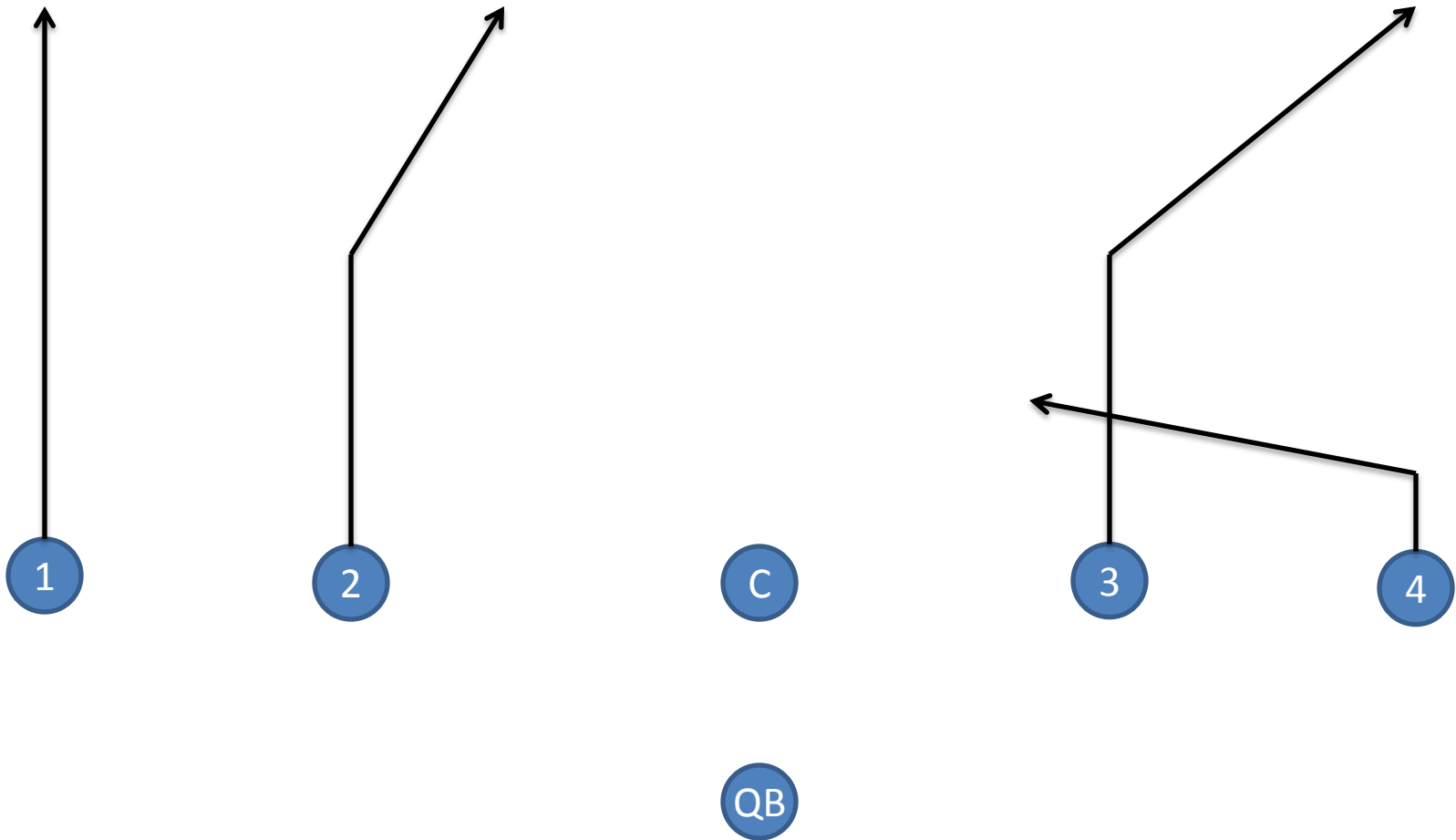


A grey silhouette of a flag football player in a dynamic pose, running and pointing forward with their right hand while holding a football in their left. The player is wearing a helmet and a jersey with a number on the back.

Flag Football

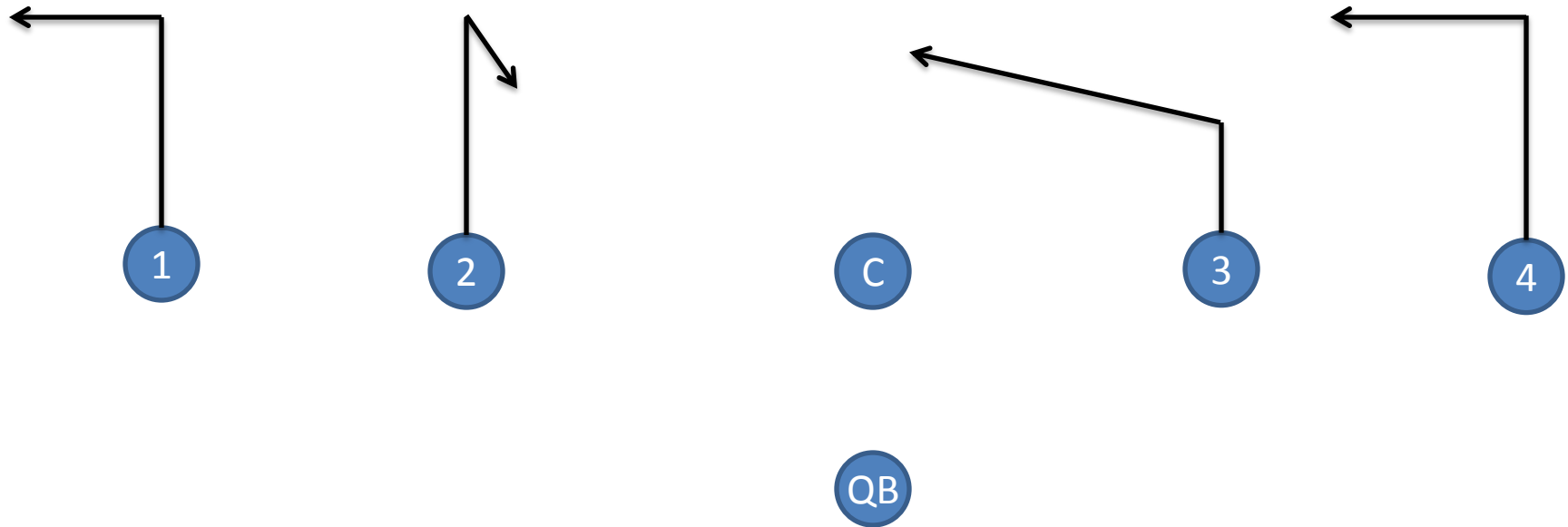
PLAYBOOK

Long Ball



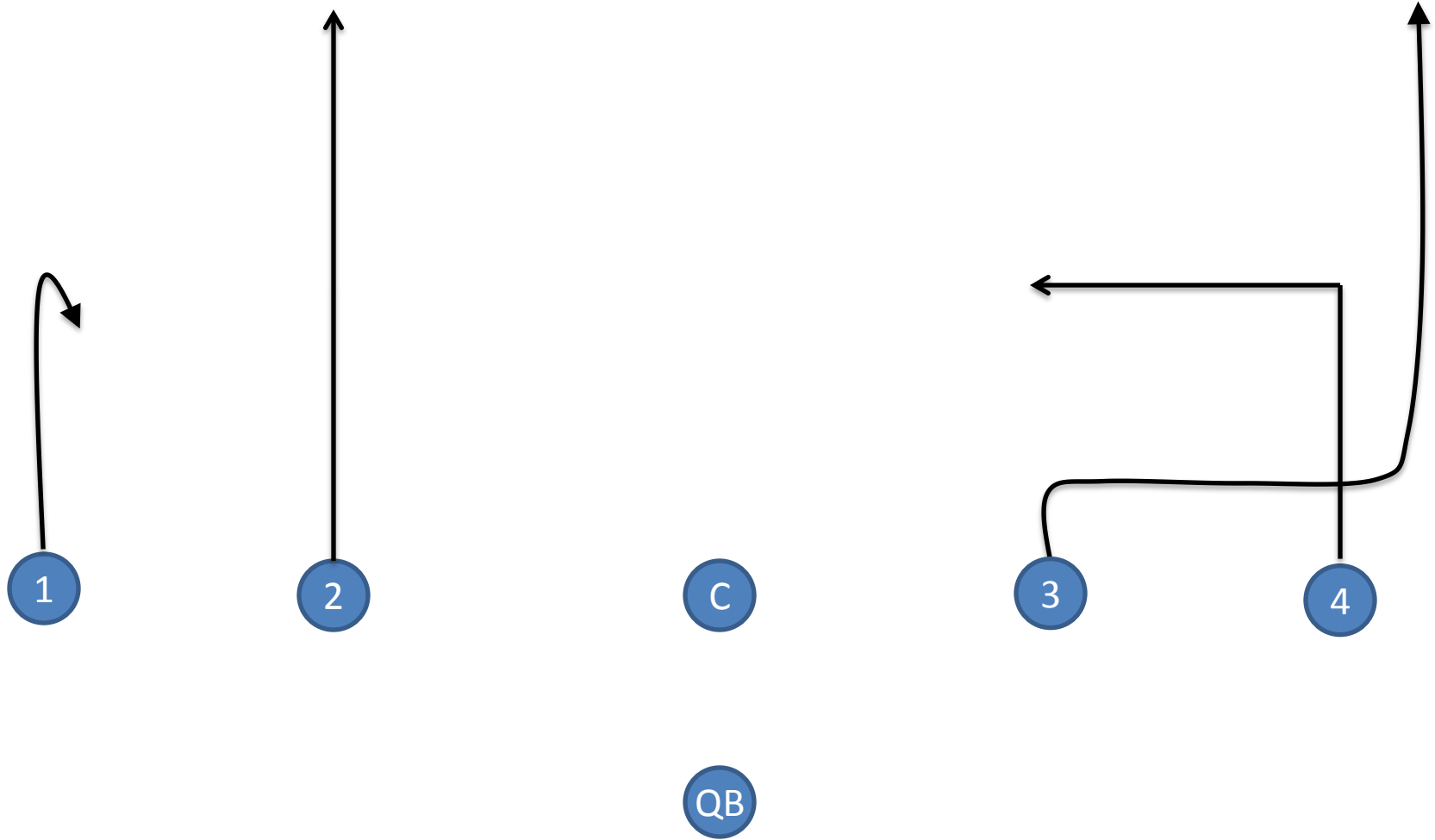
- This play is designed to get the ball to wide receivers (1, 2 & 3) down the field. Player 4 will do a short pass in case none of the deep pass routes are open for the QB.

Quick Play



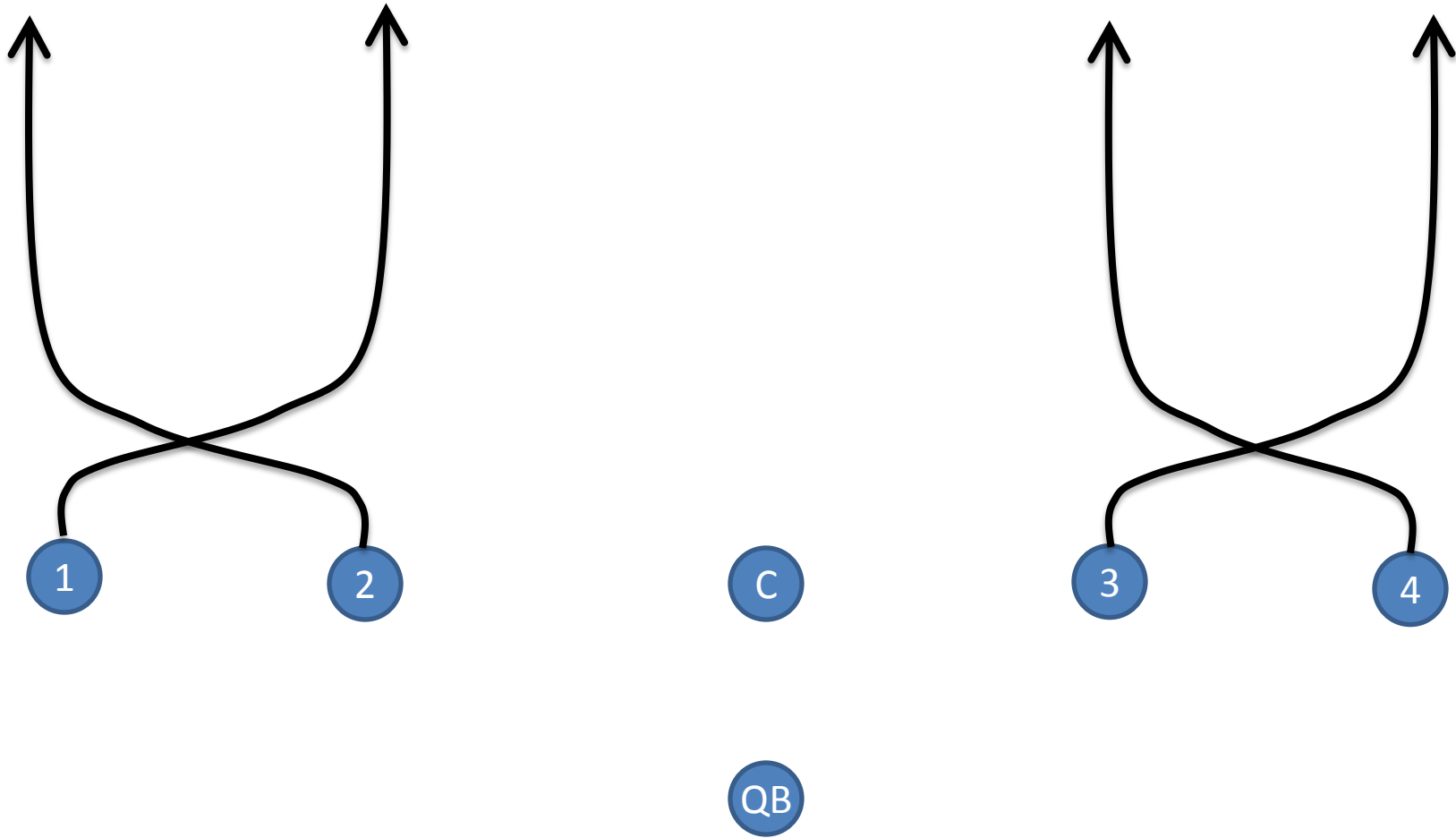
- This play is designed for a quick pass when the defense is playing far away from the wide receivers. The QB will catch the snap from the center and throw it quickly.

Out and Up



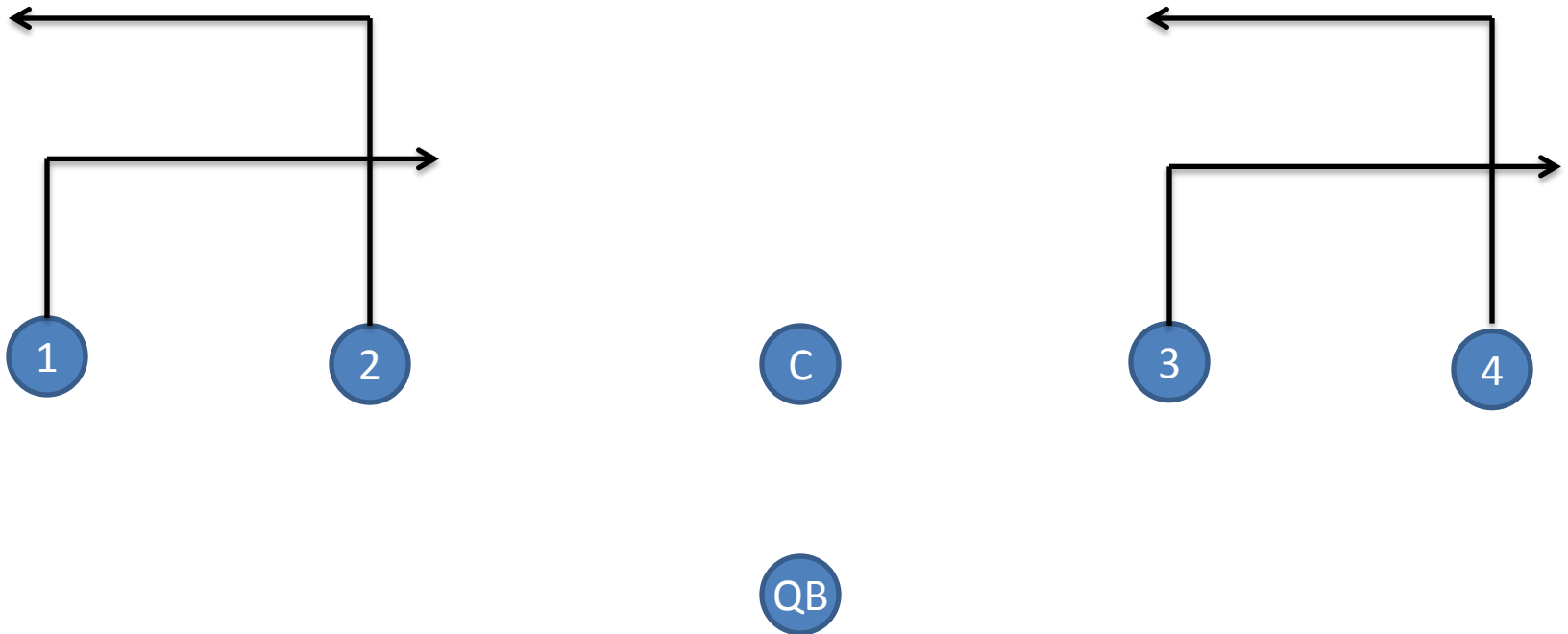
- This play is designed to get to the ball to #3. #4 will run a “Square In” pass pattern to try and bring the defenders to the middle of the field. #3 will fake a short “Square Out” but instead go running deep up the sideline.

Switches



- This play is designed to confuse the defense if they are playing Man to Man. All of the receivers will run deep down the field after switching pathways with the other receiver next to them. The QB can run the ball if all of the players on defense run down field.

Inside and Out



- The players with even numbers will run 8 steps and do a sharp cut to the left while the odd number players will run 4 steps and do a sharp cut to the right. The QB should look for one or more of the defenders to get caught going to wrong direction and then pass to the open teammate.