

5-Man Flag Football Playbook

Volume III

**USA
FLAG FOOTBALL**



USAFlagFootball.com 5 man playbook Vol. III

Thank you for your purchase of our new flag football playbook! You are now on your way to enjoying a better season. These flag football plays should help you better coach your team. Also, included with your purchase is a set of our flag football wrist coach plays. The playbook you ordered is an information resource for beginning and veteran flag football players alike. Each sheet contains tips, drills and ideas to make your flag football participation more enjoyable. Go to our flag football website to view animated demonstration of the flag football plays in the book. Our tutorial is a resource for everything related to flag football play calling.

As you begin to examine these plays I have designed, you may find some are easier to follow than others. Keep in mind that these plays should be used like a road map. A road map is only a guide to get you from point "A" to point "B". A road map does not take into account what kind of car you drive, road terrain, time of day or traffic conditions. It is only designed to get you from here to there. It's up to you to decide which route is the fastest to take.

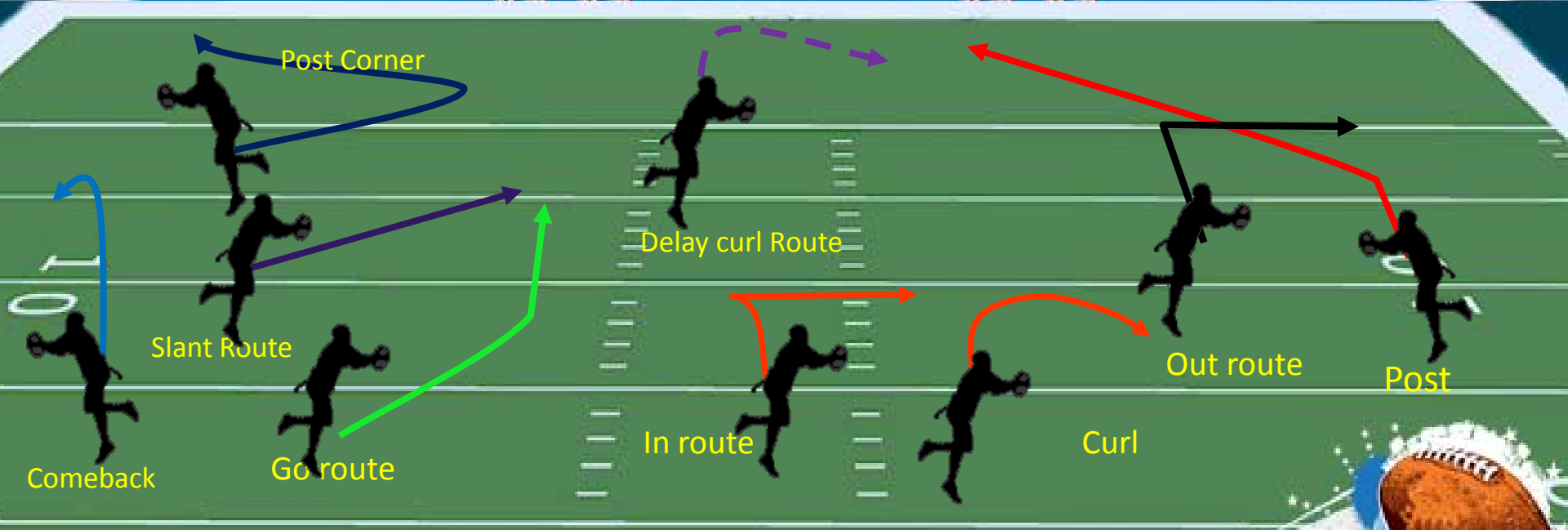


Now here comes the fine print. These plays will not work if you do not study and rehearse them. **PRACTICE – PRACTICE – PRACTICE.**

Once your team gets used to understanding these new plays, the chemistry will fall into place. I recommend that you only use 5 – 10 plays per game. Good teams only need about 3 or 4 good plays to dismantle a defense. Your team can literally run one play over and over until the defense stops it. If one play works, repeat it until the opposing team stops it. Flag football is about rhythm and execution. When you run different plays each time - this not only confuses the opposing defense, but your team as well.

I could go on and on about my philosophy about using these plays while playing flag football. However it really doesn't matter. These plays don't take into account the talent of your team. Some of these plays work better with a quarterback who is more mobile. While others work better with teams with a quarterback who's better in the pocket. My recommendation is to practice one play at a time. Don't attempt to learn all of the plays. Take time to learn just 1- 5 plays at a time.





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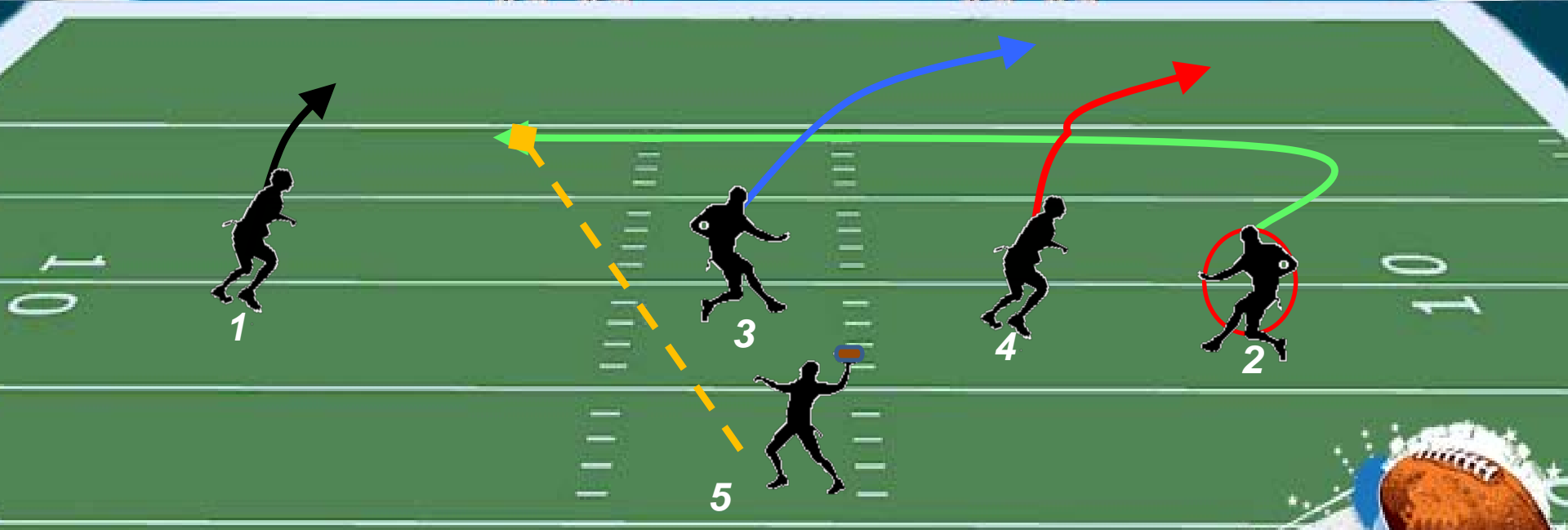
1. Sprint deep to the post
2. Sprint 5 yards up and along endzone
3. Sprint to corner post
4. Sprint to corner endzone
5. Move around in pocket and throw to number 2

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To Go

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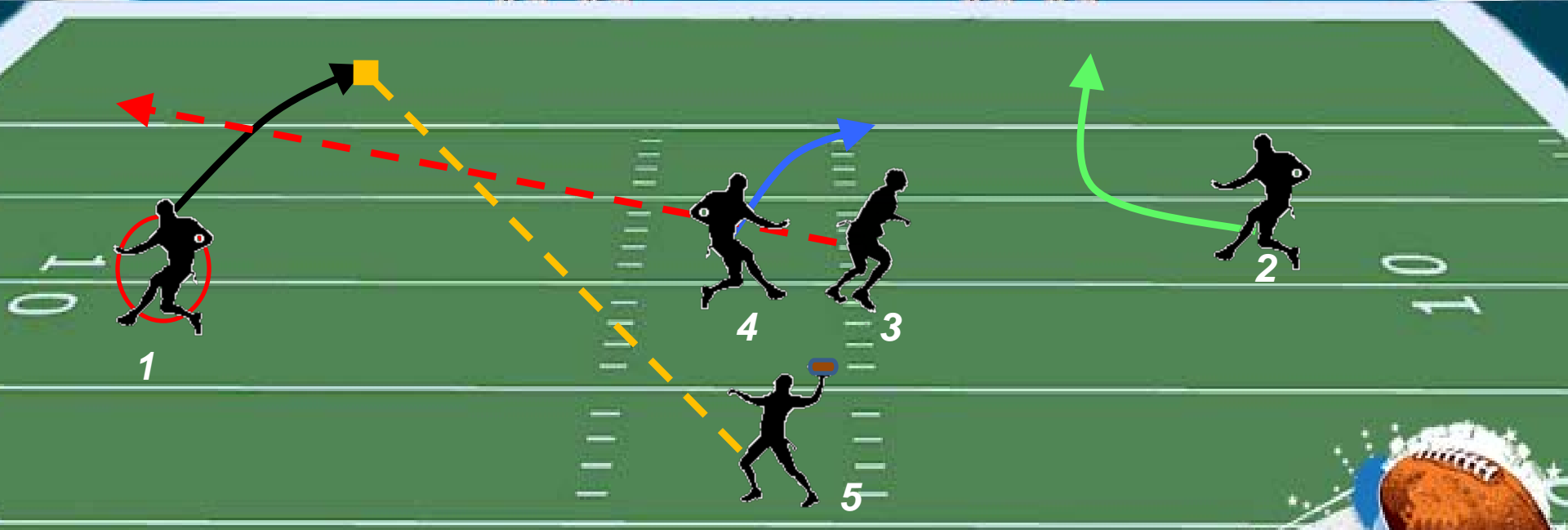
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To Go

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1. Sprint deep to endzone
2. Sprint 5 yards in and up to post
3. Sprint to endzone
4. Delay and then slant to corner
5. Move around in pocket and throw to number 1



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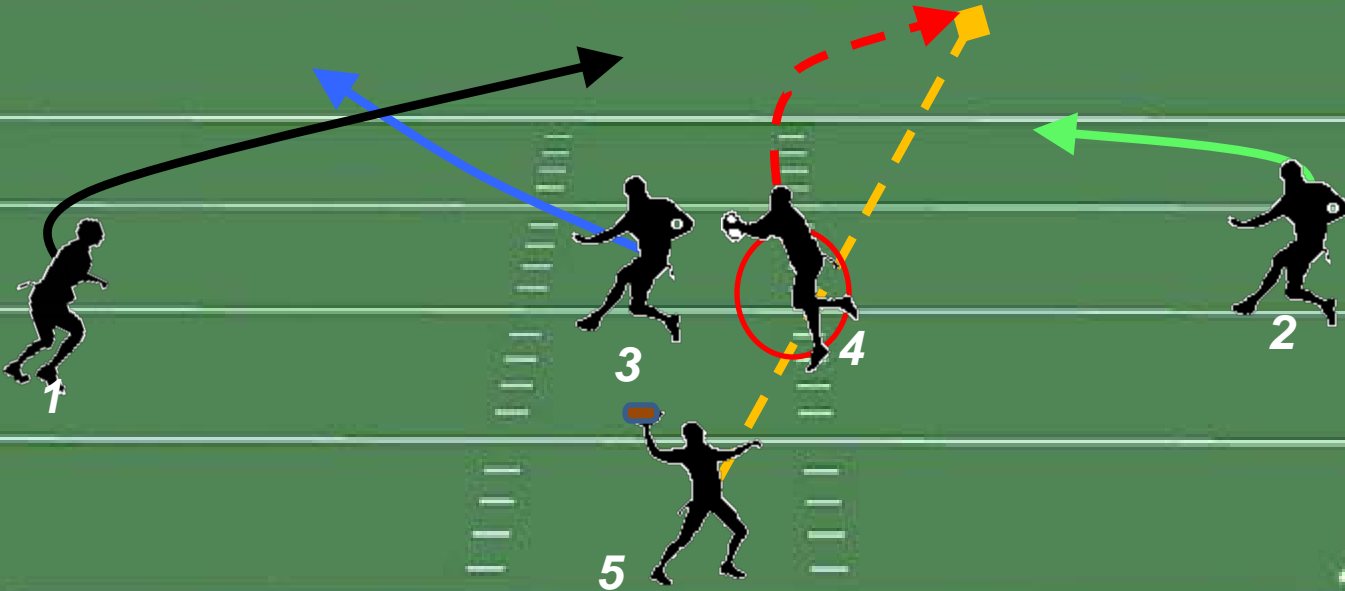
1. Sprint deep to middle of endzone
2. Sprint off line 5 yards, curl left
3. Slant route to endzone
4. Delay then curl to post
5. Move around in pocket and throw to number 4

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To Go

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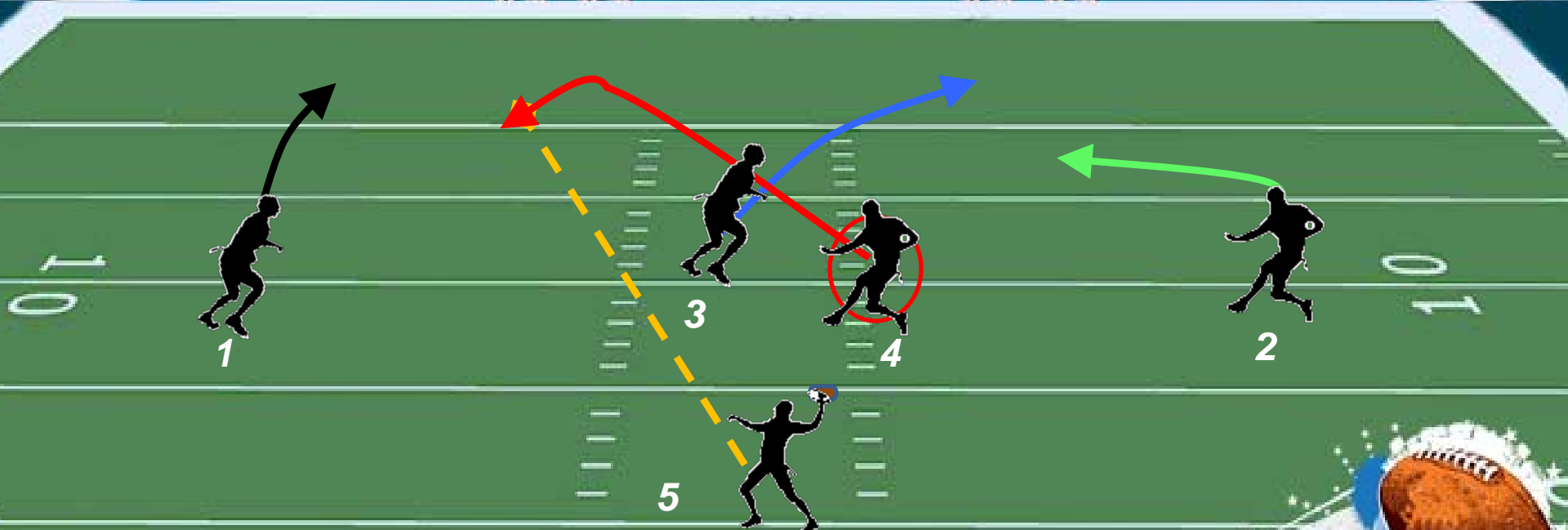
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To Go

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1. Sprint deep to the post
2. Sprint off line 5 yards, curl left
3. Sprint to corner post
4. Slant route to endzone, comeback
5. Move around in pocket and throw to number 4



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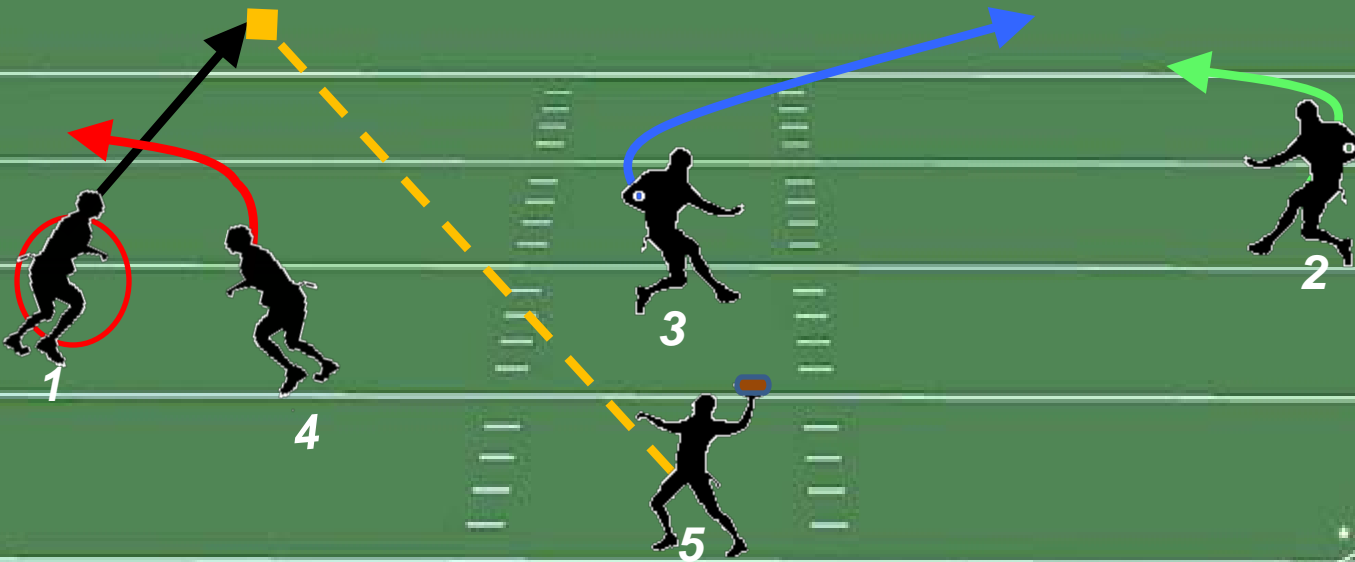
1. Slant route to post
2. Sprint off line 5 yards, curl to endzone
3. Sprint 5 yards, right to post
4. Sprint 5 yards, curl to sideline
5. Move around pocket and throw to number 1

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To Go

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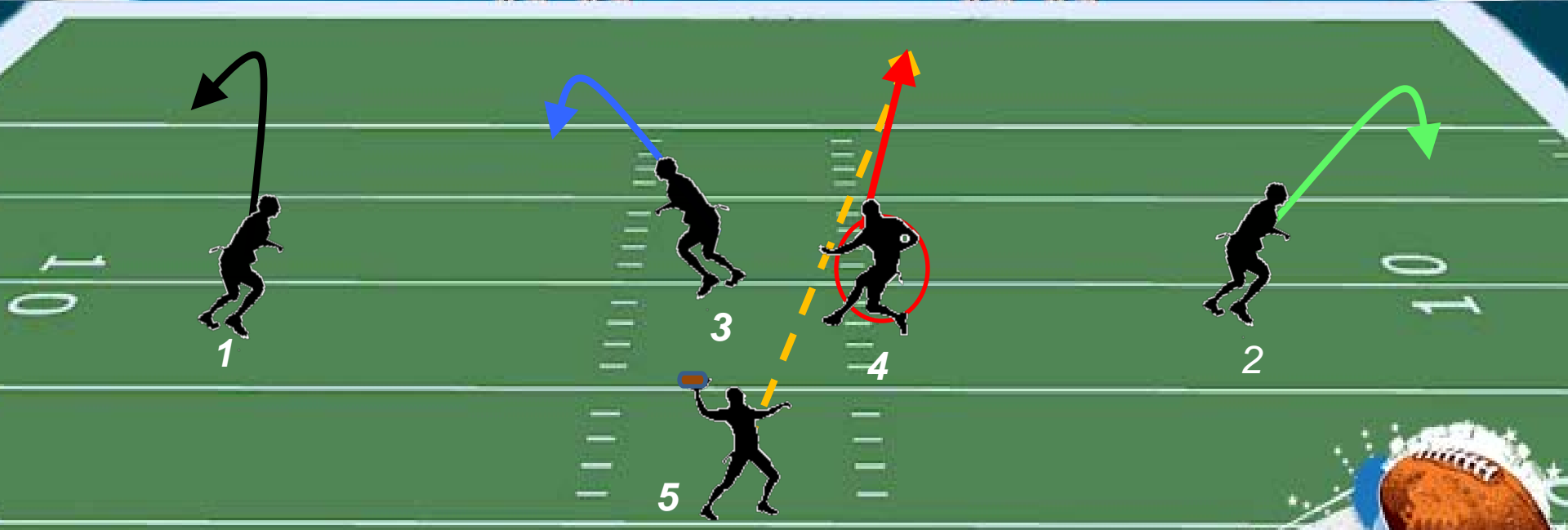
1. Sprint to endzone, comeback
2. Sprint to corner endzone, comeback
3. Sprint to post, comeback
4. Slant hard to post
5. Move around in the pocket and throw to number 4

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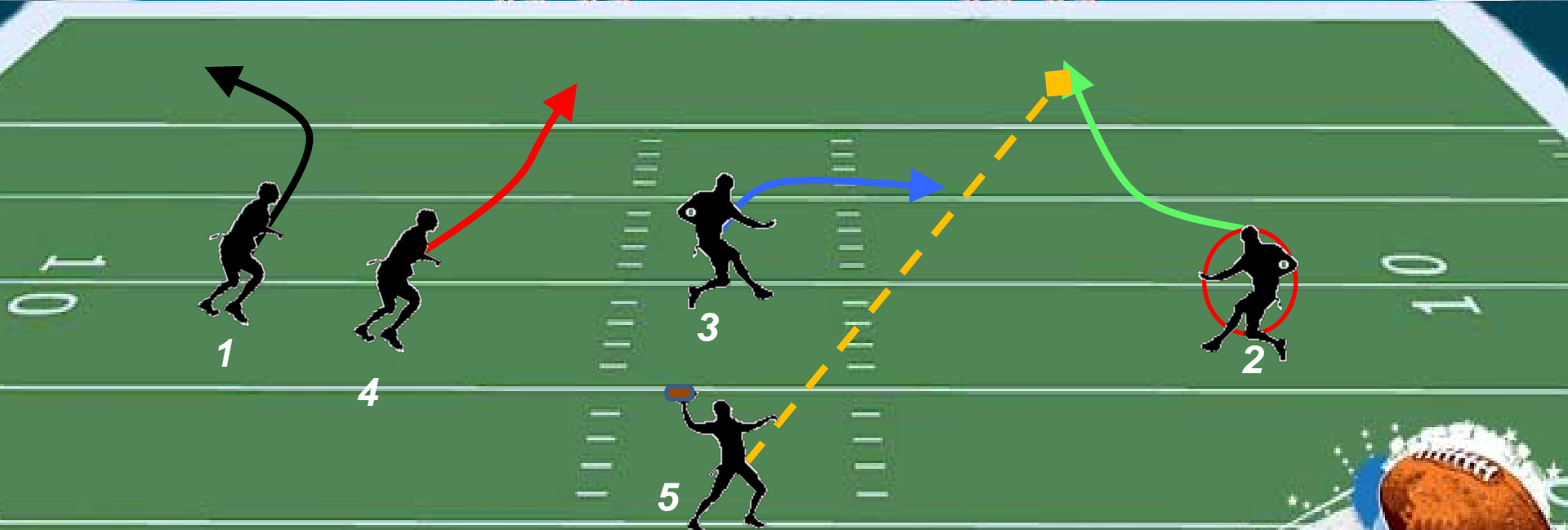
1. Sprint deep post corner
2. Sprint 5 yards, curl to left towards post
3. Curl right in the flat
4. Sprint 5 yards, curl to right towards post
5. Move around the pocket and throw to number 2

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To Go

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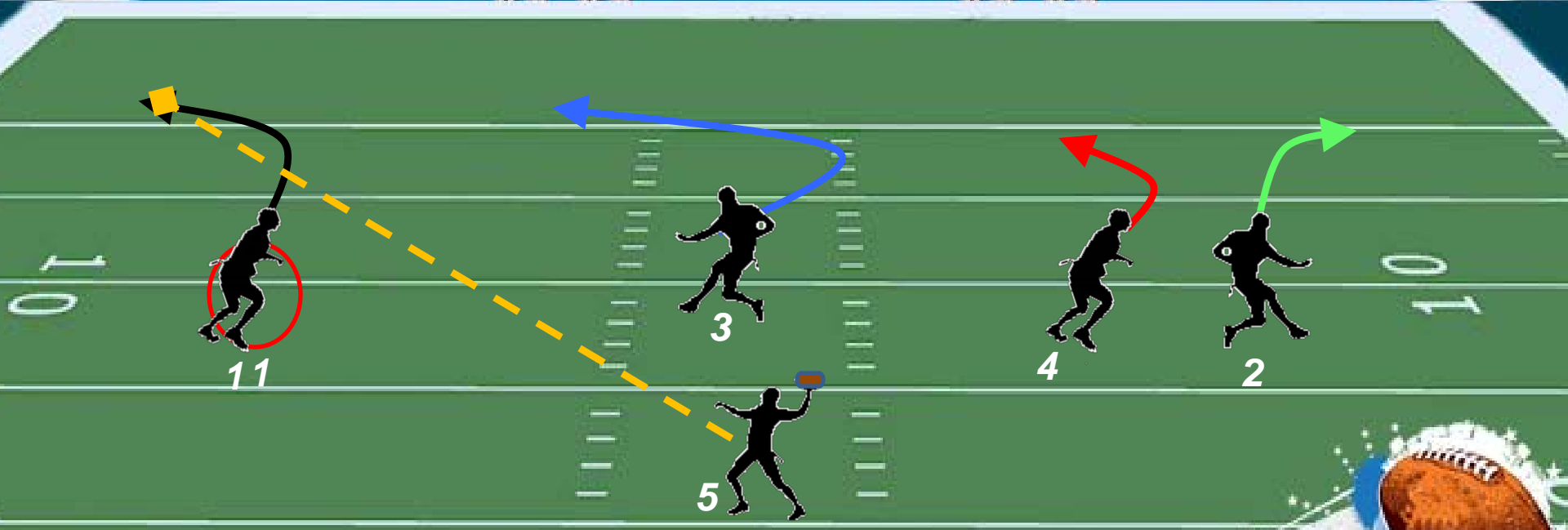
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1. Sprint deep post corner
2. Sprint off line and curl to post
3. Sprint off line, quick post corner
4. Sprint off line and curl to endzone
5. Move around in pocket and throw to number 1



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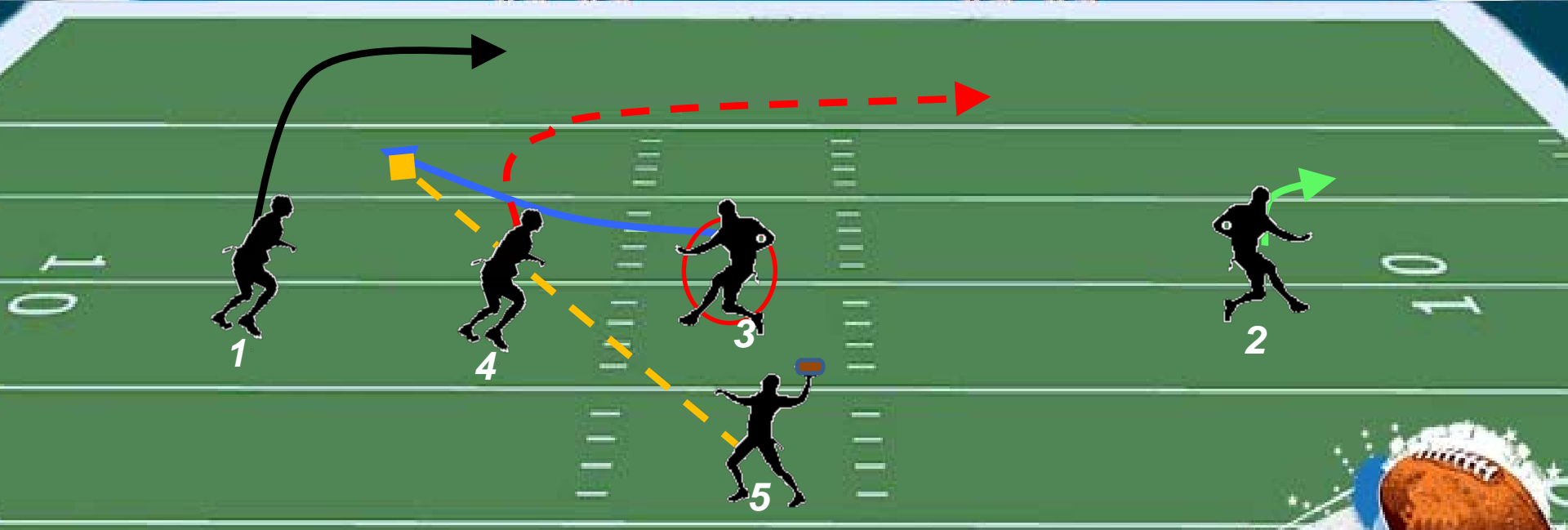
1. Sprint deep to post
2. Short sprint, curl to sideline
3. Slant route to corner
4. Delay 5 yards, curl to post
5. Move around in pocket and throw to number 3

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To Go

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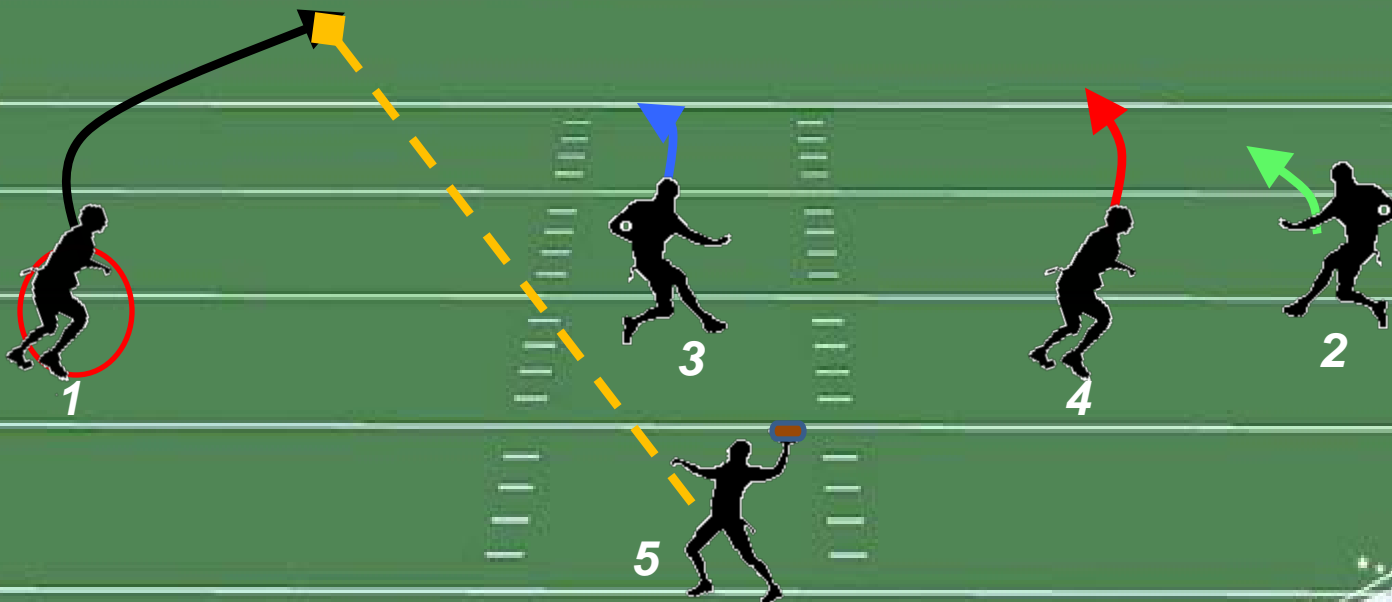
1. Sprint 5 yards and curl right to post
2. Short sprint, curl to middle
3. Sprint up middle, comeback
4. Short sprint to endzone
5. Move around in the pocket and throw to number 1

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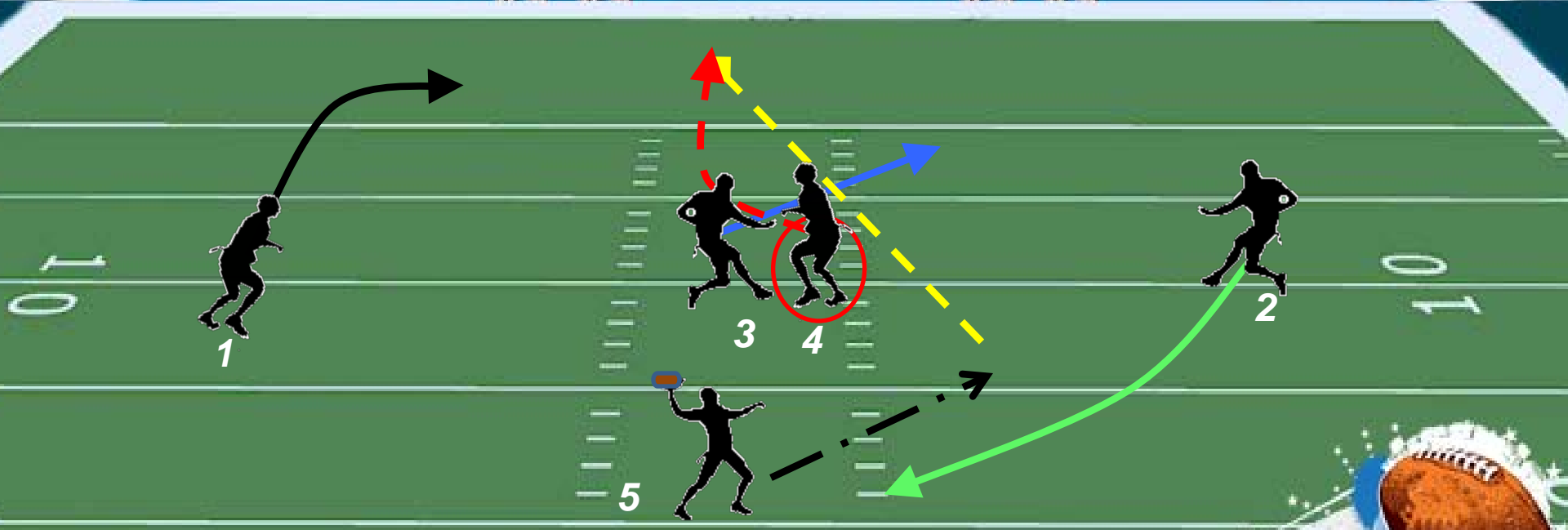
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To Go

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1. Sprint deep to the post
2. Reverse fake
3. Slant hard to the post
4. Delay 3 yards, curl to endzone
5. Roll right, throw to number 4



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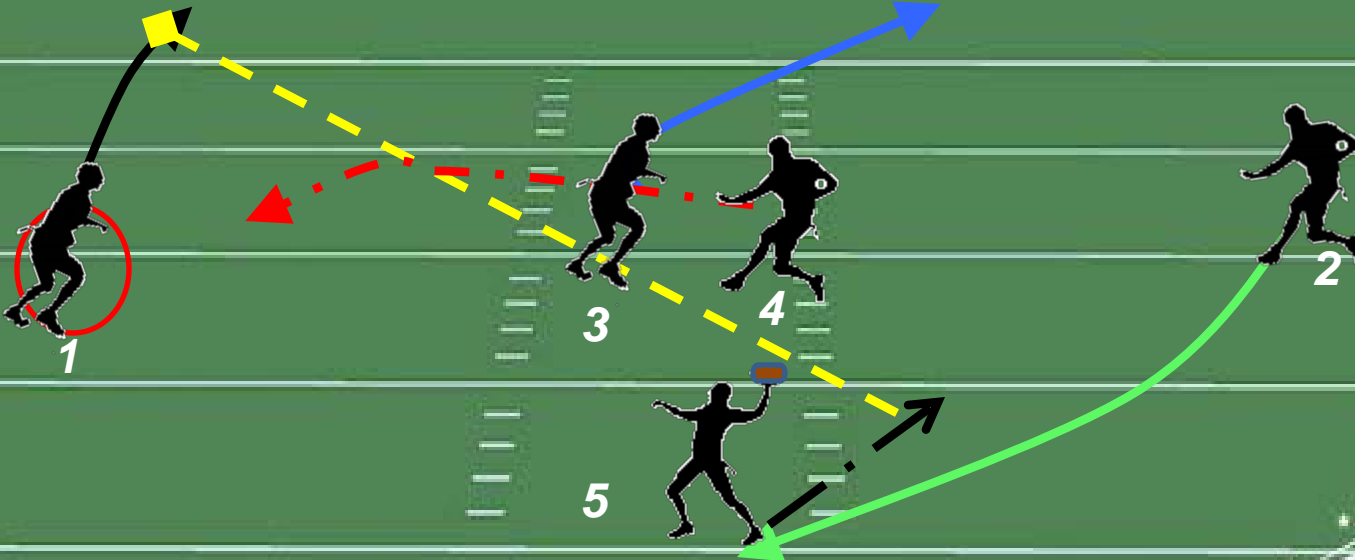
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1. Slant route to post
2. Reverse fake
3. Sprint and curl right to post
4. Delay and curl across middle
5. Roll right and throw to number 1



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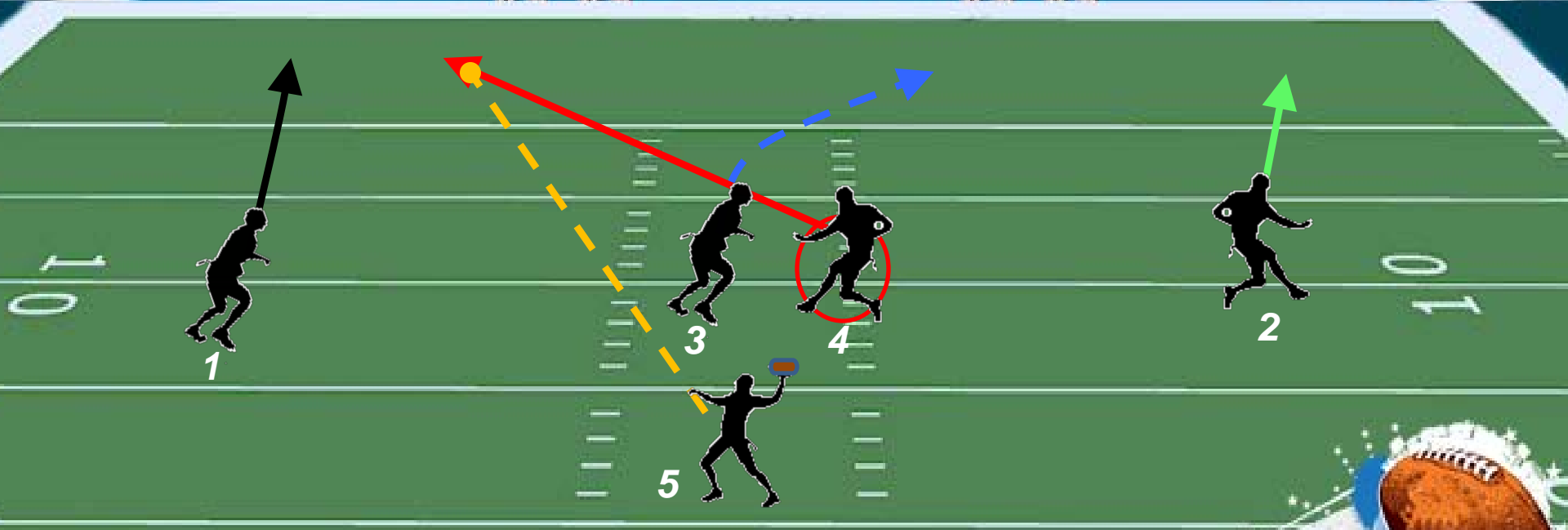
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To Go

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8

1. Slant route to endzone
2. Slant route to endzone
3. Delay 5 yards, curl to post
4. Slant left to corner post
5. Move around the pocket and throw to number 4



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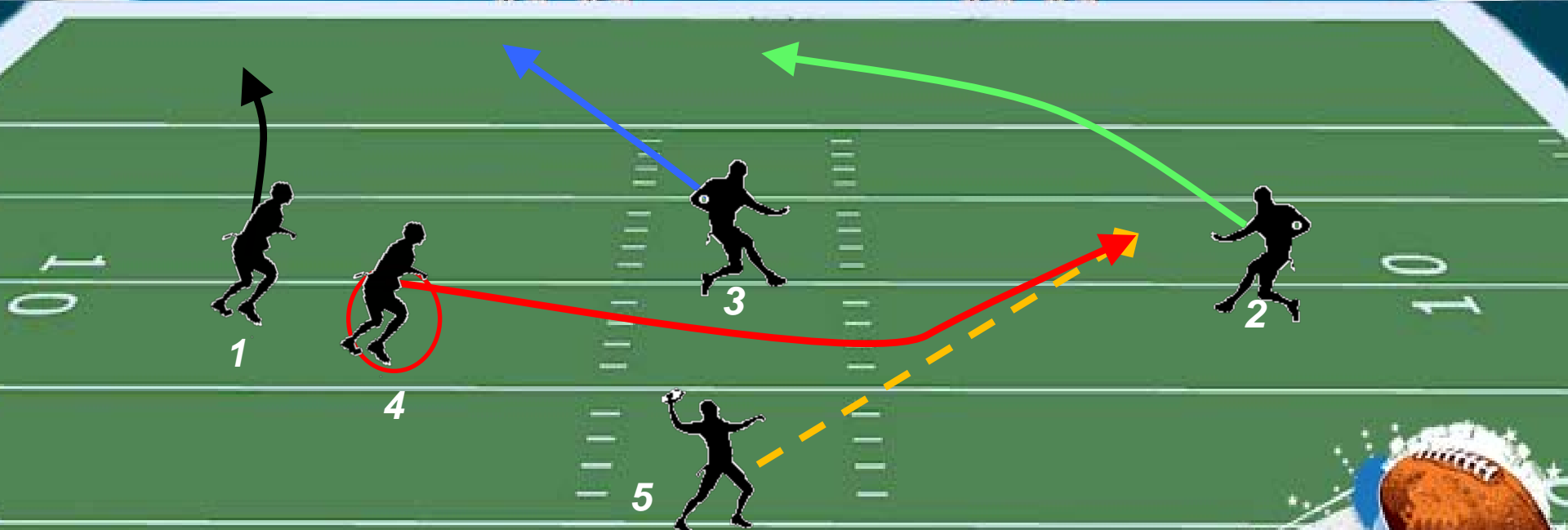
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To Go

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1. Sprint deep to corner
2. Deep cross to left
3. Short curl right, slant to post
4. Reverse right along line of scrimmage & up
5. Move around in the pocket and throw to number 4



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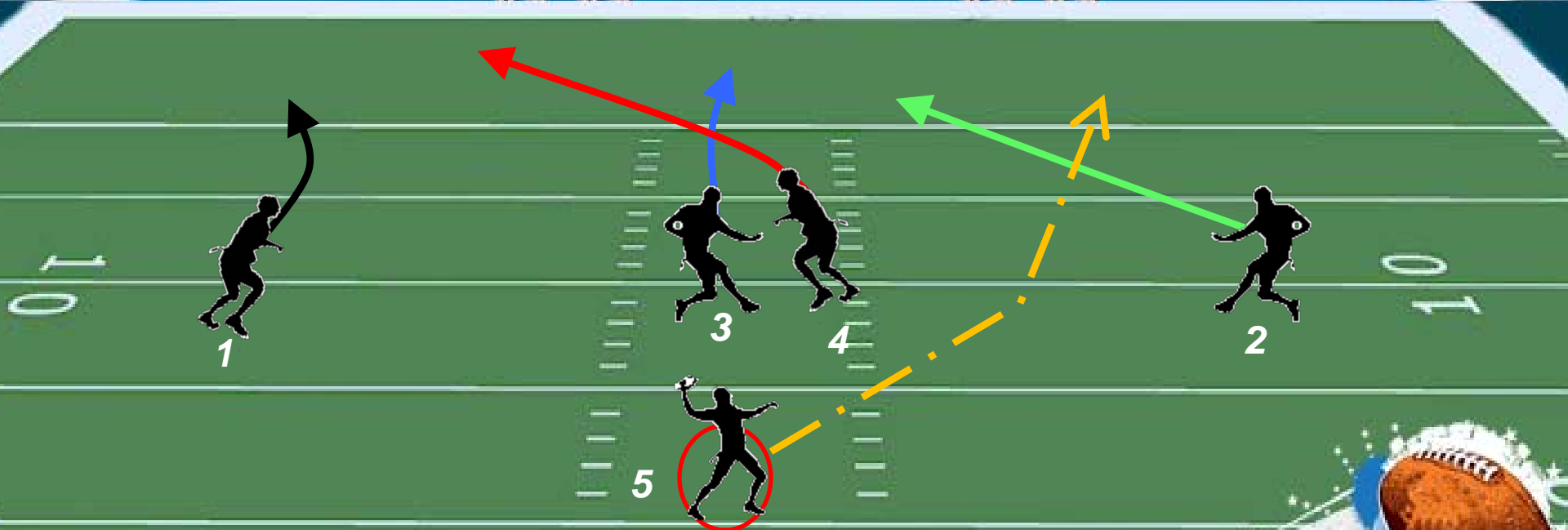
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To Go

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1. Sprint deep left corner
2. Slant hard left to endzone
3. Curl straight up middle
4. Curl 5 yards, sprint to left post
5. Quarterback draw, sprint to endzone



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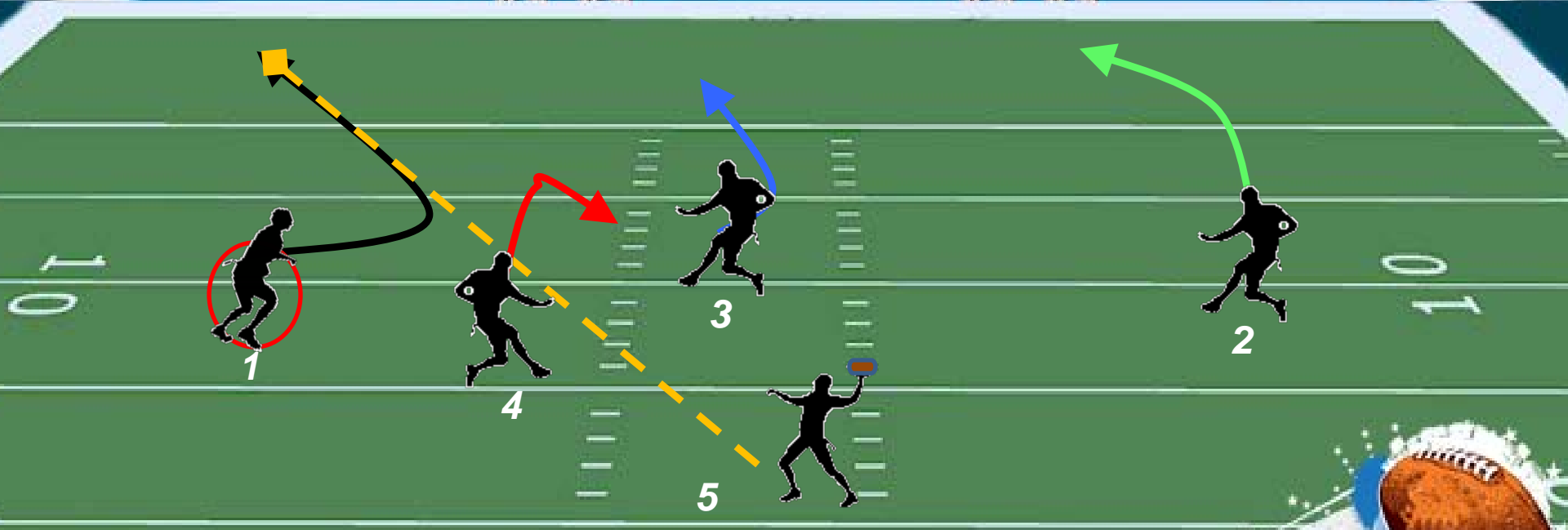
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To Go

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1. Sprint deep post corner
2. Sprint deep to the post
3. Curl 5 yards, sprint up middle
4. Sprint 5 yards, comeback
5. Move around in the pocket and throw to player 1



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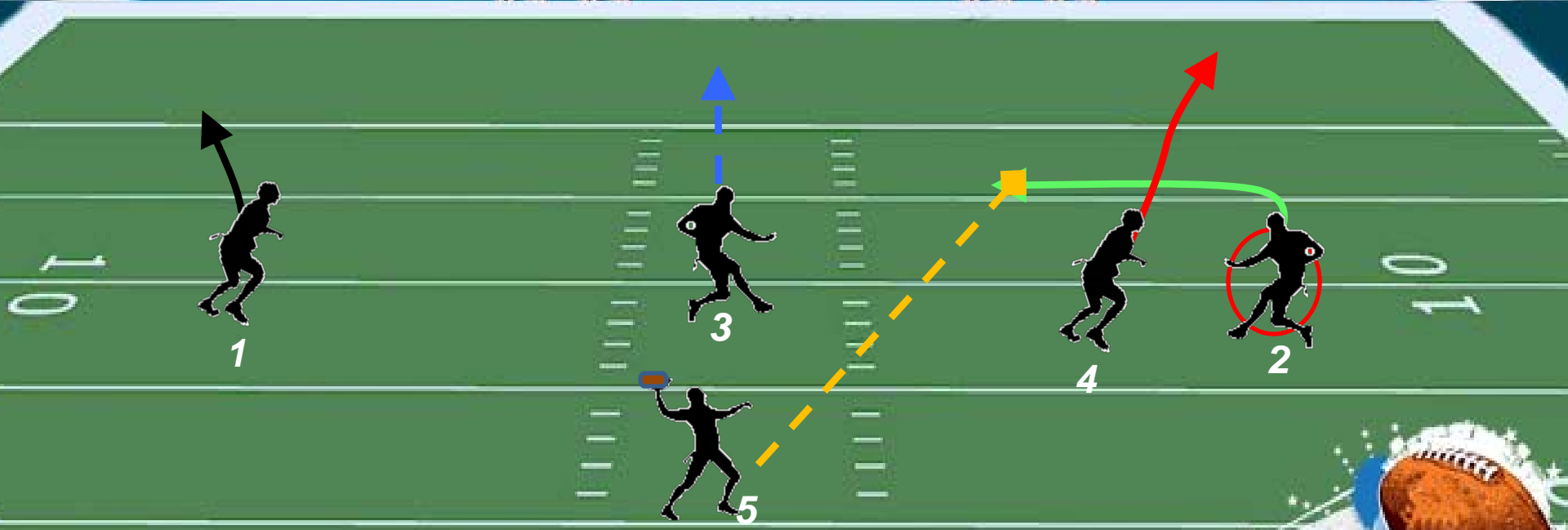
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To Go

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8

1. Sprint deep to corner
2. Sprint 5 yards, curl to left
3. Delay up the middle
4. Slant hard to corner
5. Move around the pocket and throw to number 2



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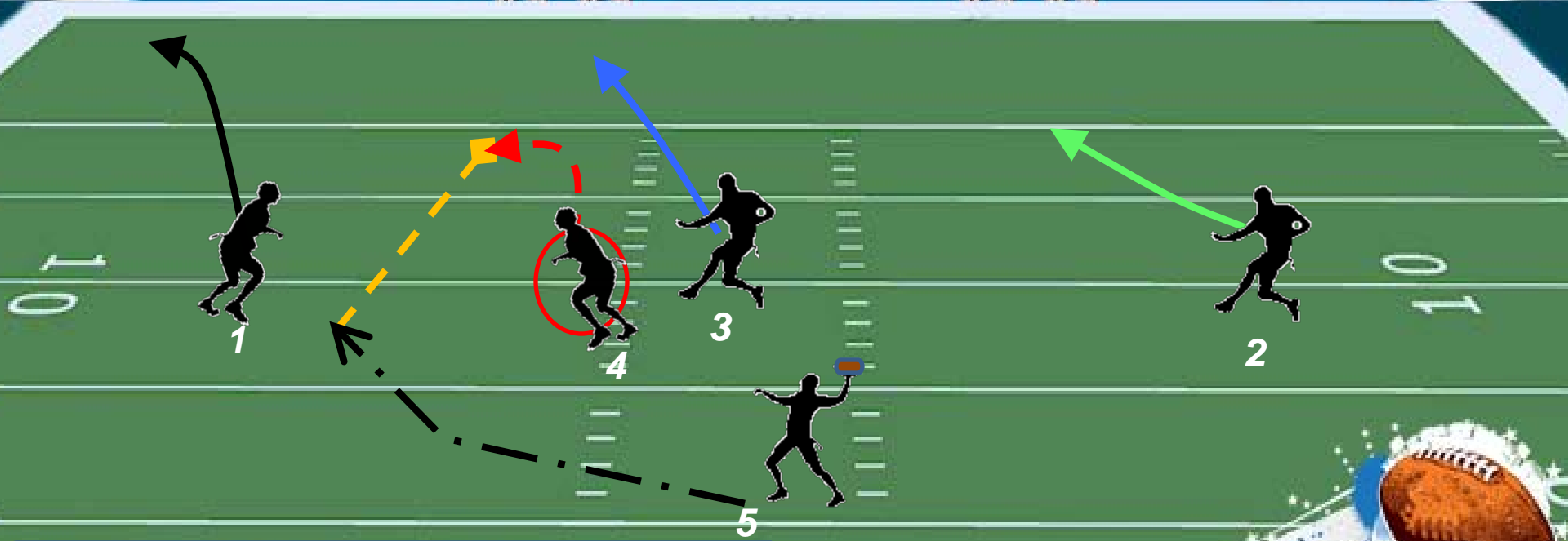
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To Go

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1. Sprint deep to corner
2. Slant hard right
3. Slant hard to post
4. Delay and curl 5 yards to the left
5. Roll left and throw to player 4



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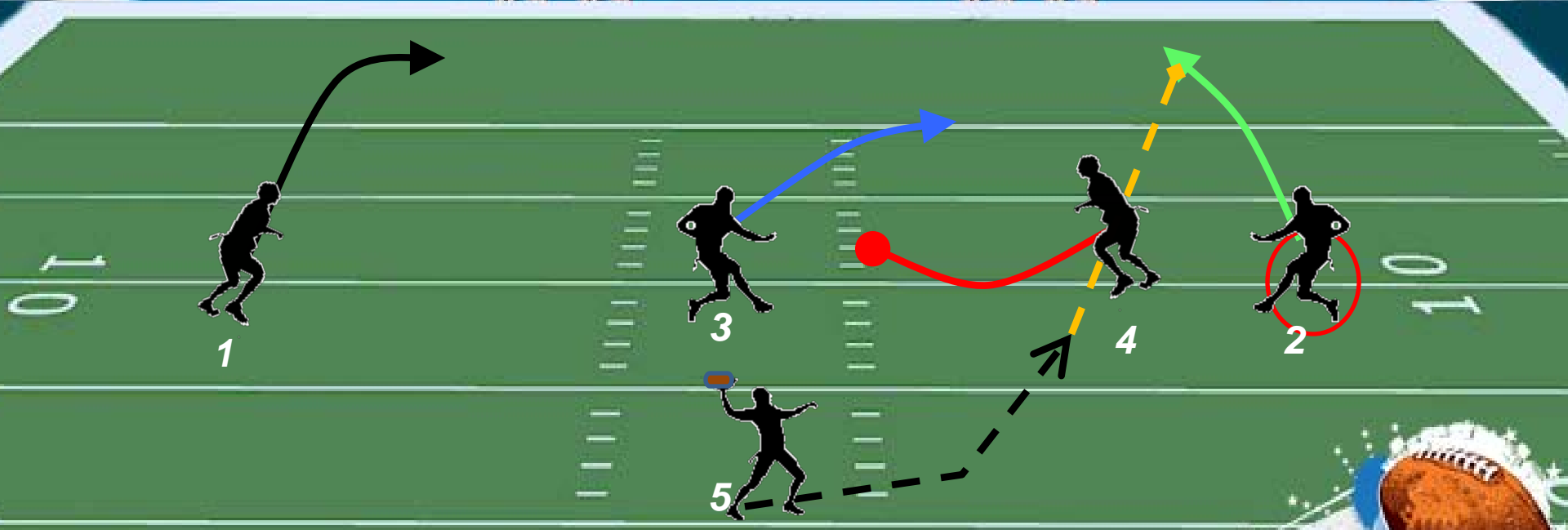
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1. Sprint deep to the post
2. Sprint deep to the post
3. Slant to endzone
4. Reverse right to middle
5. Roll right and throw to number 2



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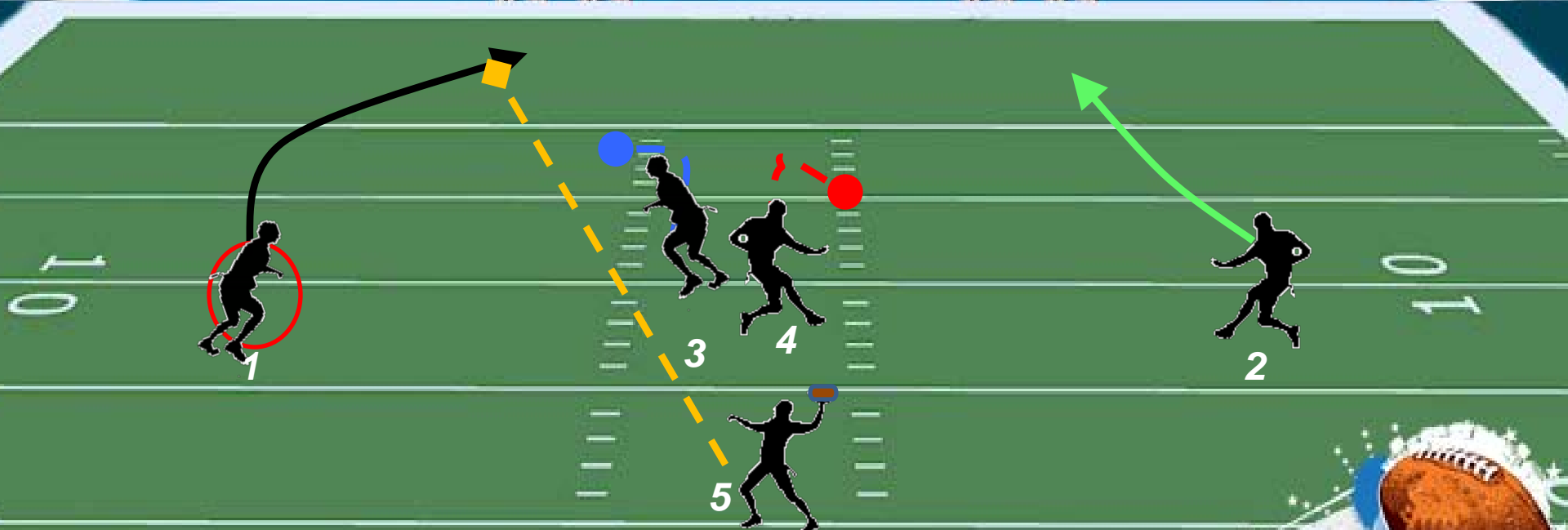
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1. Sprint deep to the post
2. Sprint deep to the post
3. Delay short curl to left
4. Delay short curl to right
5. Move around in the pocket and throw to number 1



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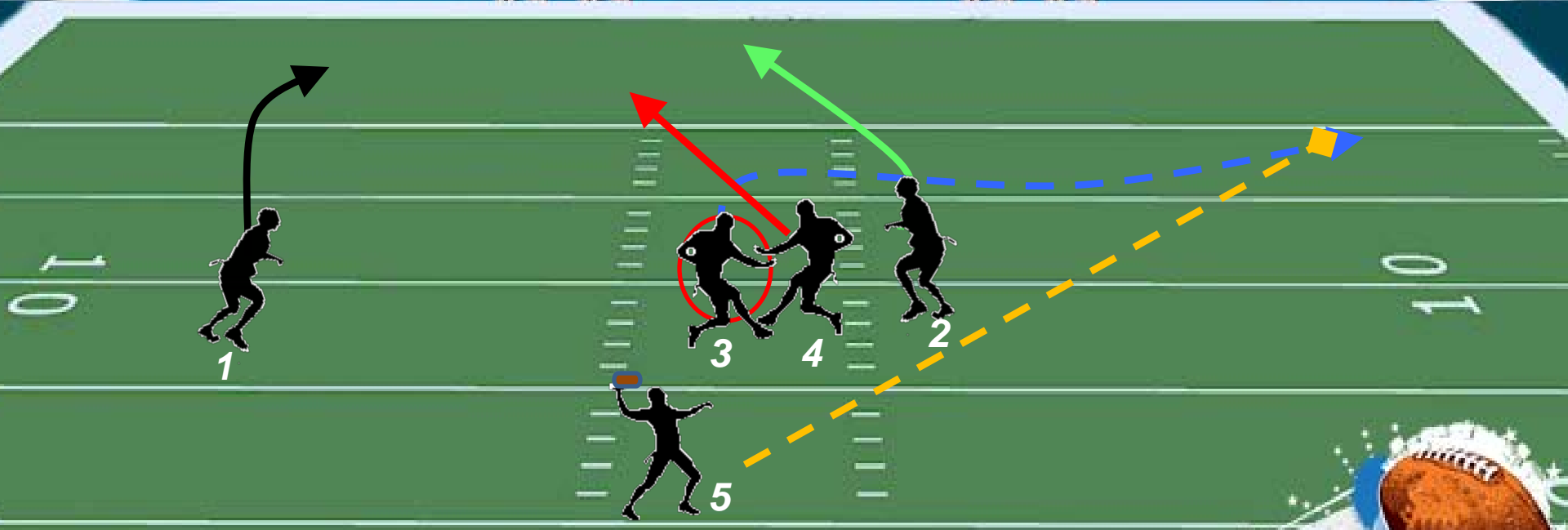
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To Go

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8

1. Sprint deep to the post
2. Sprint deep to middle of endzone
3. Delay 5 yards, curl to sideline
4. Slant to post
5. Move around the pocket and throw to number 3



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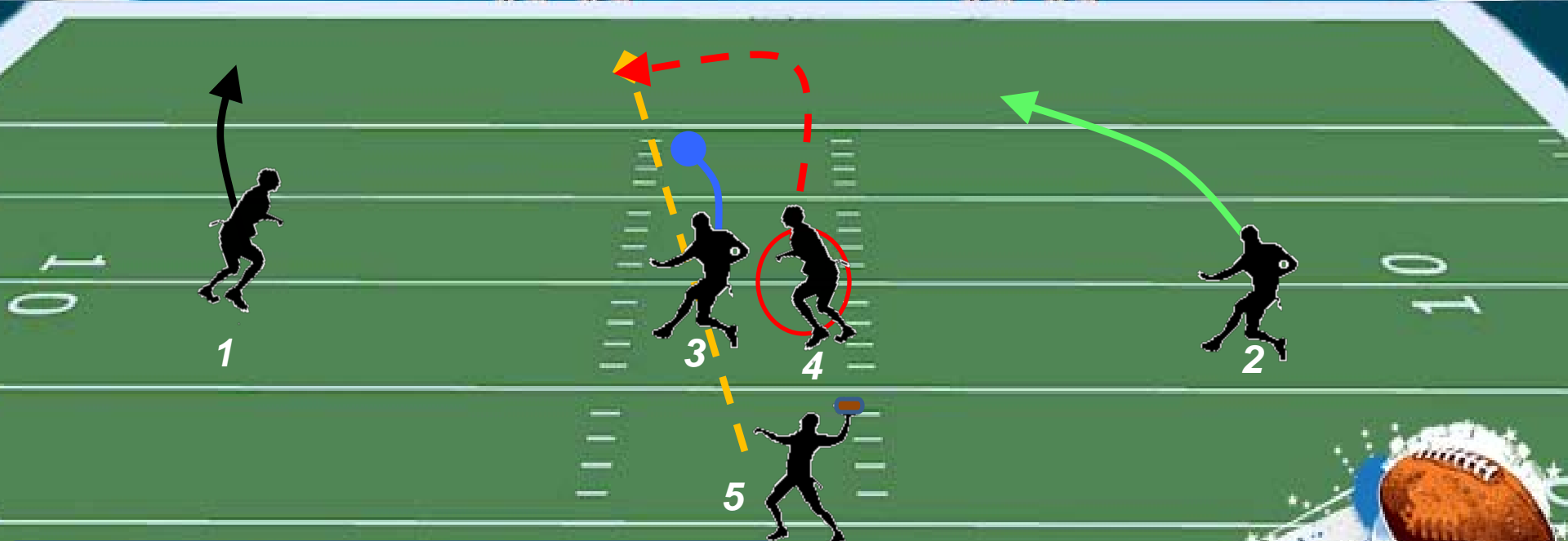
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1. Sprint deep to corner
2. Sprint left to endzone
3. Short curl left up middle
4. Delay 10 yards, curl to post
5. Move around the pocket and throw to number 4



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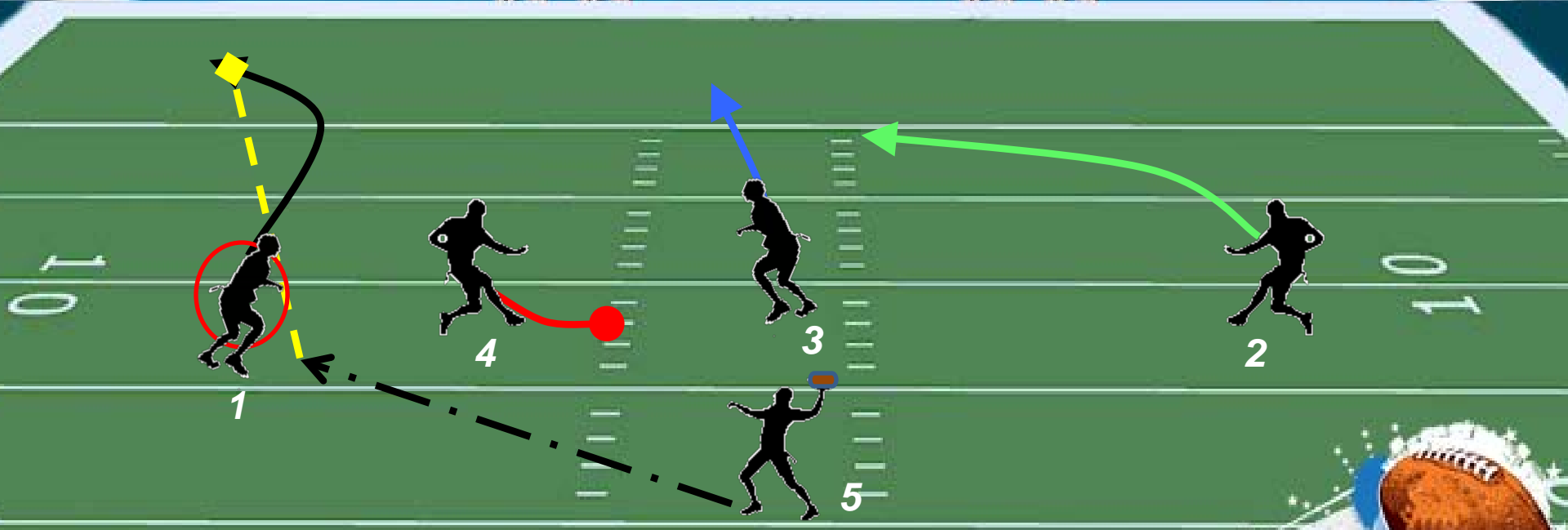
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8

1. Sprint deep post corner
2. Sprint 5 yards, curl to middle of endzone
3. Sprint up middle
4. Reverse fake to middle
5. Roll left and throw to number 1



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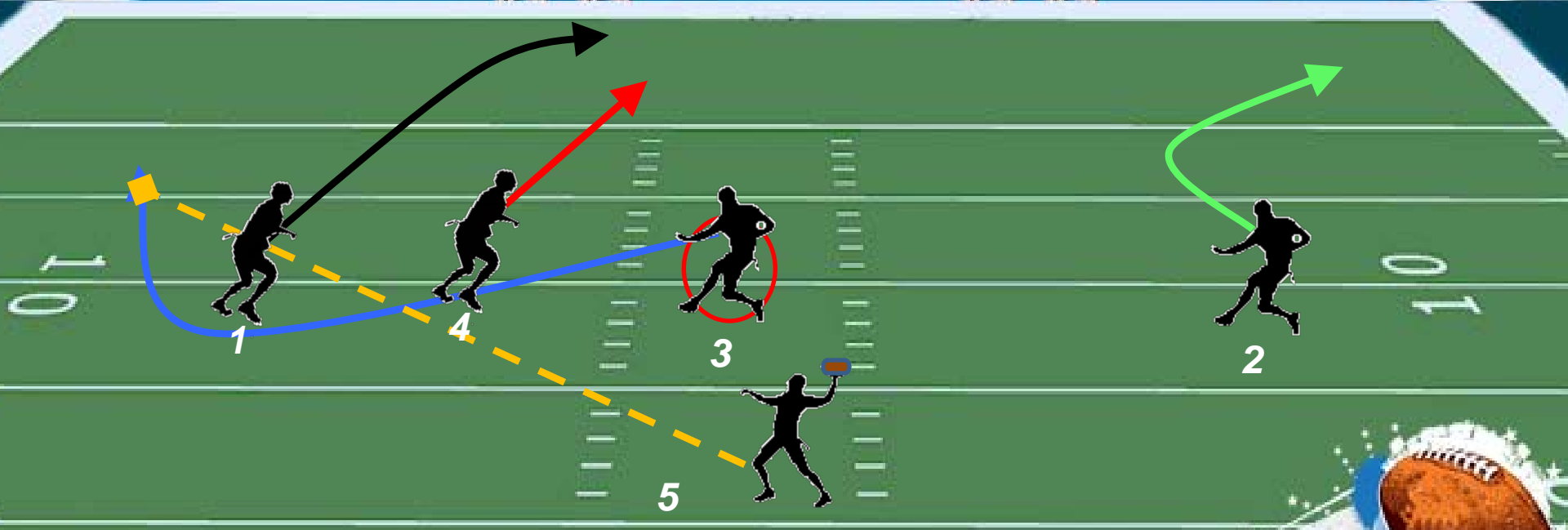
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1. Slant deep to the post
2. Deep post corner
3. Flair out left and curl up
4. Slant hard right to endzone
5. Move around the pocket and throw to number 3



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To Go

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8

1. Sprint to corner post, comeback
2. Sprint deep to the post
3. Slant hard right to sideline
4. Short curl up middle
5. Move around the pocket and throw to number 3

