

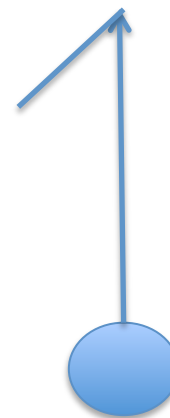
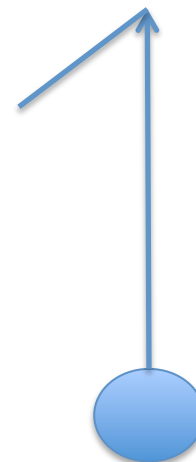
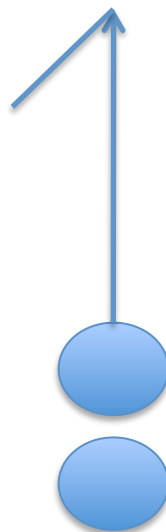
YYAA Flag Football Sample Playbook



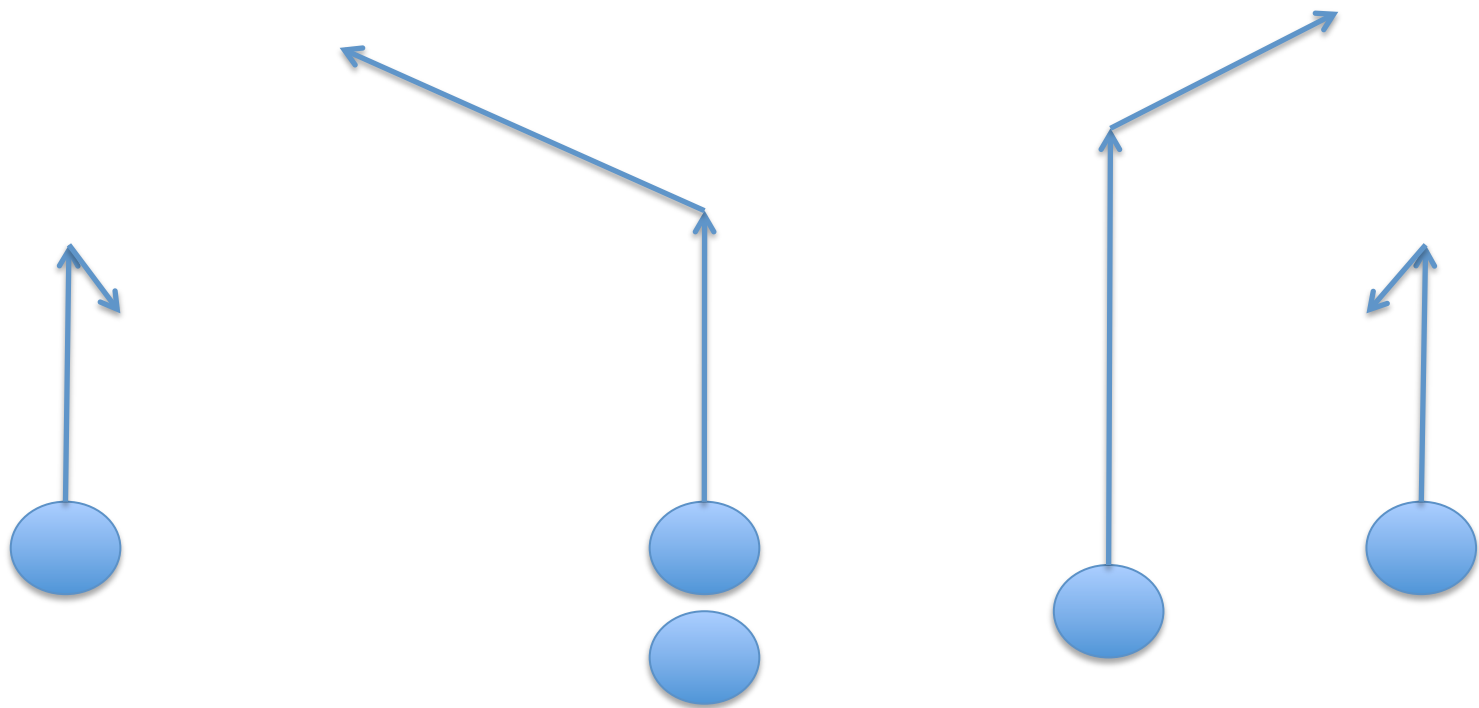
Use these plays or edit them to fit your team's strengths.

If you have any questions, email will@yyaa.org

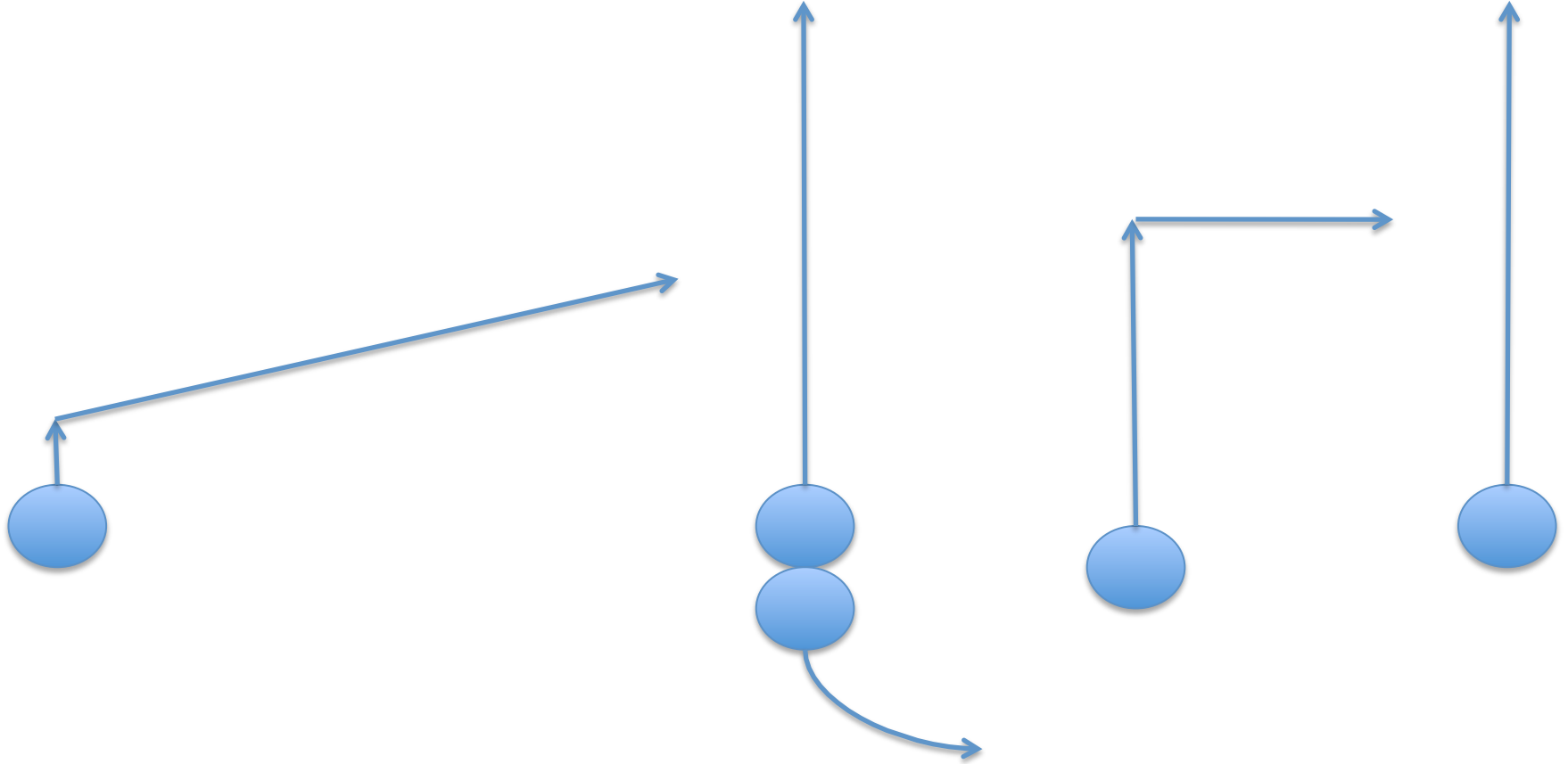




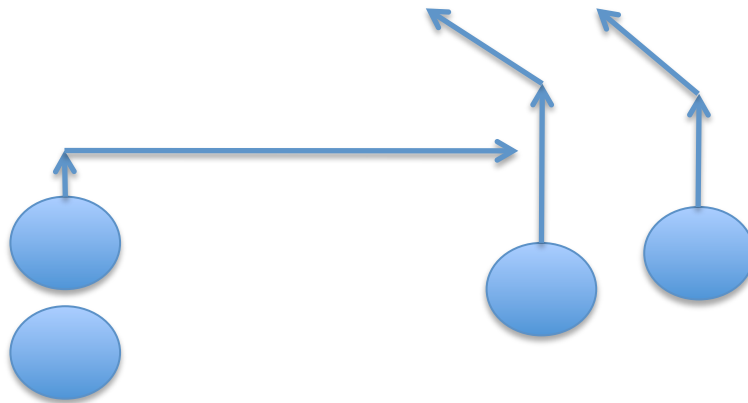
All receivers run a 5 yard “hitch”



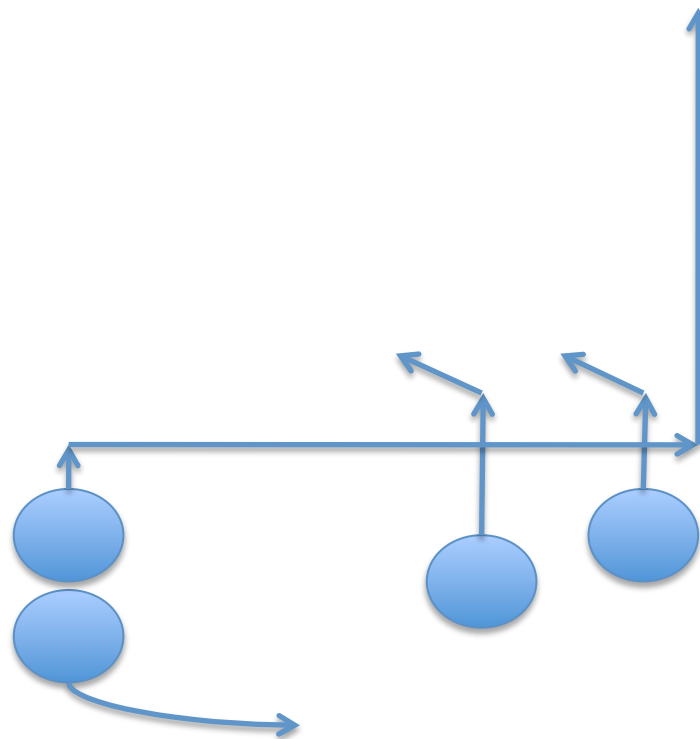
Outside receivers run 5 yard hitches. Inside receivers run a “corner” route.



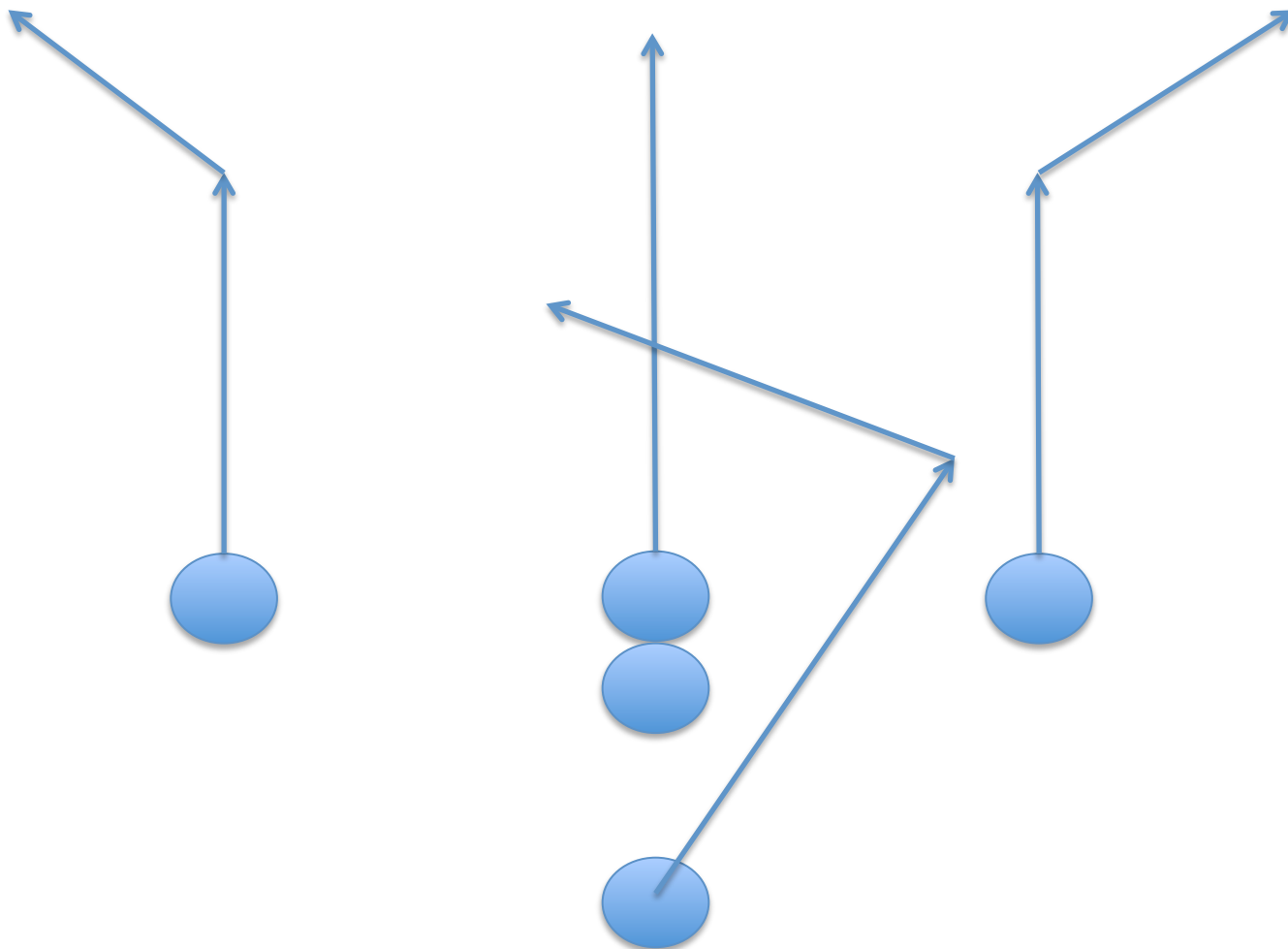
The QB rolls out on this play and has a run/pass option after 5 seconds.



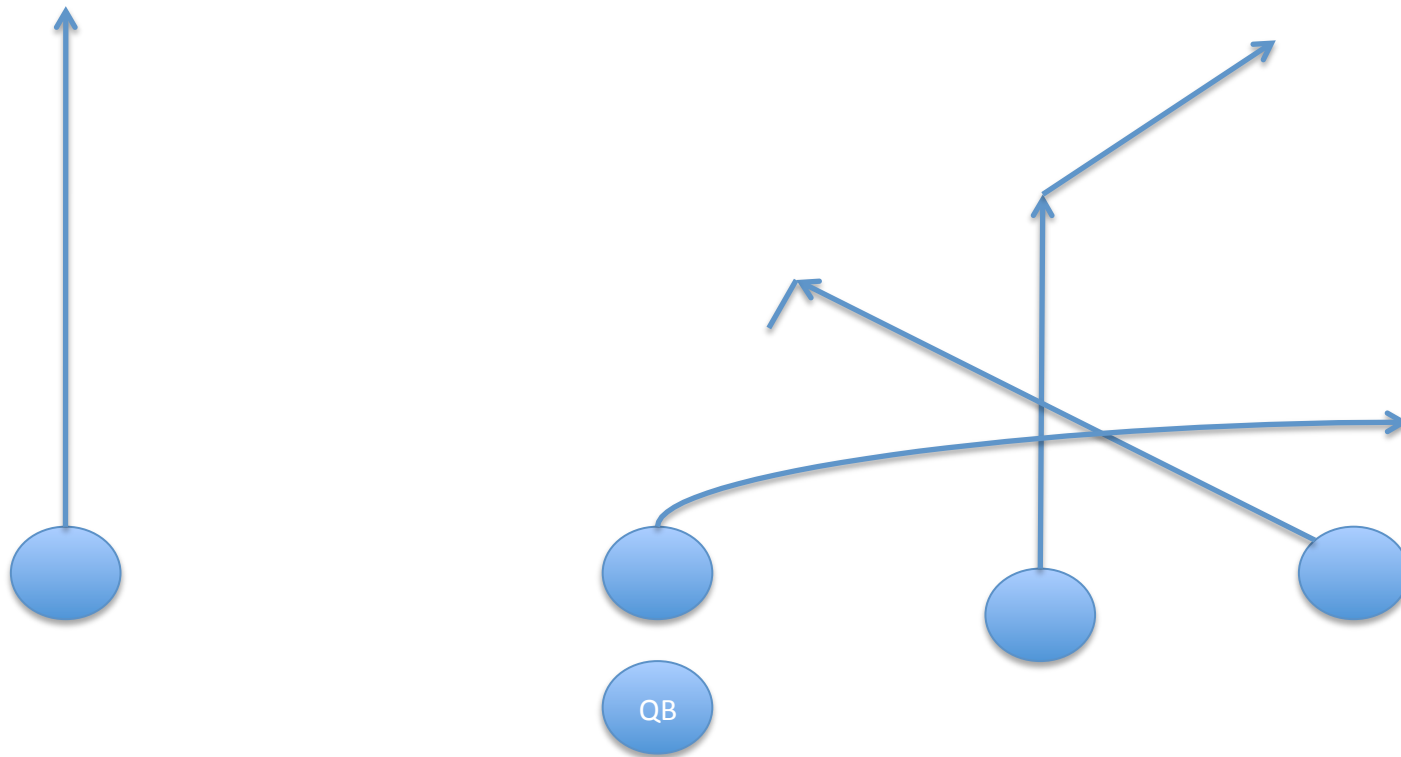
Good short yardage play (center runs a 1-2 yard “out”). This sets up the next play too...



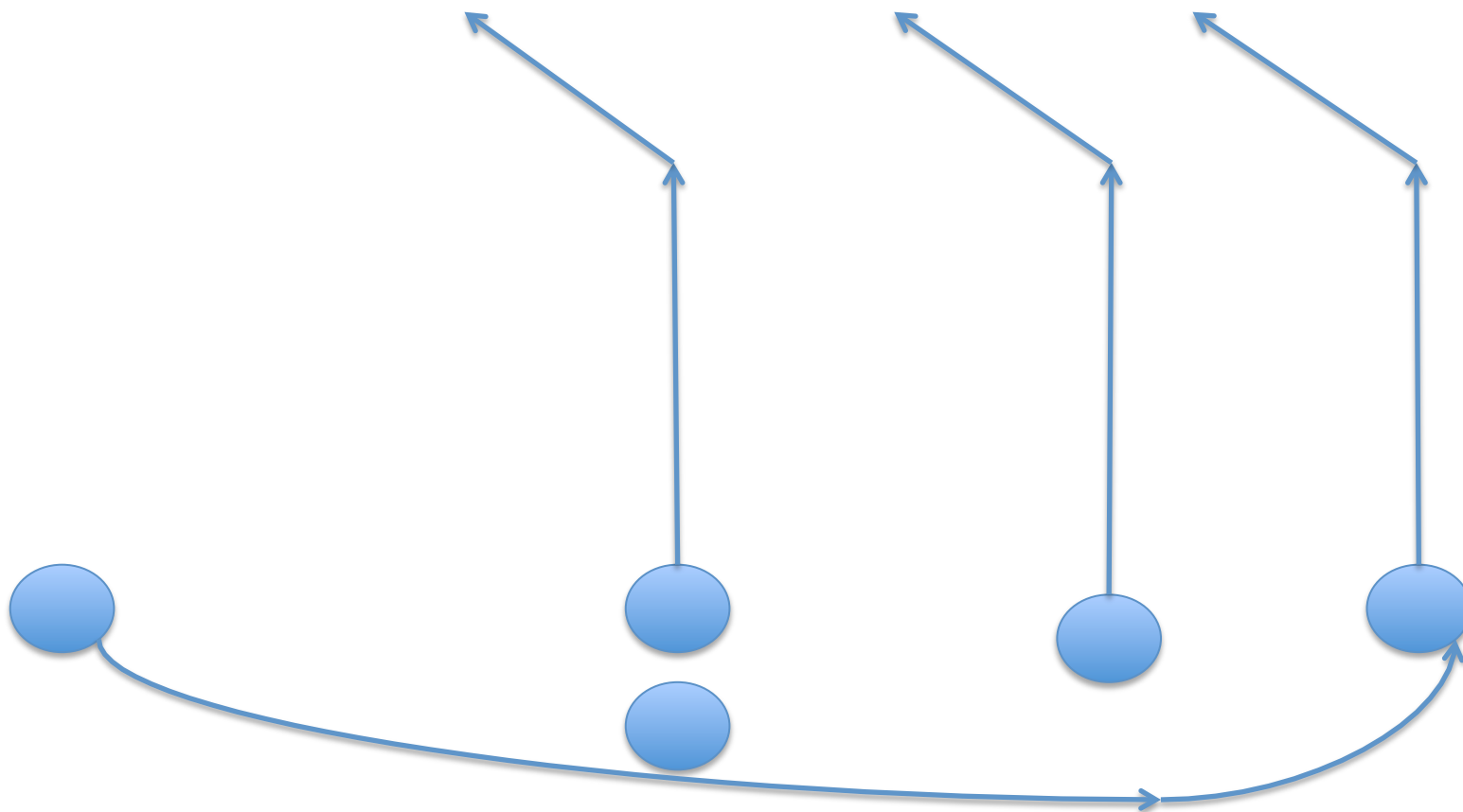
After running the previous play a few times, try the “out and up” route from the center.



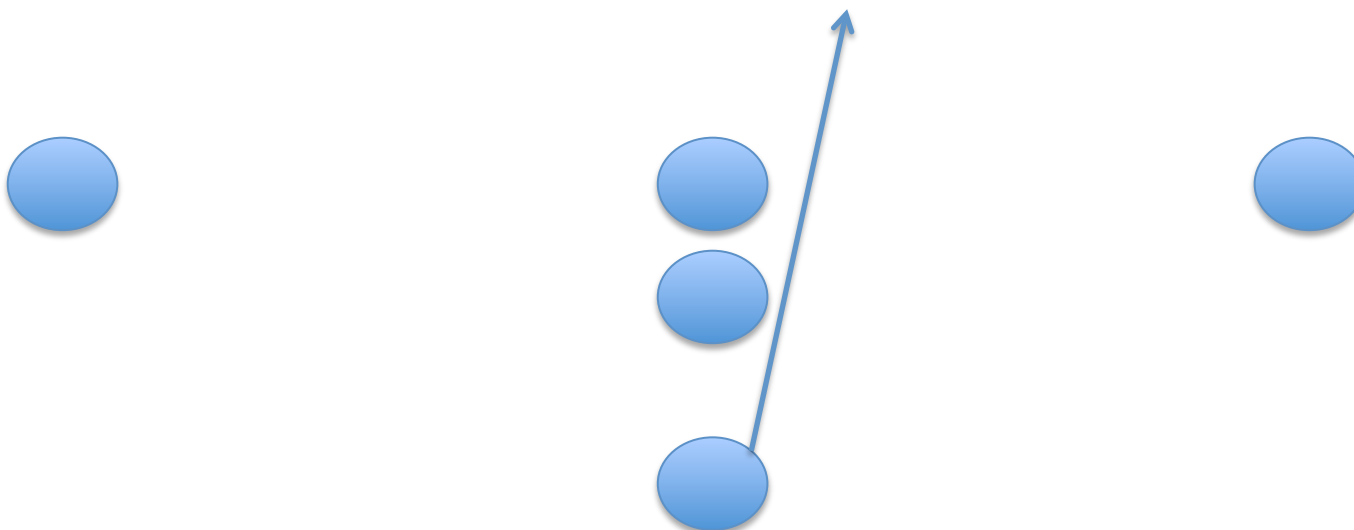
Good play when facing two deep safeties in zone coverage. One of the deep routes will be open.



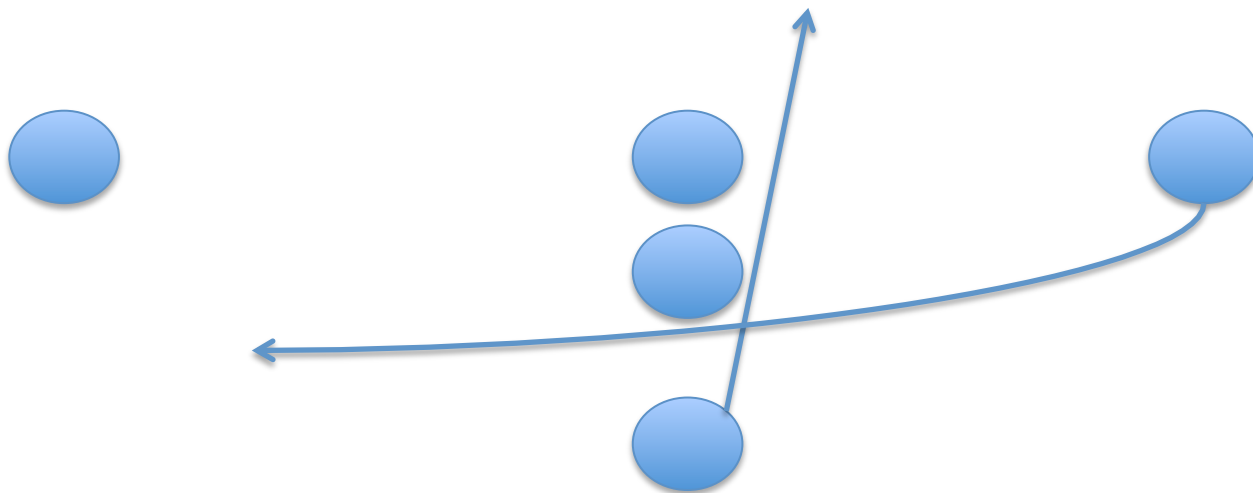
Throw the ball to the right side a few times. When the defense starts “keying” on that side, go to the deep “fly” route.



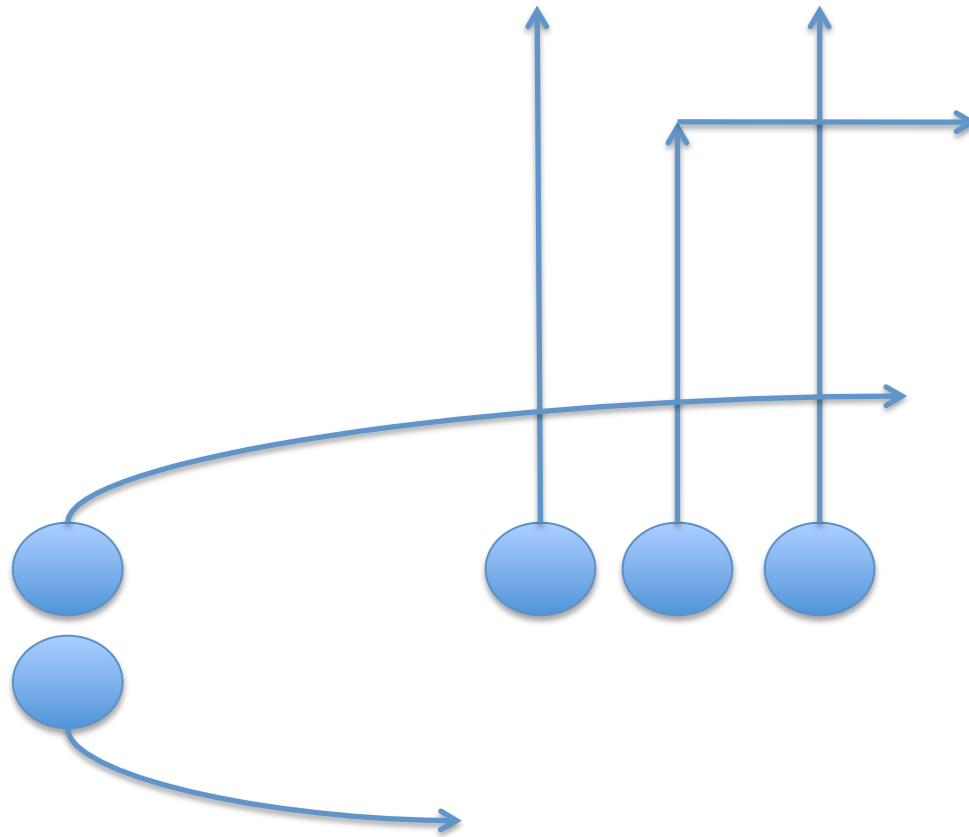
QB hands off to the WR on a sweep. The receiver routes should make the defense drop back.



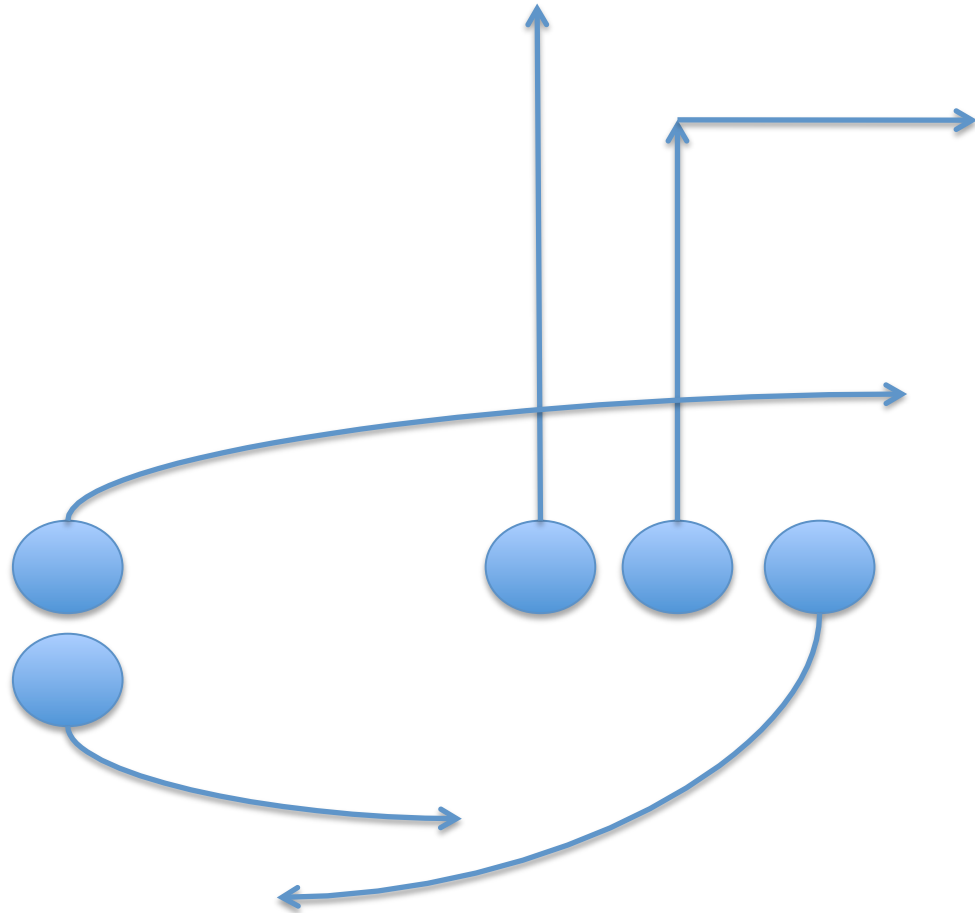
Basic run play up the middle. Have the other receivers run deep routes to “run off” the defense.



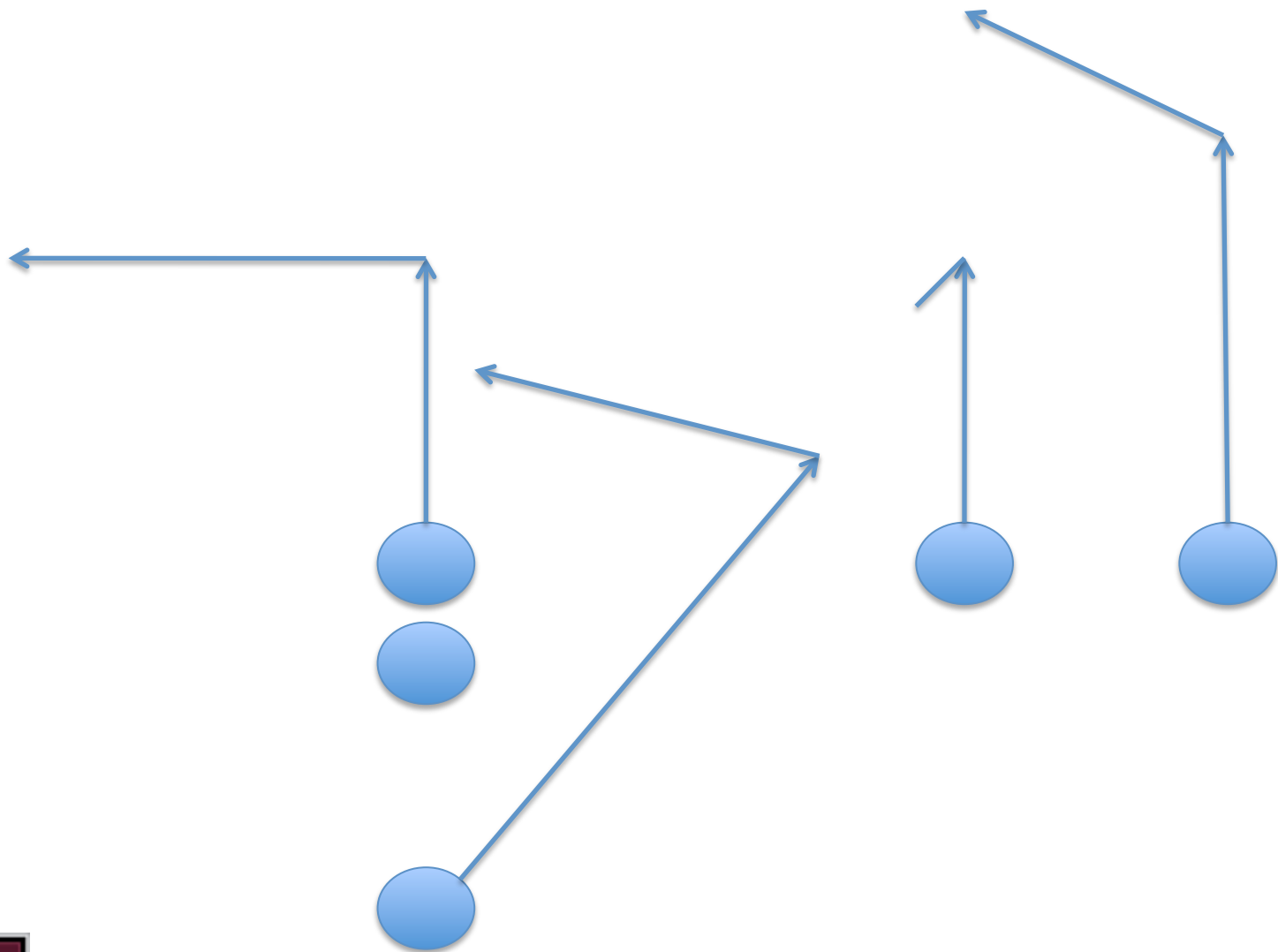
Fake to the running back up the middle and hand off to the WR on a sweep.



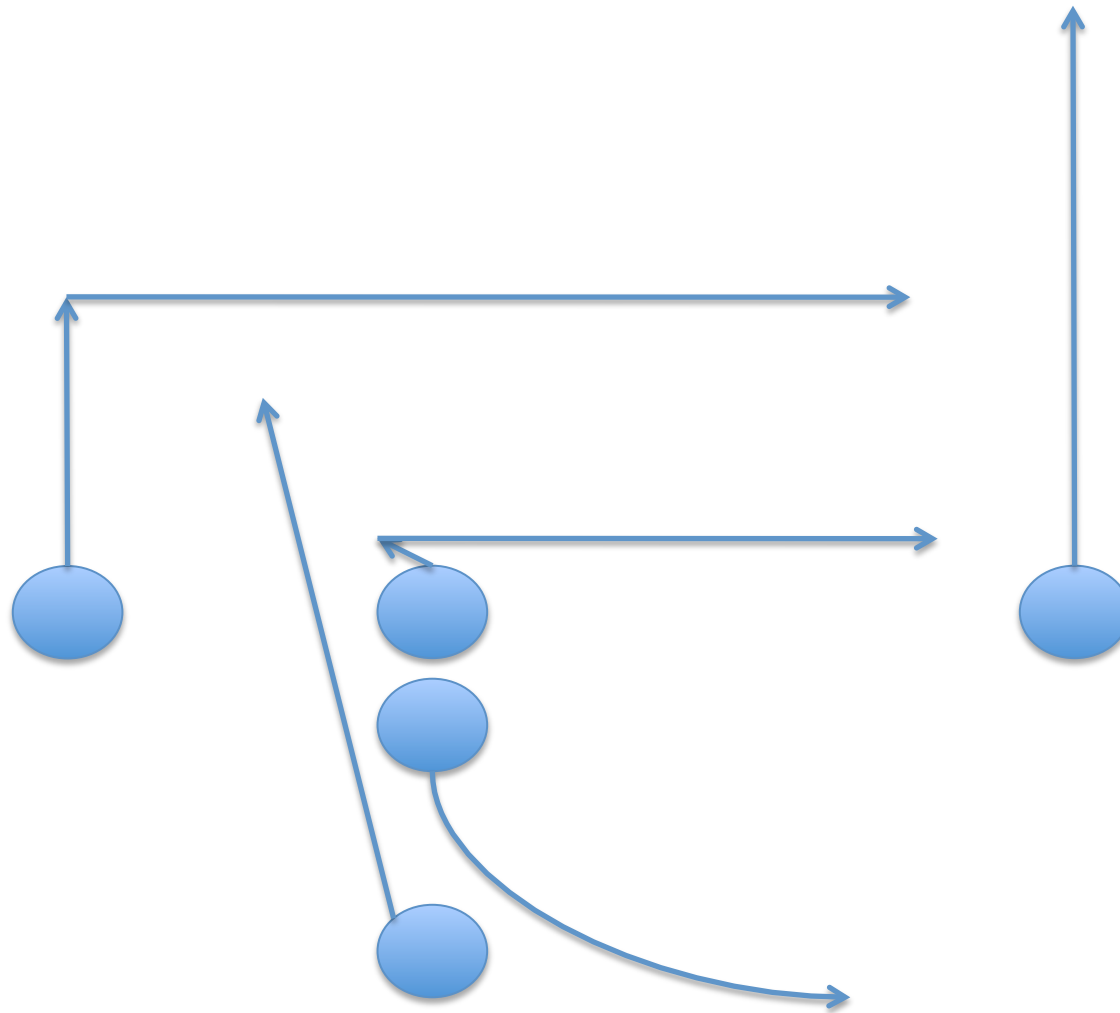
QB rolls out. Look for the “out” route or “drag” route.



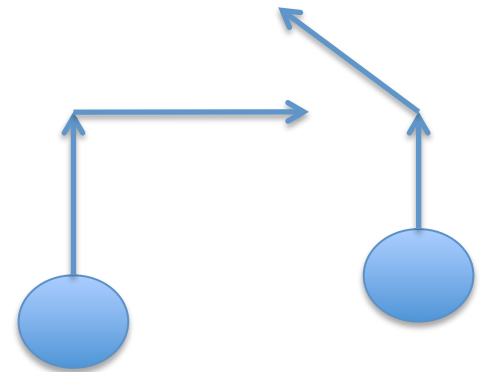
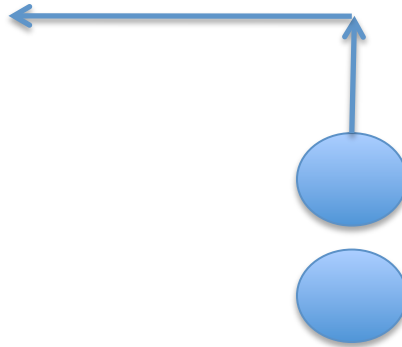
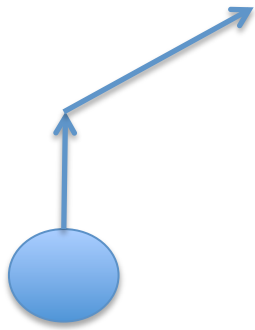
After running the previous play, you can hand off to the outside WR on a sweep.



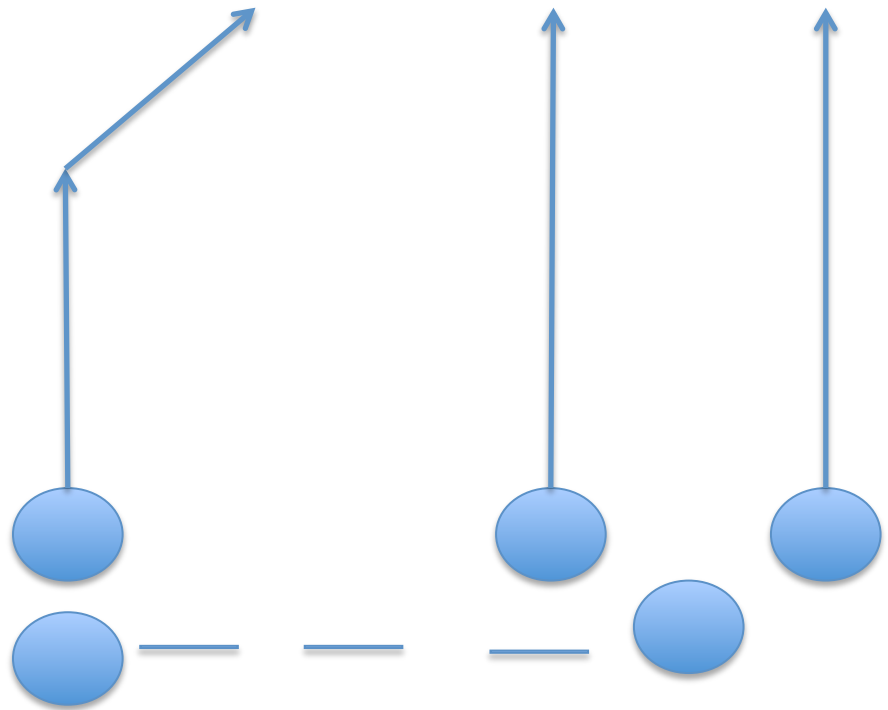
This play attacks the middle of the field. Either the “hitch” or RB on an “angle” route should be open.



Fake to the running back and roll out right.

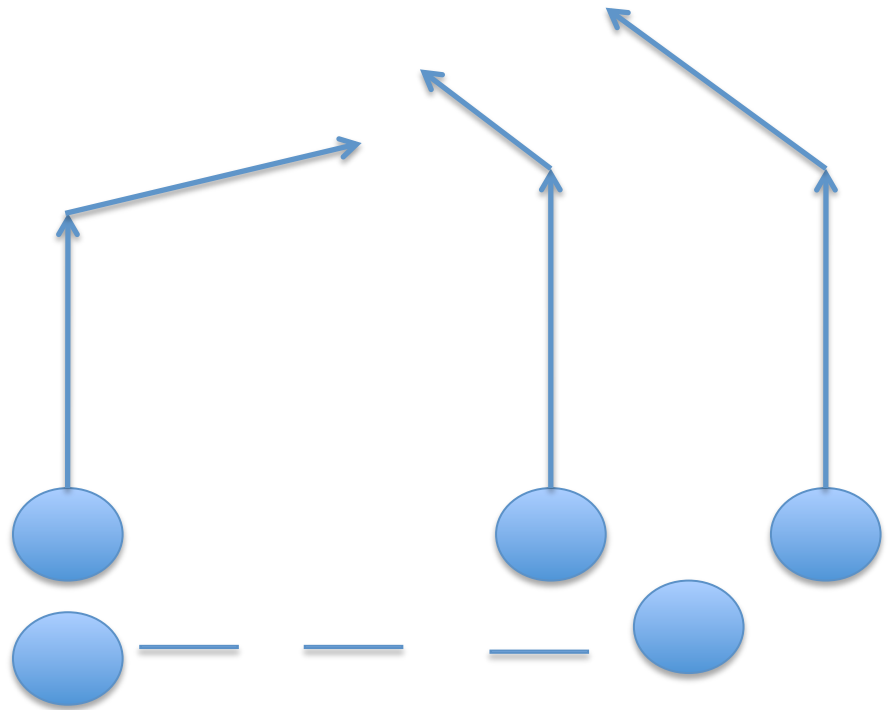


The two outside receivers run slants while the inside receivers run “outs”.

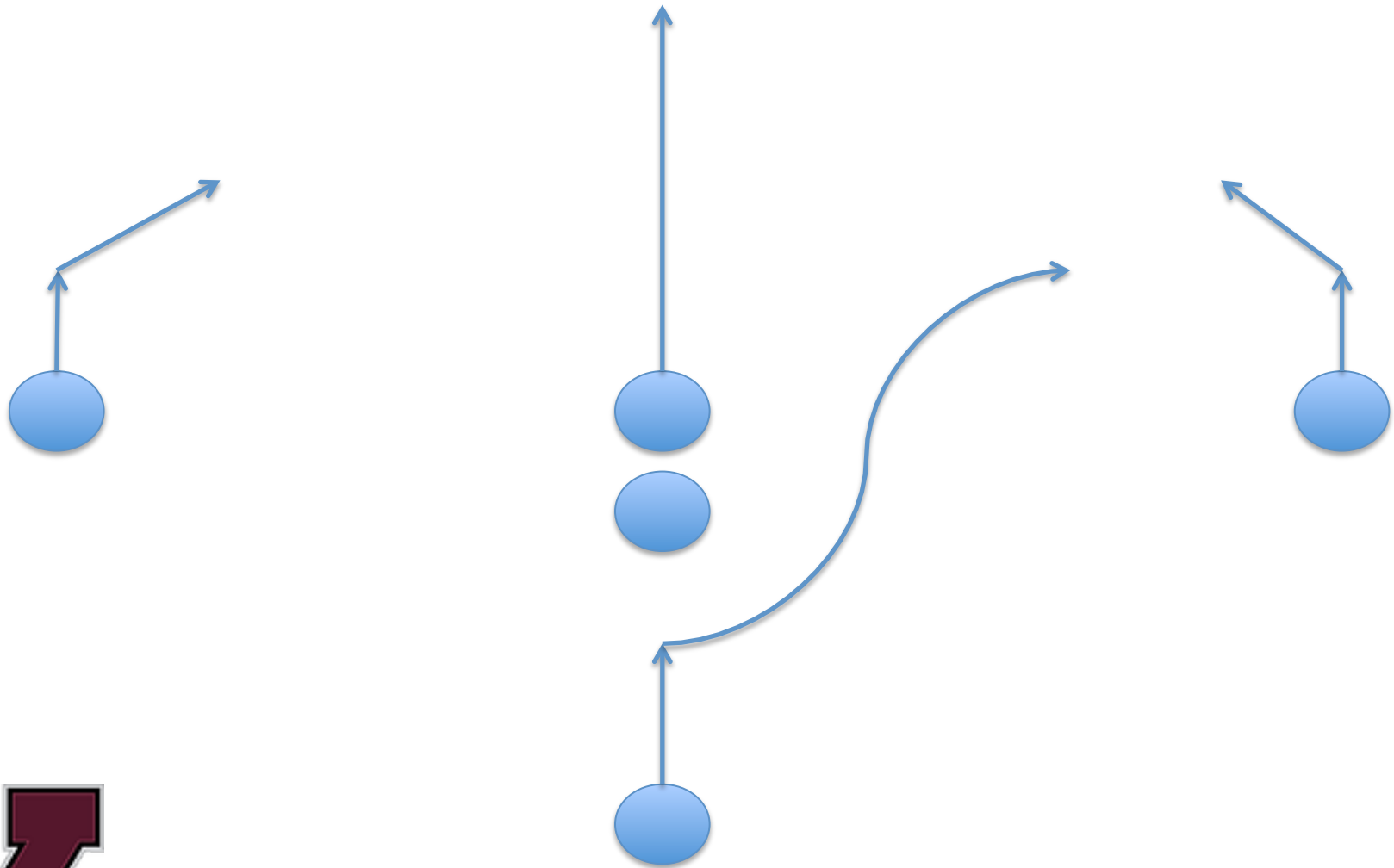


Screen pass to the WR

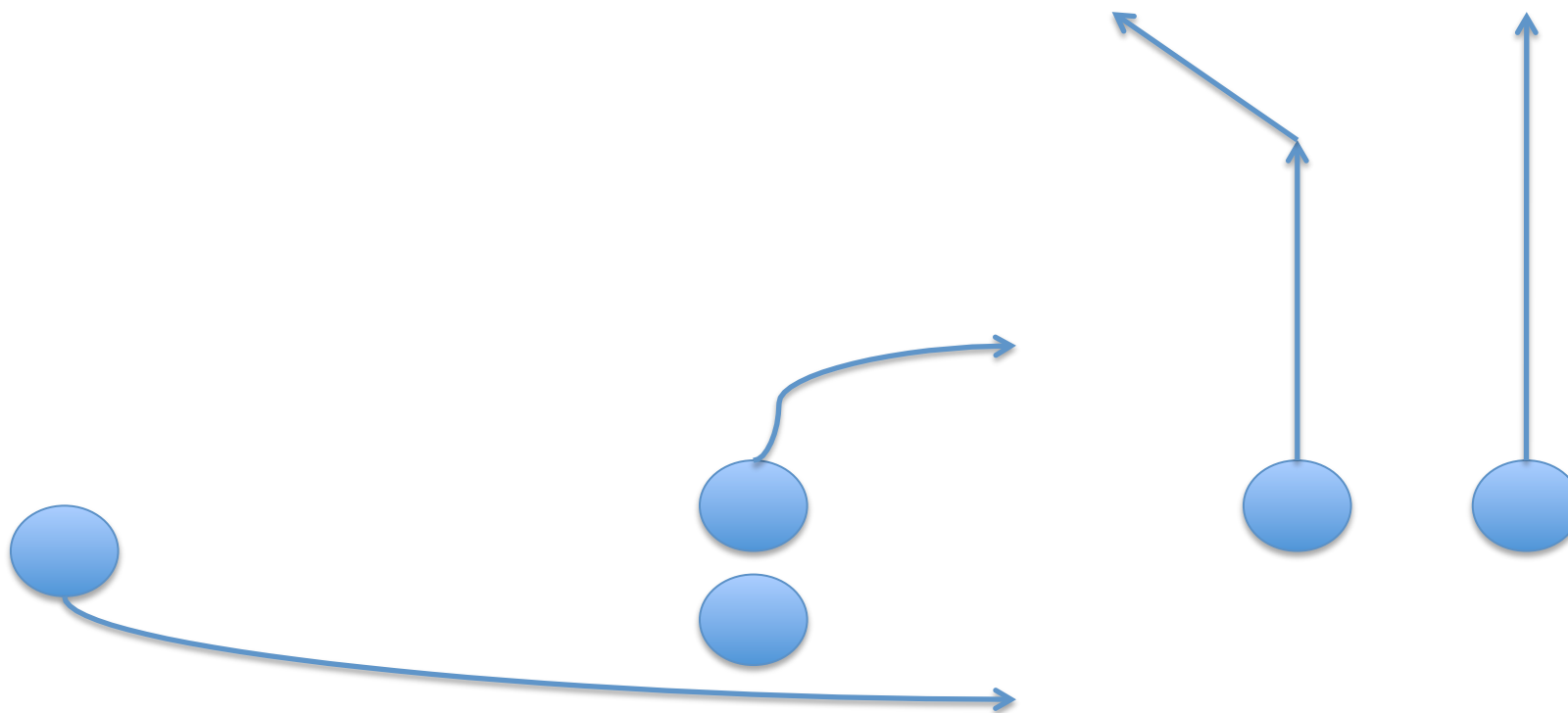




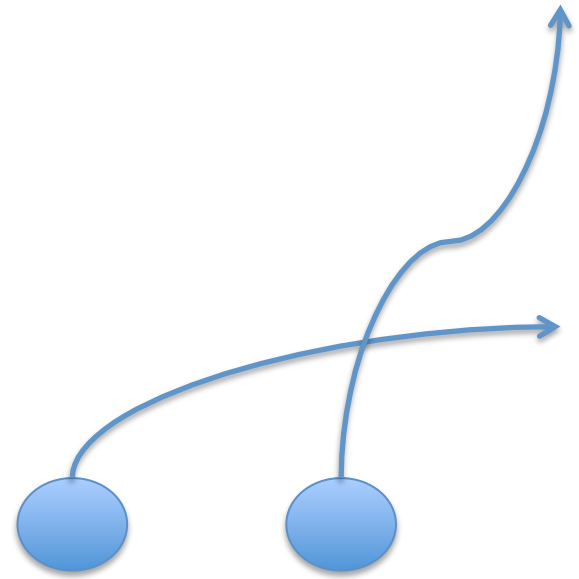
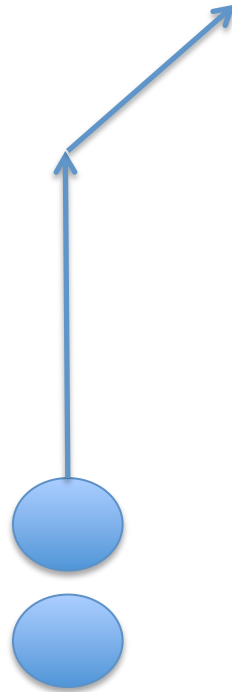
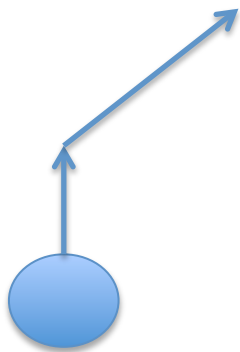
Another screen pass to the WR, but you can also fake it and throw deep.



Fake to the running back. Watch the RB on a short route.



Reverse Pass – WR takes the handoff and can throw or run



Watch the outside receiver on the out and up