



FLAG FOOTBALL
7V7 PLAYBOOK

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THANK YOU ESPN

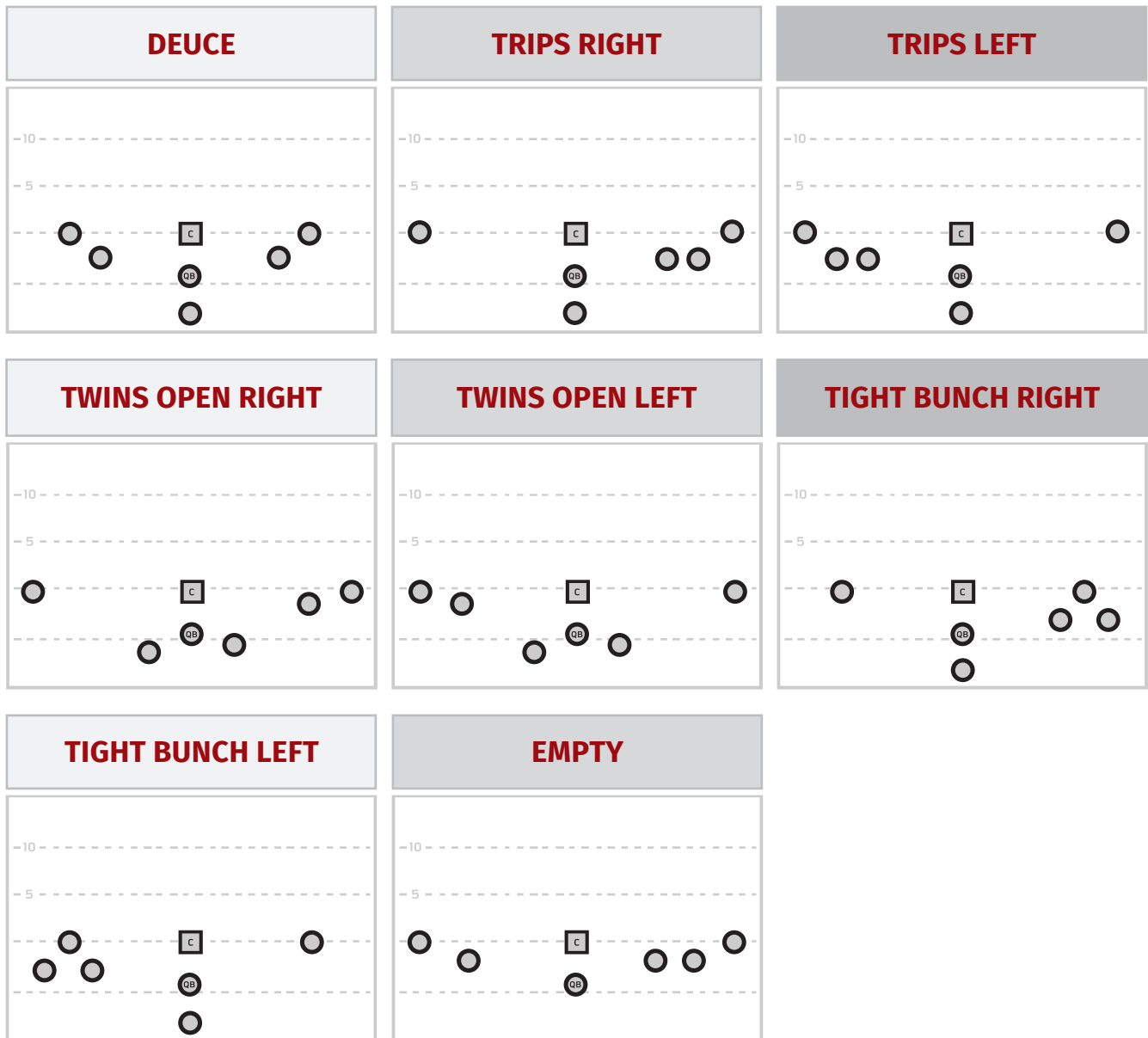
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Introduction to Formations

All offensive plays start from a formation that dictates where all seven players line up prior to the start of the play. Our flag football playbooks focus on eight formations – duece, trips, twins, tight bunch and empty. There are always adjustments and changes a coach can make to these plays (including sending a player in motion), however it is important when coaching young players that you focus more on basic fundamentals of the game and less on complicated formations and motions. Teams that do just a few things very well will be more successful than teams that do many things less than well.



Note: Like play names, formations can be adjusted to fit your needs. For example, “Stack Left Trips” can refer to a formation in which two receivers are stacked to the left of center with the third receiver on that side of the ball as well.

PLAY-CALLING

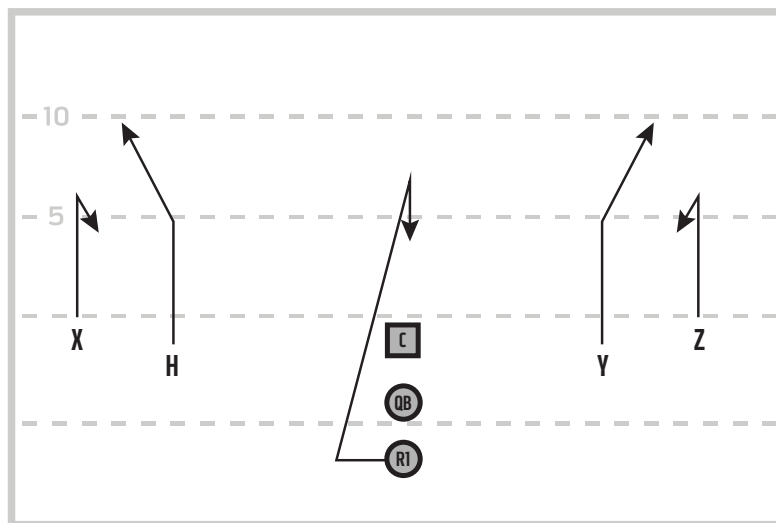
When calling an offensive play in the huddle, give the formation first, then the play. Example: “Spread Left Fils Left” would refer to a Spread Left formation and the Fils Left play.

Note: Play names included in this playbook are suggestions. Feel free to adapt the play names to fit your needs and the mental capacity of your players. USA Football recommends picking a few plays that your team can run well rather than implementing the entire playbook.

Ⓚ = quarterback	— = athlete’s intended movement
Ⓢ = center	~ = player in motion
Ⓡ = running back	X, H, Y & Z = receivers

Duece

i. Duece Smash



X: 5 Yard Hitch

H: Flag

Y: Flag

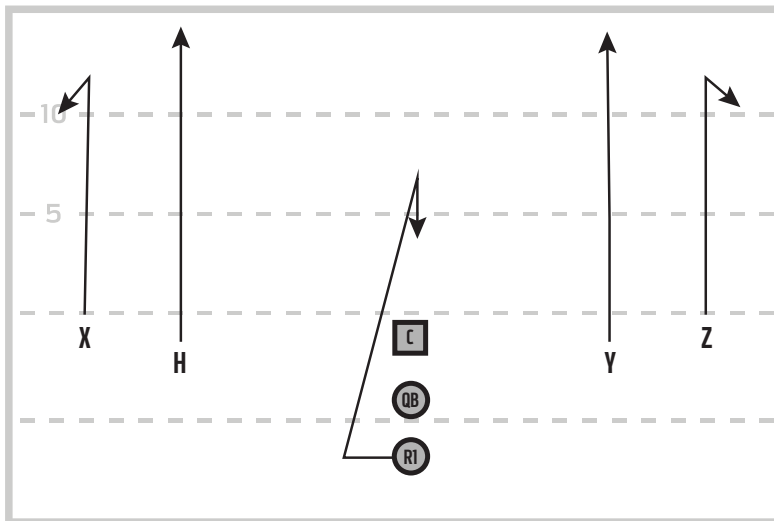
Z: 5 Yard Hitch

QB: VS COVER 2 - look to throw open flags / vs cover 3 - hitches, vs cover 4 - hitches

R1: Settle

Duece

ii. Duece Comeback Vertical



X: Comeback

H: Vertical

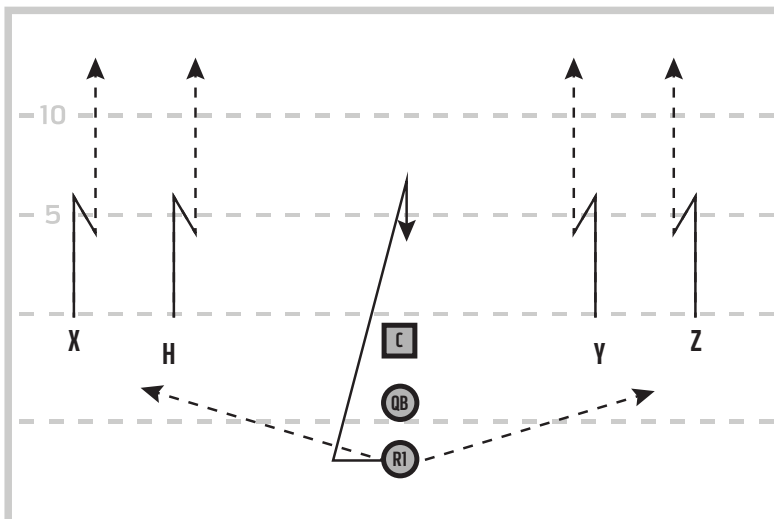
Y: Vertical

Z: Comeback

QB: VS Middle of field open - comeback or look to bend a vertical / vs. middle of field closed - look vertical, influence safety with eyes

R1: Settle

iii. Duece Hitch (& Go)



X: 5 Yard Hitch (& go)

H: 5 Yard Hitch (& go)

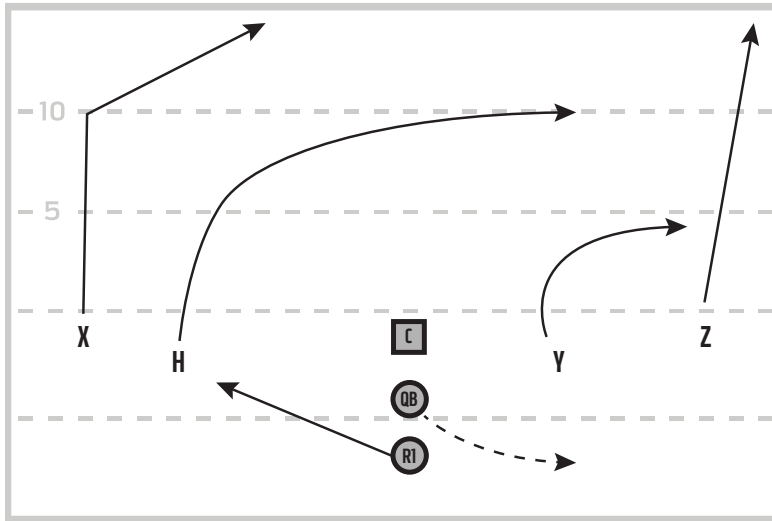
Y: 5 Yard Hitch (& go)

Z: 5 Yard Hitch (& go)

QB: Throw hitch to most favorable matchup or biggest cushion

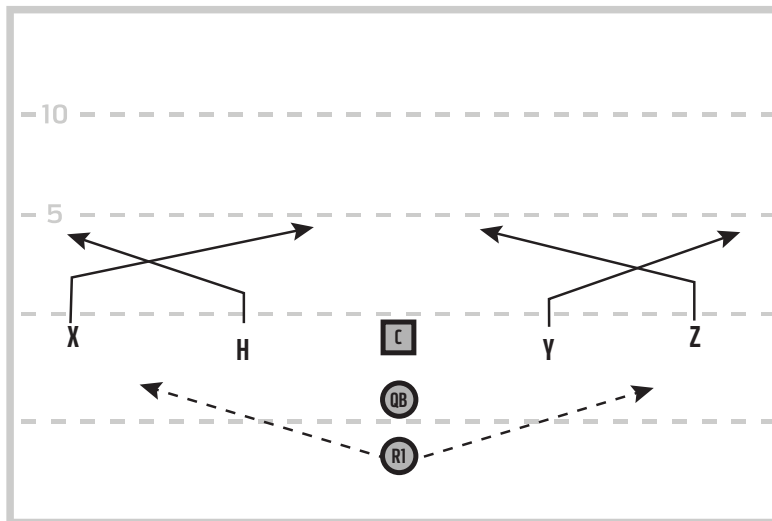
R1: Settle or Flare out

iv. Duece Waggle



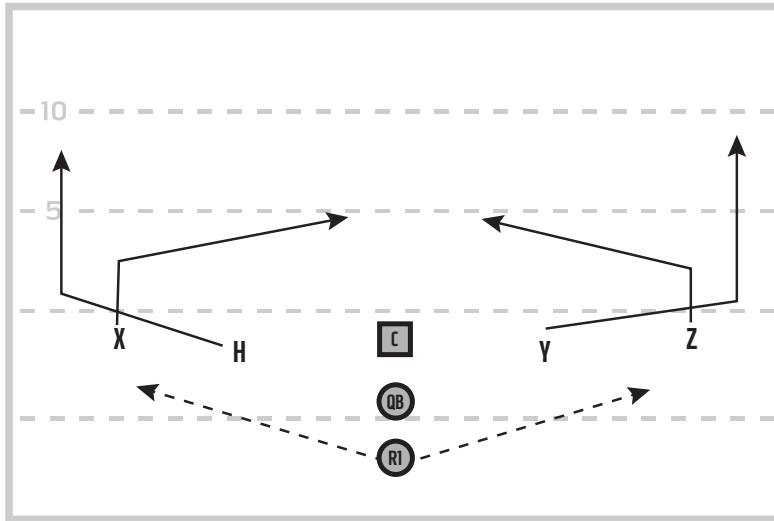
- X: Post
- H: 10 yard drag
- Y: Arrow
- Z: Vertical
- QB: Roll out
- R1: Delay flare

v. Duece Slant Arrow



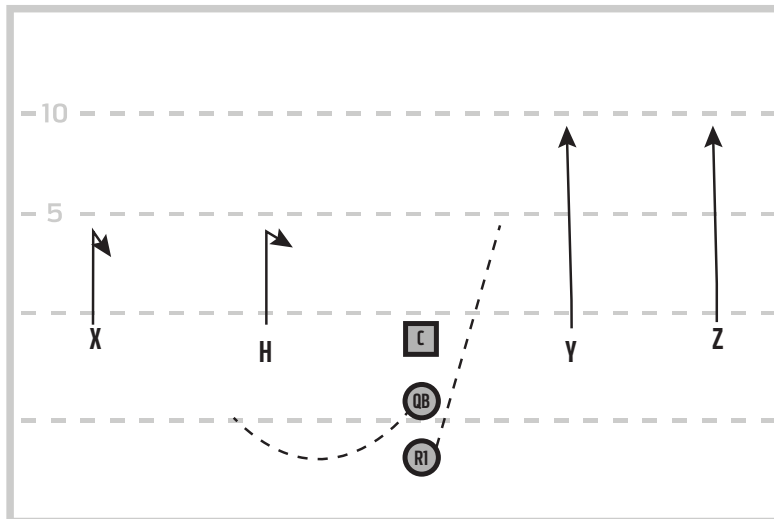
- X: Slant
- H: Arrow
- Y: Arrow
- Z: Slant
- R1: Flare to rush / Choice flare

vi. Duece Slant Wheel



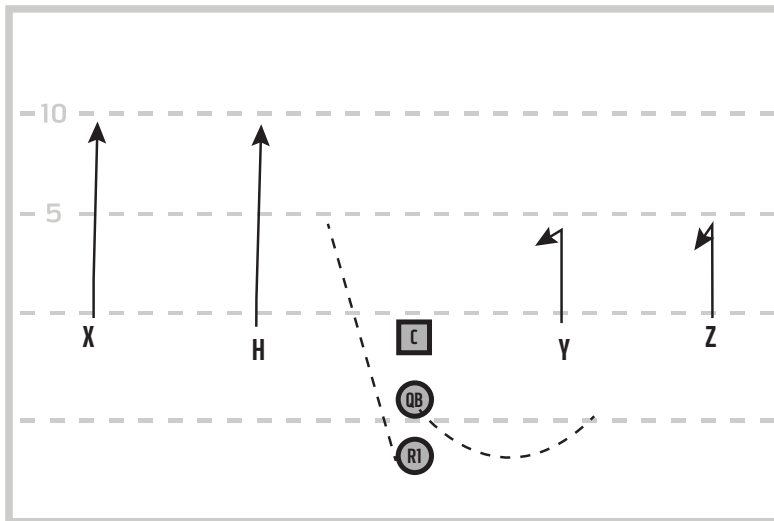
- X: Slant
- H: Wheel
- Y: Wheel
- Z: Slant
- R1: Flare to rush / Choice flare

vii. Duece Draw Right



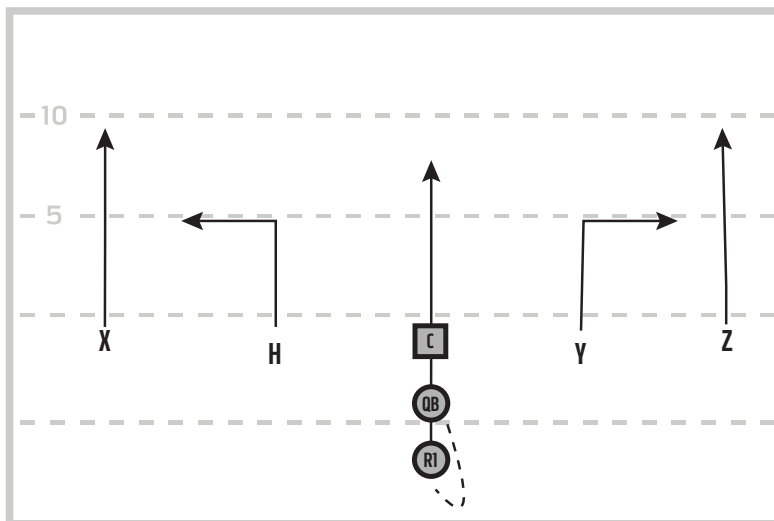
- X: Quick hitch
- H: Quick hitch
- Y: Vertical
- Z: Vertical
- QB: Delay handoff
- R1: Draw right

viii. Duece Draw Left



- X: Vertical
- H: Vertical
- Y: Quick hitch
- Z: Quick hitch
- QB: Delay handoff
- R1: Draw Left

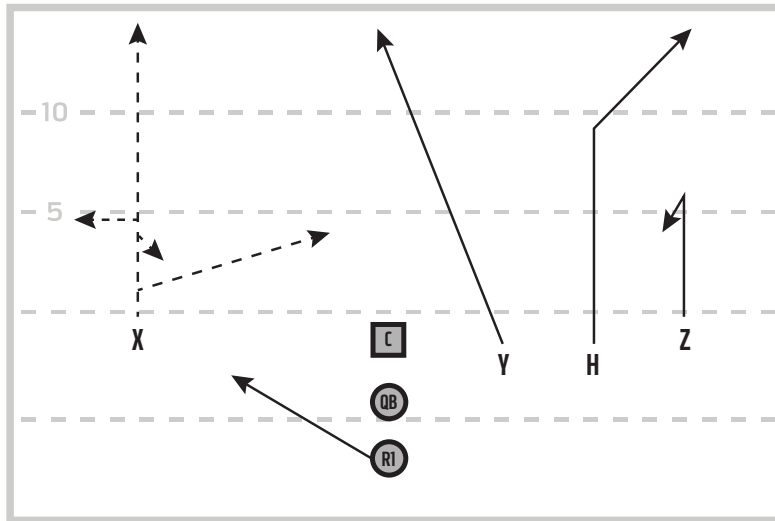
ix. Duece Vertical Quick Out RPO



- X: Vertical
- H: Quick out
- Y: Quick out
- Z: Vertical
- QB: Sidestep snap, receive handoff from R1, run/pass option
- R1: Receive direct snap, handoff to QB, vertical

Trips Right

i. Trips Right Smash Seam



X: Vertical - vs 2 high-split safeties / vs 1 high-cross face of safety

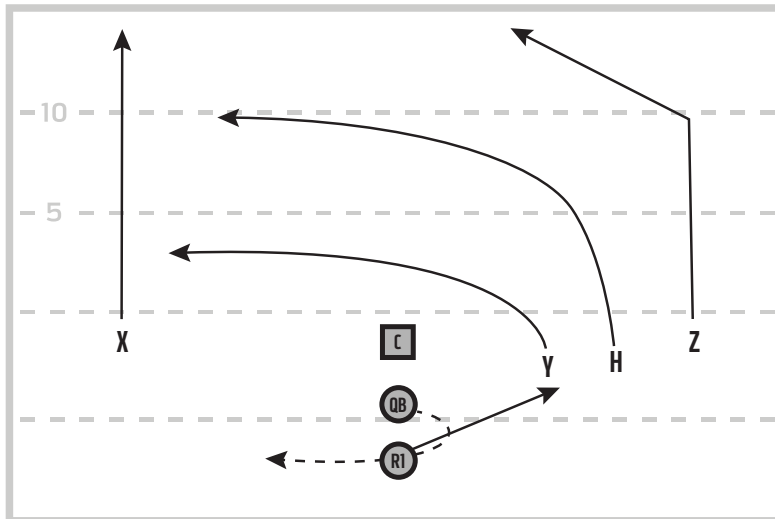
Z: Quick hitch

H: Flag

Y: Open access-quick hitch, quick out, or vertical depending on db alignment

R1: Flare left

ii. Trips Right Waggle



X: Vertical

Y: Shallow drag

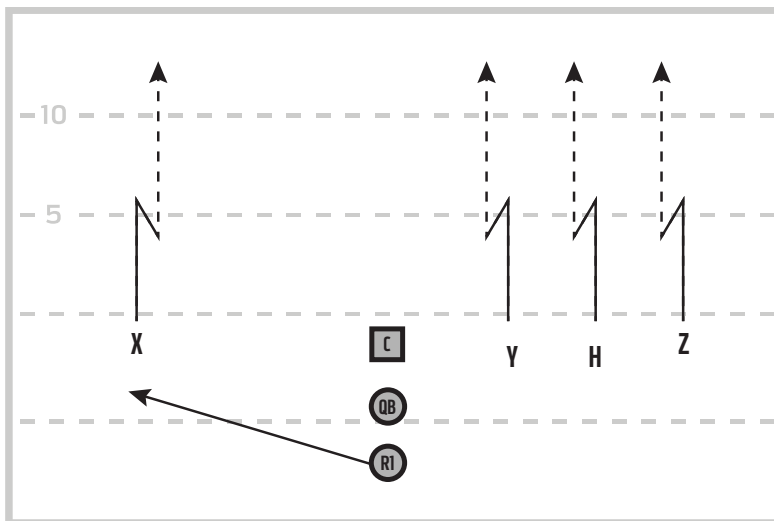
H: 10 yard drag

Z: Post

R1: Flare to trips side

Trips Right
(continued)

iii. Trips Right Hitch (& Go)



X: 5-Yard Hitch (& Go)

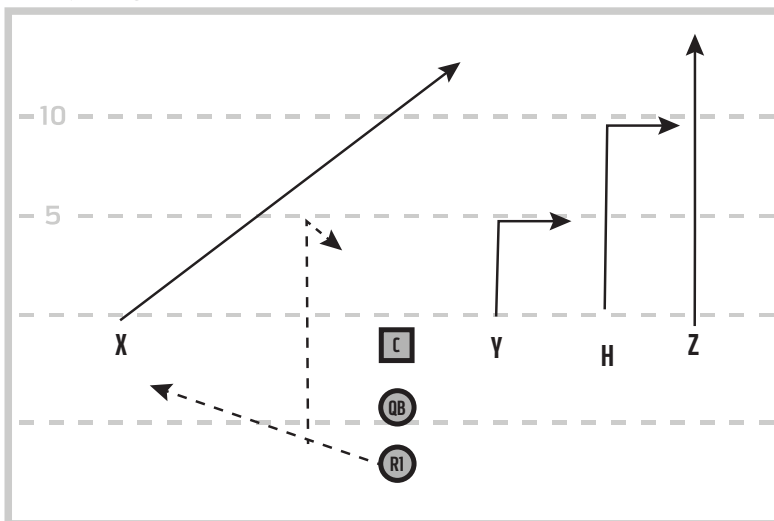
Y: 5-Yard Hitch (& Go)

H: 5-Yard Hitch (& Go)

Z: 5-Yard Hitch (& Go)

R1: Flare to single receiver side

iv. Trips Right Flood



X: Deep drag

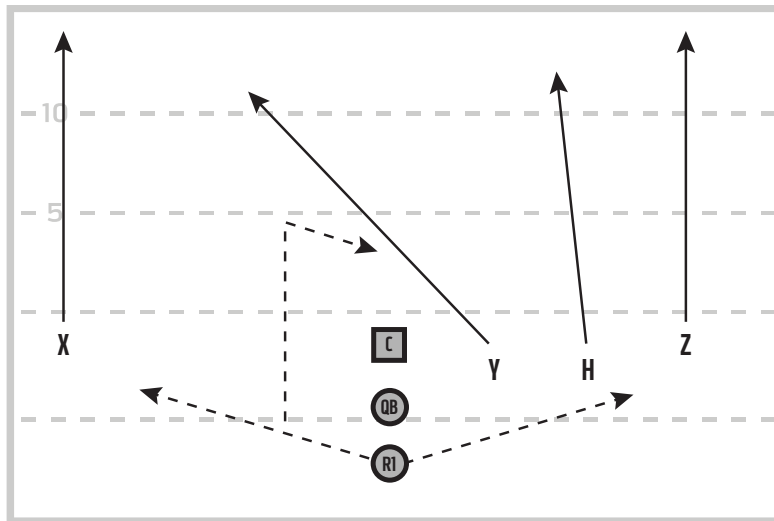
Y: Quick out

H: Out

Z: Vertical

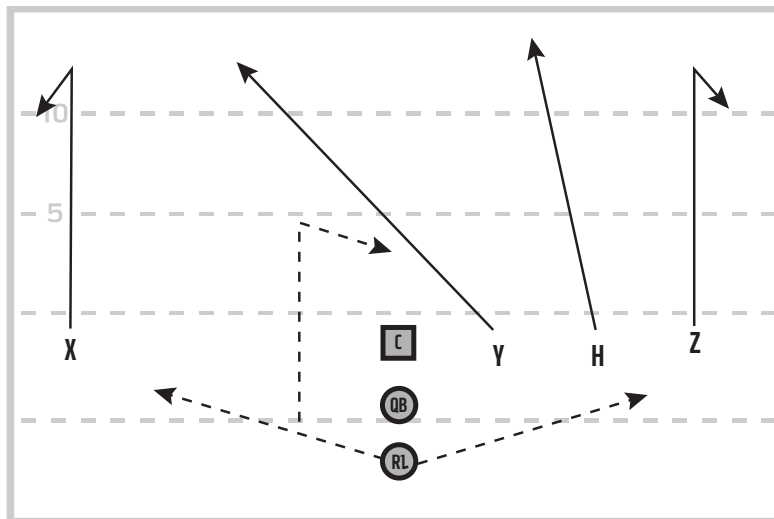
R1: Flare to single receiver side or settle

v. Trips Right Verticals



- X: Vertical
- Y: VS 2 high safeties; cross face of far safety / vs 1 high safety: cross face
- H: Vertical seam
- Z: Vertical
- R1: Flare to rush or settle

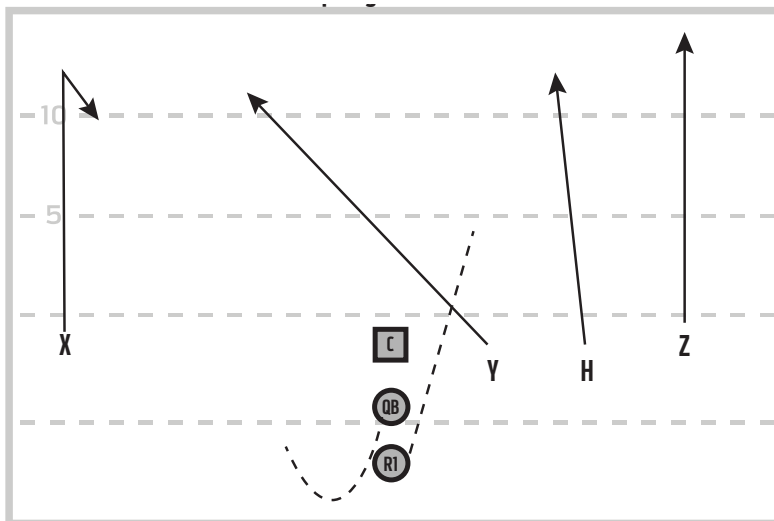
vi. Trips Right Comeback Vertical



- X: Comeback
- Y: VS 2 high safeties; cross face of far safety / vs 1 high safety: cross face
- H: Vertical seam
- Z: Vertical
- R1: Flare to rush or settle

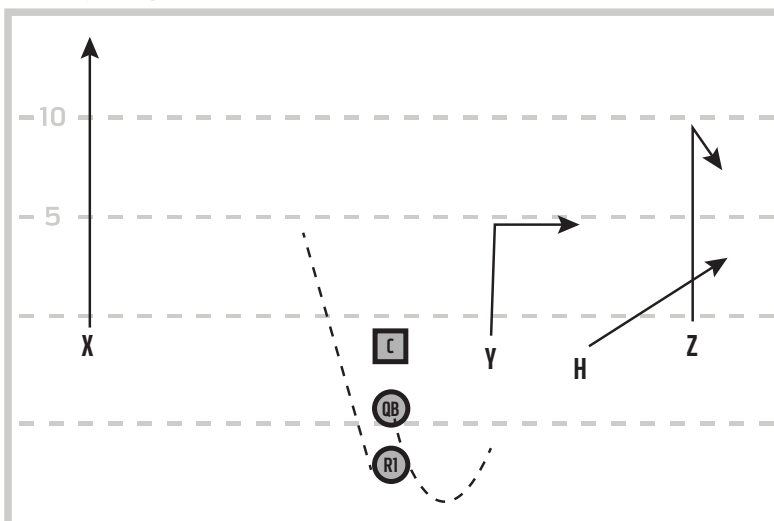
Trips Right
(continued)

vii. Trips Right Draw Right



- X: Curl
- Y: Vertical
- H: Vertical far seam
- Z: Vertical
- QB: Delay handoff
- R1: Draw right

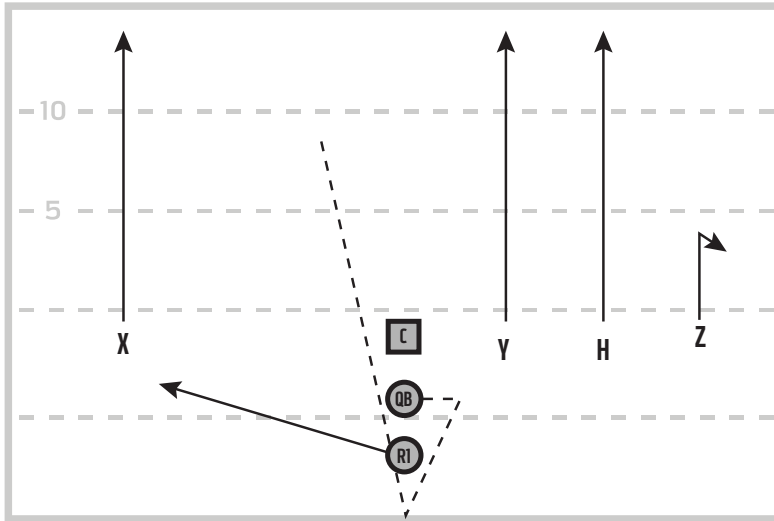
viii. Trips Right Draw Left



- X: Vertical
- Y: Quick out
- H: Arrow
- Z: Comeback
- QB: Delay handoff
- R1: Draw left

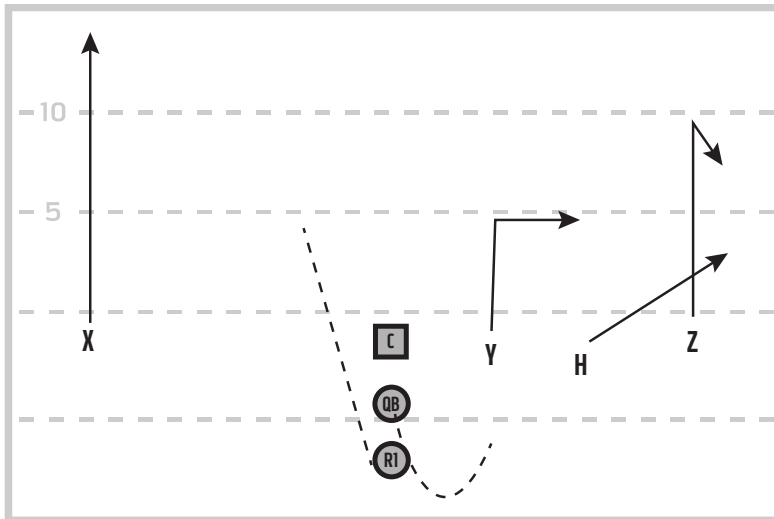
Trips Right
(continued)

ix. Trips Right QB Draw



- x: Vertical
- Y: Vertical
- H: Vertical
- Z: Quick Hitch
- QB: Sidestep snap, receive handoff from R1, run
- R1: Receive direct snap, handoff to QB, vertical

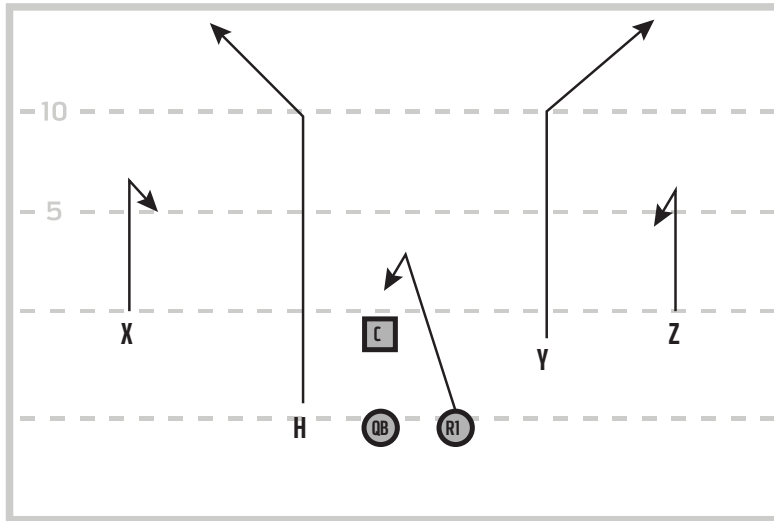
x. Trips Right Comeback Vertical RPO



- X: Vertical
- Y: Quick out
- H: Arrow
- Z: Comeback
- QB: Sidestep snap, receive handoff from R1, run/Pass Option
- R1: Receive direct snap, handoff to QB, Flare to single receiver side

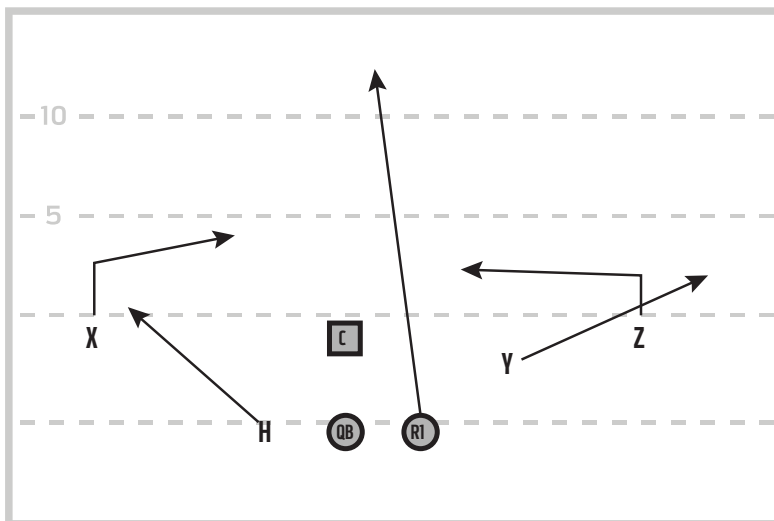
Twins Open Right

i. Twins Open Right Smash



- X: Hitch
- H: Flag
- Y: Flag
- Z: Hitch
- R1: Settle

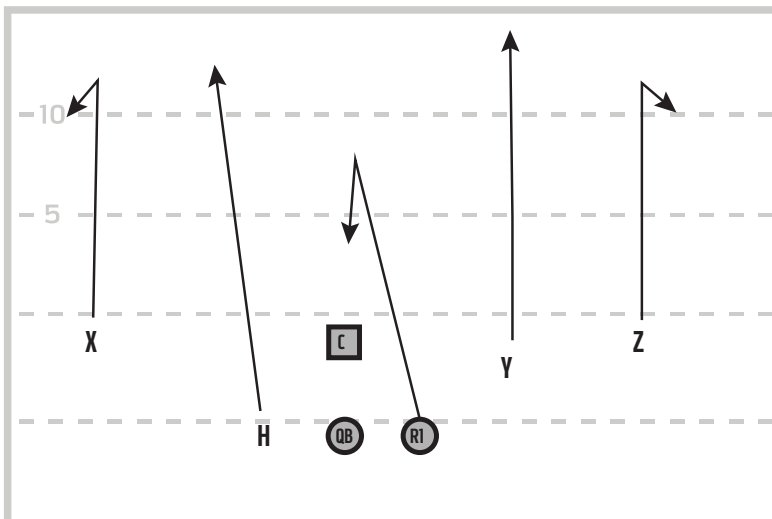
ii. Twins Open Right Slant Arrow



- X: Slant
- Y: Arrow
- H: Arrow
- Z: Slant
- R1: Vertical

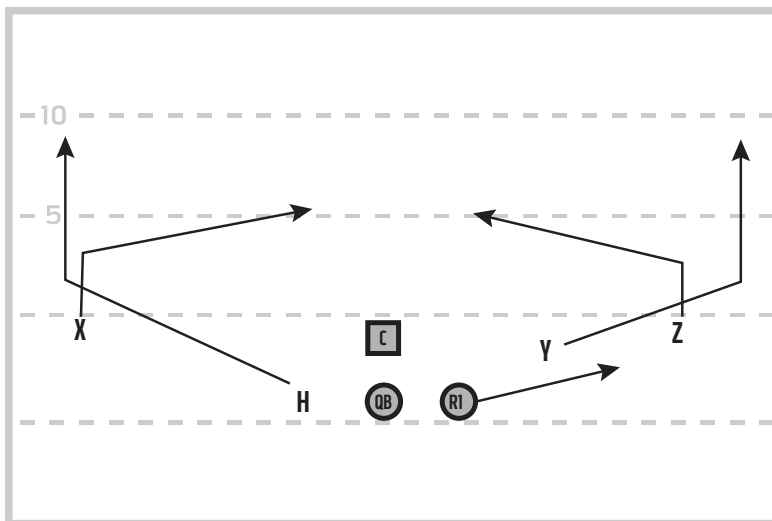
Twins Open Right
(continued)

iii. Twins Open Right Comeback Vertical



- X: Comeback
- H: Vertical
- Y: Vertical
- Z: Comeback
- R1: Settle

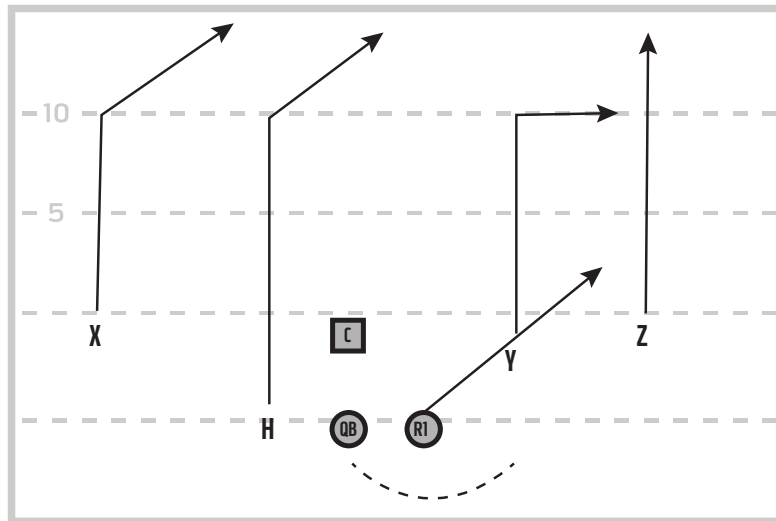
iv. Twins Open Right Slant Wheel



- X: Slant
- H: Wheel
- Y: Wheel
- Z: Slant
- R1: Flare Right

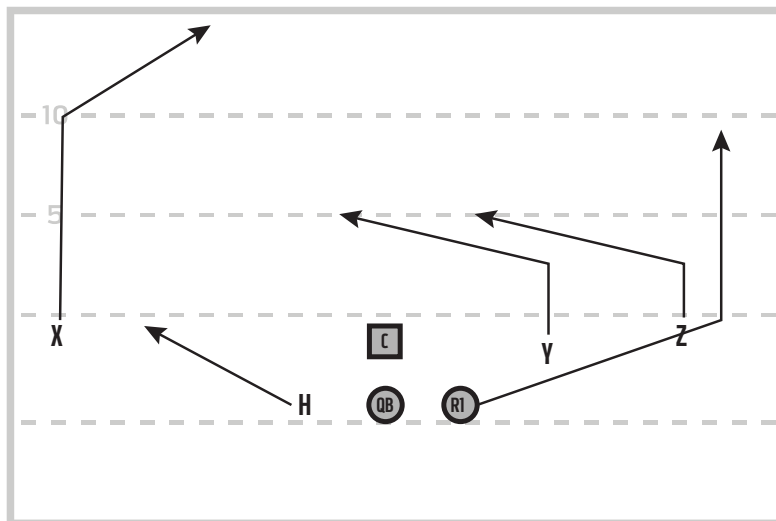
Twins Open Right
(continued)

v. Twins Open Right Flood



- X: Post
- H: Post
- Y: Out
- Z: Vertical
- QB: Roll Right
- R1: Arrow

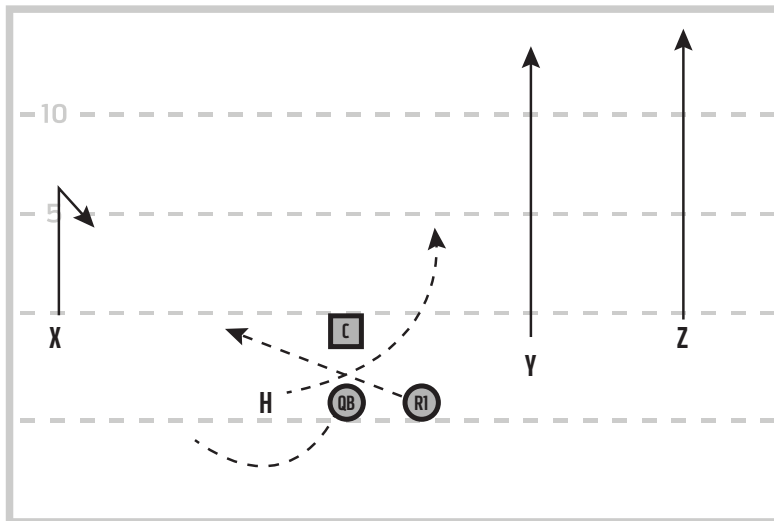
vi. Twins Open Right Double Slant Wheel



- X: Post
- H: Flare
- Y: Slant
- Z: Slant
- R1: Wheel

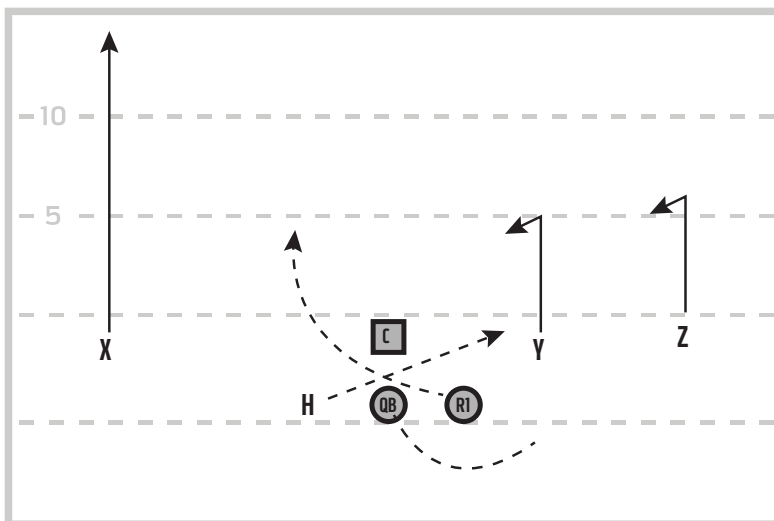
Twins Open Right
(continued)

vii. Twins Open Right Zone Right



- X: Hitch
- H: Zone right
- Y: Vertical
- Z: Vertical
- QB: Handoff to H
- R1: Fake handoff underneath

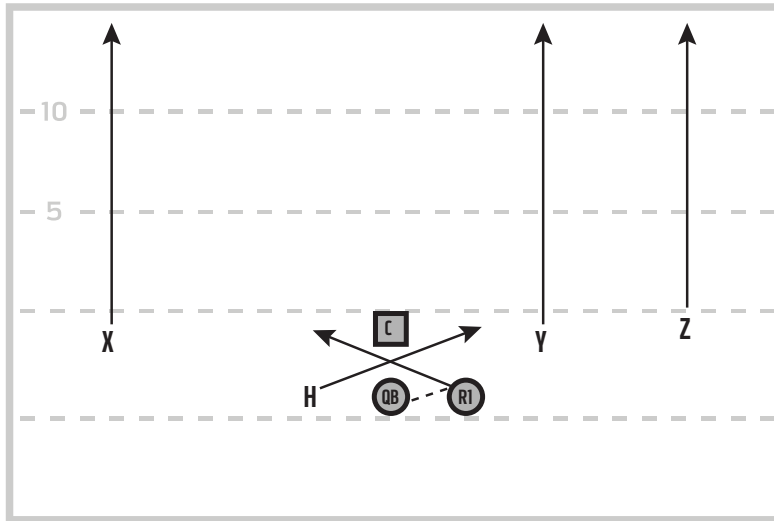
viii. Twins Open Right Zone Left



- X: Vertical
- H: Fake handoff underneath
- Y: Hitch
- Z: Hitch
- QB: Fake to H, handoff to R1
- R1: Zone left

Twins Open Right
(continued)

ix. Twins Open Right RPO



X: Vertical

H: Flare right

Y: Vertical

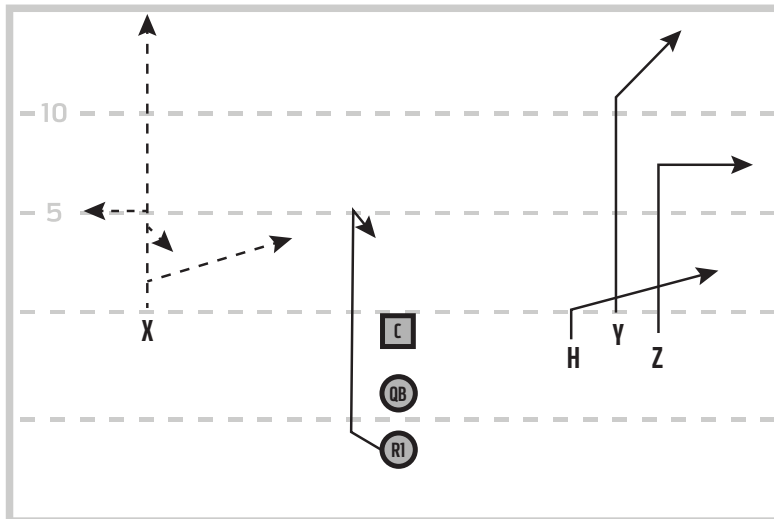
Z: Vertical

QB: Receive handoff from R1, run/pass option

R1: Receive snap, handoff to QB flare left

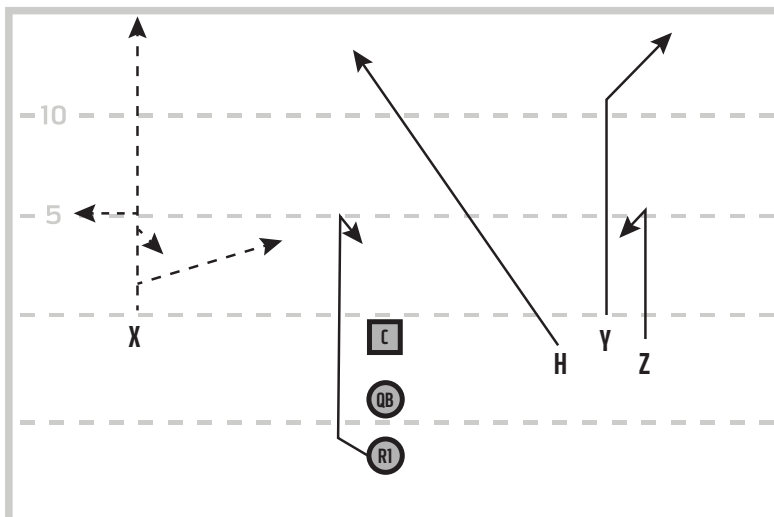
Tight Bunch Right

i. Tight Bunch Right Flood



- X: Open access
- H: Arrow
- Y: Flag
- Z: Out
- QB: Roll Right
- R1: Settle

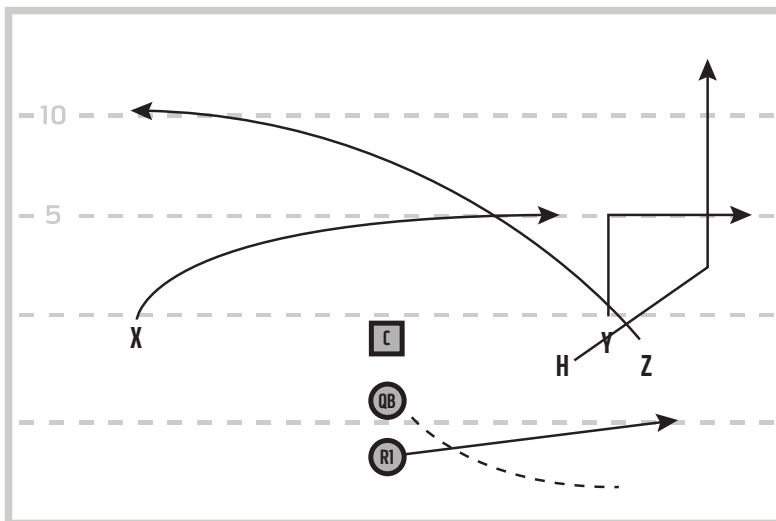
ii. Tight Bunch Right Smash Seam



- X: Open access
- Y: Flag
- H: Vertical
- Z: Hitch
- R1: Hitch

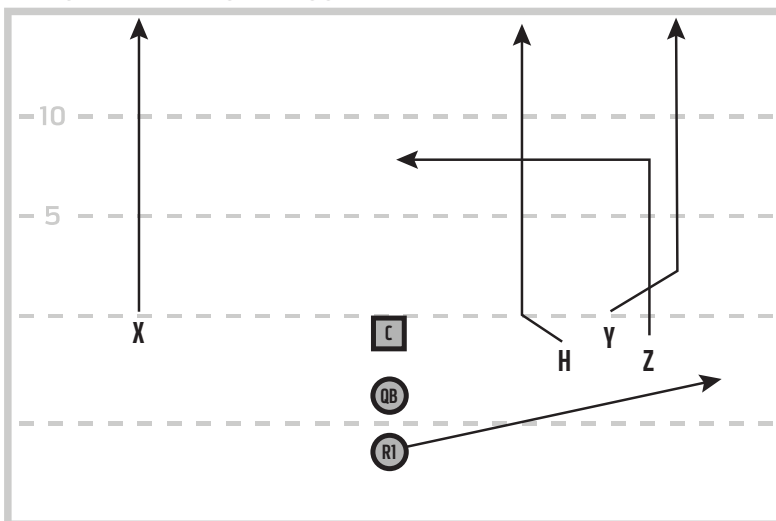
Tight Bunch Right
(continued)

iii. Tight Bunch Right Throwback



- X: Shallow drag
- H: Wheel
- Y: Quick out
- Z: Delay drag
- QB: Roll right, throw back to Z
- R1: Flare to bunch

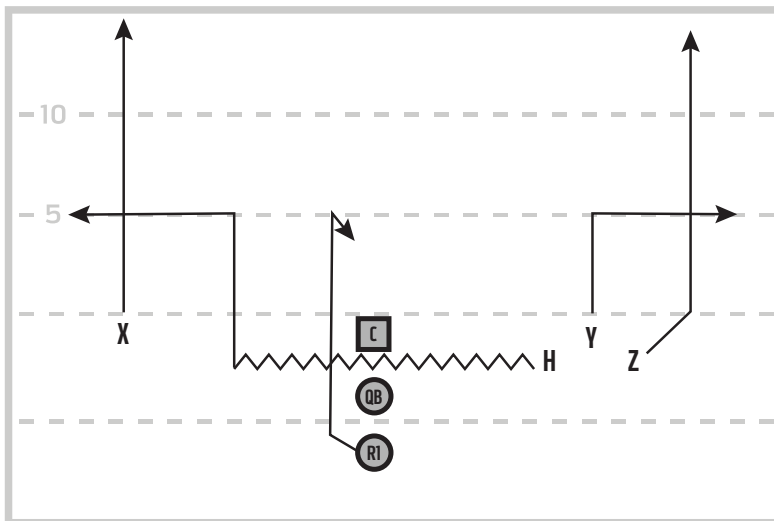
iv. Tight Bunch Right Dagger



- X: Vertical
- H: Inside Vertical
- Y: Vertical
- Z: Dig: 8-10 yards
- R1: Flare to bunch

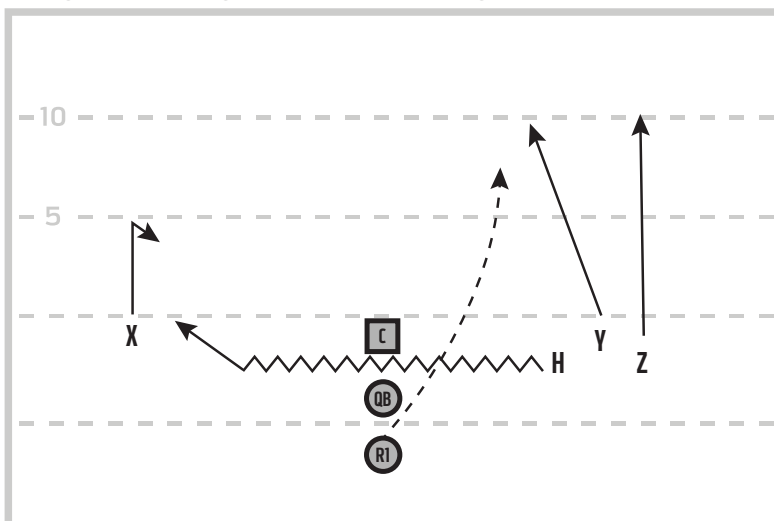
Tight Bunch Right
(continued)

v. Tight Bunch Right H Across Vertical Quick Out



- X: Vertical
- H: Across, quick out
- Y: Quick out
- Z: Vertical
- R1: Settle

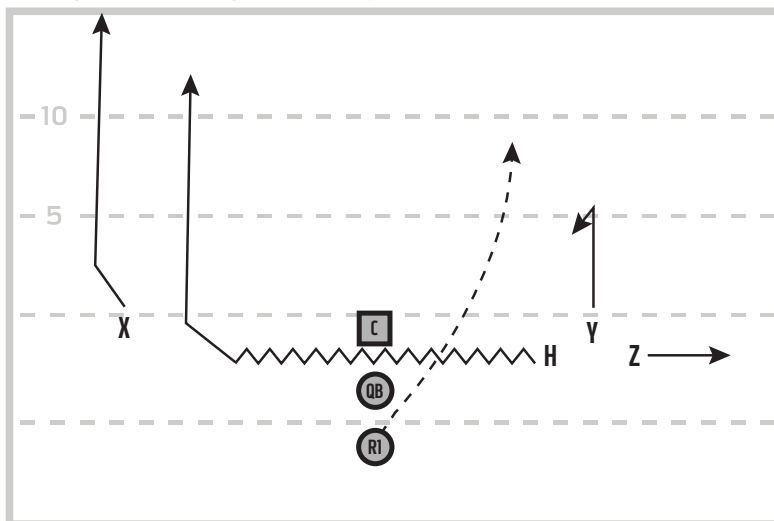
vi. Tight Bunch Right H Across Zone Right



- X: Hitch
- H: Across, Arrow
- Y: Vertical
- Z: Vertical
- QB: Handoff to R1
- R1: Zone right

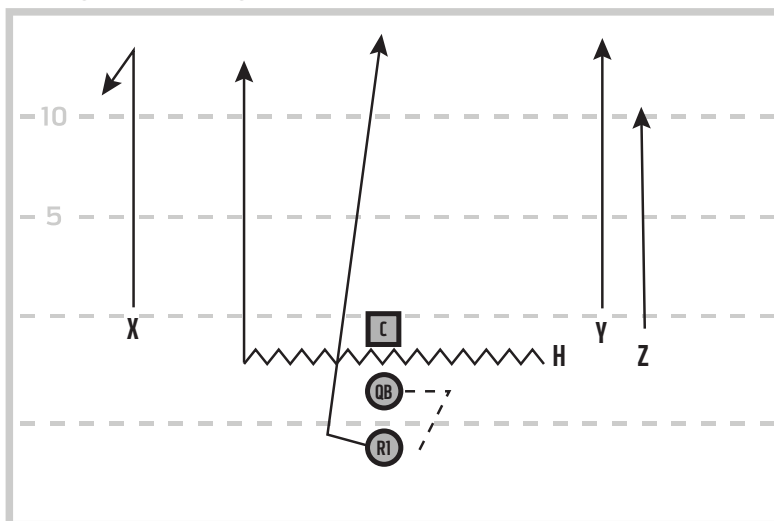
Tight Bunch Right
(continued)

vii. Tight Bunch Right H Sweep



- X: Vertical
- H: Across, Sweep
- Y: Hitch
- Z: Clear
- QB: Shovel to H
- R1: Zone right

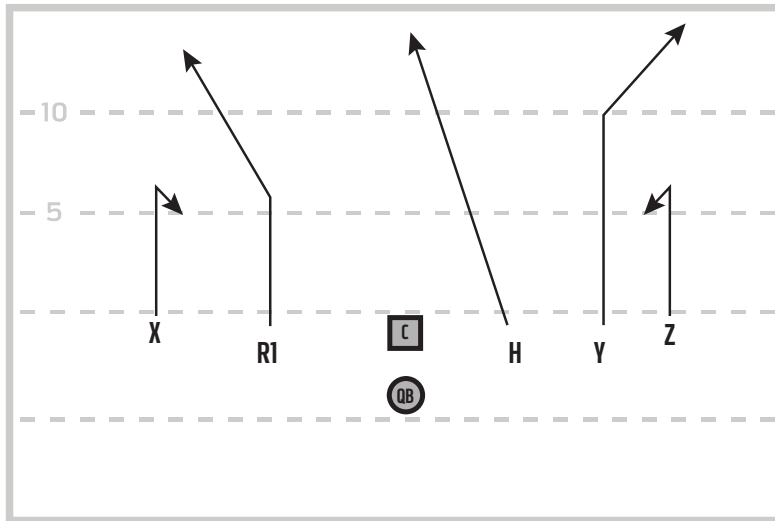
viii. Tight Bunch Right Comeback Vertical RPO



- X: Corner Comeback
- H: Across, Vertical
- Y: Vertical
- Z: vertical
- QB: Sidestep snap, receive handoff from R1, run/pass option
- R1: Receive direct snap, handoff to QB, vertical

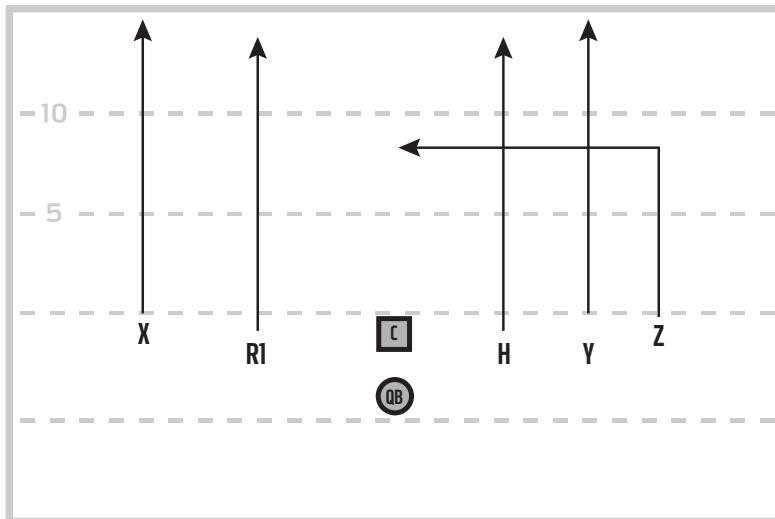
Empty

i. Empty Smash Seam



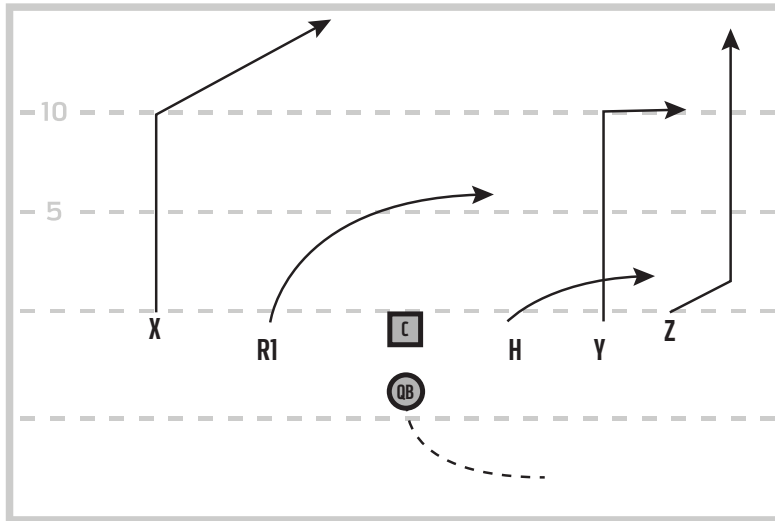
- X: Hitch
- R1: Flag
- H: Seam
- Y: Flag
- Z: Hitch

ii. Empty Dagger



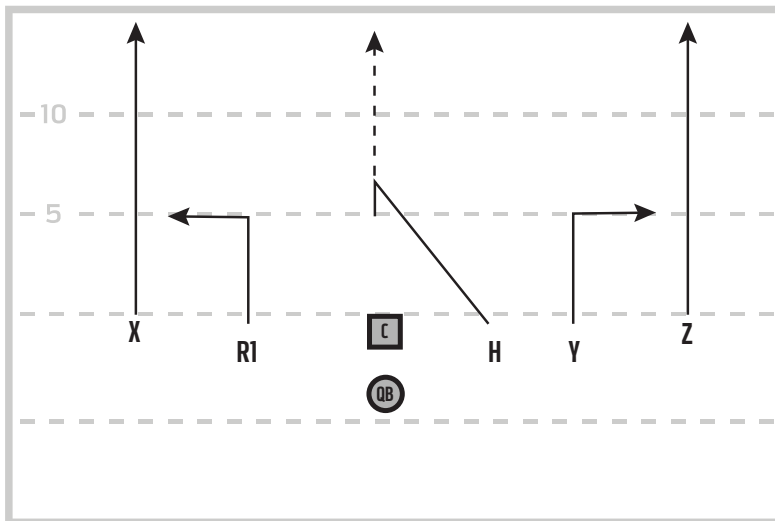
- X: Vertical
- R1: Vertical
- H: Vertical
- Y: Vertical
- Z: 8-10 Yard dig

iii. Empty Flood



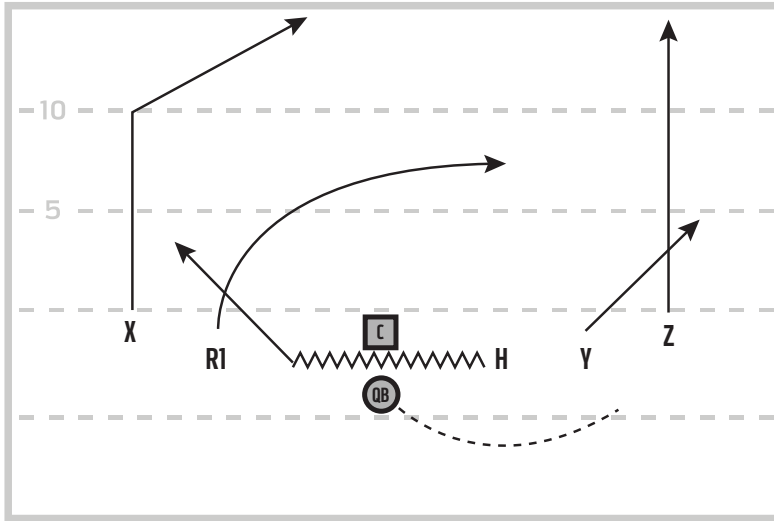
- X: Post
- R1: Drag
- H: Arrow
- Y: Out
- Z: Vertical
- QB: Roll Right

iv. Empty Vertical Quick Out



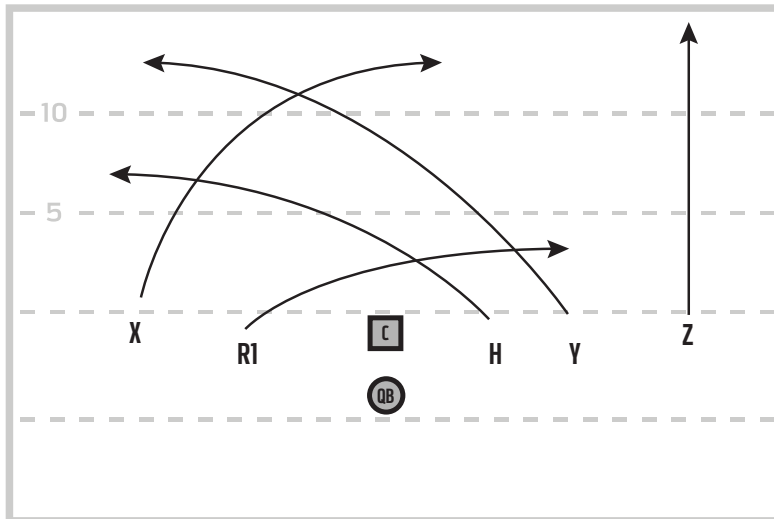
- X: Vertical
- R1: Quick out
- H: Settle or seam
- Y: Quick out
- Z: Vertical

v. Empty H Across Waggle



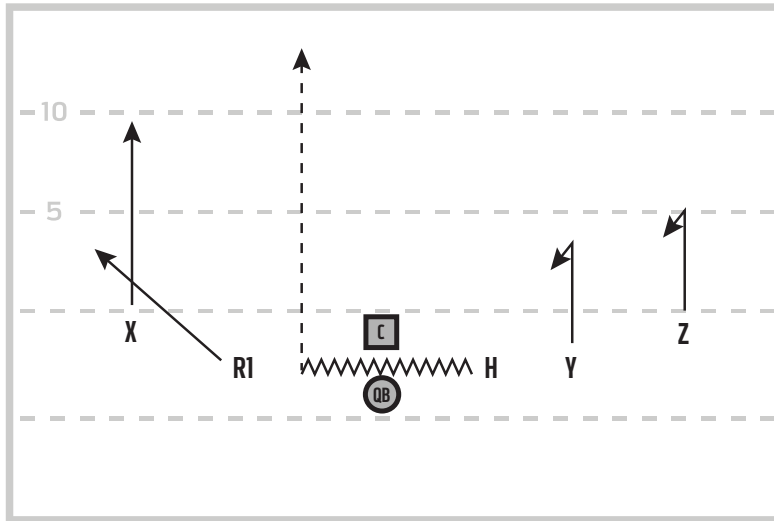
- X: Post
- R1: Drag
- H: Across, Arrow
- Y: Arrow
- Z: Vertical
- QB: Roll Right

vi. Empty Mesh



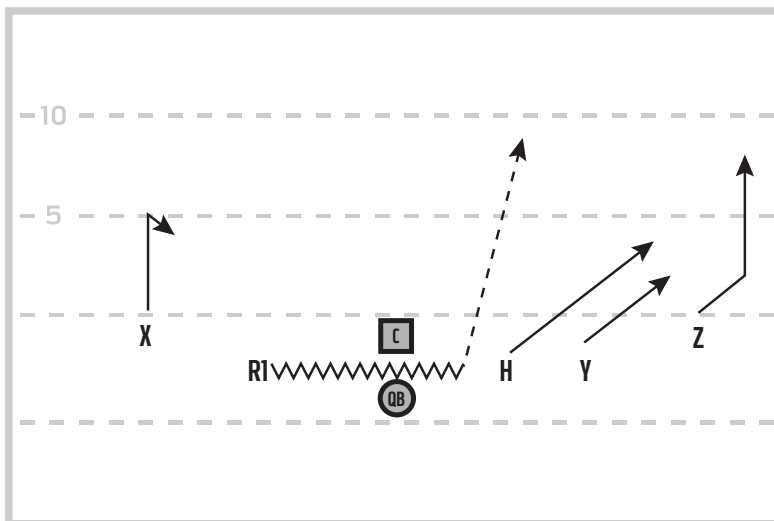
- X: Drag
- R1: Shallow Drag
- H: Shallow Drag
- Y: Drag
- Z: Vertical

vii. Empty H Across Sweep Left



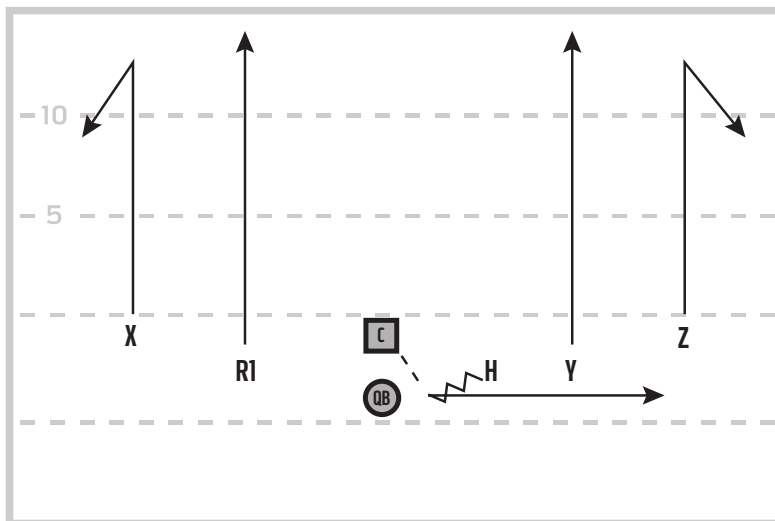
- X: Vertical
- R1: Arrow
- H: Across, Sweep Left
- Y: Hitch
- Z: Hitch
- QB: Shovel to H

viii. Empty R1 Across Sweep Right



- X: Hitch
- R1: Across, Sweep Right
- H: Arrow
- Y: Arrow
- Z: Vertical
- QB: Shovel to R1

ix. Empty Comeback Vertical RPO



X: Comeback

R1: Vertical

H: Motion back, receive direct snap, handoff to QB, Flare

Y: Vertical

Z: Comeback

QB: Run - Pass Option