

WESTAMPTON REC.

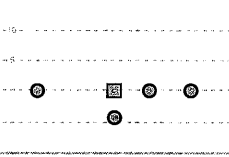
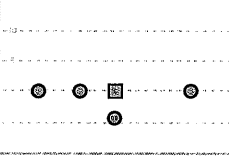
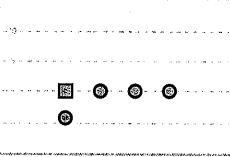
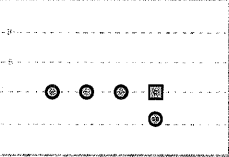
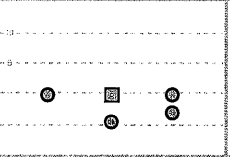
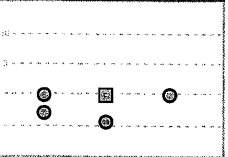
FLAG FOOTBALL

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.

SPREAD RIGHT	SPREAD LEFT	TRIPS RIGHT	TRIPS LEFT	STACK RIGHT	STACK LEFT
					
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.

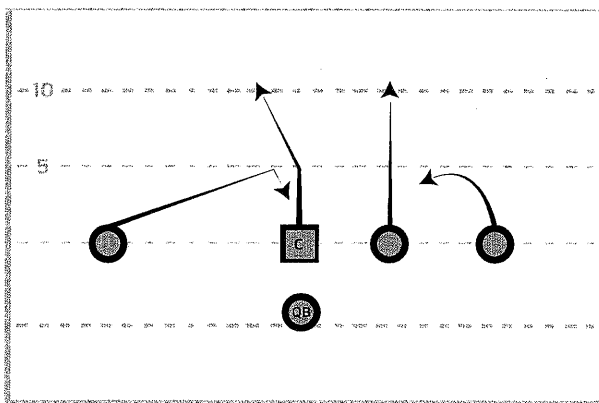
Note: Play names included in this playbook are suggestions. Feel free to adapt the play names to fit your needs and the mental capacity of your players. USA Football recommends picking a few plays that your team can run well rather than implementing the entire playbook.



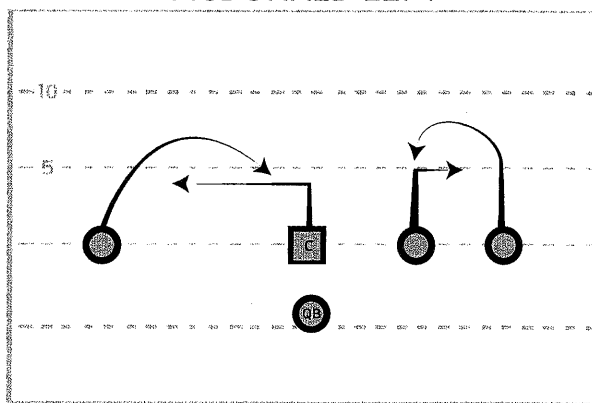
SPREAD RIGHT

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

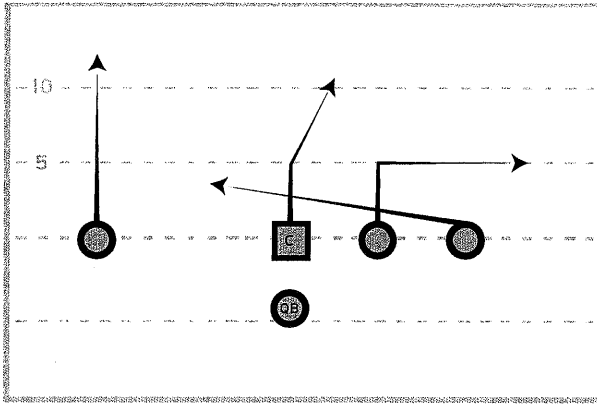
FILS RIGHT



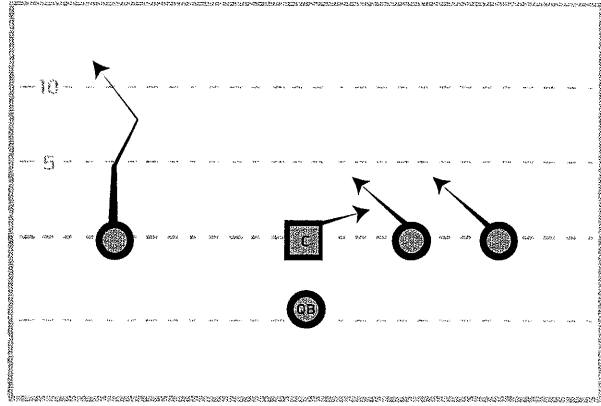
MCDONALD LEFT



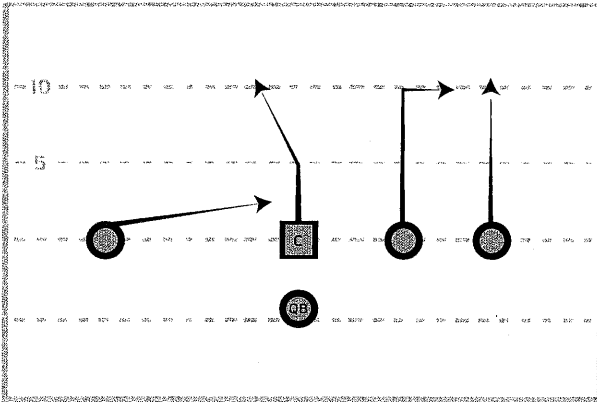
HIDDEN SLANT RIGHT



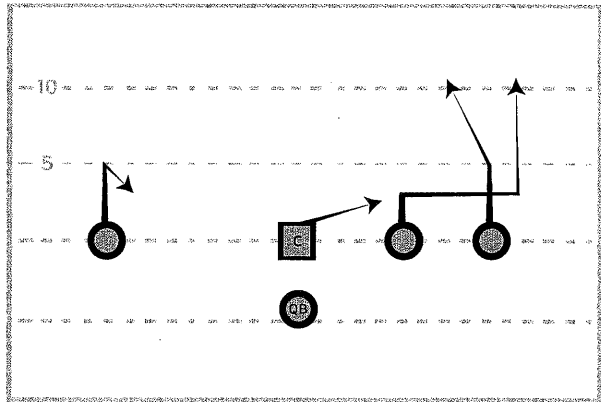
SLANT UNDER RIGHT



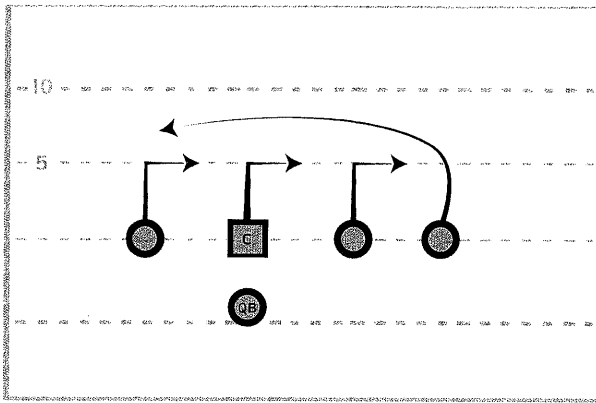
FIL FLY RIGHT



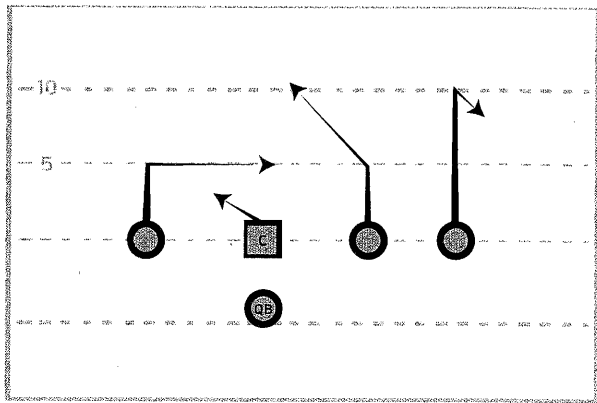
CHAIR RIGHT



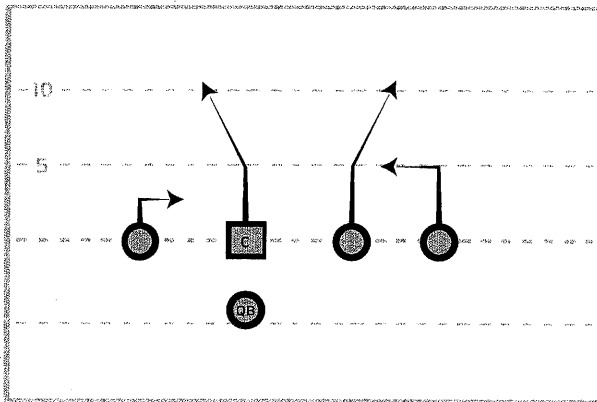
REVERSE FLOW



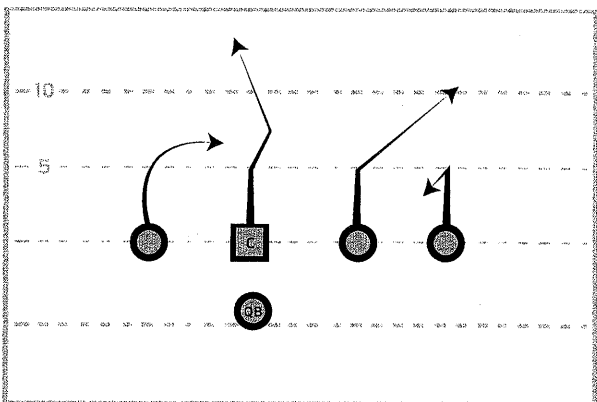
DO RIGHT



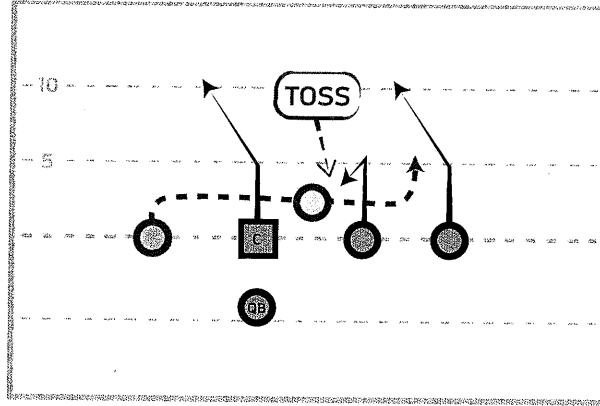
CORNERS RIGHT



SAFETY'S CHOICE



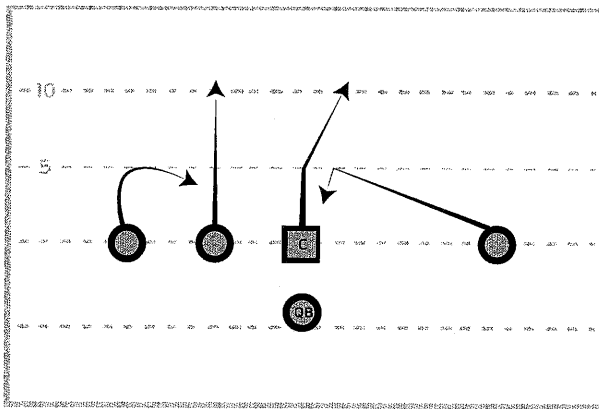
HOOK 'N' LADDER



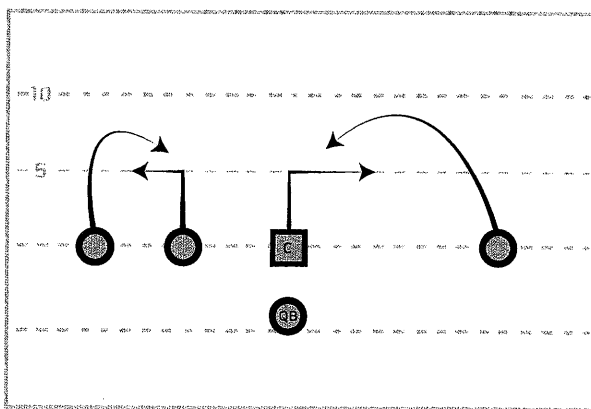
SPREAD LEFT

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

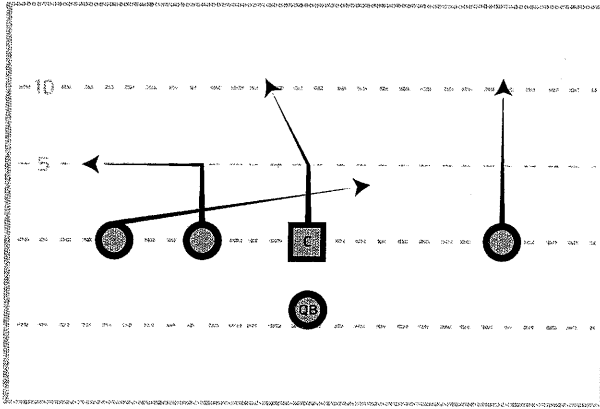
FILS LEFT



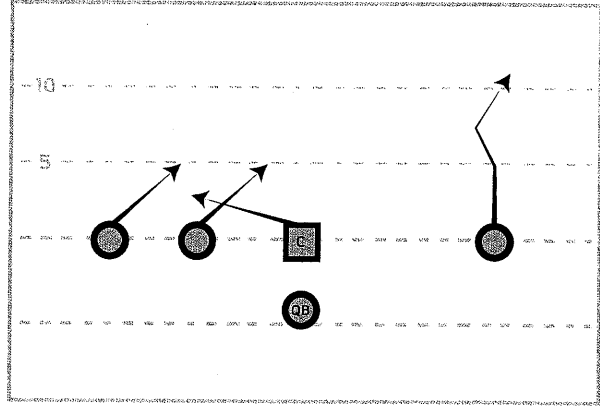
MCDONALD LEFT



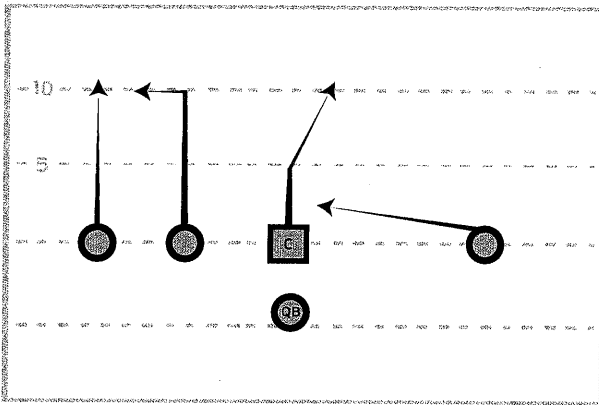
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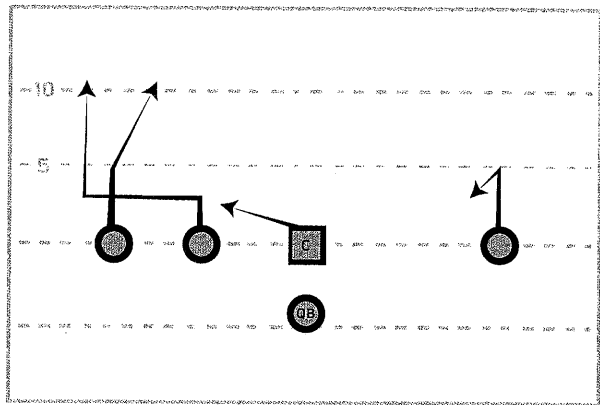
SLANT UNDER LEFT



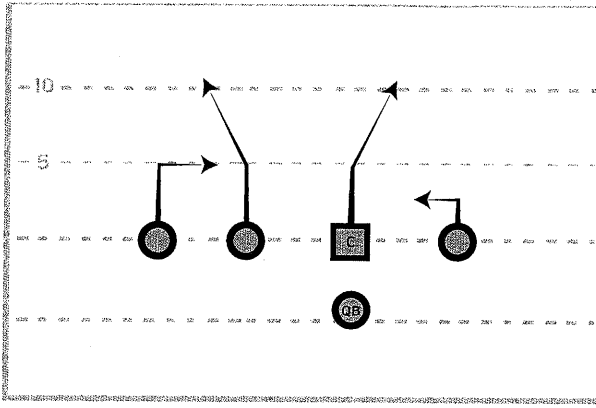
FIL FLY RIGHT



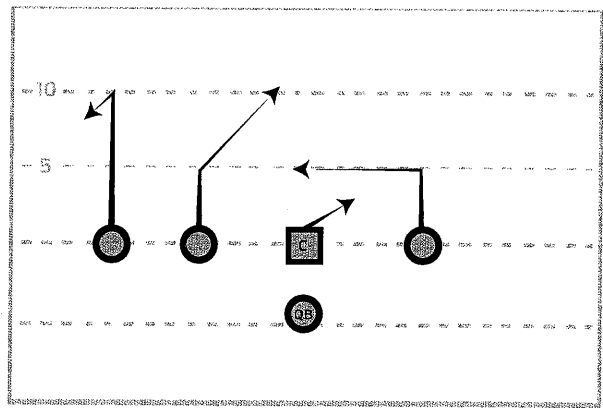
CHAIR LEFT



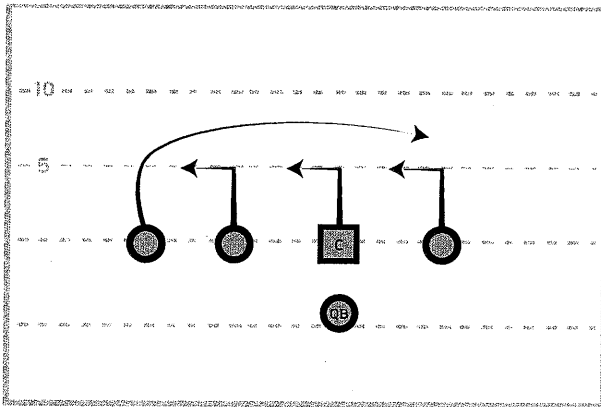
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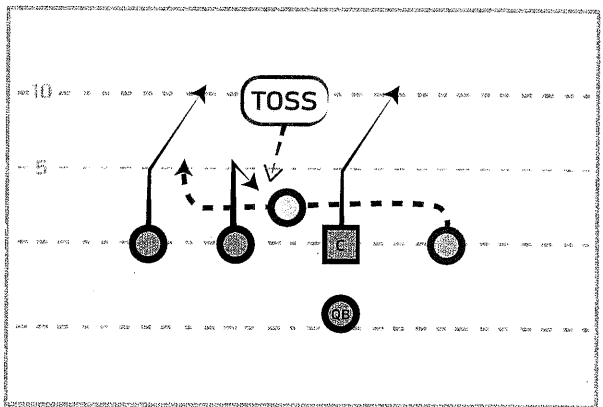
DO LEFT



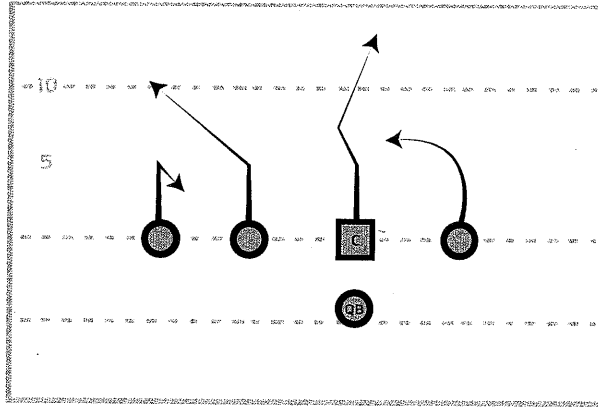
REVERSE FLOW



HOOK 'N' LADDER



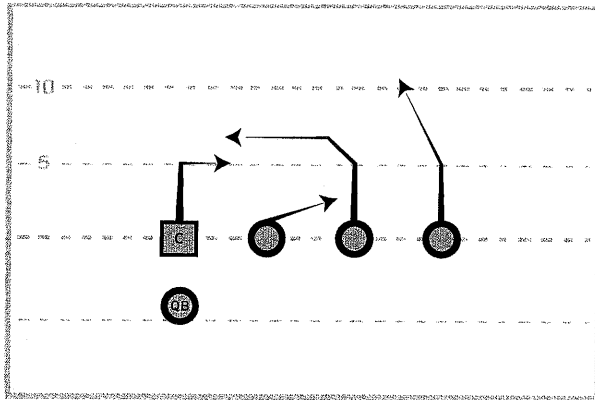
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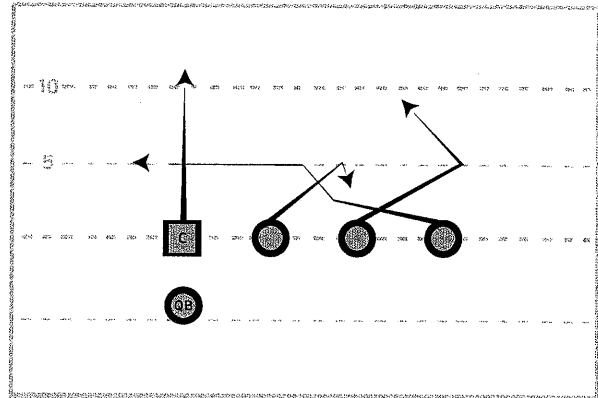
TRIPS RIGHT

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

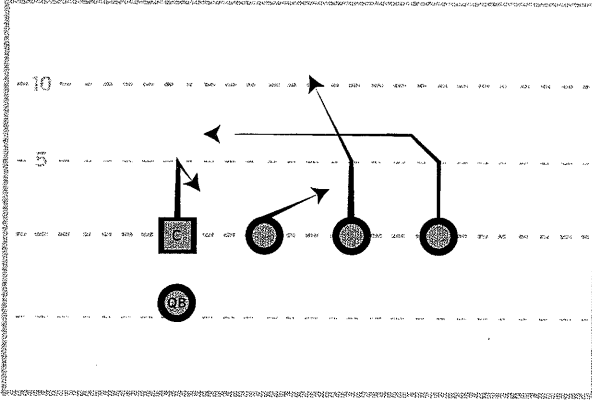
AKRON



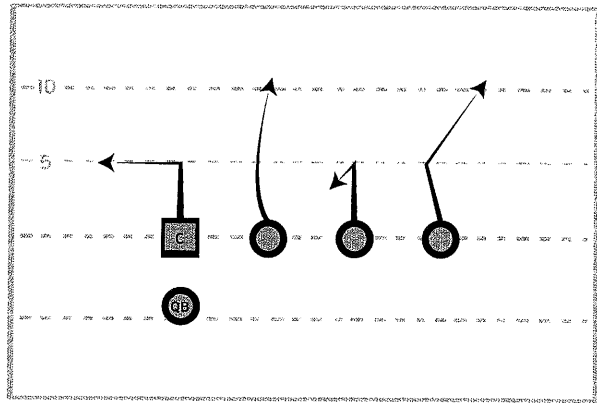
ZIG ZAG



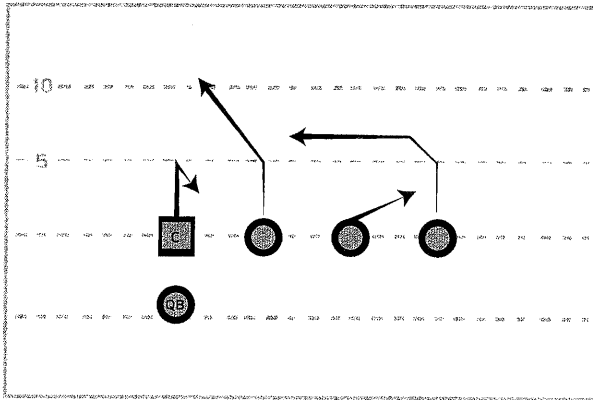
BOISE



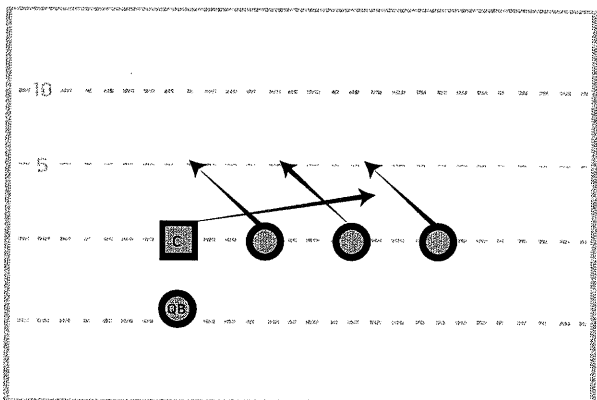
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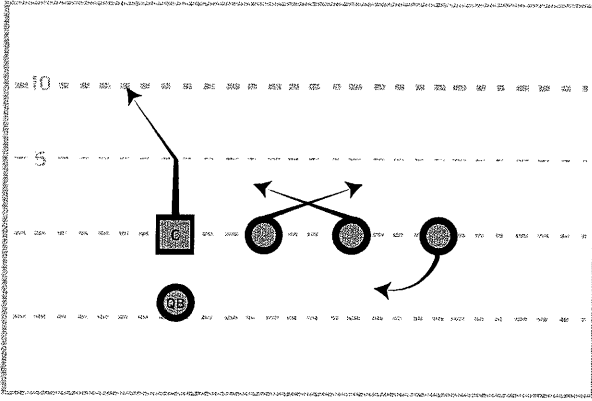
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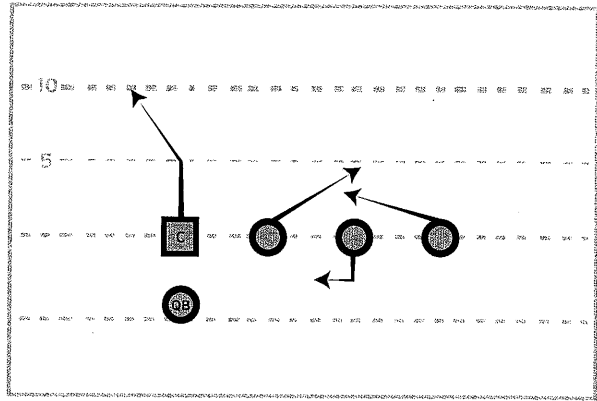
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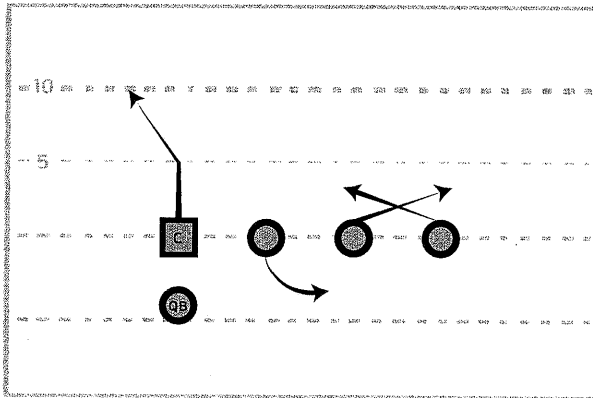
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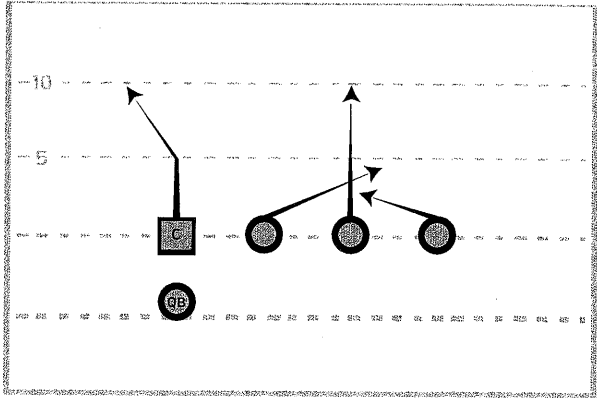
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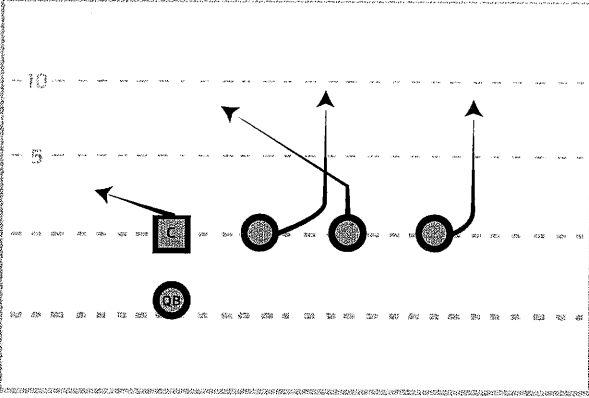
ITCHPASS CHUCK



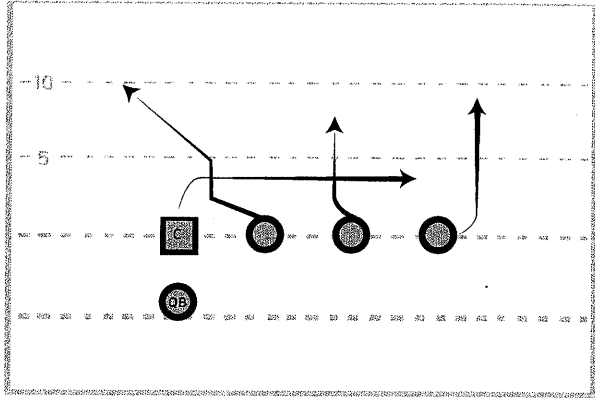
CROSSING SLANTS



SEAHAWK RIGHT



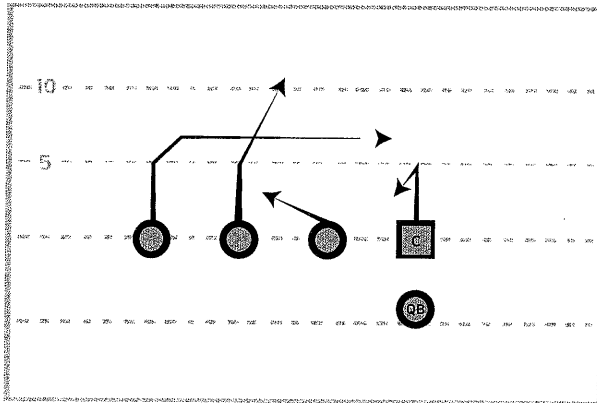
ARCTIC RIGHT



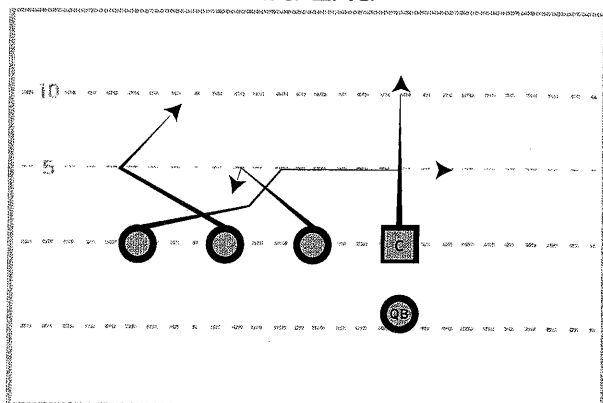
TRIPS LEFT

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

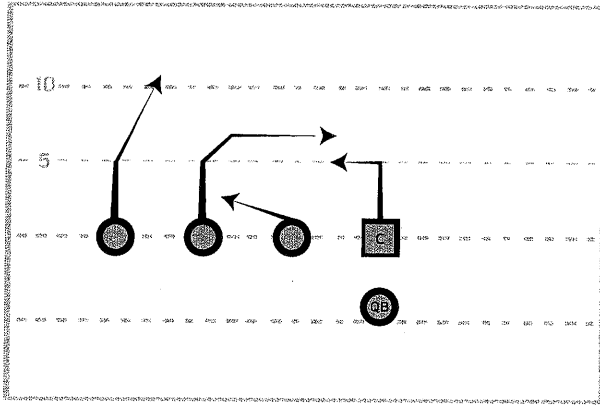
BOISE



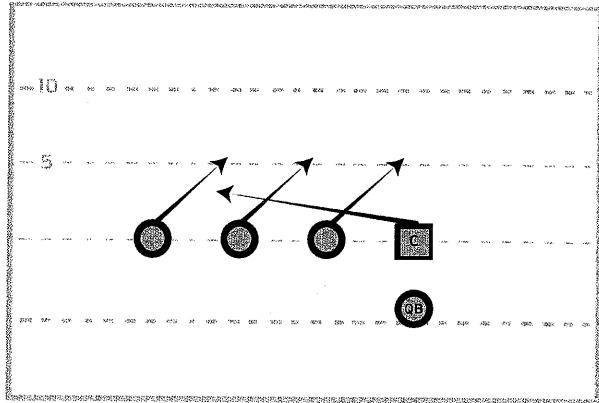
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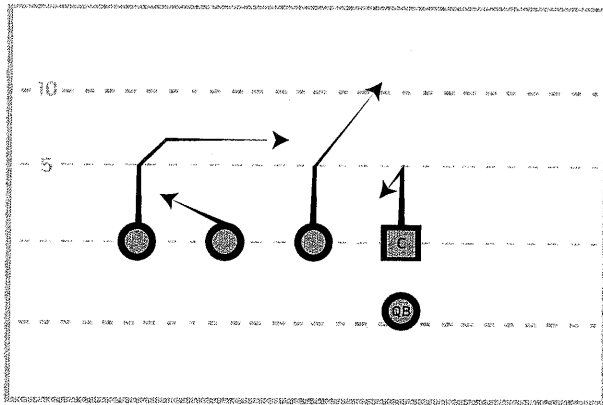
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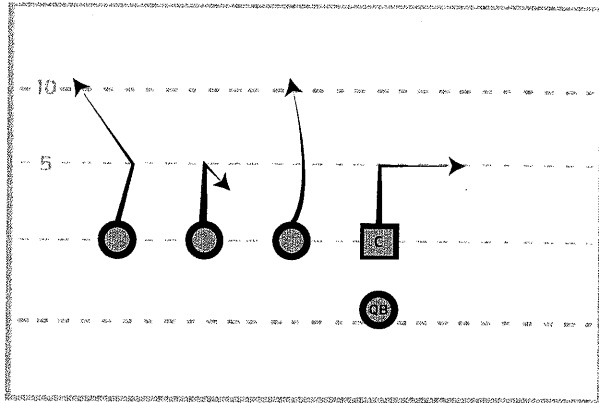
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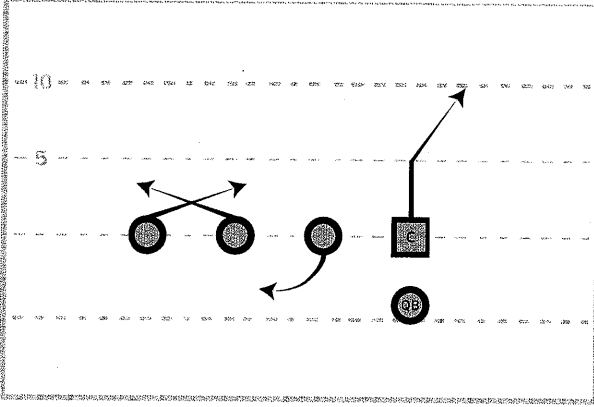
CONNECTICUT



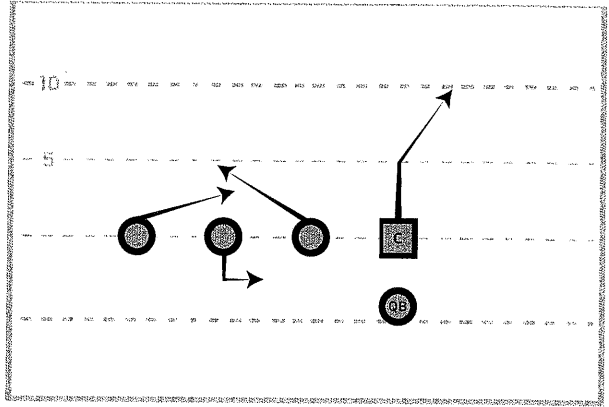
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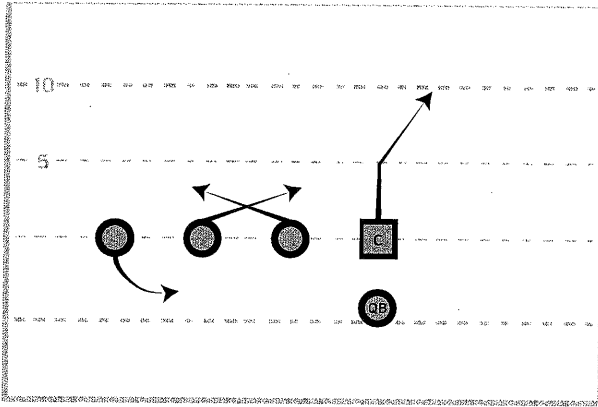
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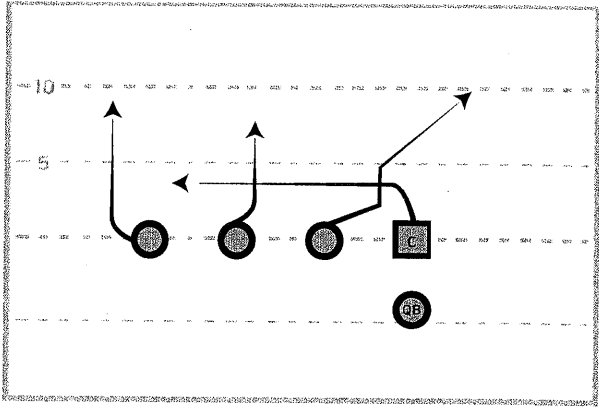
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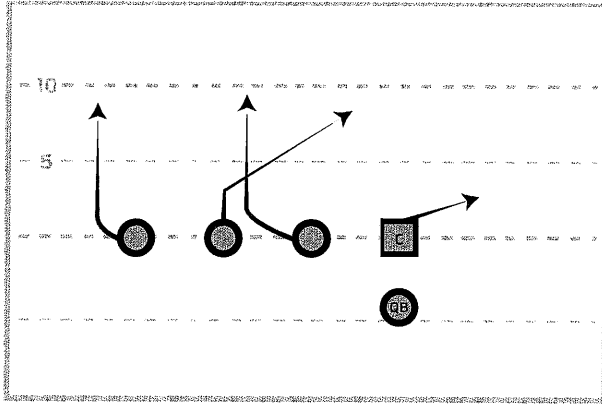
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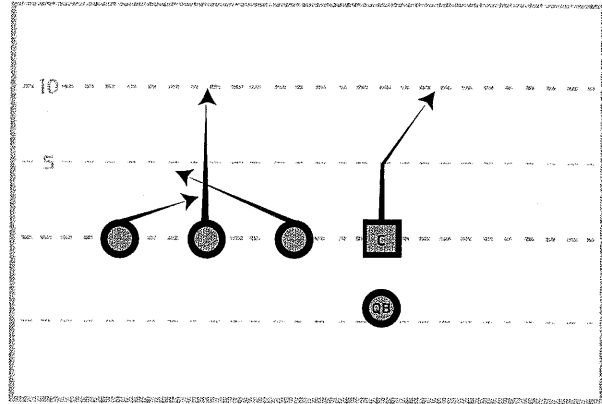
ARCTIC LEFT



SEAHAWK LEFT



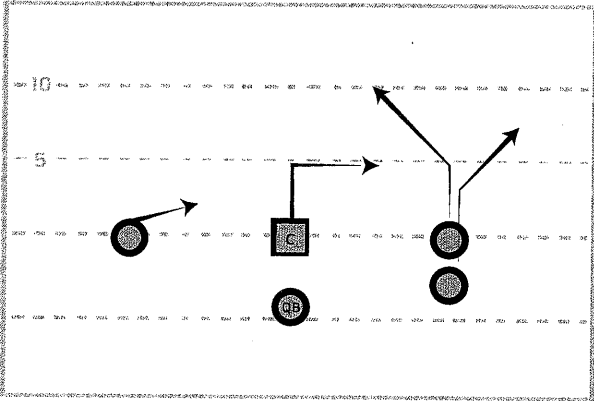
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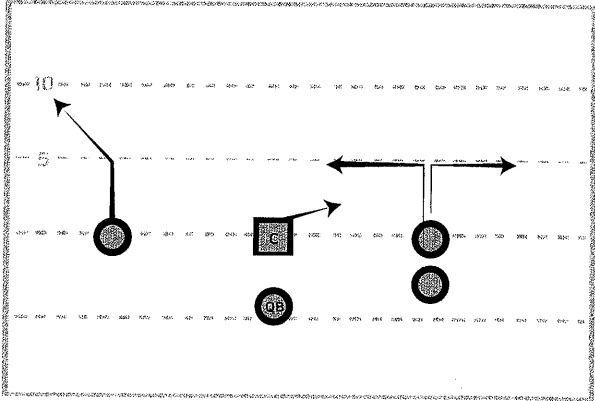
STACK RIGHT

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

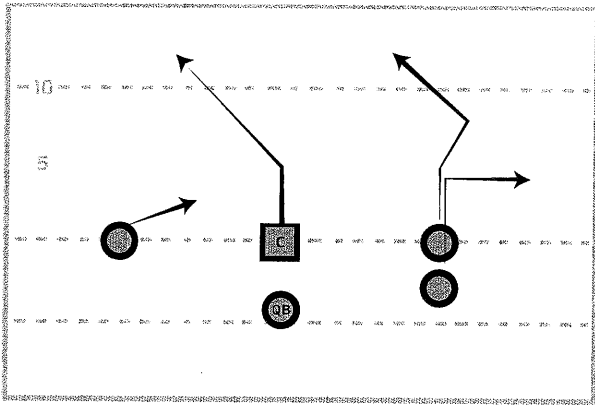
STACK 45 DEGREES



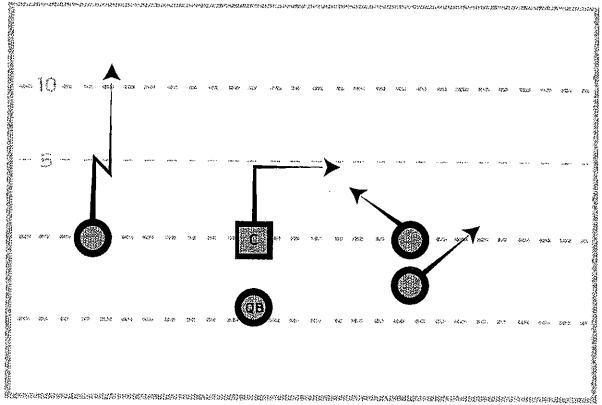
STACK 90 DEGREES



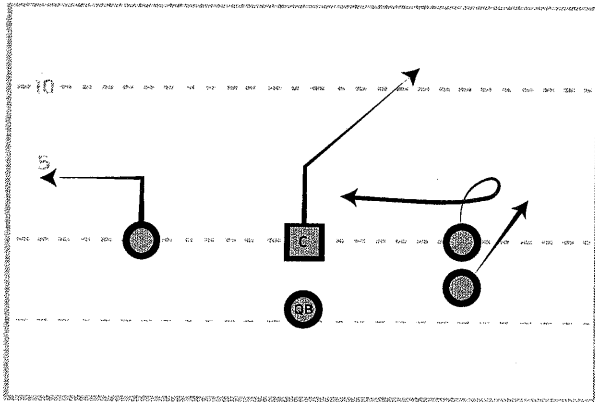
CORNER POST



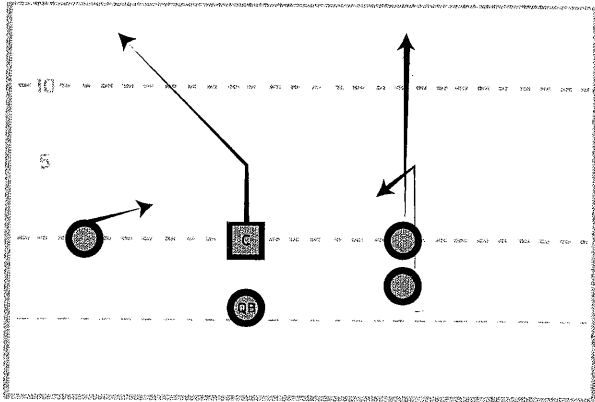
STACK SLANTS



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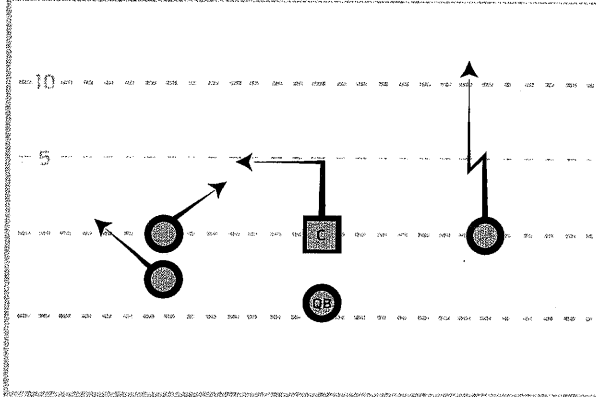
STACK STRAIGHT



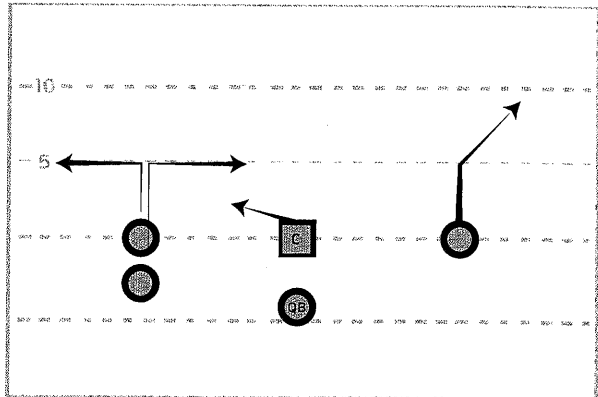
STACK LEFT

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

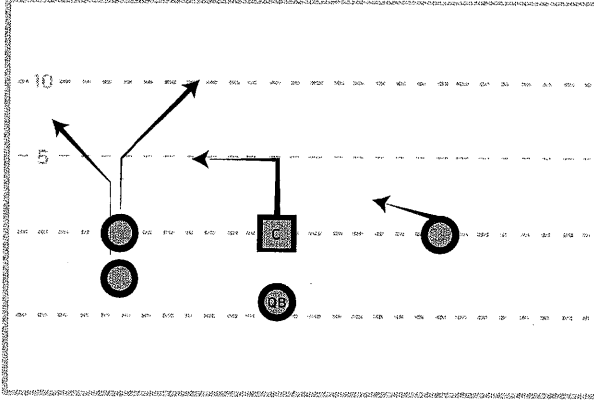
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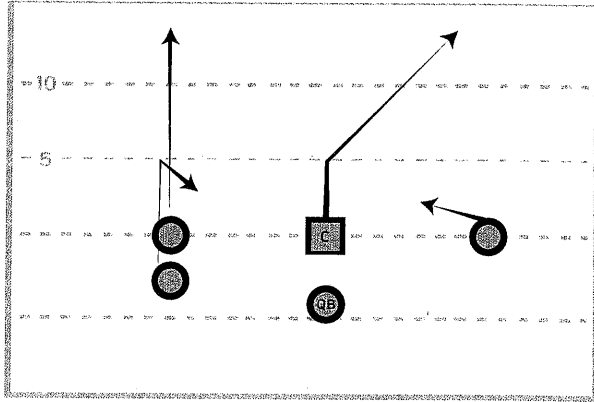
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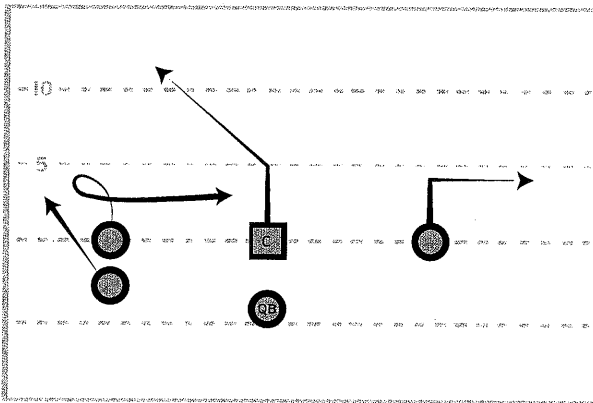
STACK 45 DEGREES



STACK STRAIGHT



T - IN



CORNER POST

