

**Coach's**

**Playbook**

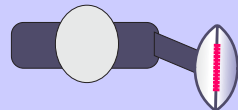
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# **Welcome to Our Flag Football Team!**

**We look forward to teaching your boys the fundamentals of football in a fun and friendly environment with camaraderie and sportsmanship.**

**Our philosophy is fairly simple and straightforward. We are both very open and you can reach out to us with any concerns you may have.**

**We hope to give each child the opportunity to play as many positions as possible given the amount of practice time and games that we have scheduled.**

**We've included a simple playbook. Boys at this age are visual and experiential learners. We want them to see the plays on paper, then have them run the plays to solidify the plays in their minds.**

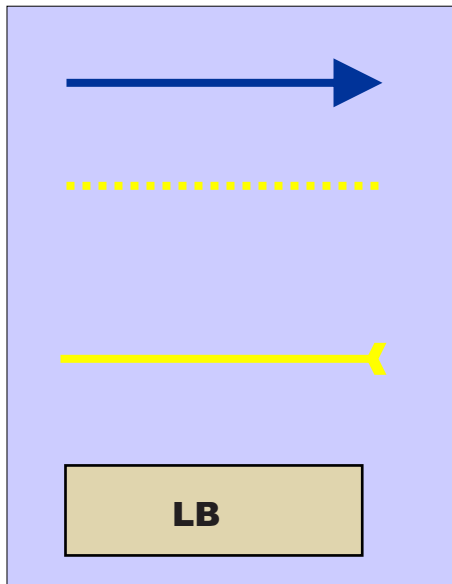
**We will be updating this playbook every week as we add more plays. Please feel free to print it out and laminate the pages, or do whatever you'd like with them.**

## **Homework:**

**Most importantly, please play catch with your boy. Even if you don't know how to throw or catch a football properly, just toss it around. The more "hand on ball" time, the faster they will learn and develop the muscle memory to overcome the fear of catching a fast flying object headed for their face/chest. They will develop confidence and overcome fear.**

**Please also practice the plays with your child. At least on paper or verbally. Ask them what is a "QB Sweep", what's the "Drag" play. They can demonstrate it or describe it. They don't have to be 100% accurate at home, we will do that with them in practice.**

**Have a great season!**



A dark purple arrow line denotes the path a player is running.

A yellow dotted line denotes the path of the ball when it's handed off or passed.

A yellow T line denotes the path a player takes to block another player.

A yellow see through area denotes the area of defense that the encircled player is responsible for.

**On defense we will be mostly playing a zone defense to prevent other teams from running and gaining a lot of yards on us. It's simpler for players to understand and they are always looking at the play and don't have their backs turned to the play. We will be tweaking this as needed, but it will be our base defense.**

**On offense, we will be learning new plays each week and slowly adding to our repertoire. We will be mostly looking to run the ball and use a lot of misdirection. We will be showing the defense different plays on earlier downs to set up a follow up play that looks similar, but ends differently. We will have many variations of our plays. We will be running most plays out of one single formation, so as not to tip off defenses as to what we are doing.**

NT- Nose Tackle

LB- Linebacker

CB-Cornerback

S- Safety

W- Wide Receiver

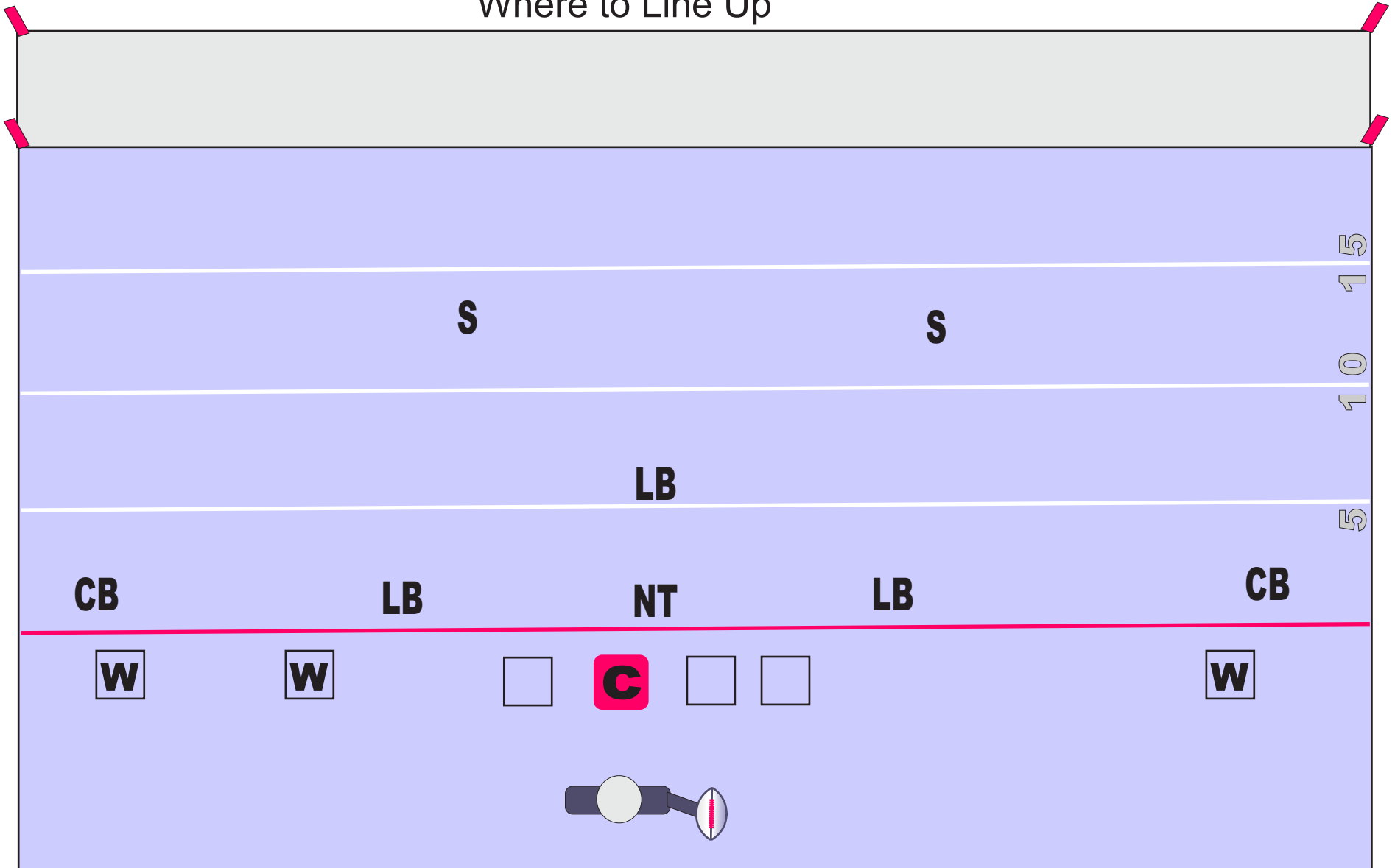
QB- Quarterback

C- Center (the snapper)

□- Offensive Line

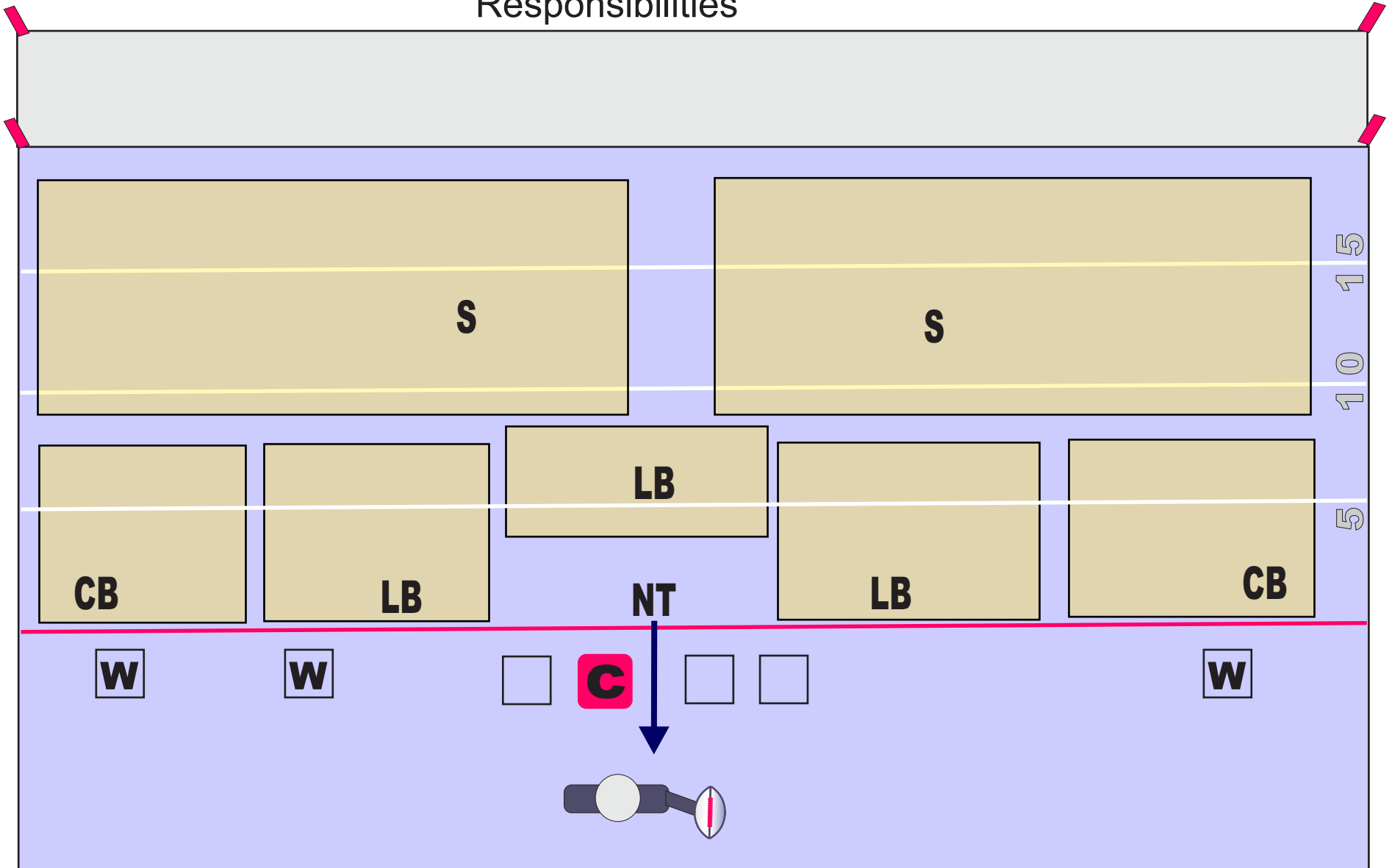
# ZONE DEFENSE

Where to Line Up



# ZONE DEFENSE

Responsibilities



# DEFENSE

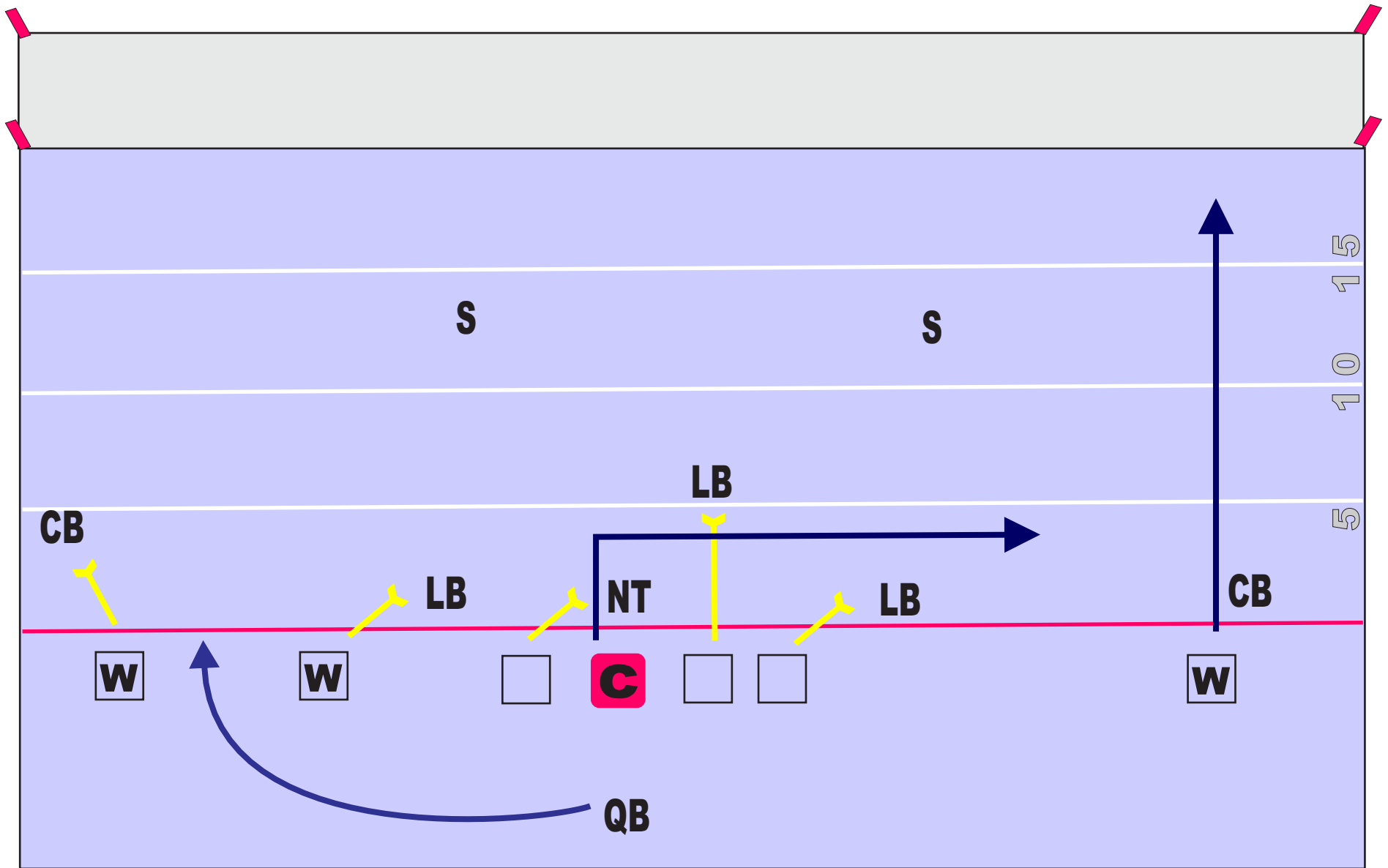
**Everyone swarms to the ball and tries to pull the flag, even if you are starting from the opposite side of the field.**

# OFFENSE

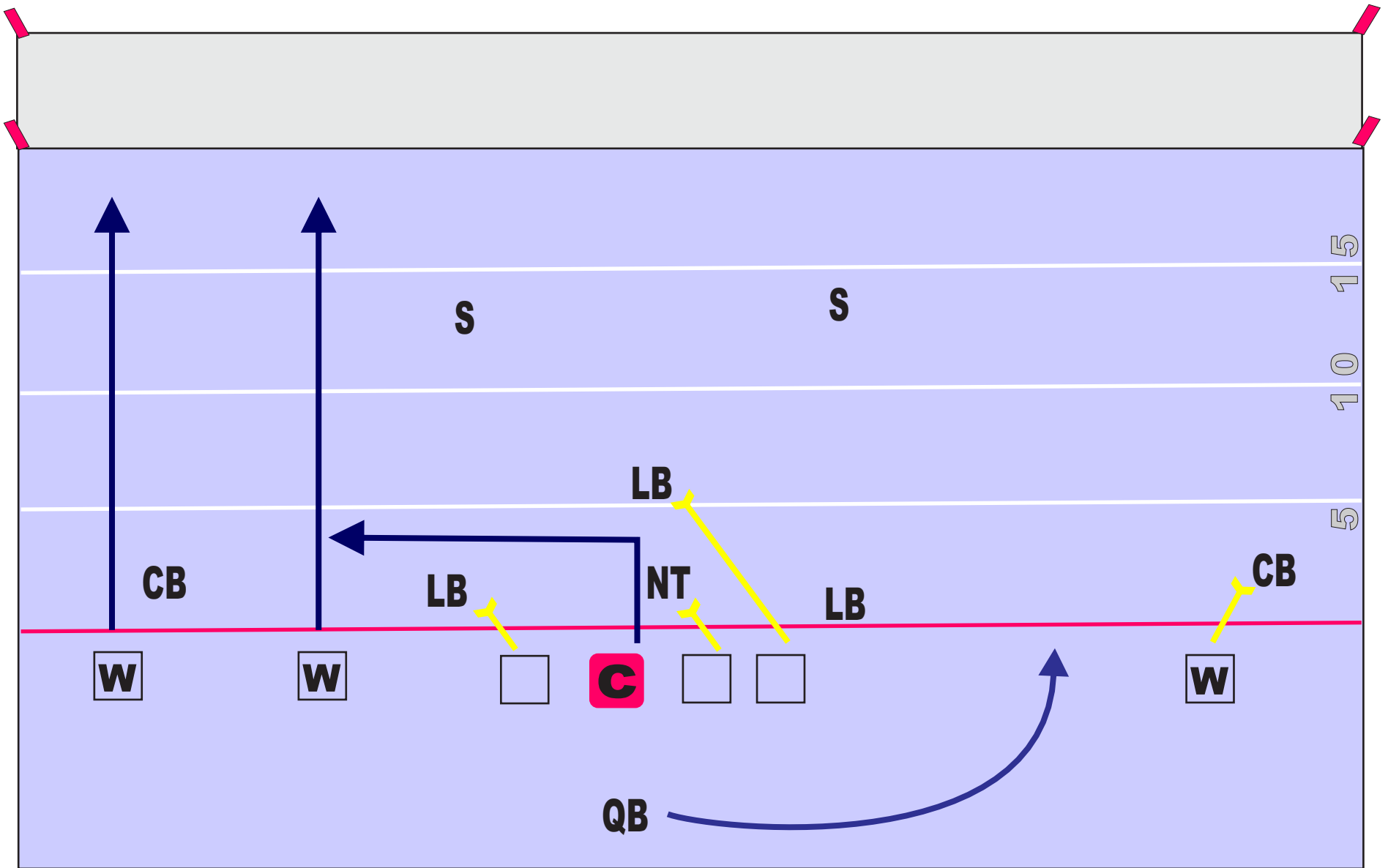
**Never stop running until the referee blows the whistle. You have no way to know if your flag was pulled, and should not be looking down to see if it was pulled, just focus on running and gaining yardage.**

**Do not go out of bounds. There is no reason to do this. If some one is impeding your forward motion, cut to the inside and keep running. It is very difficult to pull flags, don't give up by going out of bounds and giving them the easy out.**

# QB SWEEP

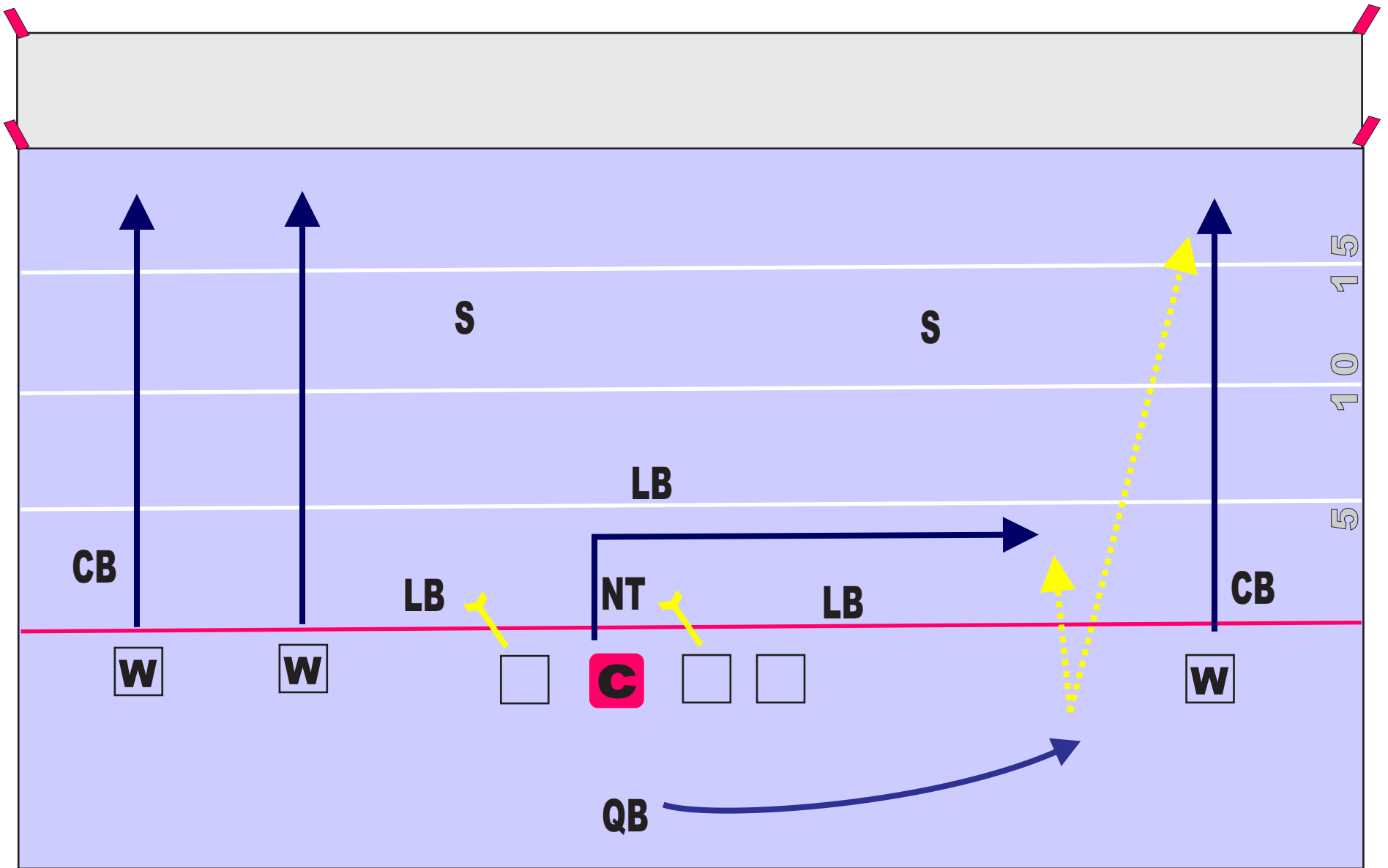


# QB SWEEP Rev

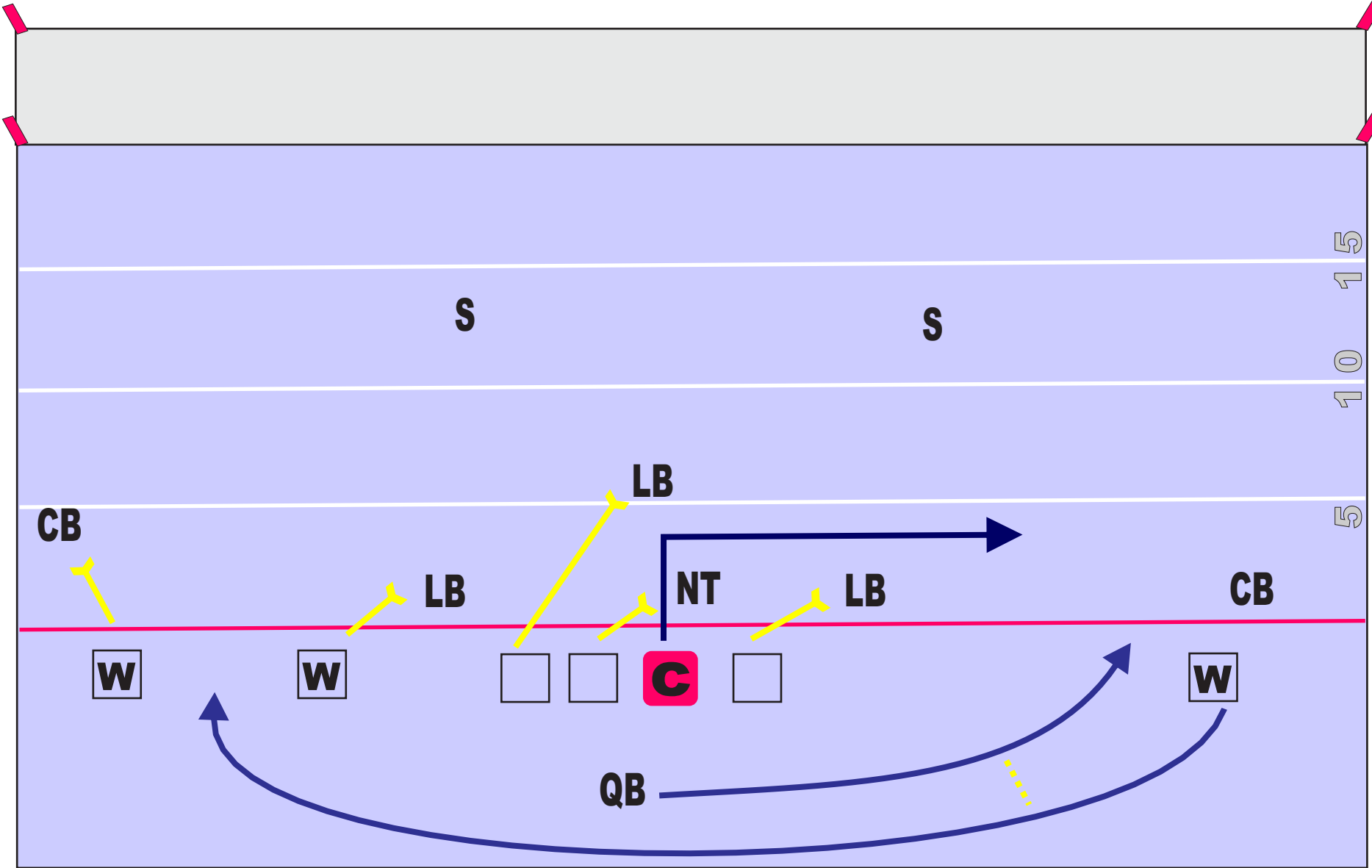




# DRAG



# END AROUND

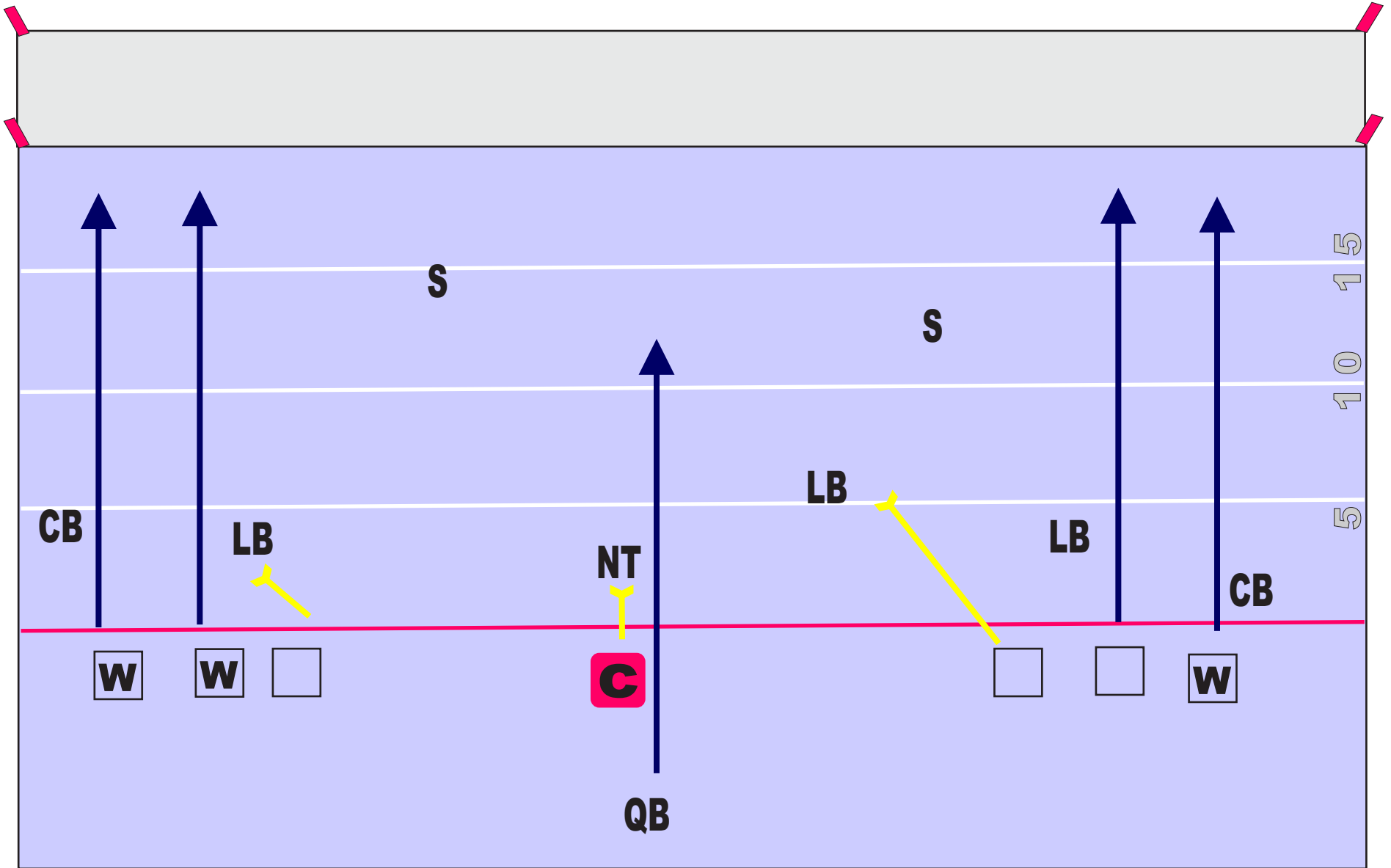




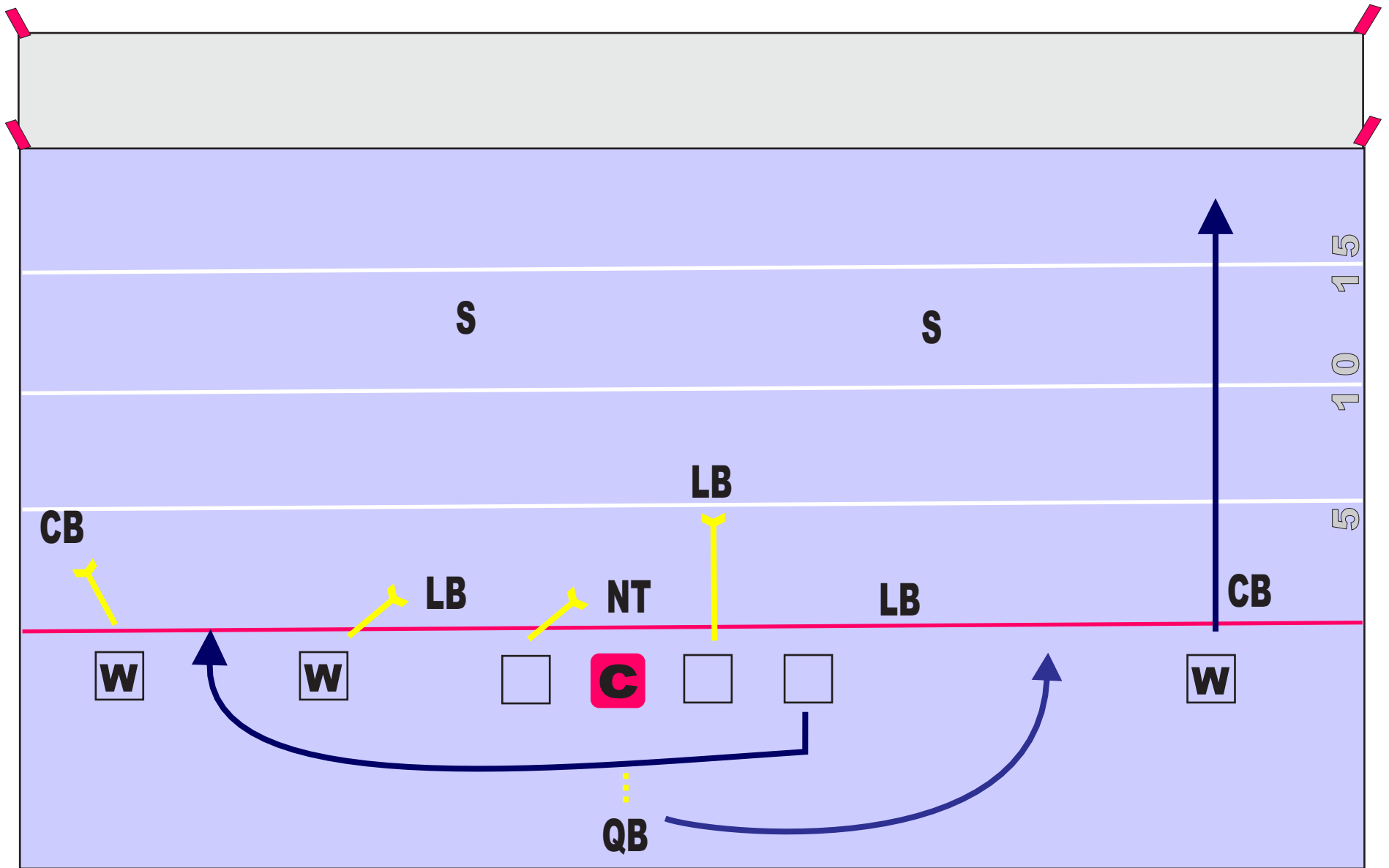




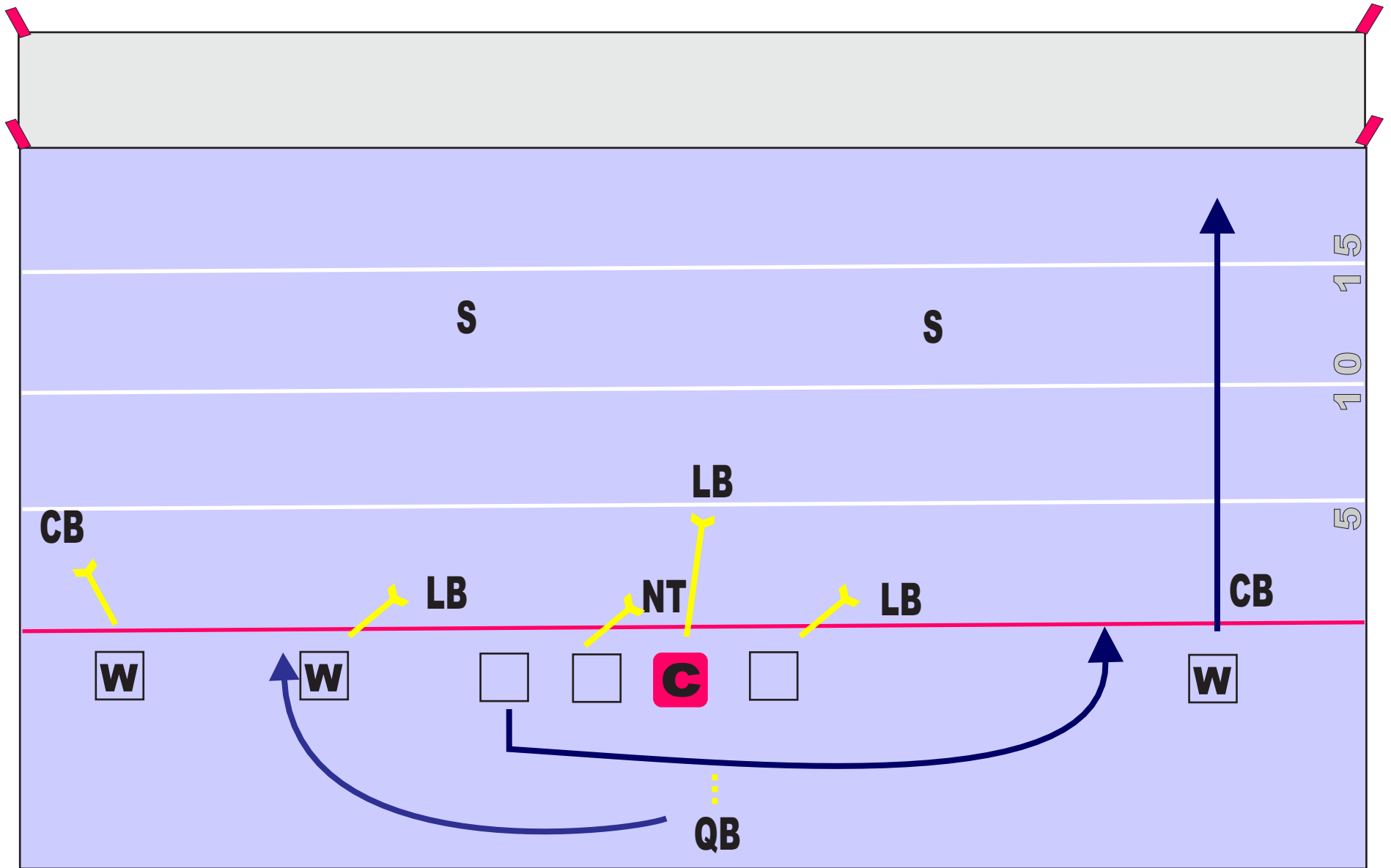
# QB SNEAK



# TE SWEEP

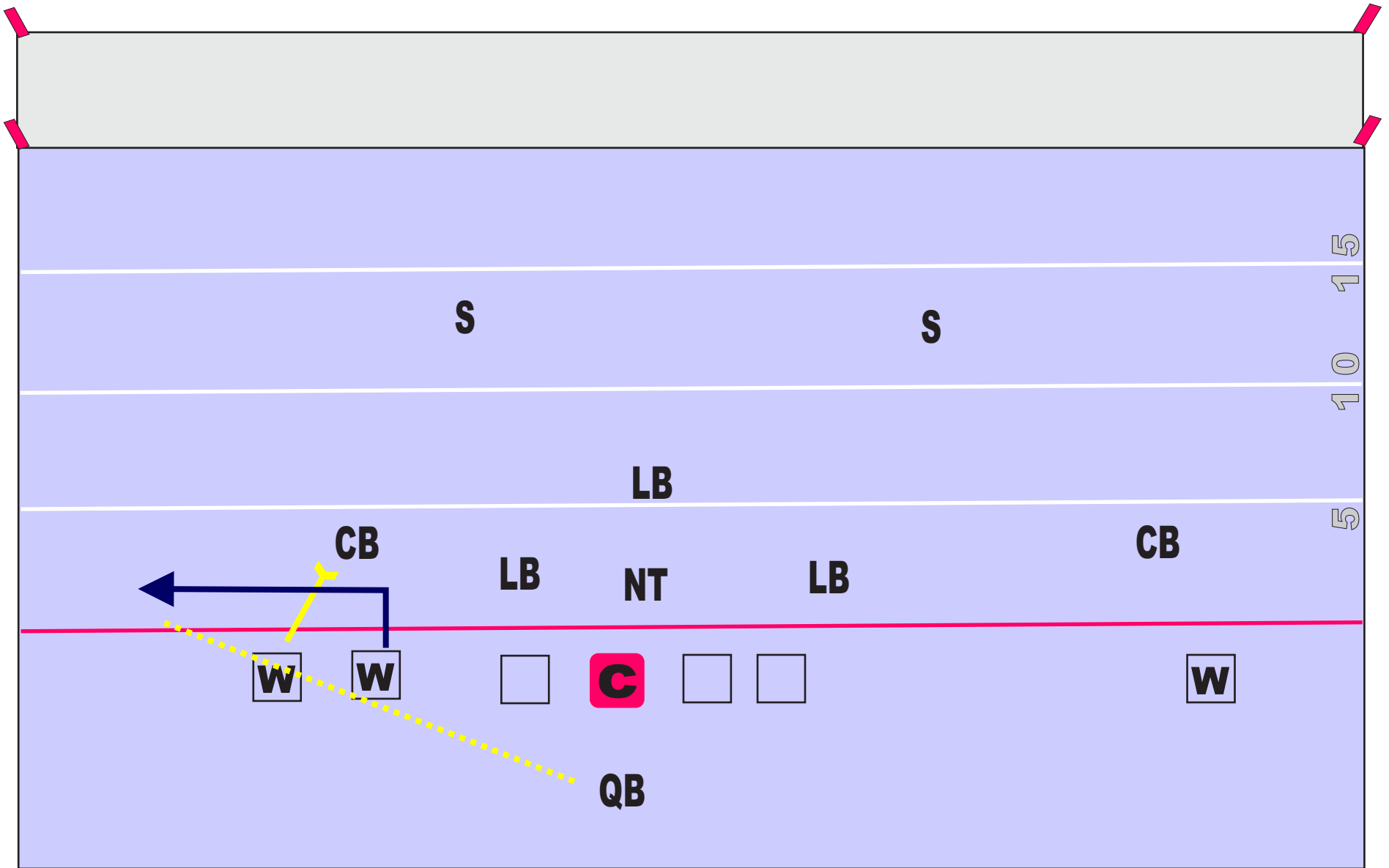


# TE SWEEP Rev

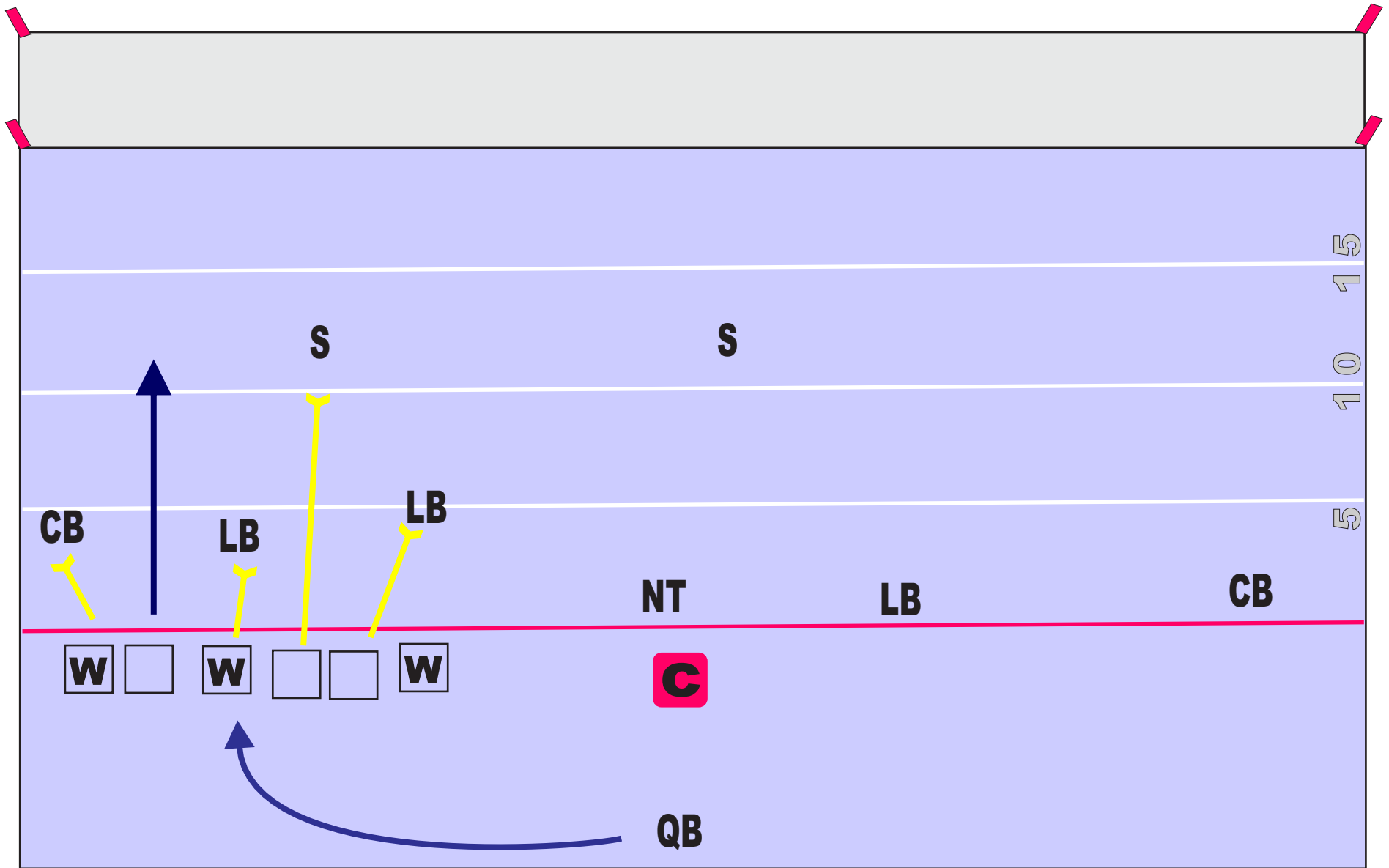




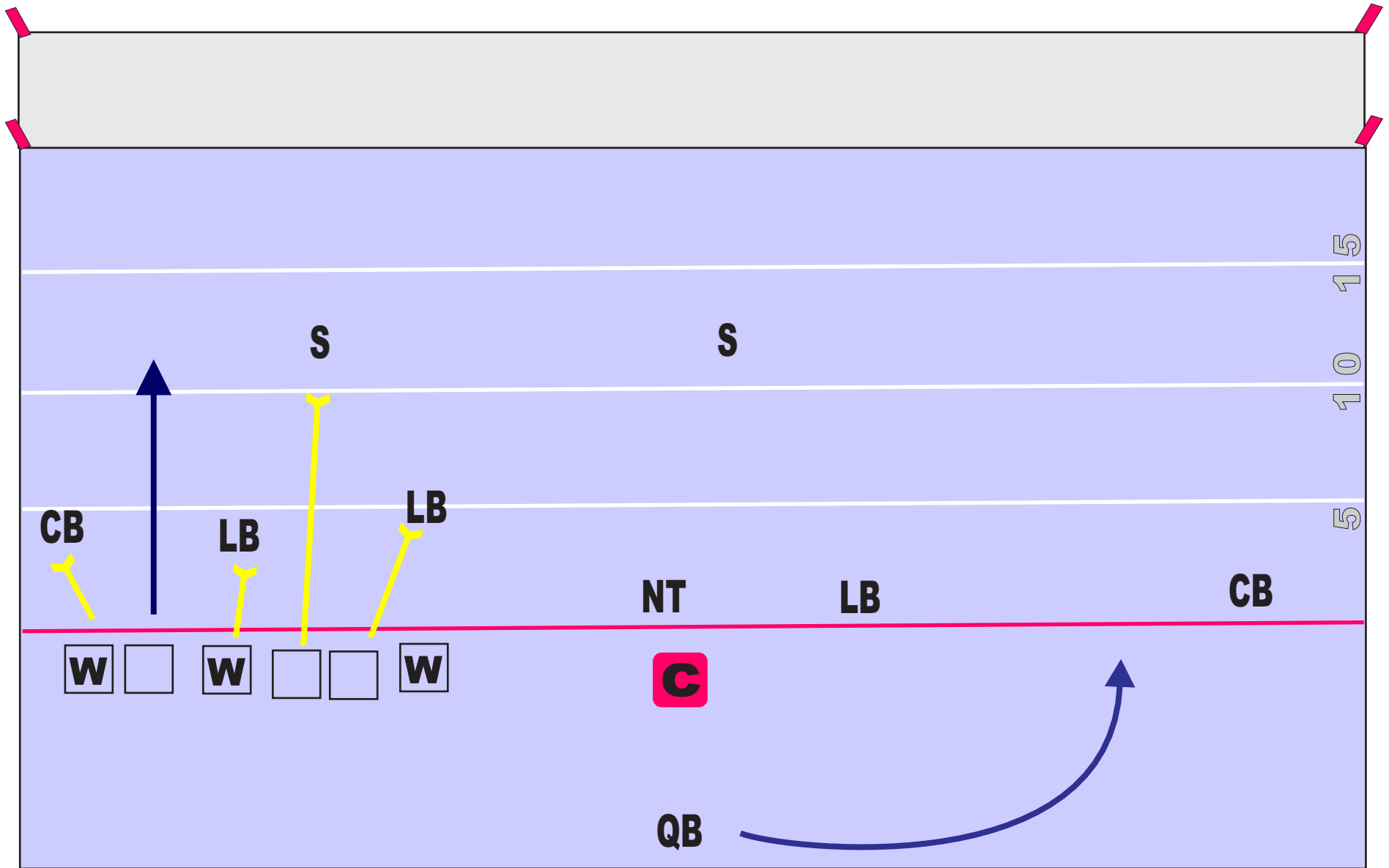
# WR Cross



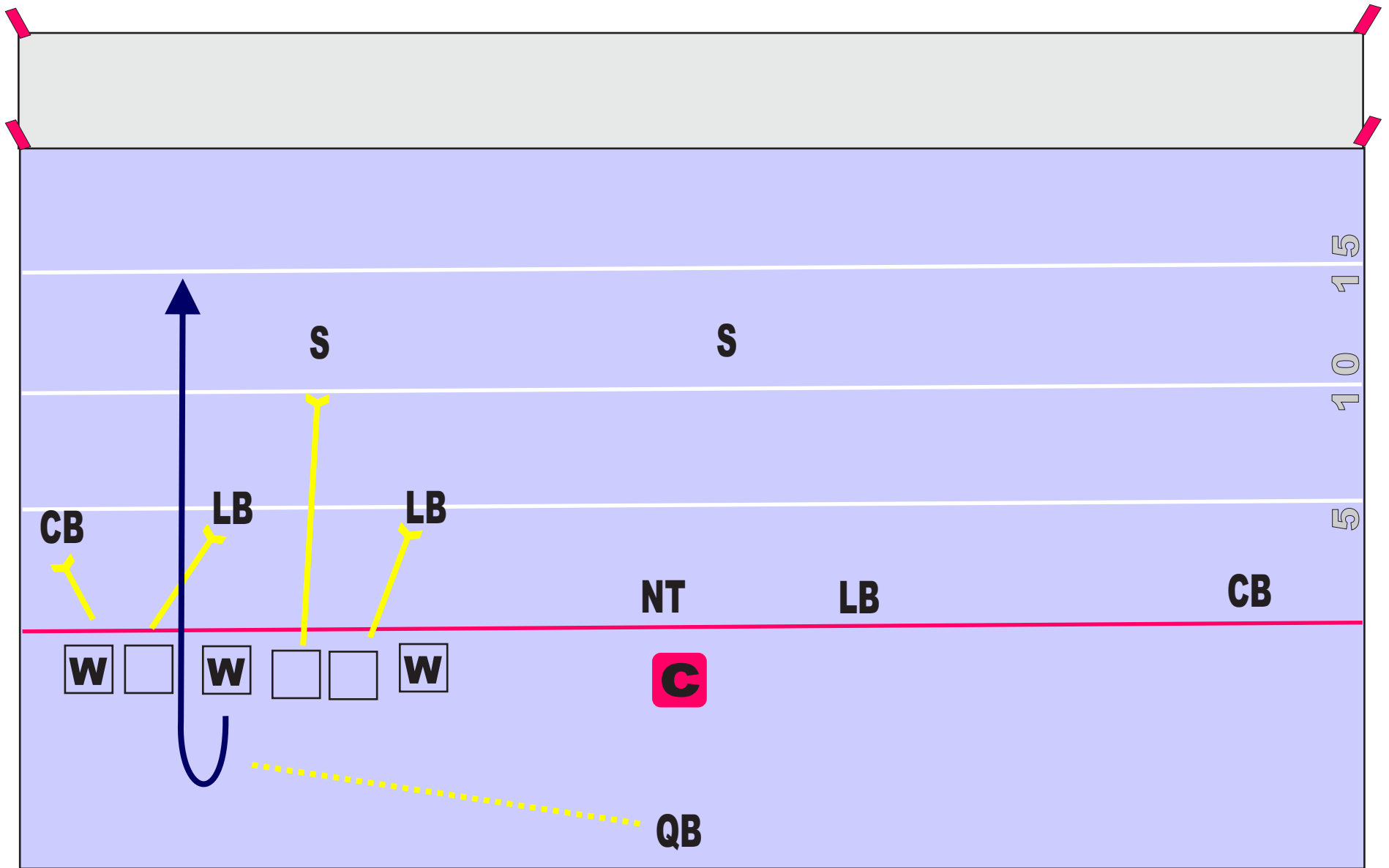
# All Side



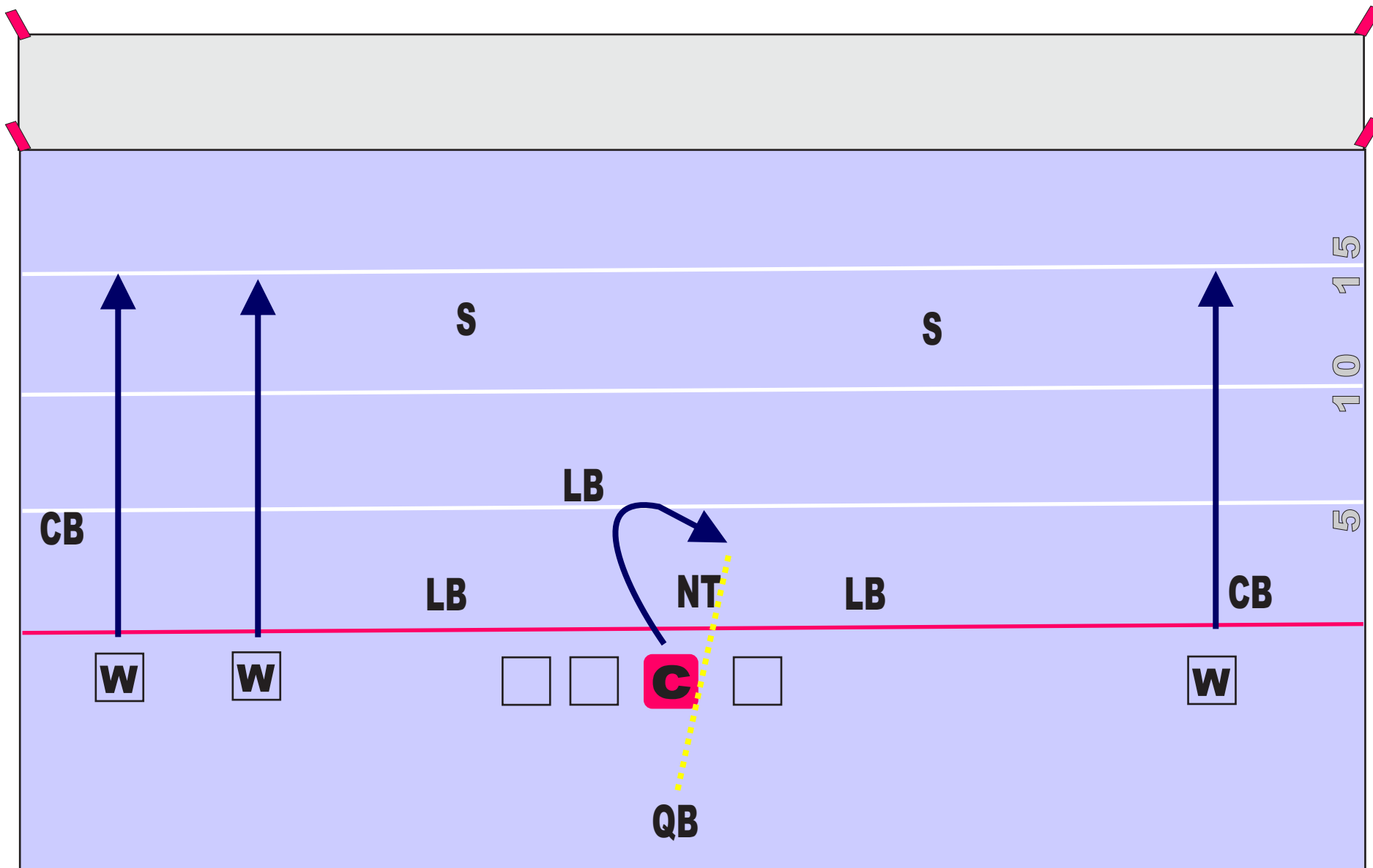
# All Side Naked

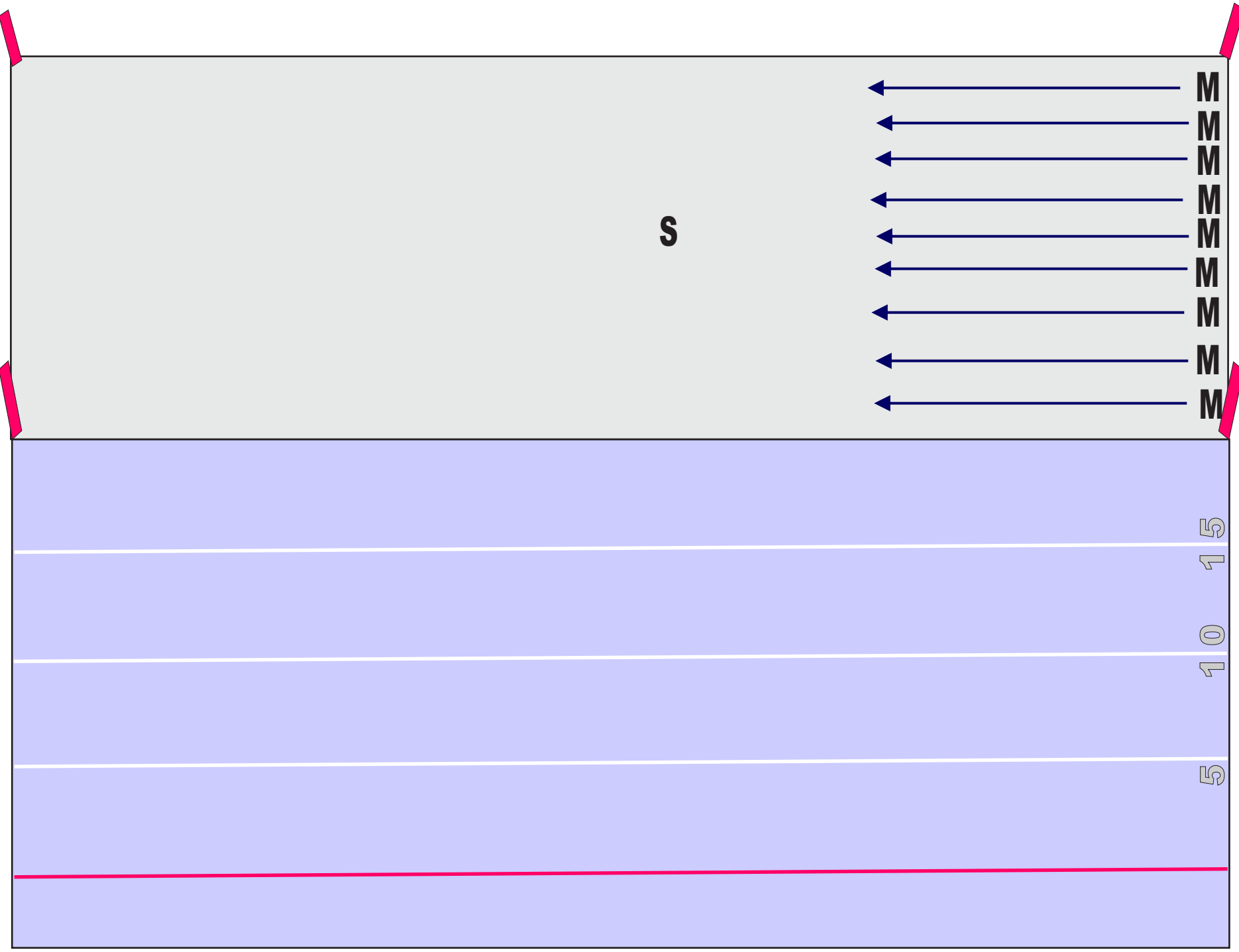


# Screen



# Line Release



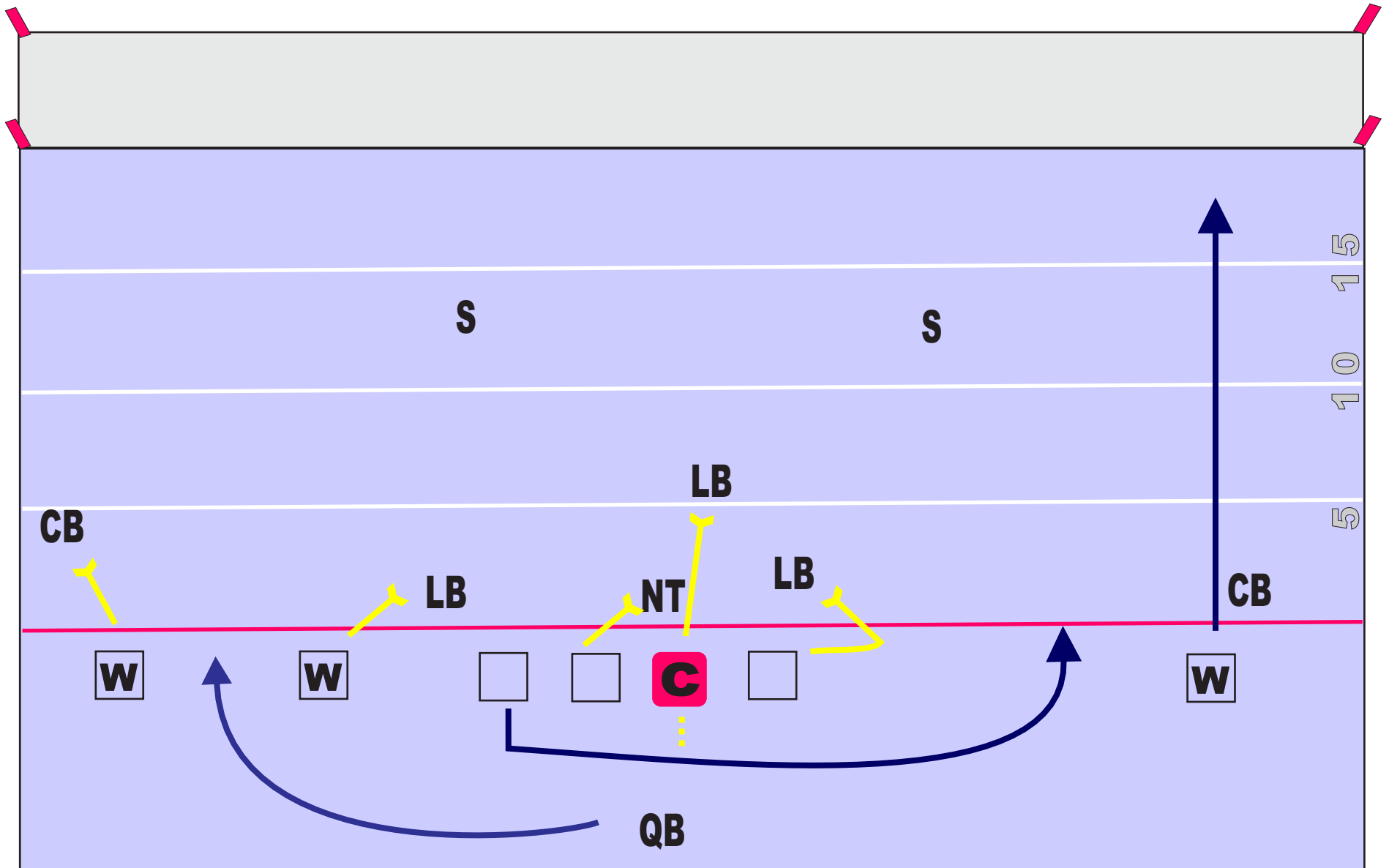


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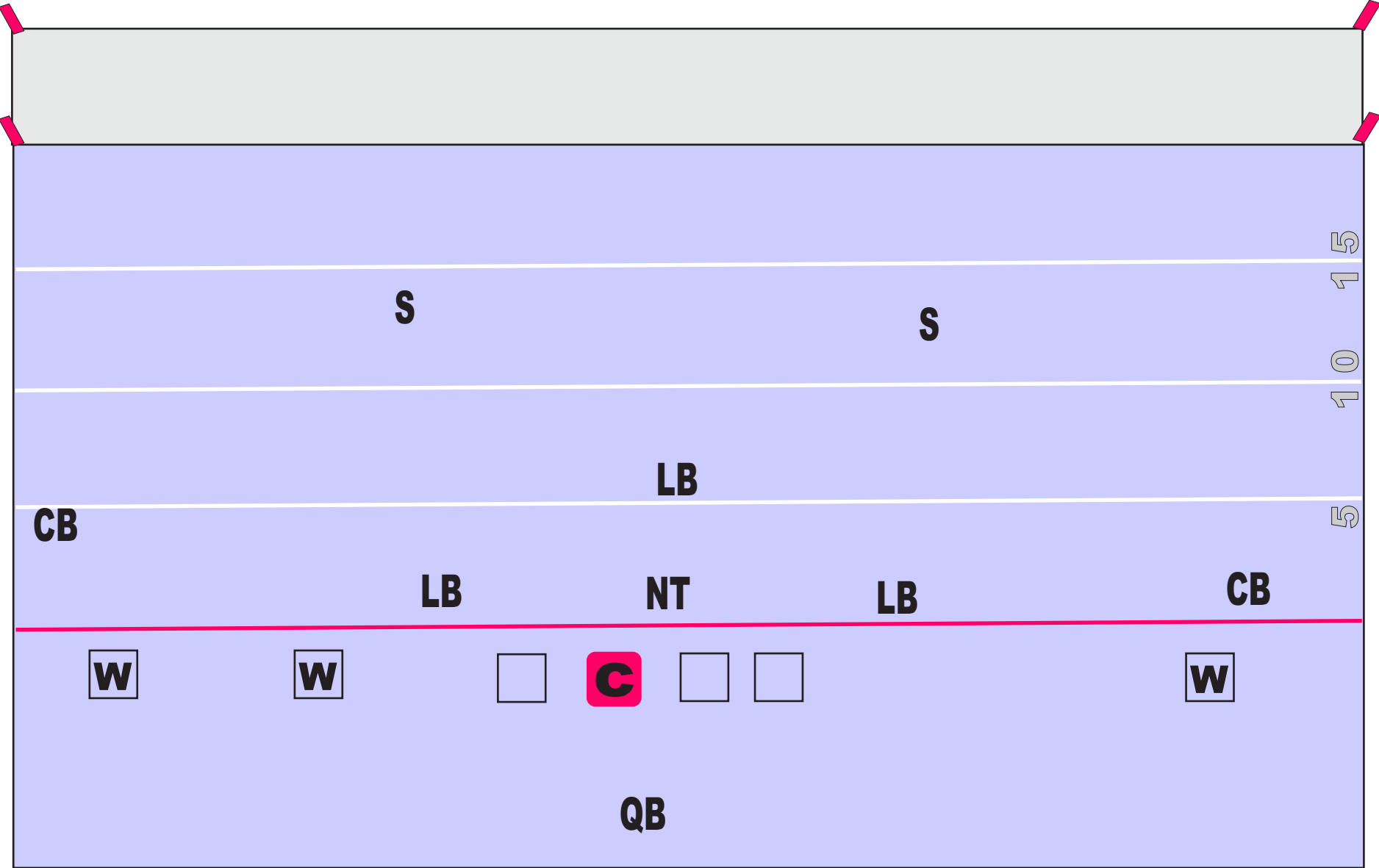
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# TE Sneak



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