




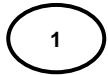






1


2018 FLAG FOOTBALL PLAYBOOK 5-8 GRADES

WHEATLAND ATHLETIC
ASSOCIATION


OFFENSIVE SYMBOLS AND POSITIONS

 <p>-CENTER 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>-RECEIVER Lines up split to the right. Lines up on the line of scrimmage. Receiver, runs pass routes. Handles the ball. Blocks in certain situations.</p>	
 <p>-TACKLE Lines up on the line of scrimmage. Blocker. May catch pass behind the line of scrimmage. CANNOT run pass routes.</p>	 <p>-QUARTERBACK 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>-LEFT SLOT BACK Lines up in backfield, generally as receiver. Runs pass routes. Takes handoffs from the quarterback, too. Blocks on certain plays.</p>
 <p>-RECEIVER Lines up split to the left. Lines up on the line of scrimmage. Receiver, runs pass routes. Handles the ball. Blocks in certain situations.</p>	 <p>-RUNNING BACK Lines up in backfield. Running back. Takes handoffs from the Quarterback. Runs pass routes. Blocks on certain plays.</p>	 <p>-RIGHT SLOT BACK Lines up in backfield, generally as receiver. Runs pass routes. Takes handoffs from the quarterback, too. Blocks on certain plays.</p>


Blocking path




Pass Route path



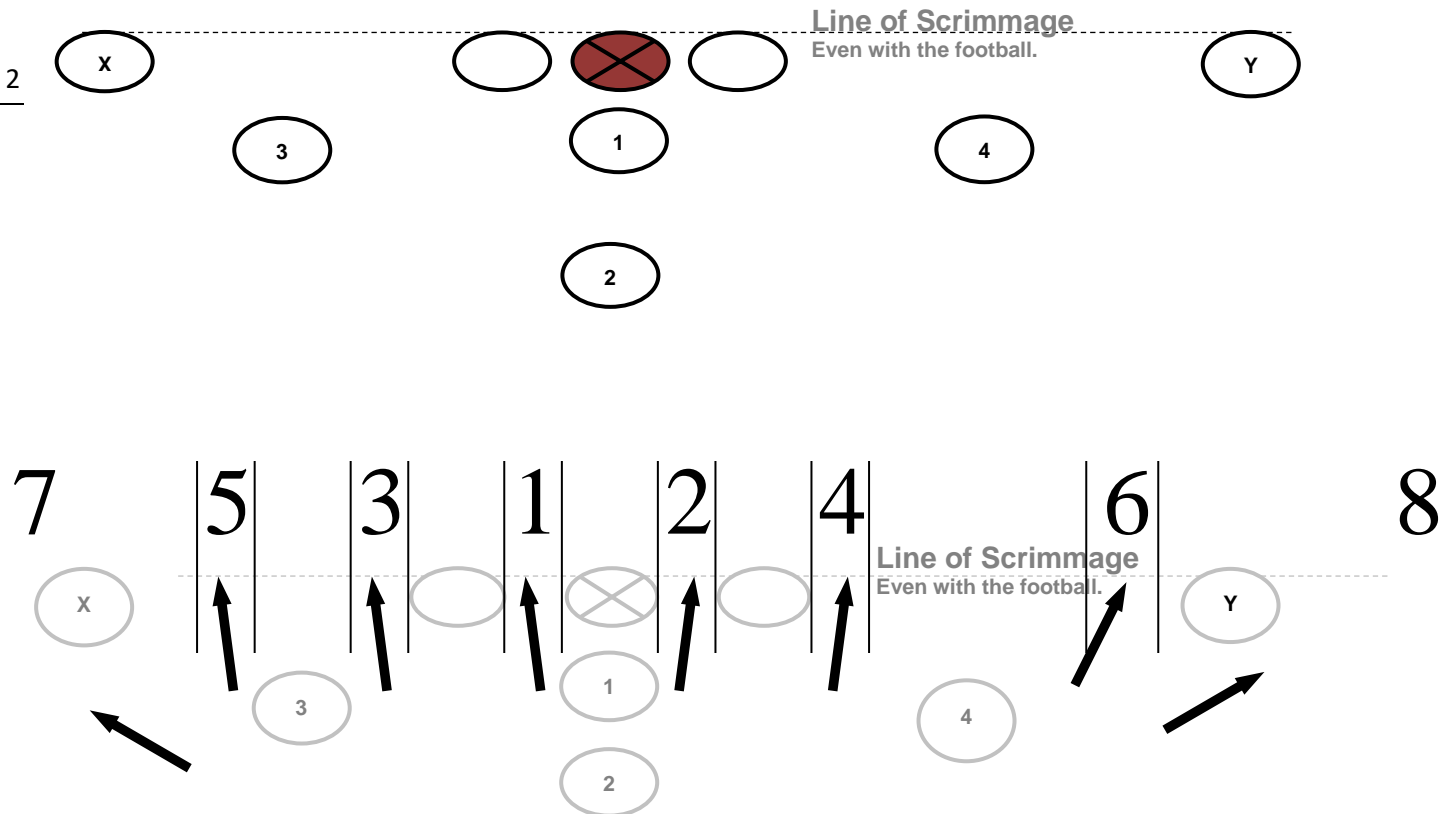
Backfield Motion path



Ball Carrier path



SPREAD SET: WIDE, DOUBLE SLOT



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

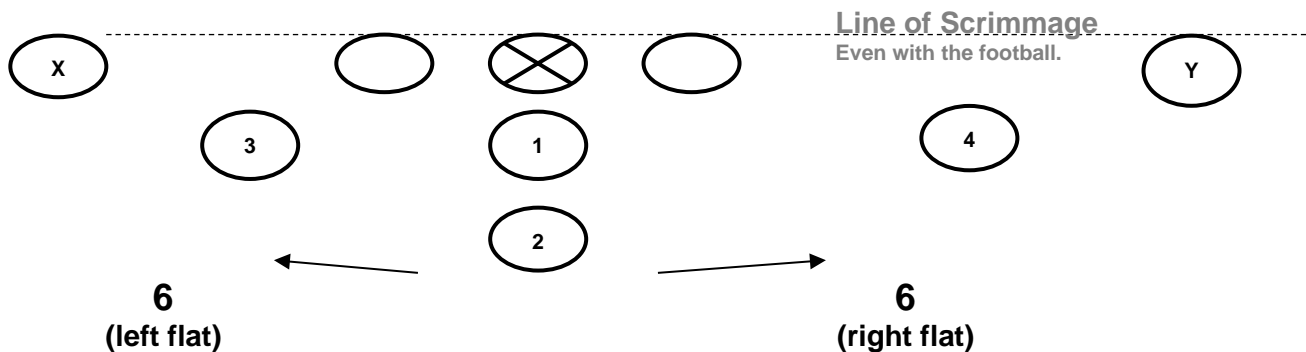
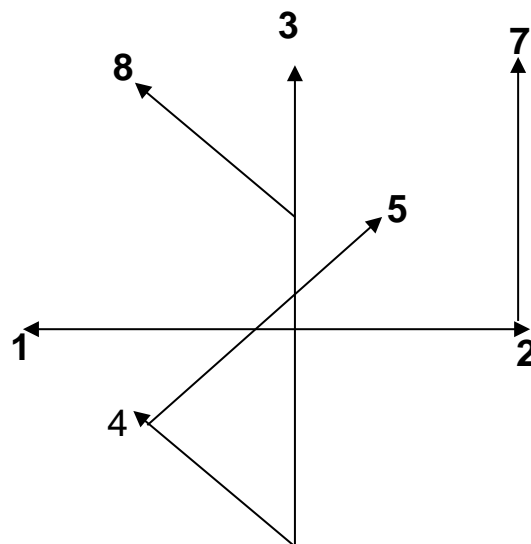
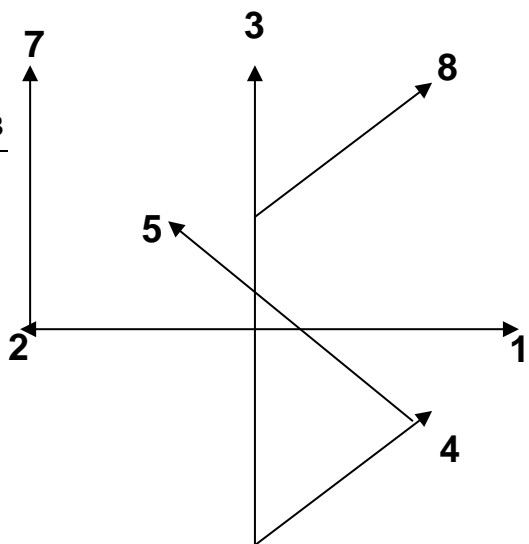
The area to either side of the backfield, behind the line of scrimmage. As indicated below.

7. CHAIR

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

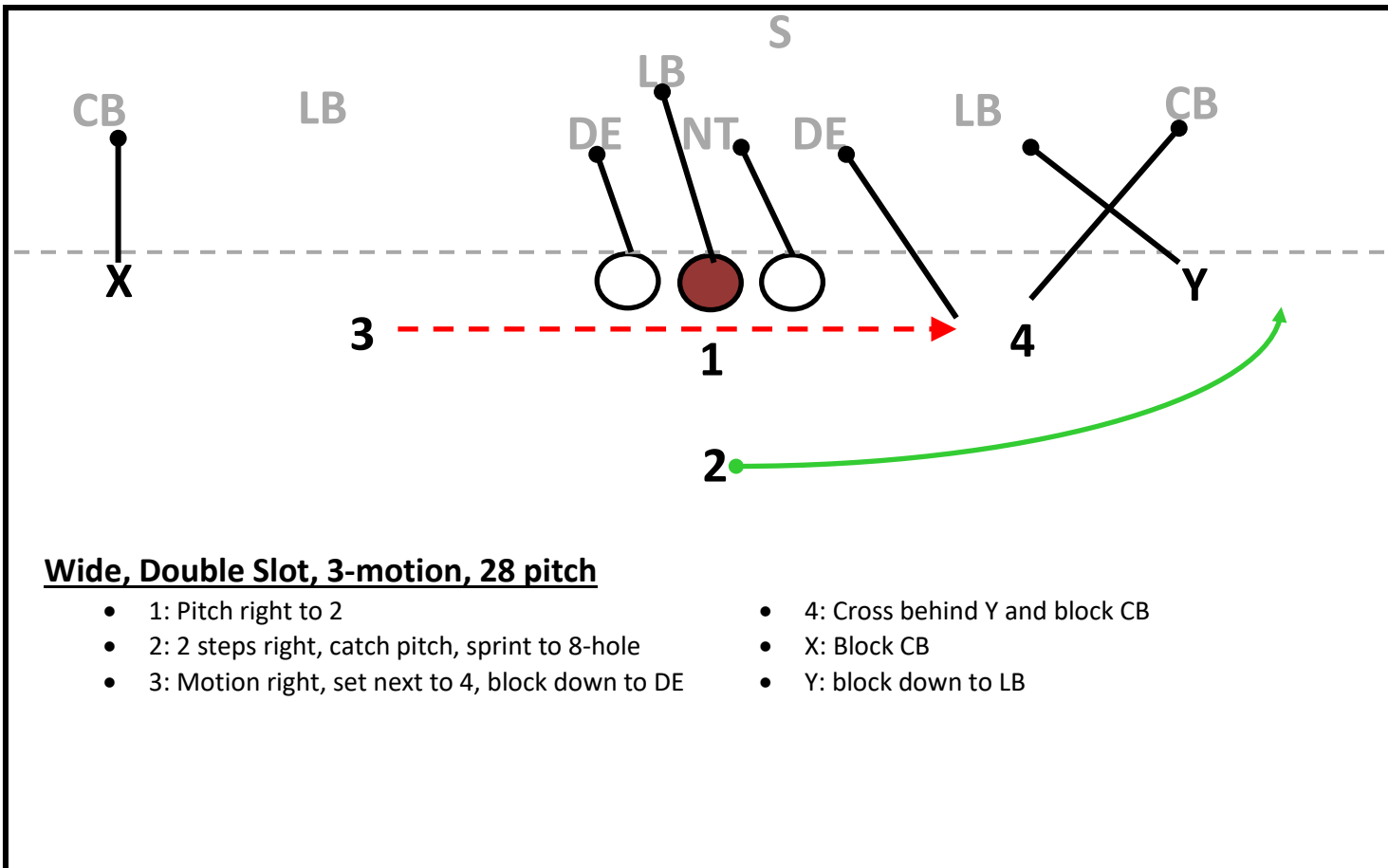
8. POST

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



WIDE, DOUBLE SLOT
QB UNDER CENTER

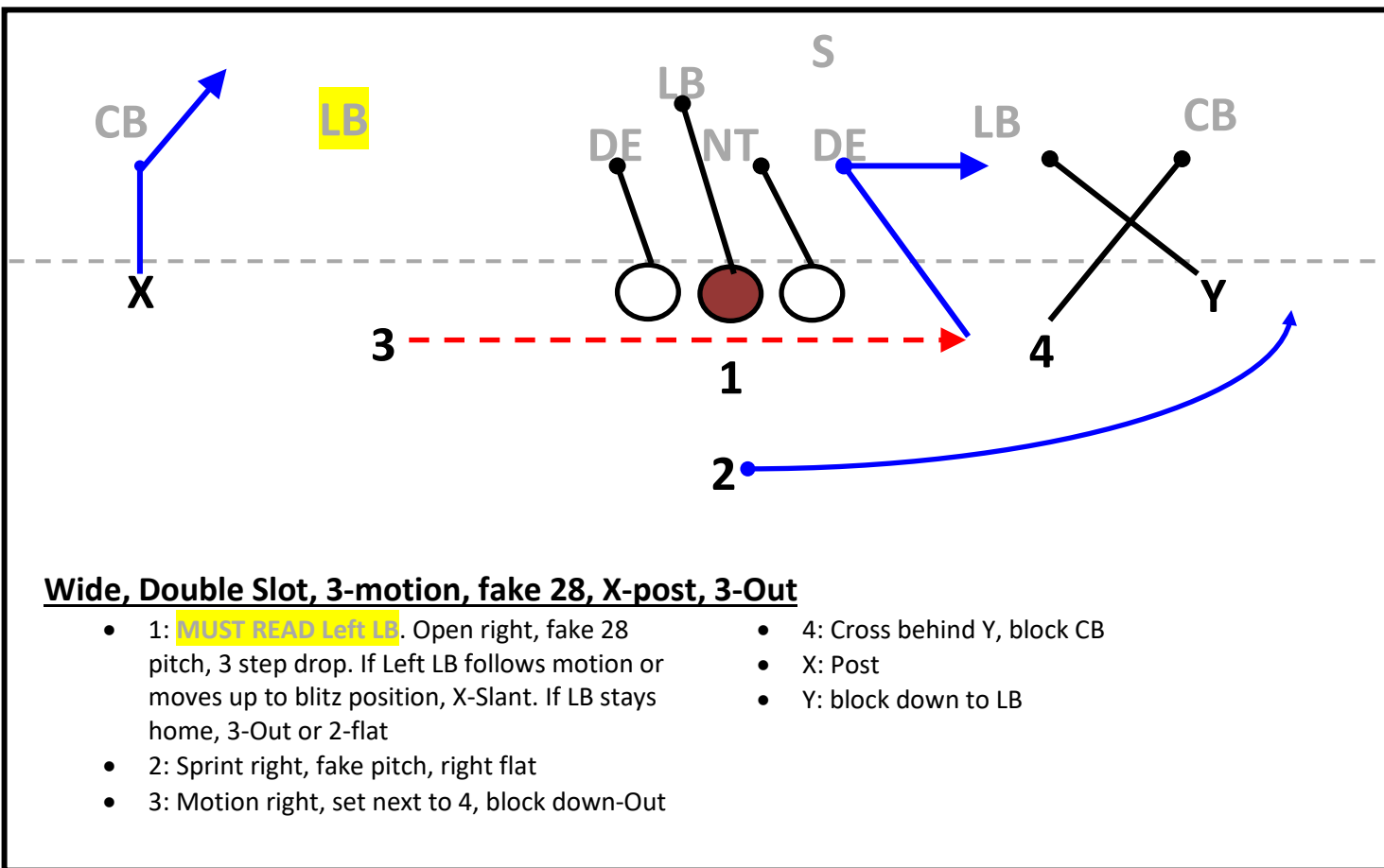
Note: The coaches may use alternate and added variations of each play.



Wide, Double Slot, 3-motion, 28 pitch

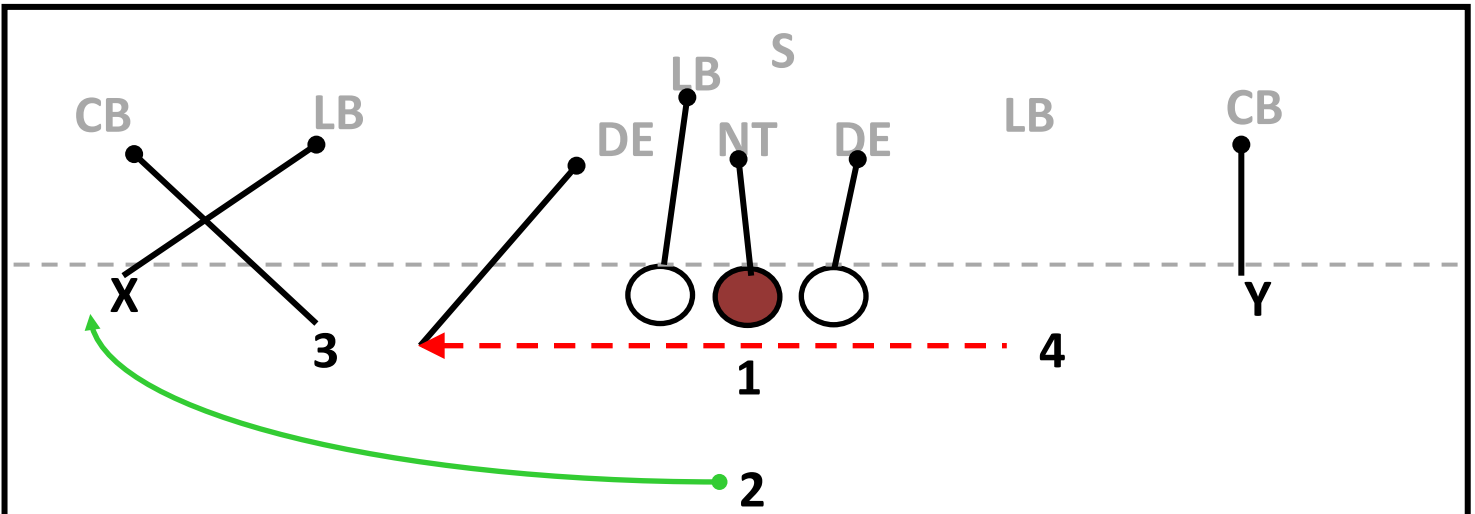
- 1: Pitch right to 2
- 2: 2 steps right, catch pitch, sprint to 8-hole
- 3: Motion right, set next to 4, block down to DE
- 4: Cross behind Y and block CB
- X: Block CB
- Y: block down to LB

5



Wide, Double Slot, 3-motion, fake 28, X-post, 3-Out

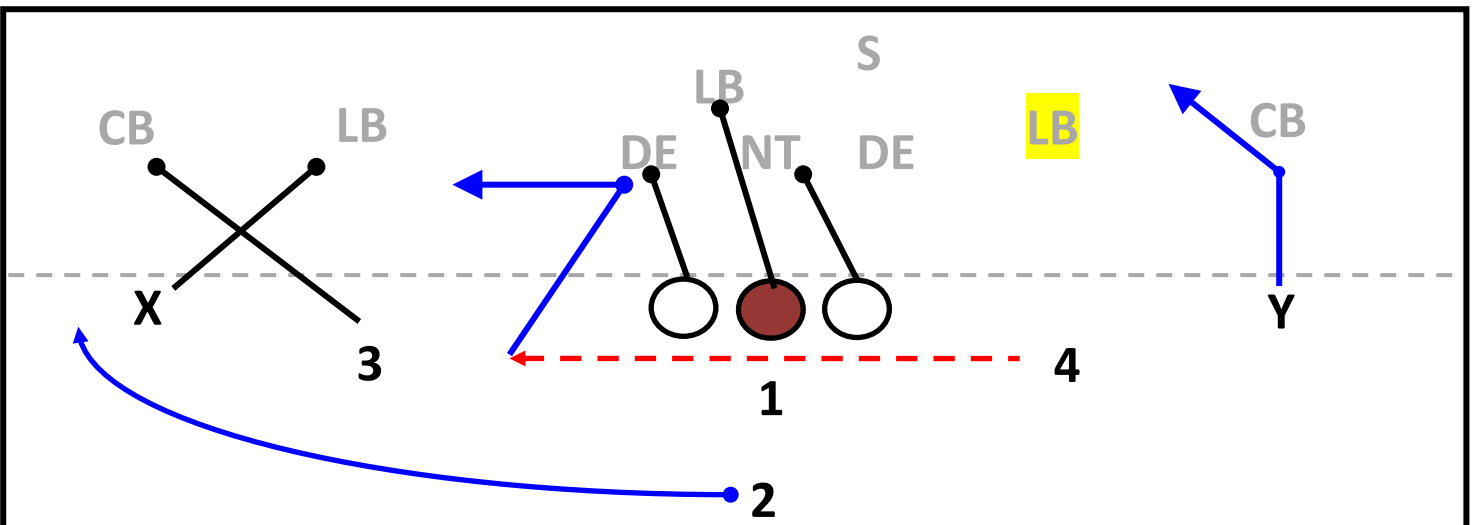
- 1: **MUST READ Left LB**. Open right, fake 28 pitch, 3 step drop. If Left LB follows motion or moves up to blitz position, X-Slant. If LB stays home, 3-Out or 2-flat
- 2: Sprint right, fake pitch, right flat
- 3: Motion right, set next to 4, block down-Out
- 4: Cross behind Y, block CB
- X: Post
- Y: block down to LB



Wide, Double Slot, 4-motion, 27 pitch

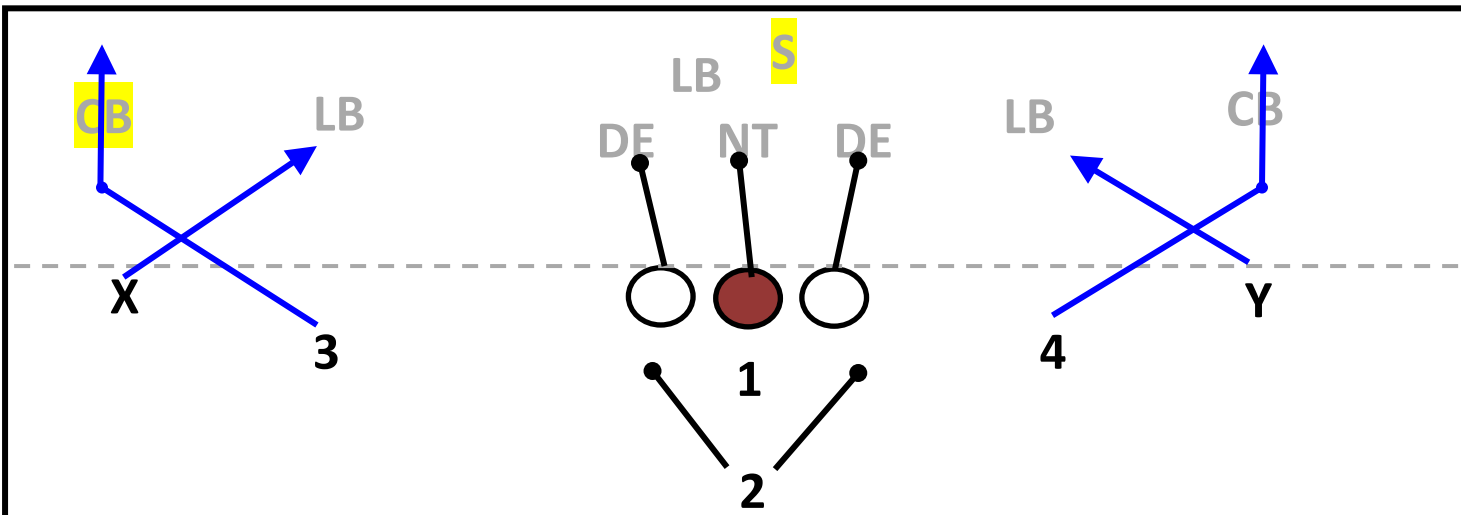
- 1: Pitch left to 2
- 2: 2 steps left, catch pitch, sprint to 7-hole
- 3: Cross behind X and block CB
- 4: Motion left, set next to 3, block down to DE
- X: block down to LB
- Y: Block CB

6



Wide, Double Slot, 4-motion, fake 27, Y-Post, 4-Out

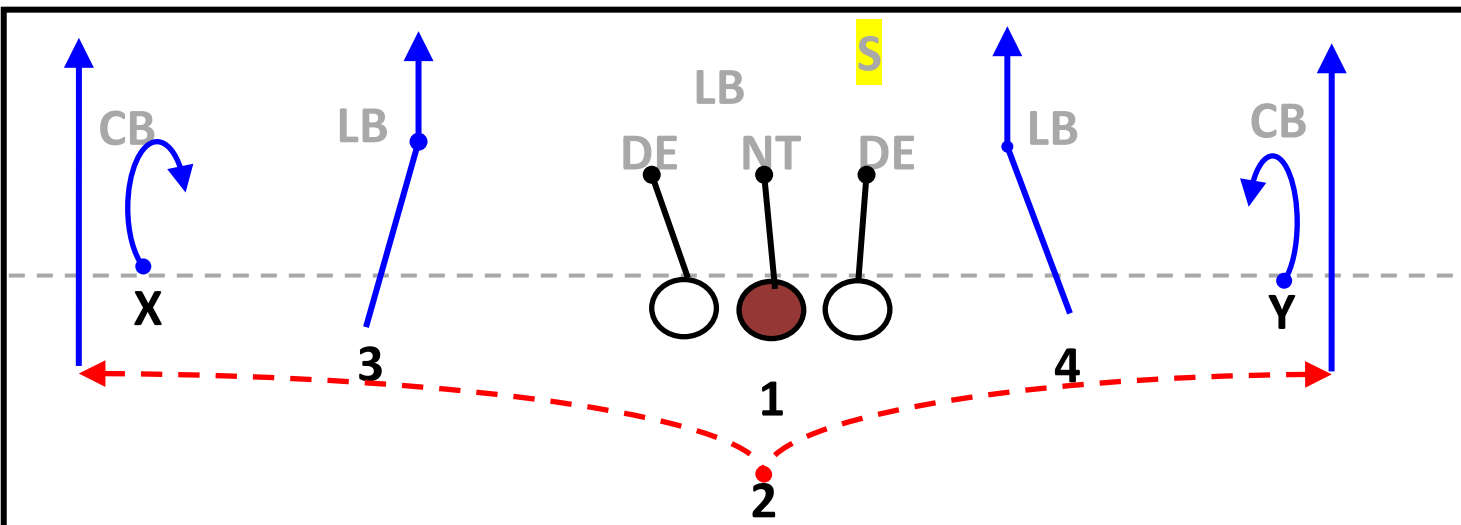
- 1: **MUST READ Right LB**. Open left, fake 27 pitch, 3 step drop. If right LB follows motion or moves up to blitz position, Y-Slant. If LB stays home, 4-Out or 2-flat
- 2: Sprint left, fake pitch, right flat
- 3: Cross behind Y, block CB
- 4: Motion right, set next to 3, block down-Out
- X: block down to LB
- Y: Post



Wide, Double Slot, Cross

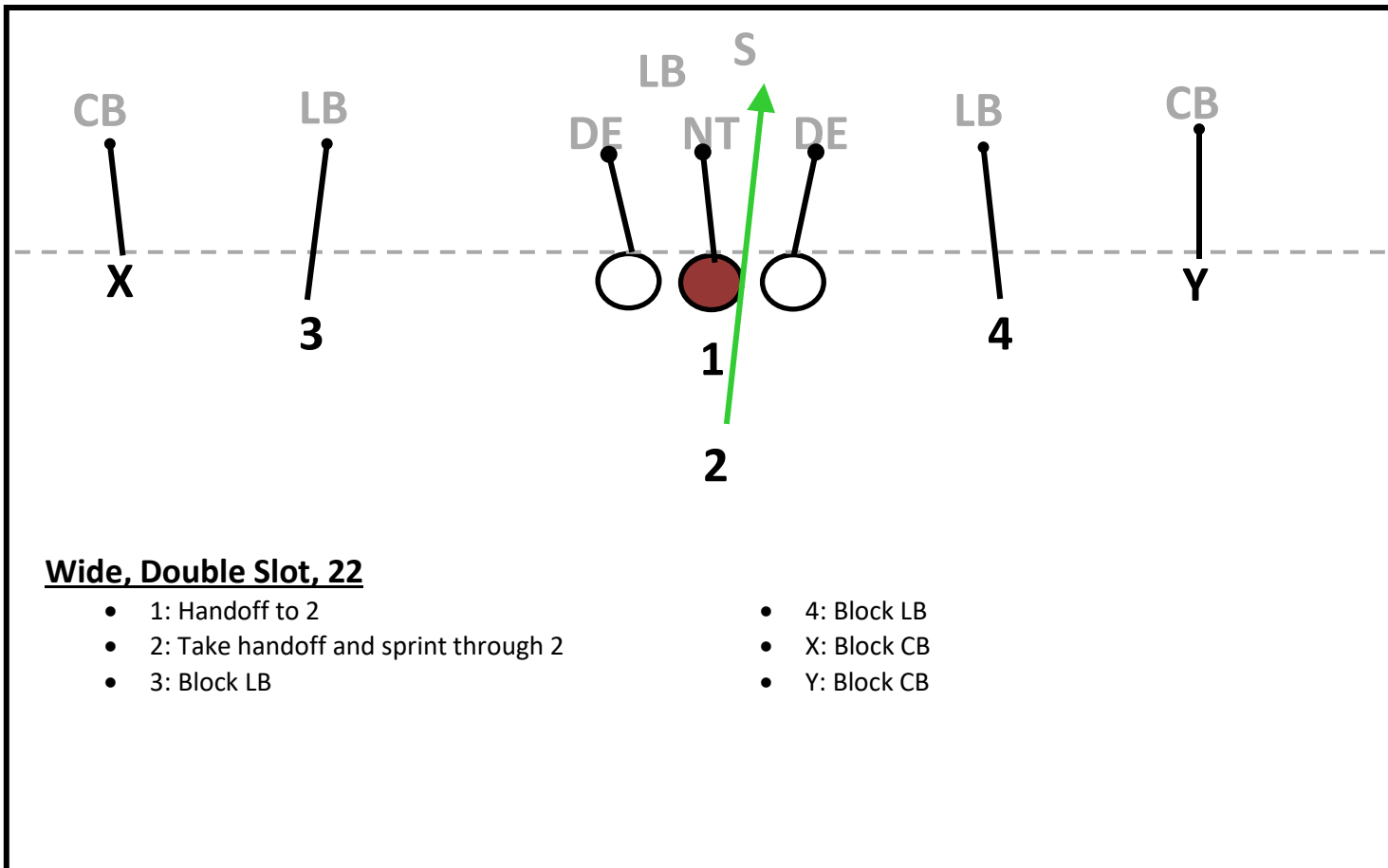
- 1: Pre-Snap Read S. Pick the cross on opposite side of S. Read CB on the side of throw. Throw to the correct receiver
- 2: Read LB blitz and block the blitzing LB
- 3: Cross behind X and fade
- 4: Cross behind Y and fade
- X: Slant
- Y: Slant

7

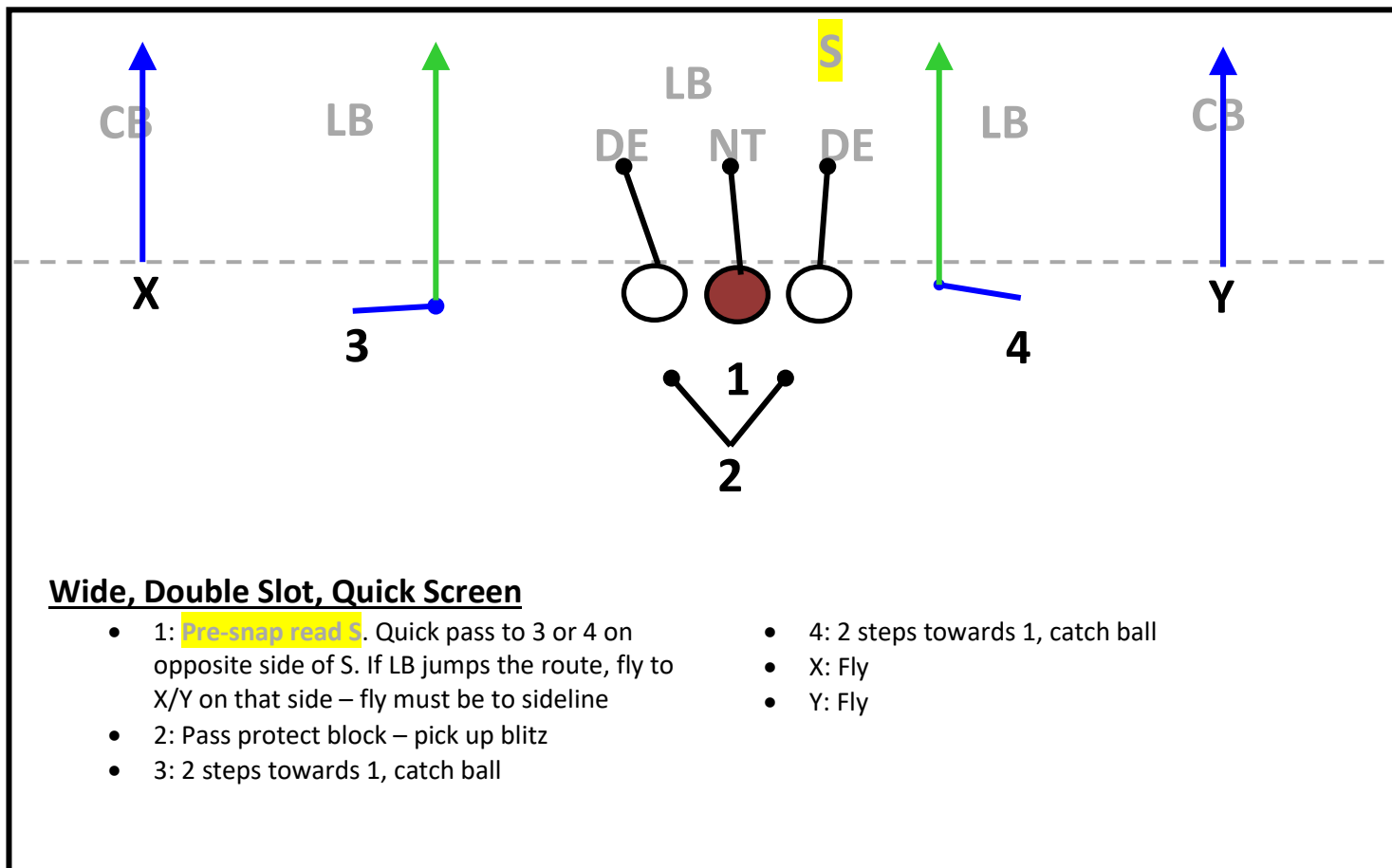


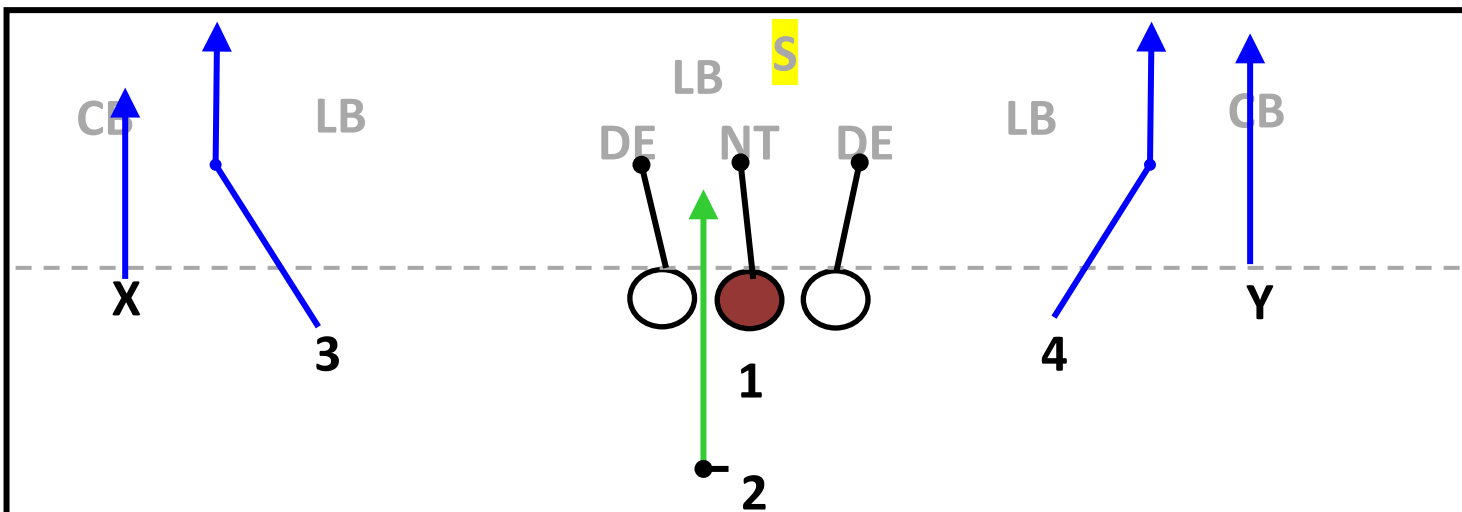
Wide, Double Slot, 2-motion out-fly

- 1: Pre-snap read S. Fade to 2 if S stays home, if S stays moves to a side hit Curl or Fly on the opposite side of S. 3-step drop - Your read and release must be quick
- 2: Pre-snap read S Motion and fly to opposite side
- 3: Fly to inside shoulder of LB
- 4: Fly to inside shoulder of LB
- X: Curl In
- Y: Curl In



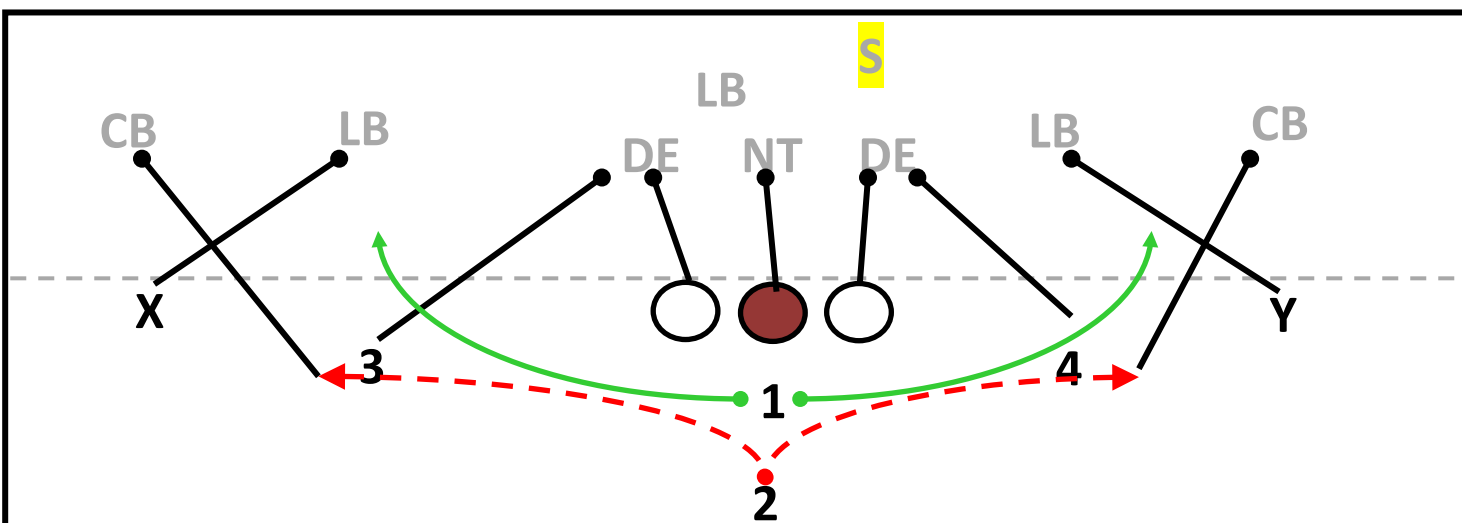
8





Wide, Double Slot, 21 Draw

- 1: 3-step drop, look **S** off to the right. Handoff to 2 on left
- 2: Hold position on 1 drop, take handoff and sprint up through 1-hole
- 3: Sprint to outside shoulder of LB and Fly
- 4: Sprint to outside shoulder of LB and Fly
- X: Fly
- Y: Fly



Wide, Double Slot, 2-motion 17 or 18

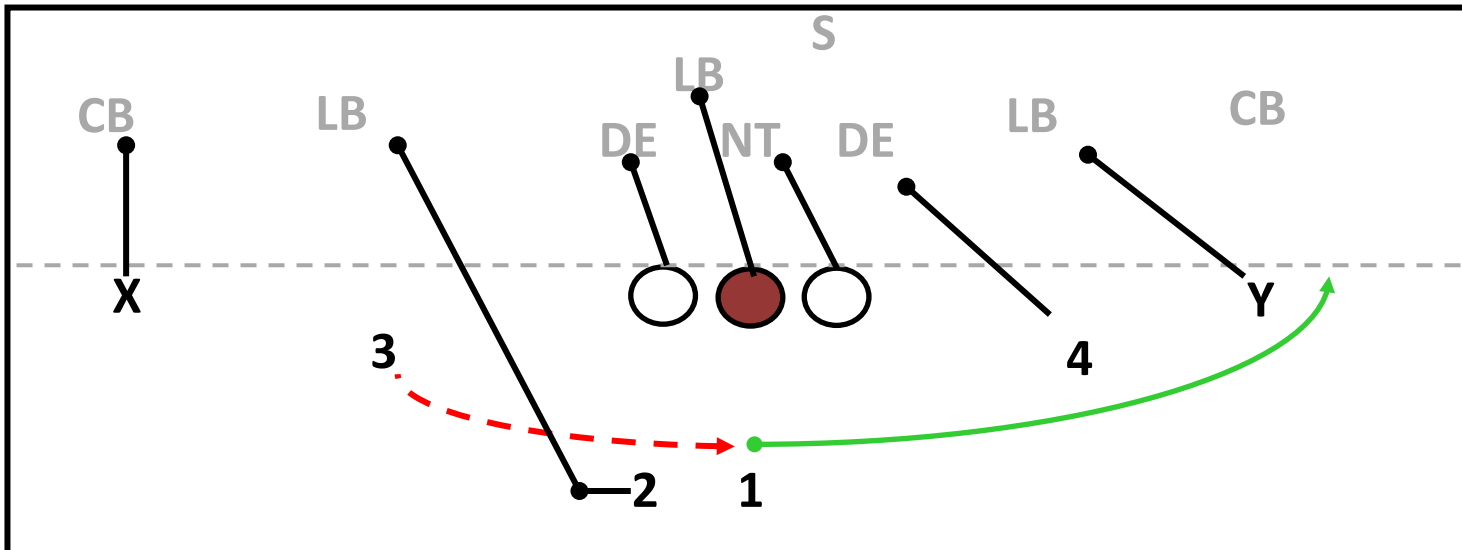
- 1: Sweep to the side that 2 motions to
- 2: **Pre-snap read S** Motion and block to CB on opposite side of **S**
- 3: Block down to DE
- 4: Block down to DE
- X: Block down to LB
- Y: Block down to LB

WIDE, DOUBLE SLOT

QB Shotgun

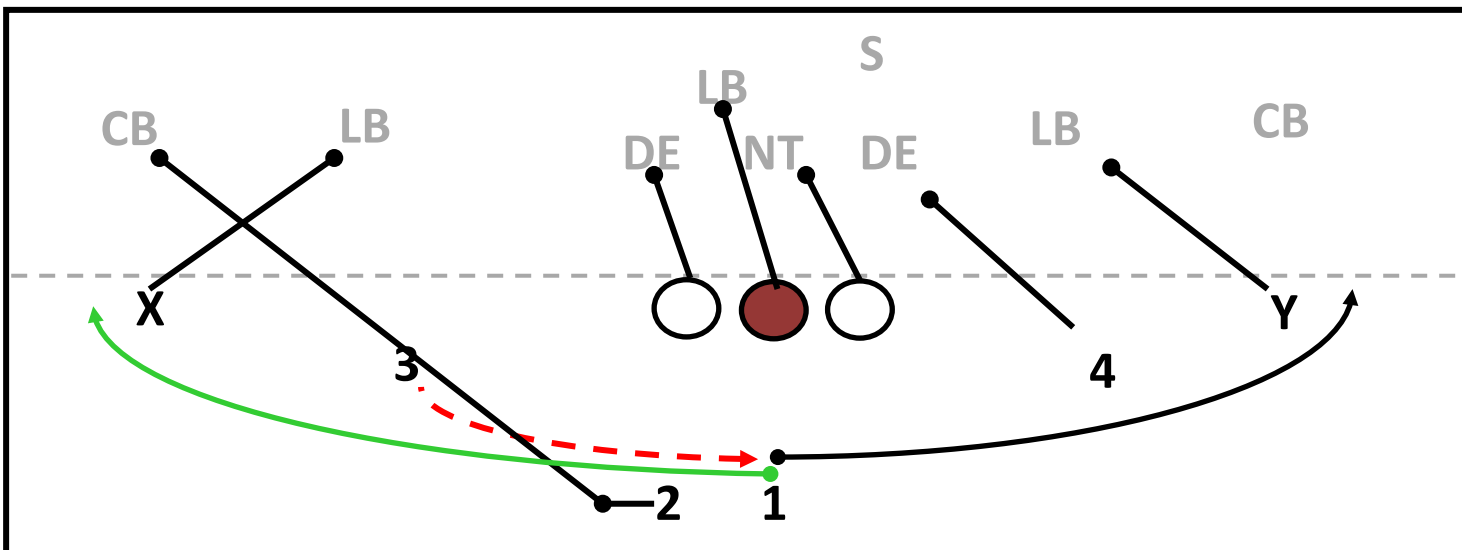
Jet Sweep Right Series

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



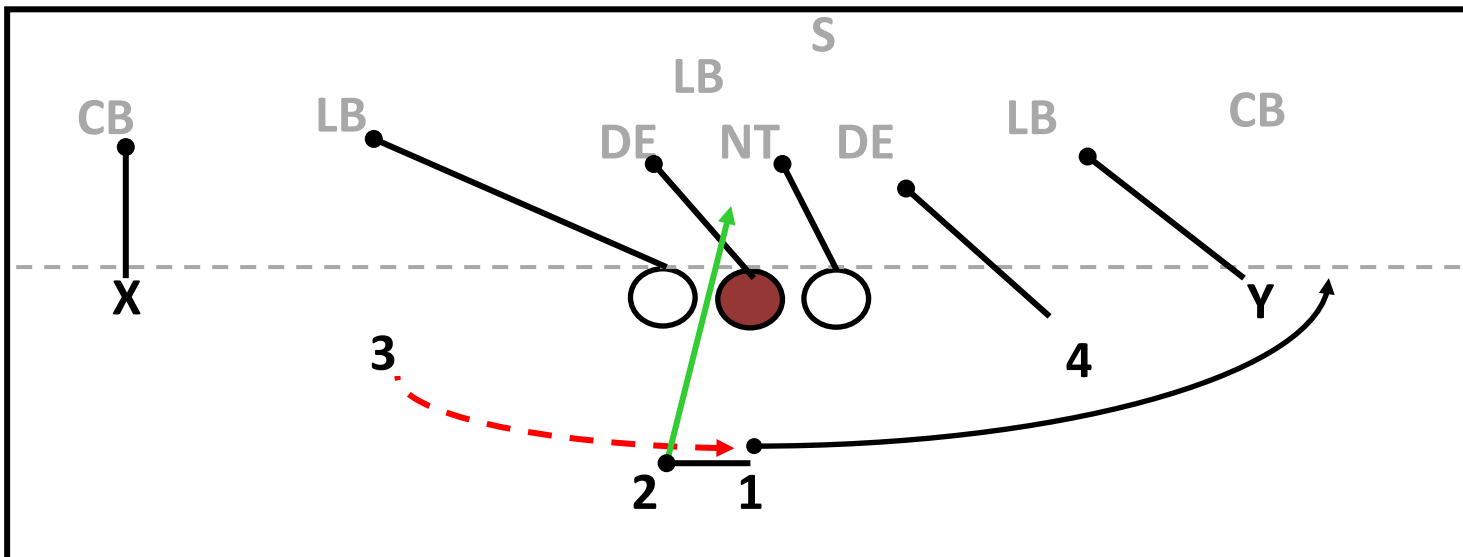
Wide, Double Slot, 3-motion, 38 Jet Sweep

- 1: Catch snap, hand-off to 3
- 2: Step left, block LB
- 3: Full motion, take handoff at full speed to 8-hole, must beat the CB without a block
- 4: Block down to DE
- X: Block CB
- Y: block down to LB



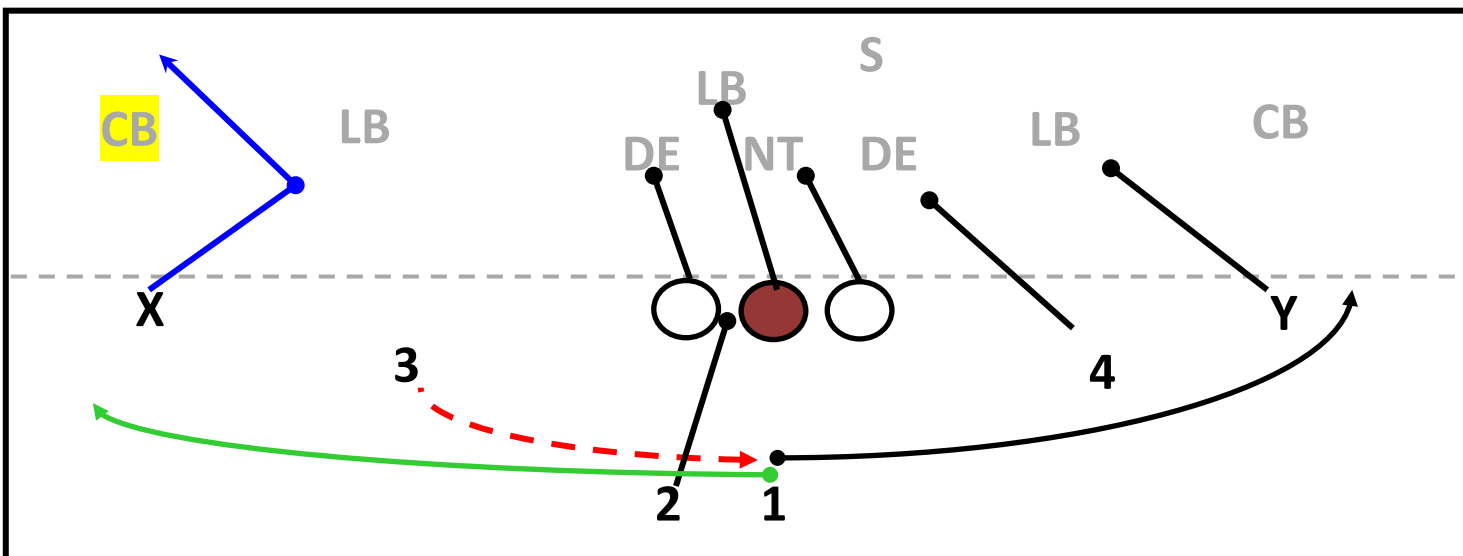
Wide, Double Slot, 3-motion, fake 38 Jet Sweep, 17

- 1: Catch snap, fake hand-off to 3, sweep to 7-hole
- 2: Sprint left, block CB
- 3: Full motion, fake handoff at full speed, block CB
- 4: Block down to DE
- X: Block down to LB
- Y: block down to LB



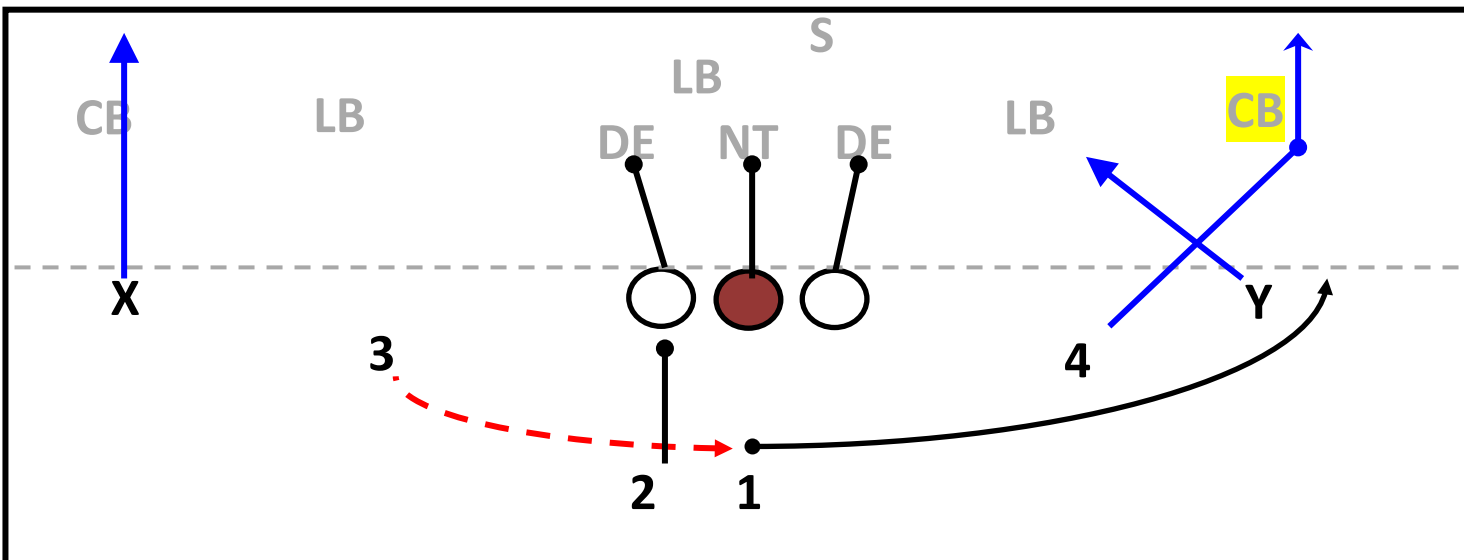
Wide, Double Slot, 3-motion, fake 38 Jet Sweep, 21 Draw

- 1: Catch snap, fake hand-off to 3
- 2: Delay step, take hand-off to 3-hole
- 3: Full motion, take handoff at full speed, must beat the CB without a block
- 4: Block down to DE
- X: Block CB
- Y: block down to LB
- LT: Block LB



Wide, Double Slot, 3-motion, fake 38 Jet Sweep, Fake 21 Draw, 17 option

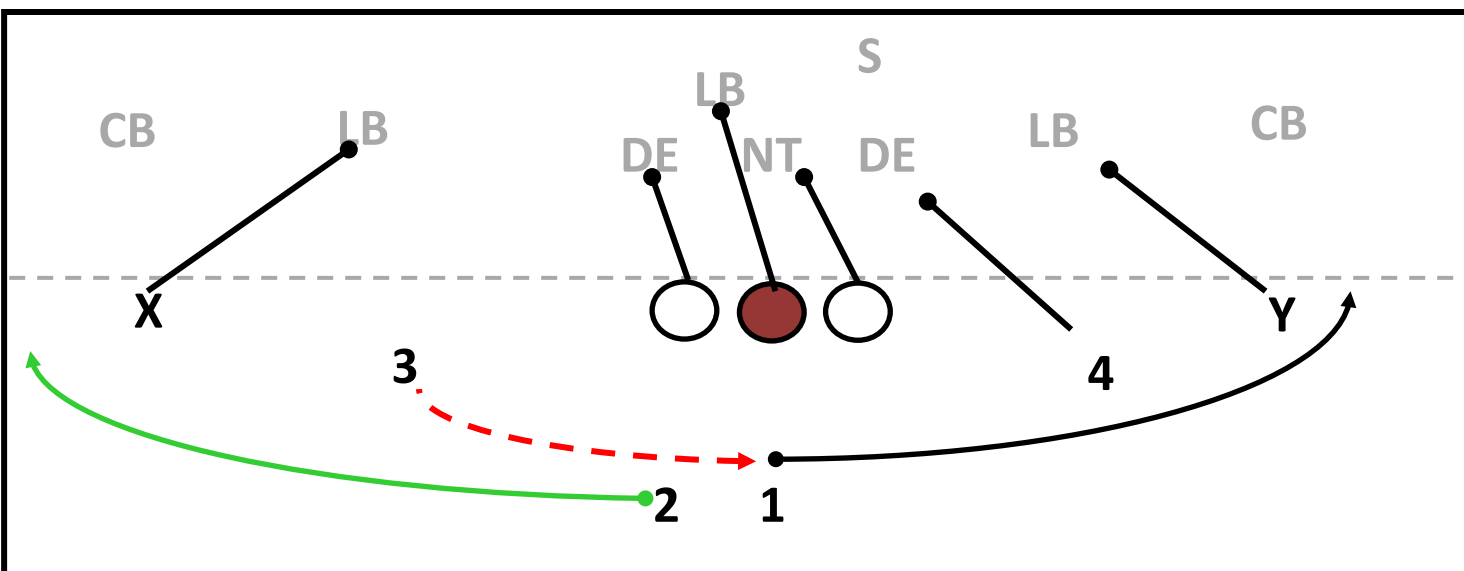
- 1: **MUST READ Left CB**. Catch snap, fake hand-off to 3, fake 21 draw, roll left, read left CB – run or pass
- 2: Pass protect block up the middle
- 3: Full motion, fake handoff at full speed, block CB
- 4: Block down to DE
- X: Bounce route, if QB keeps it, block back to CB
- Y: block down to LB



Wide, Double Slot, 3-motion, fake 38 Jet Sweep, 4-Fade

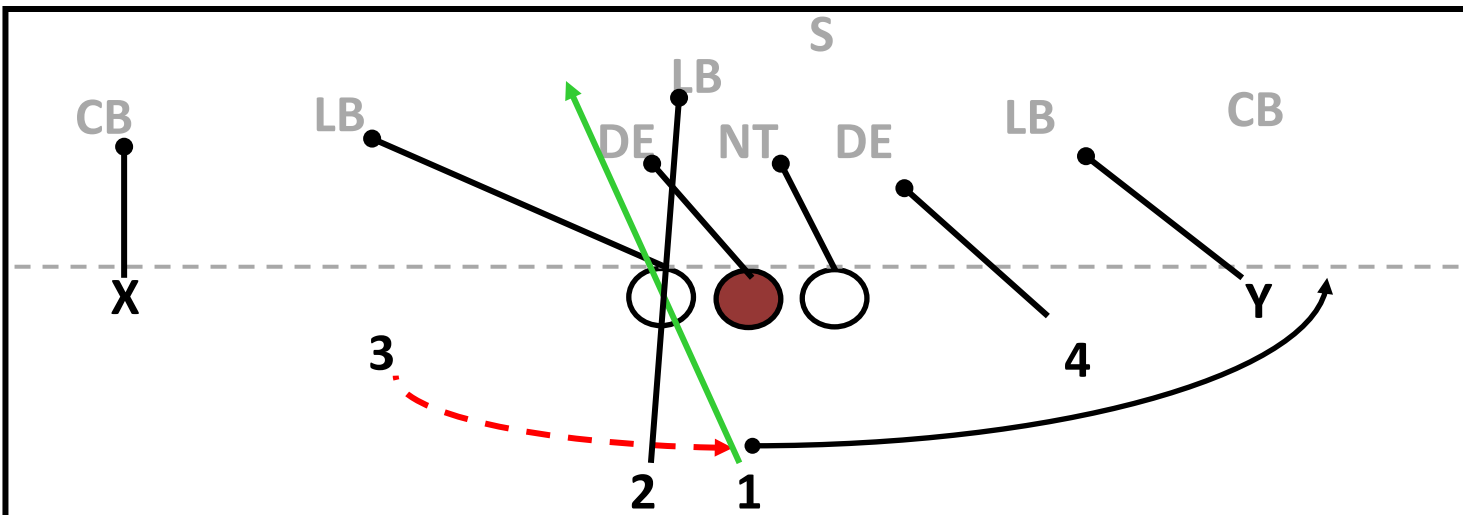
- 1: Catch snap, fake hand-off to 3, **READ Right CB**, 4-fade, or Y-slant. 3 in right flat as safety valve
- 2: Pick and block any blitz
- 3: Full motion, fake handoff, route to right flat
- 4: right corner fade
- X: Fly
- Y: Slant left

13



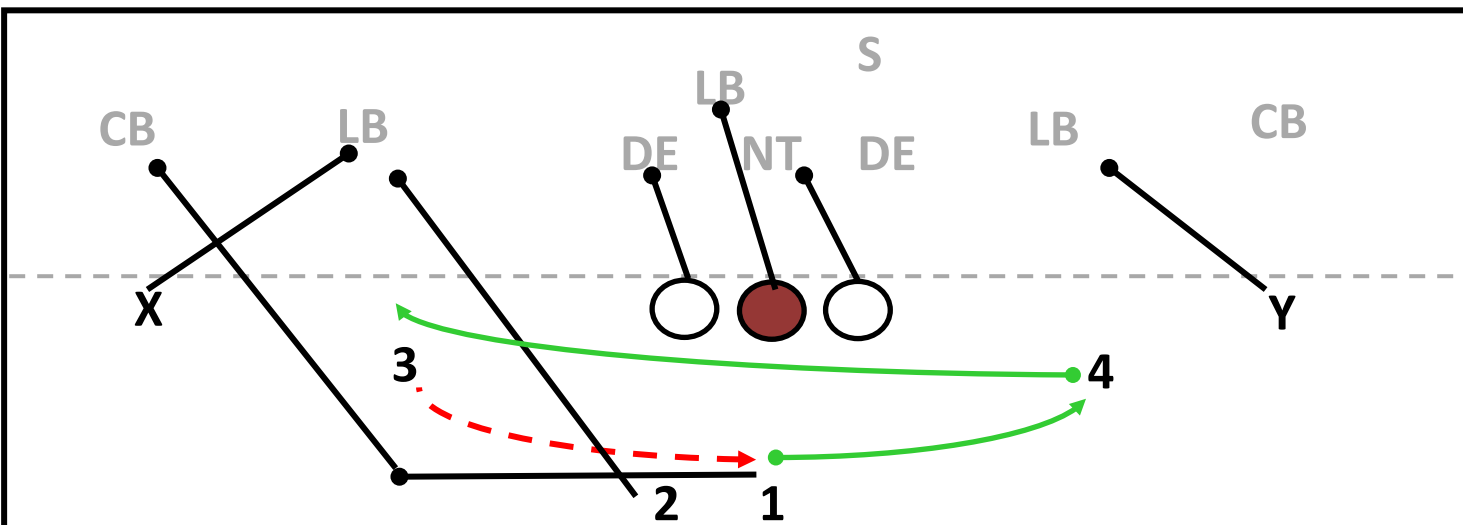
Wide, Double Slot, 3-motion, fake 38 Jet Sweep, 27 quick pitch

- 1: Catch snap, fake hand-off to 3, 27-pitch
- 2: Delay step, take pitch to 7-hole. Must beat CB
- 3: Full motion, fake handoff at full speed, block CB
- 4: Block down to DE
- X: Bounce route
- Y: block down to LB



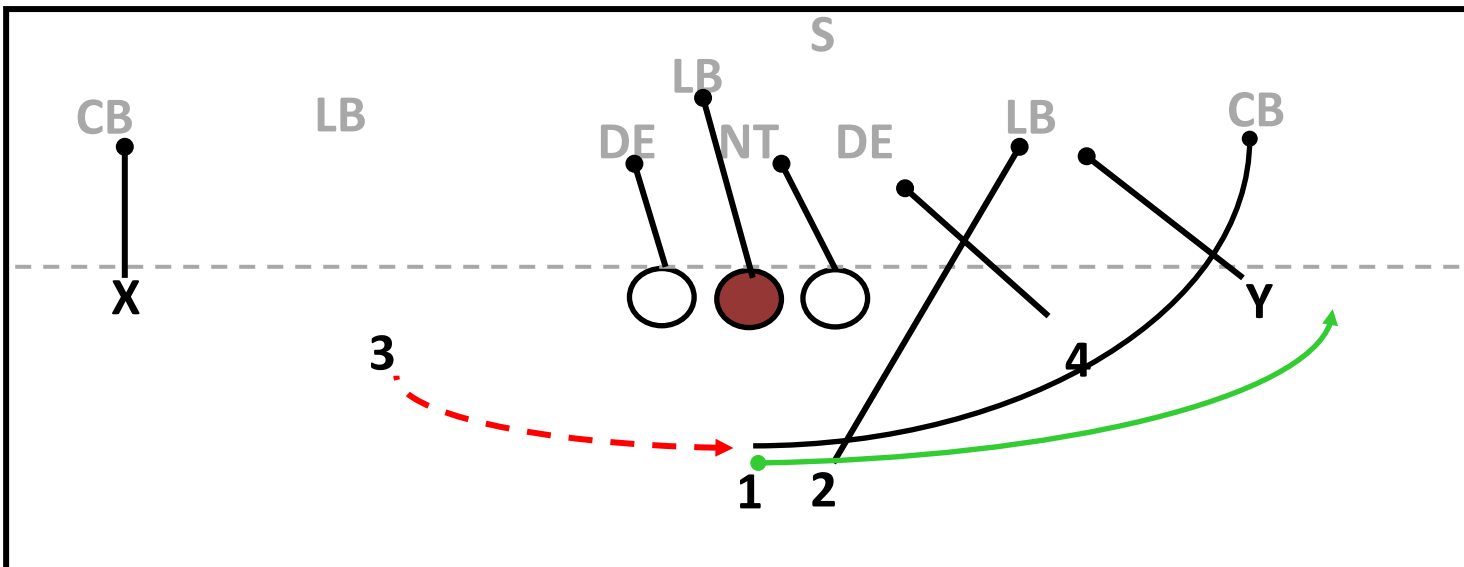
Wide, Double Slot, 3-motion, fake 38 Jet Sweep, QB Draw

- 1: Catch snap, fake hand-off to 3, Draw up the middle, follow lead block
- 2: Delay step, lead block up the middle
- 3: Full motion, fake handoff
- 4: Block down to DE
- X: Block CB
- Y: block down to LB
- LT: Block LB



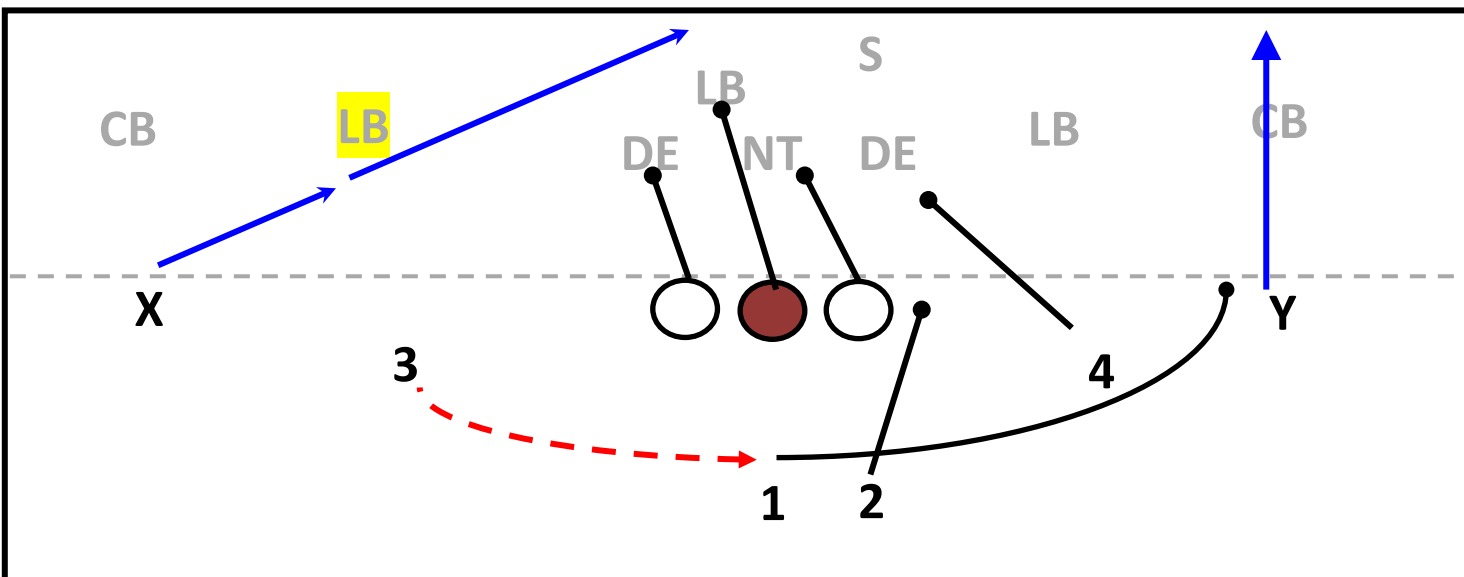
Wide, Double Slot, 3-motion, 38 Jet Sweep, 47 reverse

- 1: Catch snap, hand-off to 3, lead block CB on left
- 2: Sprint left, block LB
- 3: Full motion, take handoff at full speed, inside handoff to 4
- 4: take reverse handoff from 3, sprint to 7-hole
- X: Bounce route
- Y: block down to LB



Wide, Double Slot, 3-motion, fake 38 Jet Sweep, 18 Sweep

- 1: Catch snap, fake hand-off to 3, sweep right
- 2: Lead block right to LB
- 3: Full motion, fake handoff at full speed, Lead block right to CB
- 4: Block down to DE
- X: Block CB
- Y: block down to LB



Wide, Double Slot, 3-motion, fake 38 Jet Sweep, X-slant, Y-fly

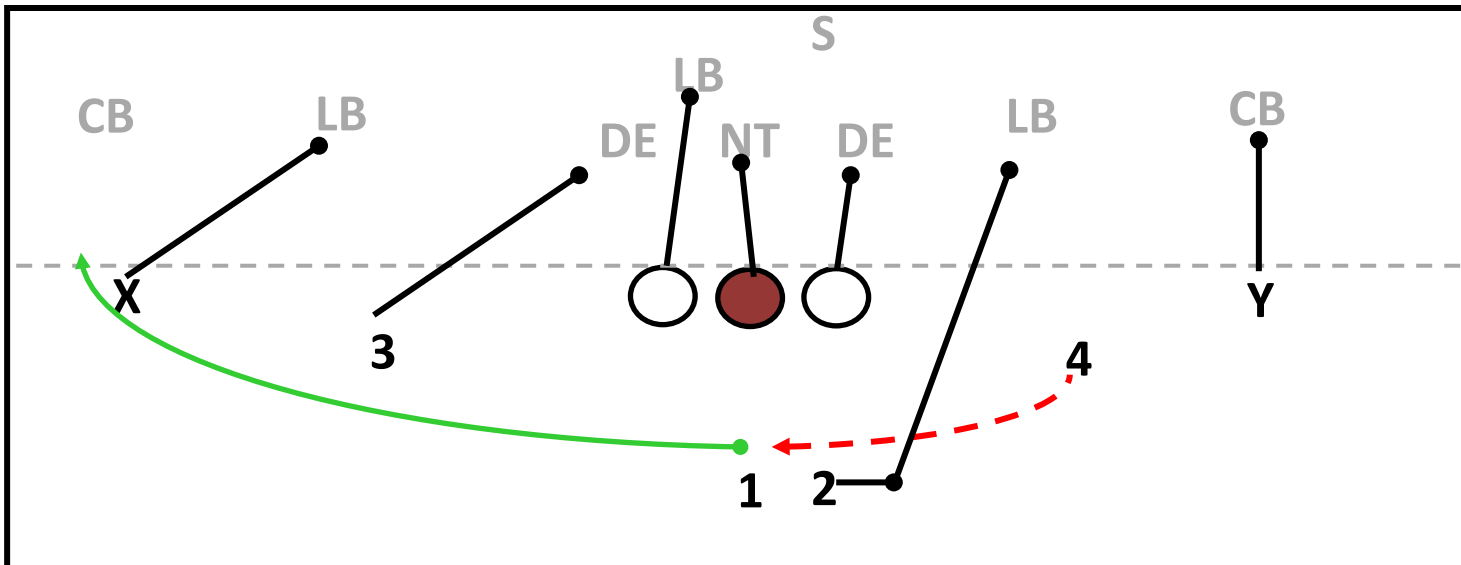
- 1: **MUST READ Left LB**. Catch snap, fake hand-off to 3, Read Left LB. If LB follows 3-motion right, then X-slant, if not roll right and look for y-fly or pump and run.
- 2: Protect block right
- 3: Full motion, fake handoff at full speed, protect block right
- 4: Block down to DE
- X: Slant, if QB rolls, continue to deep cross
- Y: Fly

WIDE, DOUBLE SLOT

QB Shotgun

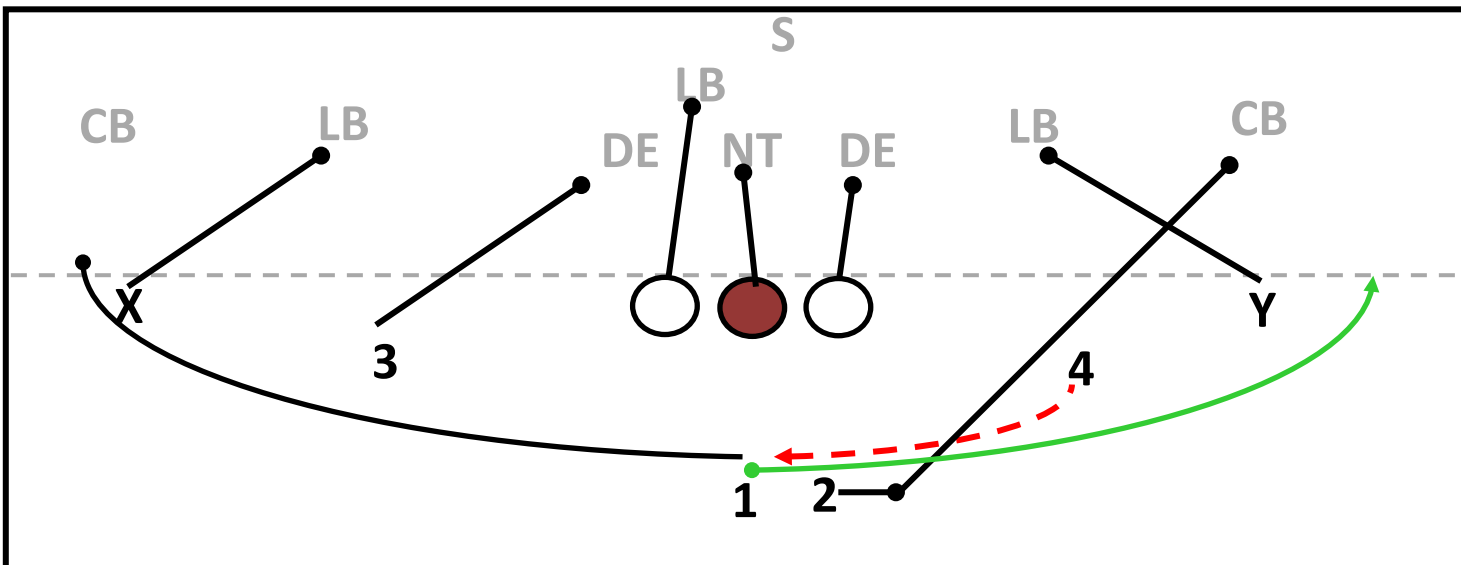
Jet Sweep Left Series

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



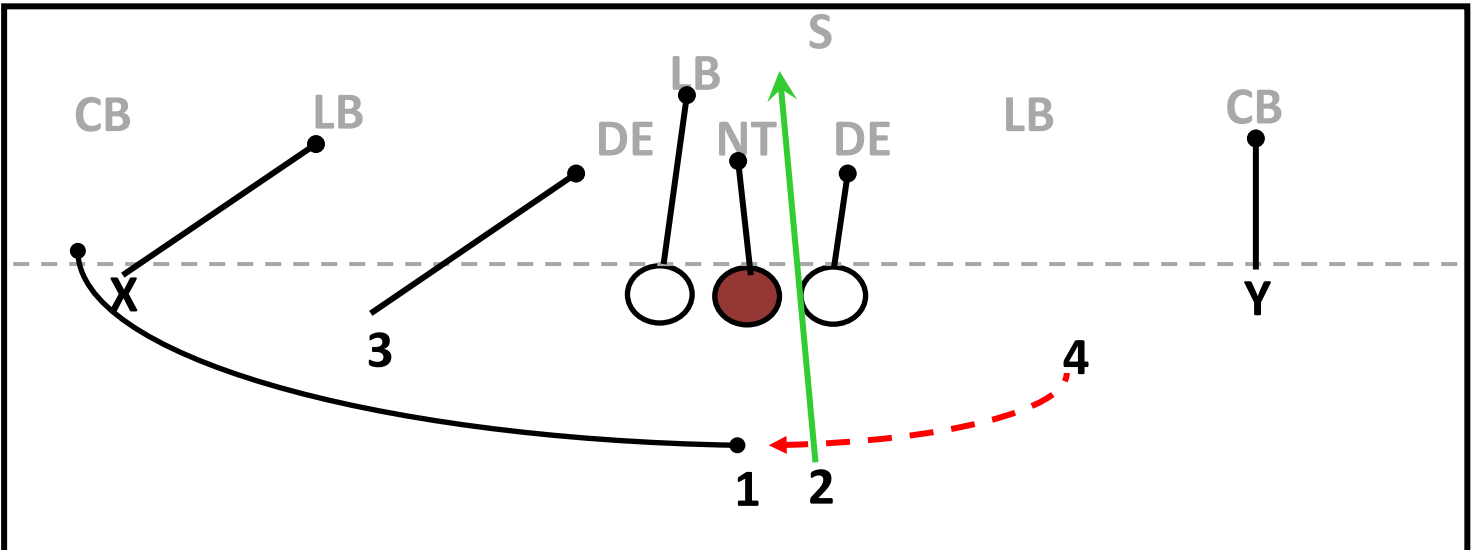
Wide, Double Slot, 4-motion, 47 Jet Sweep

- 1: Catch snap, hand-off to 4
- 2: Step right, block right to LB
- 3: Block down to DE
- 4: Motion left at full speed, take handoff and sprint to 7-hole. Must beat left CB.
- X: Block down to LB
- Y: Block CB



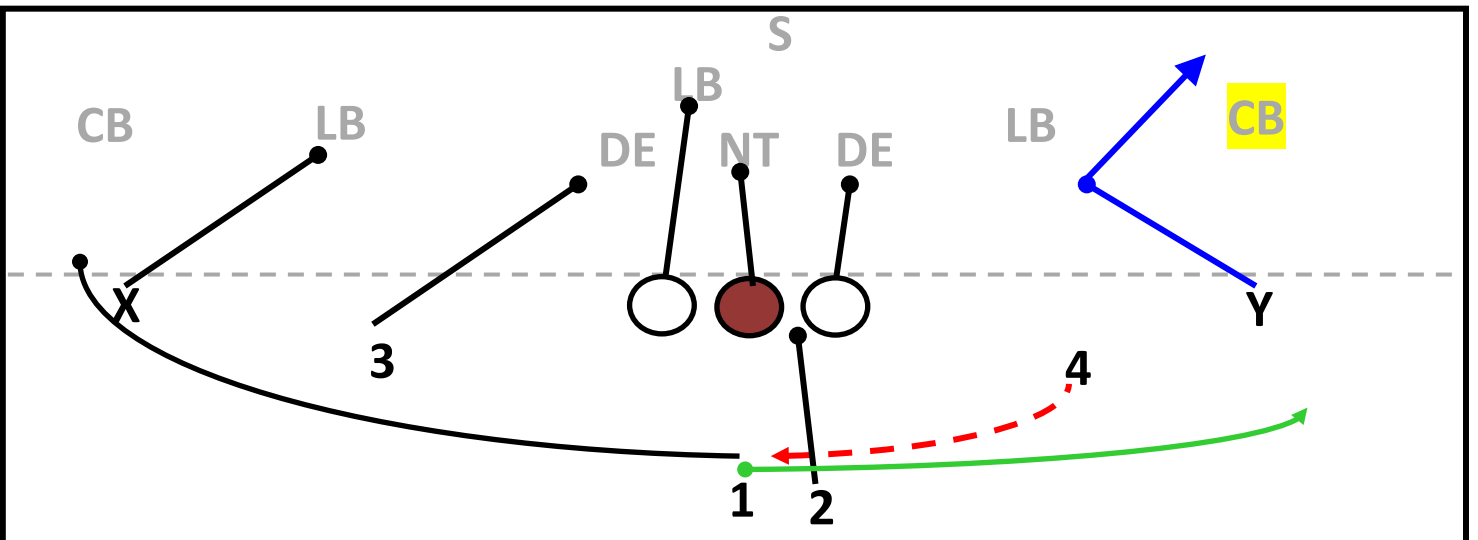
Wide, Double Slot, 4-motion, Fake 47 Jet Sweep, 18 sweep

- 1: Catch snap, fake hand-off to 4, sweep to 8-hole
- 2: Step right, leadblock to right CB
- 3: Block down to DE
- 4: Motion left at full speed, fake handoff and sprint to 7-hole.
- X: Block down to LB
- Y: Block down to LB



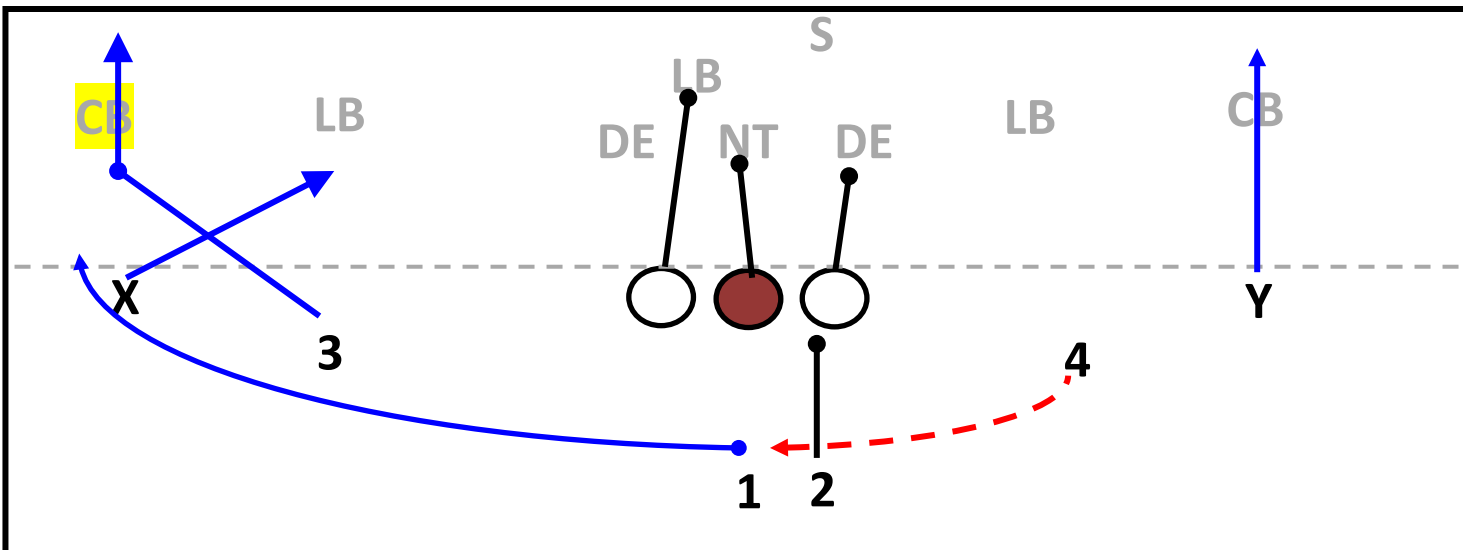
Wide, Double Slot, 4-motion, fake 47 Jet Sweep, 22 draw

- 1: Catch snap, fake hand-off to 4, handoff to 2
- 2: Delay step, take handoff through 2 hole
- 3: Block down to DE
- 4: Motion left at full speed, fake handoff and block left CB.
- X: Block down to LB
- Y: Block CB



Wide, Double Slot, 4-motion, Fake 47 Jet Sweep, fake 22 draw, 18 option

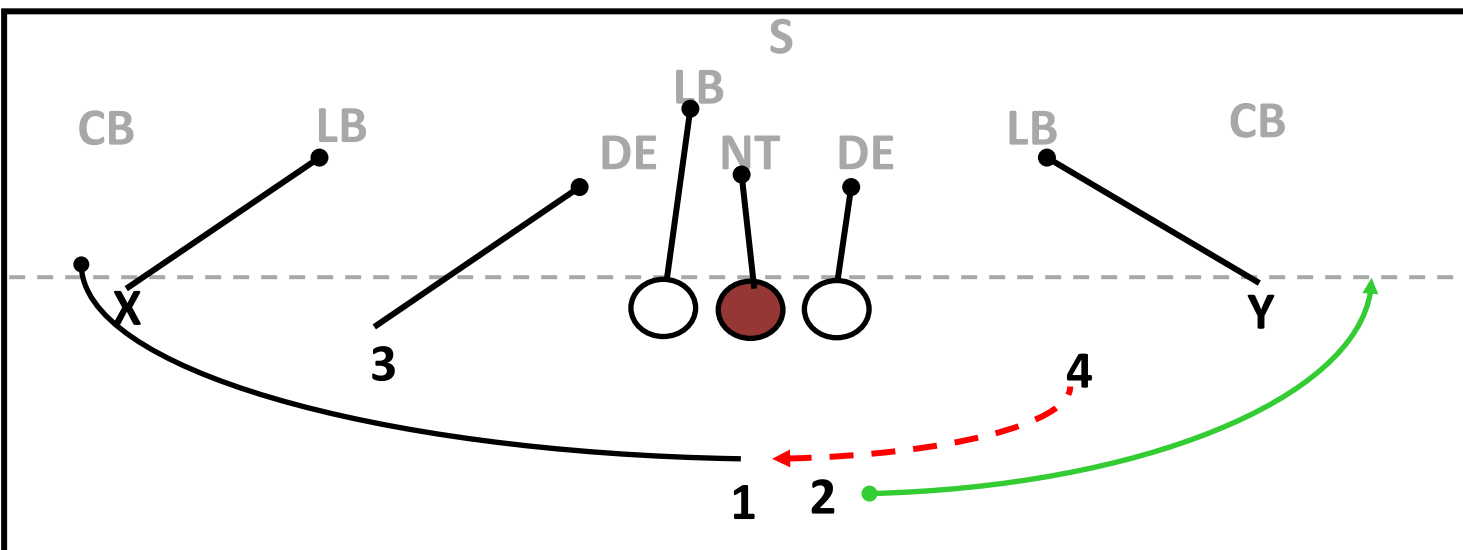
- 1: **MUST READ Left CB**. Catch snap, fake hand-off to 4, fake 22 draw, roll right, read right CB – run or pass
- 2: Fake 22 draw, look for right LB to protect block
- 3: Block down to DE
- 4: Motion left at full speed, fake handoff and sprint to 7-hole.
- X: Block down to LB
- Y: Bounce route, if QB keeps it, block back to CB



Wide, Double Slot, 4-motion, fake 47 Jet Sweep, 3-Fade

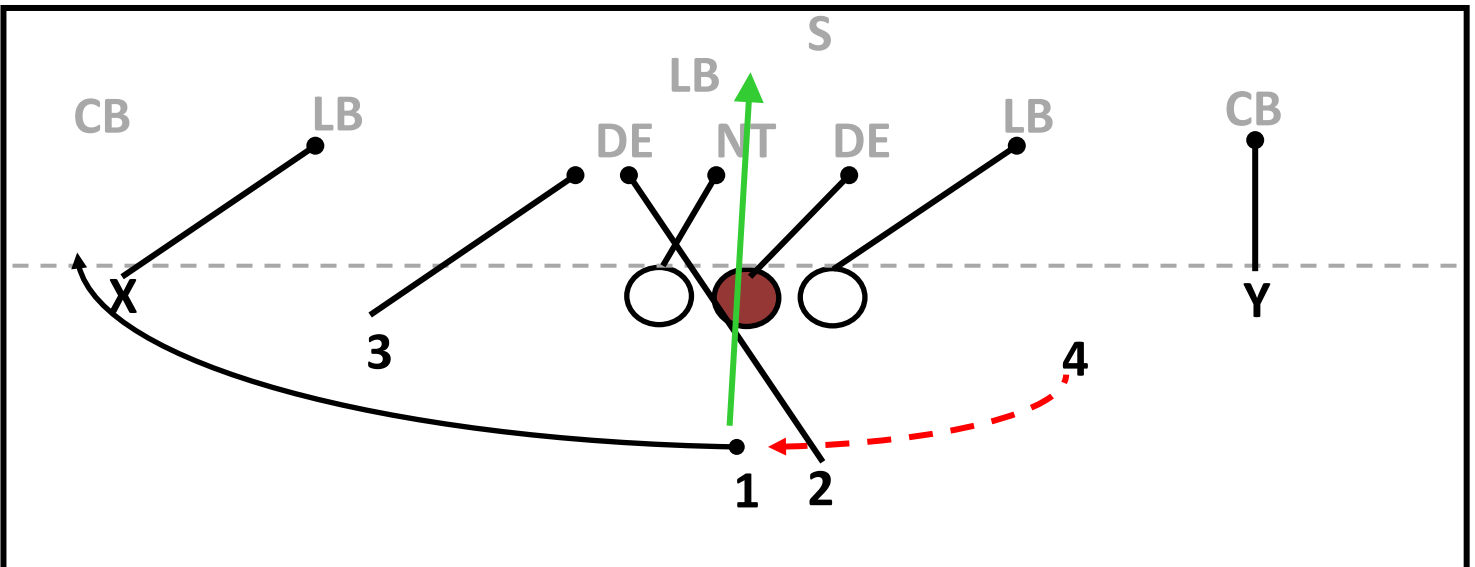
- 1: Catch snap, fake hand-off to 4, **READ right** CB, 3-Fade or Y-Slant. 4 safety valve in left flat
- 2: Read for blitz and block
- 3: Left corner fade, route behind the X
- 4: Motion left at full speed, fake handoff, route to left flat
- X: Slant in front of 3
- Y: Fly

19



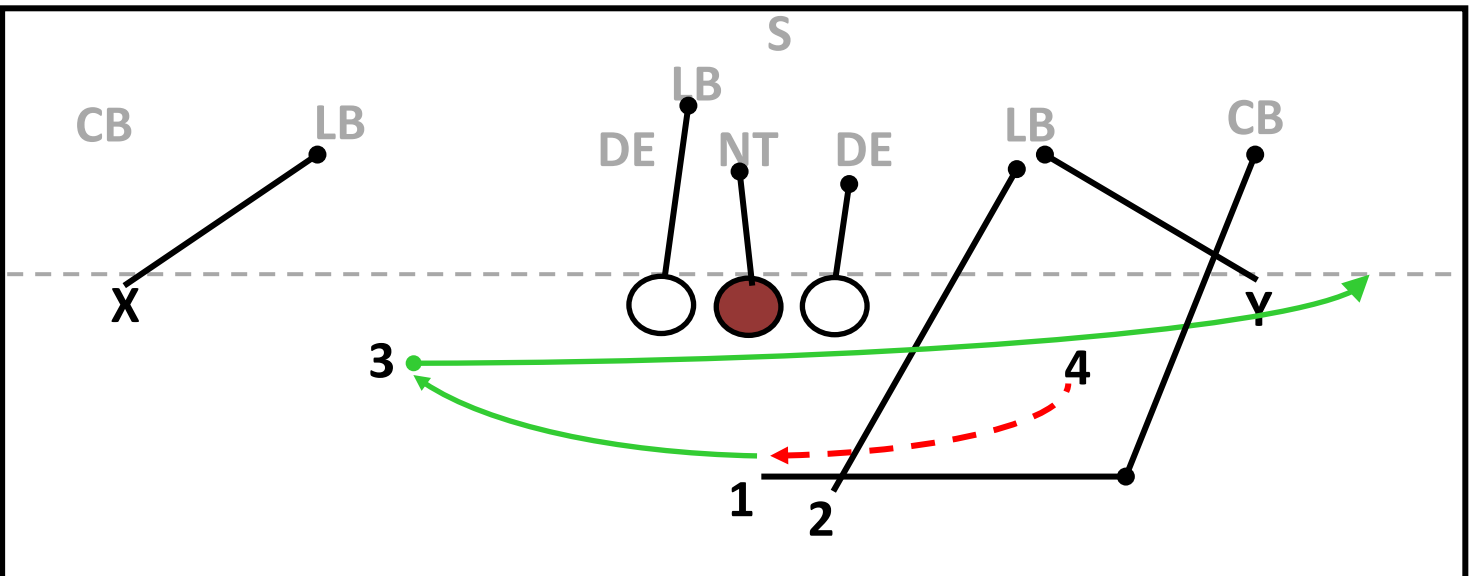
Wide, Double Slot, 4-motion, Fake 47 Jet Sweep, 28-quick pitch

- 1: Catch snap, fake hand-off to 4, quick-pitch to 2 back right
- 2: Delay step, take pitch to 8-hole. Must beat CB
- 3: Block down to DE
- 4: Motion left at full speed, fake handoff and sprint to 7-hole.
- X: Block down to LB
- Y: Block down to LB



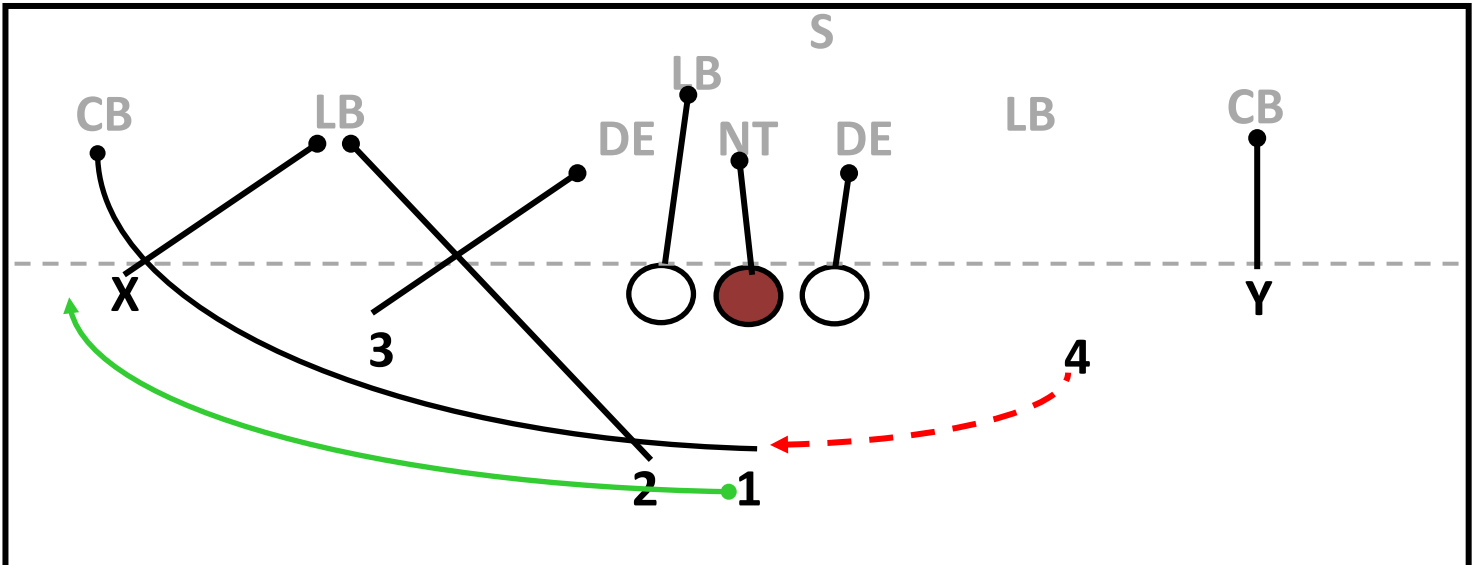
Wide, Double Slot, 4-motion, fake 47 Jet Sweep, QB Draw

- 1: Catch snap, fake hand-off to 4, Draw up the middle, follow lead block
- 2: delay step, lead block up the middle
- 3: Block down to DE
- 4: Motion left at full speed, fake handoff and sprint to 7-hole.
- X: Block down to LB
- Y: Block CB



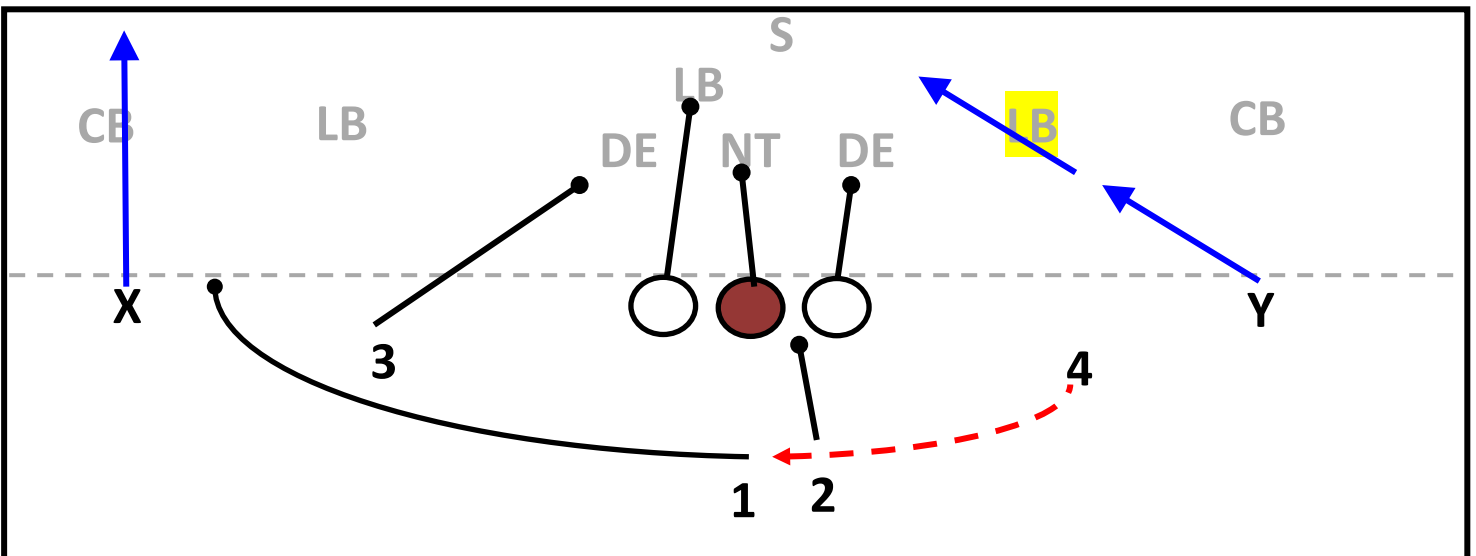
Wide, Double Slot, 4-motion, 47 Jet Sweep, 38 reverse

- 1: Catch snap, hand-off to 4, lead block right CB
- 2: Block right LB
- 3: take reverse handoff from 4, sprint to 8-hole
- 4: Motion left at full speed, take handoff and inside handoff to 3
- X: Block down to LB
- Y: Block down to LB



Wide, Double Slot, 4-motion, fake 47 Jet Sweep, 17 sweep

- 1: Catch snap, fake hand-off to 4, sweep left
- 2: Step right, block right to LB
- 3: Block down to DE
- 4: Motion left at full speed, fake handoff and lead block left CB.
- X: Block down to LB
- Y: Block CB

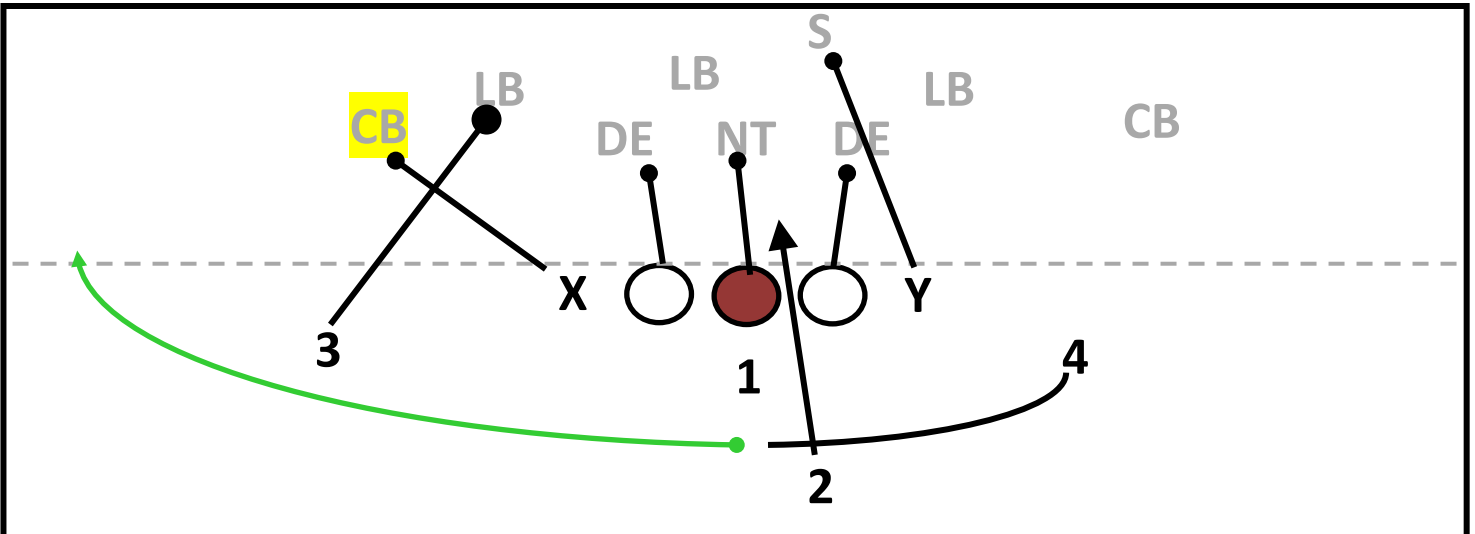


Wide, Double Slot, 4-motion, Fake 47 Jet Sweep, X-Fly, Y-Slant

- 1: **MUST READ Right LB**. Catch snap, fake hand-off to 4, Read Left LB. If LB follows 4-motion – throw to Y-Slant if not roll left and look for X-Fly or pump and run.
- 2: Step right, leadblock to right CB
- 3: Block down to DE
- 4: Motion left at full speed, fake handoff and sprint to 7-hole.
- X: Block down to LB
- Y: Block down to LB

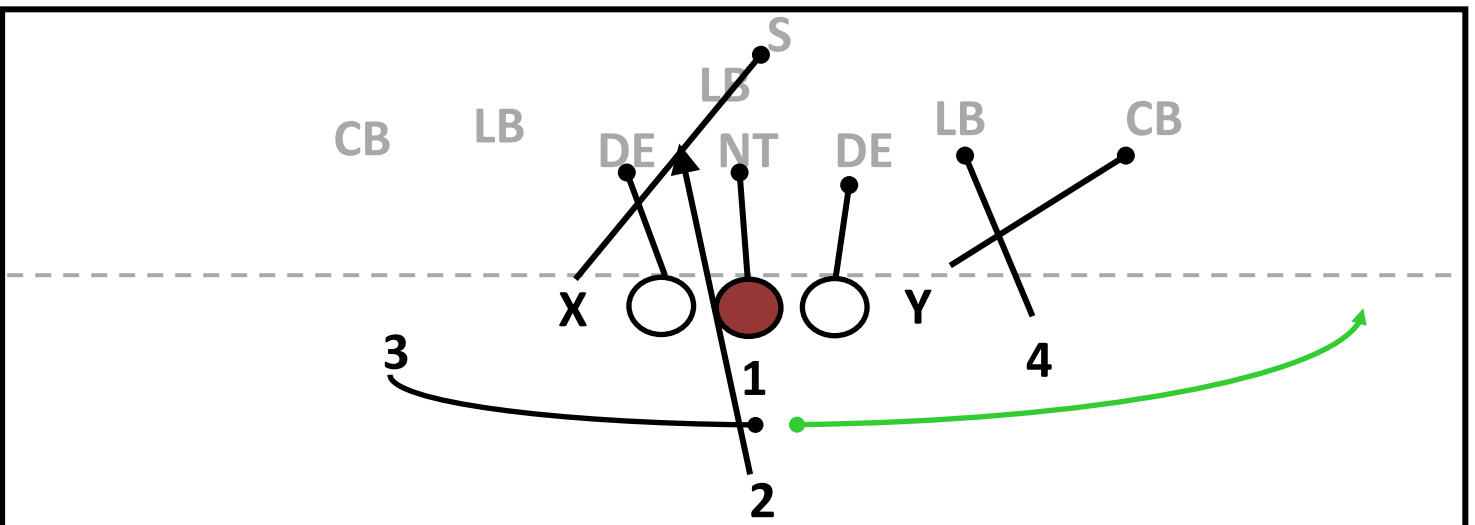
TIGHT, DOUBLE WING QB UNDER CENTER

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



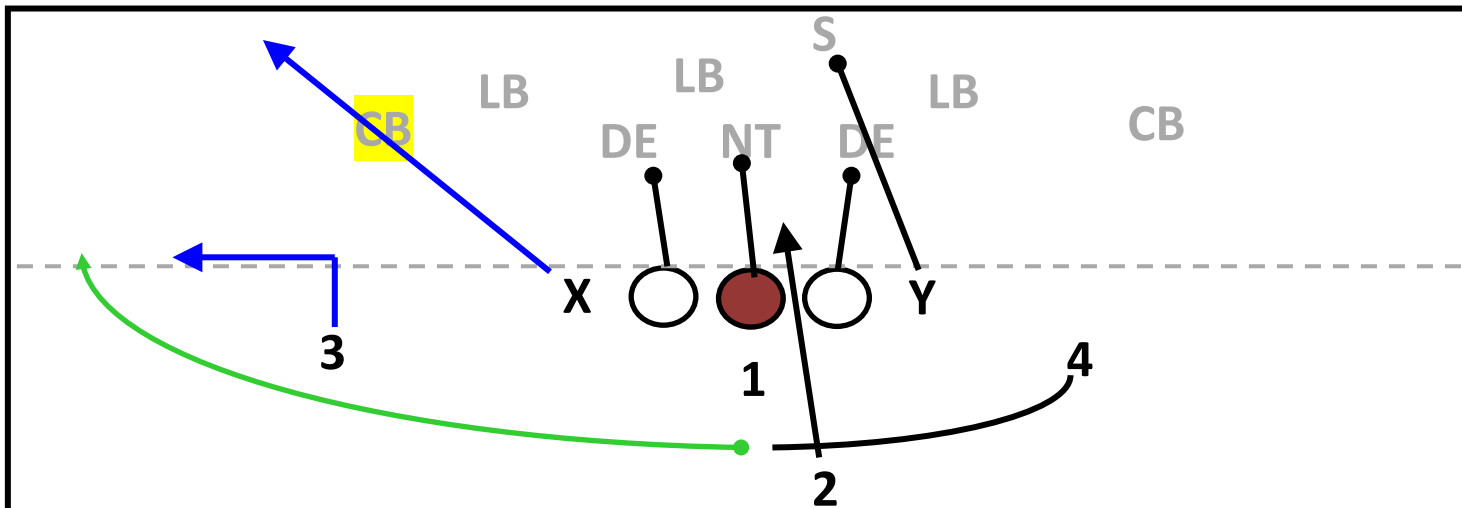
Tight, Double Wing, Fake 22, 47 Reverse

- 1: Fake 22 handoff, handoff to 4 on reverse
- 2: fake 22 handoff – sprint through hole
- 3: Block down to LB
- 4: Take handoff on reverse to 7-hole
- X: Lead block to left CB
- Y: Sprint to S and attempt the block him



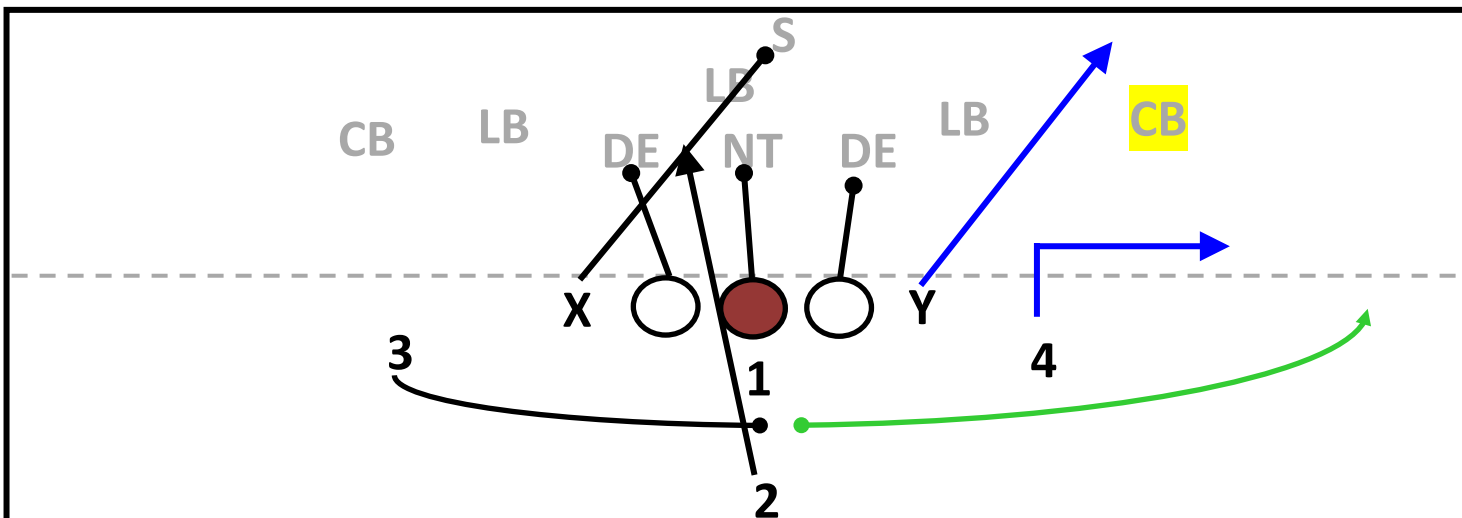
Tight, Double Wing, Fake 21, 38 Reverse

- 1: Fake 21 handoff, handoff to 3 on reverse
- 2: fake 21 handoff – spring through hole
- 3: Take handoff on reverse to 8-hole
- 4: Block down to LB
- X: Sprint to S and attempt the block him
- Y: Lead block to right CB



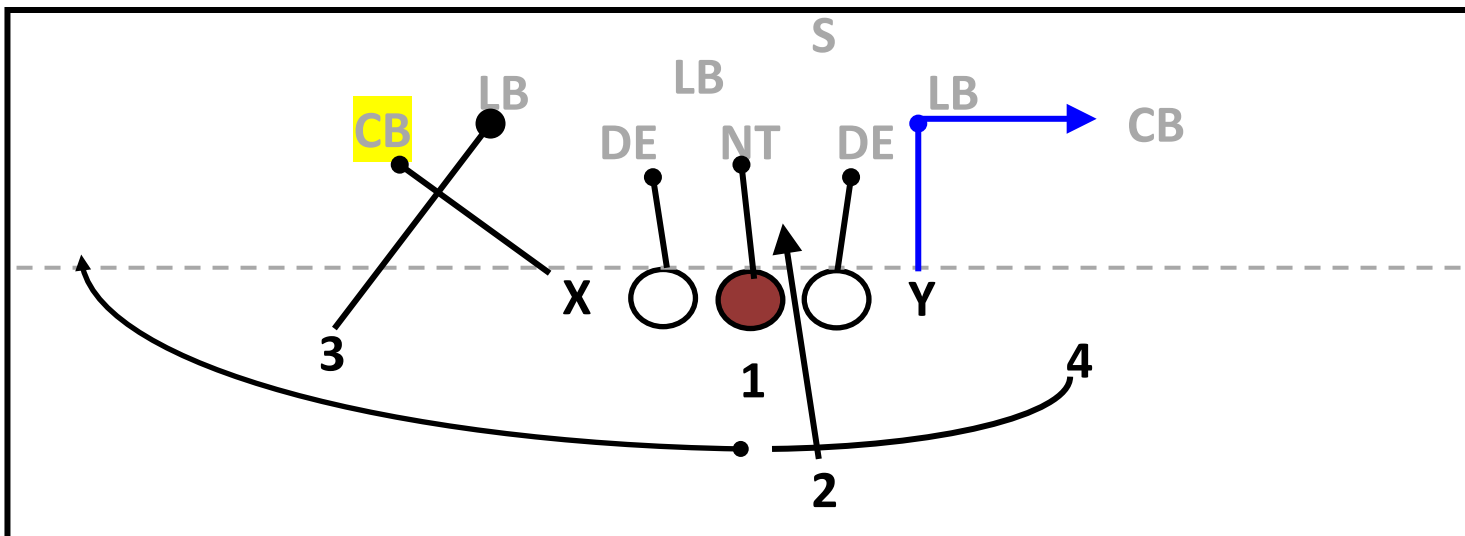
Tight, Double Wing, Fake 22, 47 Reverse Option

- 1: Fake 22 handoff, handoff to 4 on reverse
- 2: fake 22 handoff – sprint through hole
- 3: 3-yard out left
- 4: Take handoff on reverse to 7-hole, **READ CB**. If he comes up, option pass to X (deep). If he stays deep Option pass to 3 (short) or run
- X: Deep route, angled to left sideline
- Y: Sprint to S and attempt the block him



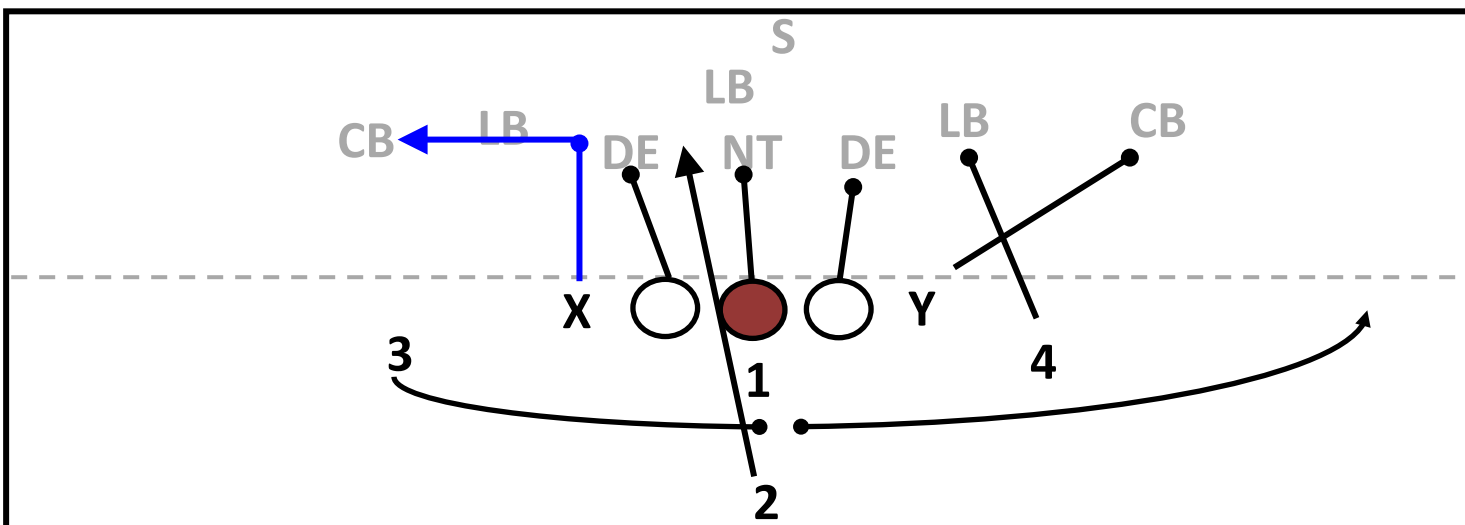
Tight, Double Wing, Fake 21, 38 Reverse Option

- 1: Fake 21 handoff, handoff to 3 on reverse
- 2: fake 21 handoff – spring through hole
- 3: Take handoff on reverse to 8-hole, **READ CB**. If he comes up, option pass to Y (deep). If he stays deep Option pass to 4 (short) or run
- 4: 3-yard Out route
- X: Sprint to S and attempt the block him
- Y: Deep route, angled to right sideline



Tight, Double Wing, Fake 22, Fake 47 Reverse, Y out


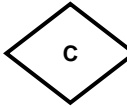
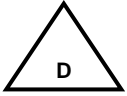
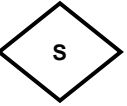
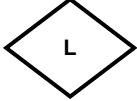
- 1: Fake 22 handoff, fake handoff to 4 on reverse, throw out on right
- 2: fake 22 handoff – sprint through hole
- 3: Block down to LB
- 4: Fake handoff on reverse to 7-hole
- X: Lead block to left CB
- Y: 5-yard out on right



Tight, Double Wing, Fake 21, Fake 38 Reverse, X-Out

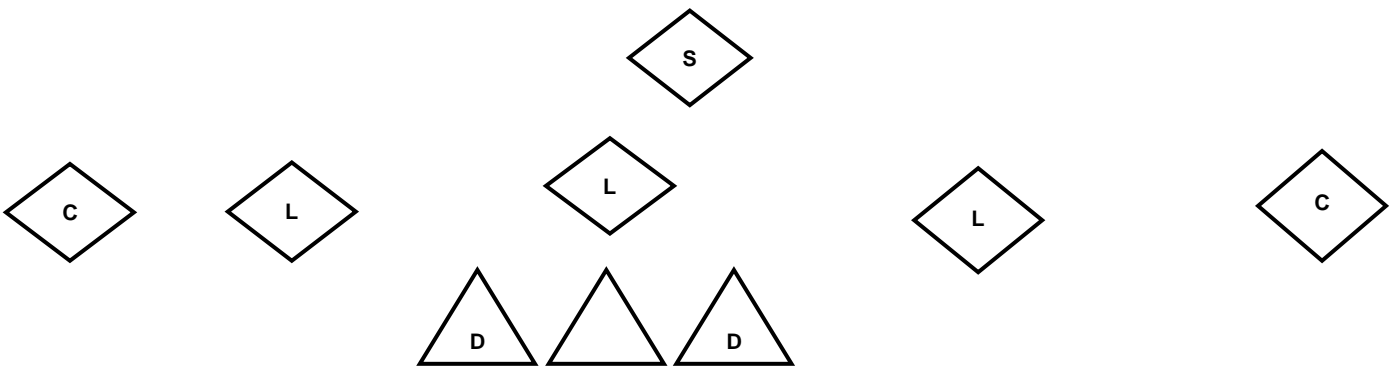
- 1: Fake 21 handoff, fake 3 reverse, throw out on left
- 2: fake 21 handoff – spring through hole
- 3: Fake handoff on reverse to 8-hole
- 4: Block down to LB
- X: 5-yard out left
- Y: Lead block to right CB

DEFENSIVE SYMBOLS AND POSITIONS

	<p>-NOSE TACKLE Lines up across from the center. Defends against the run. Goes after the quarterback on pass plays.</p>		<p>-CORNERBACK 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>-DEFENSIVE END 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>-SAFETY 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>-LINEBACKER 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. <u>EAGLE Division</u>, one linebacker may blitz the QB.</p>		

26

Defensive Formation – “3-3”

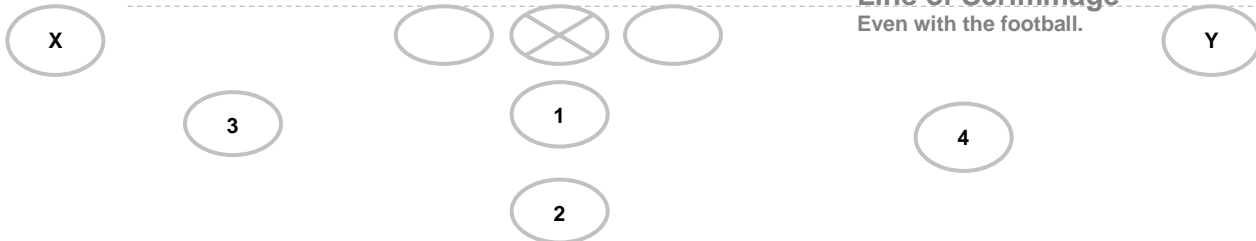


Buffer Zone




The space between the offensive line and defensive line. The **Buffer Zone** is 3-yards apart or half the distance between the offensive line and the next 1st down line/goal line, whichever is less

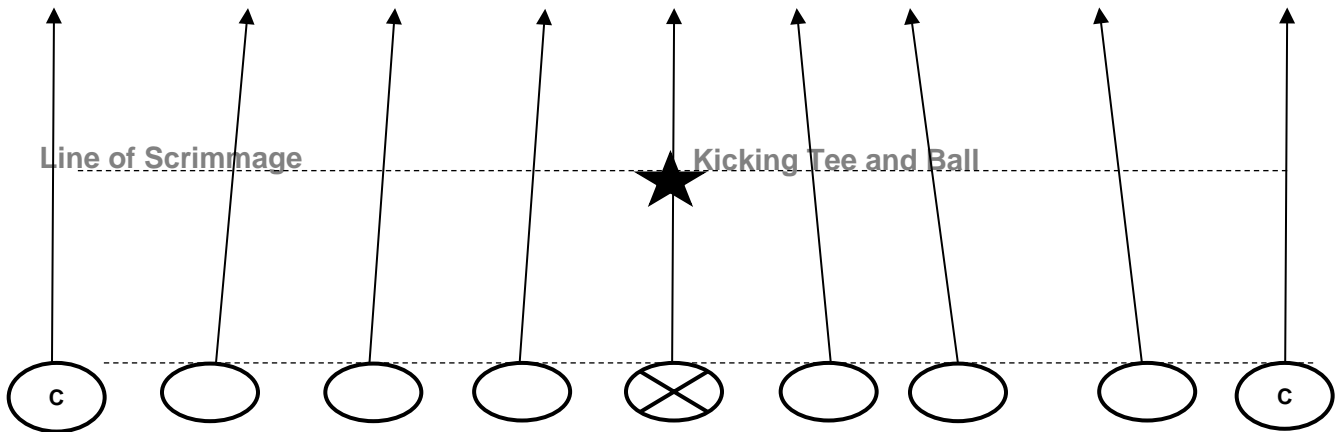
Line of Scrimmage

Even with the football.

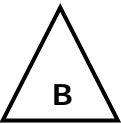
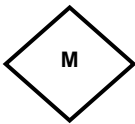
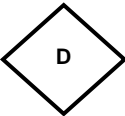


KICK-OFF SYMBOLS AND POSITIONS

 <p>-KICKER The ball must ravel 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>-DEFENDER Pursue the ball carrier or RECOVER the kickoff if you can get to the ball before the receiving team.</p>	 <p>-CONTAIN Stay along the sideline and keep the ball carrier to the inside of the field.</p>
--	--	--



KICK-RETURN SYMBOLS AND POSITIONS

	<p>-BLOCKER 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>-MIDDLE BACK 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>-DEEP BACK 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.

