PLAYBOOK

Flag football playbook

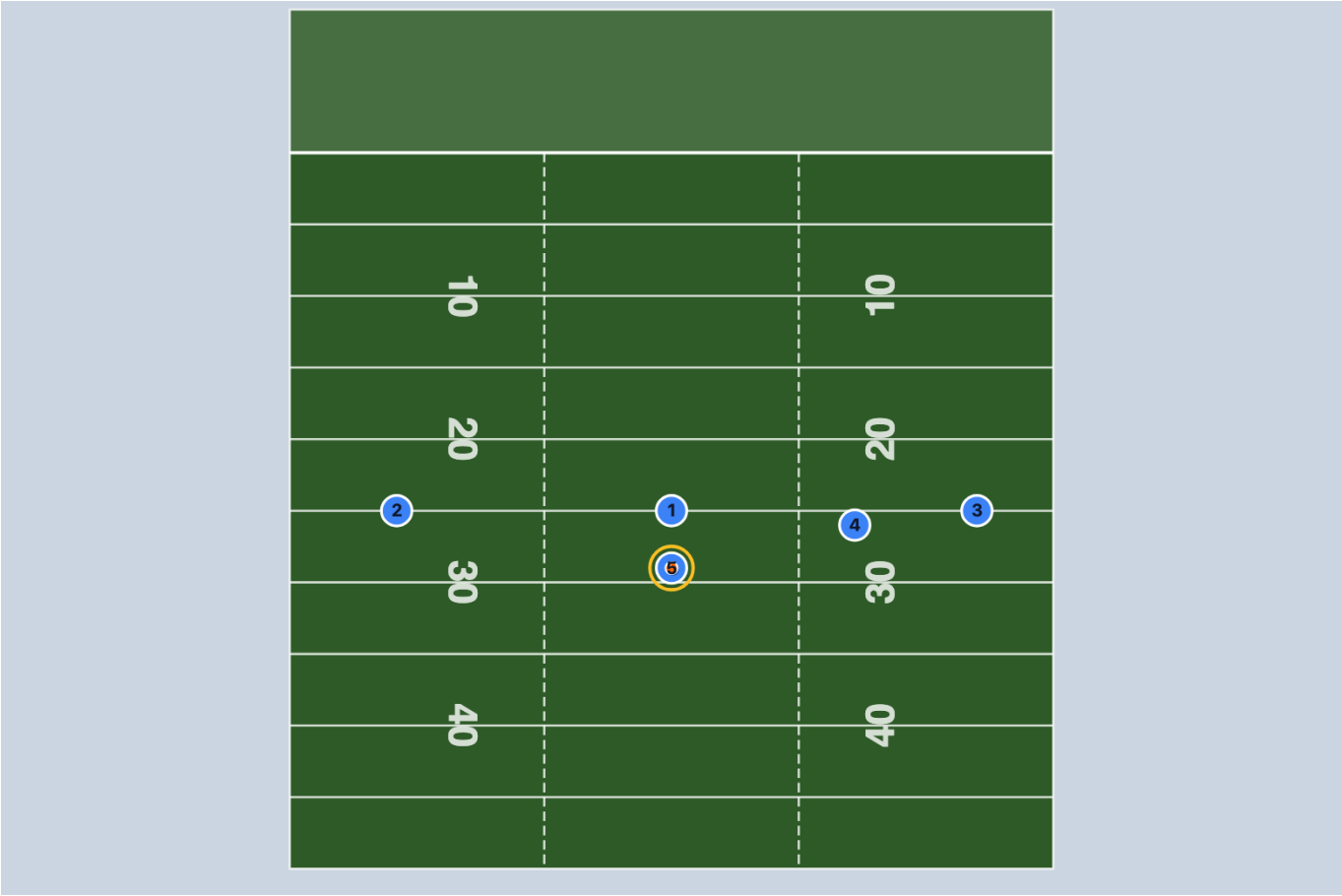
A free 5v5 flag football playbook to print. Nine plays drawn for you, when to call each one and who does what, with every play ready to edit in Playmaker.

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9 plays

Football

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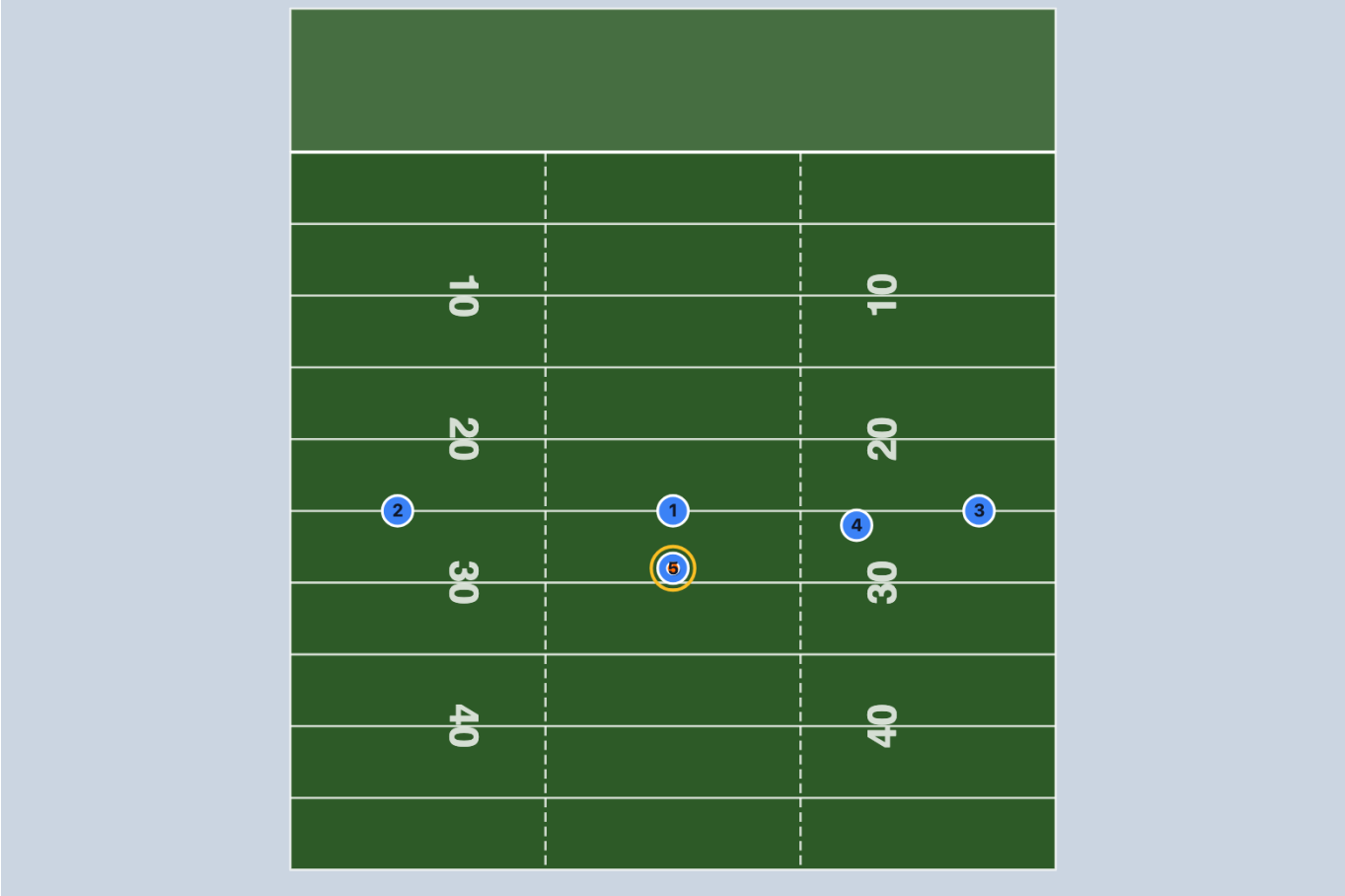
Flag football playbook

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Spread

Football · Call 1 · 3.0 s



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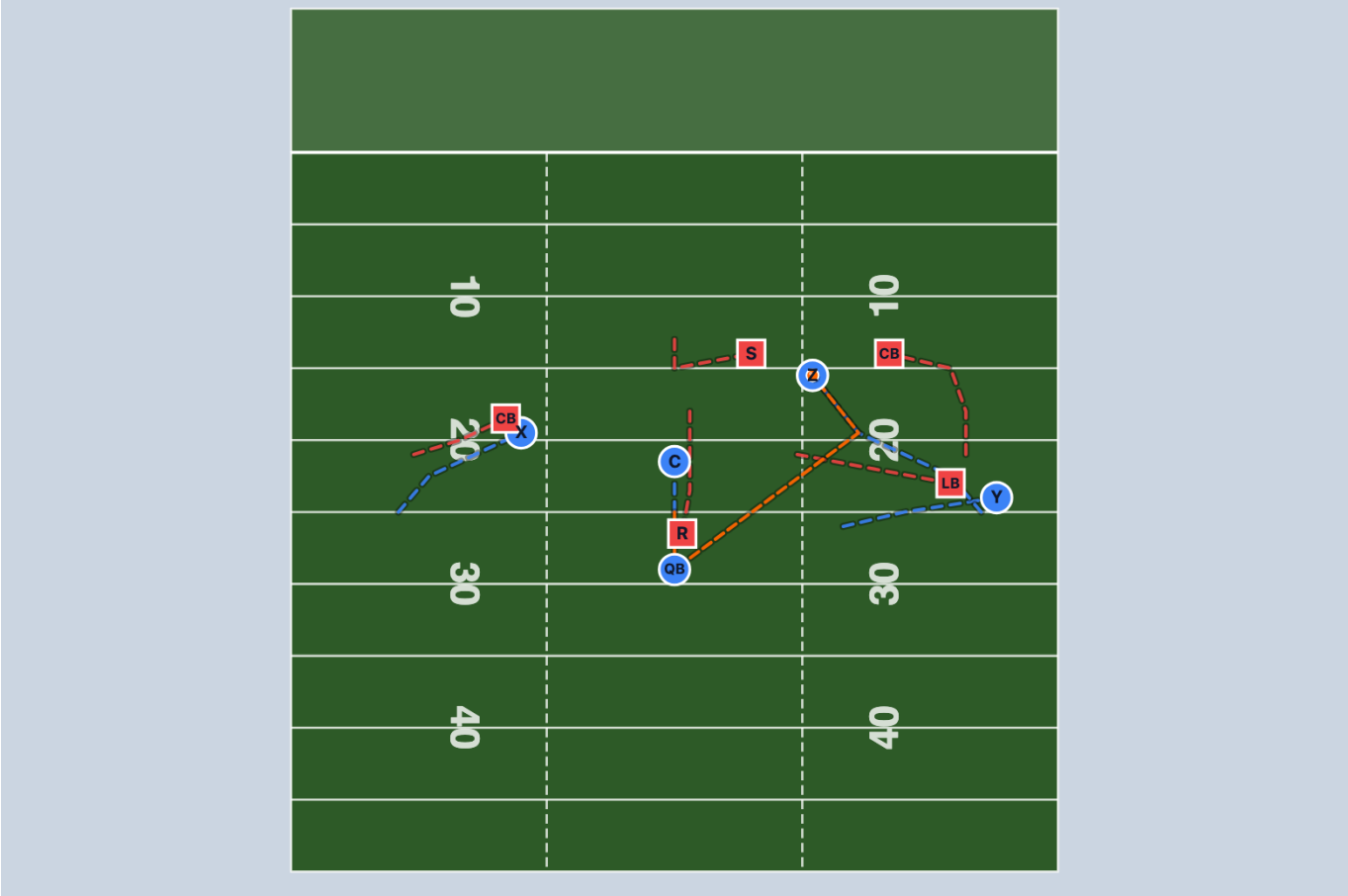
When to call it: Your base formation, and the one most of these plays start from. Line up in it on the first snap of every drive.

Who does what: The centre snaps and is a receiver too. The quarterback stands back in the shotgun. Two receivers split wide to the sidelines and one lines up in the right slot. Nobody blocks: the rules do not allow it.

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Slant-flat

Football · Call 2 · 6.0 s



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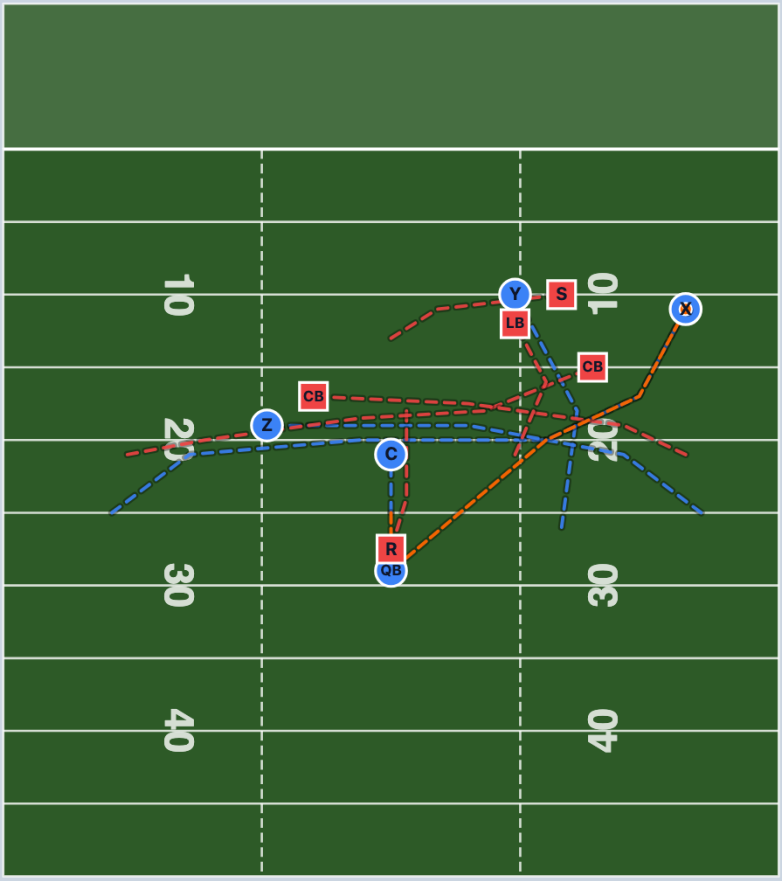
When to call it: The first play to install, and the call when you need five yards quickly. The ball is out before the rusher gets there.

Who does what: X and Z take three steps and slant inside. Y runs to the flat and the centre sits at five yards. The quarterback watches the defender nearest the flat: if he widens with Y, throw the slant behind him. If he stays, throw to Y.

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Mesh

Football · Call 3 · 7.0 s



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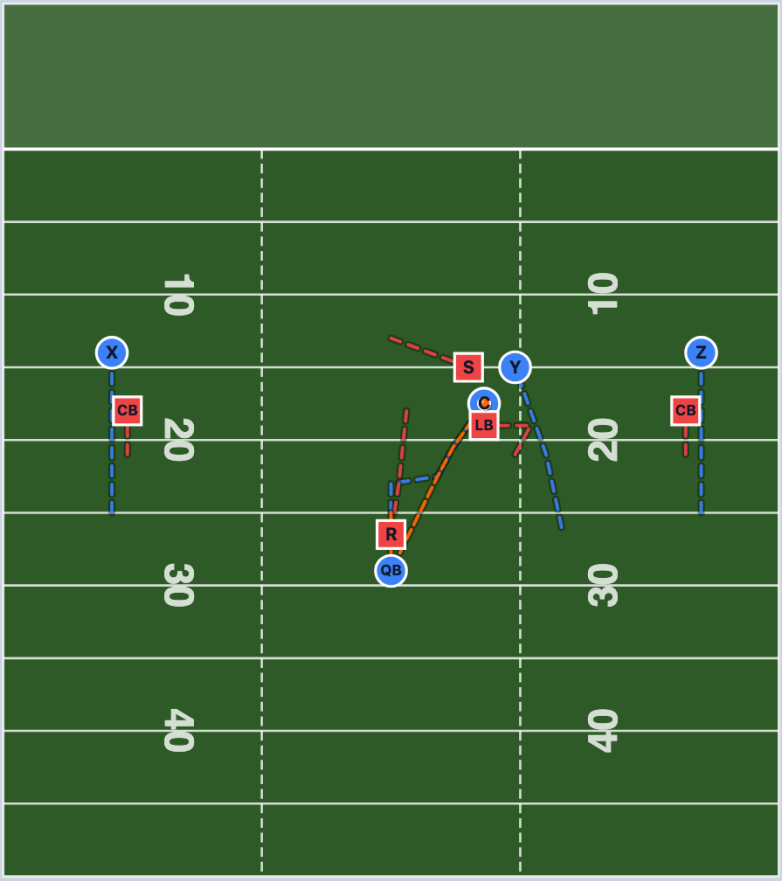
When to call it: Against man or zone, and the call when you cannot tell which they are playing.

Who does what: X and Z cross underneath at five yards, close enough to brush shoulders. Y runs deep to take the safety away and the centre sits in the middle. The quarterback throws to whichever crosser comes out of the cross on the run.

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Quick dump

Football · Call 4 · 6.0 s



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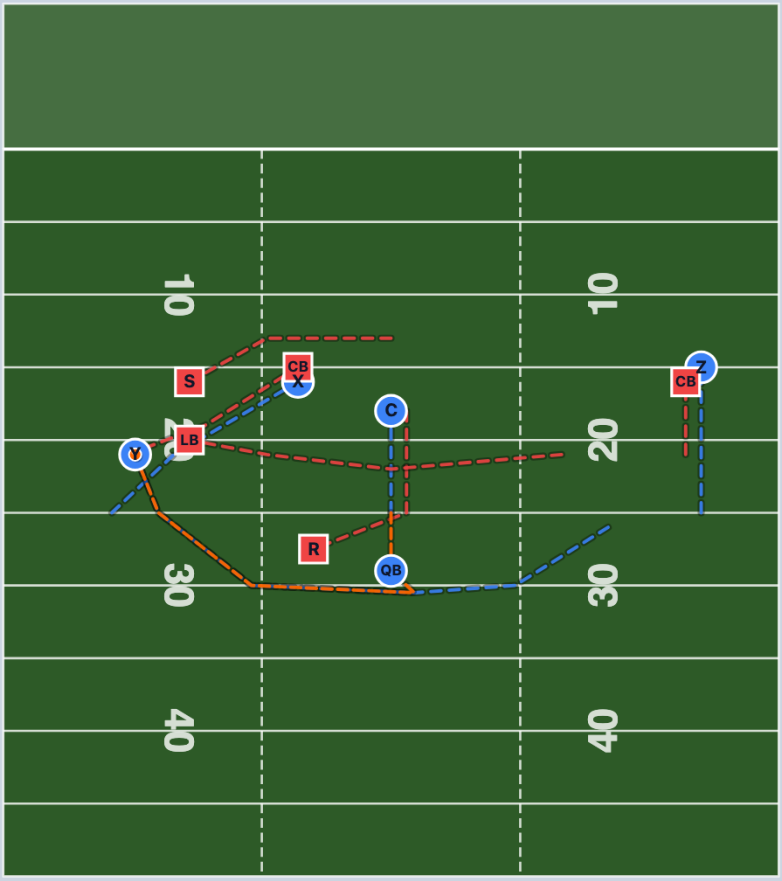
When to call it: When their rusher keeps getting to your quarterback. Call it on the very next snap.

Who does what: The centre snaps, steps two yards past the line and turns round. X, Y and Z run deep and take their defenders with them. The quarterback throws over the rusher to the centre as soon as he turns, and the centre runs.

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Jet sweep

Football · Call 5 · 7.0 s



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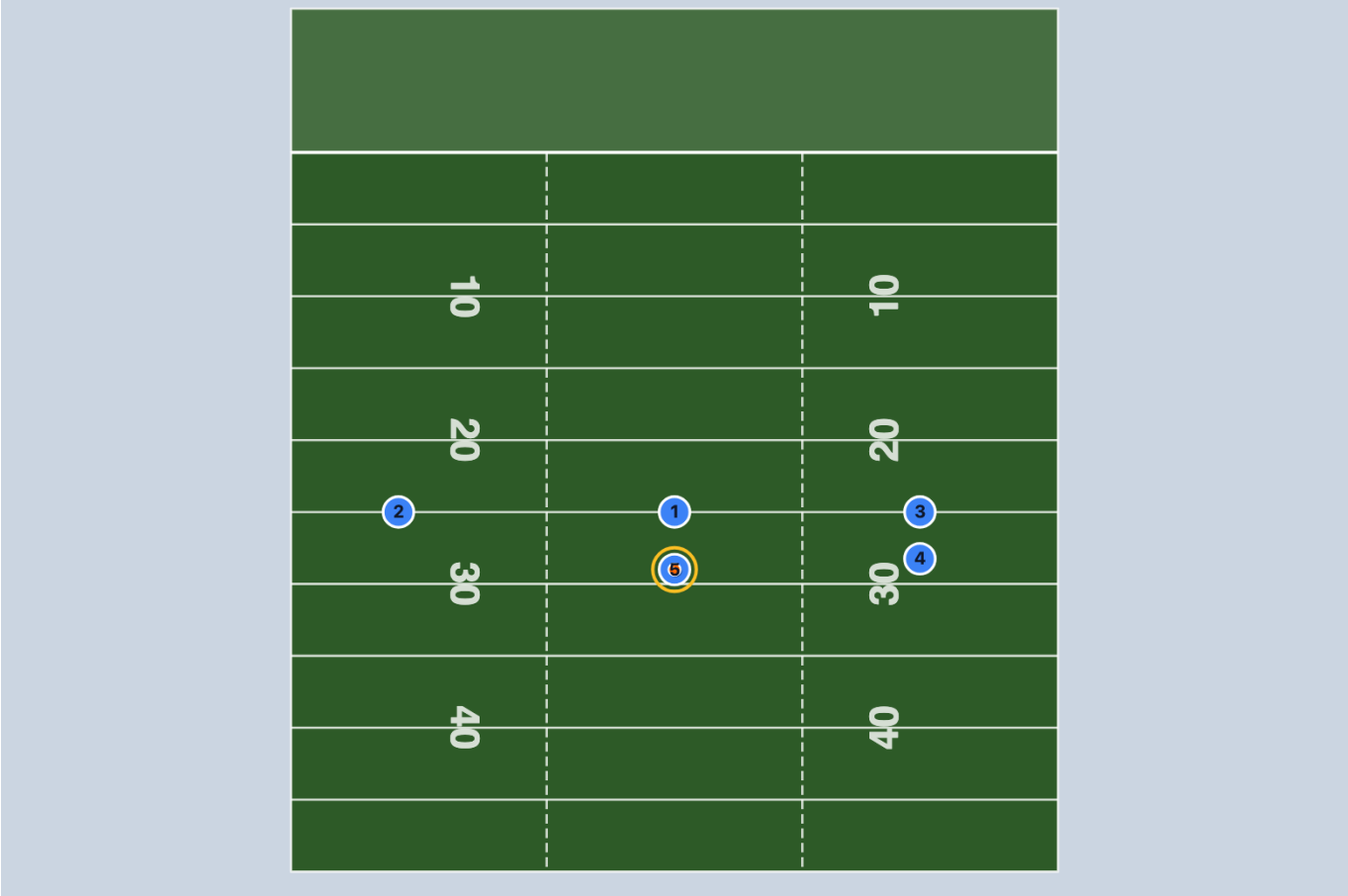
When to call it: A run for when the defence drops deep to stop the pass. It is a running play, so never call it in a no-run zone.

Who does what: Y runs flat across behind the quarterback and takes the handoff at full speed, then runs round the left side. X runs inside and takes his defender away. Z and the centre run deep. Nobody blocks.

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Stack right

Football · Call 6 · 3.0 s



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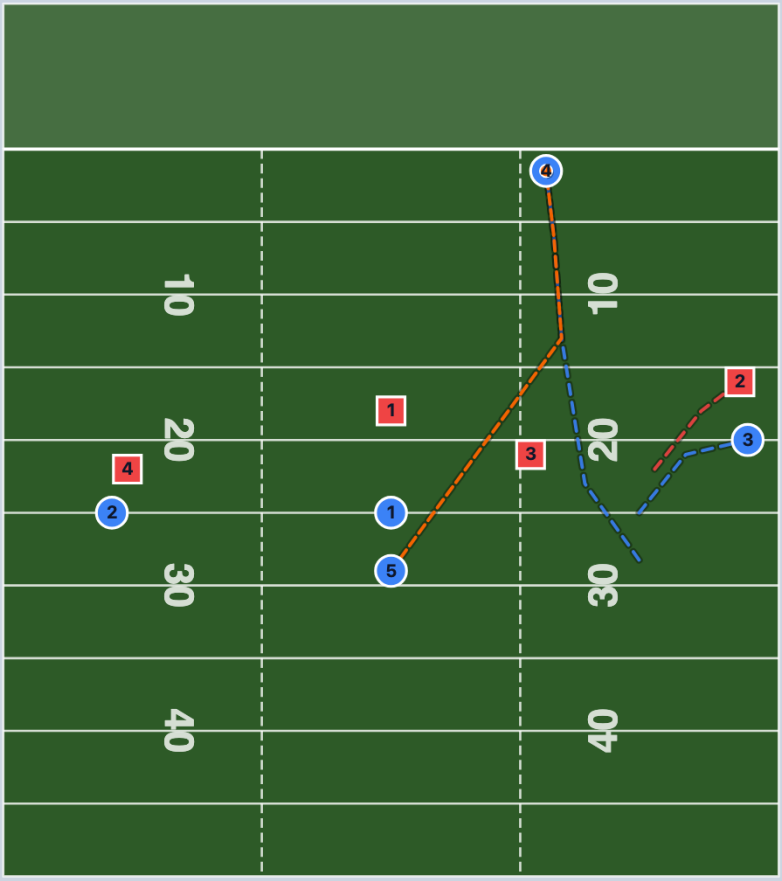
When to call it: Your second formation, for when they play man coverage and follow your receivers.

Who does what: Two receivers stand one behind the other on the right, a yard apart, so one defender cannot line up over both. The centre, the quarterback and the split end line up as they do in the spread.

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Stack switch

Football · Call 7 · 6.0 s



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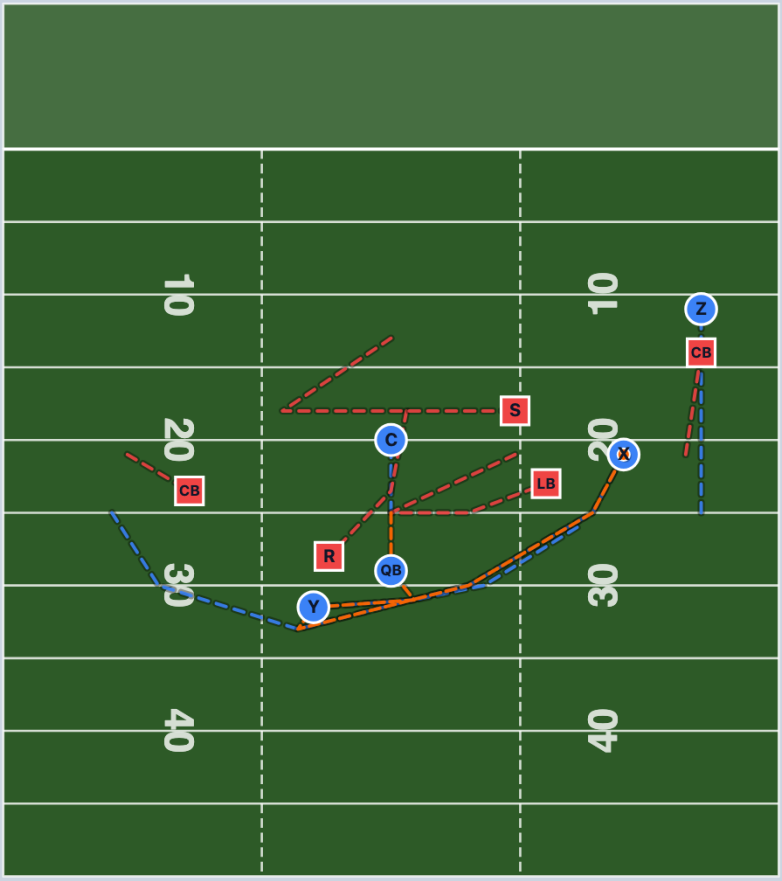
When to call it: Against man coverage, from the stack. The defender over the stack has to pick one of two receivers on the run.

Who does what: The front man breaks out to the sideline and the back man releases inside behind him. Whichever one the defender takes, the quarterback throws to the other. With no contact allowed, nobody can hold either of them up.

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Reverse

Football · Call 8 · 10.0 s



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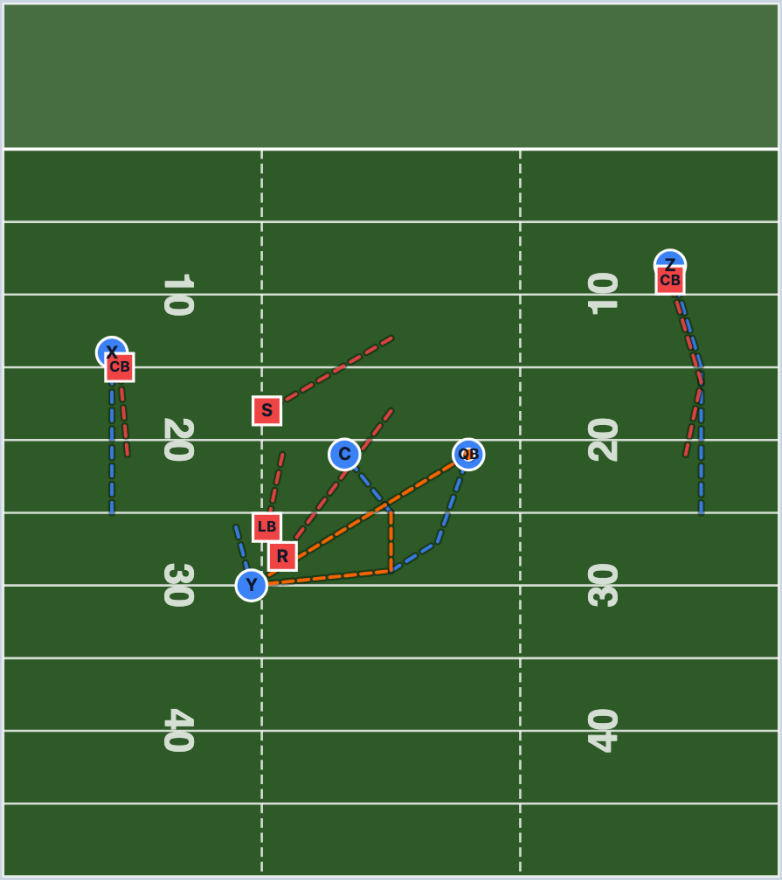
When to call it: A trick play, once a game, after the jet sweep has pulled the defence to one side.

Who does what: The quarterback hands off to Y running left. Y hands on to X coming back the other way, and X runs right into the space the defence just left. Both handoffs happen behind the line.

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Throwback

Football · Call 9 · 8.0 s



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When to call it: A trick play for when the defence stops watching the quarterback once he has given the ball away.

Who does what: The quarterback pitches it back to Y and then runs out to the right as a receiver. The defence chases the ball. Y throws the one forward pass back to the quarterback.

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