



**FRANKLIN  
RECREATION**

# **FLAG FOOTBALL MANUAL**



# FLAG FOOTBALL DRILL MANUAL 2024

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## Basic Skills



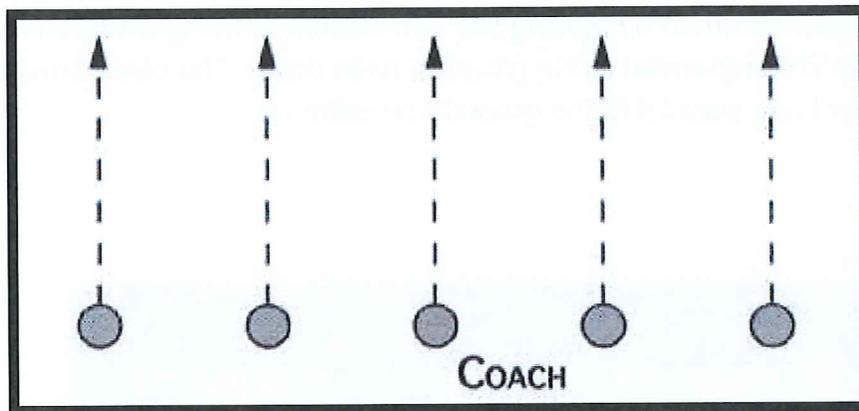
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## Backpedaling Drill:

### Setup:

- From an athletic position.
- Knees bent at a 45-degree angle.
- Head up, back straight and arms hanging loose.
- Weight on the balls of the feet, push off the front foot and begin backpedaling for ten yards.
- Keep chest over the feet, feet close to the ground and pump arms.
- The coach may stand in front and use a football to direct the players movement from side as well as angles.



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## Taking the Snap:

### Description:

- Center lines up over the ball – make sure that knees are bent and head is up and not over the ball.
- Quarterback lines up under center and calls hike.
- Center then hands the ball between his legs. The center simply holds the ball in place until the QB takes it out of his hands.
- Quarterback steps back and raises the ball to mid-chest with both hands still wrapped around.

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## Hand-Off Drill:

### Description:

- Quarterback holds the ball to his chest and simulates the snap. Running Back is lined up 5-7 yards behind the QB. First on the right then on the left, alternating sides each time the drill is run.
- As the quarterback calls hike the running back moves forward to take the hand-off. Simultaneously the quarterback takes one step in the direction of the play and stretches his arms out, holding the ball securely and away from his body.
- As he moves forward the running back forms a pocket with his arms to receive the ball.
- The pocket is formed by placing the arm closest to the quarterback being level with your chest (parallel to the ground), palm down. The other arm goes across the lower belly, parallel to the ground and palm up.



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## Flag Pulling:

**Emphasis:** Reinforce good flag pulling techniques.

**Description:**

- Coach arranges 4 cones in a rectangle.
- Start 1 player as a defender – This player positions in the middle of the drill area.
- All other players form a line opposite the defender and outside the play area. They will be moving from 1 side of the rectangle to the other.
- The coach will hand the ball to one of the players, who becomes the runner. That player will attempt to run from that starting point through the play area and out the other side.
- After each attempt the runner becomes the defender and the defender moves to the end of the line.

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## Jingle- Jangle drill:

**Setup:**

- Place cones at corners of a 15 yard square. Line up players at one corner of the square.
- Players:
  - Sprint to the first cone.
  - Side step to second cone.
  - Back pedal to third cone.
  - Sprint through to the beginning of line.
  - Throw a football to each player as he or she finishes the drill.
  - Repeat drill to the other side after everyone has had a turn.

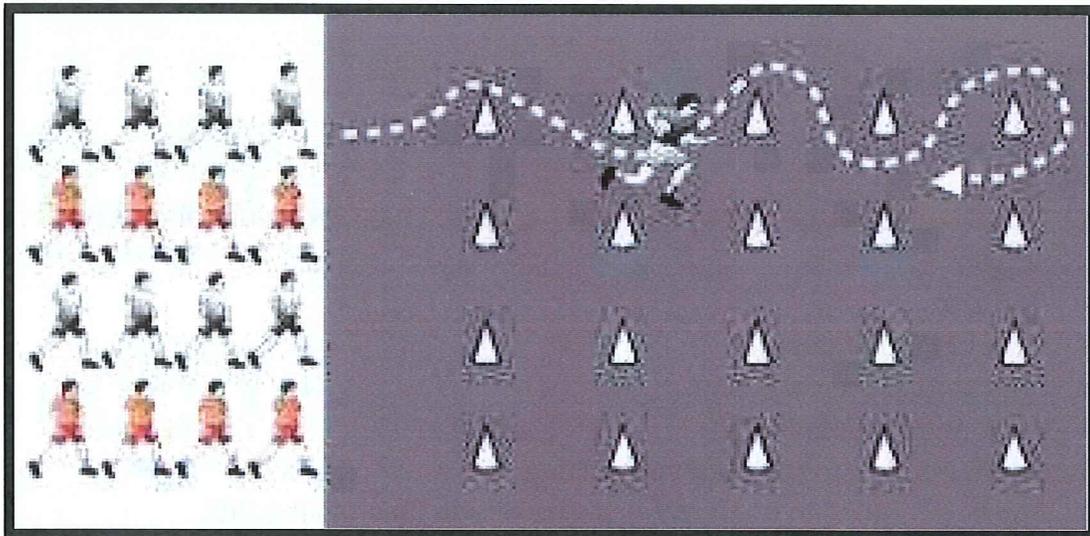
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## Running with the Ball Drill:

### Setup:

- Set out cones that are eight yards apart to simulate a mini- end zone. One ball per team. The entire team can participate. If cones are limited, use t-shirts, shoes, or tape on the floor as markers.
- This is a relay race between teams.
- First participant in each line has a football and will run with the football around each cone and then come back in the beginning of his or her line.
- When the player returns to the line, they will hand off to the next player at the front of the line and will go to the back of their team's line.
- The player switches the arm carrying the football, with the football always carried in the arm nearest the sideline.
- Players cut on their outside foot, not crossing their legs over when they go around the cone.
- The race is won by the first team to have each player complete the race.
- Progression: Have players back pedal or hop over the cones.



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## Quarterback Drills

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## Progressive QB:

### Setup:

- Pair off players into two parallel lines. Players start on both knees, throwing to their partners five yards away.
- Show players how to follow through with their arm, so that their thumbs end up pointing down.
- Have each player begin with the football held above his or her waist. Demonstrate how to throw from no higher than their ear.

### Progressions:

- After several throws, players switch to kneeling on the right knee. Then after several throws that way, have them switch to the left knee.
- Then have them stand up with their feet together. Finally, have them practice a three step drop, then five step drop before throwing.

### Development Goals:

- Perfect throwing motion while only using the throwing arm.
- 

## Run and Shoot:

### Setup:

- This drill helps players understand simple passing game routes, from the perspective of both quarterback and receiver.
- Divide your team into three groups. First player in line is the first passer, the second goes out to play defensive back, and the third is the receiver.
- The outside groups run simple 10 yard square out patterns, while the middle group runs 10 yard deep hitches.

### Development Goals:

**Passers:** Accuracy and how to lead receivers.

**Receivers:** How to run pass routes.

**Defensive Backs:** How to watch receivers and cut to the ball

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## Passing and Receiving:

### Setup:

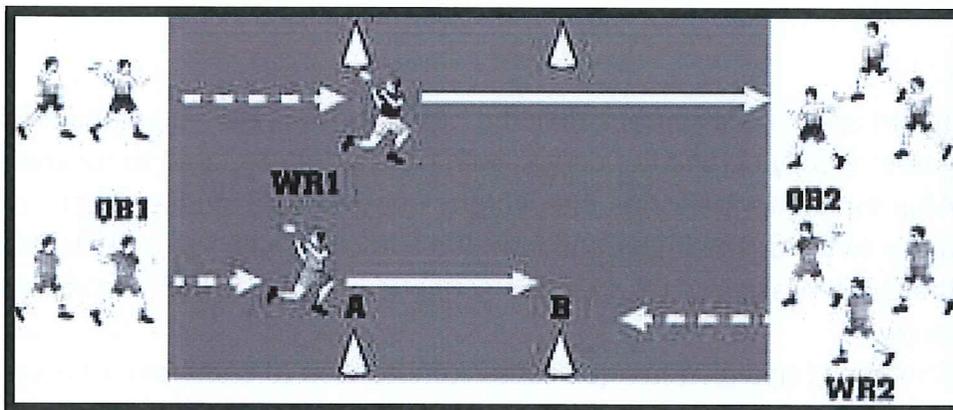
- Divide the team into even groups. Set cones 5 yards from each line and 10 yards apart. Each group requires one football.
- Purpose is to develop running, passing and receiving skills.

### Drill Outline:

- The objective is for QB 1 to pass to WR 1, who has to run to cone (A) to catch the ball.
- The Second player in line is WR 2.
- WR runs to cone (B) and repeats the drill.
- The drill is repeated until every player has had a turn.
- If the ball is dropped, the WR picks it up and continues with the drill.

### Key Coaching Points:

- WR must stop and completely turn around, giving the QB a big target.
- WR must place the football in front of the QB before returning to line (never walk behind the QB while the drill is going on).
- After each relay race, a WR becomes the new QB.



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## 1 Step Drop Drill:

### Setup:

- To set up for this QB drill, the quarterback lines up directly behind the center, with their knees bent and their hands positioned correctly underneath.
  - After the center hands the ball off, the quarterback takes one step back to survey the field and find an open receiver.
  - Once you find the open receiver, open up, point your shoulders, take a step and release the ball.
- 

## 3 Step Drop Drill:

### Setup:

- After receiving the ball upon hike, quickly shuffle backwards 3 steps behind the line of scrimmage.
  - Determine your intended receiver, correctly open up and line up your shoulders, and step into the throw.
  - When running this takes a special focus on shuffling at different angles as this movement needs to be quick and second-natured.
- 

## Shotgun Roll Out Drill:

### Setup:

- To set up this quarterback drill, the quarterback should be standing about 3 to 5 yards directly behind the center, with both arms prepared to receive the snap.
- After the center performs the shotgun snap, the QB shuffles back in a rounded angle to distance him/herself from the line of scrimmage and the defense.
- If a QB is pressured by a rusher, continue to move to the sideline to complete the throw.
- Shotgun snaps give the quarterback more time to complete a throw.

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## Center QB Exchange:

### Setup:

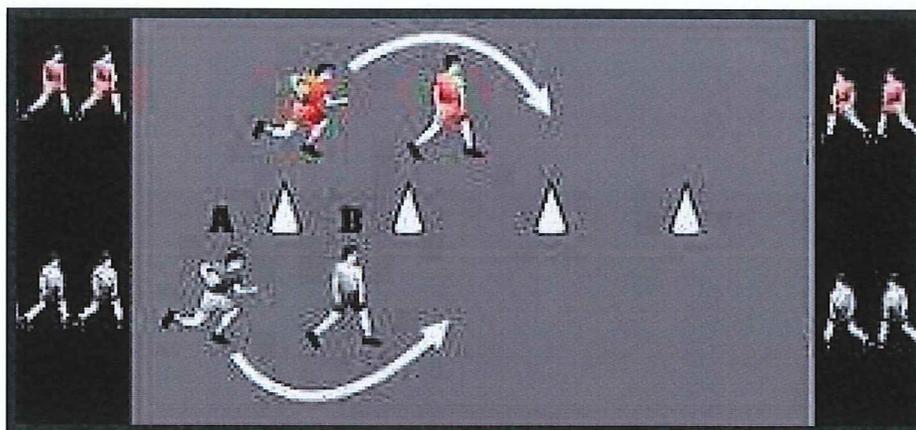
- Divide into even groups and put players in even lines. Place cones in the middle of the drill four yards apart with one football per team.

### Drill Outline:

- This is a relay race.
- The Quarterback (A) and center(B) on each team start the race.
- The center snaps it directly to the QB. The center will stand while the QB runs to the next cone.
- The previous (A) snaps to (B), then (B) snaps to (A), until the course is completed.
- The race is continued until each participant gets a turn.
- Make sure the center is placing the ball on the ground before snapping.

### Progression:

- Start with an under center snap then can work to take the snap from the Shotgun.



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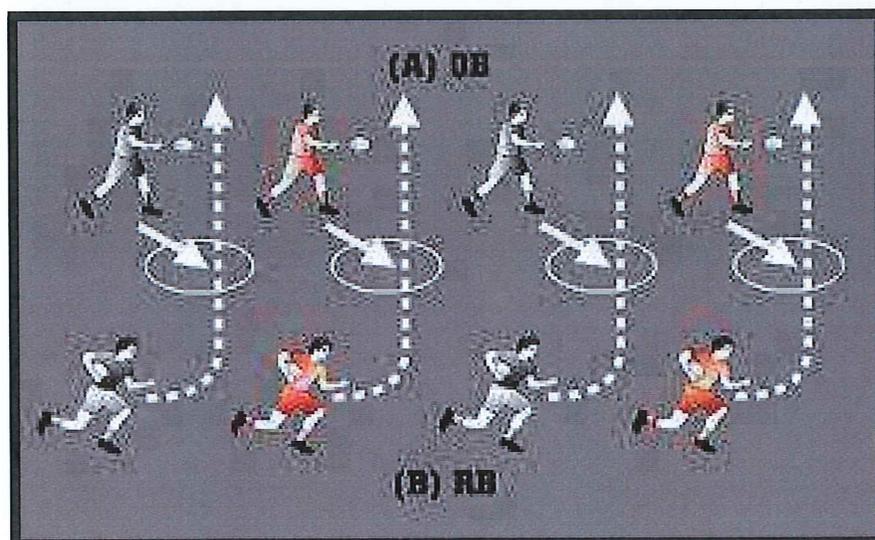
## Tossing The Ball:

### Setup:

- Divide teams into even groups and place players opposite each other across the line about 5 yards apart. Players on team A are the quarterbacks and the players on team B are the running backs.
- They will switch positions after each turn. Footballs for each pair are recommended.

### Drill Outline:

- QBs will have their back to the RBs.
- Coach will call the cadence “Set Go”. Then the coach will choose a QB to call out the cadence.
- Each QB holds the football in front of them with their knees bent and their feet apart.
- On the “Set Go” the RB will move to the right to take the toss from the QB at a distance of 3-5 yards.
- The first time through the drill, have players move in slow motion to get the feel of the drill.
- Progress to run half speed and full speed.
- The QB should look at the stomach area of the RB when making the pitch/toss to that area.



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## Receiver Drills



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## Catching a Football:

- Not every pass is the same—some are thrown directly to you, some to the side.
- Sometimes you're facing the quarterback to catch the ball, and other times you're running full speed downfield.
- There are basic fundamentals you can use to successfully make the catch.
- **Players must always tuck the ball to secure the catch.**

## Correct Stance:

- The easiest way to catch the ball is to square your shoulders and frame your body so that you're facing the quarterback.
- No matter if you're catching a low ball to the side or a Hail Mary over your head, you always want to focus on the ball's trajectory and align your body so that you're directly in the path of the ball.



## Hand Positioning:

- Your hand positioning will change depending where the ball is thrown.
- If a pass is above your waist, you should extend your arms and create a diamond shape with your pointer fingers together.
- You always want to use this hand positioning for high balls, even if the ball is thrown to your side.
- For low passes, cup your hands in front of you with your pinky fingers together.
- After you catch the ball, you need to make sure you protect it from defenders.
- You can use your hand, forearm, and elbow to firmly press the ball and tuck it close and tight into your body.

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## High and Low Pass Drill:

### Setup:

- This drill requires two players and a ball.
- They should line up about 10 yards apart from each other to start, and gradually get farther away as the drill continues.

### Directions:

- Two players practice throwing and receiving the ball with proper hand positioning, while playing catch.
- First, they should focus on high passes thrown directly to each other and then to the side.
- The player catching the ball needs to create a diamond shape with their hands and maintain this positioning with every catch.
- After several throws, they change to low passes, also throwing straight and to the side.
- For low passes, players need to focus on cupping their hands with their pinkies together.

### Things to Know:

- If the ball is bouncing off your hands, you're catching it with hard palms.
  - Want to catch the ball more with the fingertips.
- 

## Over the Shoulder Drill:

### Setup:

- Many routes, like post and corner routes, force receivers to catch the ball over their shoulder while running.
- This drill helps receivers practice proper hand placement and to keep their eyes on the ball's trajectory.
- This football catching drill requires two players and a ball.

### Directions:

- Two players stand about 10 yards apart from each other, one as a receiver and the other as the quarterback.
- The receiver will begin moving forward, looking over their shoulder, as the quarterback throws to a designated position in front of them.

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- The receiver must successfully catch the ball while continuing to move forward and tuck it in afterward.
- As you get more comfortable catching the ball this way, you can increase your speed and distance with the quarterback.
- After several throws, the receiver should switch sides and practice catching the ball over both shoulders.

## Tips:

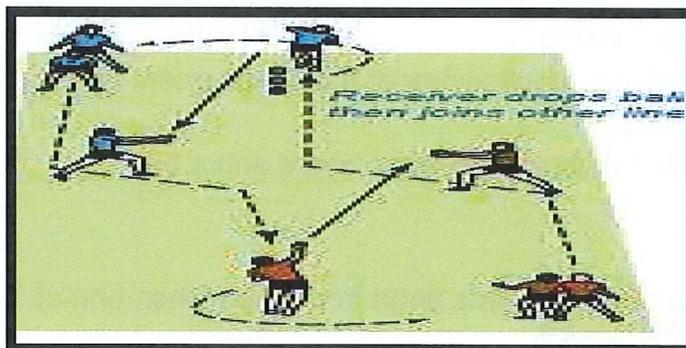
- The key to successfully catching a football over your shoulder is to wait until the last minute to put your hands up.
- The defender guarding you will also have their back to the ball while running and you don't want to give them any time to block the ball.
- You also want to be running at full speed and doing that with your hands out can easily slow you down.

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## Pat and Go:

### Setup:

- The Quarterbacks will line up 30 yards apart facing each other with a line of receivers to their right.
- When the QB moves the ball the receiver will run a go route.
- As the receiver runs his fade route the QB will throw the ball to him.
- The QB should look to throw the ball high enough that the receiver can work on running under the ball and adjusting to it in the air.
- When the receiver has caught the ball he will hand it to the opposite QB and get in that QB's receiver line.



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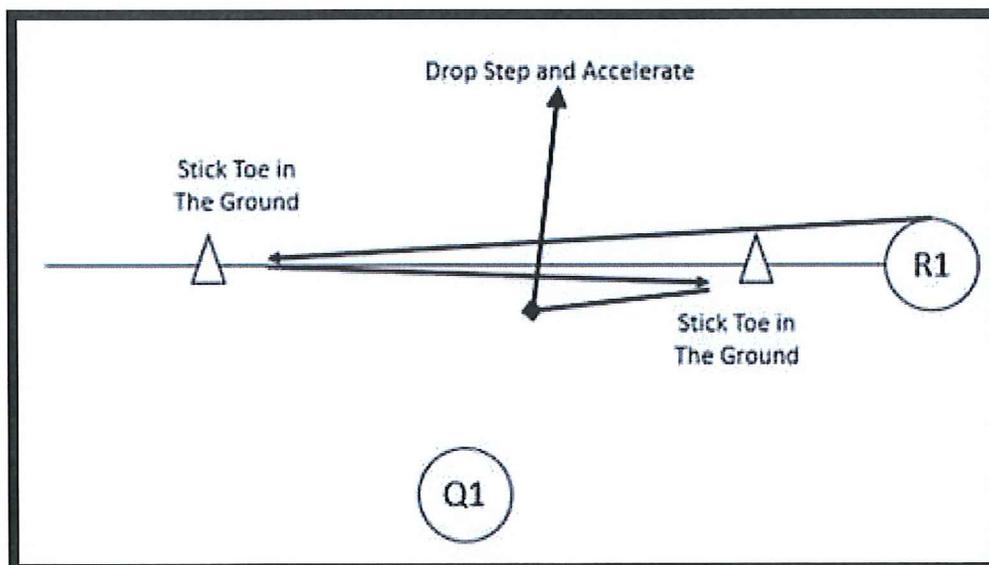
## Settle and Noose:

### Setup:

- In this drill, a receiver will start on the line with two cones around 7-8 yards apart
- The receiver is looking to run his route, break on each cone and then square up to the QB to catch the pass.
- Once they catch the ball he should drop step with the same leg as the direction he is going and burst downfield for five yards.
- By using the drop step, he guarantees that he is gaining yards right after the catch and is not moving sideways.
- When receivers move sideways they create a much easier tackle for the defender who is guarding him.

### Coaching Points:

- Receivers really emphasize sticking their toe into the ground when they're making their cuts and to see the ball all the way through with their hands in a diamond shape.
- Quarterbacks should focus on the accuracy of the throw and putting the ball on the shoulder that is furthest away from the defender.



## Running Back Drills



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## Receiving the Handoff:

- Proper hand placement is key in a football handoff. The arm closest to the quarterback should be on top across your chest while your other arm goes across your belly. You want to cup your hands to create an oval shape so that when you receive the football, you can secure it tightly against your torso.
  - When you have the ball, keep it tight and secure it close to your body, decreasing the odds of defensive interference or incomplete handoffs. Practicing this simple ball-holding setup before running through drills.
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## 2 Step Handoff:

### Setup:

- At hike, the running back should be a few short paces behind the quarterback, either at an angle or directly behind them.
- As long as they're able to reach the quarterback quickly, this setup can be customized to your play's needs.
- After hike, the quarterback moves two steps to a pre-designated side, where they meet the moving running back.
- When their paths cross, the quarterback firmly puts the football in the running back's cradled arms.

### Key Points:

- Make sure the running back is also moving when meeting the quarterback for the handoff so that they have momentum to complete their route as quickly as possible.
- This movement can be done at an angle or straight forward.



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## 1 Step Fake Handoff:

### Setup:

- For this running back drill, the quarterback will be moving one step before ball handoff, so the running back should only be a few quick paces away from them, on a slant or directly behind.
  - You can customize this setup—just make sure that all players are behind the line of scrimmage at hike.
  - Once the quarterback and running back meet, both players should over exaggerate the handoff, faking as if the running back now has the ball for a forward running play.
  - After this quick “handoff,” the quarterback quickly pulls back the ball and rolls in the opposite direction of the running back.
  - They then release the ball swiftly before the defensive line repositions themselves from the fake handoff.
  - The key to this kind of handoff is the salesmanship. When the ball is “handed off,” the running back should slightly lean forward, making it difficult for the defensive line to see who has the ball.
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## Stretch Fake Handoff:

### Setup:

- Like the previous running back drills, the running back should start a few yards away from the quarterback so they can quickly get to the quarterback and perform the fake, which will be done behind the line of scrimmage.
- Upon hike, the quarterback and running back move toward the pre-designated location.
- Once close to each other, the quarterback extends, or stretches, their arm to mimic firmly tucking the football into the running back’s arms.
- The running back continues their route as if they just received the ball, aiming to convince the defense to follow them.
- Once this handoff fake is completed, the quarterback quickly wheels around in the opposite direction of the running back while the defensive line is distracted.
- But remember, these fakes are only successful in getting the quarterback more time to execute plays if they are tight and fully acted out.

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## Hop and Switch Drill:

### Setup:

- The intention of the hop and switch drill is to feel more comfortable and confident with tucking the football in your arm, and potentially switching carrying sides, during a game.
- Bend over with your feet shoulder width apart, similar to if you were a center about to hike a football.
- The football should be tucked against the side of your chest in one arm.
- The opposite arm should be fully extended, flat on the ground in front of you.
- Once you are in a balanced position, extend the leg opposite of the arm that is carrying the football.
- Hop a couple yards forward, switching the arm that is carrying the football, then landing on the hand that was originally carrying the football.
- During this motion, you should also alternate the foot that is planted on the ground and the leg that is extended. Remember, the leg that is extended should always be the opposite of the arm carrying the football.



## Flag Pulling/Defensive Drills



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## Coaching Points:

- The biggest mistakes players make is grabbing the flag at the wrong spot.
- Not aligning their body correctly.
- Don't Over run the ball carrier.

## Correct Stance:

- Align yourself in front of the ball-carrier, which will give you more time to pull their flags and make it difficult for them to get around you.
- Square up your shoulders and slightly bend your knees, keeping your eyes on the flags.
- Think about breaking down defensively by shuffling your feet as you slow your speed.
- Always use both hands to go for both flags. If you try to just pull one flag with one hand, or one flag with two hands, your odds of successfully “tackling” the ball-carrier decrease tremendously.
- You should always try to pull the flag as close to the base of the belt as possible. Grip it firmly and yank straight down in a swiping motion.

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## Tunnel Drill:



## Setup:

- Create a tunnel by having three defensive players stand in one vertical line and three other defensive players stand in another vertical line about 5 feet across from each other.
- All of these defensive players should be facing forward in the same direction.
- They will remain stationary during this drill. An offensive player should face the tunnel, standing far enough back to get a running start.

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## Directions:

- The offensive player's goal is to run through the tunnel of defensive players as fast as he/she can without having their flags removed.
- The defensive players must remain stationary and may only use their inside hand to remove the flag.
- They can't use both hands or turn their body to use their outside hand.

**Emphasis:** Hand positioning on the flag.

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## Zig Zag Drill:

### Setup:

- Have a set of defensive players line up in two staggered vertical lines about 5 yards apart.
- They will remain stationary, facing forward with their hands on their hips.
- An offensive player should face the defenders, with enough room to get a running start.

### Directions:

- The offensive player runs to the first defensive player in the line.
- As they reach their target, they need to break down, square up, and quickly remove both flags using both hands.
- They sprint to the next staggered player in the opposite vertical line and practice the same motions.
- The drill is complete after they've reached every player and removed their flags.

**Emphasis:** Breaking down as you meet the ball carrier.

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## Angle Tackle Drill:

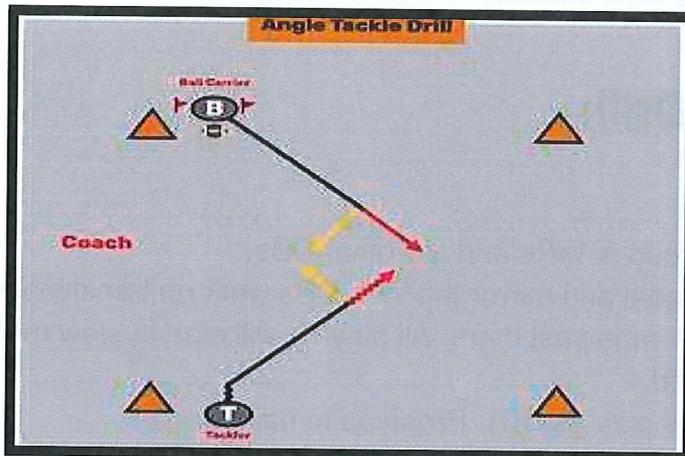
### Setup:

- This flag football defense drill creates a competitive 1 on 1 environment.
- Place 4 cones 10 yards apart to create a square.
- You need at least one offensive player and one defensive player to complete this drill.

### Directions:

- The offensive player will act as the ball-carrier, standing at the cone in the lower left corner of the square.
- The defender stands on the opposite side diagonally from them at the upper right cone.
- Both players will sprint around the cone in front of them—the offensive player will round the upper left cone, moving upward.
- Defensive player will round the lower right cone, moving downward.
- Both players will meet in the middle for a 1 on 1.
- The defender wants to pull the ball-carrier's flag(s) before they can escape the square.
- The offensive player should practice a variety of moves, such as sliding or spinning, to beat the defender.

**Emphasis:** 1 on 1 flag pulling, Getting around a defender in a 1 on 1 situation.



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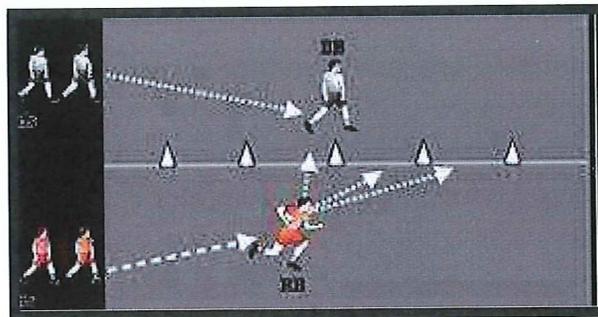
## Cone Tackling:

### Setup:

- Place cones five yards apart. One football is needed. The entire team can participate in this drill.
- The objective is for the RB to run along the line of scrimmage and select an area between the cones to run through.
- RB starts with football. On the coach's signal, RB begins running. The DB must mirror the RB and attempt to capture the RB's flag before the RB selects a hole between the cones.
- This drill simulates making a 1v1 flag capture. Progress to 2 defensive players.
- Focus on RB keeping head up and the football firmly tucked away.
- DB must keep shoulders square and pull the flag only.

### Key Coaching Points:

- RB must keep head up and the football firmly tucked away.
- DB must keep shoulders square, with the head and eyes up while looking upfield.



## Defensive Back Drill:

### Setup:

- Pair up kids- one group is WRs and the other DBs.
- Each DB will backpedal and mirror the WR. DBs work on transition to forward spring when the WR runs past them. All players will start in slow motion on the instructor's command.
- Switch, making WRs play as DBs. Progress to half speed.
- Switch positions again. Now go full speed. On the instructor's whistle. The WRs will try to run past the DBs who are backpedaling.

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## Sharks and Minnows:

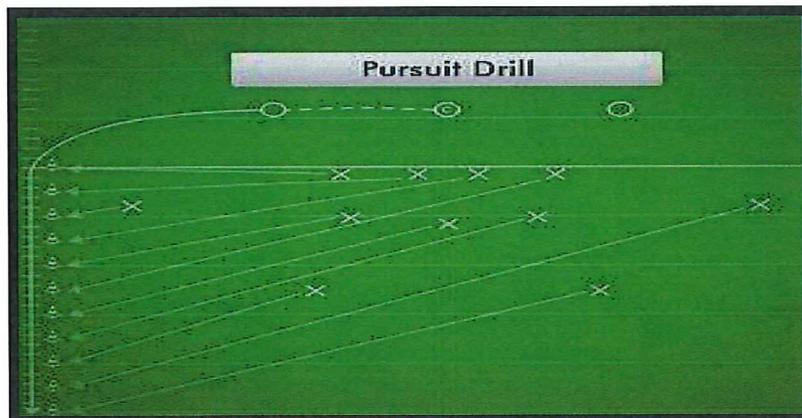
### Setup:

- Designate 2 “sharks” and the rest of the kids will be the “minnows”.
  - The sharks are playing defense and the minnows offense.
  - Sharks have to chase the minnows around the playing field and they are trying to pull the minnows flag to get them out.
  - Kids must stay within the boundaries or they are out.
  - Focus on proper flag pulling.
- 

## Pursuit Drill:

### Setup:

- It's very important to teach your defense to take the proper angle of pursuit.
- Many young defenders will simply chase a running back from behind, or the defender will run to where the running back is now and not where they will be.
- Explain the importance of taking good angles to the ball carriers. First walk your players through their pursuit.
- Players furthest from the ball carrier will take the largest angle to the play. Emphasize that the players should be running where the running back is going to be.
- After walking your players through their angles, set up the drill at full speed.
- This drill can either be done with a couple players or your whole defense.
- At the coach's command or snap of the ball, the defenders should simulate taking on a defender, drop to the ground, quickly get up and then begin pursuit of the ball carrier.
- The defenders should simply touch the ball carrier or pull the flag.
- The ball carrier should continue down the sideline until all players have touched him.



## Throwing a Football



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## Throwing a Football:

### Hand Placement:

- When you pick up or receive the football, spin it so that the laces are on top.
- Cup your thumb beneath the ball and place your four fingers on top of the laces.
- The number of fingers you put on the laces is a personal preference.
- Choose how many fingers you want on the laces by the level of comfort and control you want when gripping the football.
- Just make sure you have the laces on top and are using them to help grip and control the ball.

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### Arm Motion:

- Once you find the perfect football grip, lift the ball above your shoulder.
- This height allows for a quick release when it's needed.
- Putting your arm too low limits your range of motion and makes it easier for defensive players to knock down passes.
- When learning how to throw a football, we don't recommend using a sidearm motion.
- While it may look and feel cooler, it's actually bad for a player's shoulder and a less accurate throwing technique.
- Make sure your shoulders are squared and facing your target.
- Take a step with the foot opposite of your throwing arm to your intended receiver.
- As you take a step forward, pull the ball behind your head, still keeping the laces on top, and then pull it forward past your head.
- As you release, flick or pop your wrist downward, almost like you are shooting a basketball.



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## Tips:

- Shorter passes require a release point closer to your ear and a greater follow through to gain enough speed.
- Long, deep passes, on the other hand, are typically released further back behind your head to create an arch and go the distance needed.
- Always remember to follow through with your arm after the ball is released.

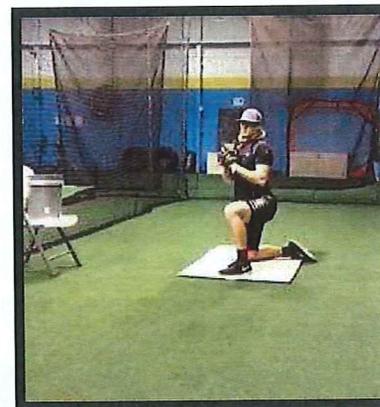
## Perfecting the Spiral:

- Throwing the perfect spiral is all about the follow-through.
  - When throwing the football, make sure you aren't stopping your arm motion as soon as the ball is released.
  - When you release the ball, make sure to flick your wrist downward. Your fingertips should be the last thing in contact with the ball at release.
  - Important to understand that as much as you may practice, not every throw will be perfect.
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## One Knee Drill:

### Objective:

- The main objective of the one knee drill is to focus on the fundamental techniques of throwing a football.
- By grounding yourself on a knee, you can better focus on your grip of the football, as well as posture and release.



### Setup:

- To execute this drill properly, you need two players.
- Since this drill is about technique rather than throwing distance or speed, the players can be close to each other, about 10 to 15 yards apart.
- Each player should then assume the position of the drill, kneeling on one knee.

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## Directions:

- The two players should throw the football back and forth, while remaining on one knee.
- Take extra care on focusing on the fundamentals of how to properly throw a football.
- You can also test out different grip positions and release angles, so you can find your signature football throw.
- After 10 or so throws back and forth, you should alternate knees.

## Two Knee Drill:

### Objective:

- The objective of the two knee drill is the same as the one knee drill—focus on technique and fundamental skills.
- However, by grounding both knees, this drill requires you to put more force behind the ball, as your range of motion is limited.

### Setup:

- To run this drill, have two players kneel on both knees 10 to 15 yards apart from each other.

### Directions:

- Like the one knee drill, two players will pass the ball back and forth. But in this drill, you're grounded on both knees.
- Remember to focus on football grips, releases, and targeting.



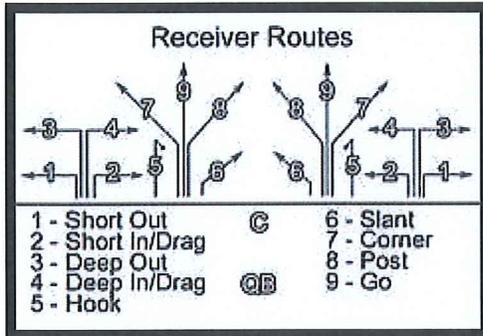
## Receiver Routes



# FLAG FOOTBALL DRILL MANUAL 2024

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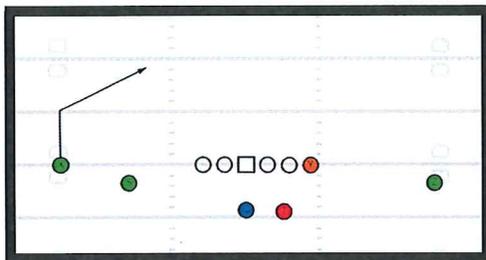
## Route Tree:



### Description:

- The football route tree is one way for coaches to organize pass game routes in their offense, and create an easy way to teach players all the basic routes they'll need to know to be able to run pass plays.
- This is a good drill for getting the receiver comfortable catching the ball and running all the different routes.

## Slant Route:



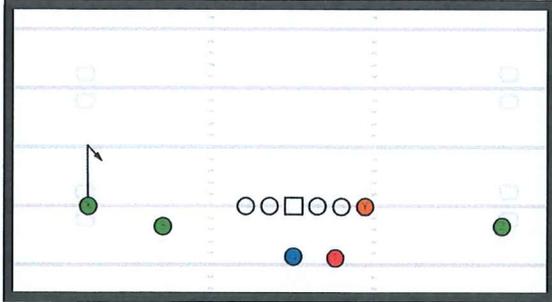
### Description:

- The slant is a short route that breaks in at roughly a 45 degree angle and is designed to give the quarterback a way to get the ball out of his hand.
- The slant route gives the receiver the opportunity to beat a defender to the inside, giving the quarterback a good open throwing window to get him the football.

# FLAG FOOTBALL DRILL MANUAL 2024

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## Hitch Route:

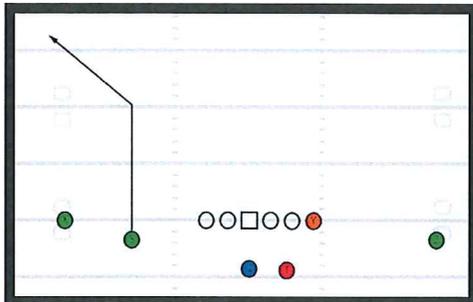


### Description:

- The hitch route is usually run to about a 5-6 yard depth, at which point the receiver will pivot toward the quarterback and stop, expecting the ball to be thrown to him very quickly.
- The hitch route is about getting the ball out of the hands of the quarterback in a hurry, and throwing the ball to your open receiver.

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## Corner Route:



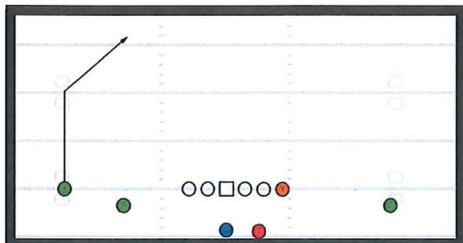
### Description:

- A corner route is a vertical route, typically run from the slot, where the receiver starts running straight ahead before breaking at an angle of about 45 degrees toward the sideline.
- Typically this route breaks out at an angle around a depth of 10 yards, though some offenses allow their receivers to get to 12 yards downfield before making that turn.

# FLAG FOOTBALL DRILL MANUAL 2024

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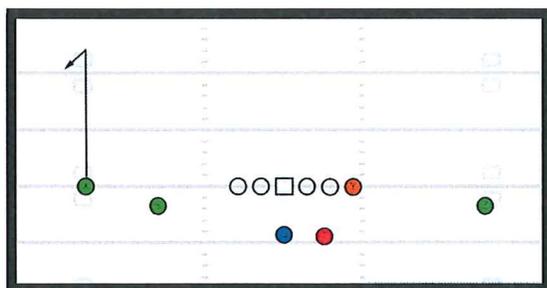
## Post Route:



### Description:

- The post route is run by sprinting straight down the field, then breaking in at an angle toward the goal posts at around 10-12 yards.
  - The post route is also a good way to get open against two high safety defenses, as it attacks the open space between them in the deep middle of the field.
- 

## Comeback Route:



### Description:

- The comeback route starts with the receiver running full speed attacking downfield like they are running a go route, and then the receiver breaks back at an angle toward the sideline.
- Completing this pass takes an incredible amount of timing and discipline from both the quarterback and the receiver, since the ball must be thrown on time, and also to the right spot (away from the defender).
- This is one of the toughest routes to throw consistently well, but when the offense is on the same page, it's also one of the toughest to defend.

First Review



Diagram 1

The diagram shows a flag football field with the center of the field marked. The field is divided into three sections: the offense, the defense, and the center. The offense is on the left, the defense is on the right, and the center is in the middle. The center is marked with a 'C' and the offense and defense are marked with 'O' and 'D' respectively.

## Offense Vs Defense

Comparison Notes



Diagram 2

The diagram shows a flag football field with the center of the field marked. The field is divided into three sections: the offense, the defense, and the center. The offense is on the left, the defense is on the right, and the center is in the middle. The center is marked with a 'C' and the offense and defense are marked with 'O' and 'D' respectively.

# FLAG FOOTBALL DRILL MANUAL 2024

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## Offensive Positions:

### Quarterback

- This player receives the snap from the center and initiates the play either through a handoff or pass.
- The quarterback cannot directly run with the ball across the line of scrimmage without first handing the ball off to a teammate and then receiving a second hand back or receiving a pass.

### Center

- This player's main responsibility is to snap the ball to begin the play, a critical skill at all levels of football.
- Once the center has snapped the football to the quarterback directly or from a pistol or shotgun formation, they are eligible to run for a pass and catch the ball.

### Wide Receiver/ Back:

- Any player who does not initiate the snap nor receive the snap is considered an eligible receiver and can either catch a pass or receive a handoff.

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## Defensive Positions:

### Defensive Back:

- The defensive back plays the short pass first and then runs to the outside.
- The defensive backs are taught to guard against the run first then the pass.
- Defensive back line up across from receivers and their main goal is to make sure receivers don't get the ball.

### Rusher:

- Any player who rushes the quarterback must be a minimum of seven yards from the line of scrimmage at the snap.

# FLAG FOOTBALL DRILL MANUAL 2024

## Safety:

- The safety is the defensive QB especially in flag football.
- The role of safeties is to lead the defensive team and to cover anyone that gets overtop.
- If a receiver is getting open on deeper routes, the safety helps get over top of the route and help disrupt the route.



# **Playbook**

# FLAG FOOTBALL DRILL MANUAL 2024

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Playbook



# FLAG

# PLAYBOOK

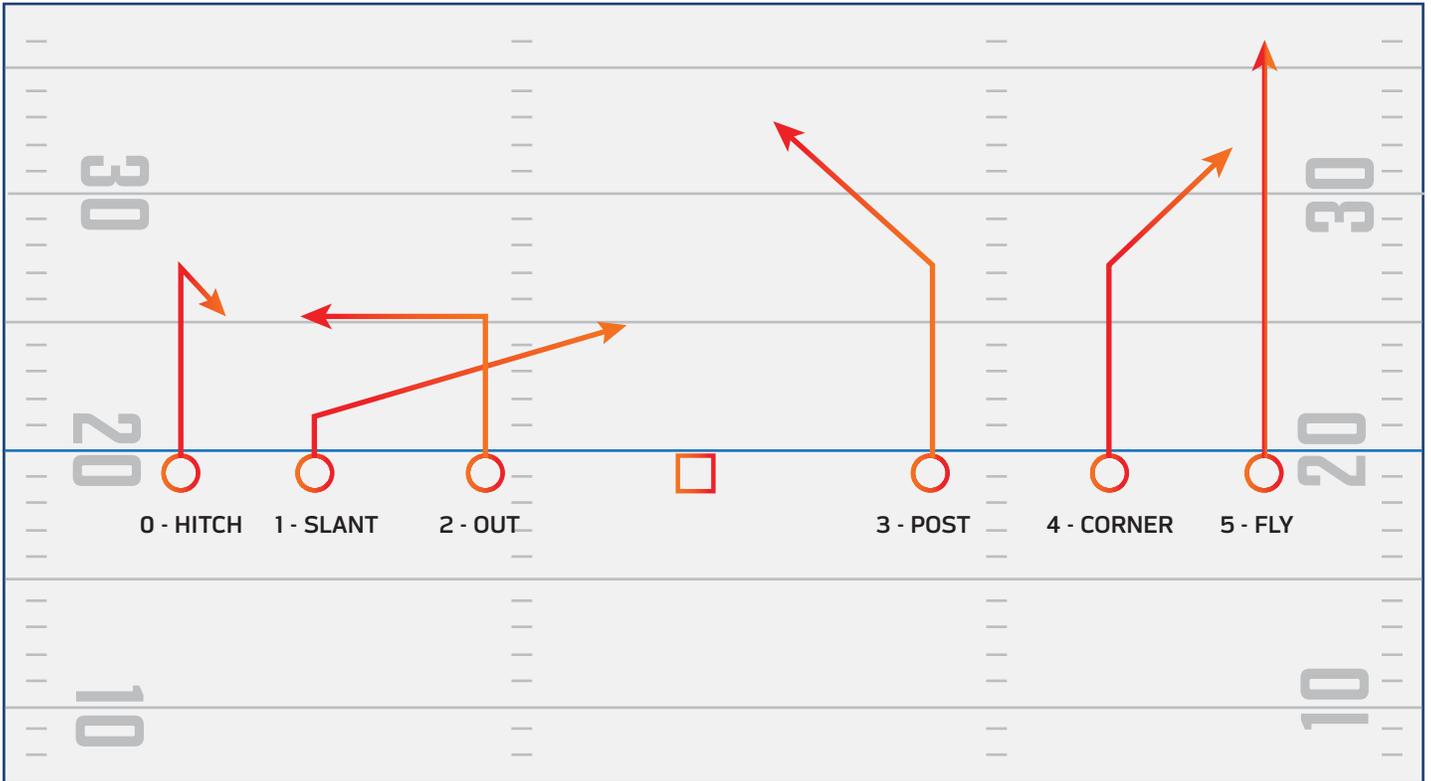


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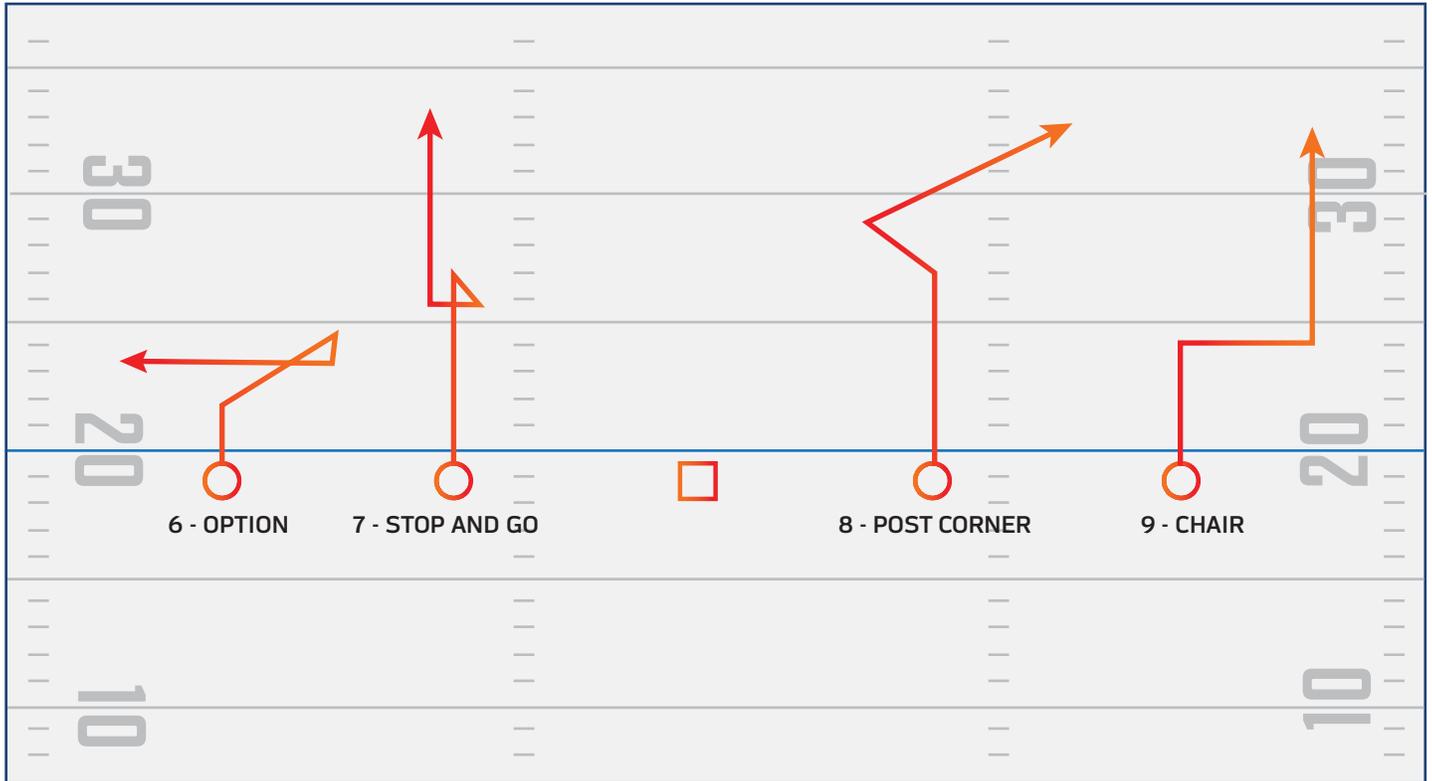
# PLAYBOOK

## ROUTE TREE

# NFL FLAG ROUTE TREE 0 - 5



### NFL FLAG ROUTE TREE 6 - 9



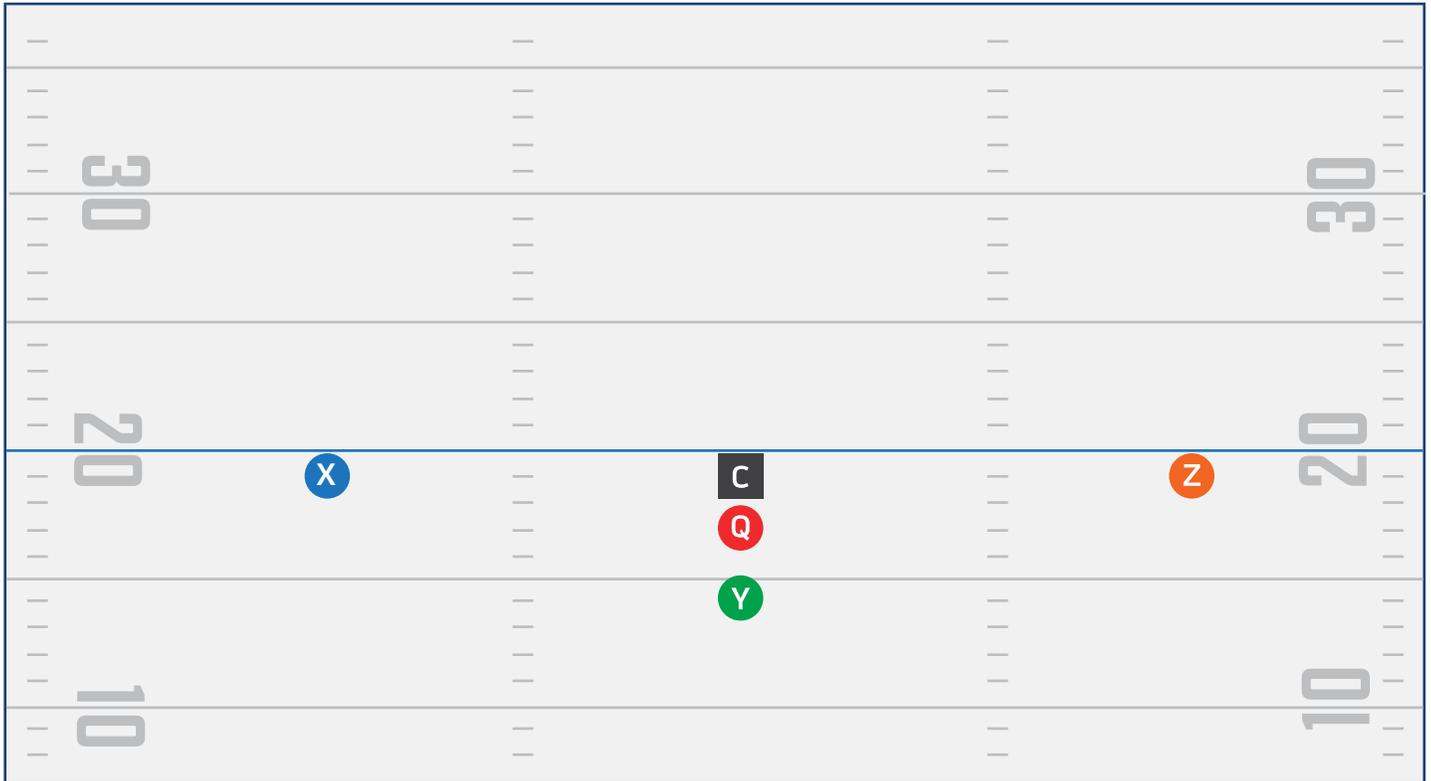


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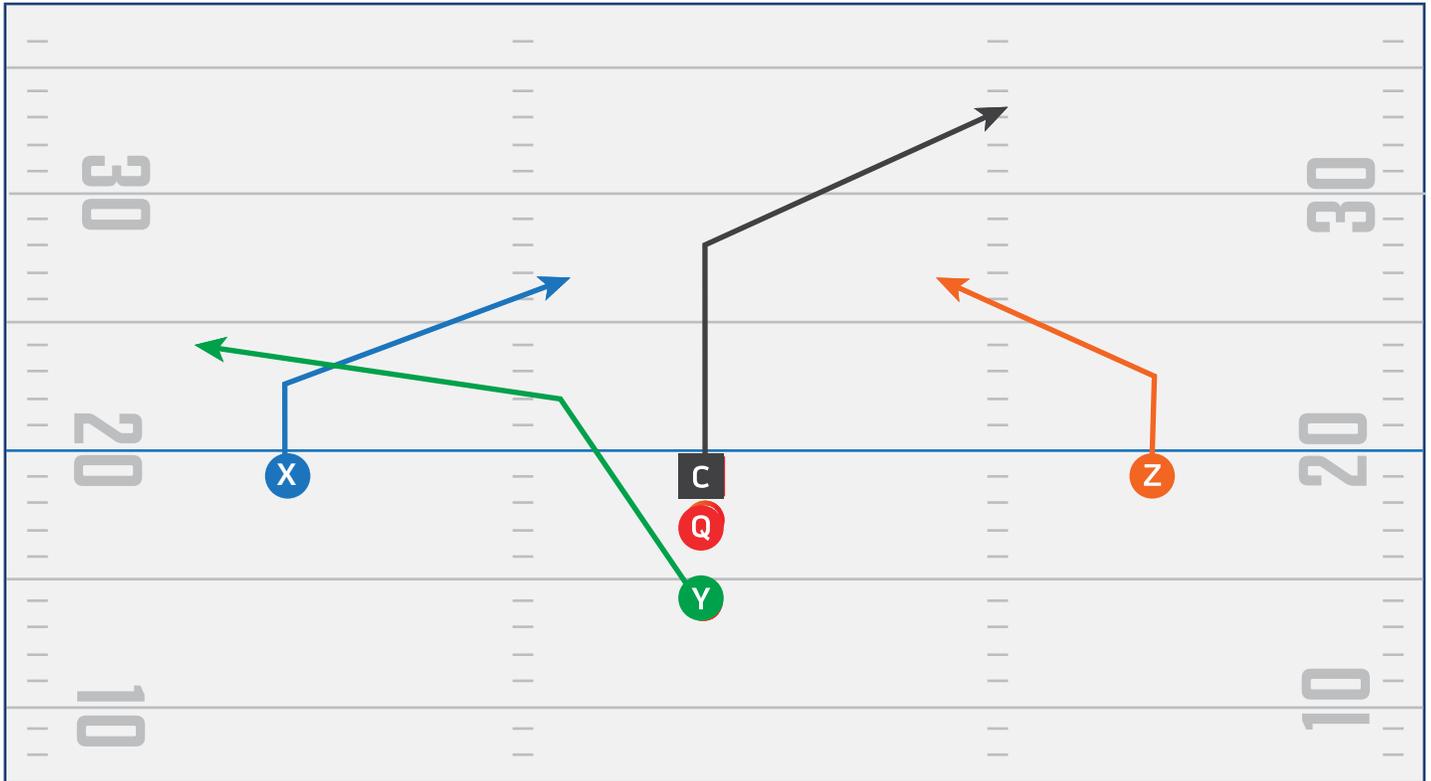
# PLAYBOOK

## OFFENSIVE FORMATIONS

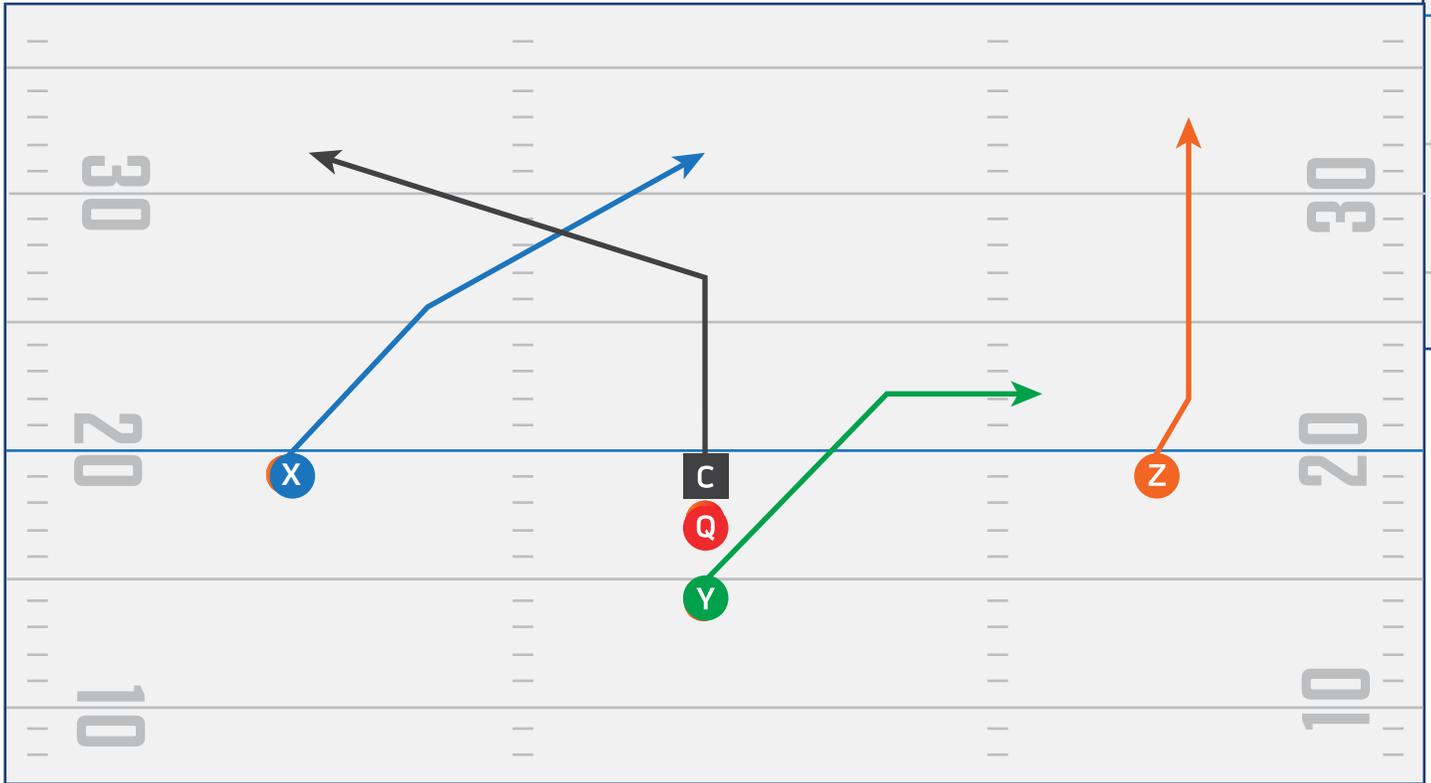
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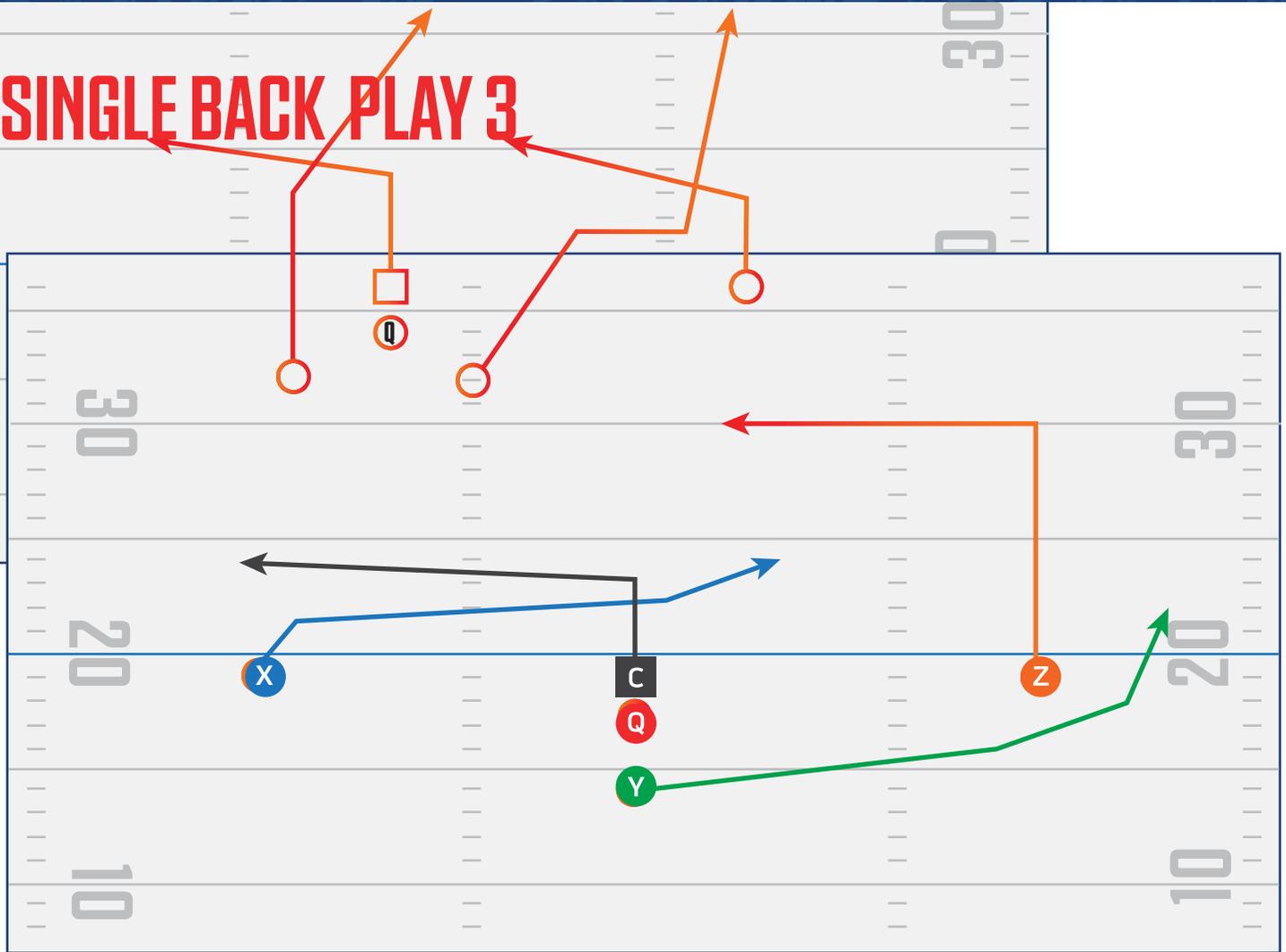
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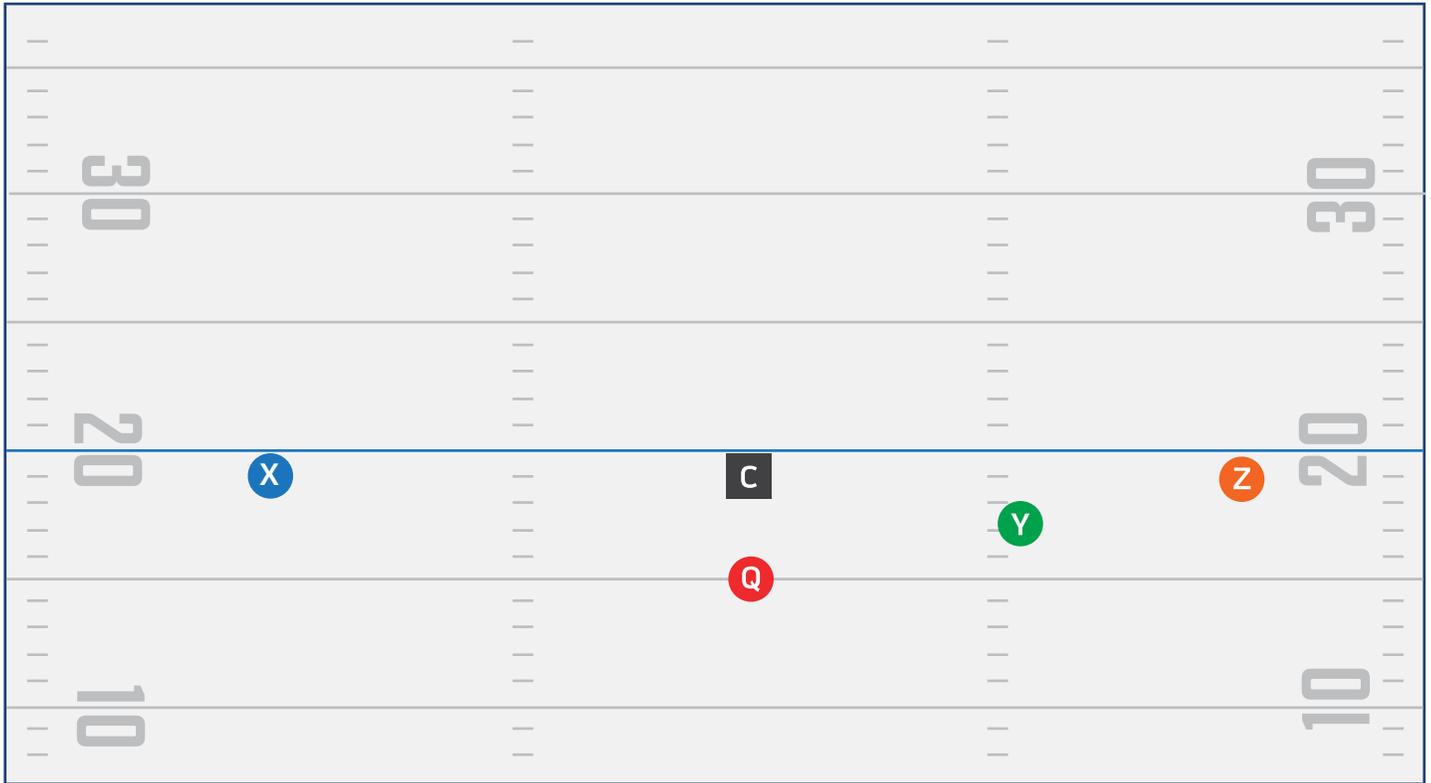
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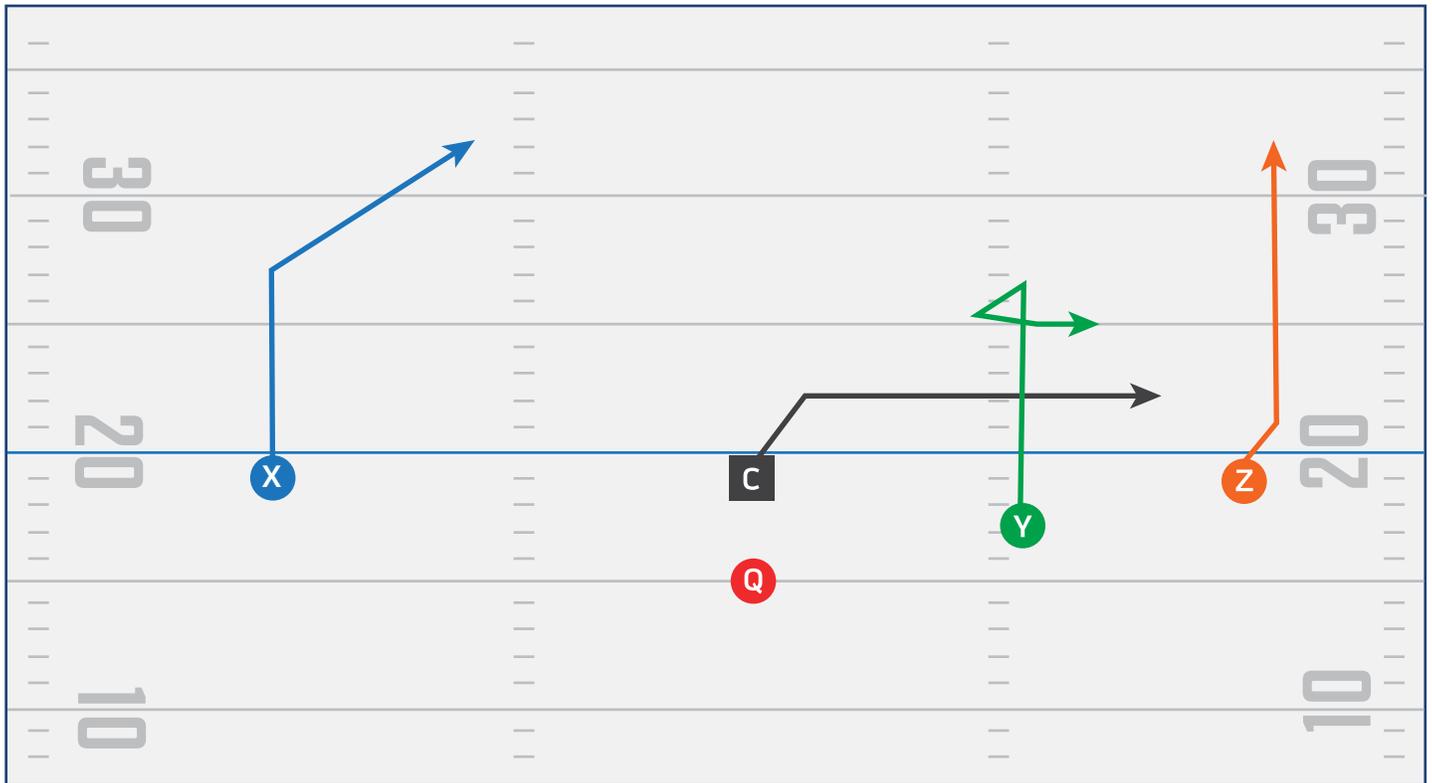
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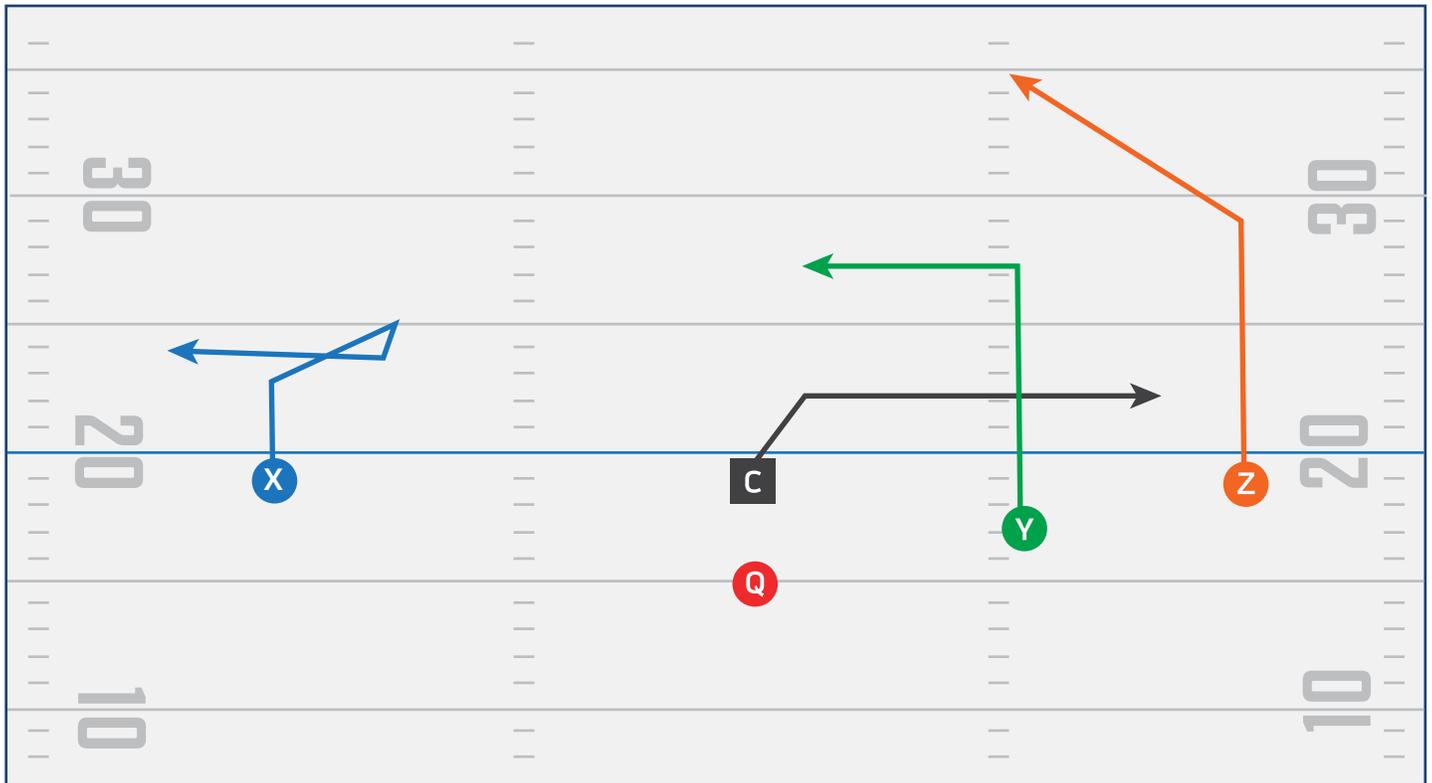
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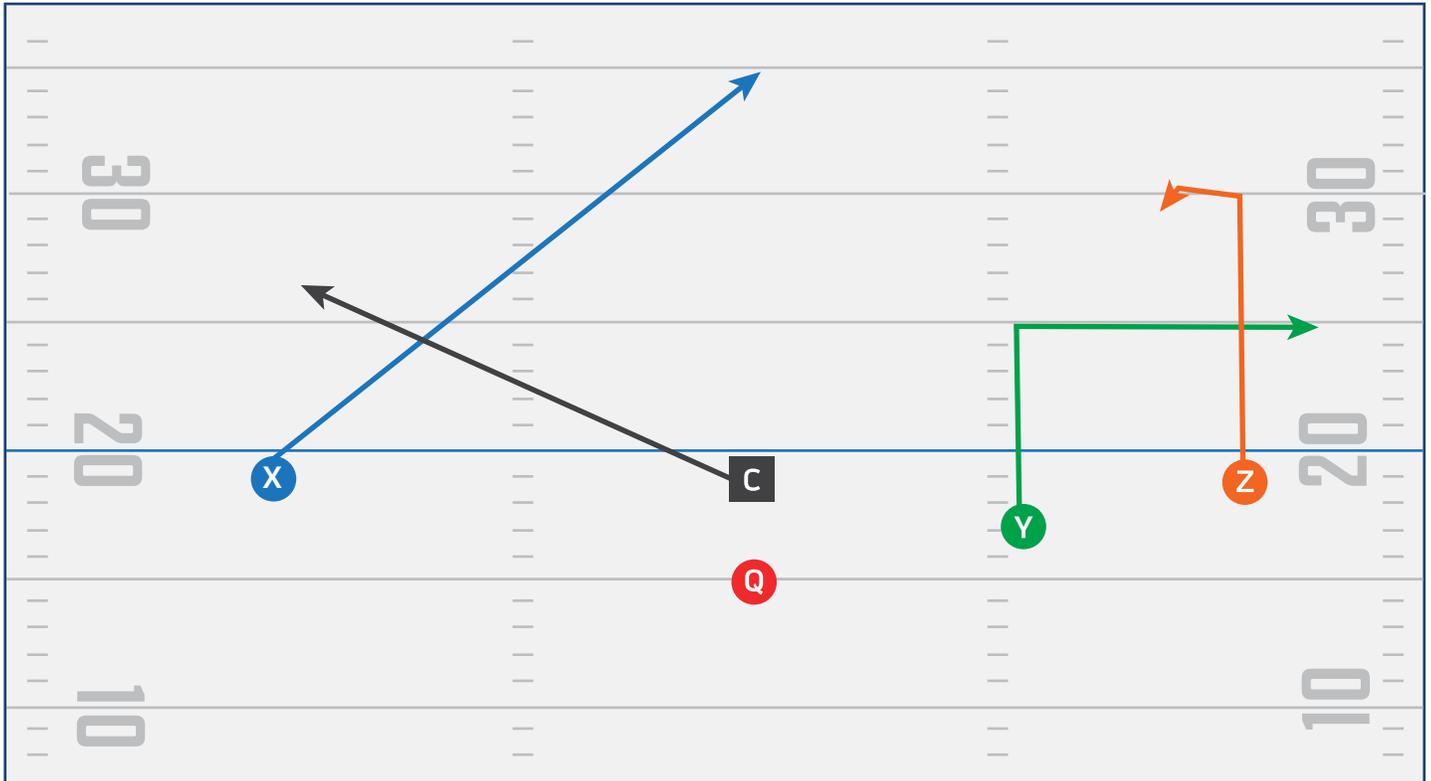
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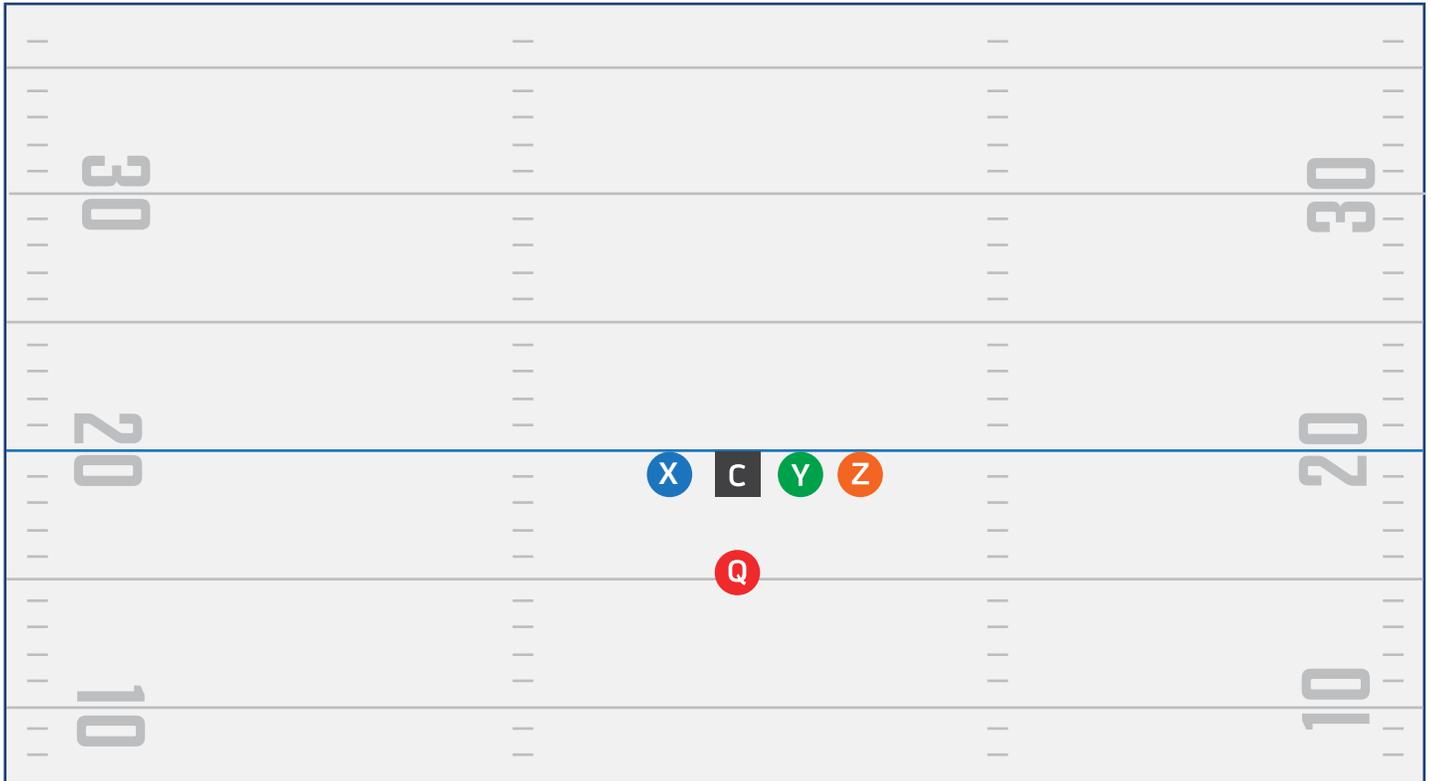
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# SPREAD PLAY 3

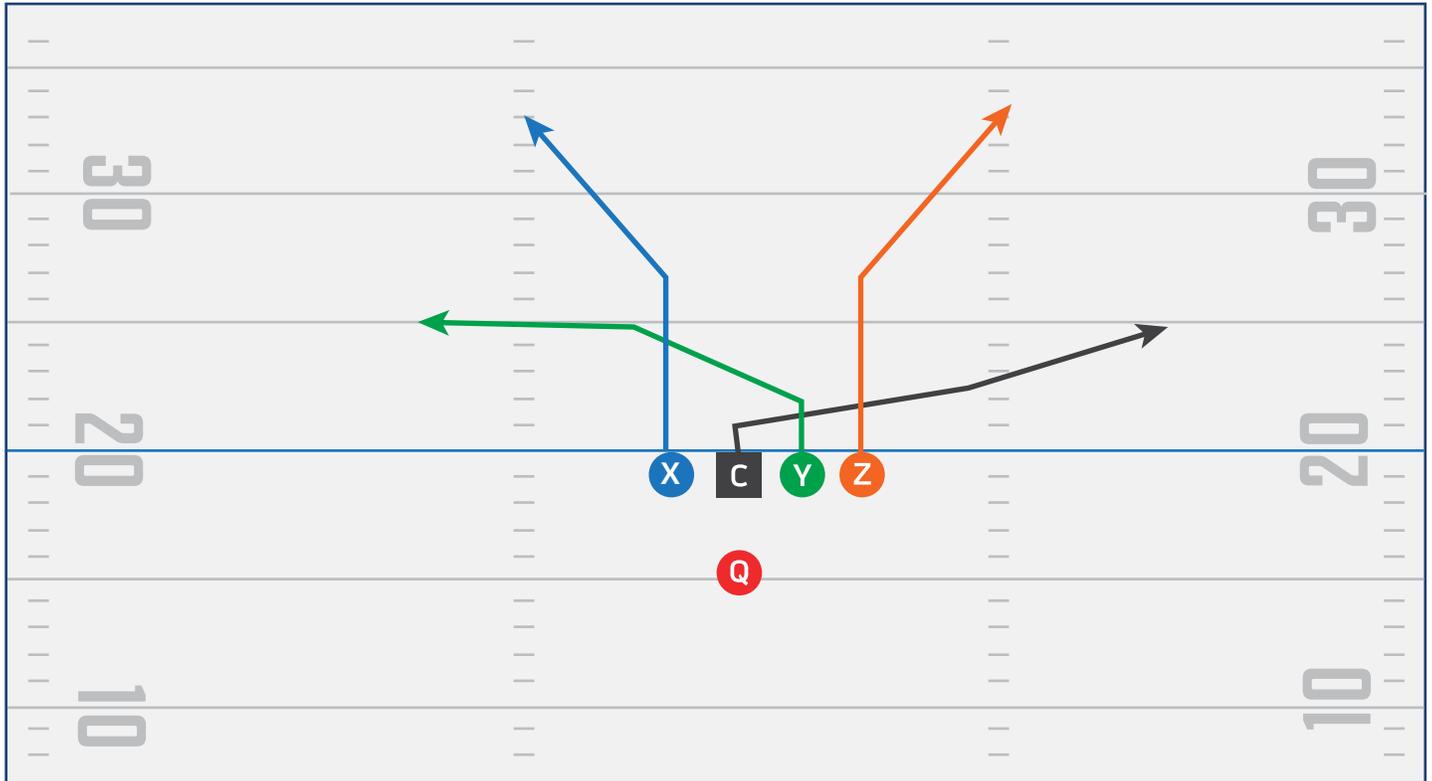


# BUNCH



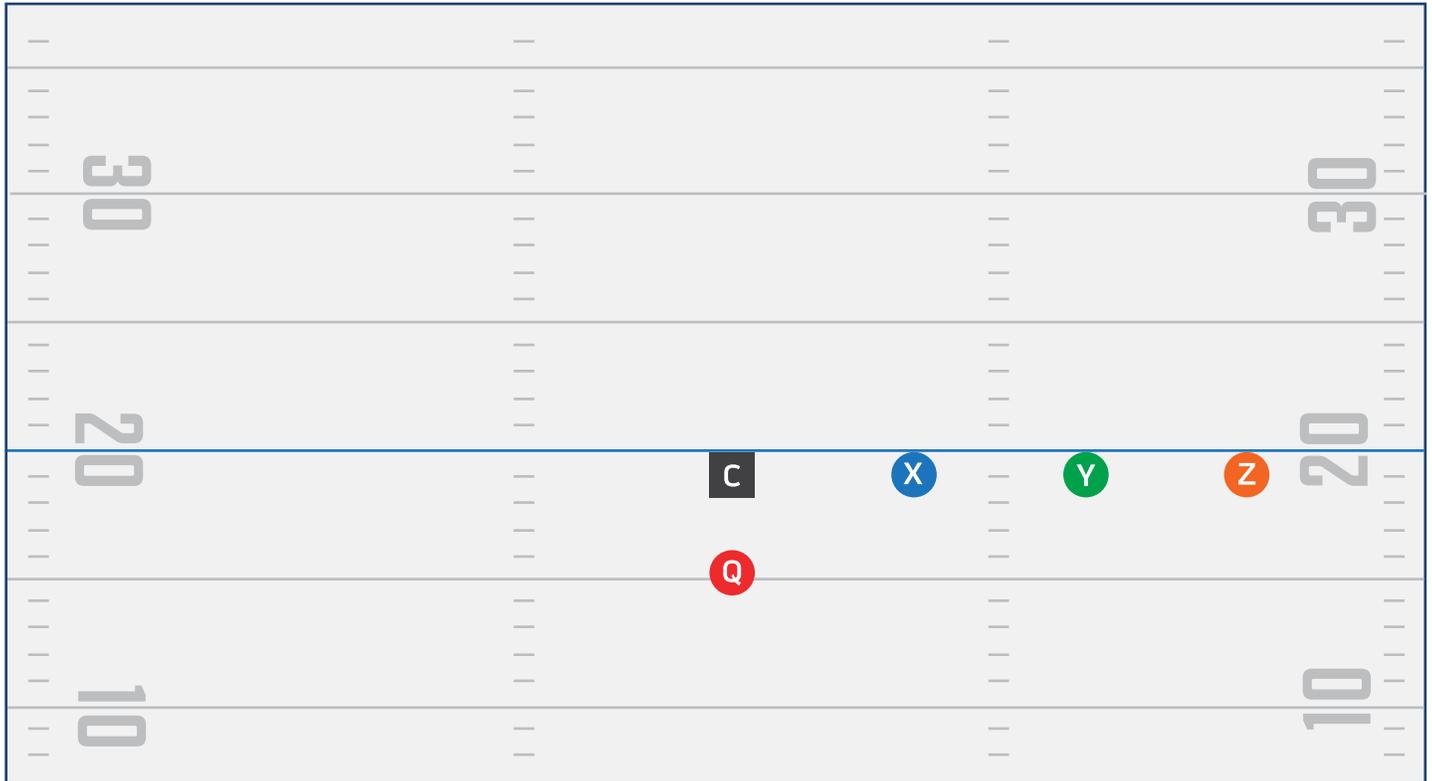


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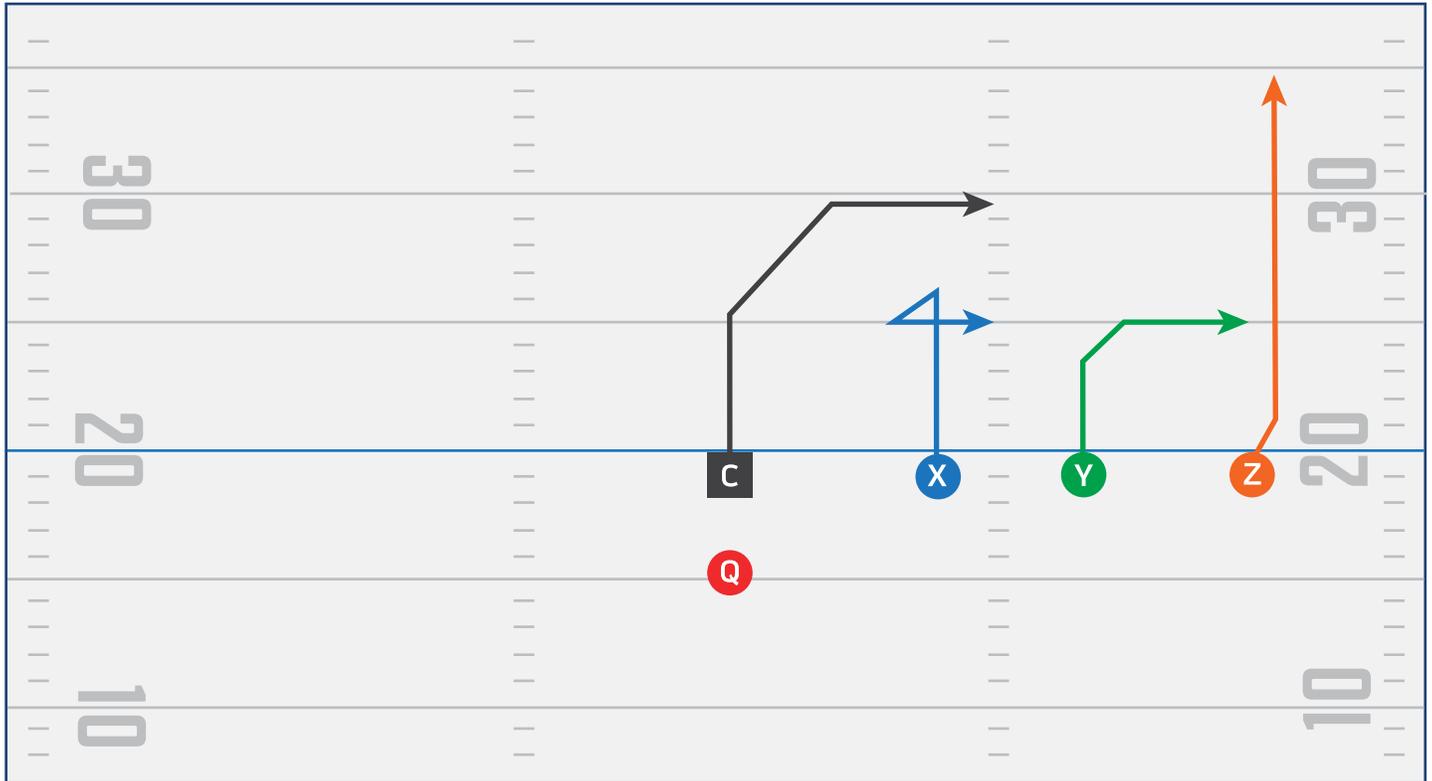




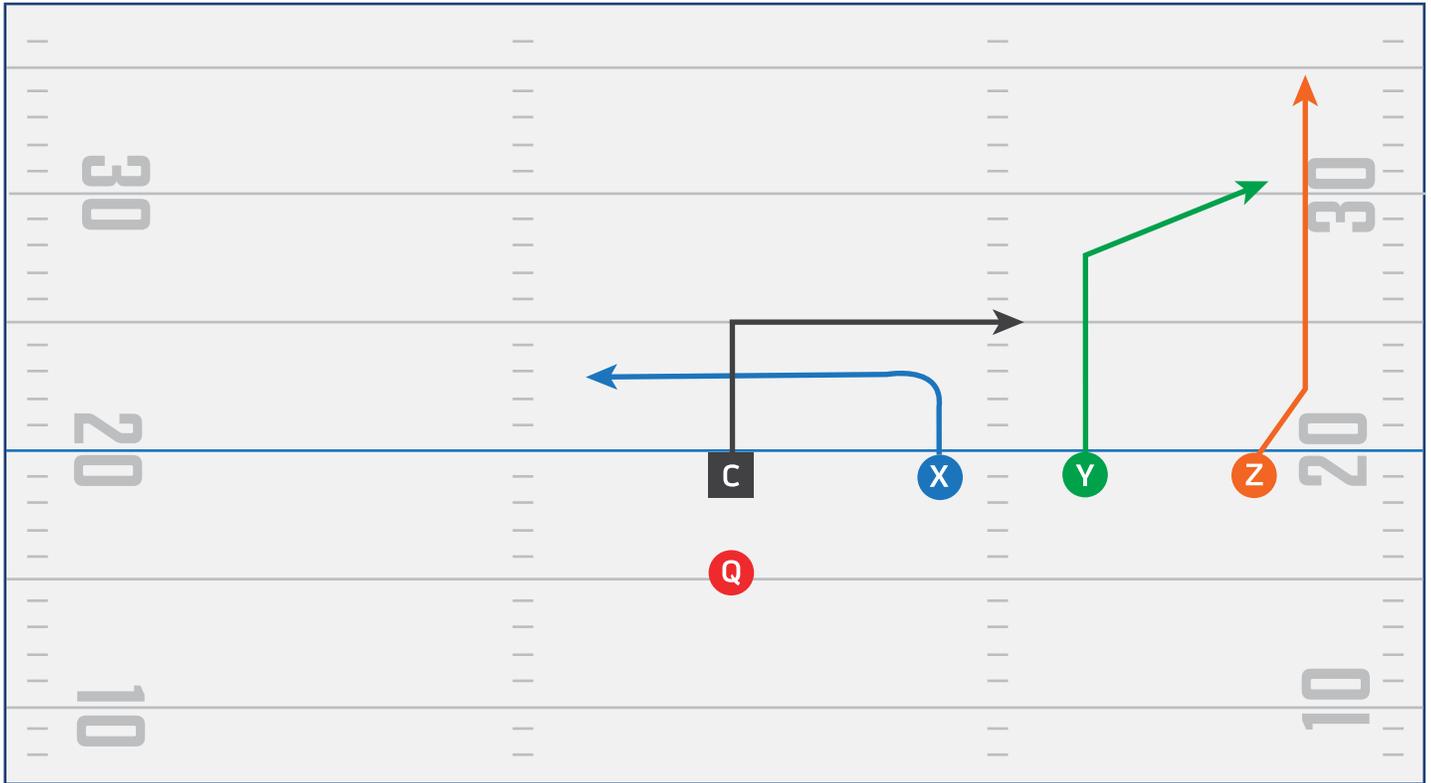
# TRIPS



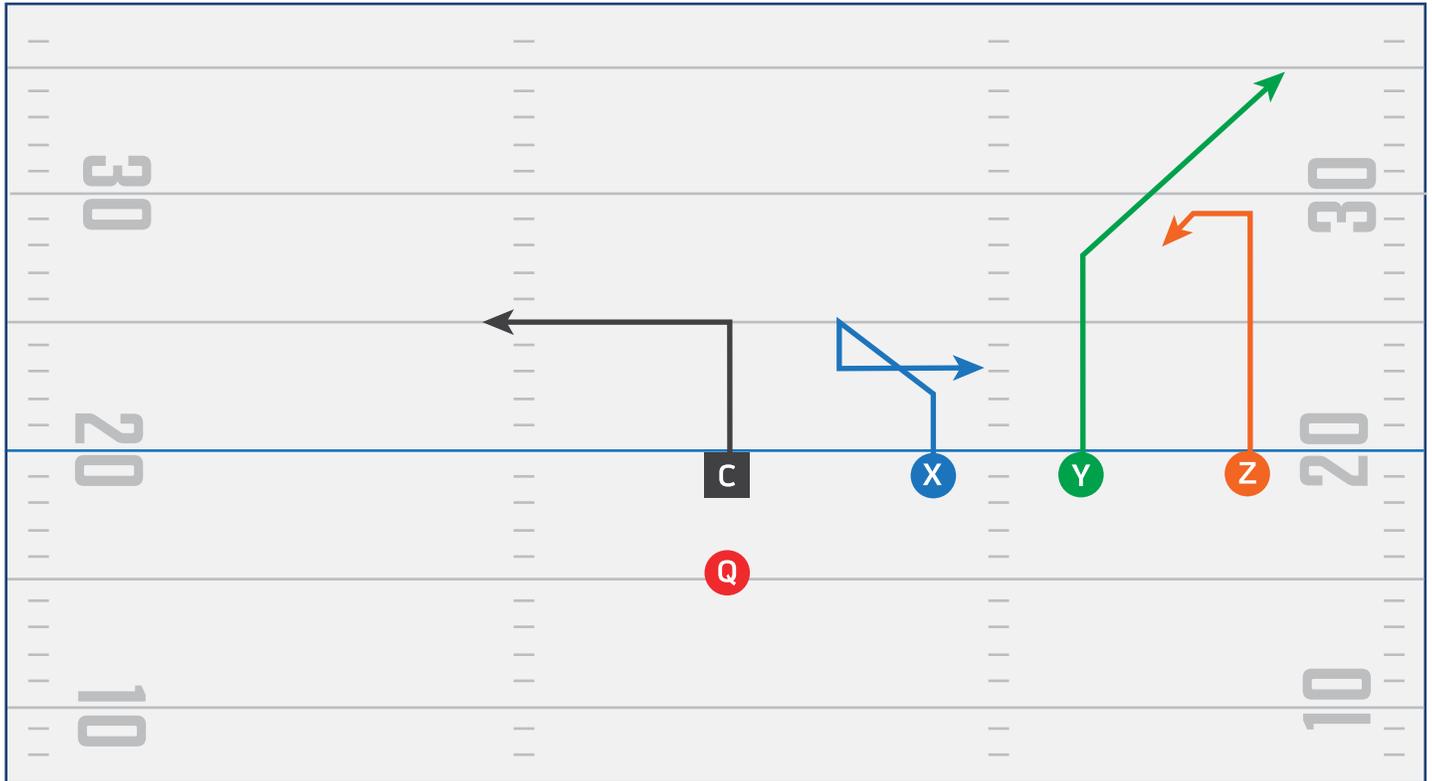
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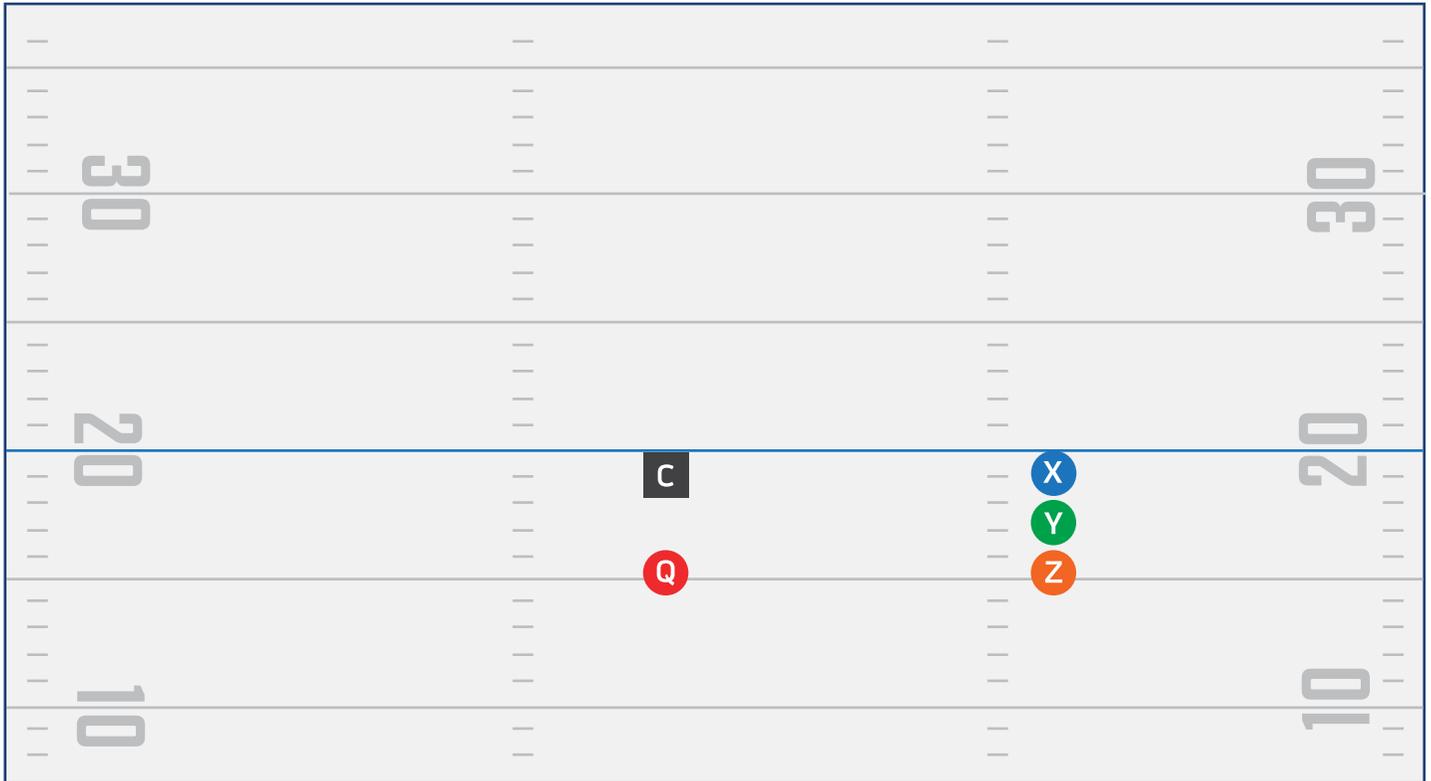
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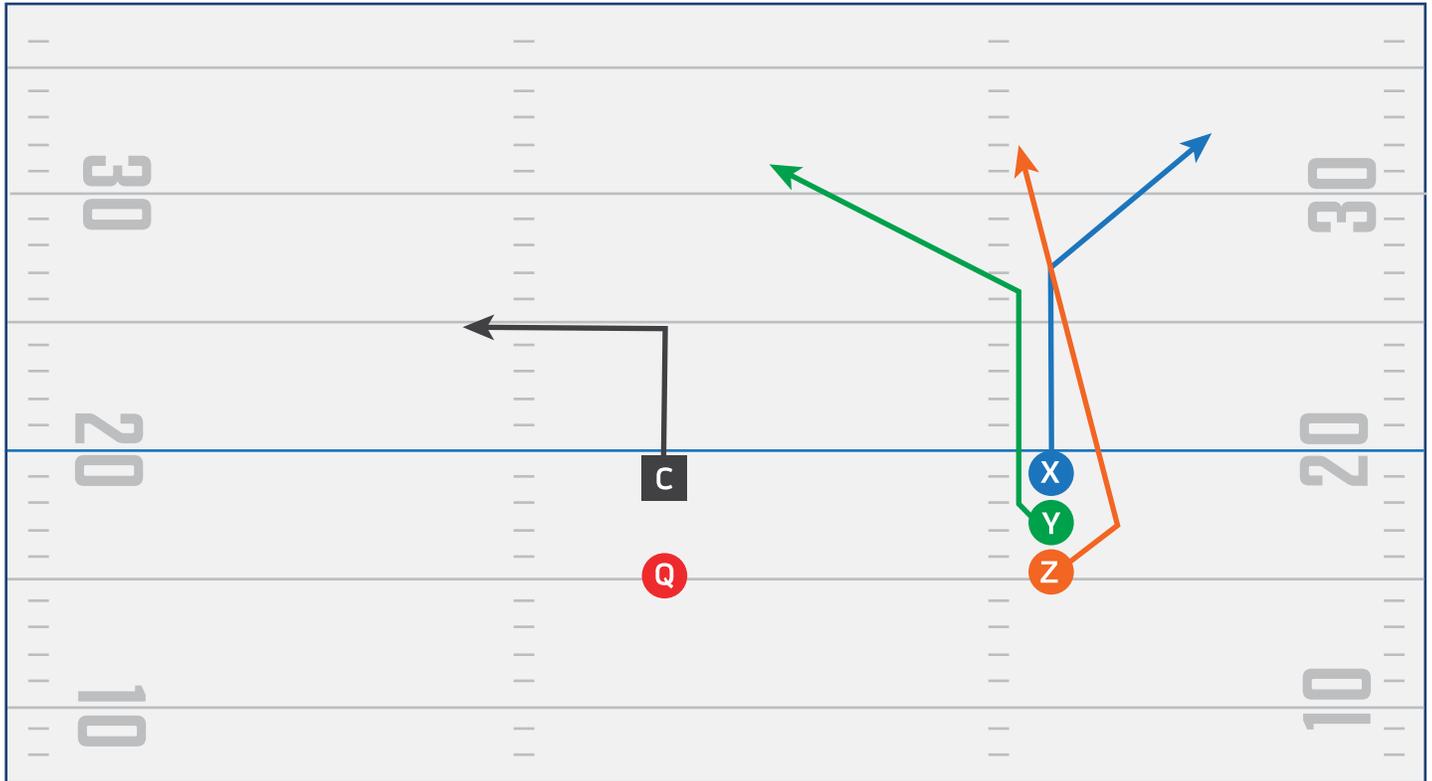
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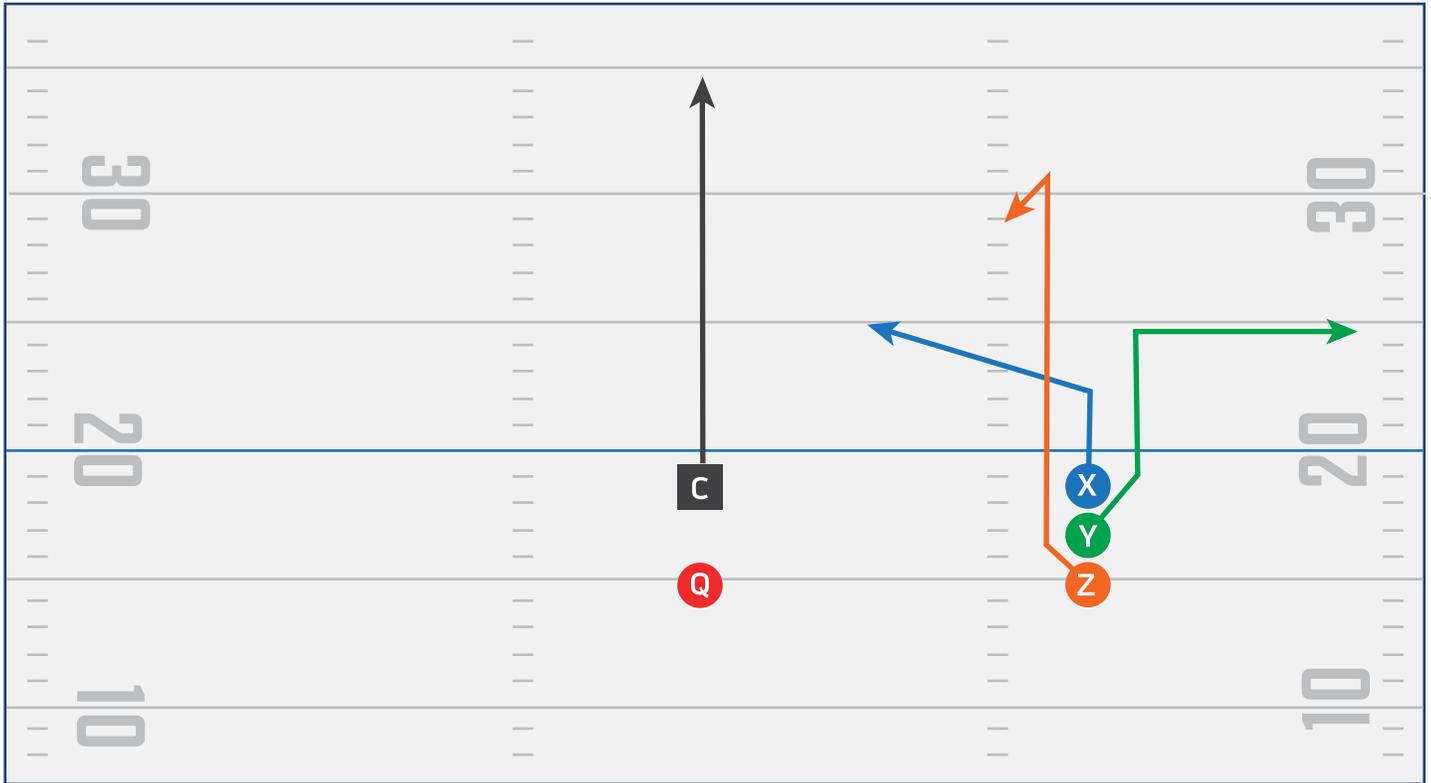
# TRIPS STACK



# TRIPS STACK PLAY 1

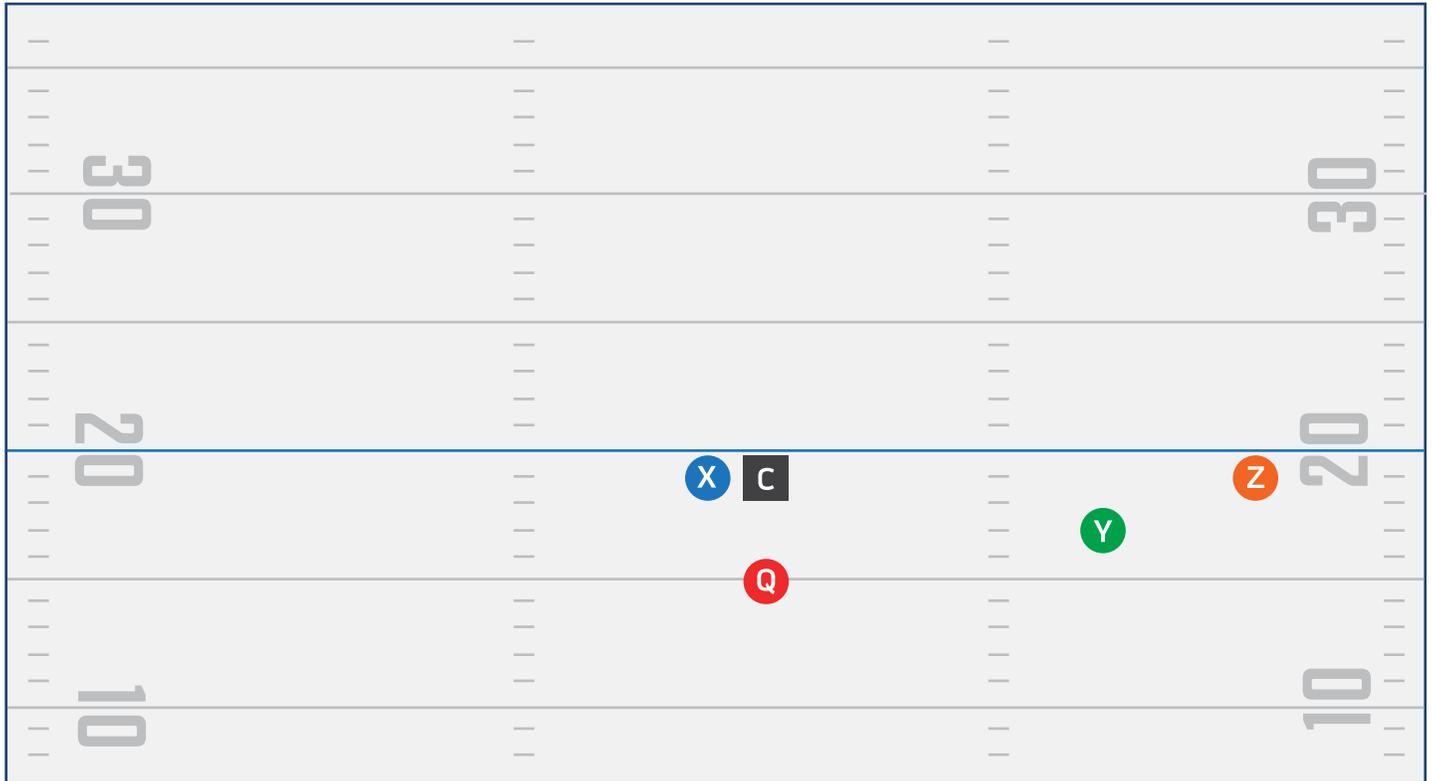


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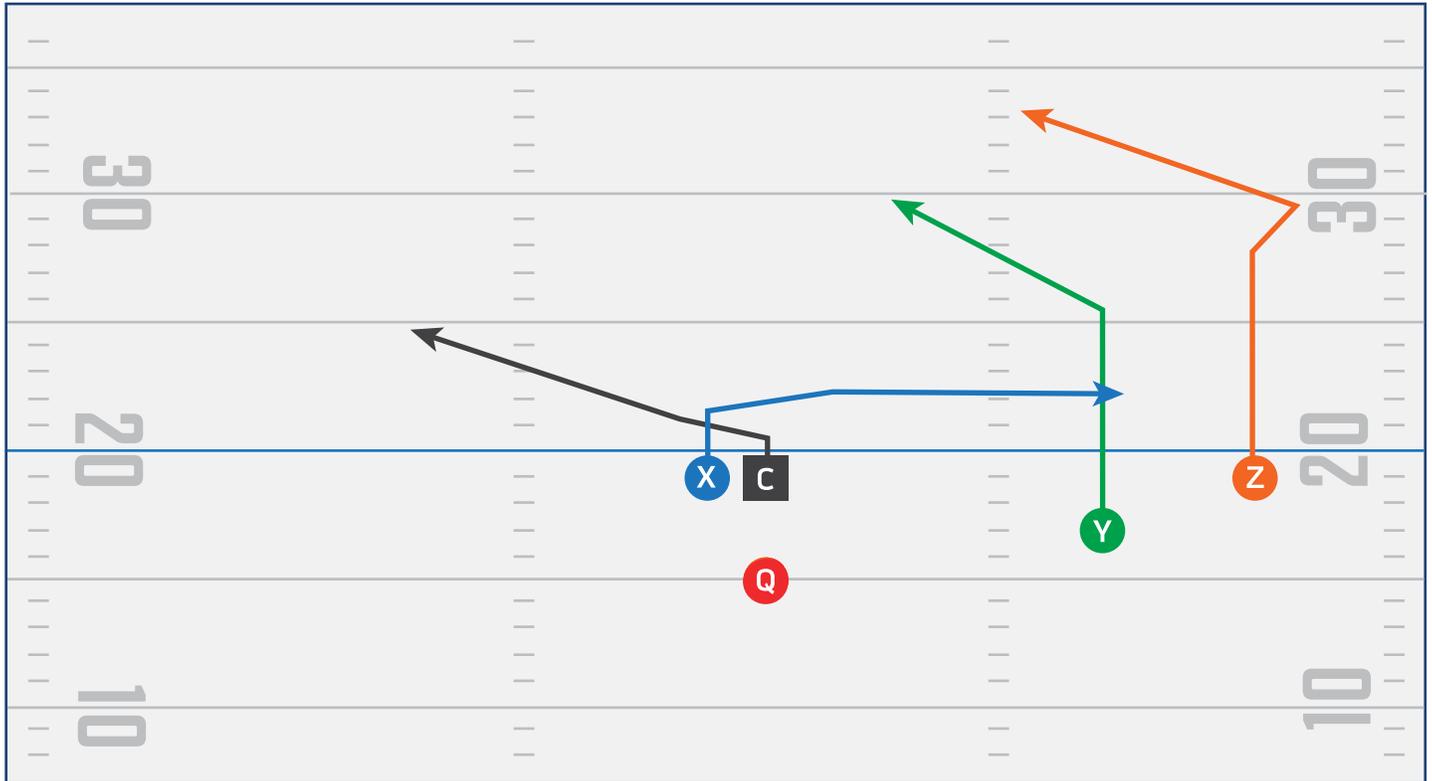




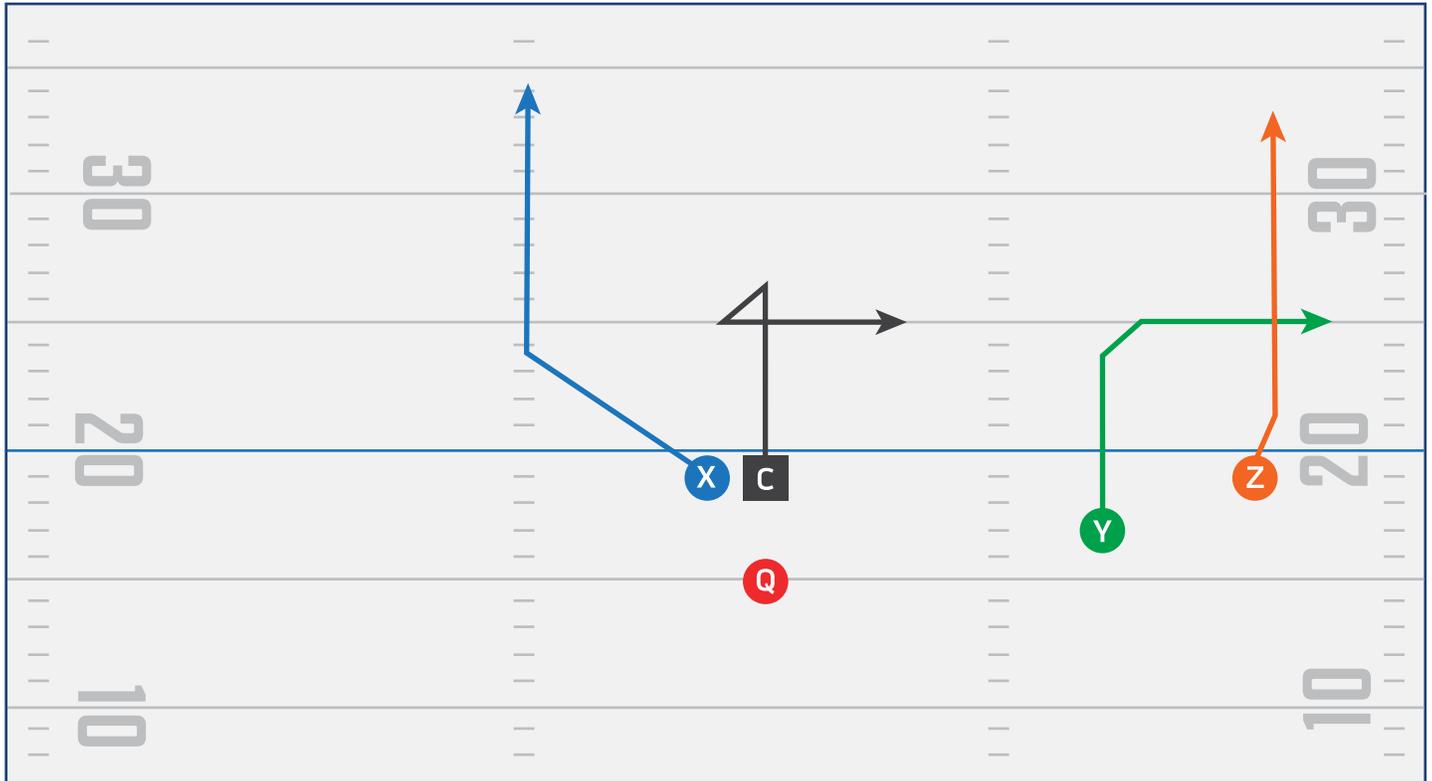
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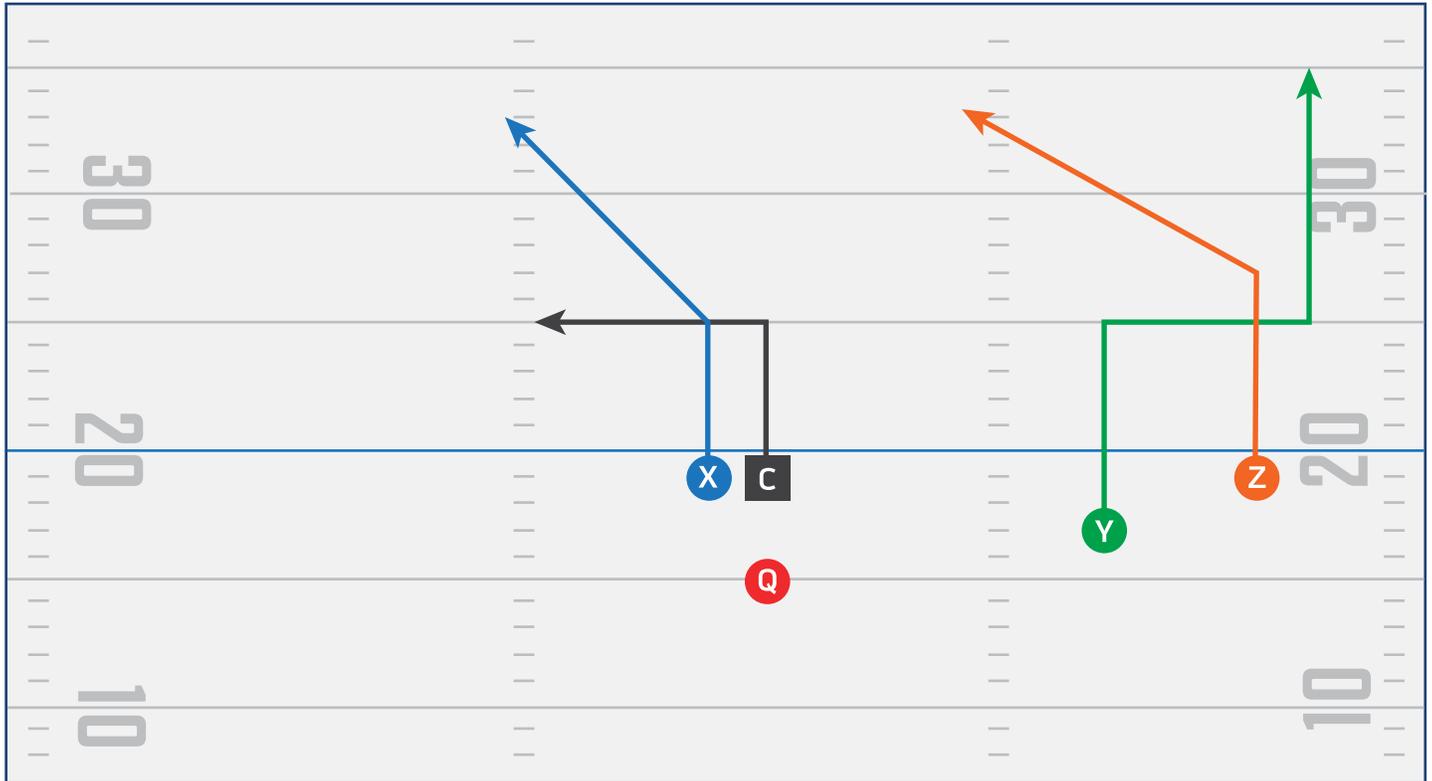
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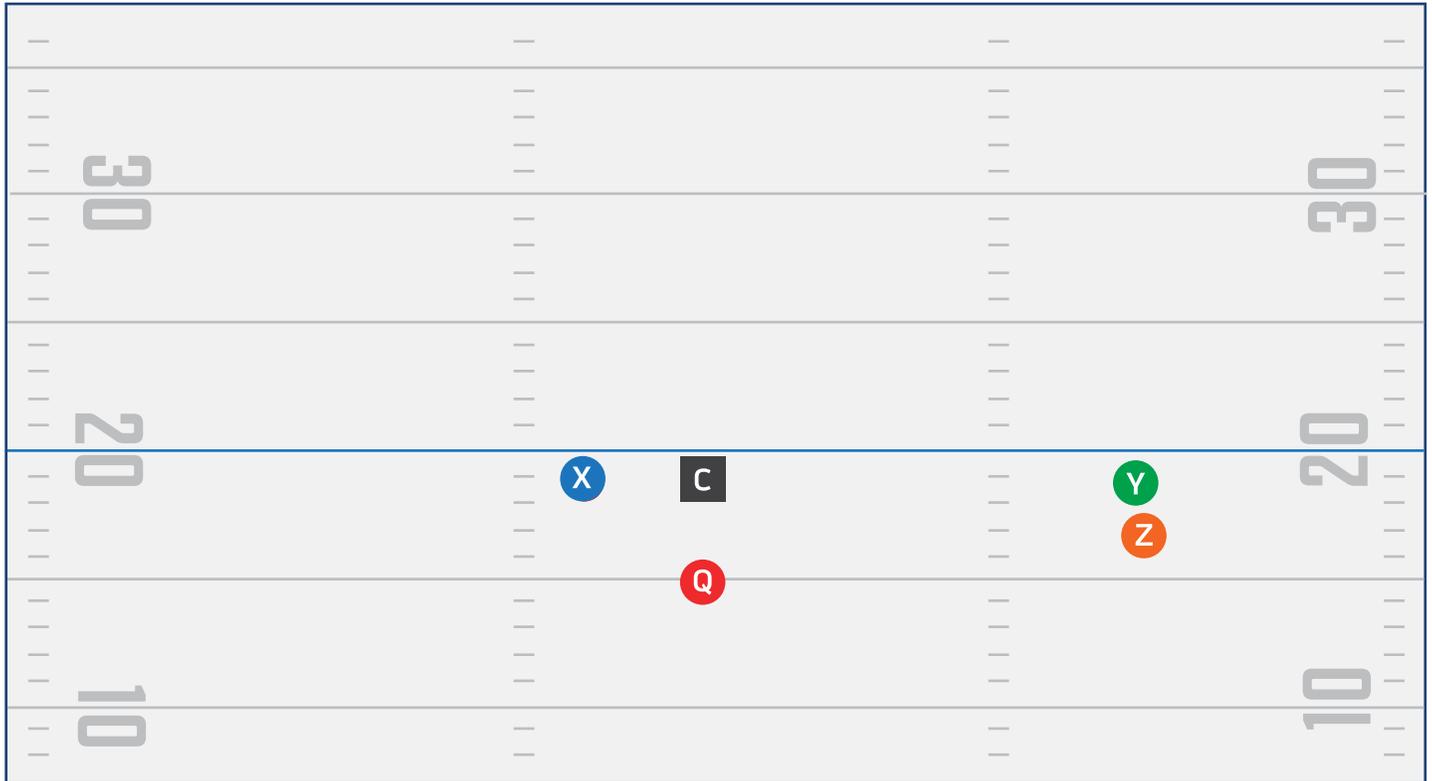
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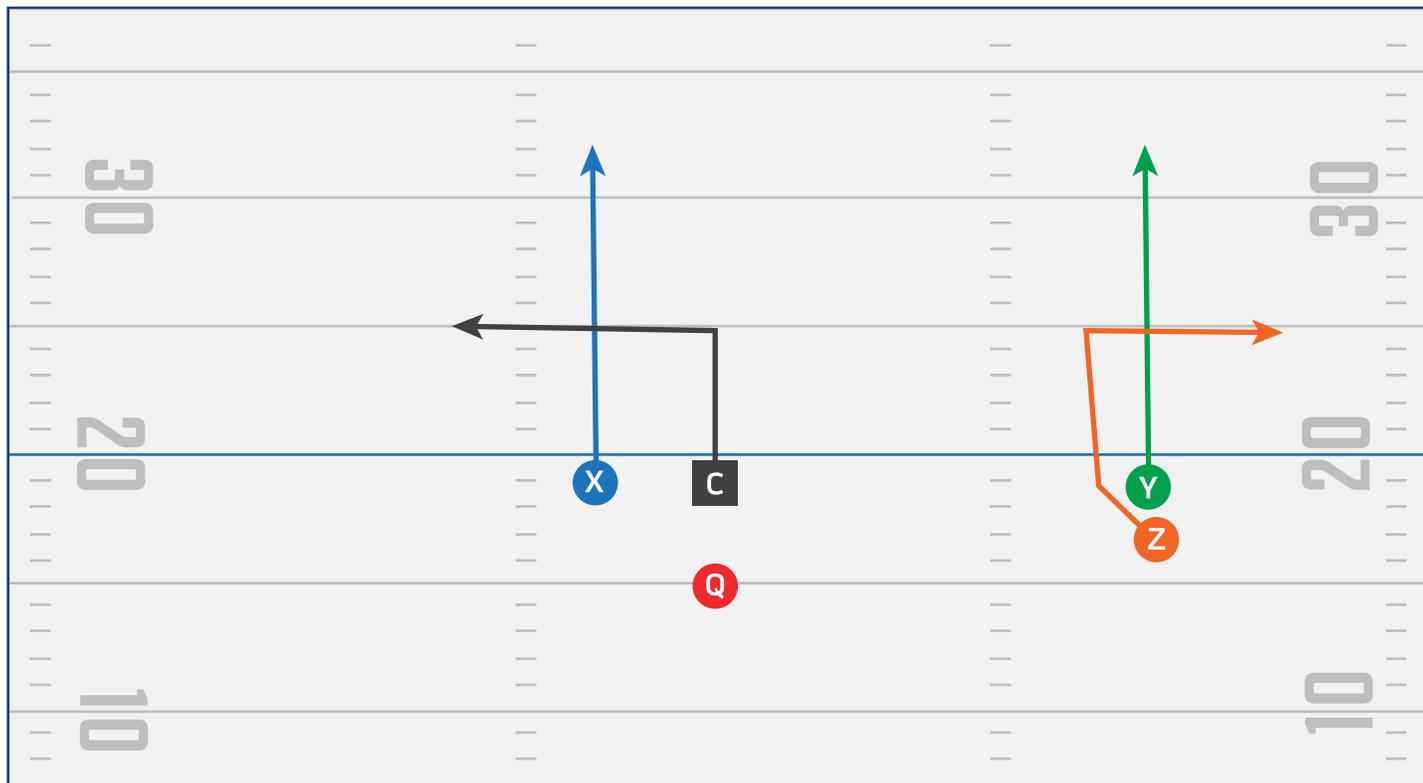
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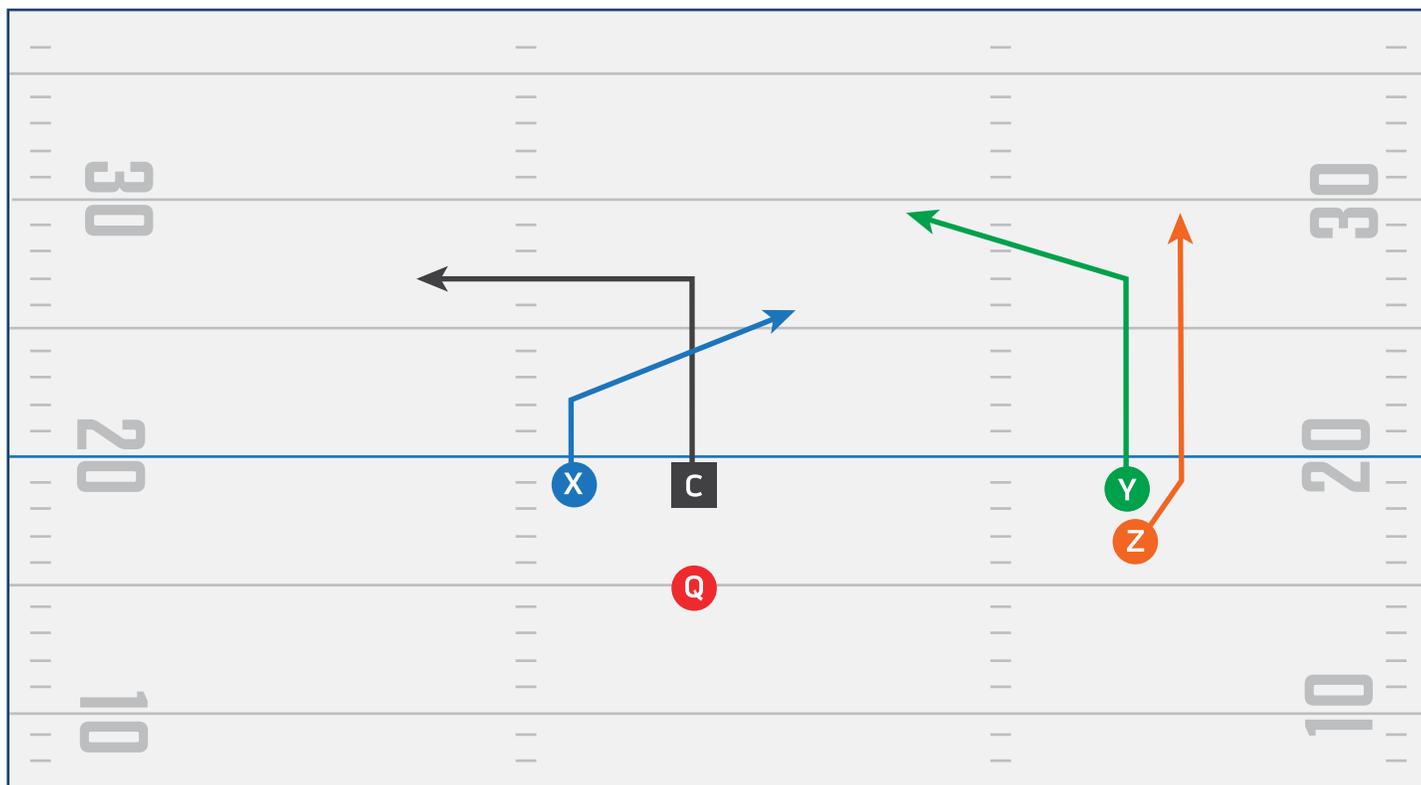
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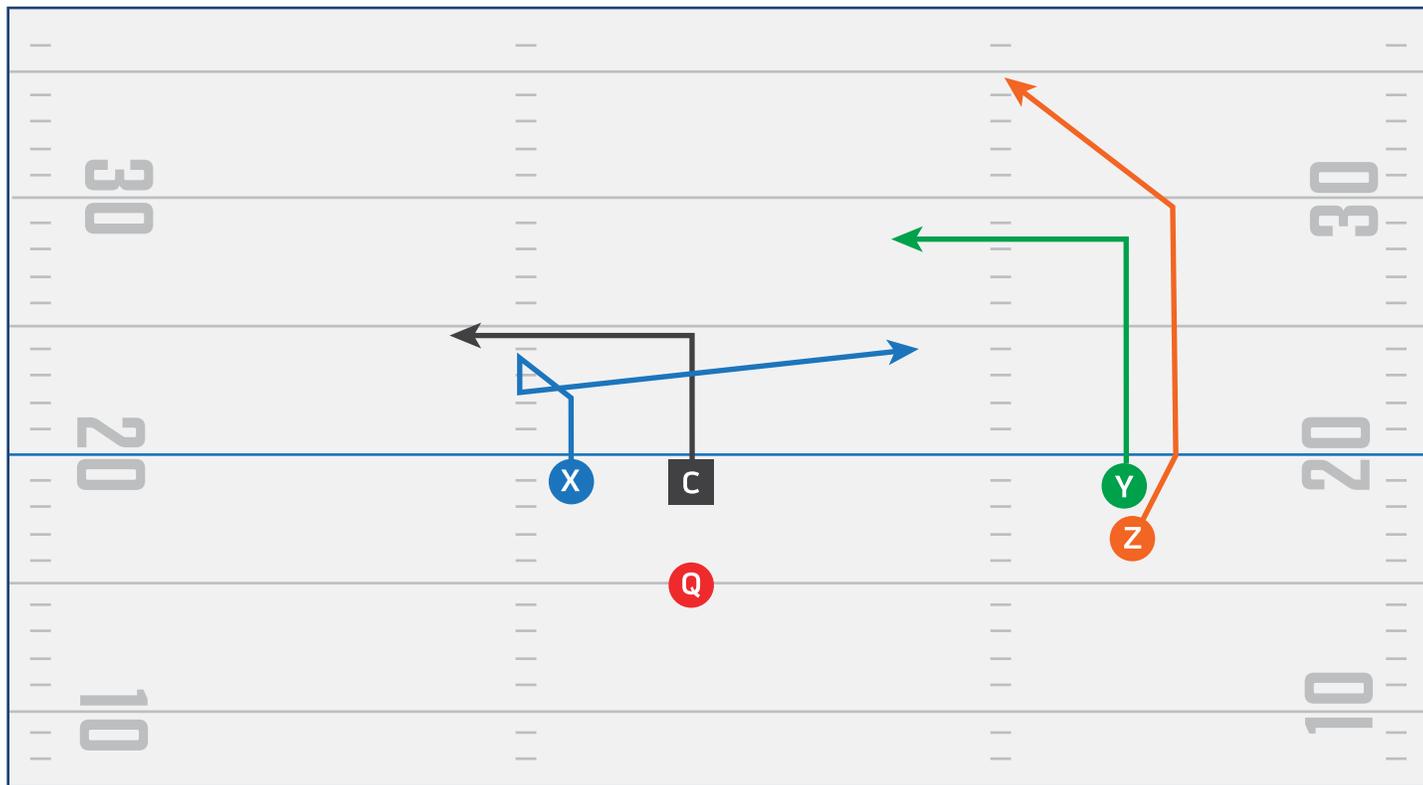
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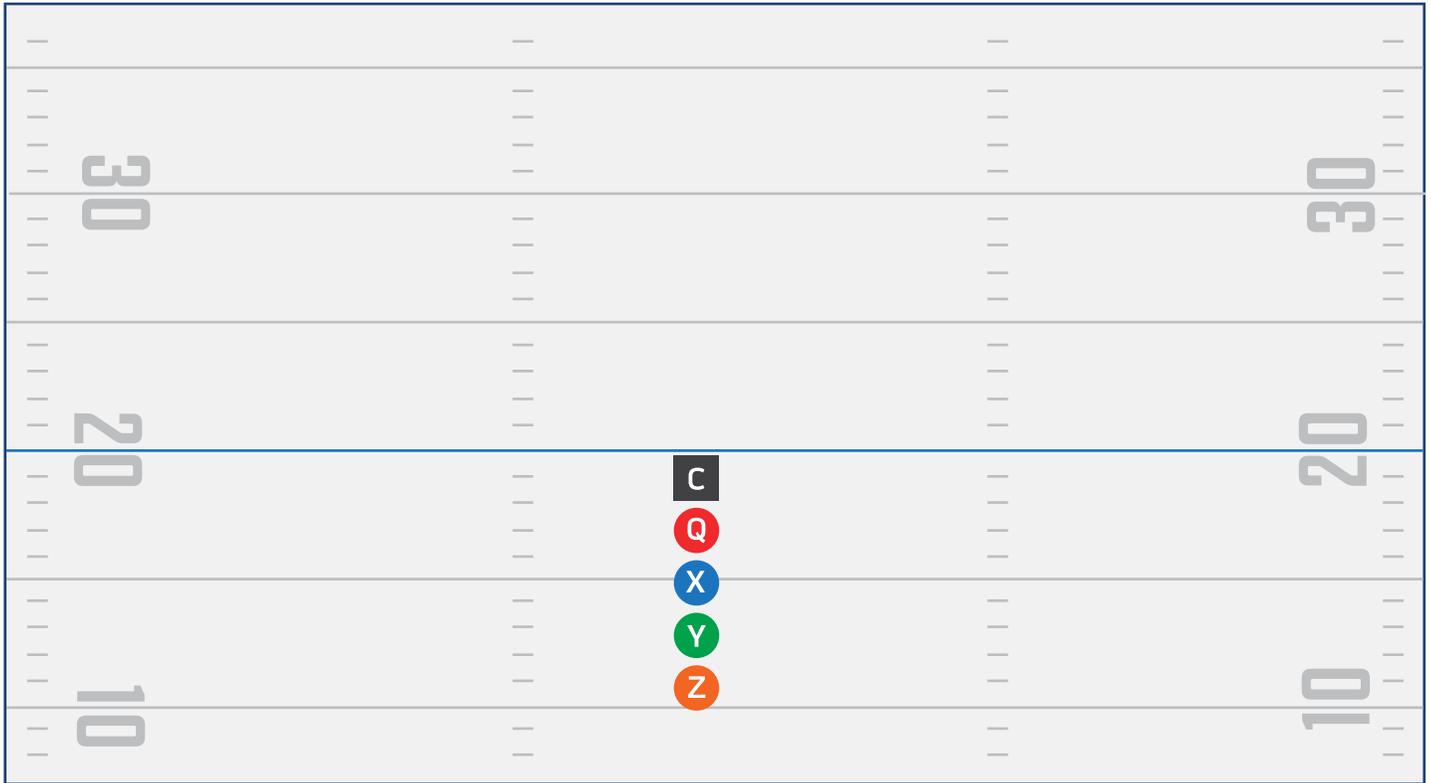
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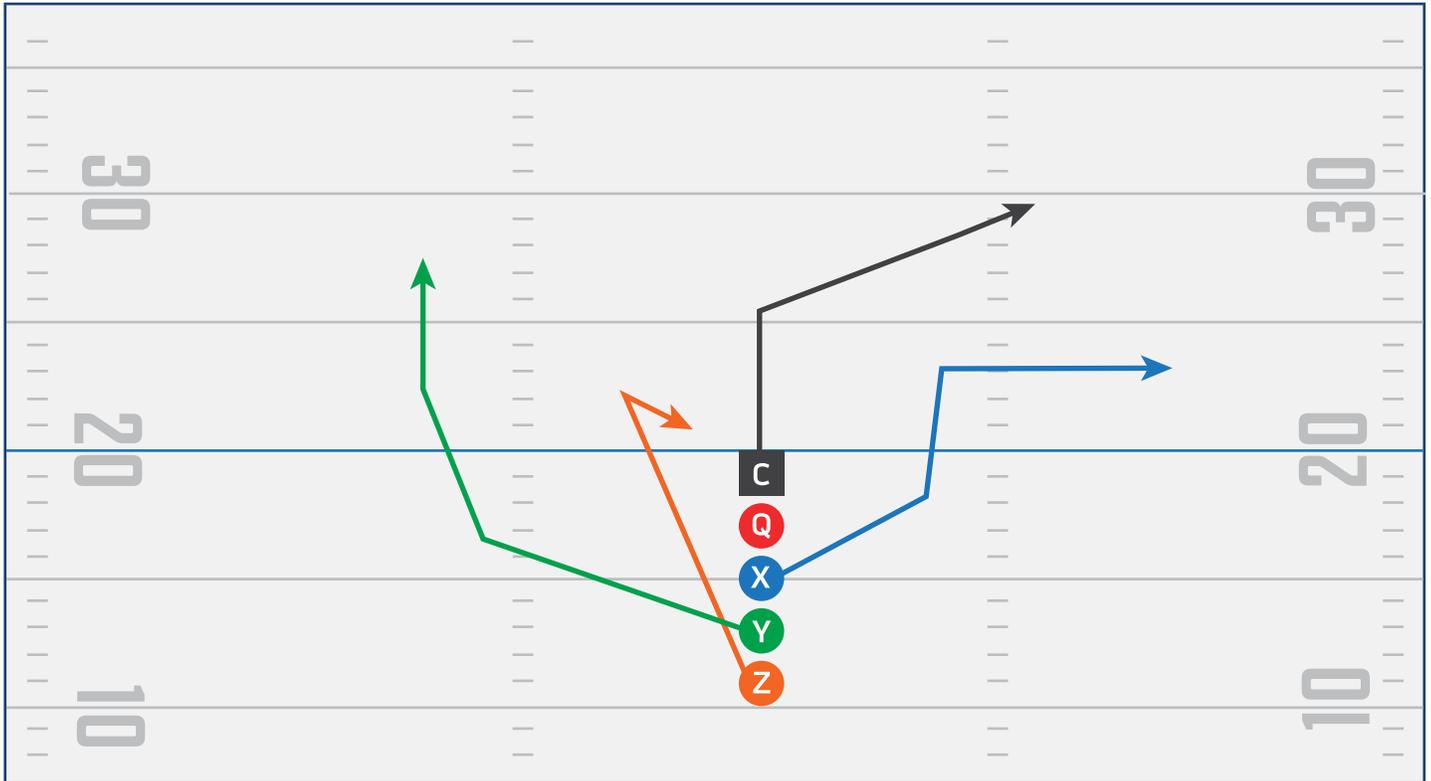
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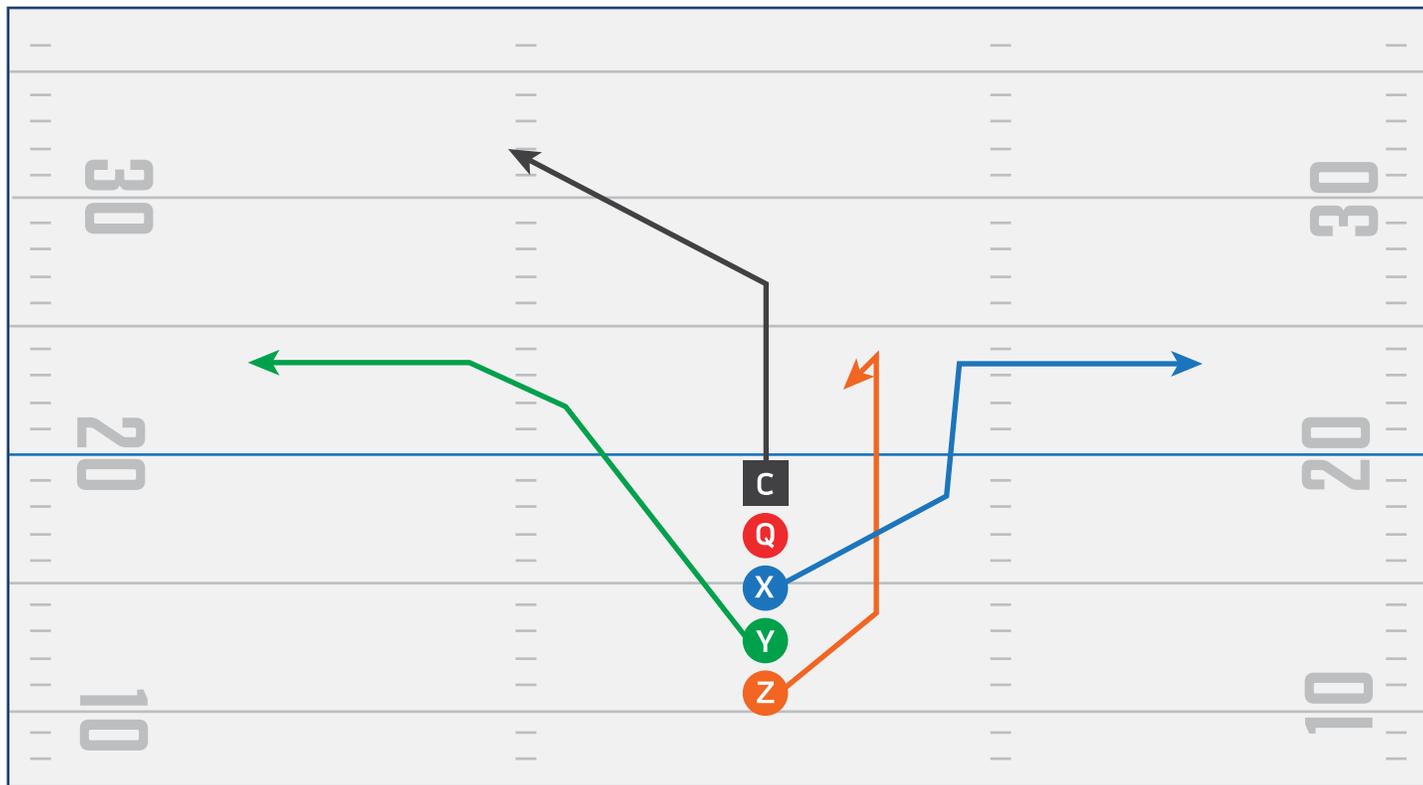
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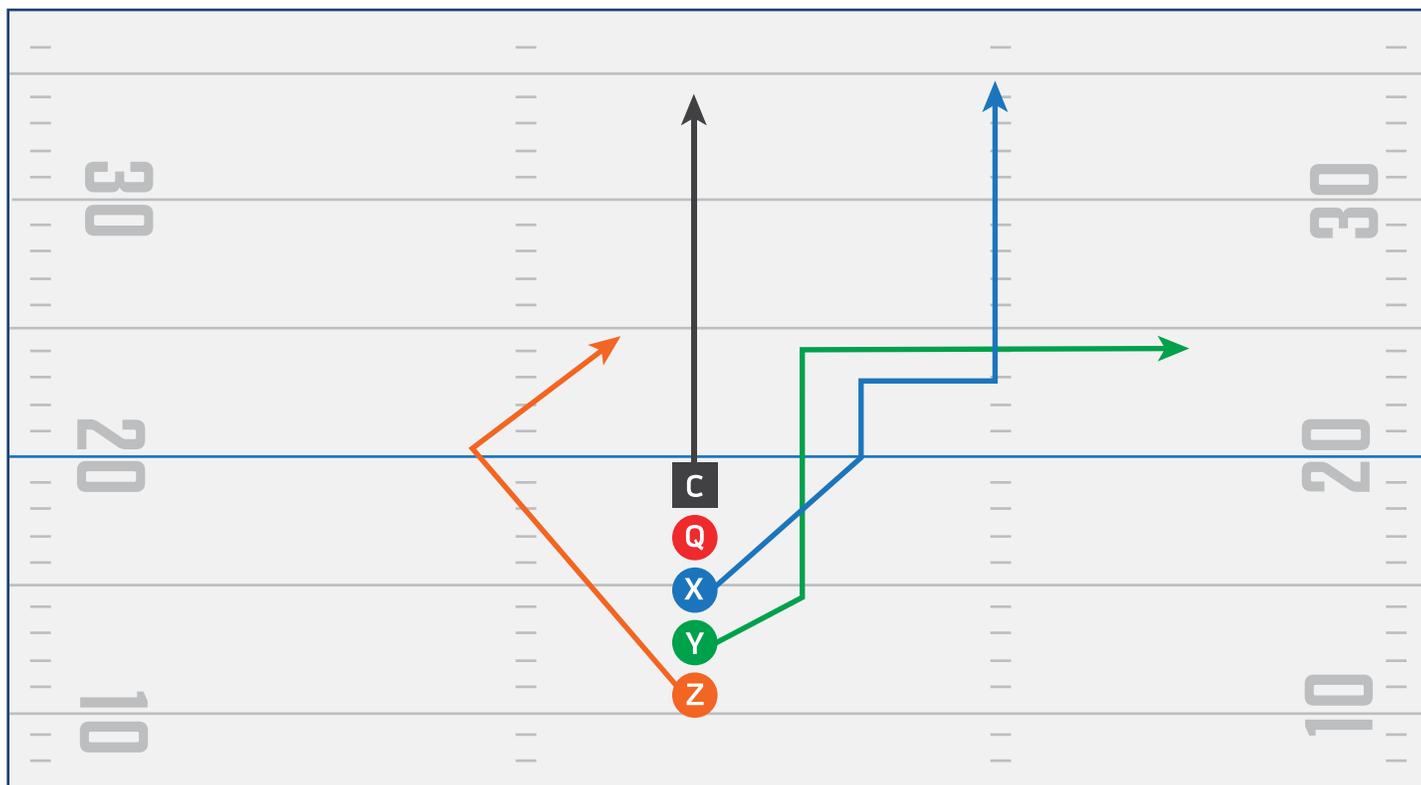
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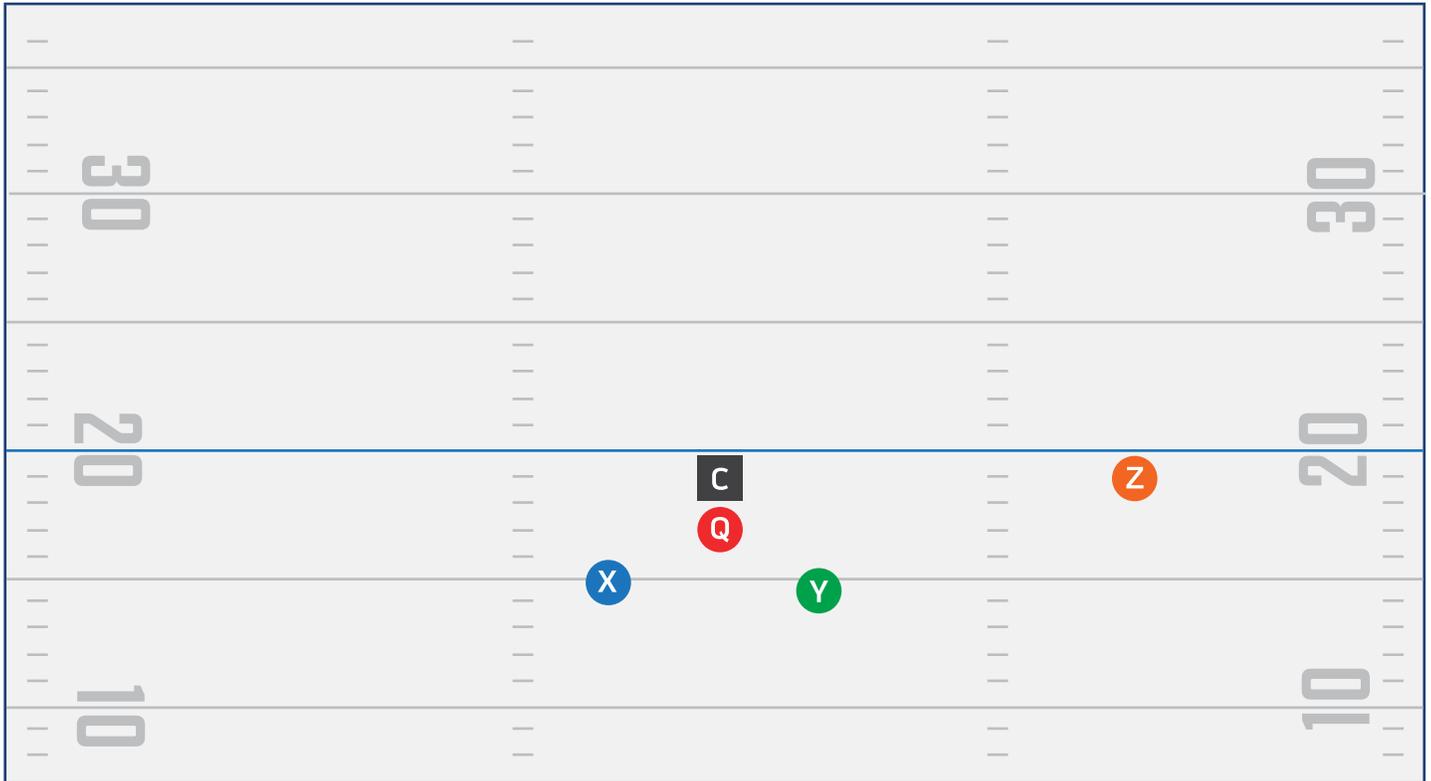
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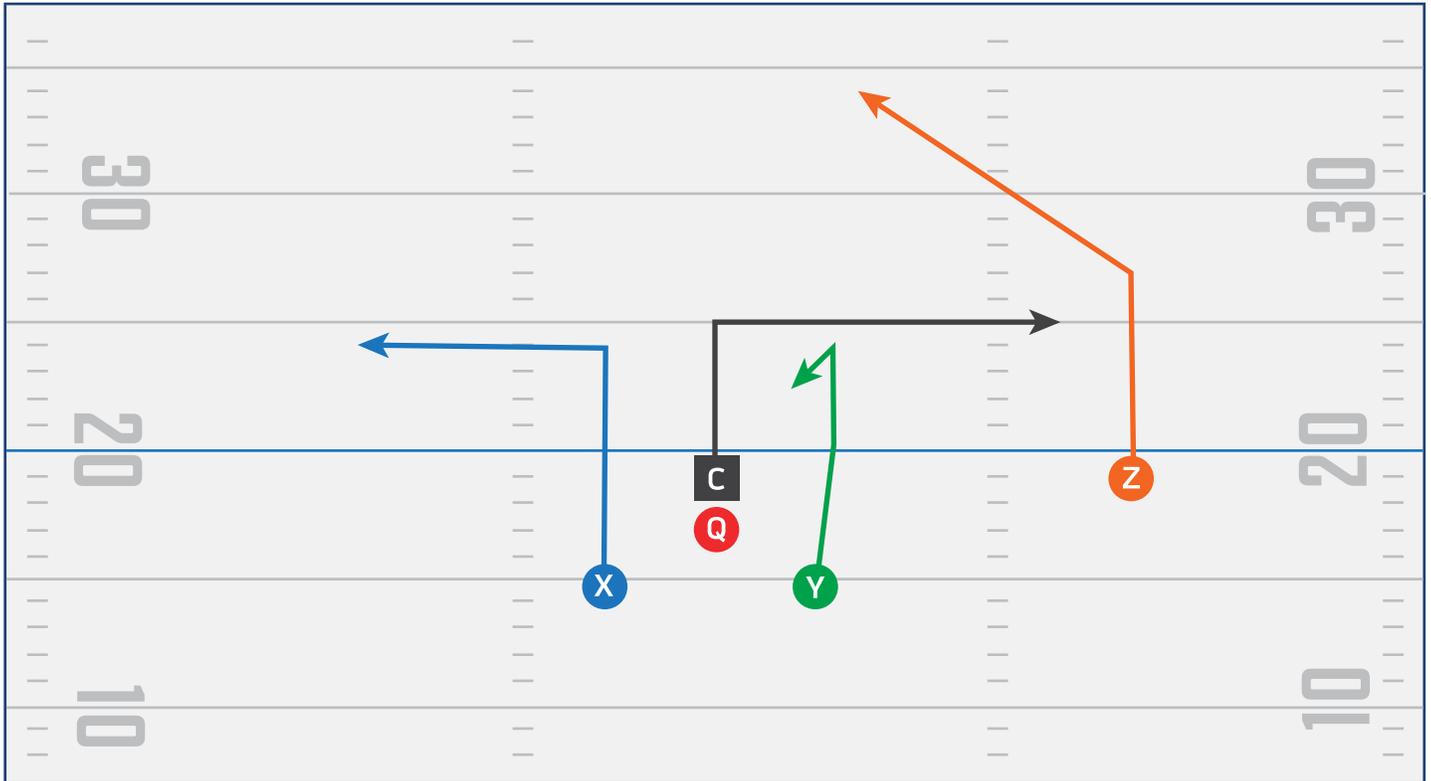
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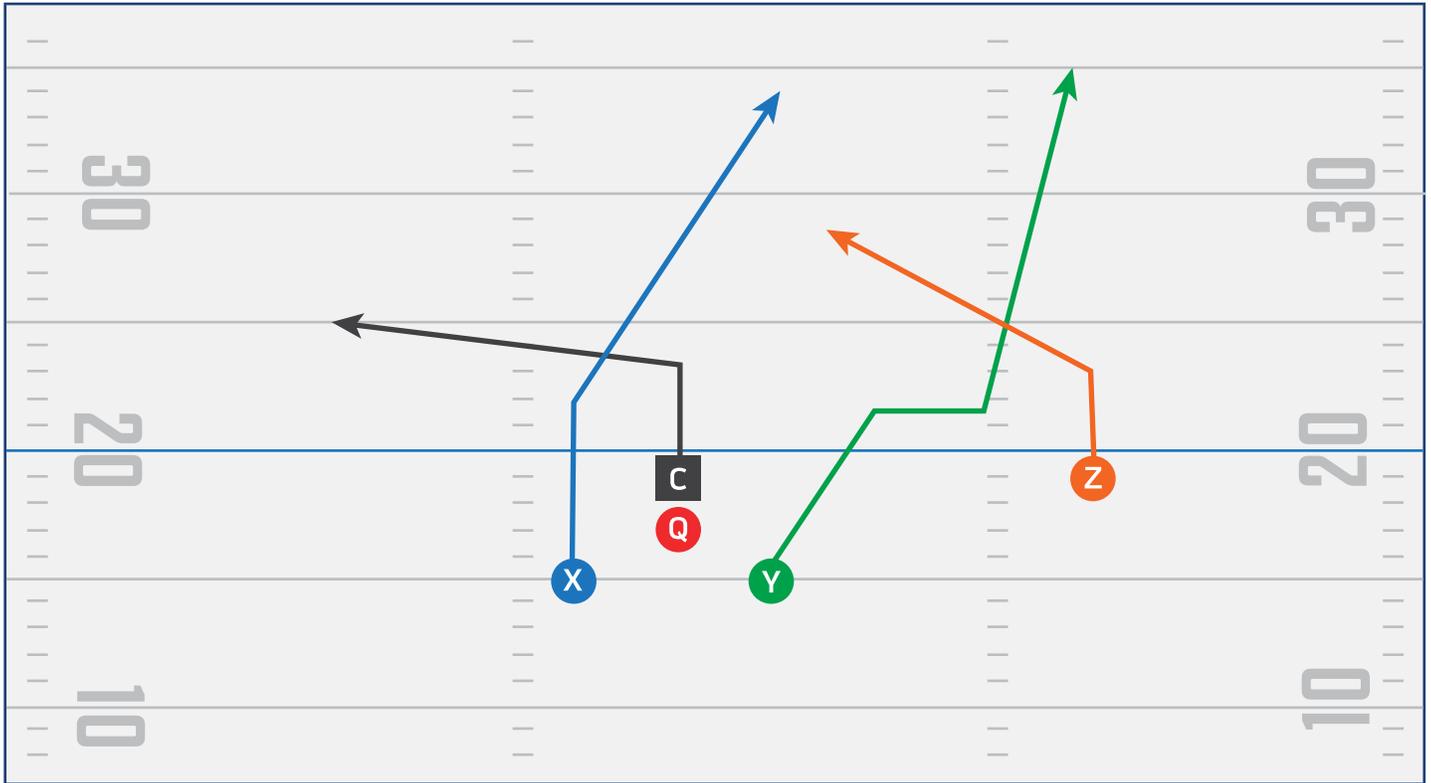
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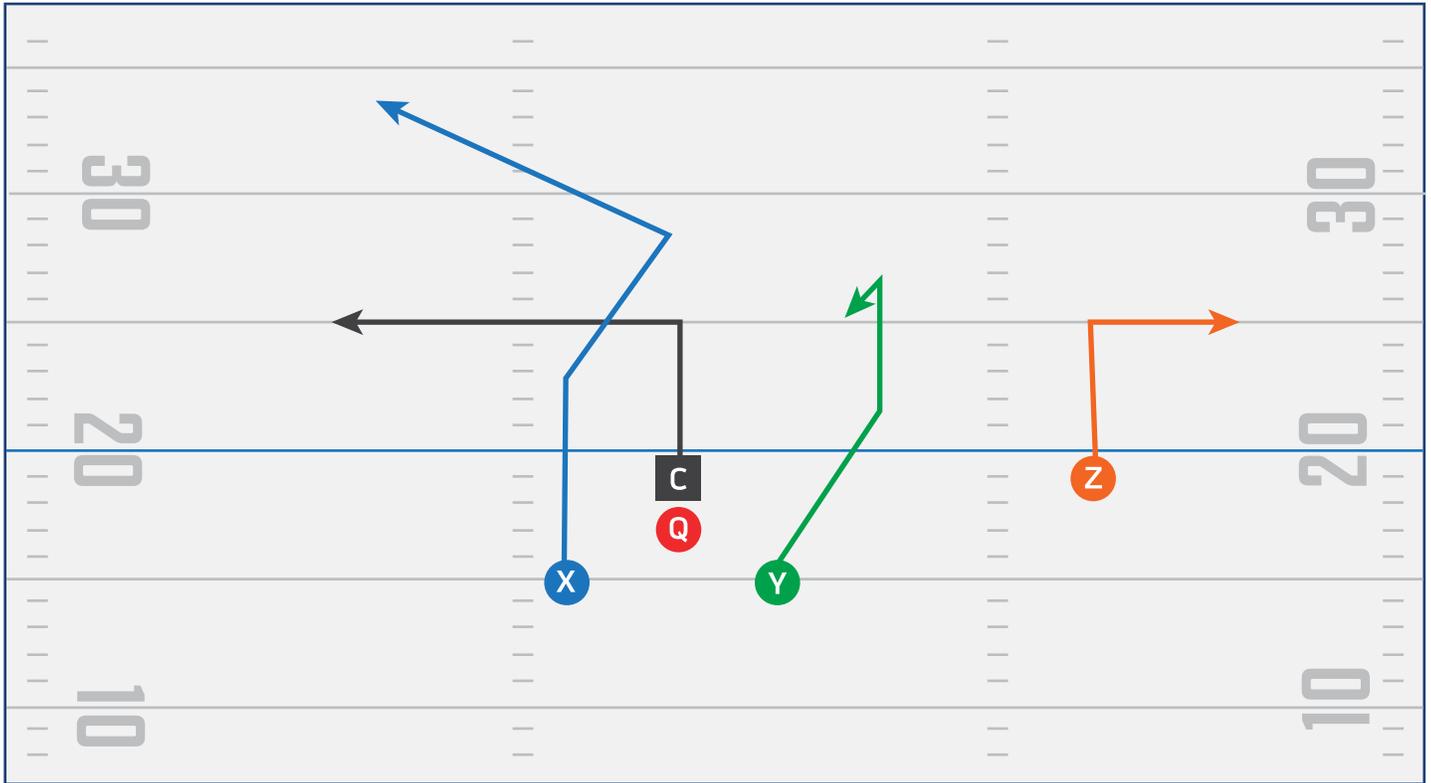
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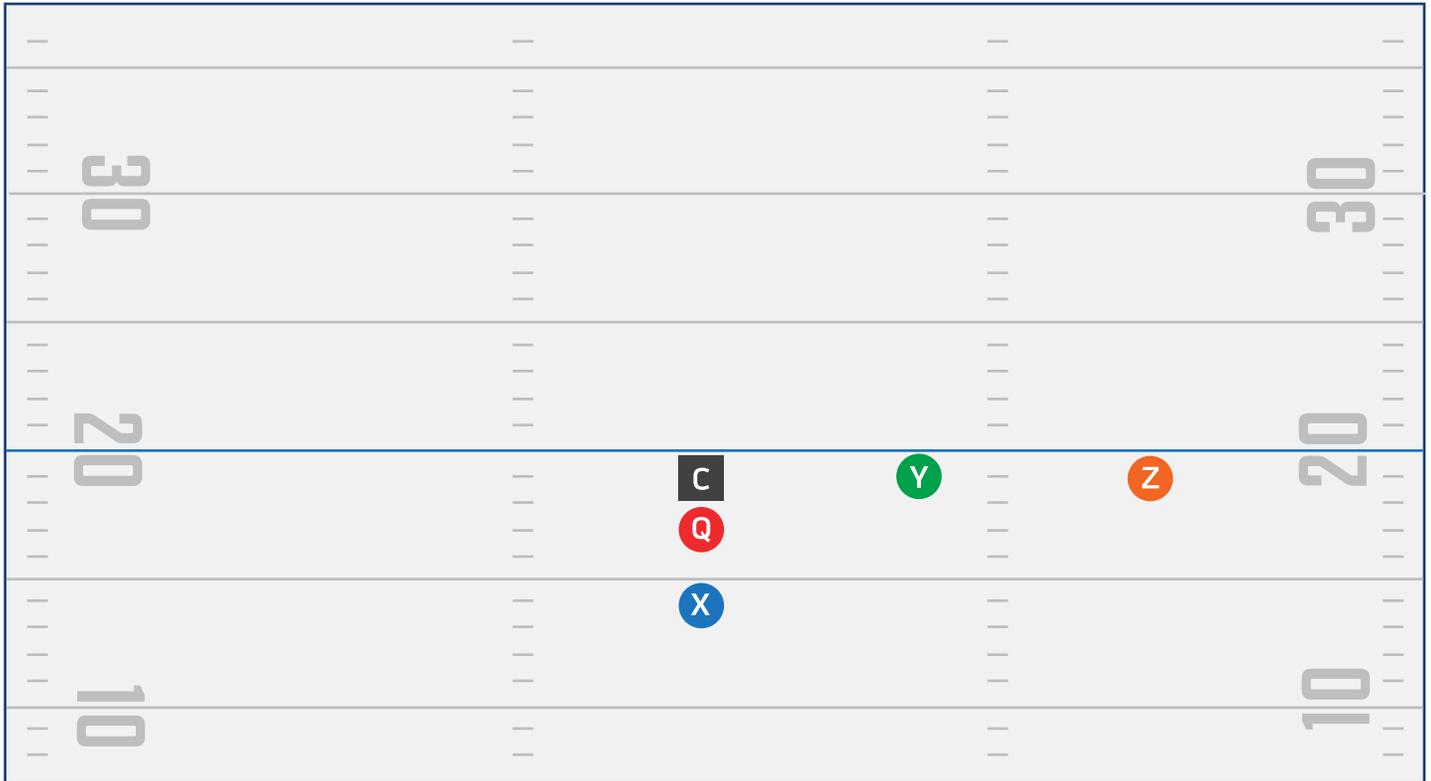
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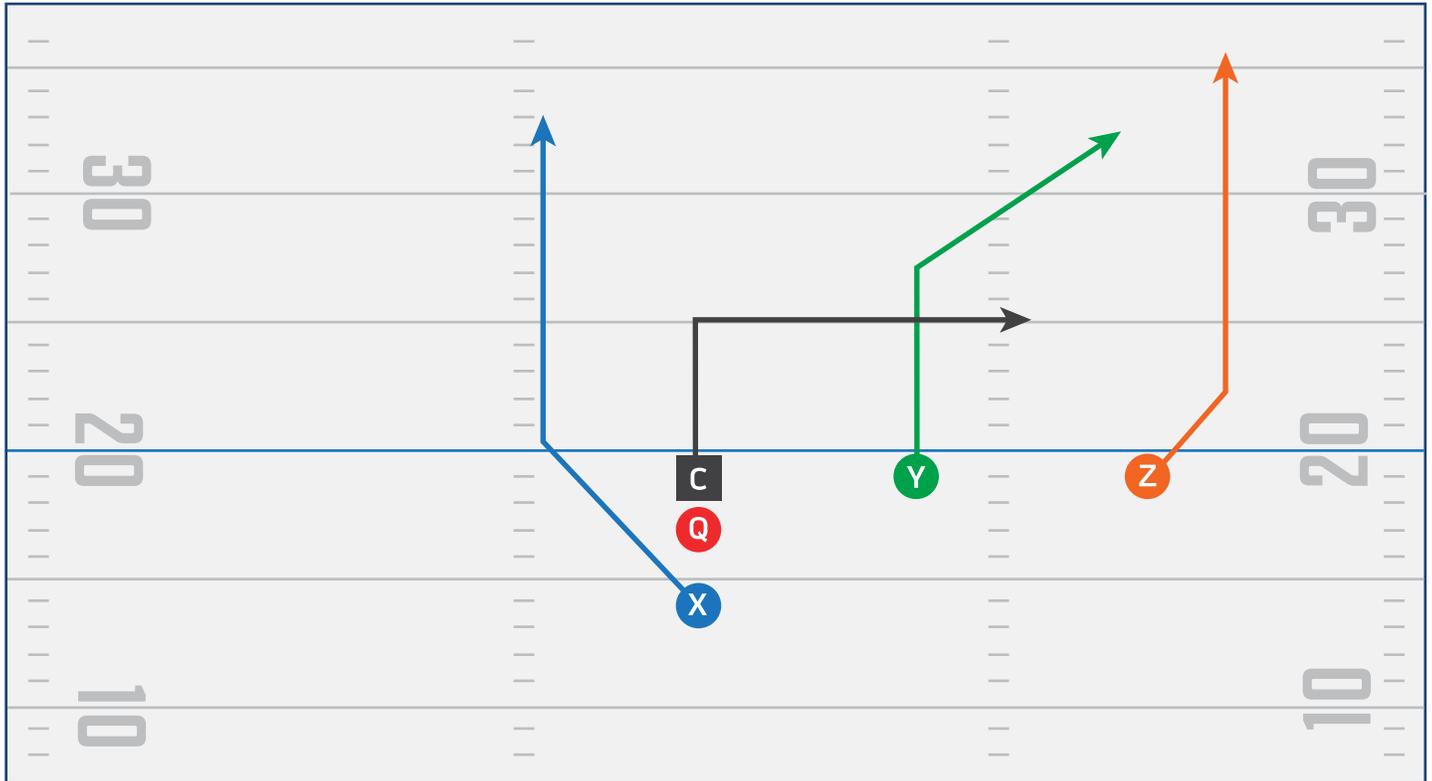
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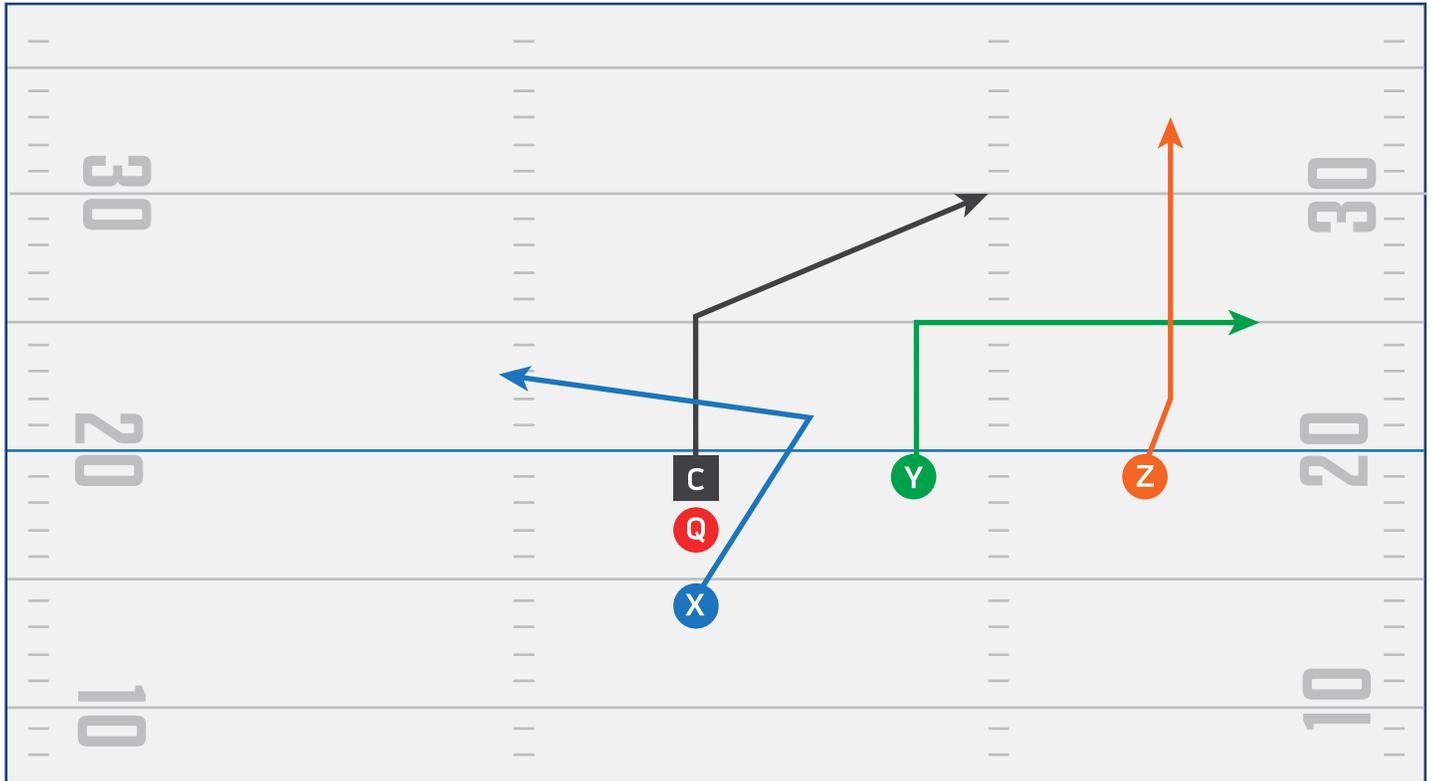
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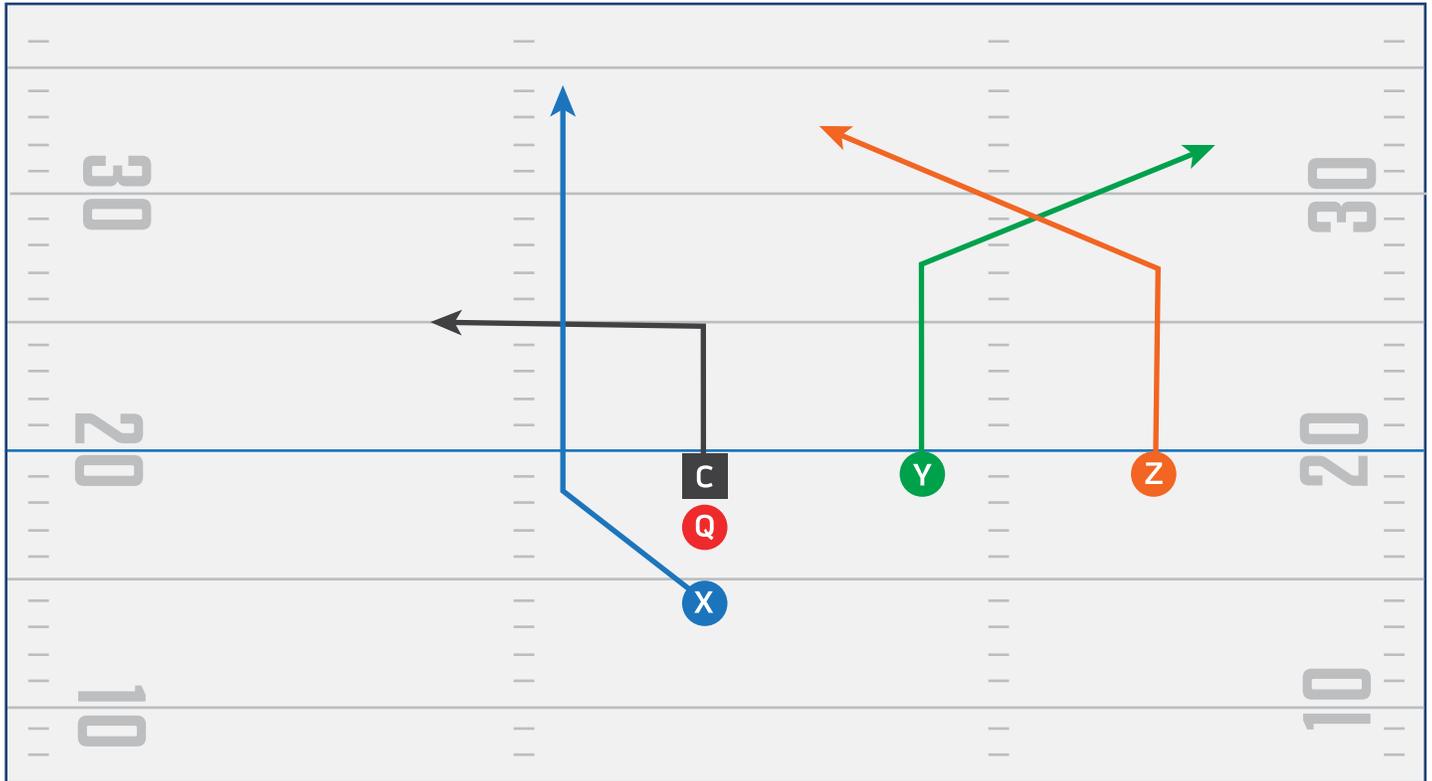
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### SINGLE SET PLAY 2



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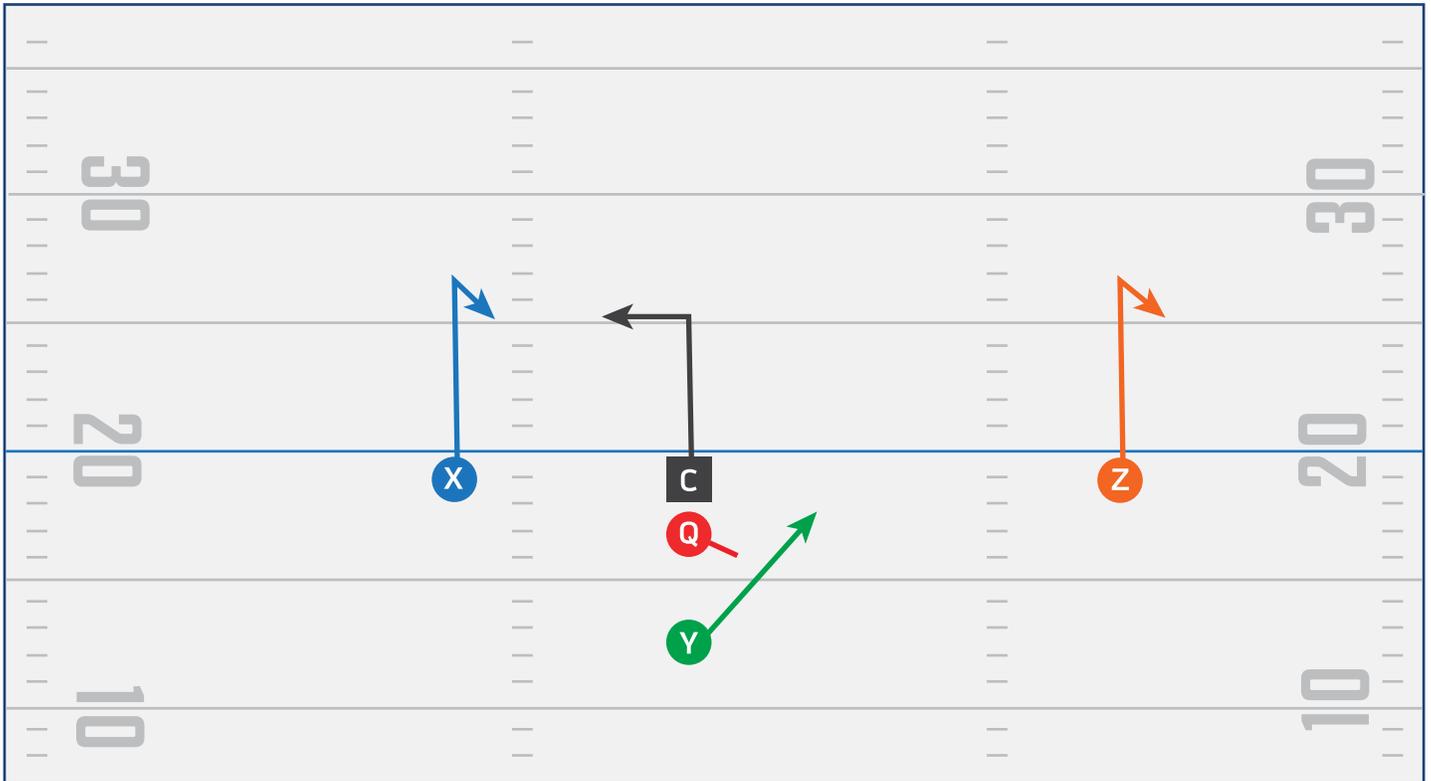


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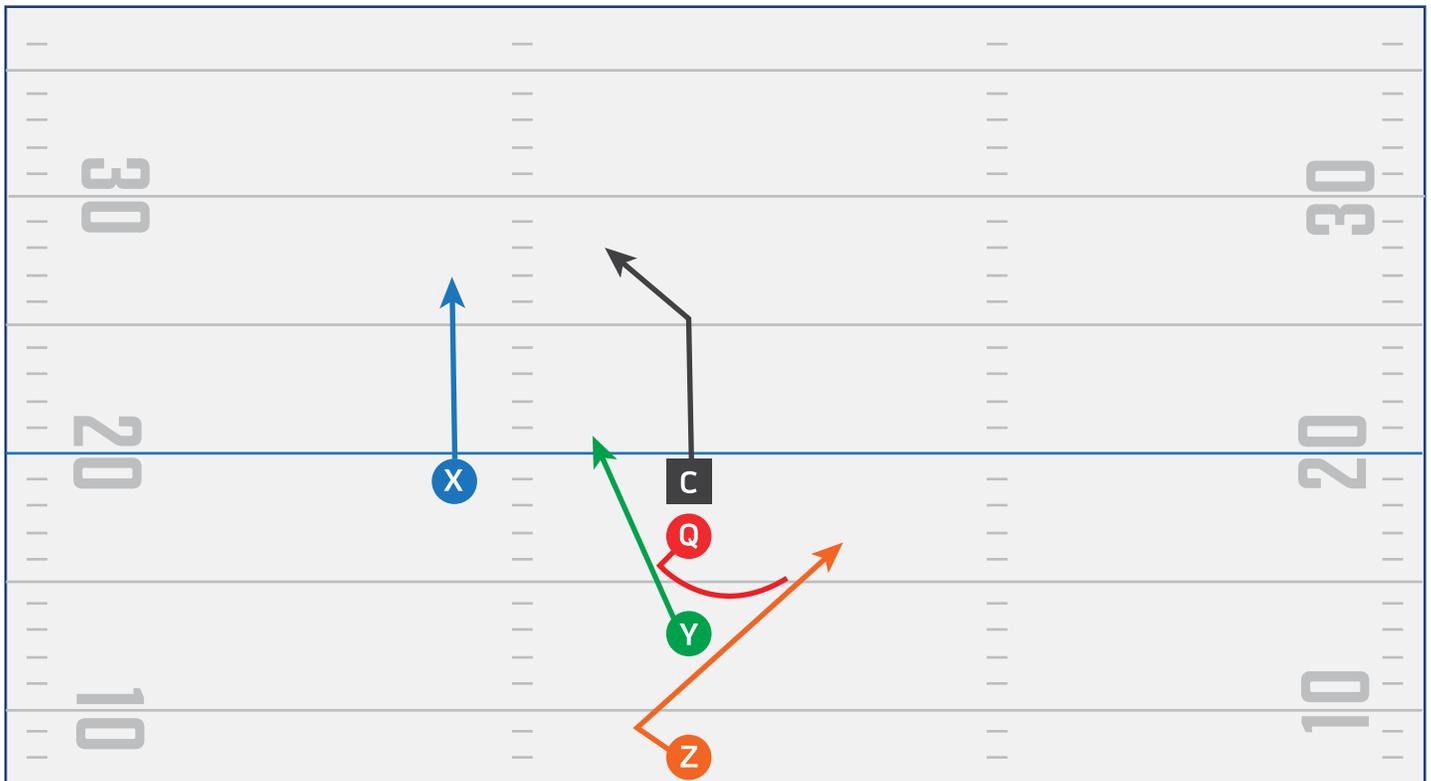
# PLAYBOOK

## RUN PLAYS

# HB DIVE

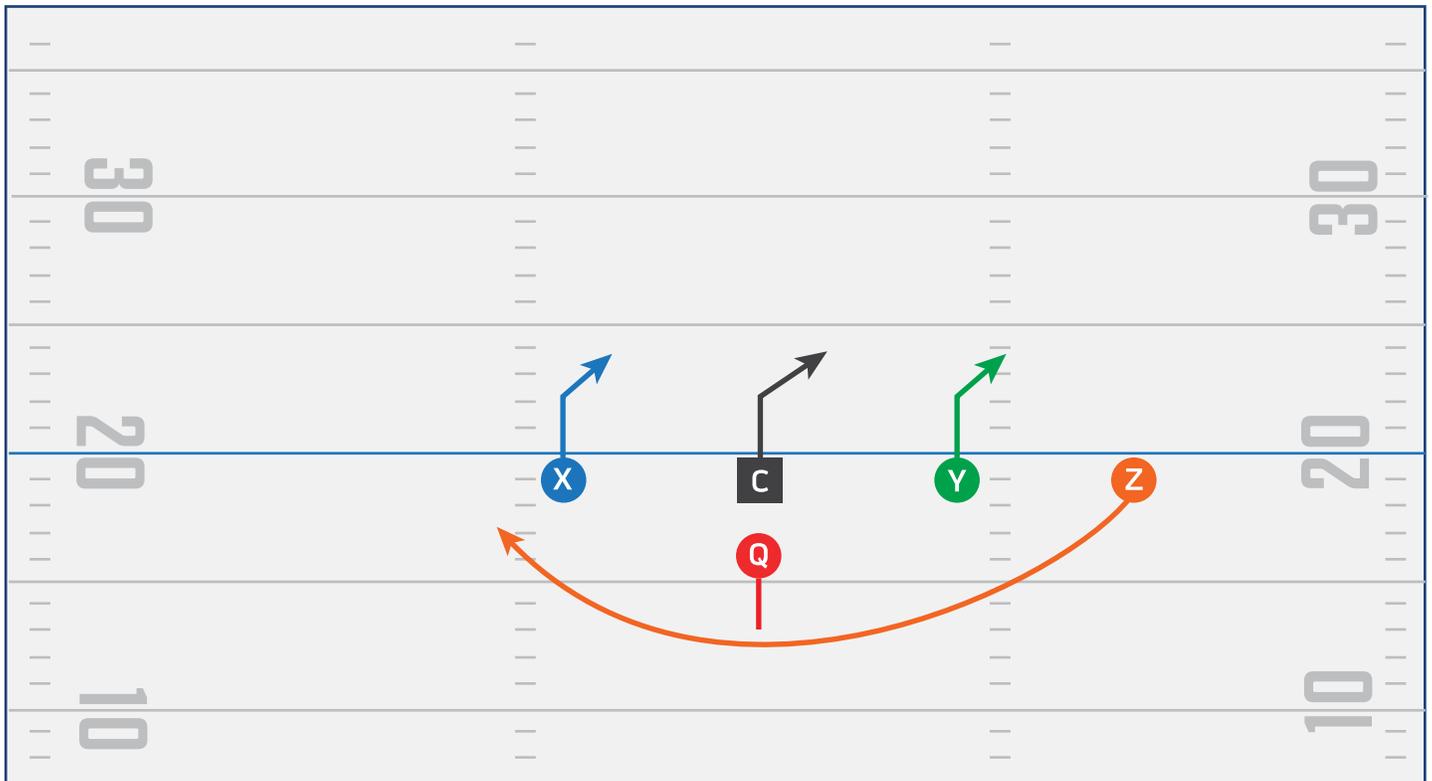


### CROSSBUCK

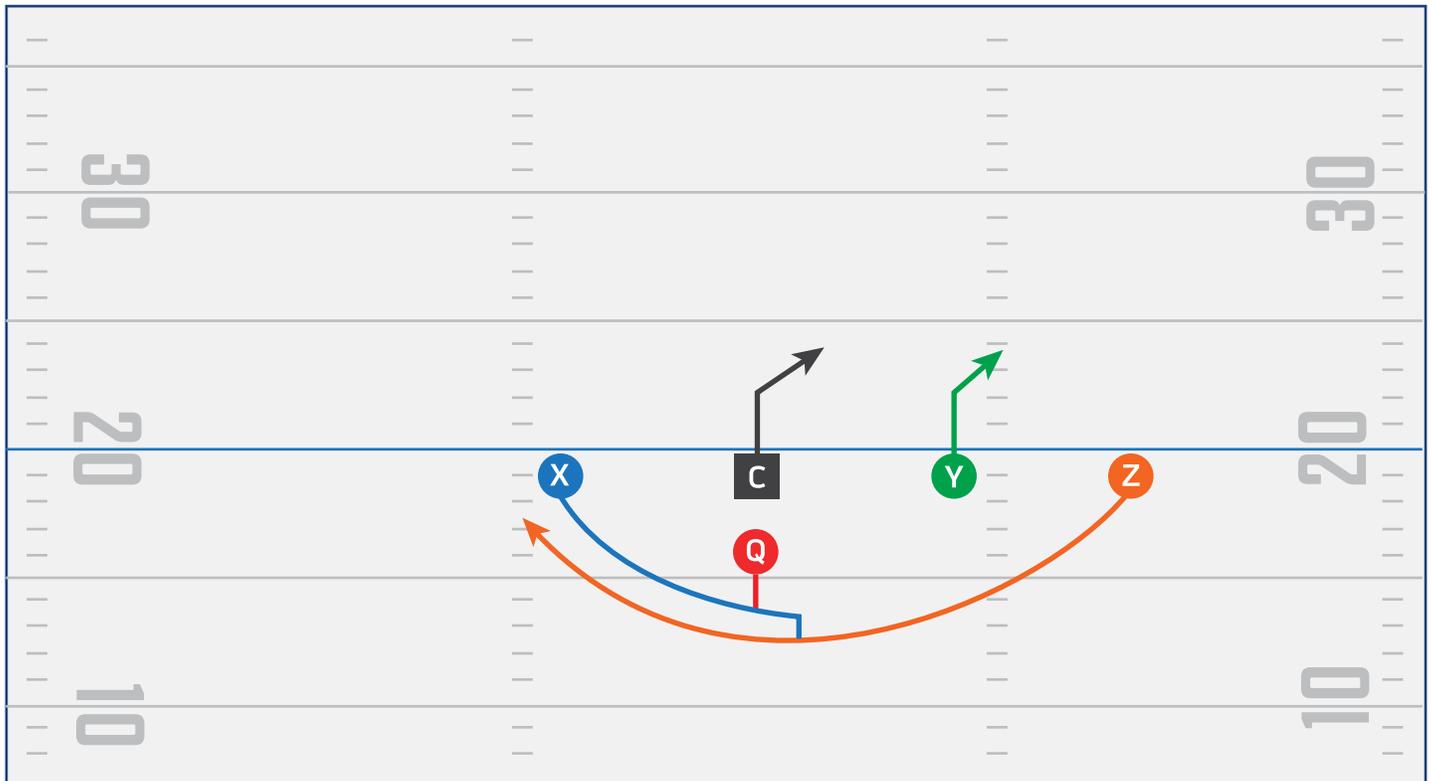




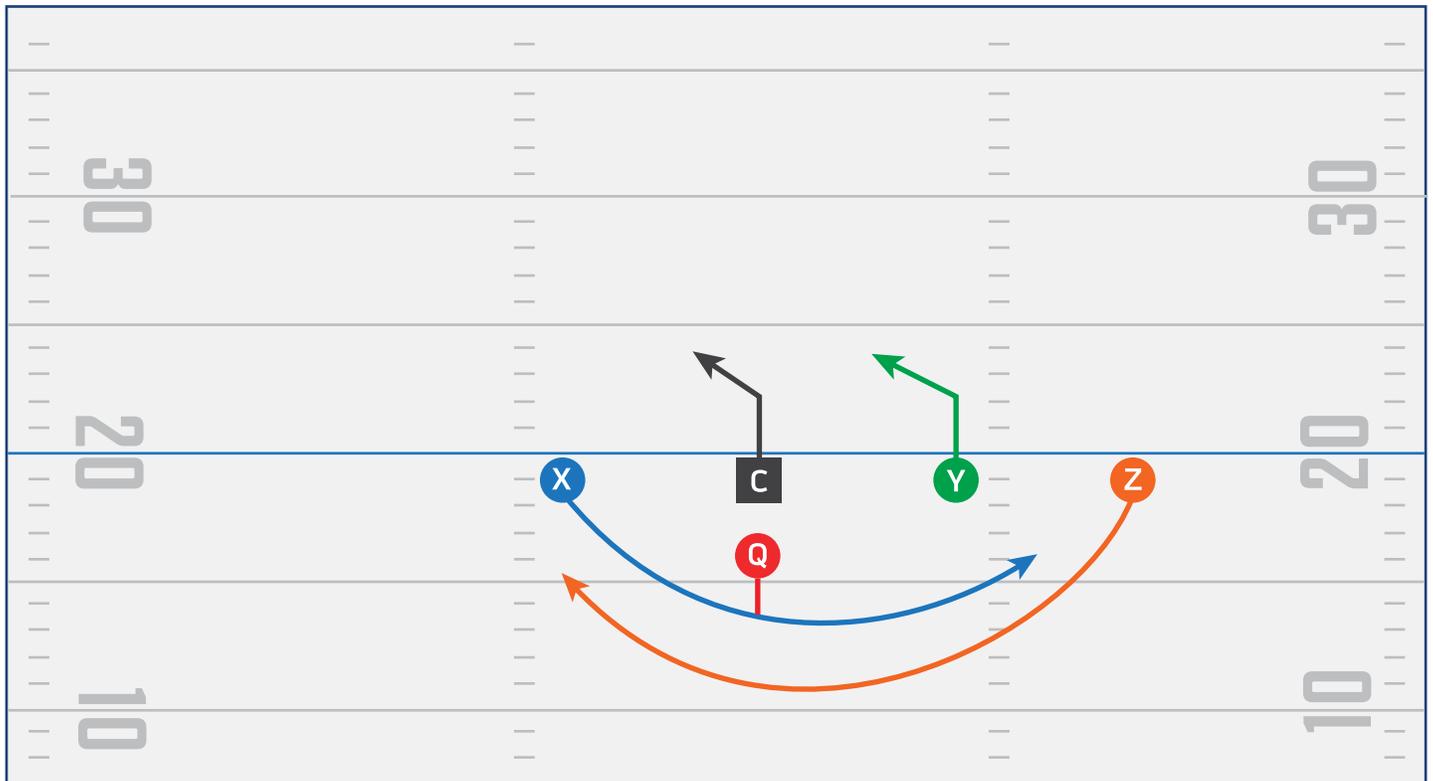
### REVERSE



# DOUBLE REVERSE

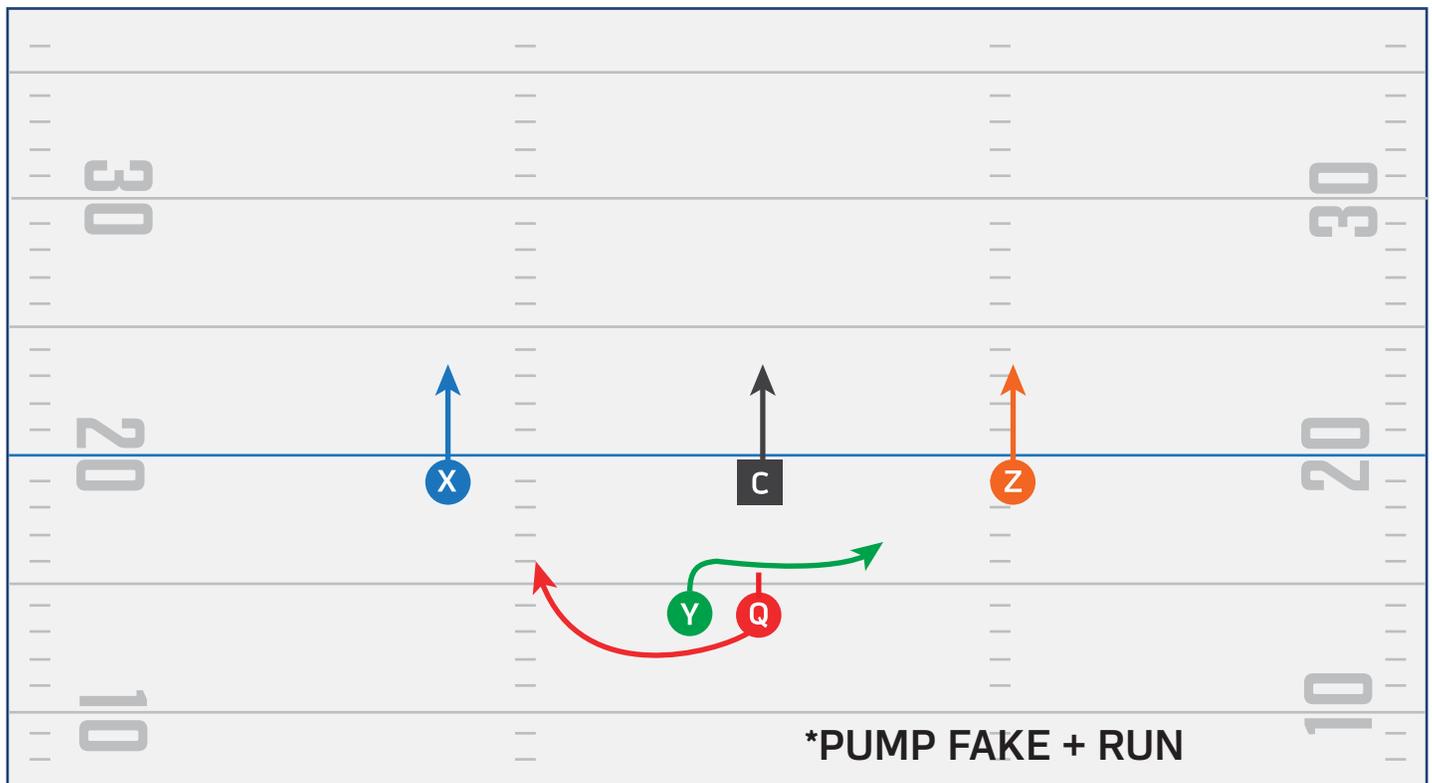


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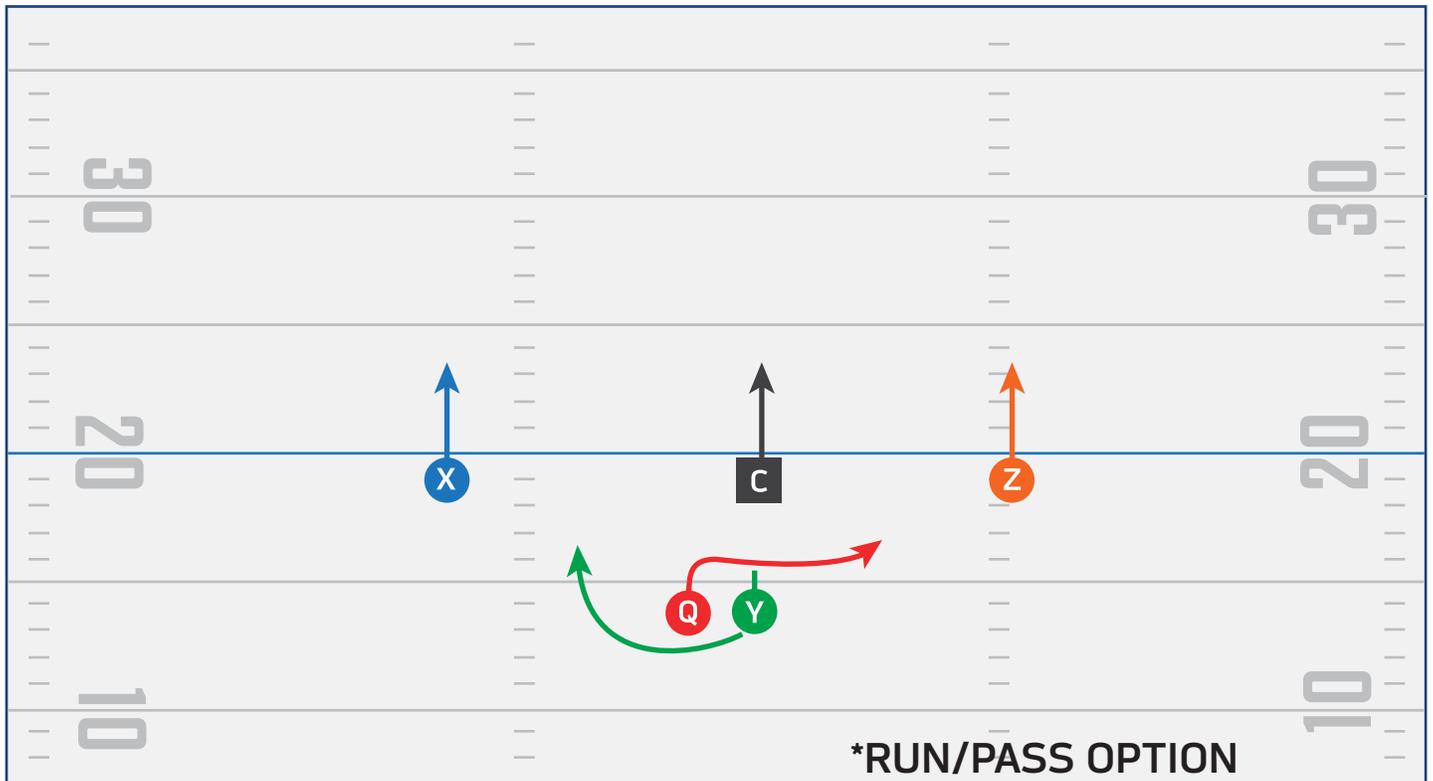




### HB OPTION



### QB OPTION



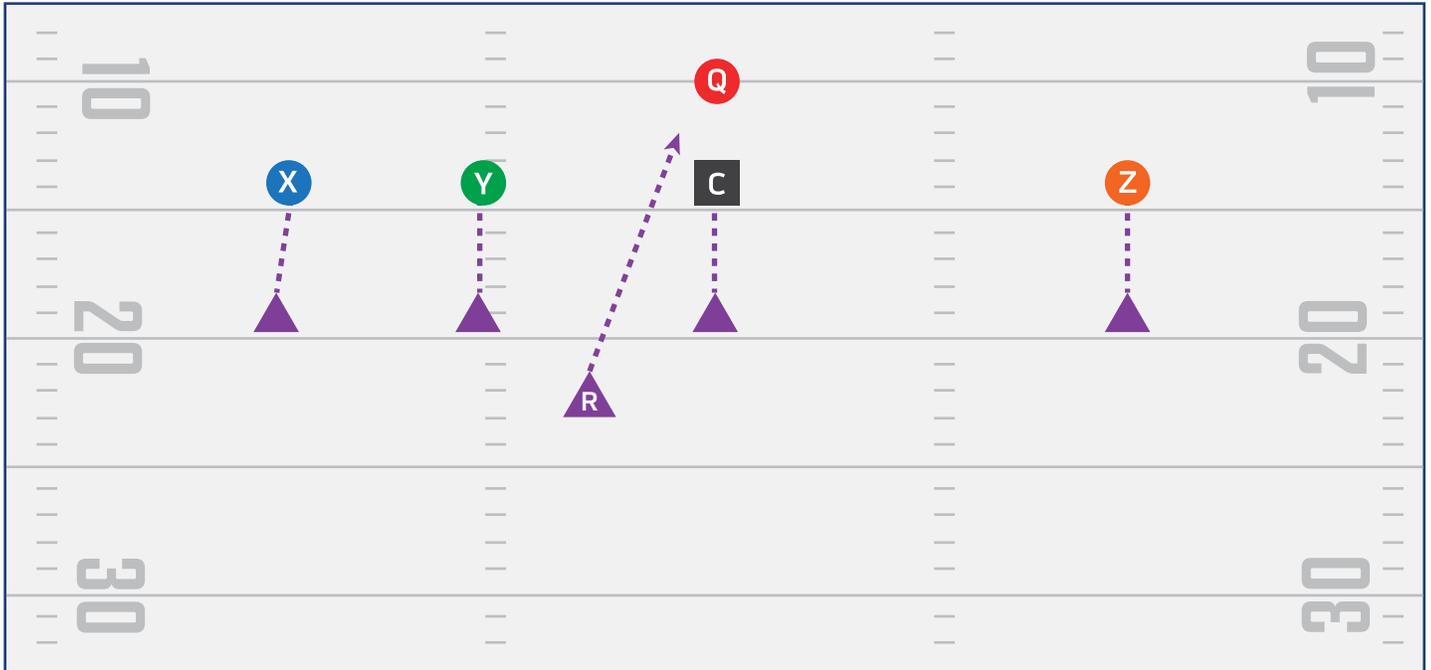


# FLAG

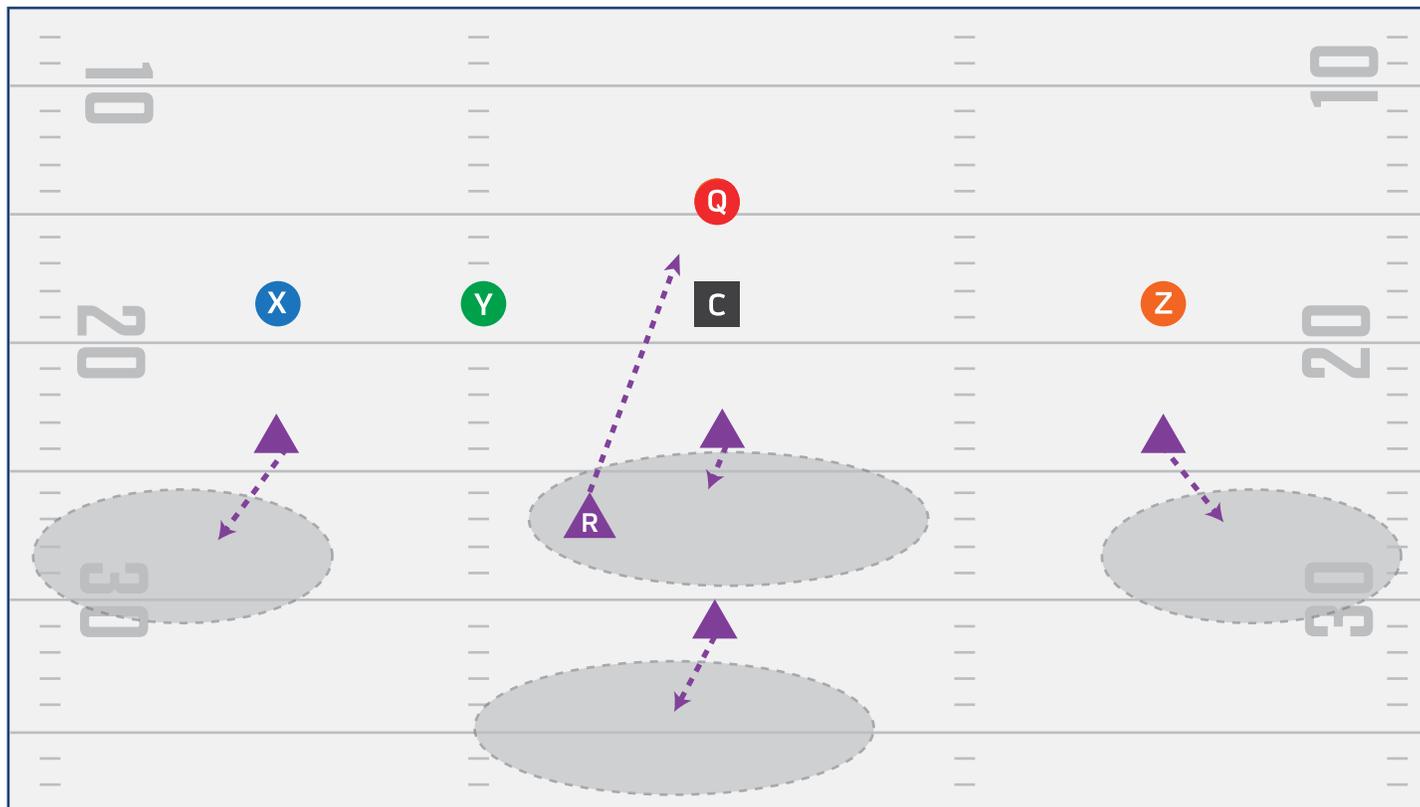
## PLAYBOOK

### DEFENSIVE COVERAGES

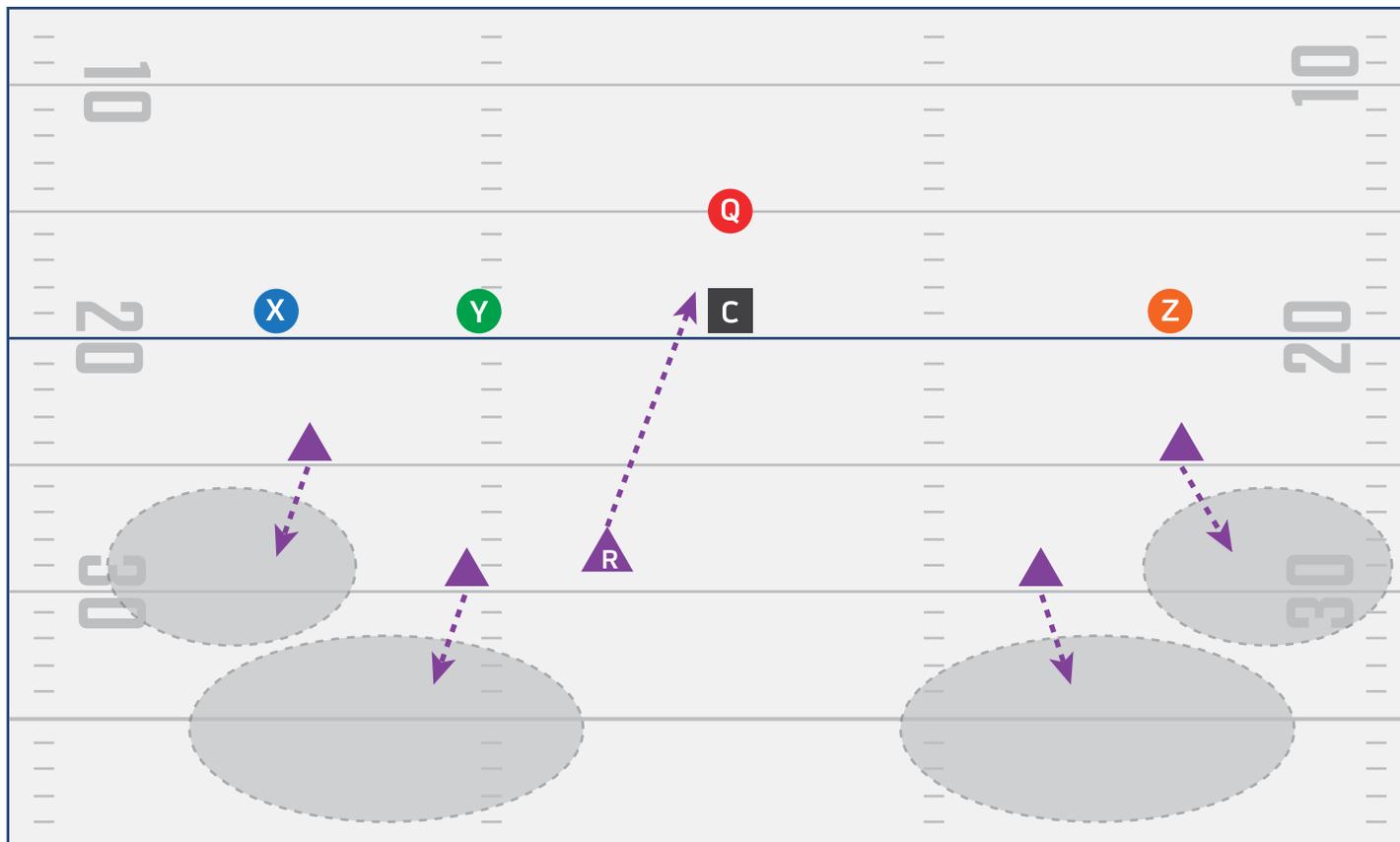
### NFL FLAG MAN



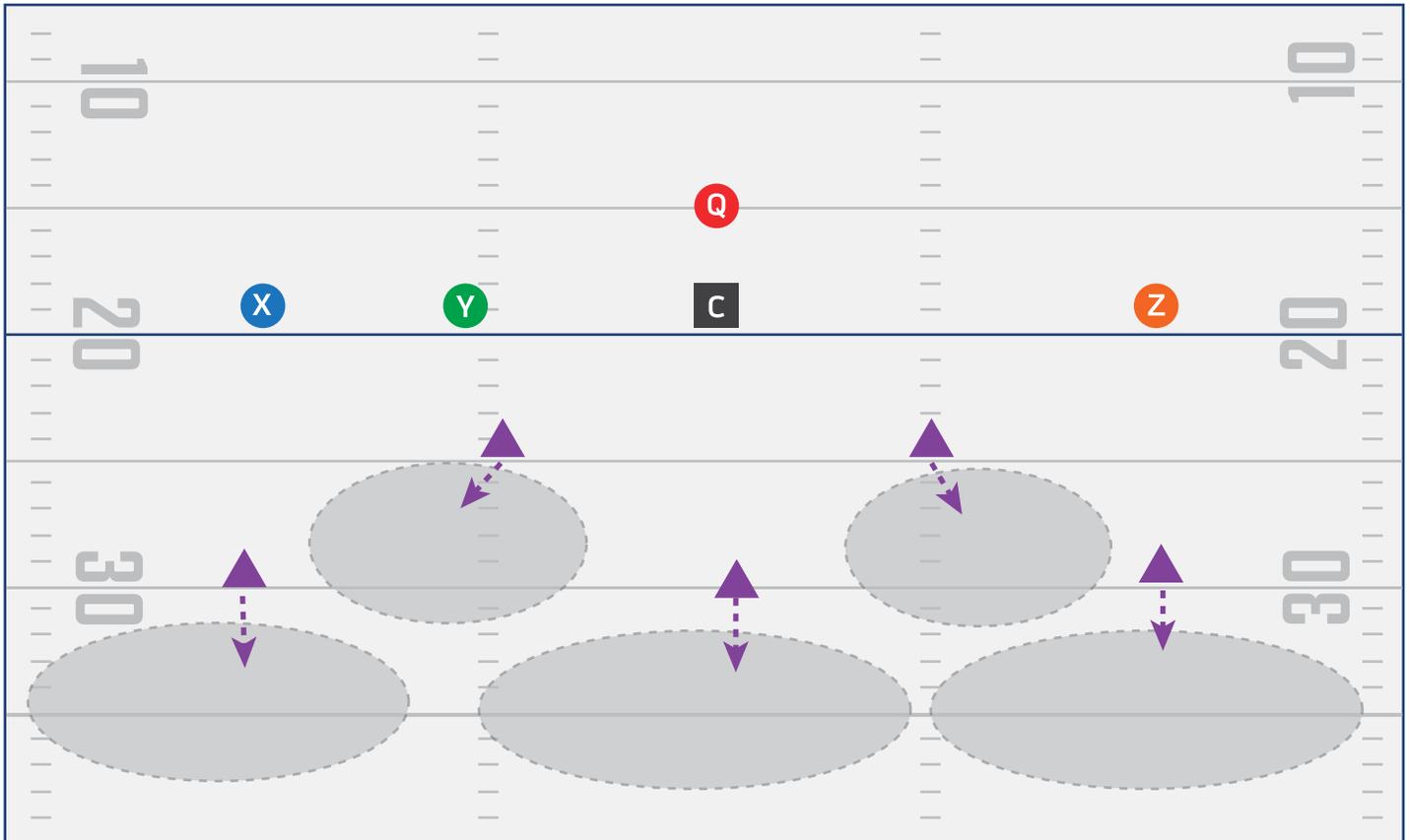
### NFL FLAG COVER 1



# NFL FLAG COVER 2



# NFL FLAG COVER 3



### NFL FLAG COVER 4

