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# 2018 FLAG FOOTBALL PLAYBOOK 1-4 GRADES


WHEATLAND ATHLETIC  
ASSOCIATION


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# OFFENSIVE SYMBOLS AND POSITIONS

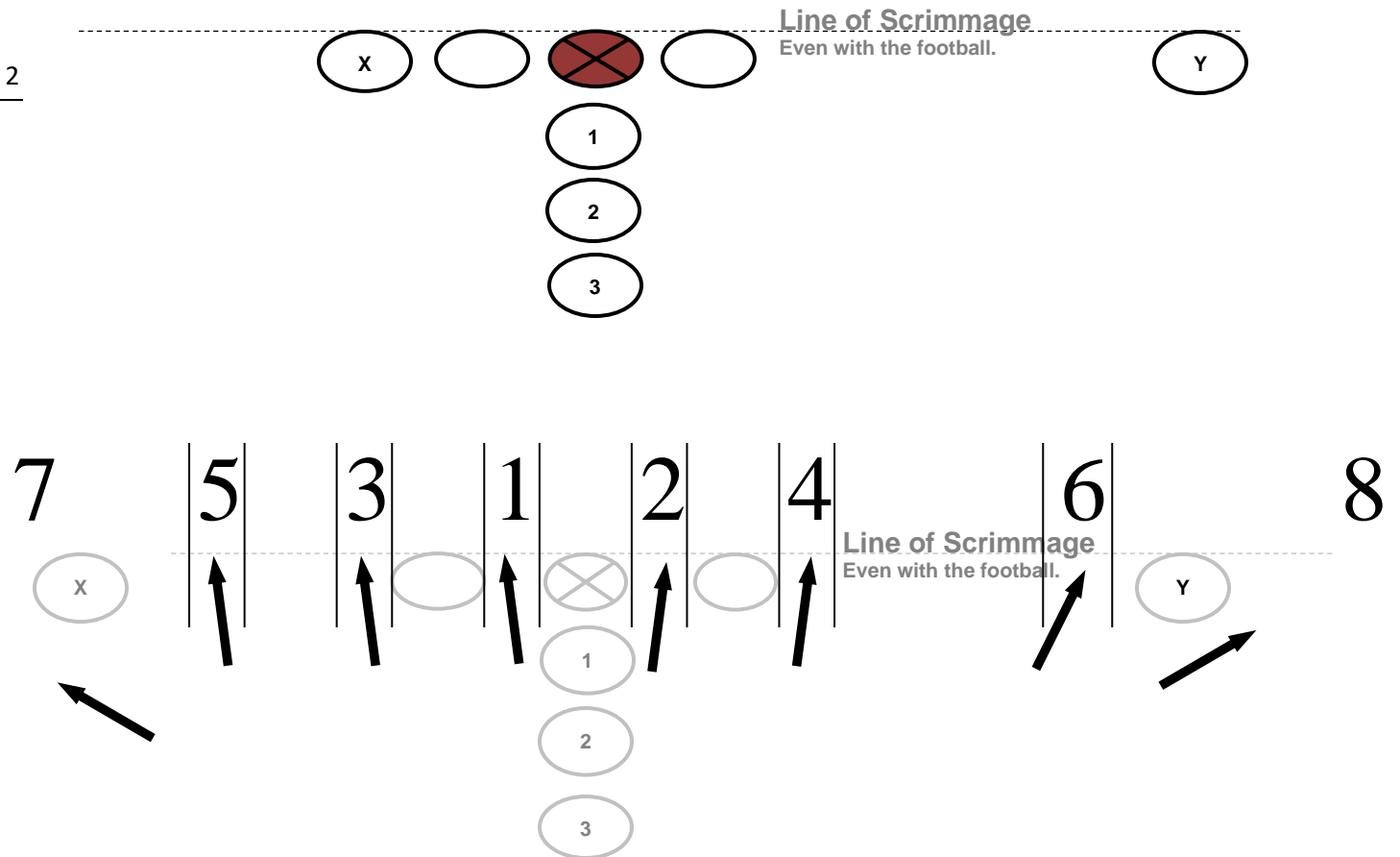
 <p><b>-CENTER</b> Lines up on the line of scrimmage. Blocker, Snaps the ball to Quarterback. May catch pass behind the line of scrimmage. CANNOT run pass routes.</p>	 <p><b>-RECEIVER</b> Lines up on the right. Lines up on the line of scrimmage. Receiver, runs pass routes. Handles the ball. Blocks in certain situations.</p>	 <p><b>-RUNNING BACK</b> Lines up in backfield. Running back. Takes handoffs from the Quarterback. Runs pass routes. Blocks on certain plays.</p>
 <p><b>-TACKLE</b> Lines up on the line of scrimmage. Blocker. May catch pass behind the line of scrimmage. CANNOT run pass routes.</p>	 <p><b>-QUARTERBACK</b> Lines up behind the center. Field leader on offense. Takes the snap from the center. Calls plays. Hands the ball off to running backs. Passes the ball to receivers or backs.</p>	 <p><b>-RUNNING BACK</b> Lines up in backfield, generally as receiver. Runs pass routes. Takes handoffs from the quarterback, too. Blocks on certain plays.</p>
 <p><b>-RECEIVER</b> Lines up on the left. Lines up on the line of scrimmage. Receiver, runs pass routes. Handles the ball. Blocks in certain situations.</p>		

**Blocking path** 

**Pass Route path** 

**Ball Carrier path** 

## Y-SPLIT RIGHT, I



# OFFENSIVE PASSING ROUTES

## 1. IN

Run 5 yards straight ahead and cut in to the **MIDDLE** of the field.

## 2. OUT

Run 5 yards straight ahead and cut **OUT** to the **SIDELINE** of the side of the field that you are on.

## 3. FLY

Run 10 yards straight ahead **AND LOOK OVER YOUR INSIDE SHOULDER TOWARDS THE QB**. Do not stop running...Do not slow down.

## 4. SLANT

Run towards the middle of field and stay in front of the CB. Look for the ball after 3 steps.

## 5. BOUNCE

Run a slant route, then cut ("bounce") out to the sideline after three steps. Look for the ball after the "bounce."

## 6. FLAT

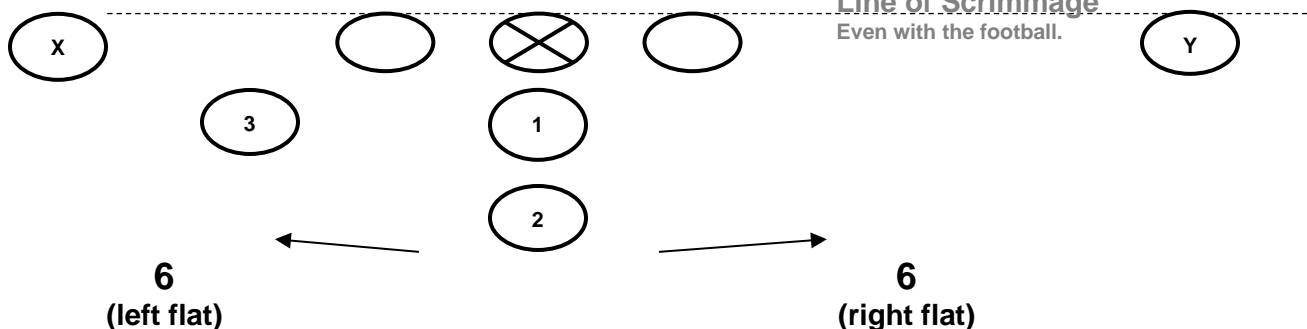
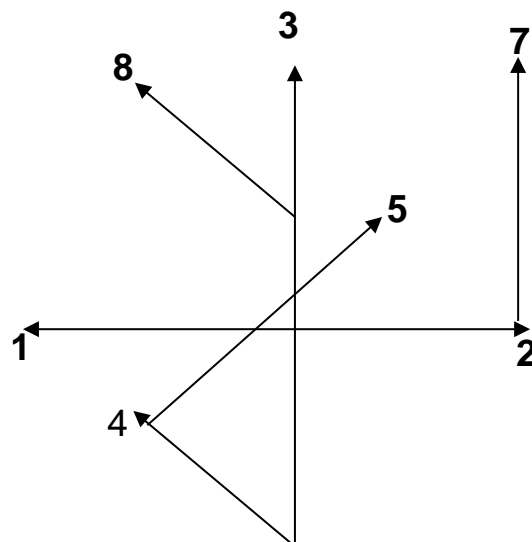
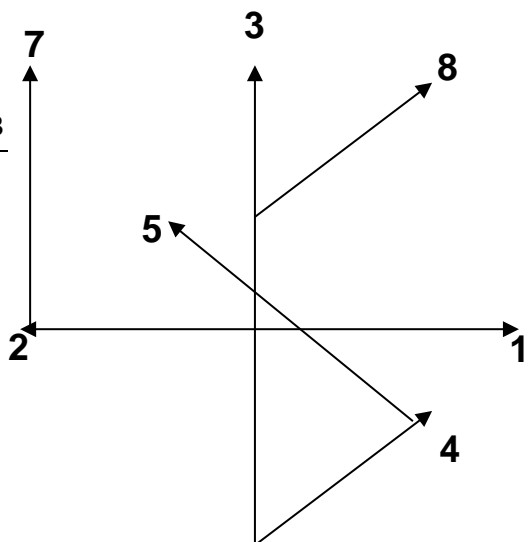
The area to either side of the backfield, behind the line of scrimmage. As indicated below.

## 7. CHAIR

Out route and then cut down the sideline for a fly route. Also know as the "Down, Out and Up".

## 8. POST

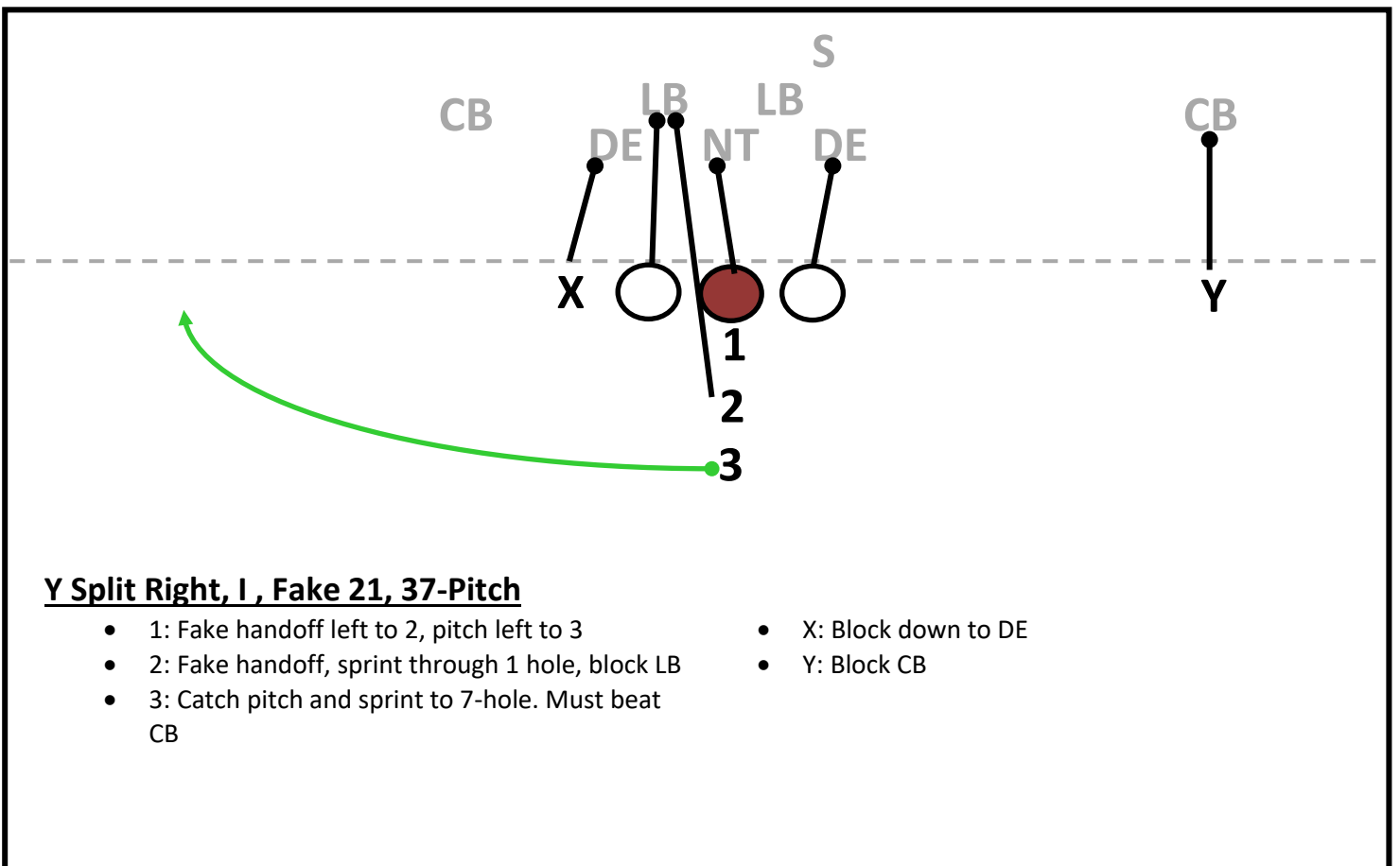
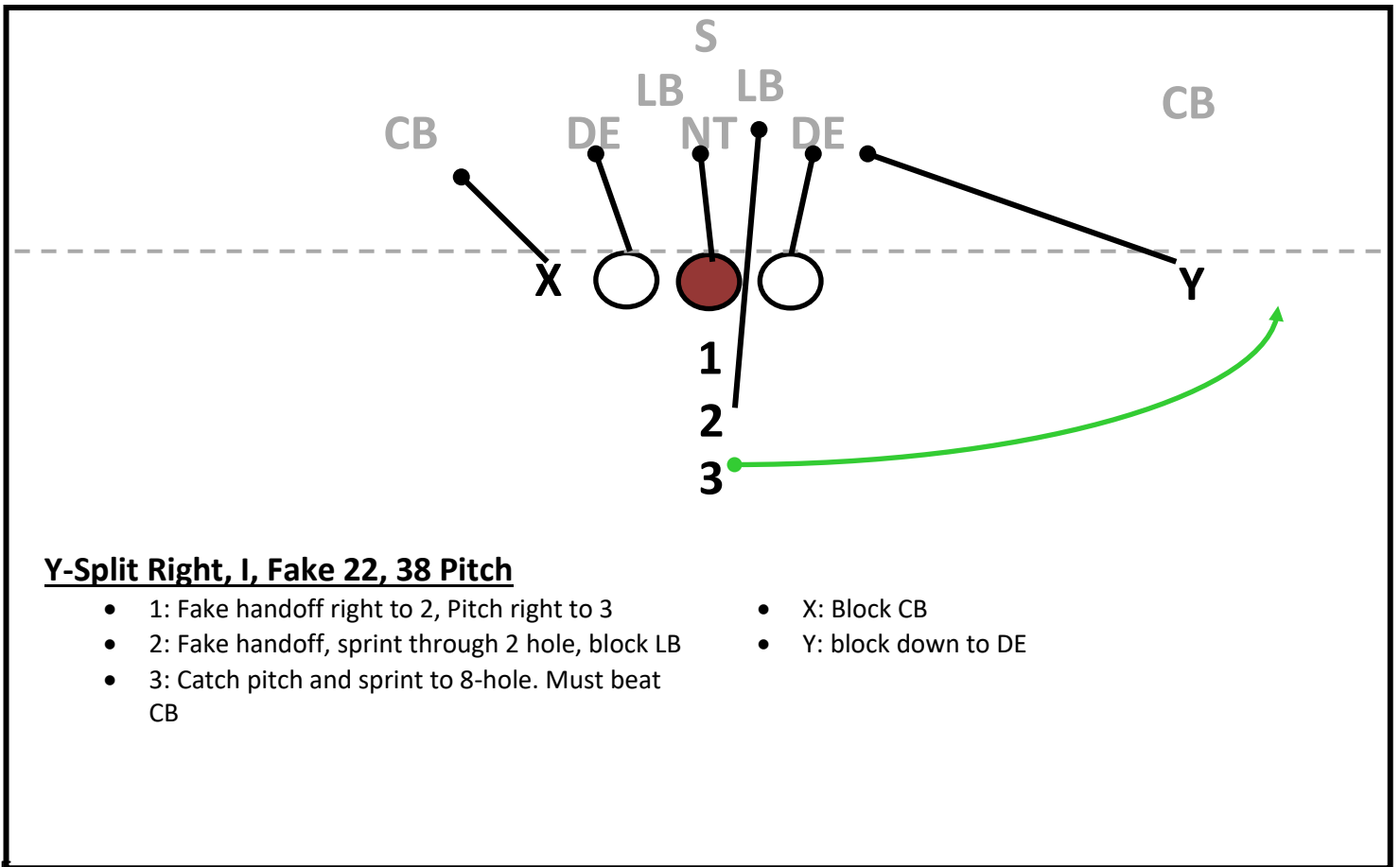
Run 7-10 yards then slant to the inside. Look for the ball on the inside slant.

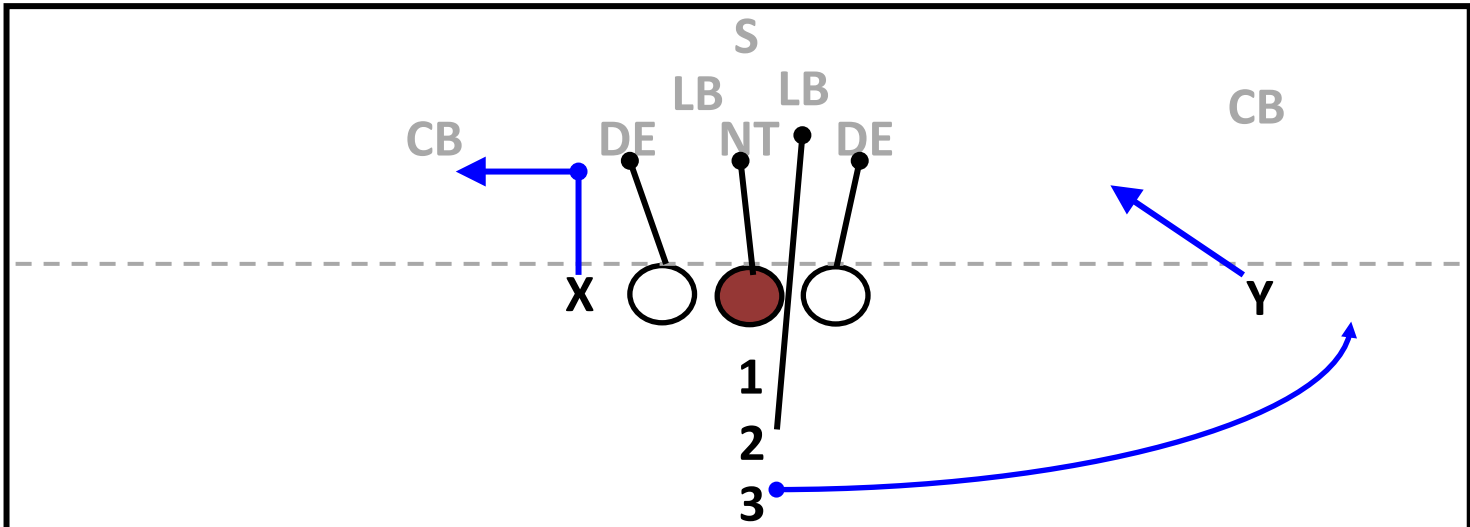


# Y-SPLIT RIGHT

- I: 2 and 3 line-up straight behind 1
- Pro-Set: 2 on left, 3 on right, split behind 1
- 3-Slot Right: 2 behind 1, 3 split between right tackle and Y
- 3-Wing Left: 2 behind 1, 3 lines up to left of X

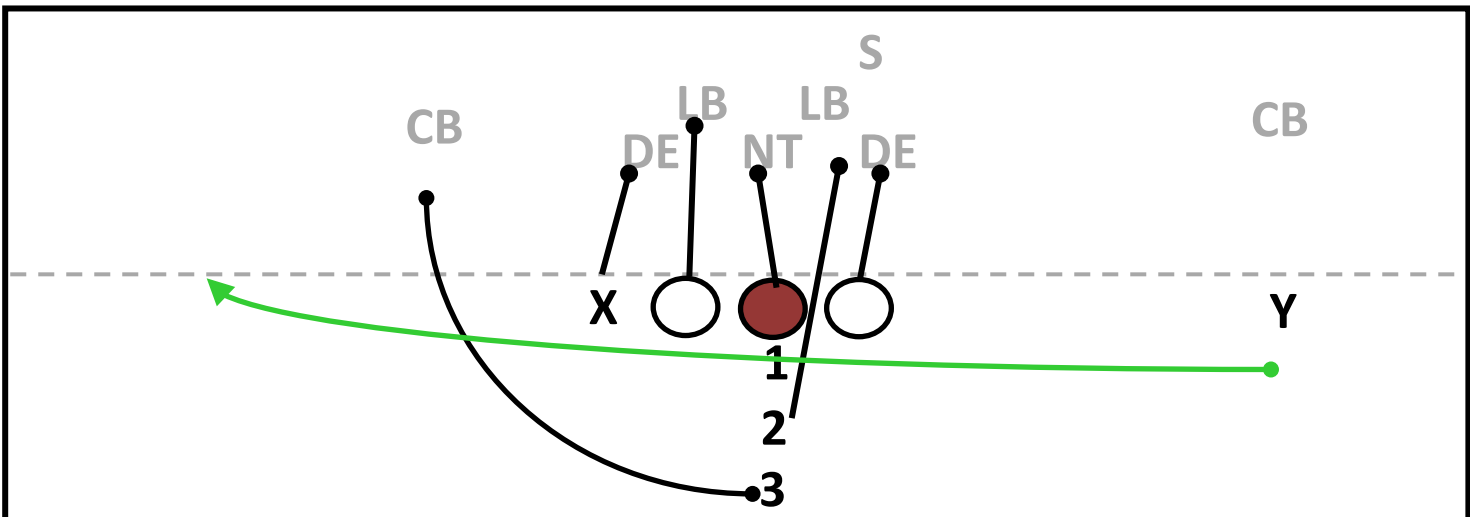
**Note:** The coaches may use alternate and added variations of each play.





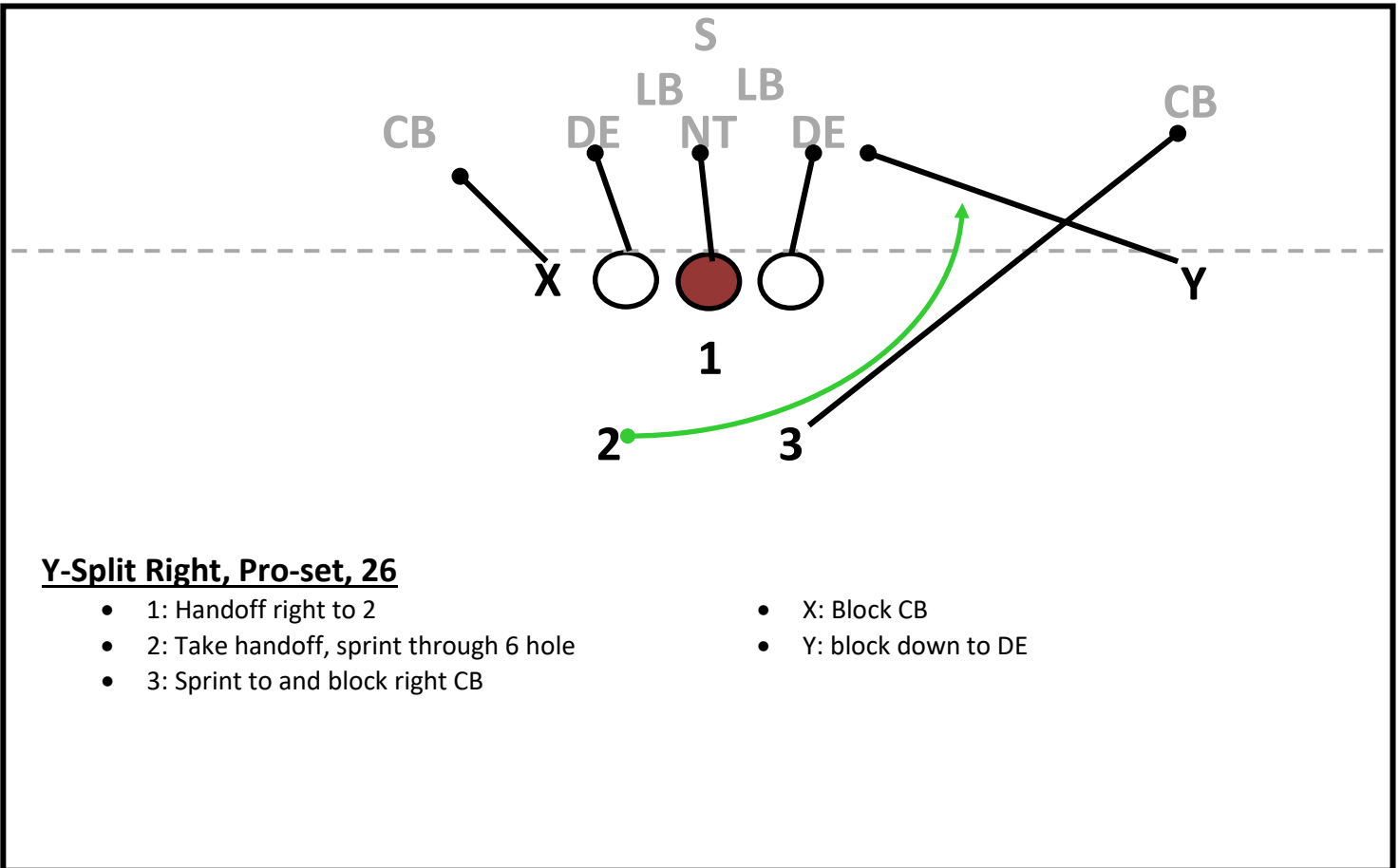
**Y-Split Right, I, Fake 22, Y-Slant**

- 1: Fake handoff right to 2, Slant to Y. If Y is not open, 3 in right flat or Y out
- 2: Fake handoff, spring through 2 hole, block LB
- 3: Sprint to right flat, you are 2<sup>nd</sup> option for QB
- X: Out
- Y: Split wide, Slant in

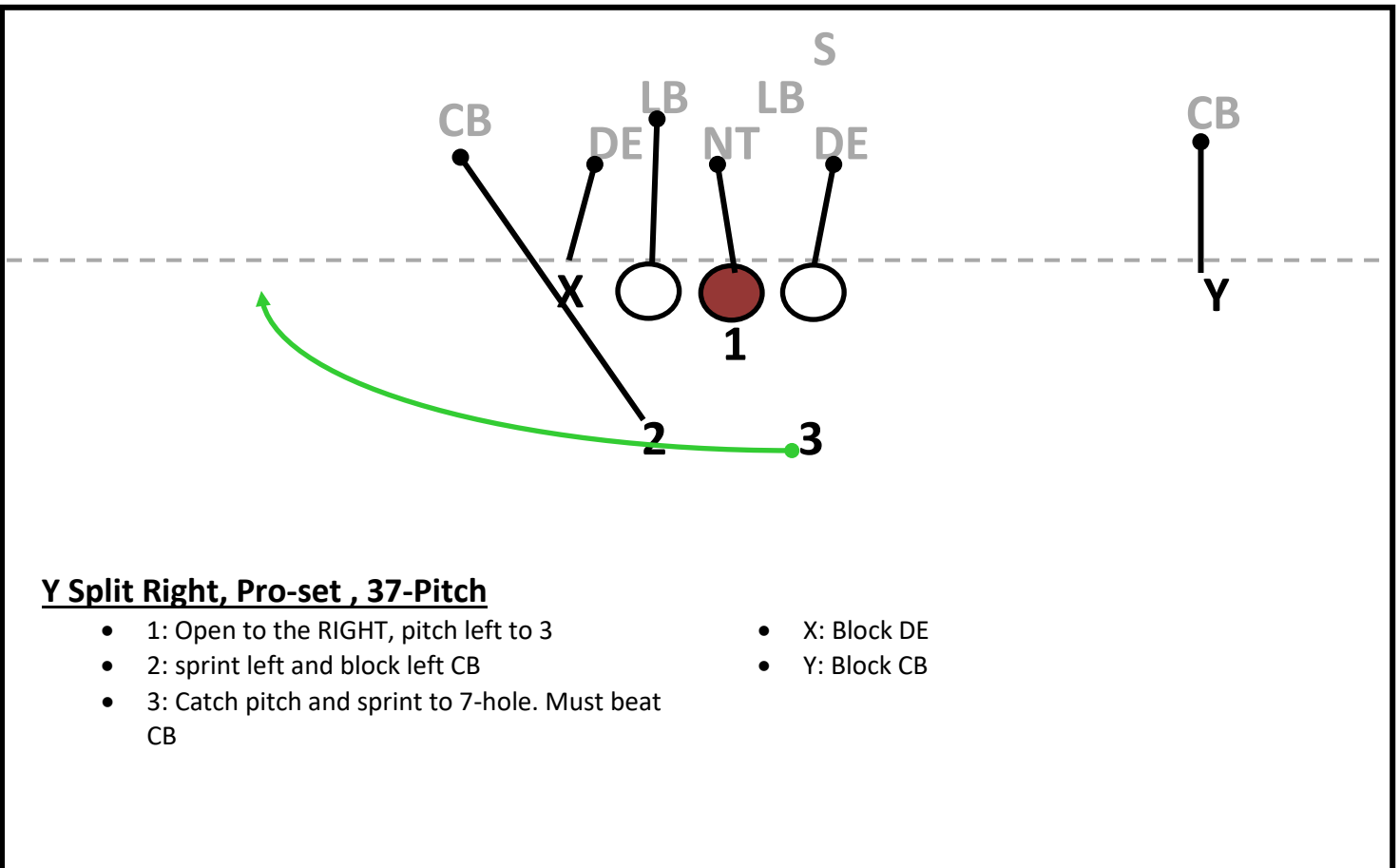


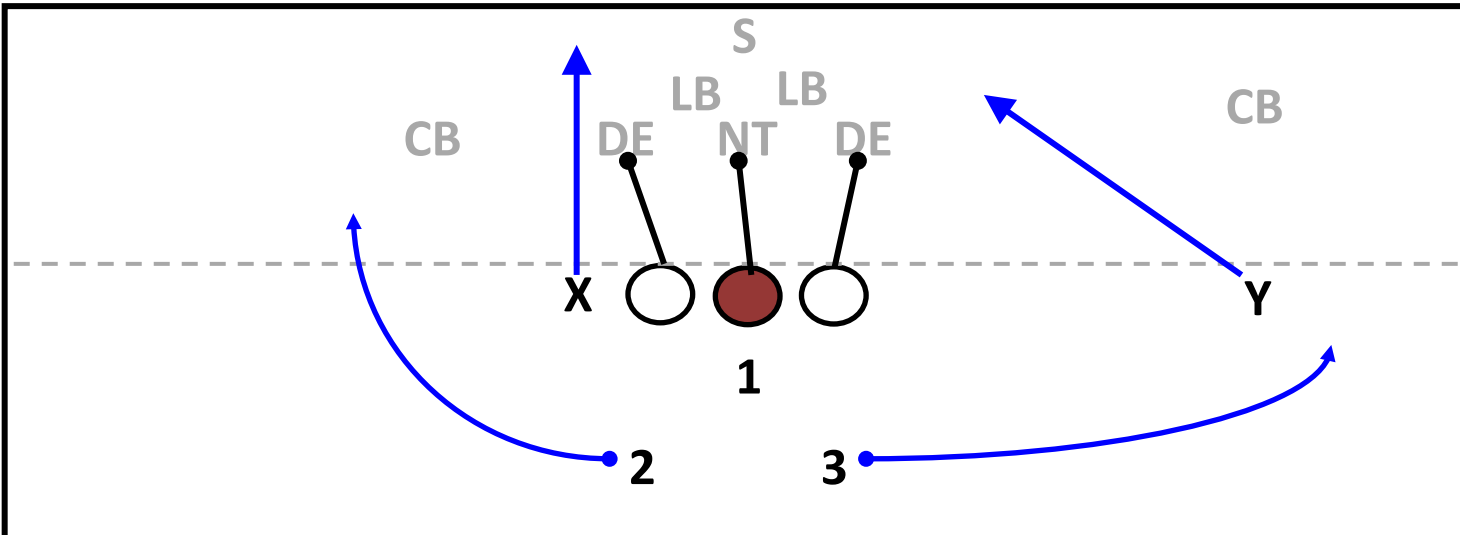
**Y Split Right, I, Fake 22, Y-Reverse**

- 1: Fake handoff right to 2, reverse handoff to Y
- 2: Fake handoff, sprint through 2 hole, block LB
- 3: lead block to right CB
- X: Block DE
- Y: Sprint to QB, take reverse handoff to 7-hole.
- RT: Block LB



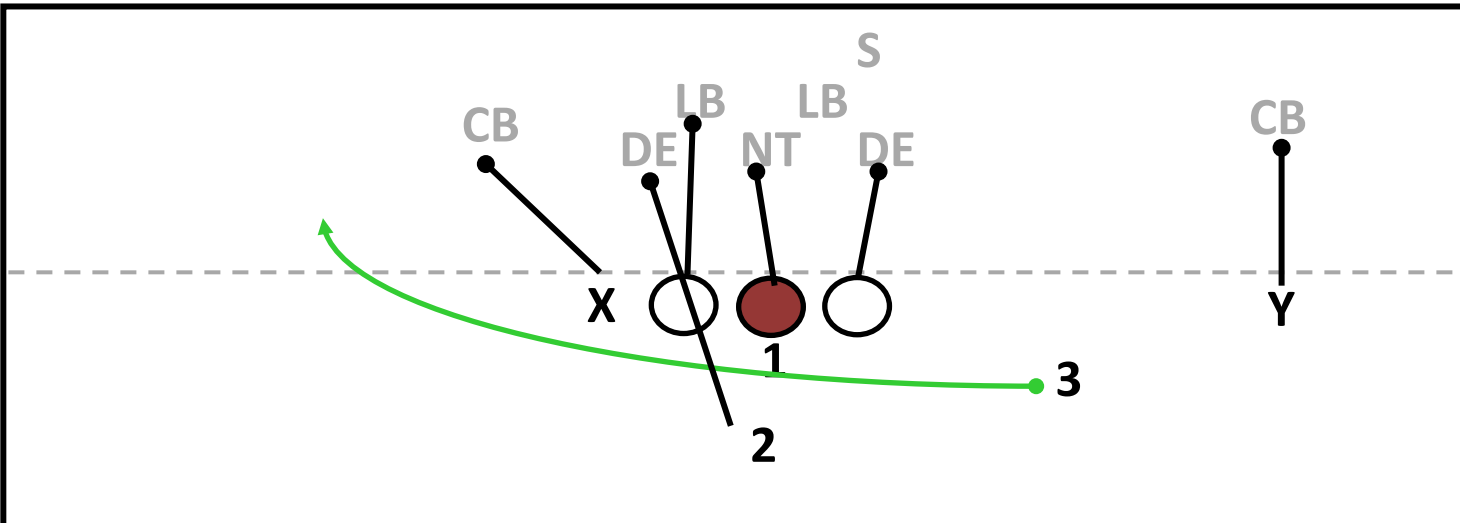
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**Y-Split Right, Pro-set, Fake 27 pitch, 3 right flat**

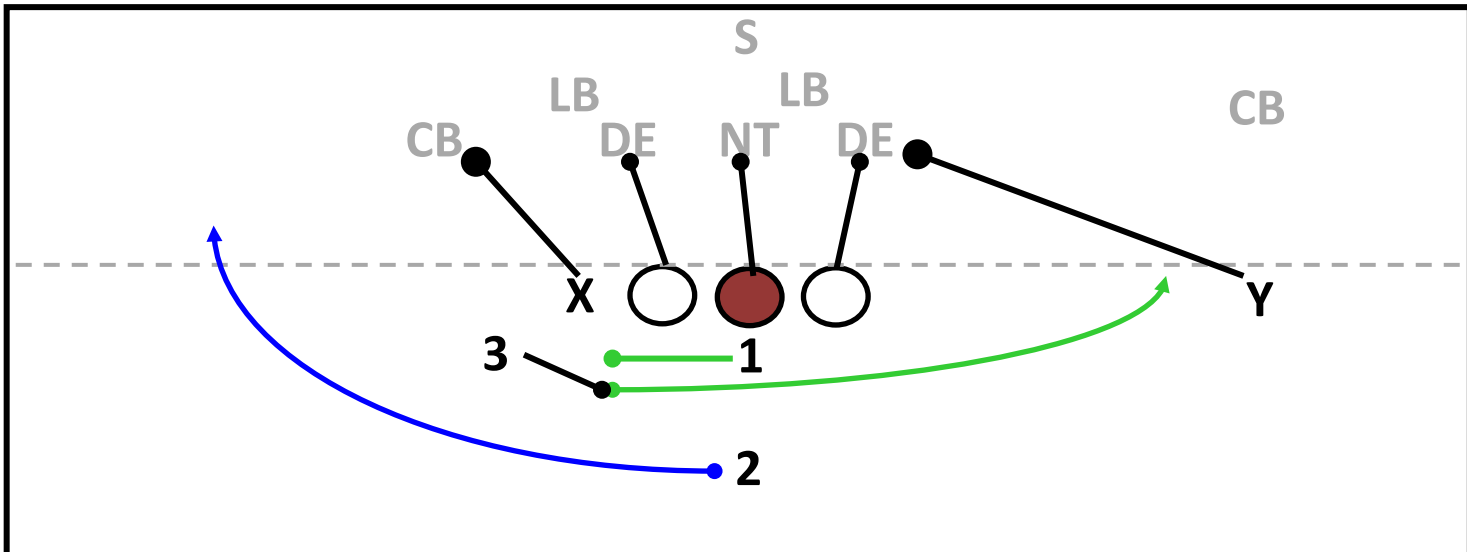
- 1: Open left, fake 27 pitch. Spin all the way around and throw to 3 in right flat.
- 2: Fake 27-pitch, fly
- 3: Sprint to right flat
- X: Fly
- Y: Slant



**Y Split Right, 3 slot right, 37 reverse**

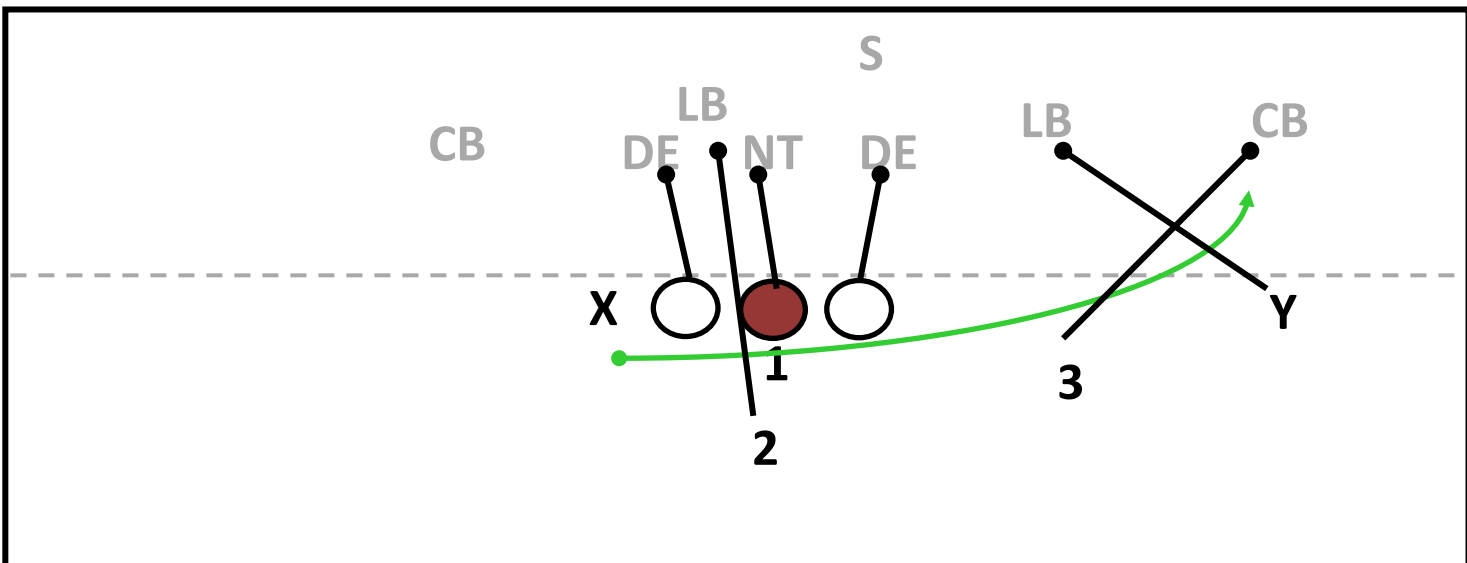
- 1: Handoff to 3
- 2: Block left DE
- 3: Sprint at 1, take reverse handoff to 7 hole
- X: Block CB
- Y: Block CB





**Y-Split Right, 3 Wing Left, 38 reverse**

- 1: Open left, handoff to 3 on reverse
- 2: Fake 27-pitch
- 3: Sprint to 1, take handoff behind 1, spring to 8 hole, must beat right CB
- X: Block CB
- Y: Block down to DE



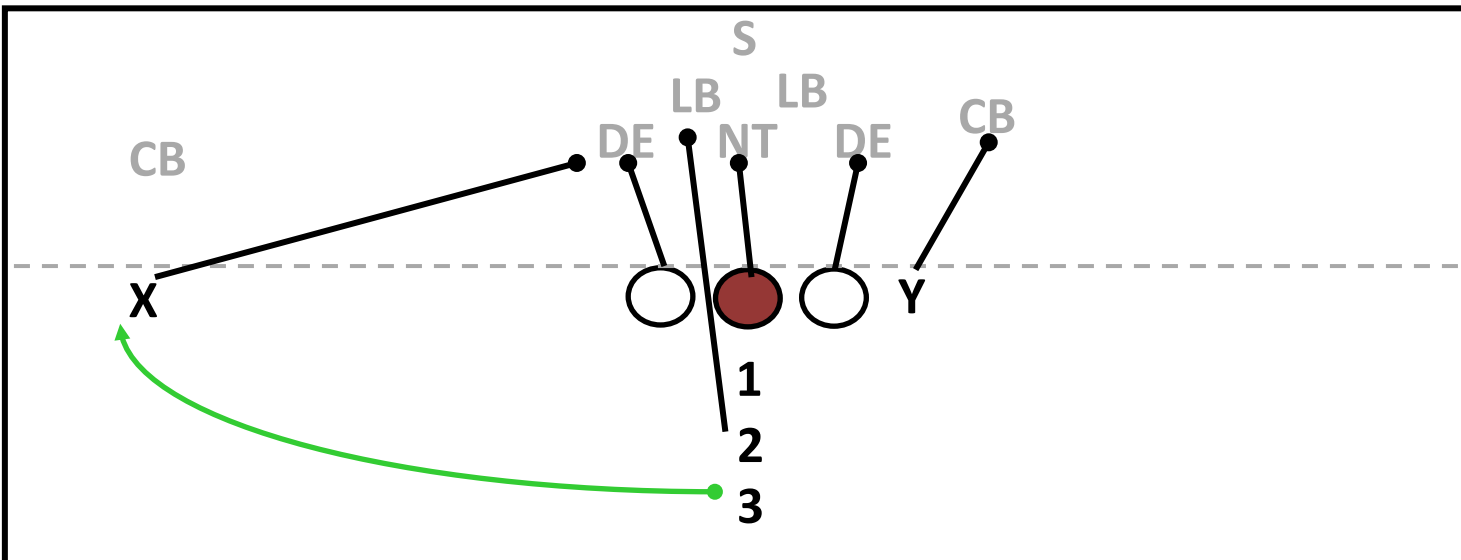
**Y Split Right, 3 slot right, fake 21, X reverse**

- 1: fake handoff left to 2, handoff to X
- 2: fake handoff left through 1 hole
- 3: Block right CB
- X: Step back, sprint to 1, take reverse to 8-hole
- Y: Block down to right LB

# X-SPLIT LEFT

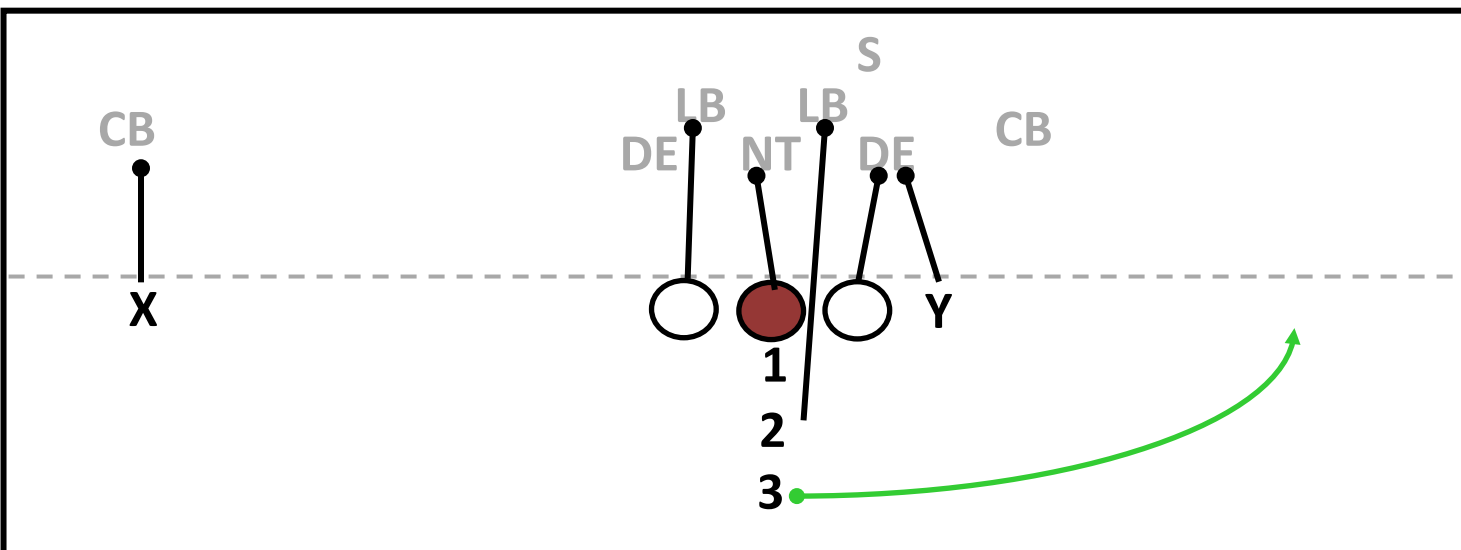
- I 2 and 3 line-up straight behind 1
- Pro-Set 2 on left, 3 on right, split behind 1
- 3-Slot Left: 2 behind 1, 3 split between left tackle and X
- 3-Wing Right: 2 behind 1, 3 lines up to right of Y

**Note:** The coaches may use alternate and added variations of each play.



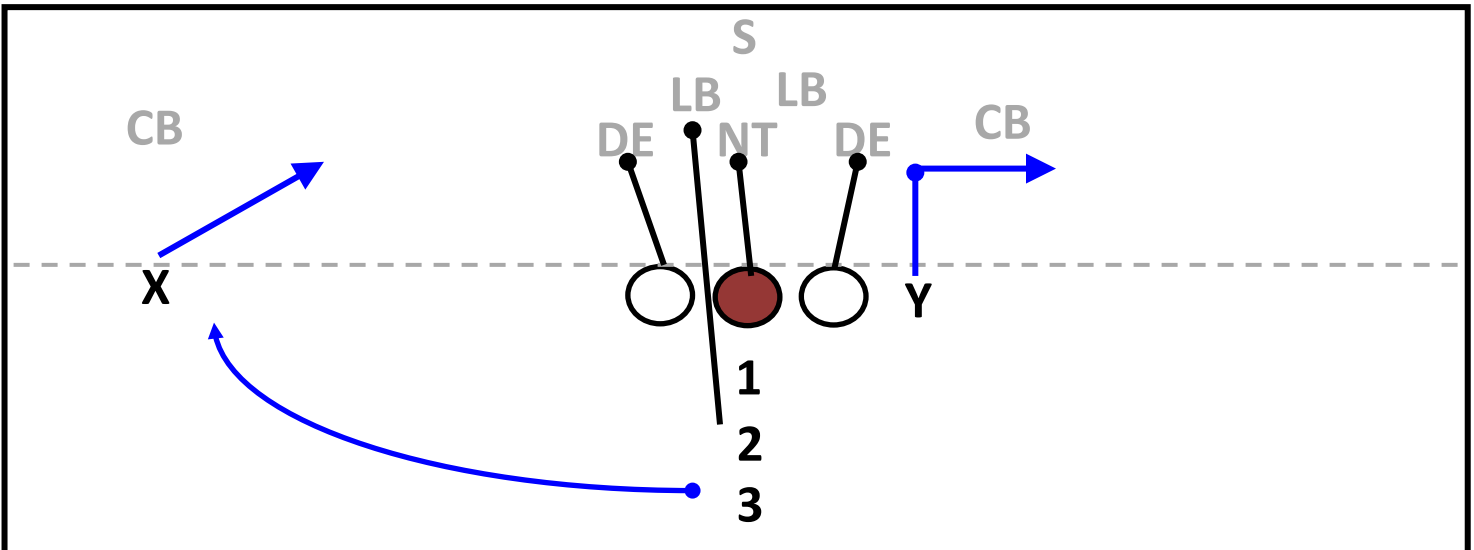
**X-Split Left, I, Fake 21, 37 Pitch**

- 1: Fake handoff left to 2, Pitch left to 3
- 2: Fake handoff, sprint through 1 hole, block LB
- 3: Catch pitch and sprint to 7-hole. Must beat CB
- X: Block down to DE
- Y: Block CB



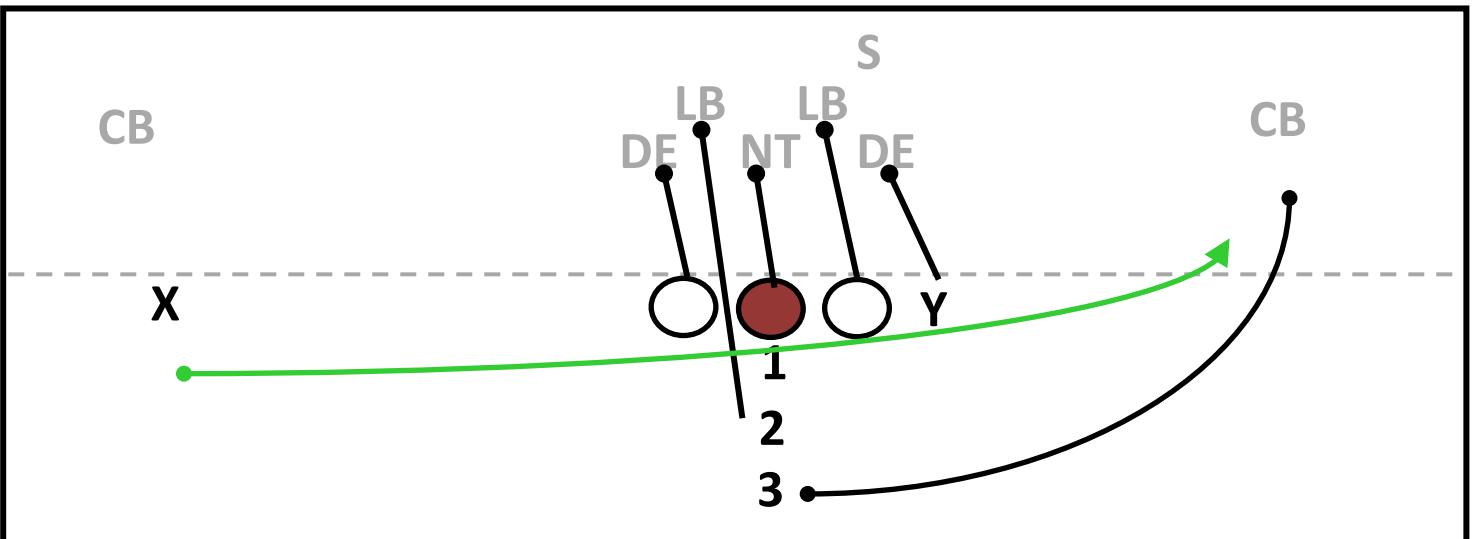
**X Split Left, I, Fake 22, 38-Pitch**

- 1: Fake handoff left to 2, pitch right to 3
- 2: Fake handoff, sprint through 2-hole, block LB
- 3: Catch pitch and sprint to 8-hole. Must beat CB
- X: Block CB
- Y: block down to DE



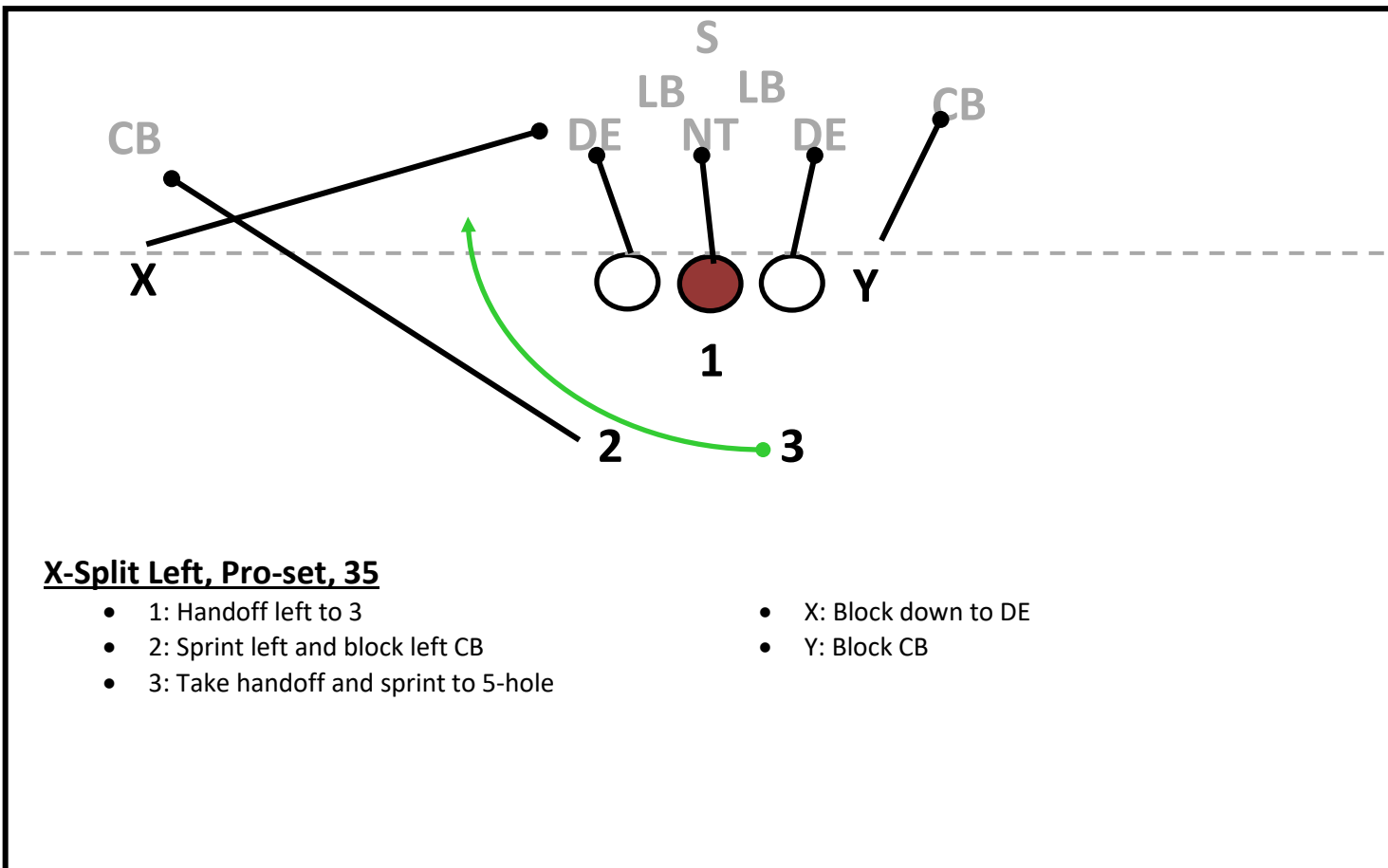
**X-Split Left, I, Fake 21, X-Slant**

- 1: Fake handoff left to 2, Slant to Y. If Y is not open, 3 in left flat or Y out
- 2: Fake handoff, spring through 1 hole, block LB
- 3: Sprint to left flat, you are 2<sup>nd</sup> option for QB
- X: Split wide, Slant
- Y: Out

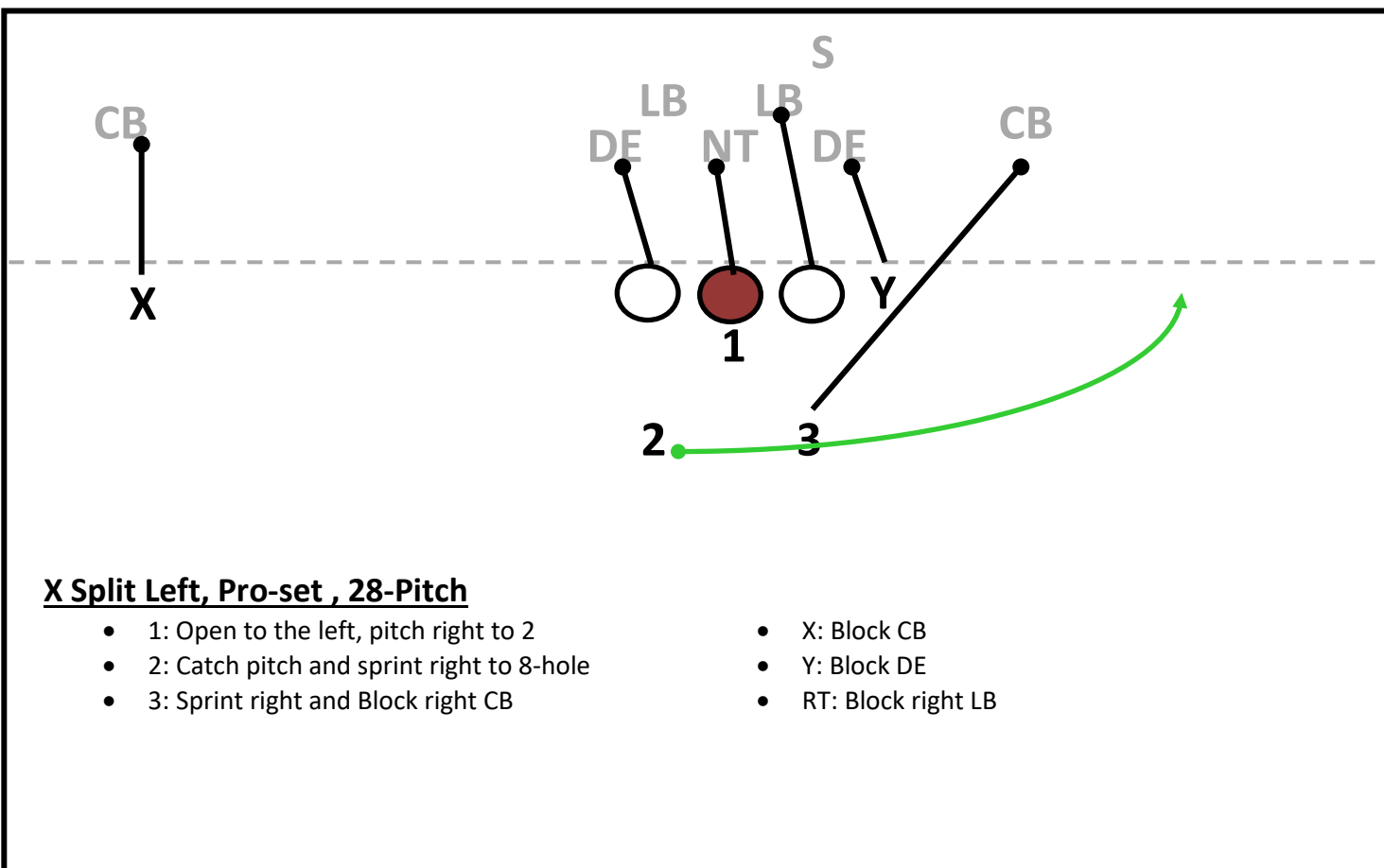


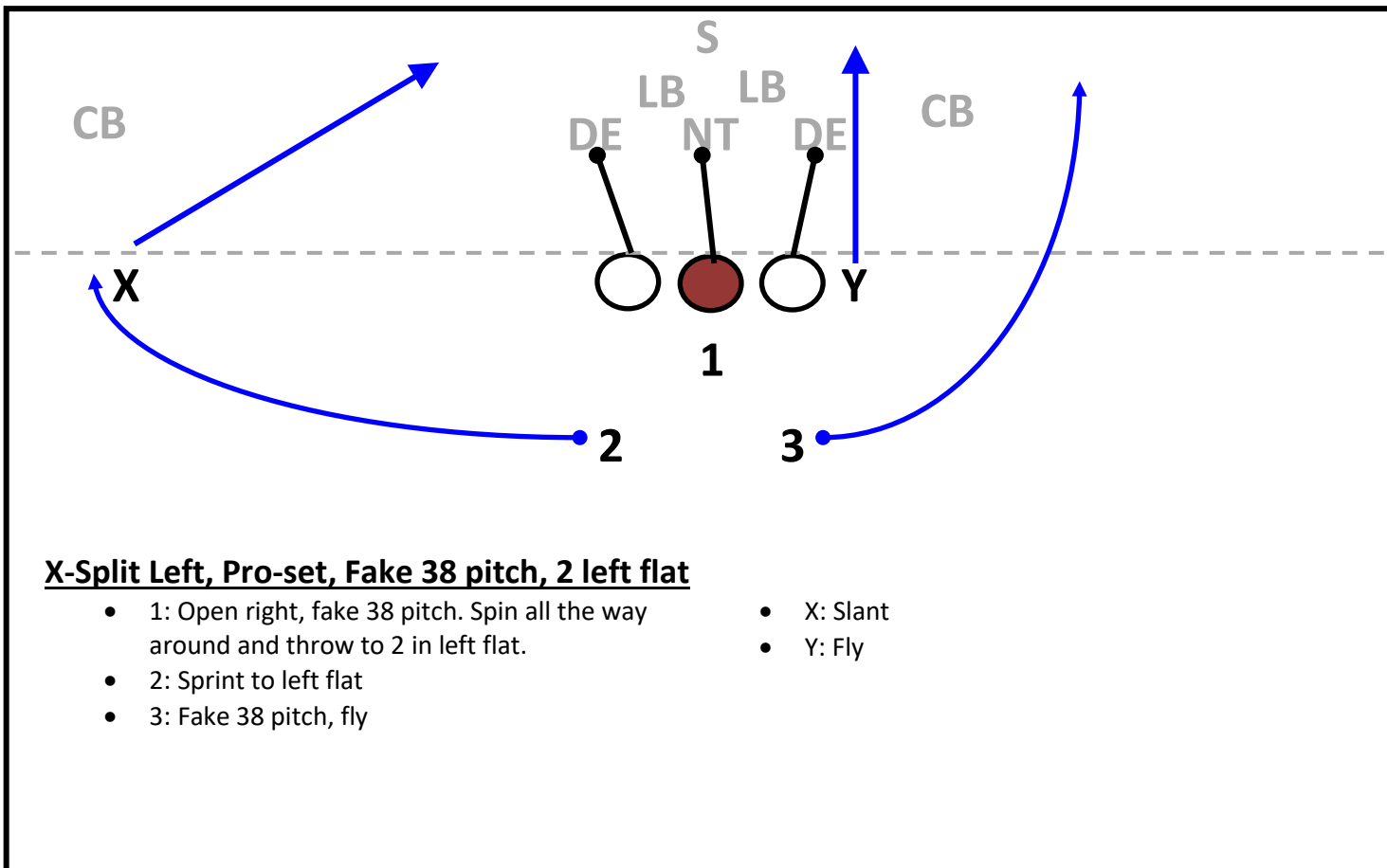
**X-Split Left, I, Fake 21, X-Reverse**

- 1: Fake handoff left to 2, reverse handoff to X
- 2: Fake handoff, sprint through 1 hole, block LB
- 3: lead block to right CB
- X: Sprint to QB, take reverse handoff to 8-hole.
- Y: Block DE



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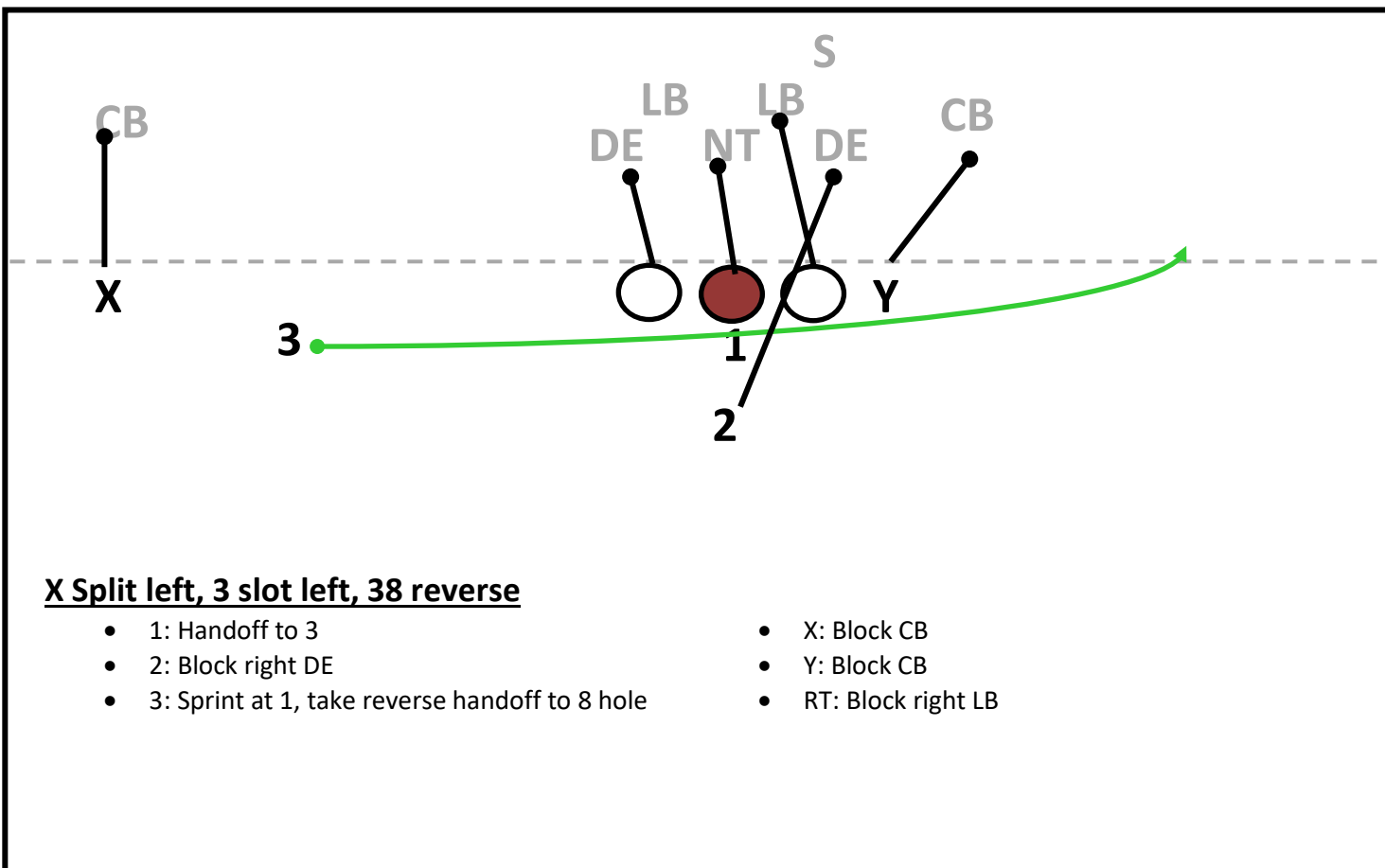




**X-Split Left, Pro-set, Fake 38 pitch, 2 left flat**

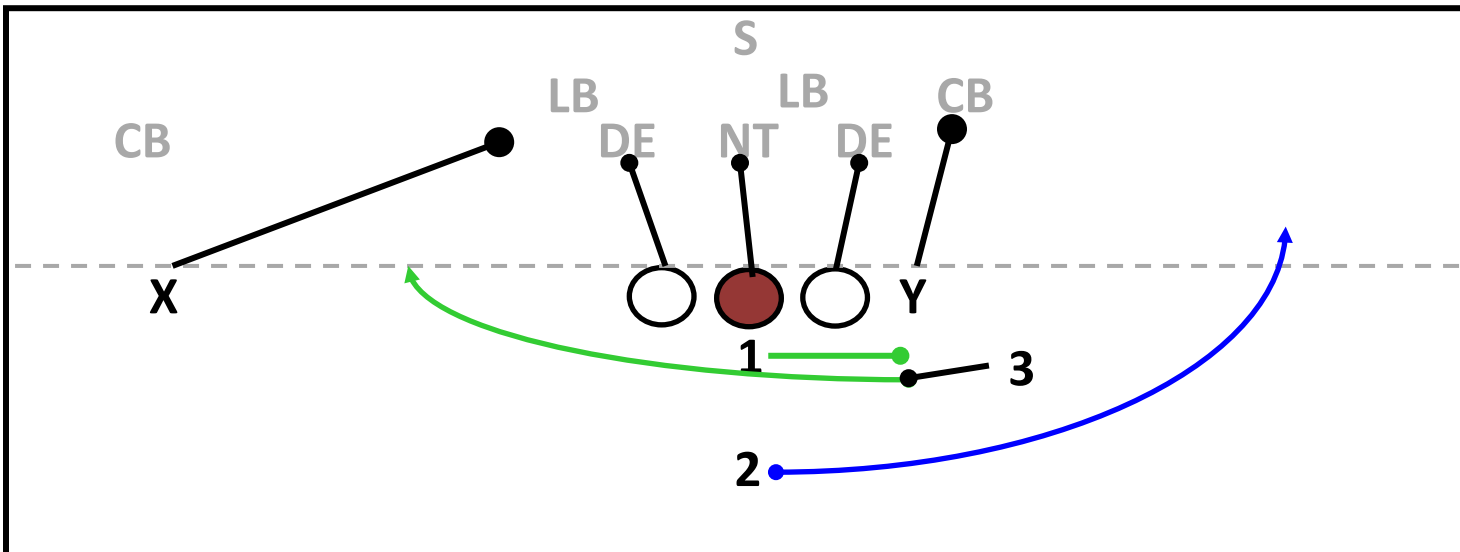
- 1: Open right, fake 38 pitch. Spin all the way around and throw to 2 in left flat.
- 2: Sprint to left flat
- 3: Fake 38 pitch, fly
- X: Slant
- Y: Fly

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**X Split left, 3 slot left, 38 reverse**

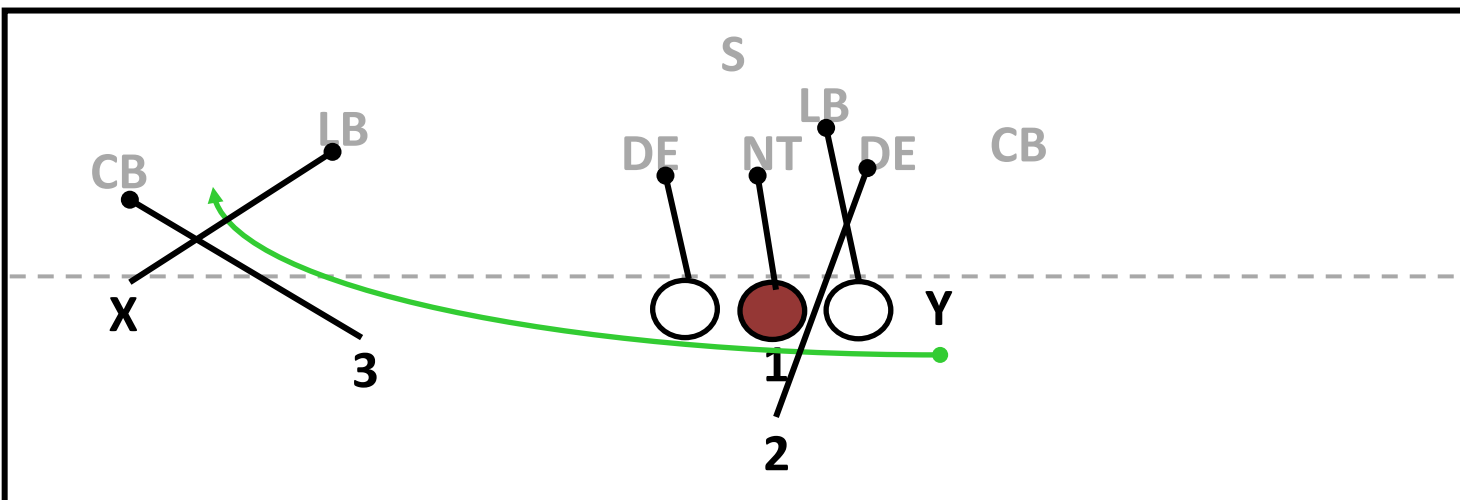
- 1: Handoff to 3
- 2: Block right DE
- 3: Sprint at 1, take reverse handoff to 8 hole
- X: Block CB
- Y: Block CB
- RT: Block right LB



**X-Split Left, 3 Wing right, 37 reverse**

- 1: Open right, handoff to 3 on reverse
- 2: Fake 28-pitch
- 3: Sprint to 1, take handoff behind 1, sprint to 7-hole, must beat left CB
- X: Block down to LB
- Y: Block CB

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**X Split Left, 3 slot left, fake 22, Y reverse**

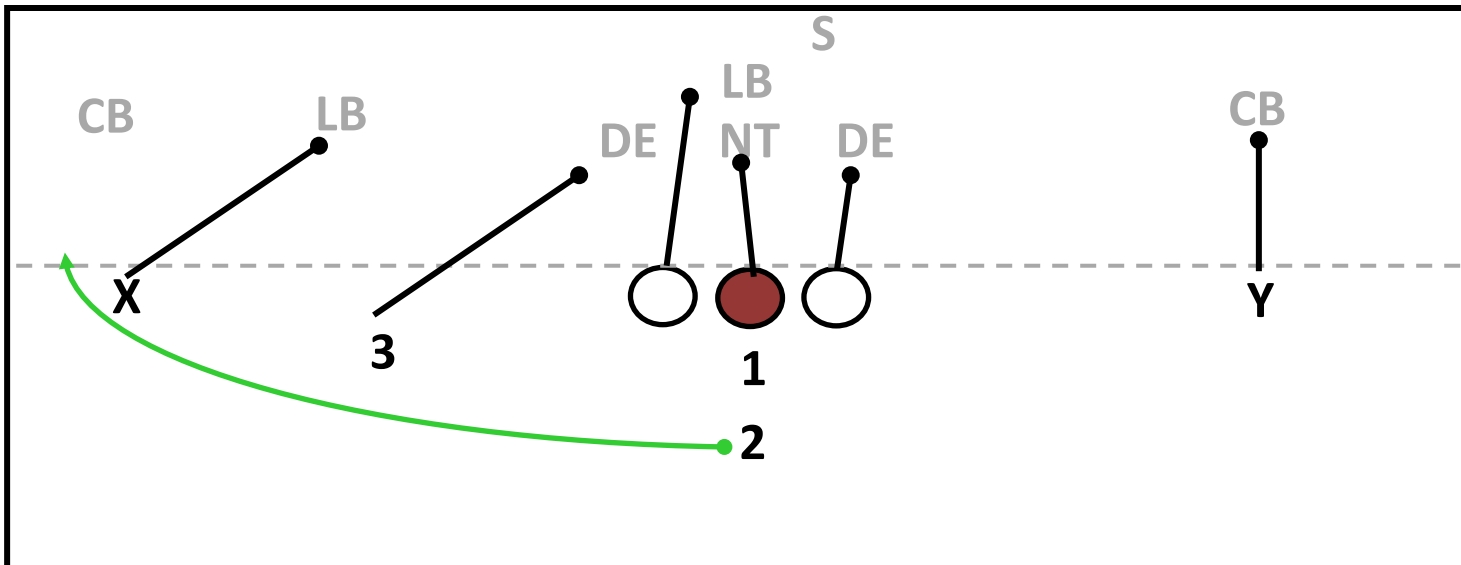
- 1: fake handoff right to 2, handoff to Y
- 2: fake handoff left through 2-hole
- 3: Block left CB
- X: Block down to left LB
- Y: Step back, sprint to 1, take reverse to 7-hole
- RT: Block right LB

# WIDE FORMATION

- X: Lines up wide to left
- Y: Lines up wide to right
- Pro-Set: 2 on left, 3 on right, split behind 1
- 3-Slot Left or Right: 2 behind 1, 3 slot to left or right
- Double Slot: 2 slot left, 3 slot right

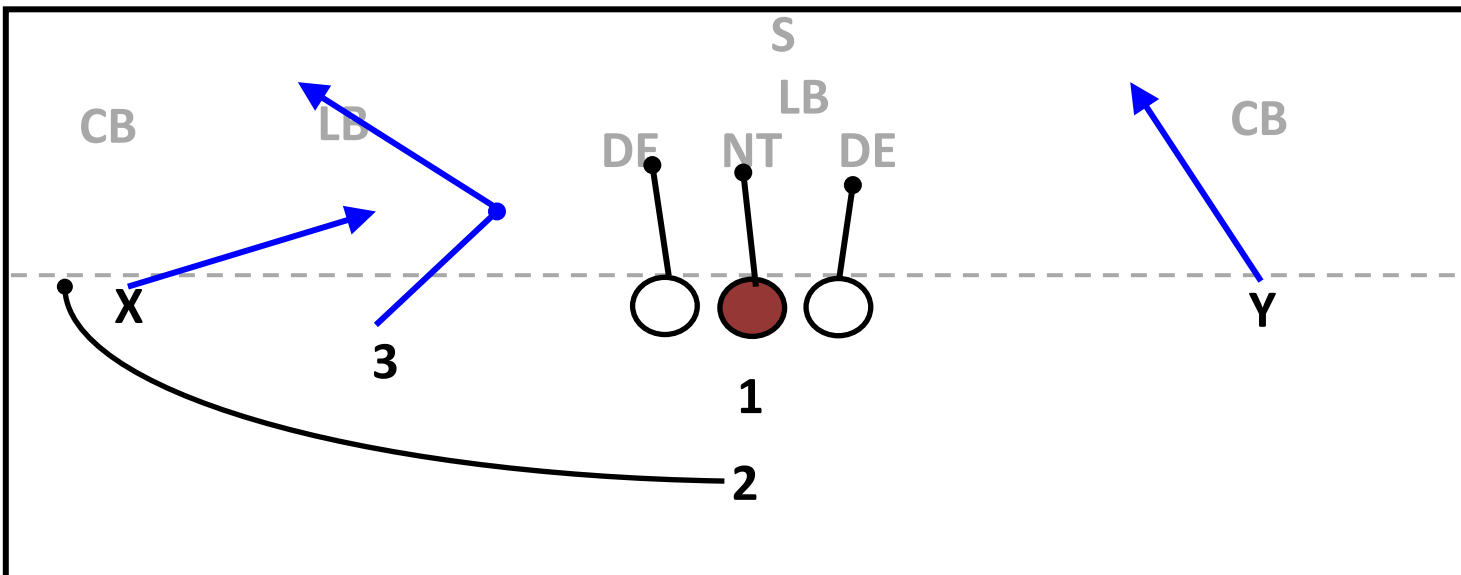
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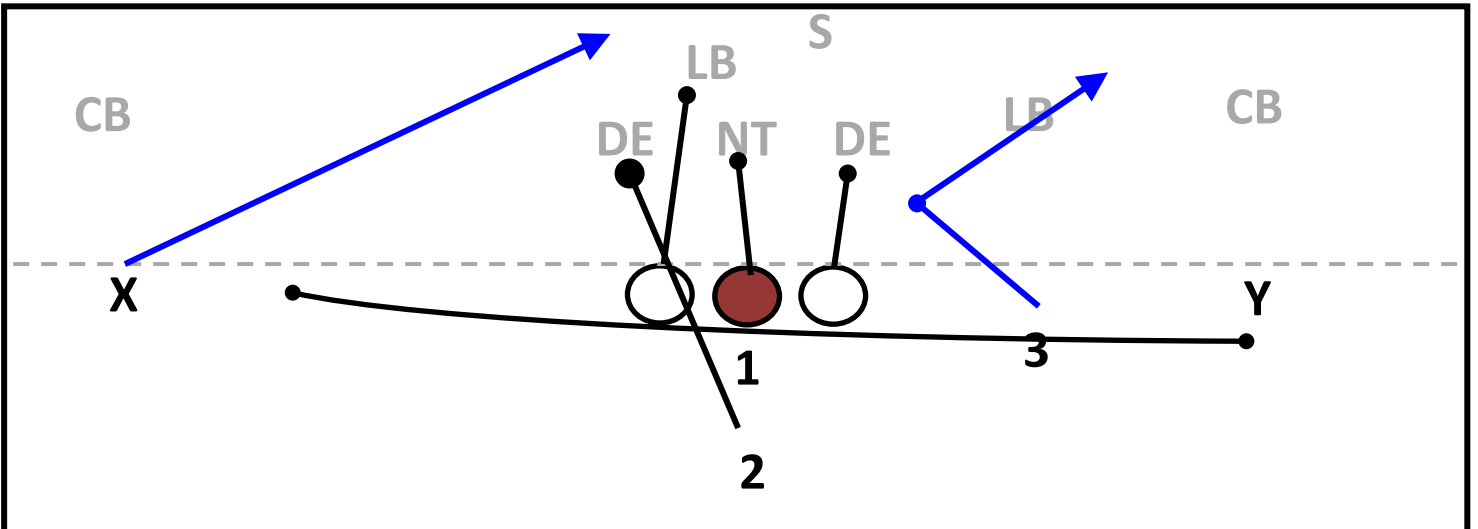
**Wide, 3 Slot Left, 27 Pitch**

- 1: Pitch left to 2
- 2: Catch pitch, sprint left to 7-hole. Must beat left CB
- 3: Block down to DE
- X: Block down to LB
- Y: Block CB



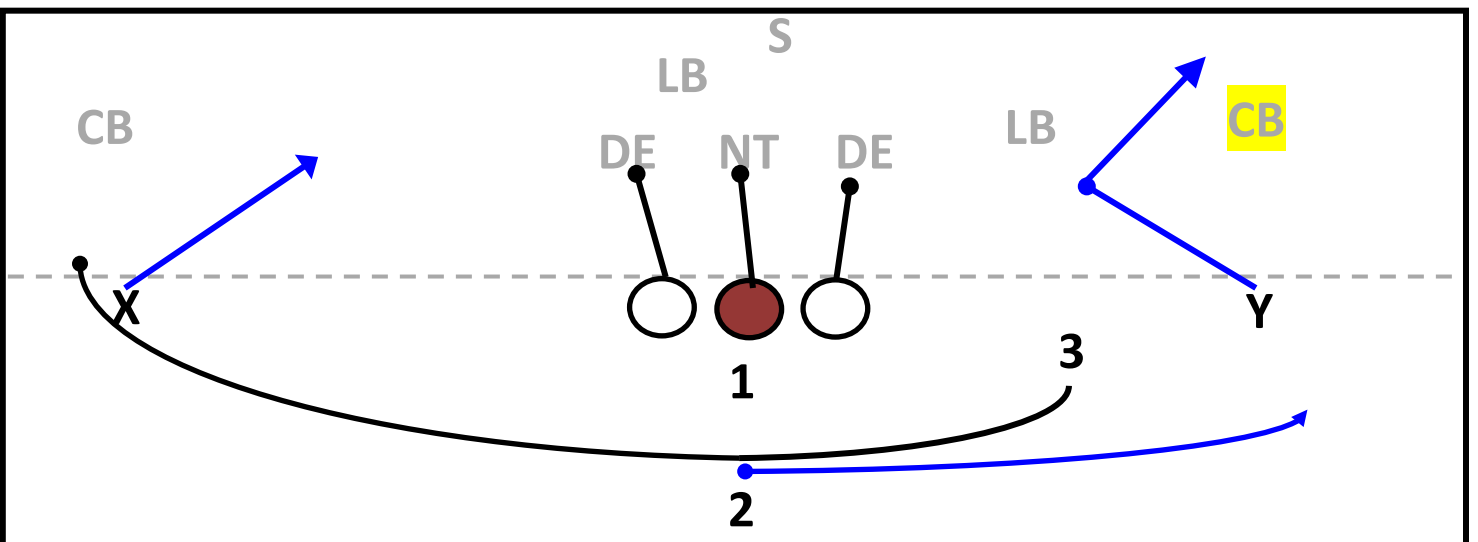
**Wide, 3 Slot Left, fake 27 pitch, Y Slant, 3 Bounce**

- 1: Fake pitch left to 2, spin and read Y-Slant to right, if covered, 3 Bounce left to sideline
- 2: Fake 27-pitch
- 3: Bounce
- X: Slant – do not run into X
- Y: Slant



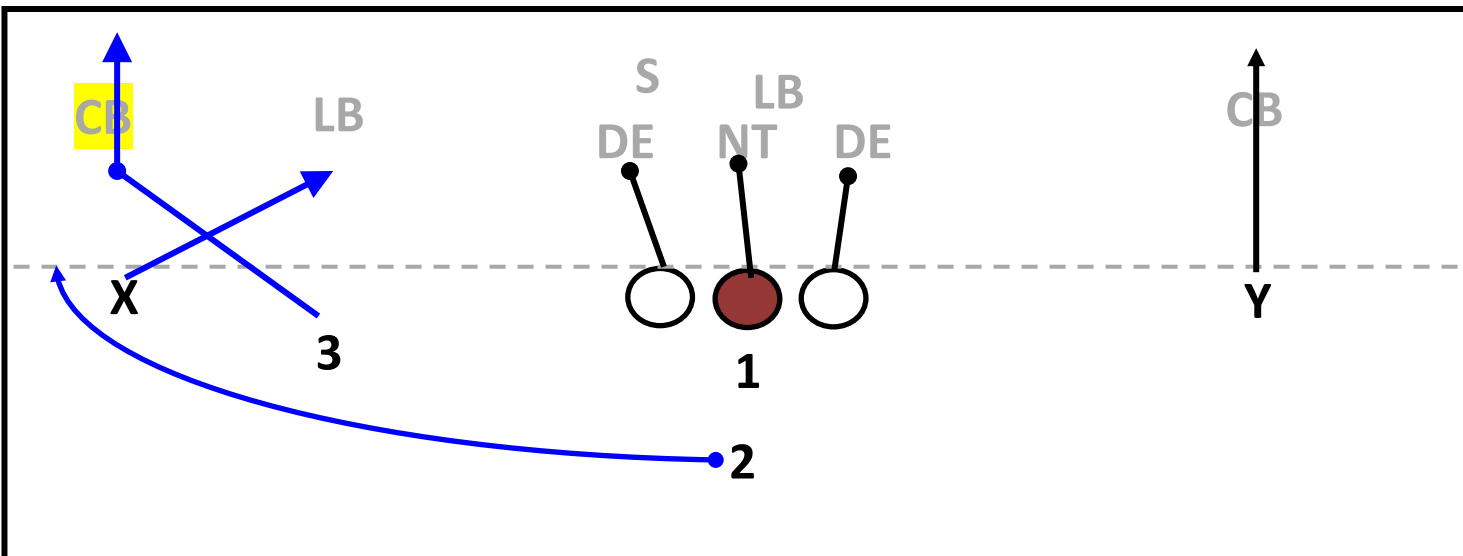
**Wide, 3 Slot Right, Fake Y Reverse, 3 Bounce**

- 1: Roll right, fake Y-Reverse, 3-Bounce. X slant if bounce is covered
- 2: block left DE
- 3: Bounce
- X: Slant – must spring across field
- Y: Sprint at 1, fake reverse to 7-hole



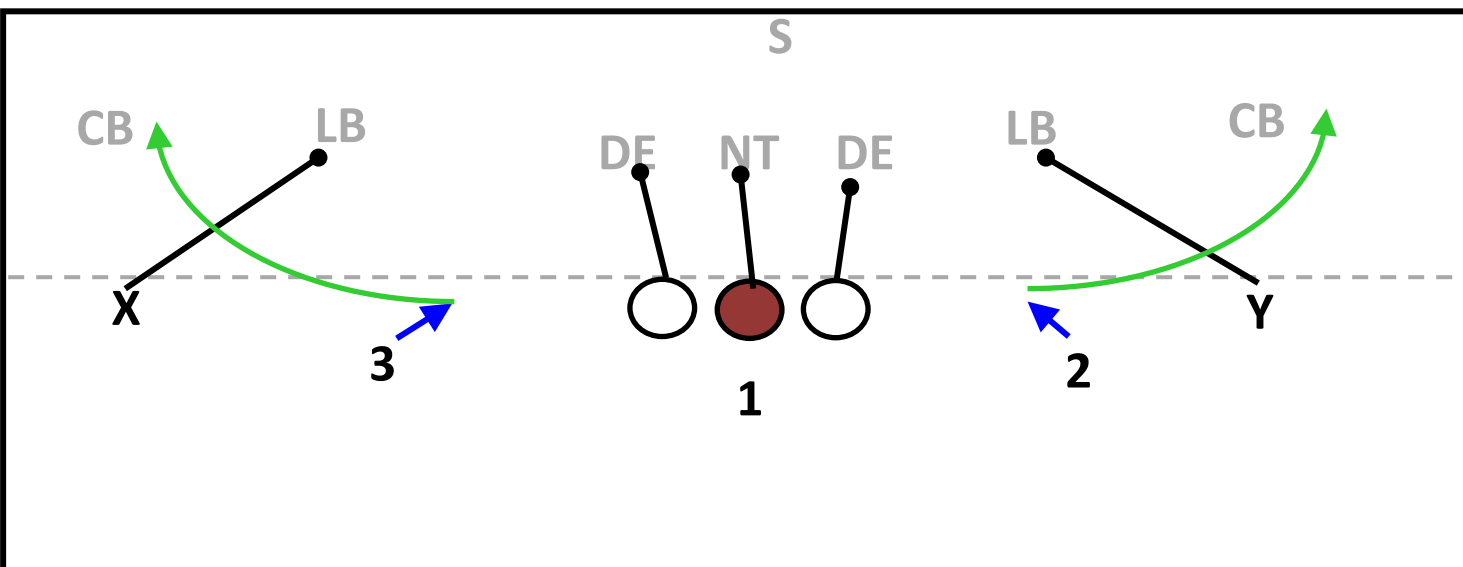
**Wide, 3 Slot right, Fake 37 reverse, 18-Option (28 pitch, Y-Bounce)**

- 1: **MUST READ Right CB**. Roll right, fake reverse to 3, if CB moves towards you, 28-pitch or Y-Bounce. If CB stays home 18 or 28-pitch
- 2: Sprint right, stay within pitch distance of 1
- 3: Fake 37-reverse
- X: Slant
- Y: Bounce route, if QB keeps it, block back to CB



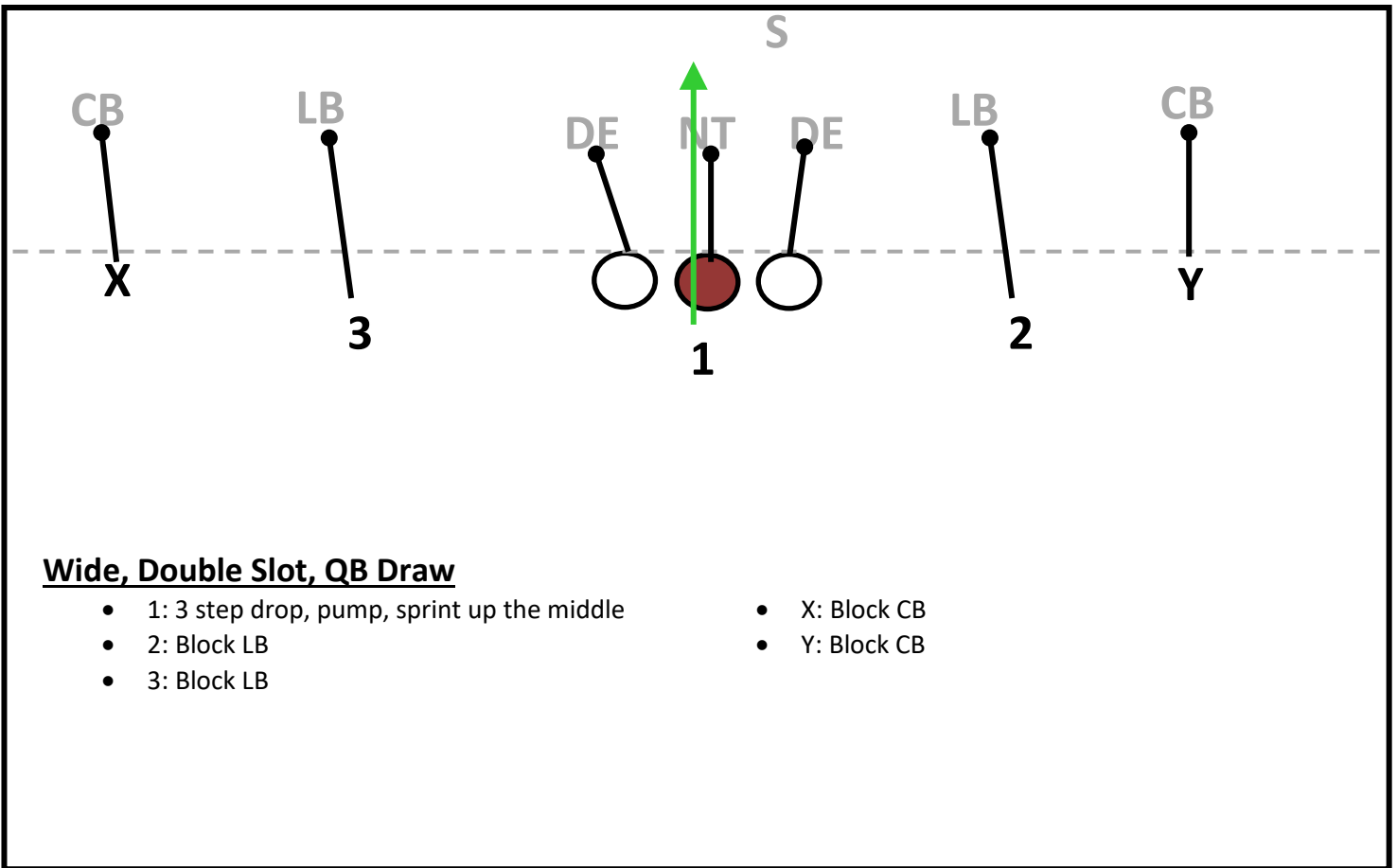
**Wide, 3 slot left, Fake 27 pitch, X-Slant, 3-Cross-Fade**

- 1: Fake 27 pitch, roll left **READ left CB**, 3-Fade
- 2: Left flat – Safety valve
- 3: Left corner fade, route behind the X
- X: Slant in front of 3 or X-Slant.
- Y: Fly

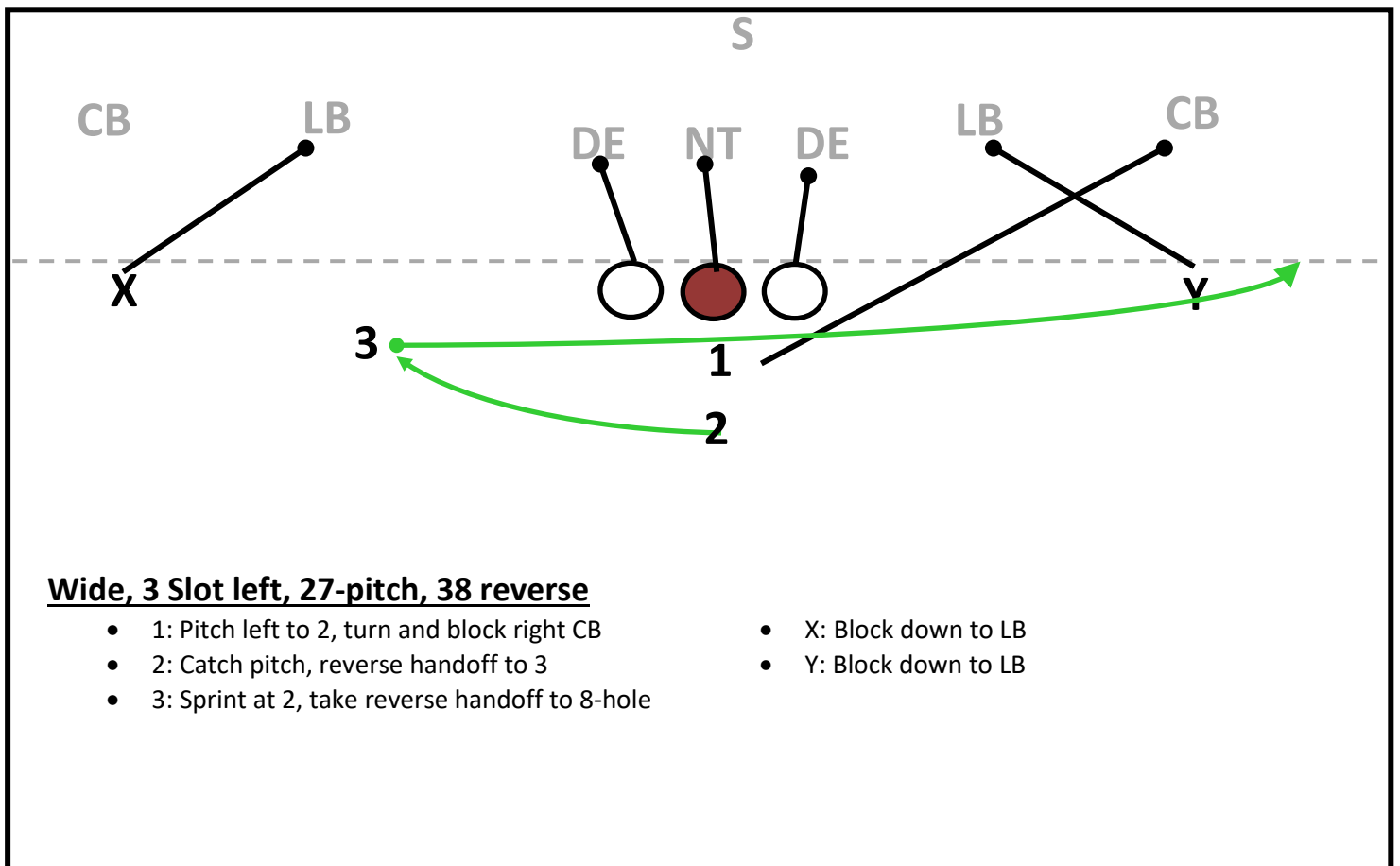


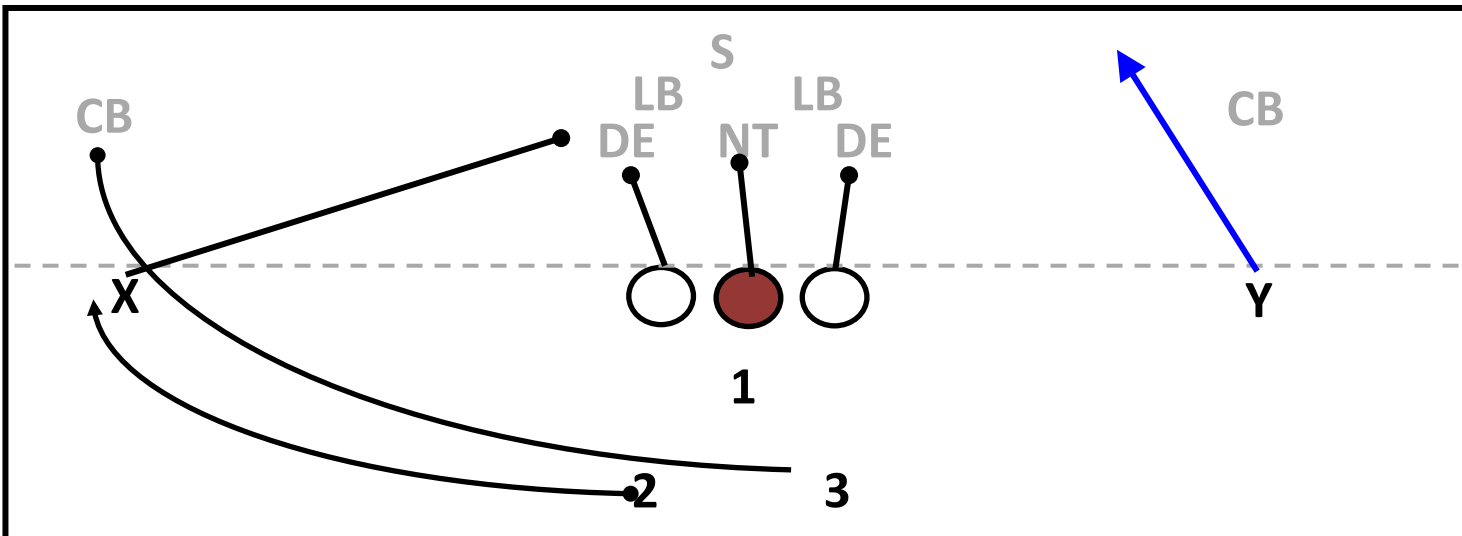
**Wide, Double Slot, Quick Pass**

- 1: On snap, throw to 2 or 3
- 2: 2 steps in, Catch pass, bounce out to outside, must beat CB
- 3: 2 steps in, Catch pass, bounce out to outside, must beat CB
- X: Block down to LB
- Y: Block down to LB



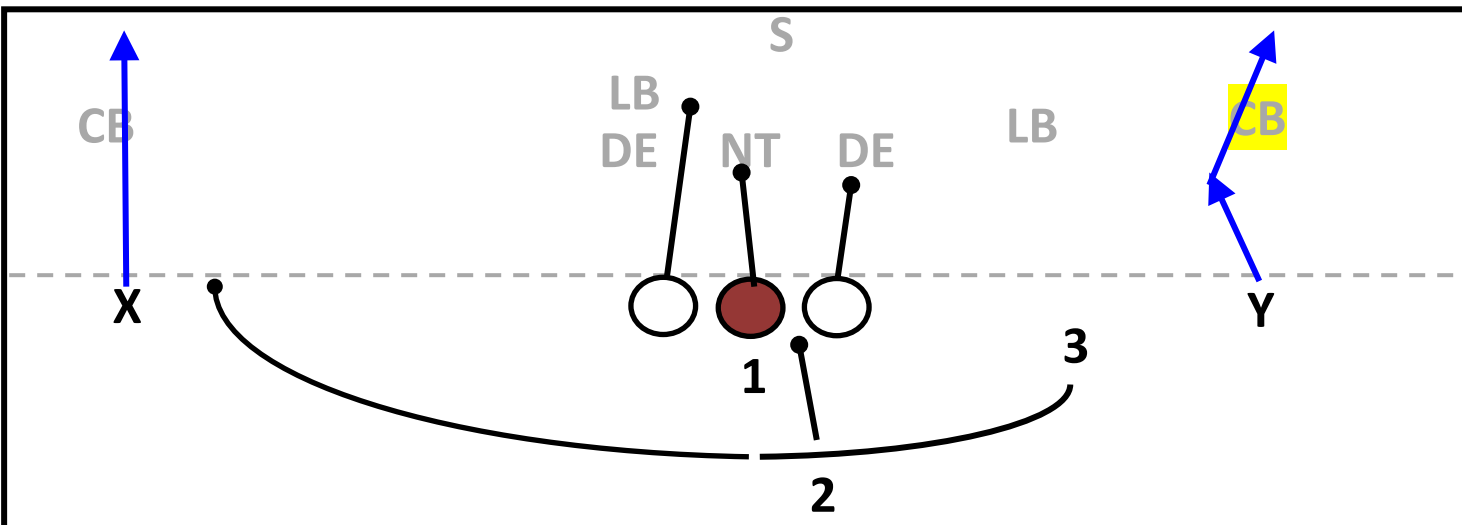
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**Wide, Pro-set, fake 37-pitch, Y Slant**

- 1: Open left fake pitch, turn to right, Y-Slant
- 2: Sprint to left CB
- 3: Sprint left, fake 37-pitch
- X: Block down to DE
- Y: Slant



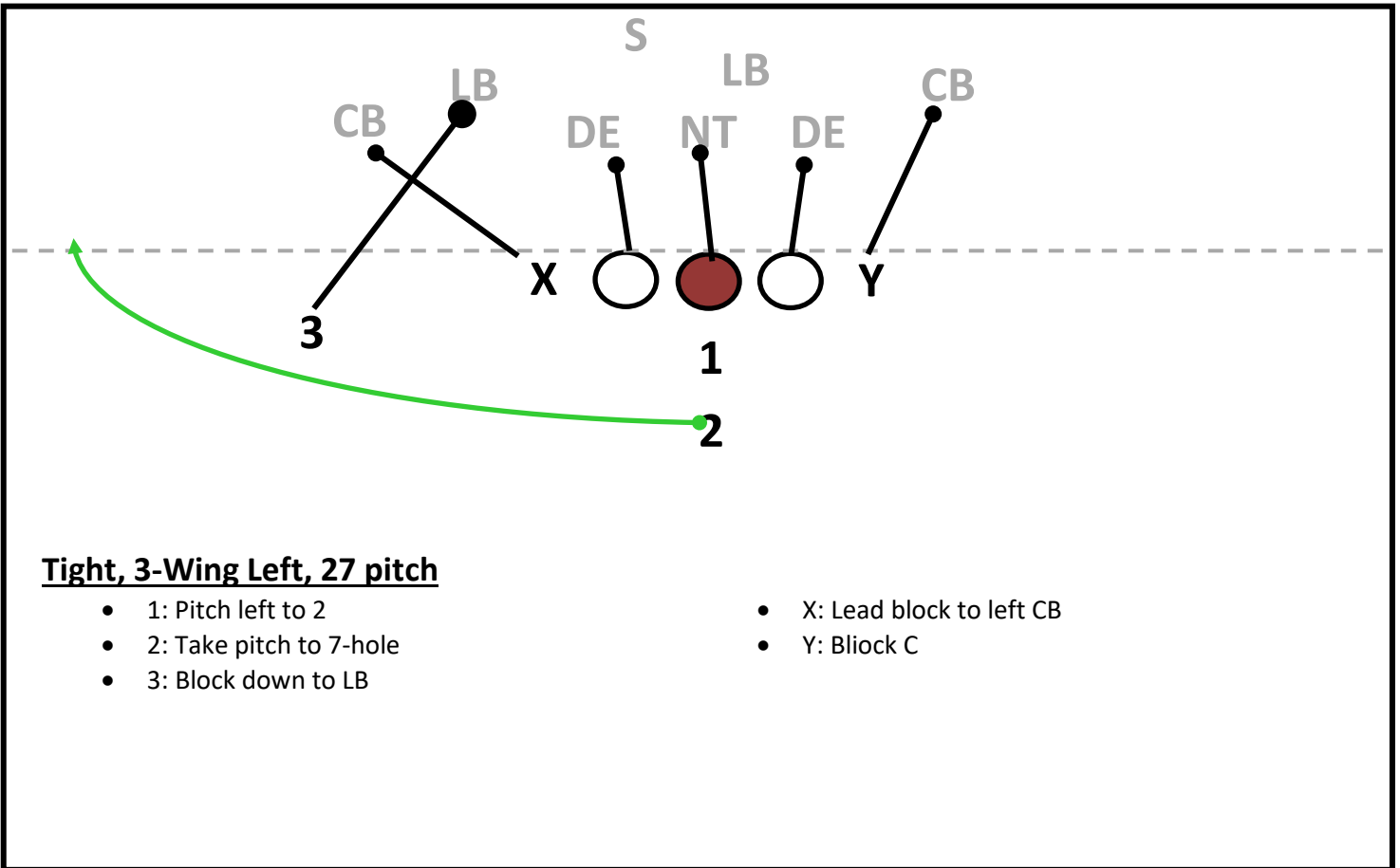
**Wide, 3 Slot Right, Fake 22, Fake 37-Reverse, Y-Fade**

- 1: **MUST READ Right CB**. Fake hand-off to 2, Fake reverse to 3. Read right CB. If CB follows 3-reverse, throw fade down right sideline. If right CB stays home, 18
- 2: Fake 22
- 3: Fake 37-reverse
- X: Fly
- Y: Run to inside of CB, then fade down right sideline

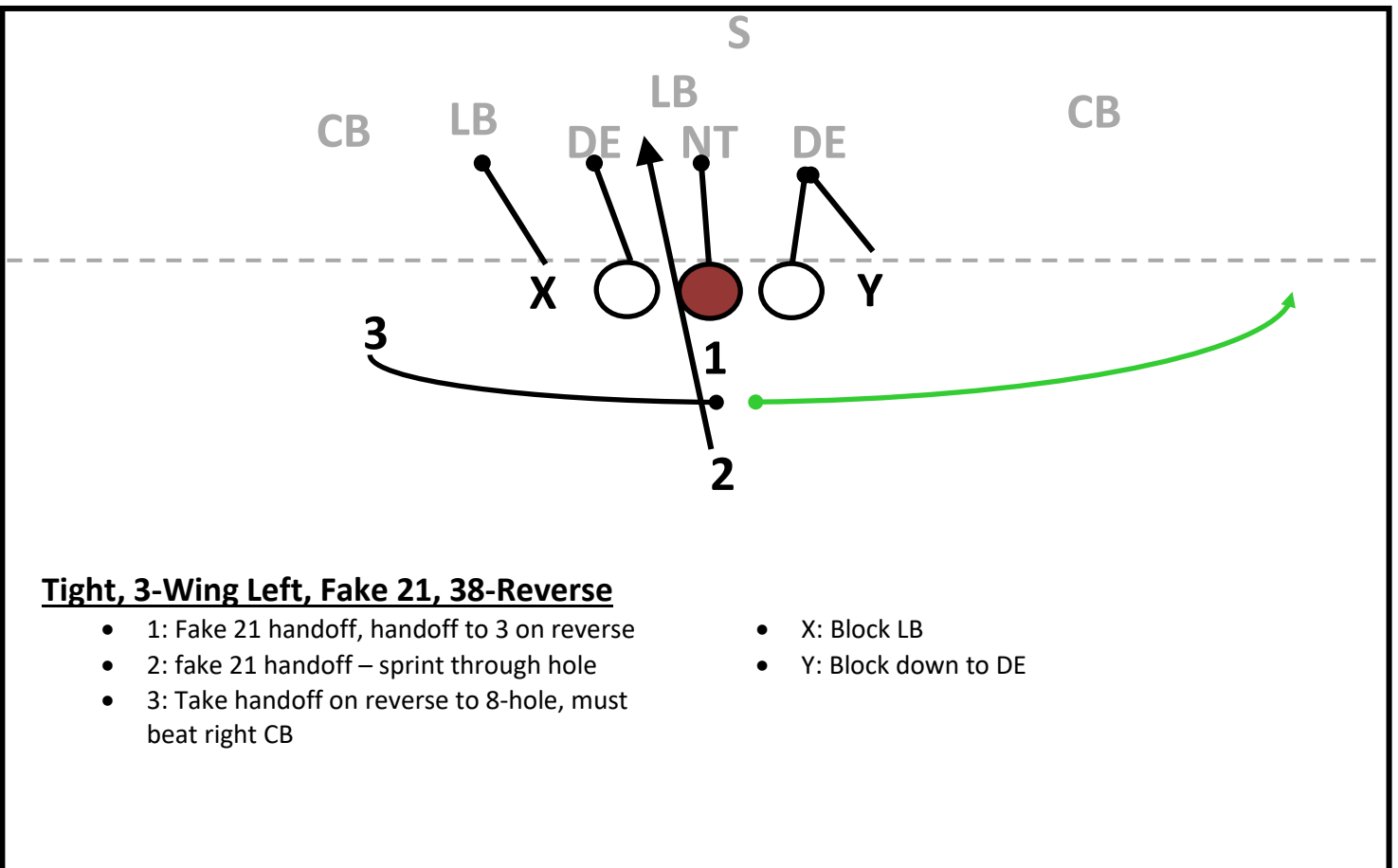
# TIGHT FORMATION

- X: Lines up tight to left
- Y: Lines up tight to right
- Pro-Set 2 on left, 3 on right, split behind 1
- 3-Wing Left or Right: 2 behind 1, 3 wing to left or right

**Note:** The coaches may use alternate and added variations of each play.



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**Tight, Proset, 24**

- 1: Open LEFT handoff to 2
- 2: Take handoff through 4-hole
- 3: Lead block to DE
- X: Block CB
- Y: Block CB
- RT Block right LB

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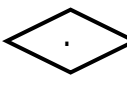
**Tight, Pro Set, Fake 24, Double Fade**

- 1: Open LEFT, fake 24, fade to either X or Y
- 2: fake 24
- 3: Lead block to DE
- X: Fade
- Y: Fade

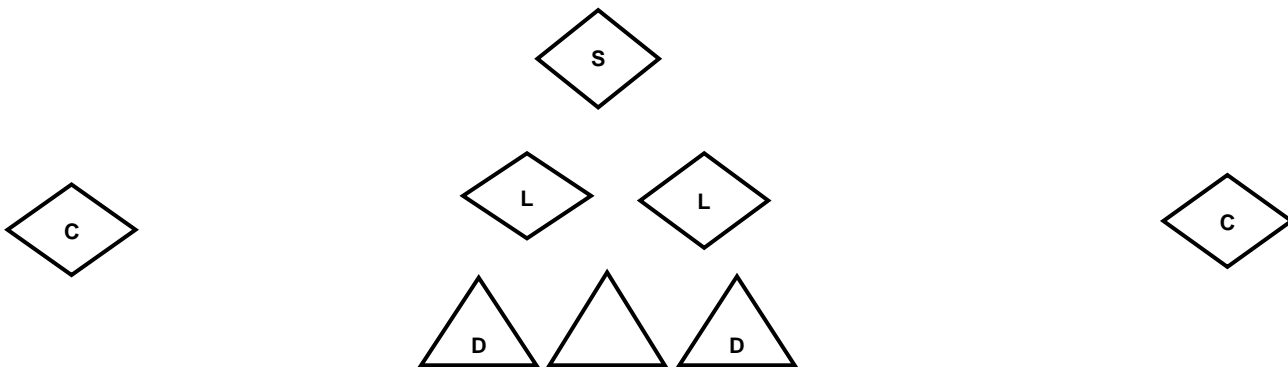




## DEFENSIVE SYMBOLS AND POSITIONS

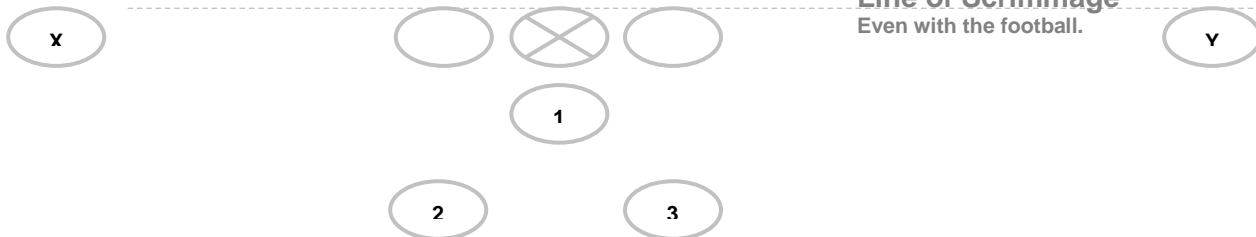
	<p><b>-NOSE TACKLE</b> Lines up across from the center. Defends against the run. Goes after the quarterback on pass plays.</p>		<p><b>-CORNERBACK</b> Lines up across from and outside of wide receiver or tight end in the defensive backfield. Covers them on pass routes. Tries to force running plays back into the middle.</p>
	<p><b>-DEFENSIVE END</b> Lines up across from the offensive tackle. Defends against the run. Tries to force the outside run into the middle. Goes after the quarterback on pass plays.</p>		<p><b>-SAFETY</b> Lines up in the defensive backfield. The safety is the last line of defense. Tries to cut off running plays. Stays deeper than the deepest receiver on offense.</p>
	<p><b>-LINEBACKER</b> Lines up in defensive backfield. Cover running back on pass plays. Tries to stop running plays by filling holes that running back carry the ball through.</p>		

### Defensive Formation – “3-2”



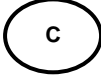


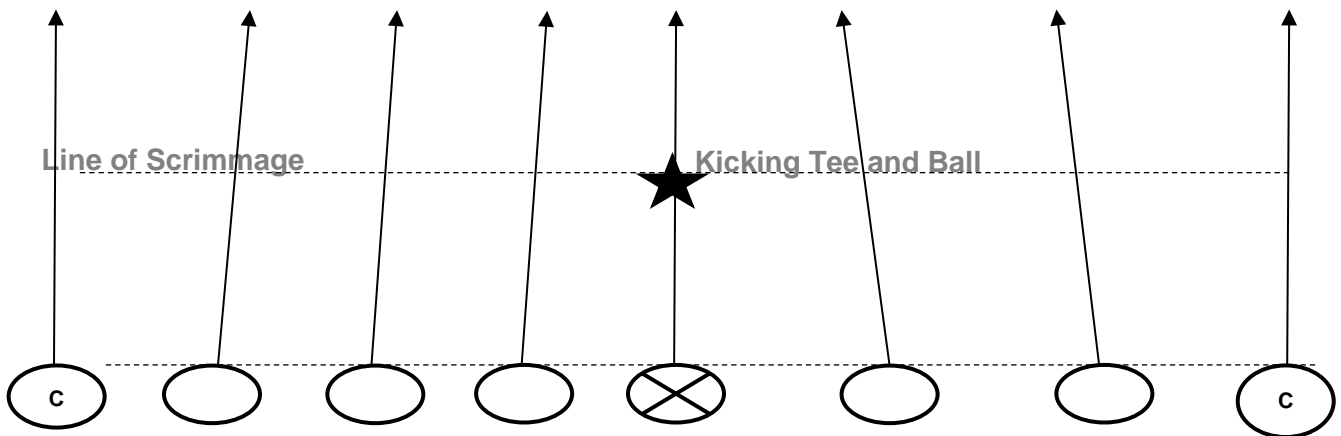
#### **Buffer Zone**

The space between the offensive line and defensive line. The **Buffer Zone** is 5 yards apart or half the distance between the offensive line and the next 1<sup>st</sup> down line/goal line, whichever is less

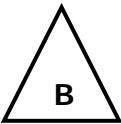
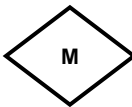
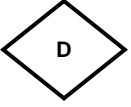


# KICK-OFF SYMBOLS AND POSITIONS

 <p><b>-KICKER</b> The ball must travel at least 10-yards before anyone touches it. The kicker generally tries to kick the ball to an open spot on the receiving team side of the field.</p>	 <p><b>-DEFENDER</b> Pursue the ball carrier or RECOVER the kickoff if you can get to the ball before the receiving team.</p>	 <p><b>-CONTAIN</b> Stay along the sideline and keep the ball carrier to the inside of the field.</p>
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# KICK-RETURN SYMBOLS AND POSITIONS

	<p><b>-BLOCKER</b> Lines up 10 yards from the line of scrimmage. Recovers any on-side or short kick. Blocks the closest player running towards them from the kicking team. Continue blocking until the whistle.</p>		<p><b>-MIDDLE BACK</b> Lines up 20 yards from the line of scrimmage. Responsible for getting any ball that is not recovered by the Blockers or any kick that comes into their area. Blocks the closest player running towards them from the kicking team. Continue blocking until the whistle.</p>
			<p><b>-DEEP BACK</b> Lines up 30-yards from the kicker. Primary return back. Responsible for running to the ball, picking it up and gaining as many yards as possible. If the kick is recovered by a Blocker or Middle Back, then the Deep Back blocks the nearest player on the kicking team.</p>

## Kick Return Set-up

The receiving team must stay 10 yards from the line of scrimmage until a kicked ball travels 10 yards. The receiving team gets possession of any short kick (<10 yards) at the spot of the ball. The receiving team gets possession of any untouched, kick that travels out of bounds at the 40-yard line.

