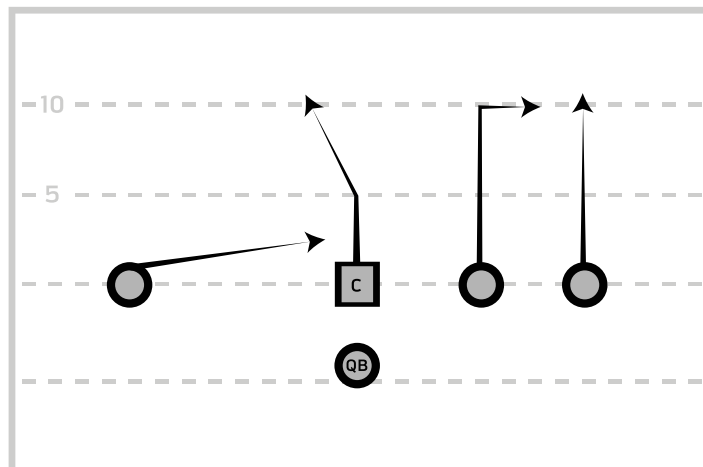
iii. Hidden Slant Right



iv. Slant Under Right

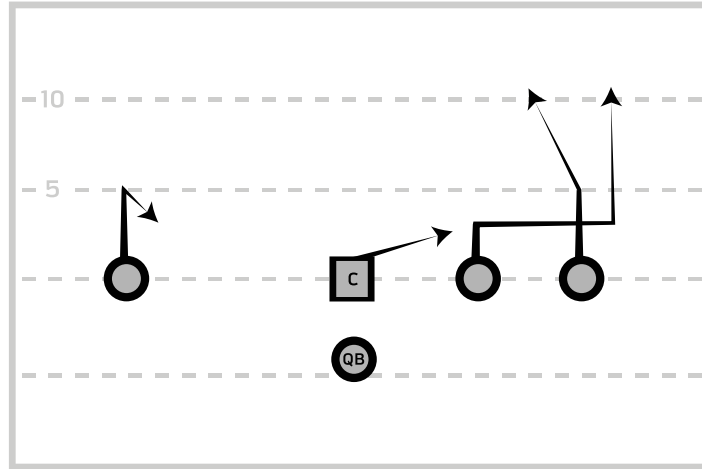


v. Fil Fly Right

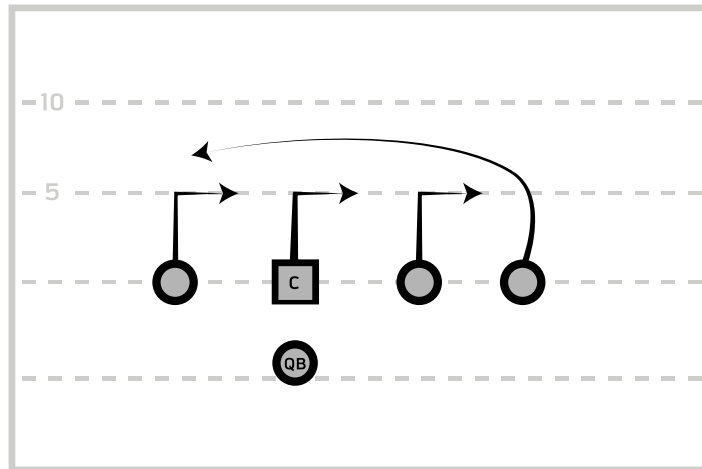


Spread Right
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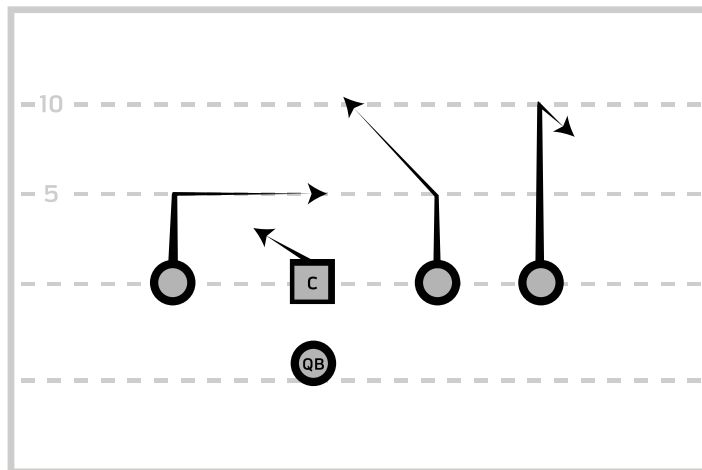
vi. Chair Right



vii. Reverse Flow

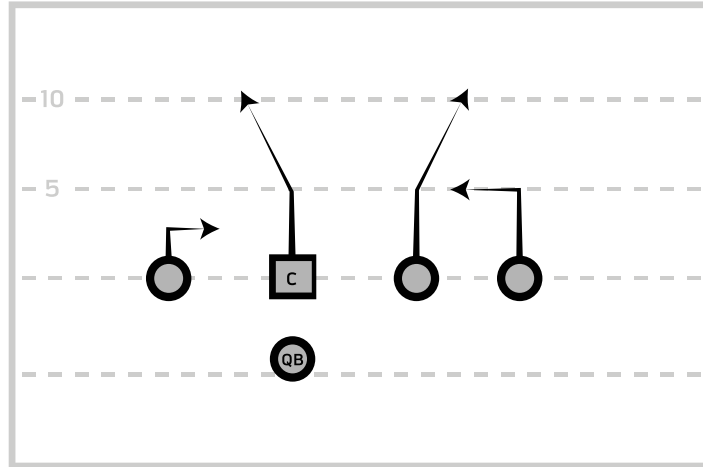


viii. Do Right

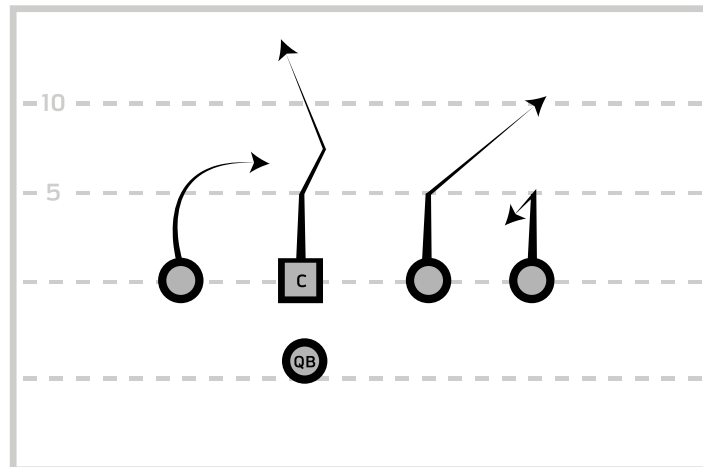


Spread Right
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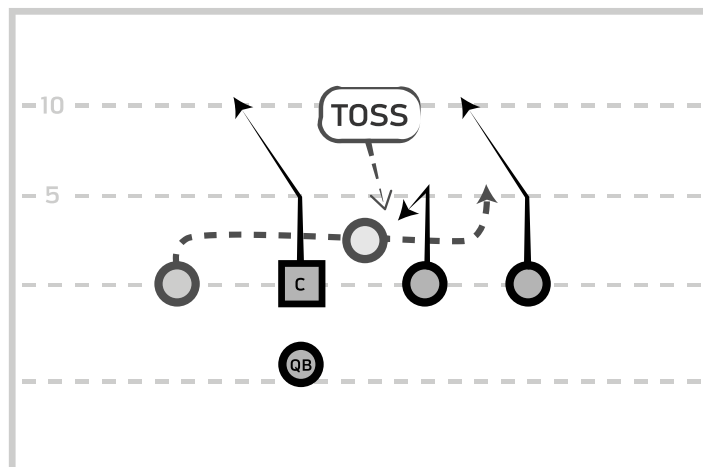
ix. Corners Right



x. Safety's Choice



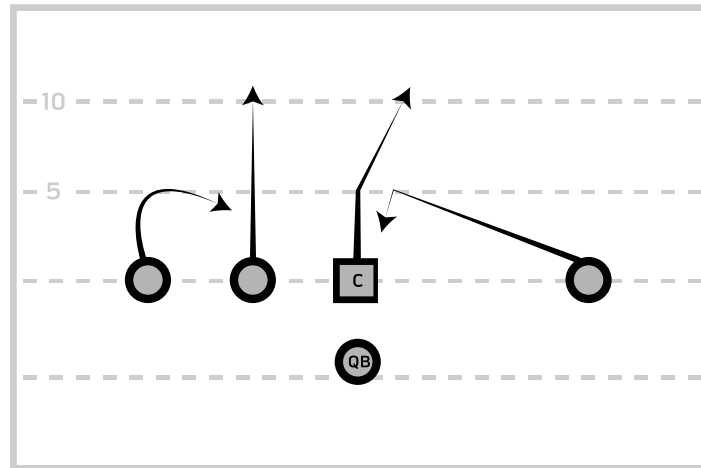
xi. Hook 'N' Ladder



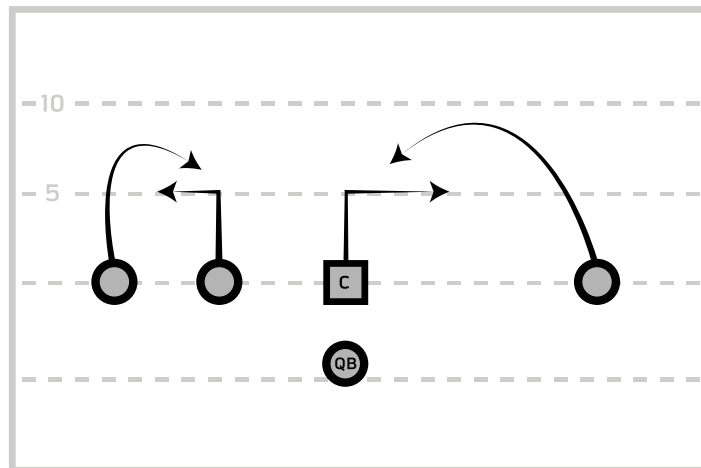
Spread Left

All three receivers are on the line of scrimmage, two to the left side of the center and one to the right.

i. Fils Left

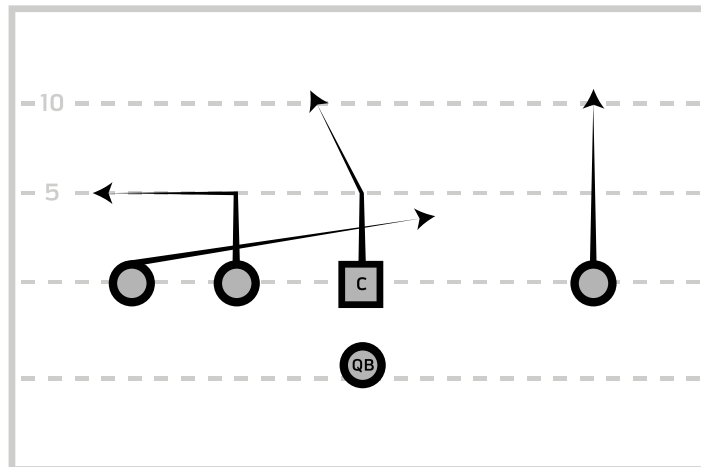


ii. McDonald Left

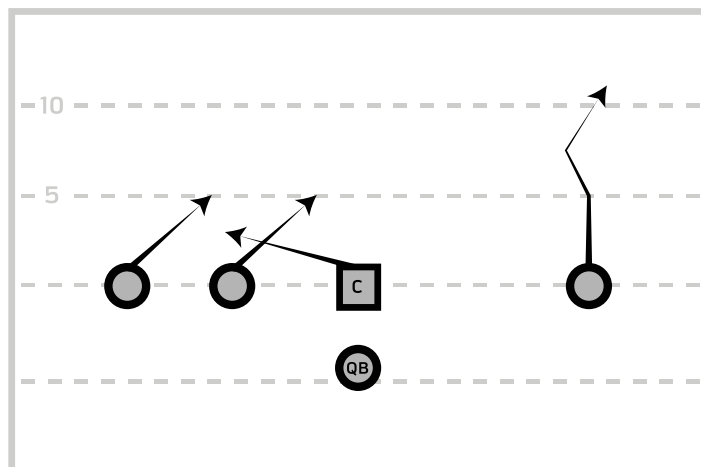


Spread Left
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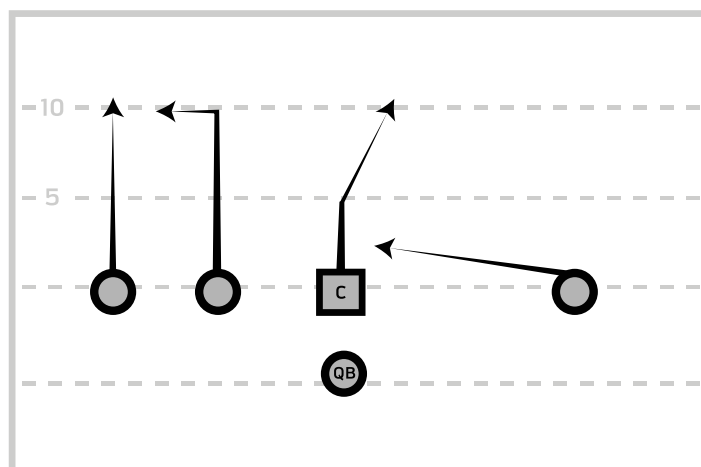
iii. Hidden Slant Left



iv. Slant Under Left

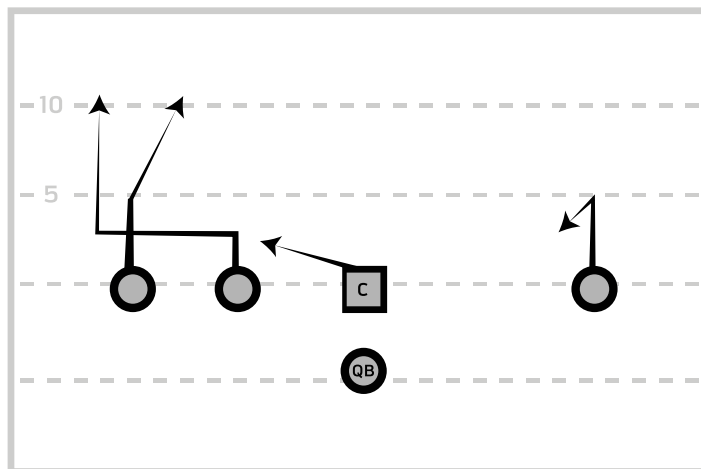


v. Fil Fly Right

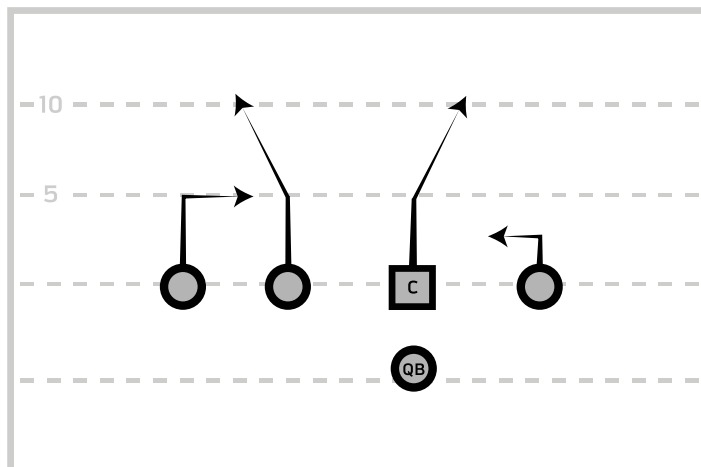


Spread Left
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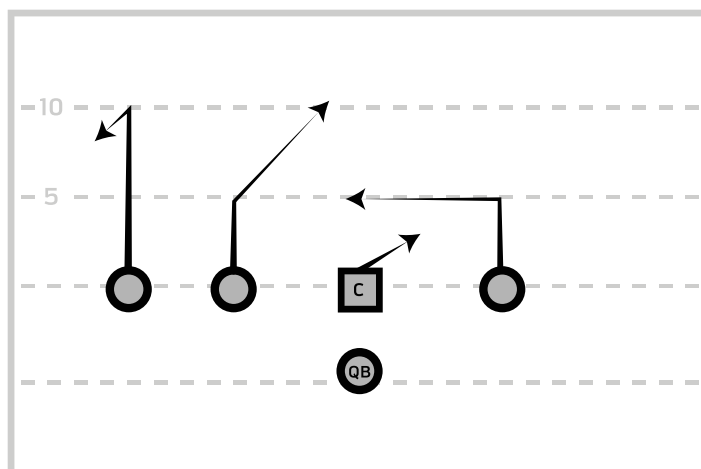
vi. Chair Left



vii. Corners Right

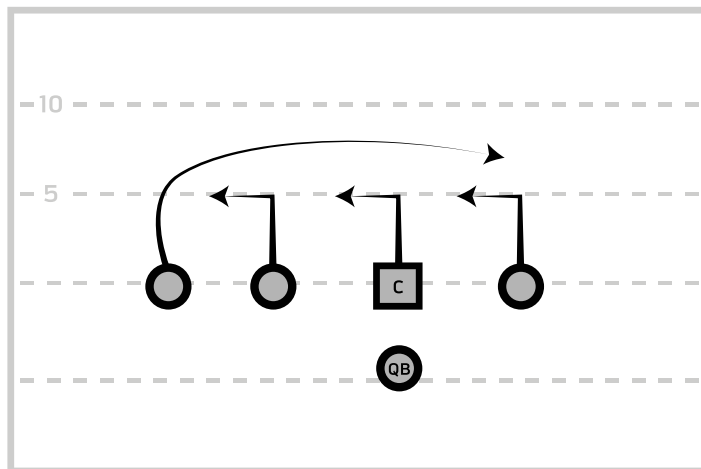


viii. Do Left

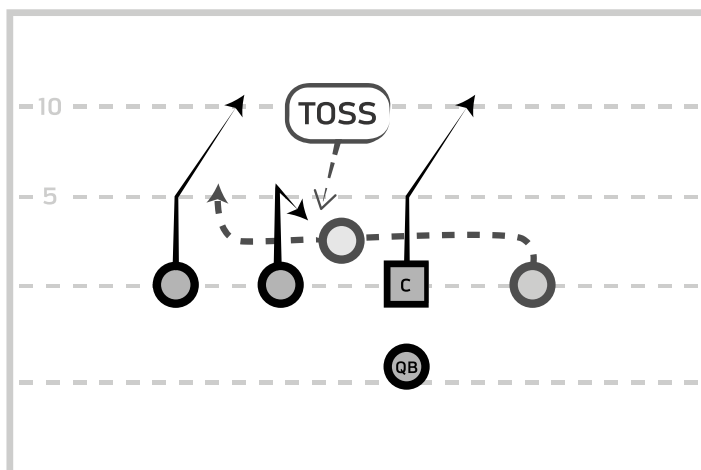


Spread Left
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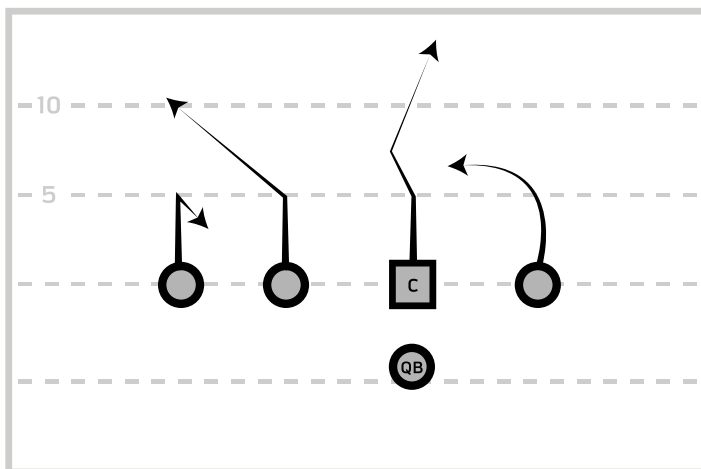
ix. Reverse Flow



x. Hook 'N' Ladder



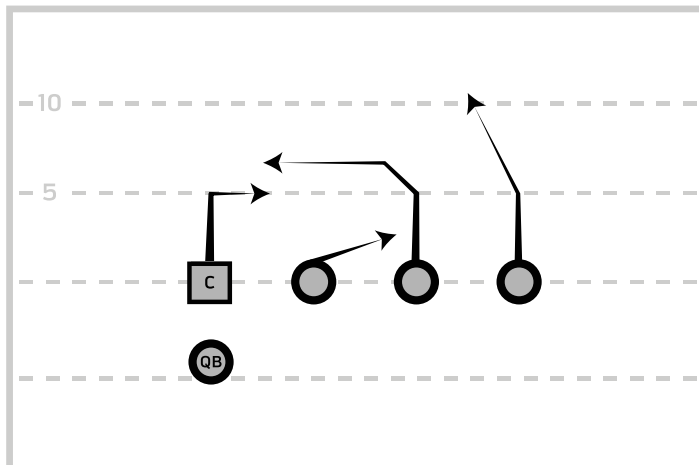
xi. Safety's Choice



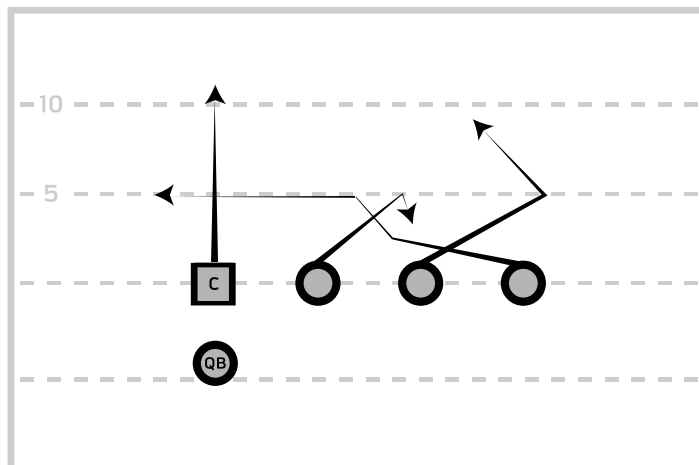
Trips Right

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

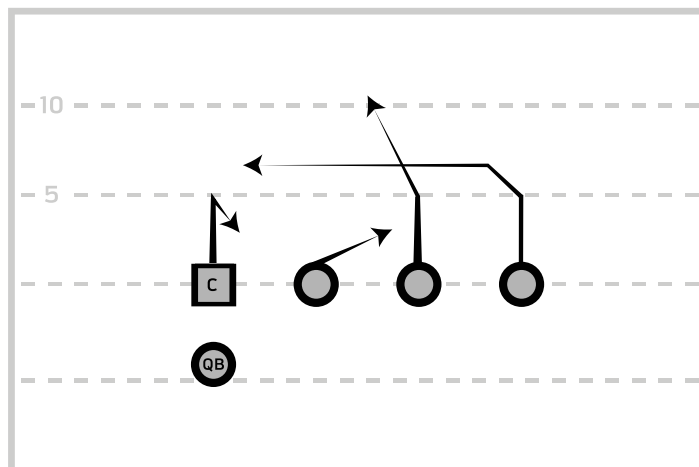
i. Akron



ii. Zig Zag

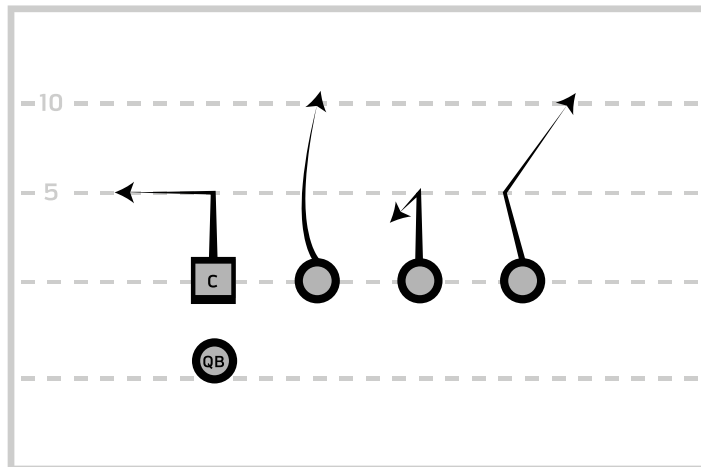


iii. Boise

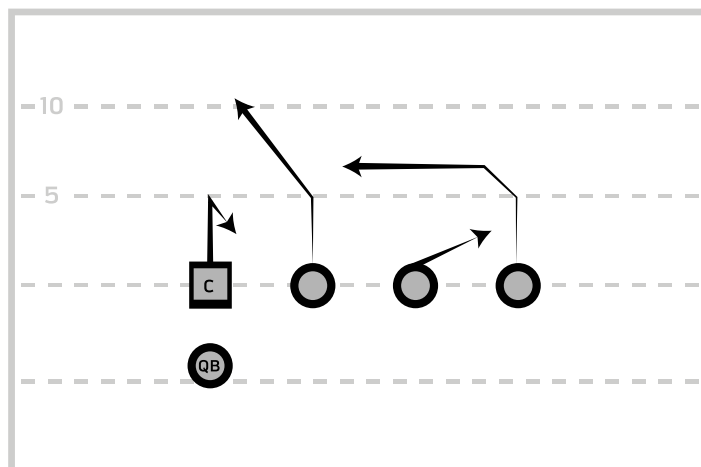


Trips Right
(continued)

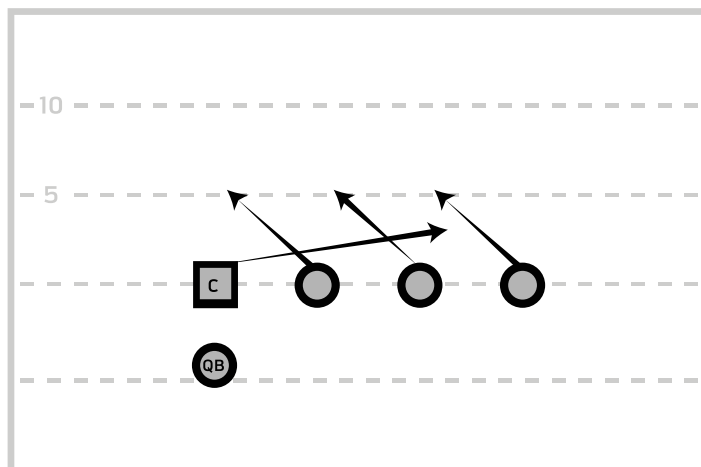
iv. Fil



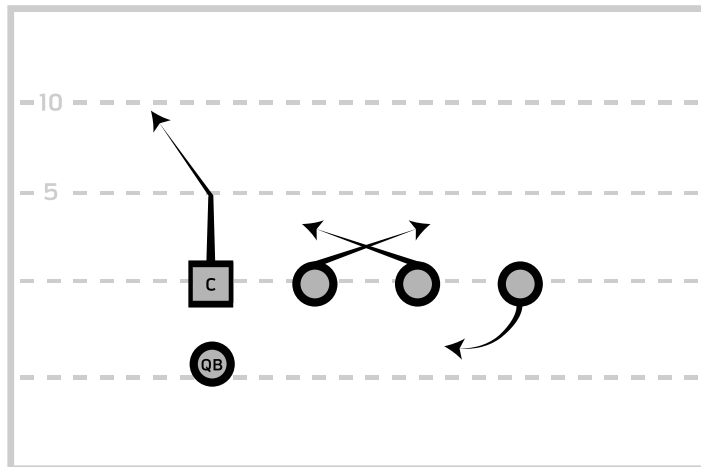
v. Connecticut



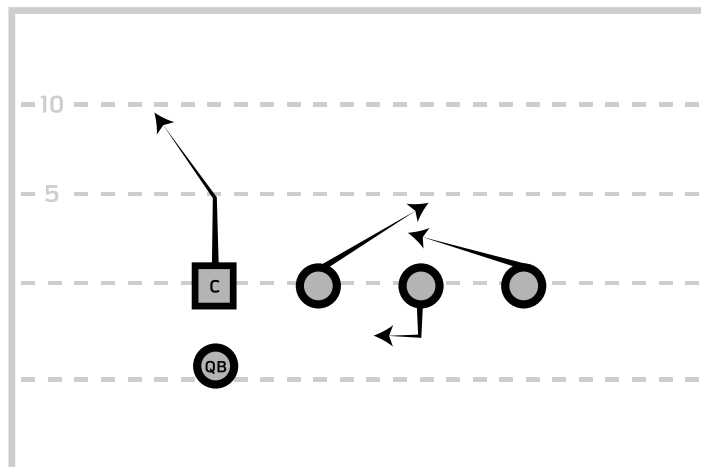
vi. Slant Reverse



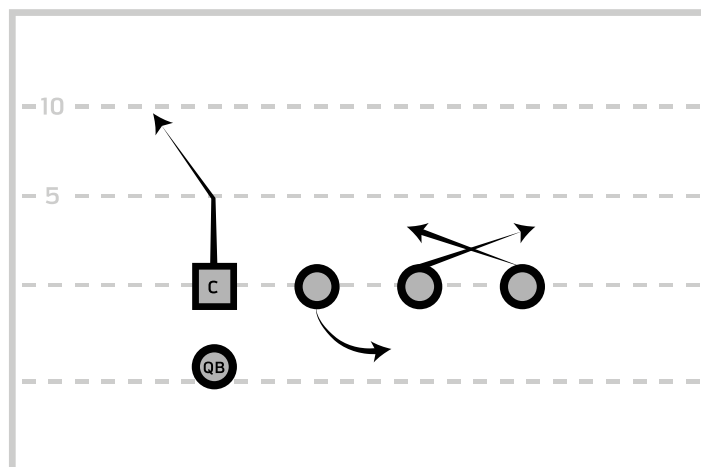
vii. Itchpass Al



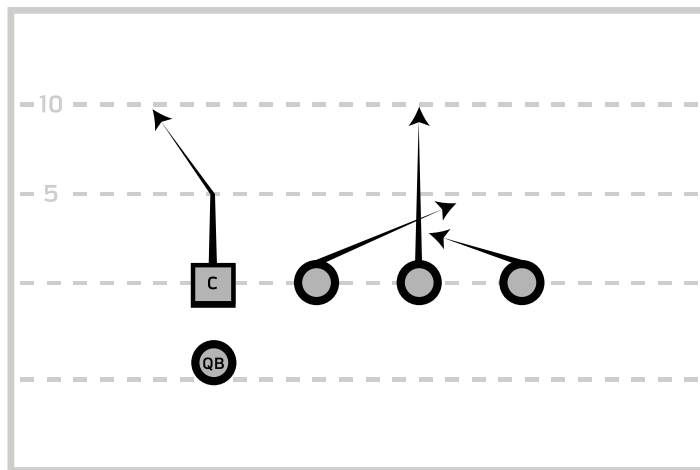
viii. Itchpass Bob



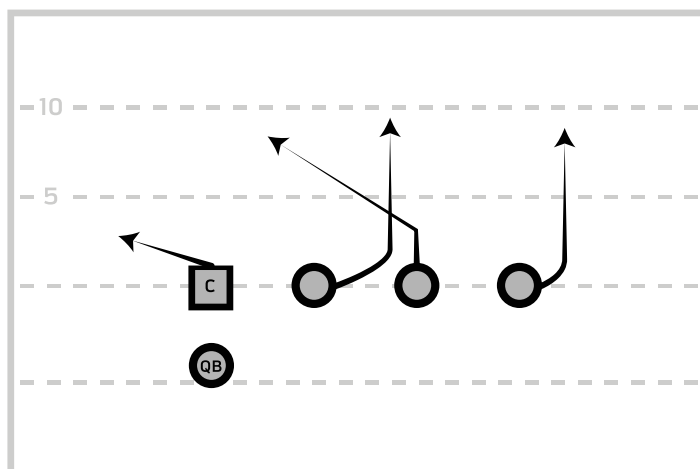
ix. Itchpass Chuck



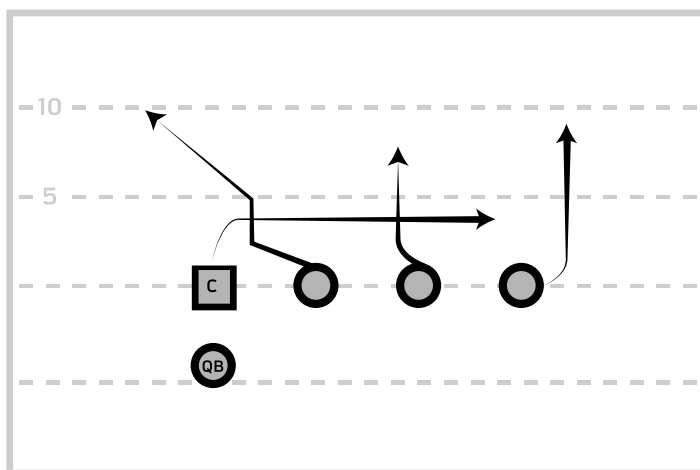
x. Crossing Slants



xi. Seahawk Right



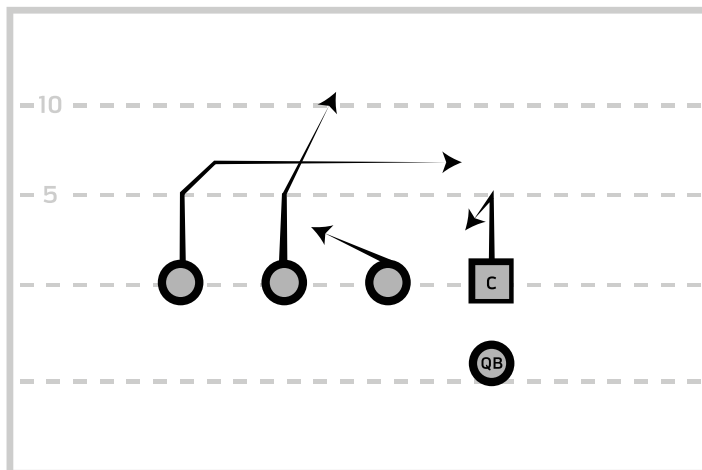
xii. Arctic Right



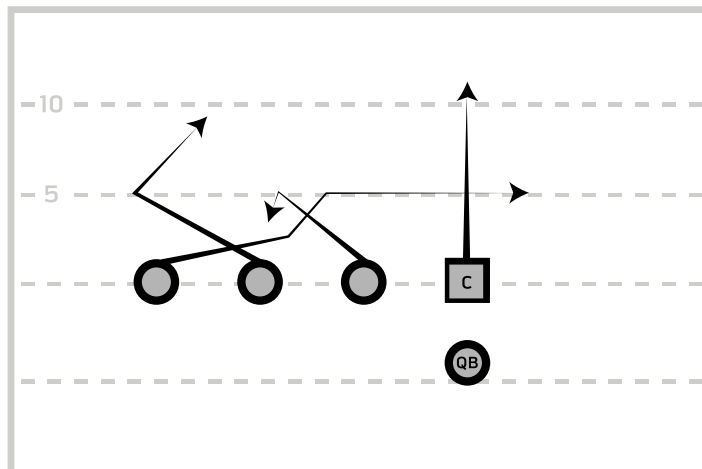
Trips Left

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

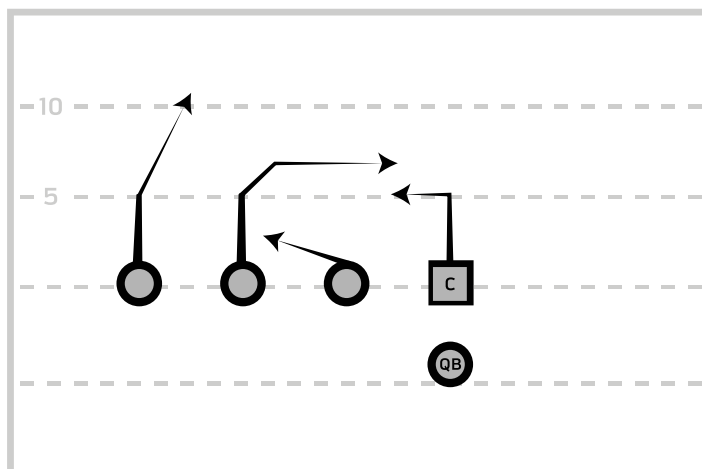
i. Boise



ii. Zig Zag

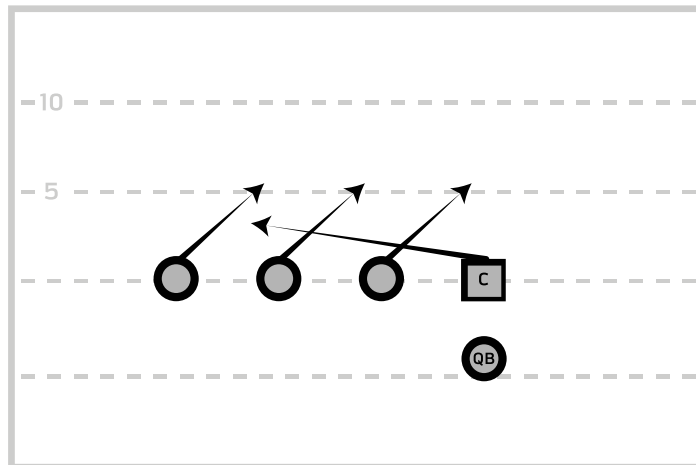


iii. Akron

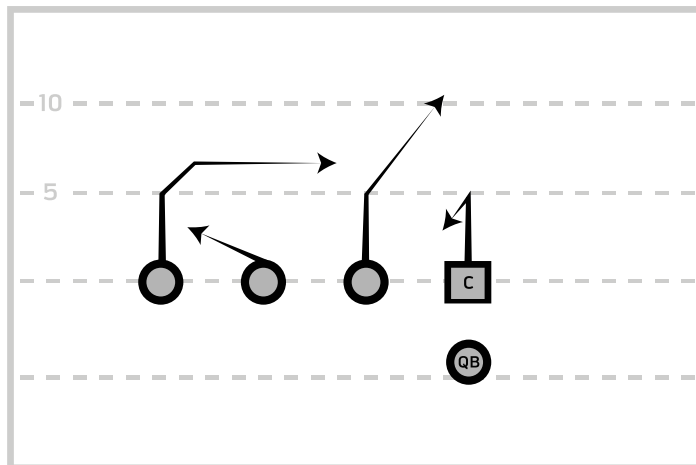


Trips Left
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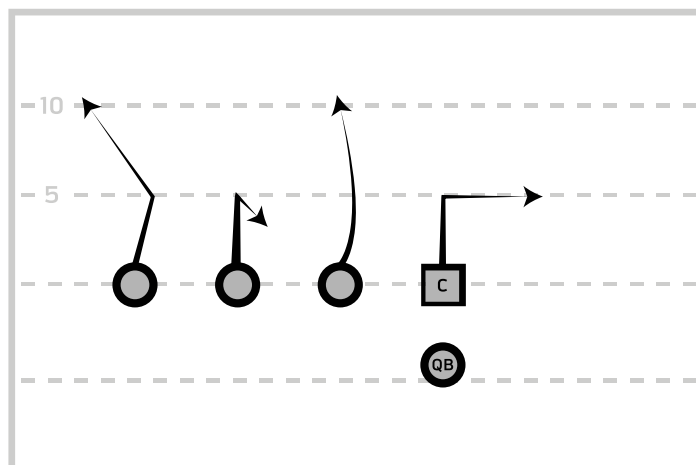
iv. Slant Reverse



v. Connecticut

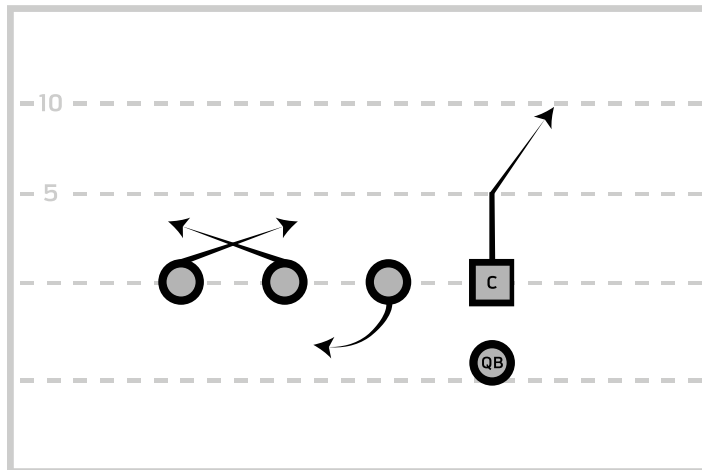


vi. Fil

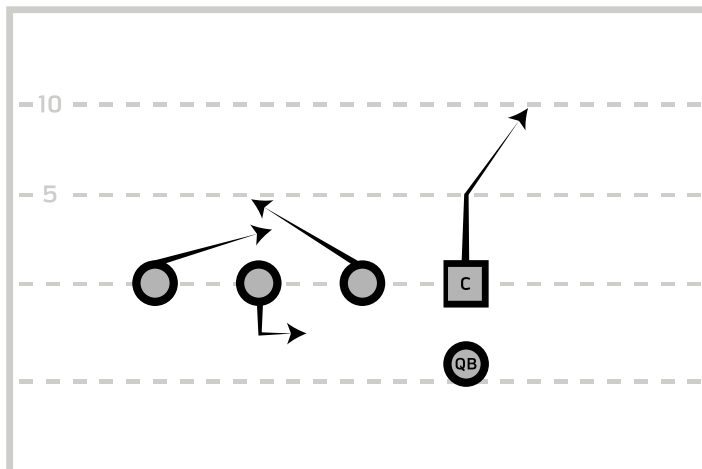


Trips Left
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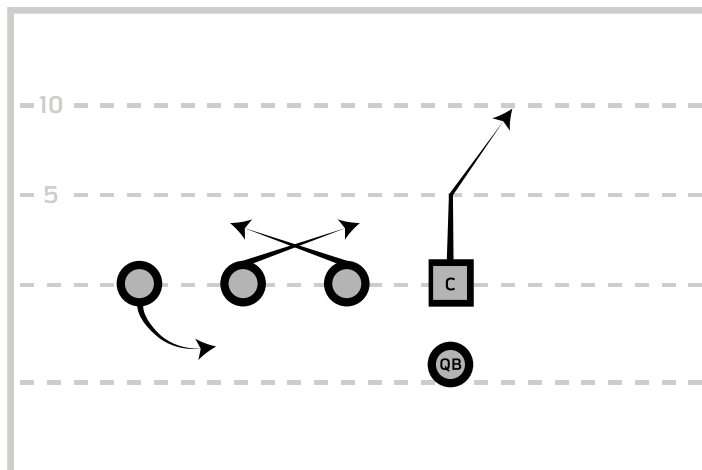
vii. Itchpass Chuck



viii. Itchpass Bob



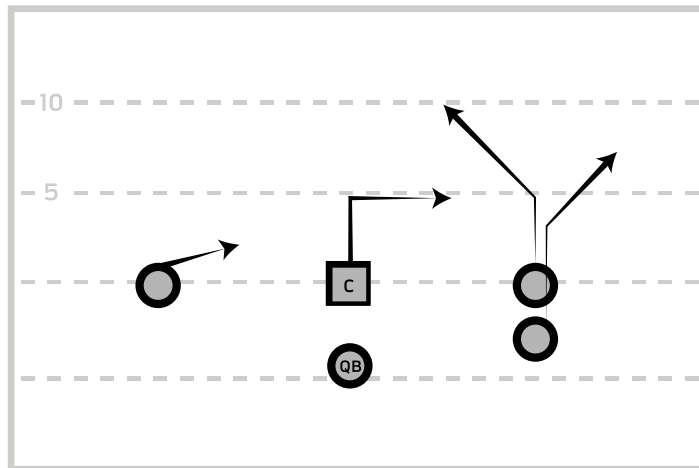
ix. Itchpass Al



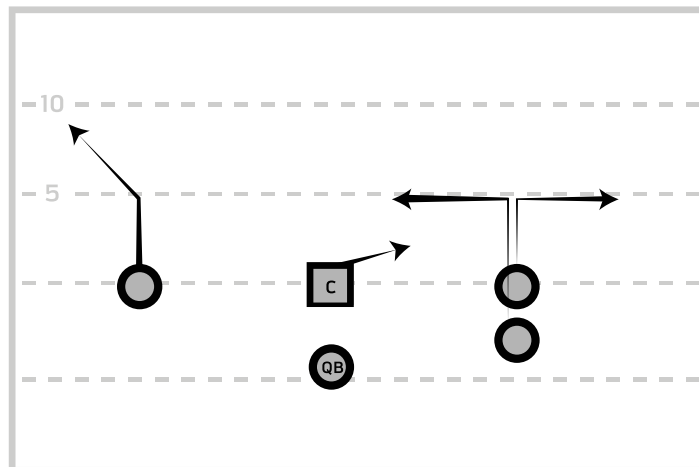
Stack Right

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

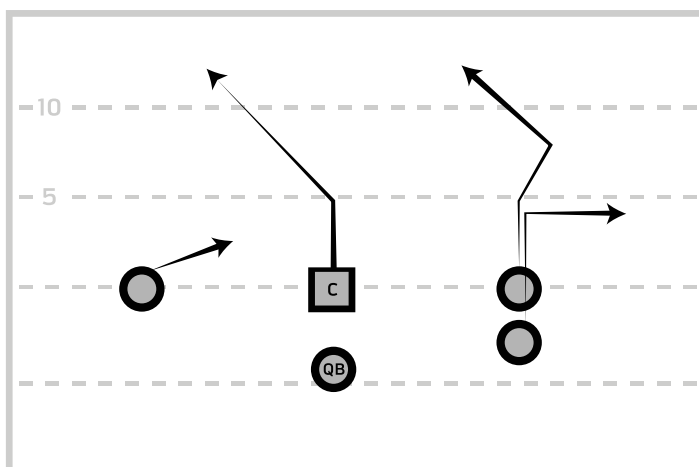
i. Stack 45 Degrees



ii. Stack 90 Degrees

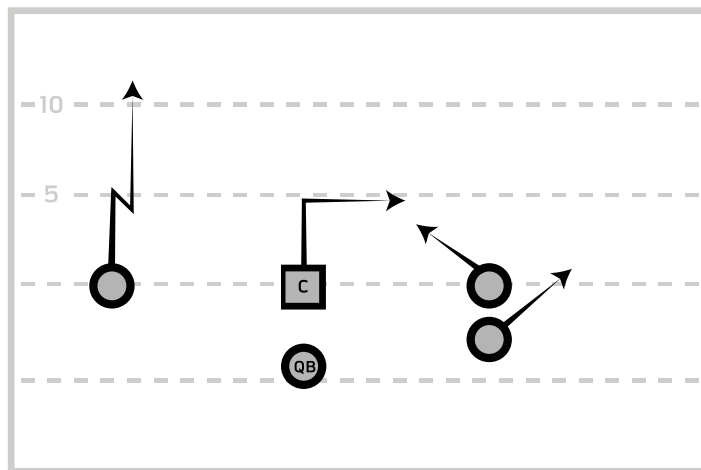


iii. Corner Post

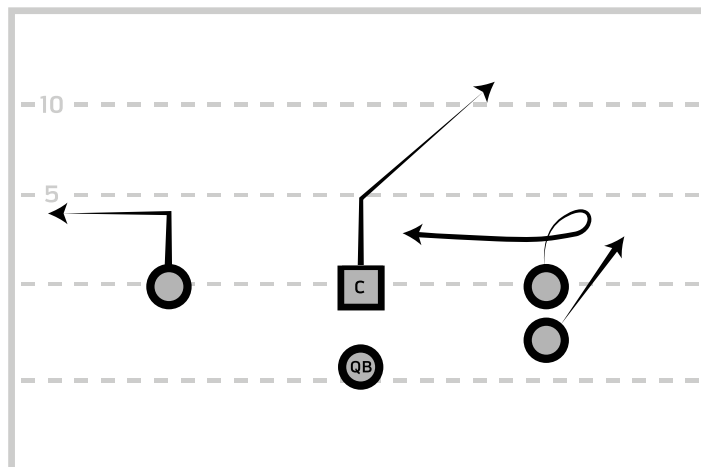


Stack Right
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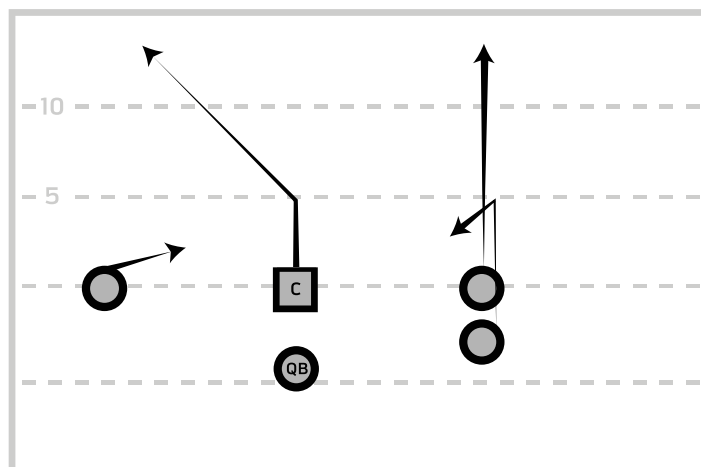
iv. Stack Slants



v. T-In

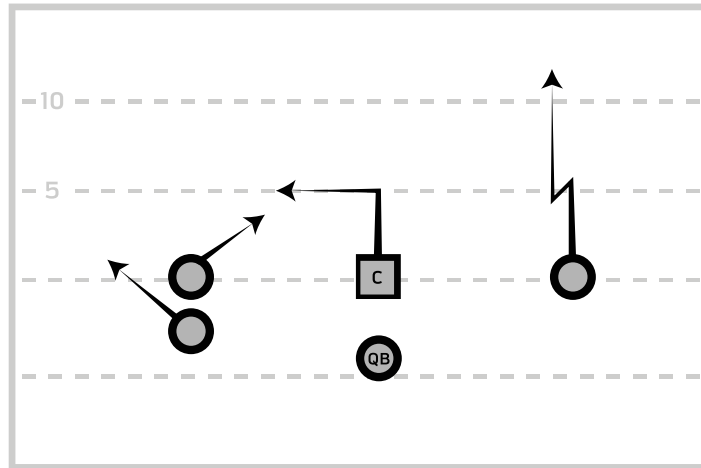
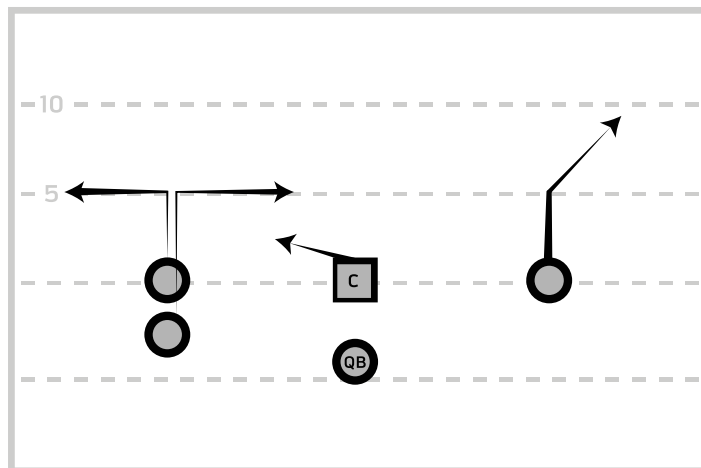
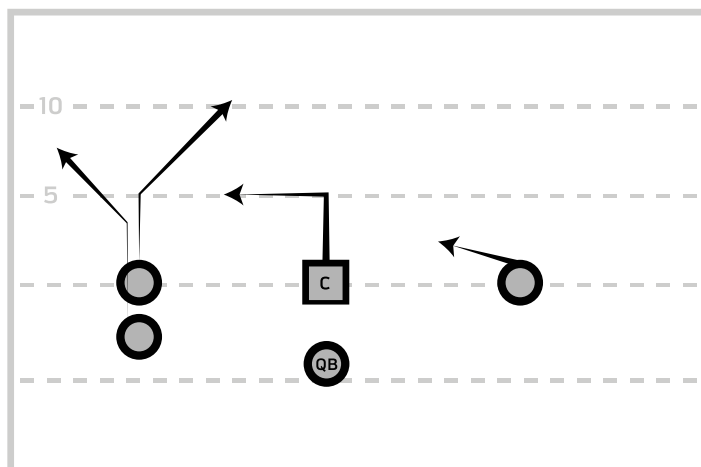


vi. Stack Straight



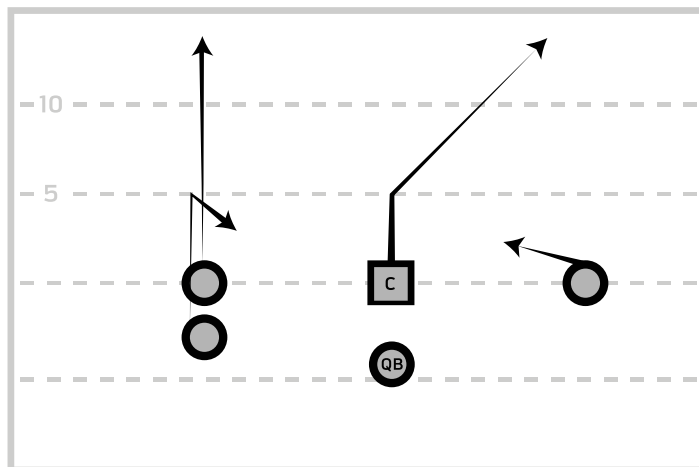
Stack Left

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

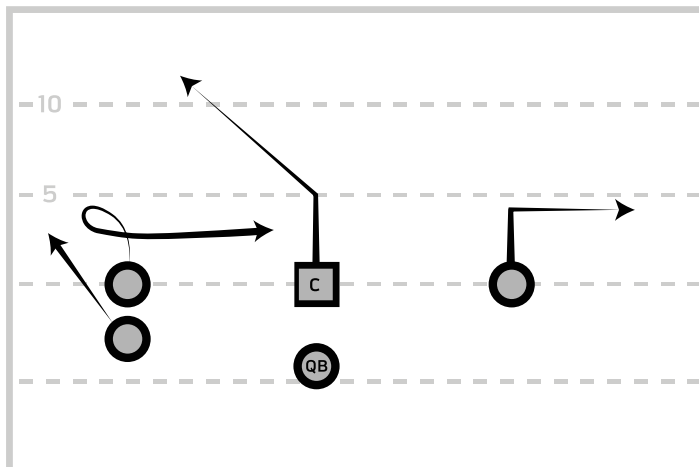
i. Stack Slants**ii. Stack 90 Degrees****iii. Stack 45 Degrees**

Stack Left
(continued)

iv. Stack Straight



v. T-In



vi. Corner Post

