

## **Practice Plan (1-1:15 hours)**

**(All times can obviously be changed as you see fit)**

**10 min – Stretch/Warm-up/Light jog**

**3 min – Water**

**10 min – Flag pulling drill**

**15 min – Offensive play formations and practice**

**3 min – Water**

**15 min – Defensive formations and responsibilities**

**10 min – Flag pulling drill**

### **Flag Pulling Drill #1**

Set up 2 cones, approximately 5-7 yards apart. Have one player stand between the cones (he is the defensive player trying to pull flags). The other players line up facing him, about 7 yards away (they are the offensive player, holding a football and running). One at a time, the offensive player takes off (on the “go” from coach), and they try to get past the defensive player without having their flag pulled. They may spin and juke, but no jumping, stiff arming, or flag guarding. The offensive player must stay between the cones, or they are “out of bounds”. The defensive player must attack (don’t just sit and wait at the cones for the player to come to them), and breakdown to stop the offensive player and try to get both flags. Repeat until all offensive players have gone through, then switch the defensive player with someone else, and repeat again. Continue until every player has had the opportunity to be the defensive player. At first, concentrate on having the defensive player get any flag. As they get better, focus on getting both flags when possible.

### **Flag Pulling Drill #2**

Create a rectangular field, approximately 20 yards long by 10 yards wide. You will have 2 defenders at a time, vs. 1 offensive player. Both defensive players will start on the side of the field (doesn’t matter which side), one about 10 yards from the end line, and one about 15 yards from the end line (the end line is where the offensive player will start with the ball). Both players should be on one knee, facing away from the offensive ball carrier. When the coach says go, the ball carrier takes off, and the defensive players must jump to the feet, turn around and locate the ball carrier, and attack to try to get his flag. They must work together to try to “corral” the offensive player, while the offensive player is trying to get past them and score across the opposite end line. After each play, they rotate (the defensive player at the 10 moves to the 15, the player at the 15 moves to the back of the offensive line, and the offensive player who just went goes to defense at the 10). Continue for about 10 minutes, or until all players have rotated through at least once.

This is a cheat sheet of *free flag football plays* that is designed to be printed out and used by the coach or players in practice and games. This *flag football playbook* can also be cut up with a paper-cutter or scissors to be made to fit inside flag football wristbands for use in the huddle.

A few basic notes.

- The football formation can be flipped right or left.
- Each play can be called for a run (hand-off) or play action pass.

Taking the above two points into consideration these 8 basic flag football plays can actually be run as 32 distinct plays with some simple play calling. When designing a system for play calling I prefer to assign a number to each play along with a code for which side to line up on and a second code to indicate pass or run.

For example, lets look at the play "Trips Center Screen" and follow these steps

- Assign a number, we will use 21 for now
- Pick code for left or right. For this example use L for left and R for right.
- Pick another code for run or pass. For this example lets use X for run and Z for pass.

I can then call the "Trips Center Screen" play in 4 different ways:

- 21LX - line up left and hand-off
- 21RX - line up right (depicted in actual image) and hand-off
- 21LZ - line up left and pass
- 21RZ - line up right (depicted in actual image) and pass

Before using any of these flag football plays make sure they are legal according to the flag football rules of your league.

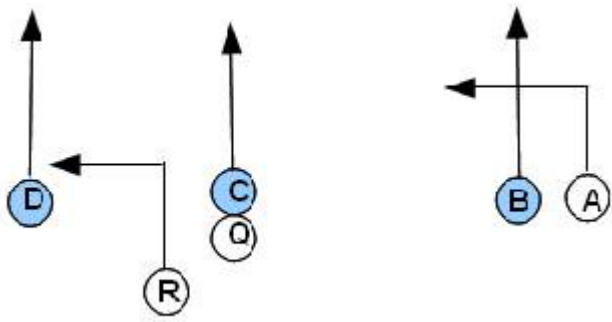
If you need more information, every flag football play presented on this hub will have a detailed explanation along with flag football coaching advice posted on the [Youth Flag Football HQ](#) website.

## Football Postions

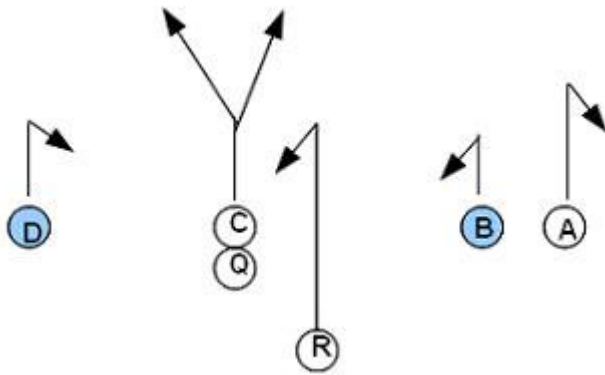
This is the legend for the flag football positions in the plays listed in this cheat sheet:

- A, B, D are wide receivers
- Q is the quarterback
- R is the running back
- C is the center

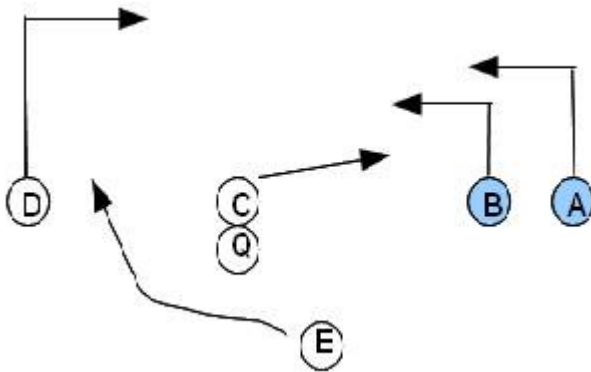
## Twins Formation



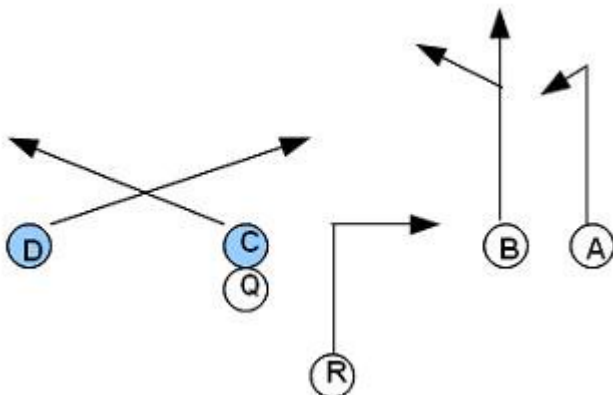
*Twins Fly*



*Twins Hook*

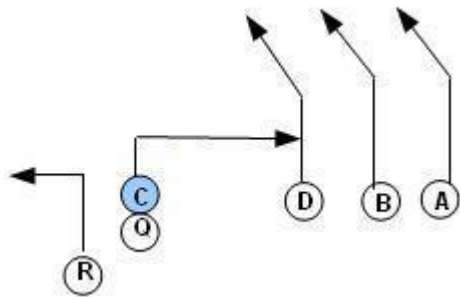


*Twins In*

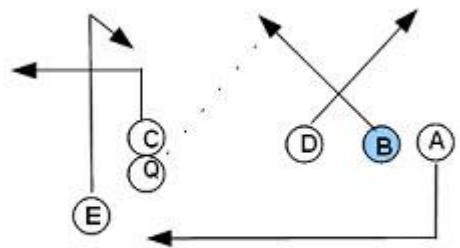


*Twins Center Cross*

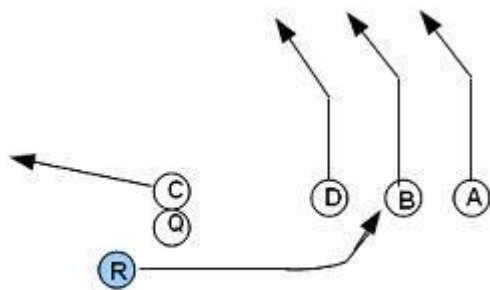
# Trips Formation



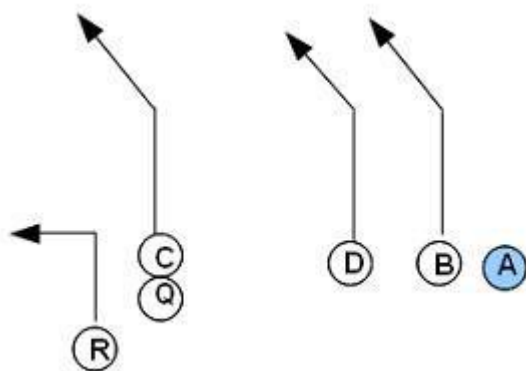
*Trips Center Screen*



*Trips End Around*



*Trips Swing Pass*



*Trips WR Screen*