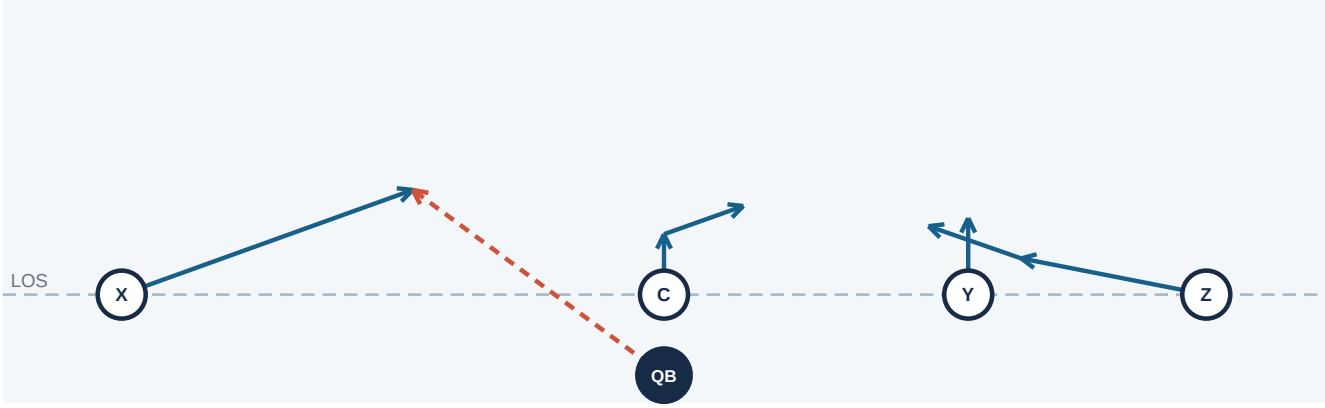
25 EASY FLAG FOOTBALL PLAYS

PRINTABLE 5v5 DIAGRAMS

01 Quick Slant

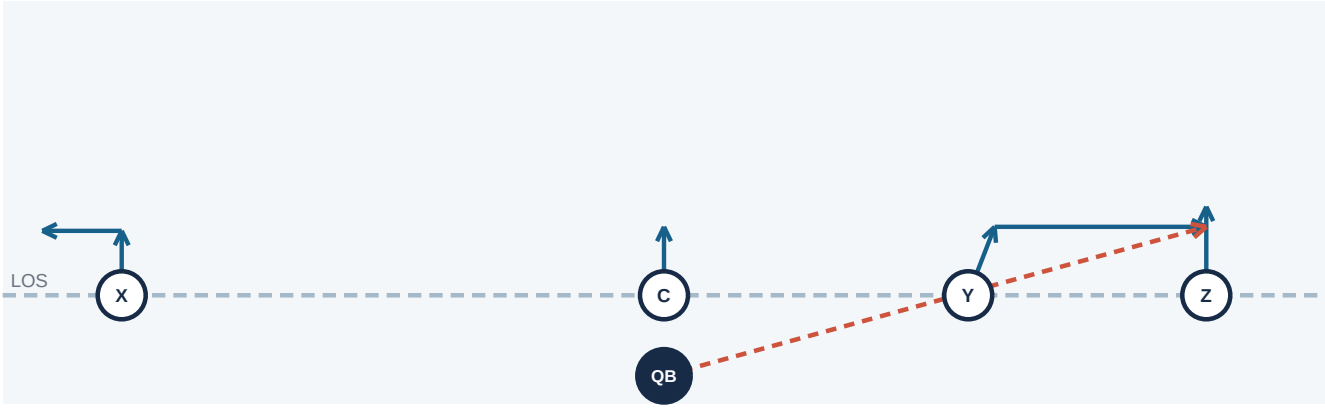
PASS



1-step throw; catch inside.

02 Twin Outs

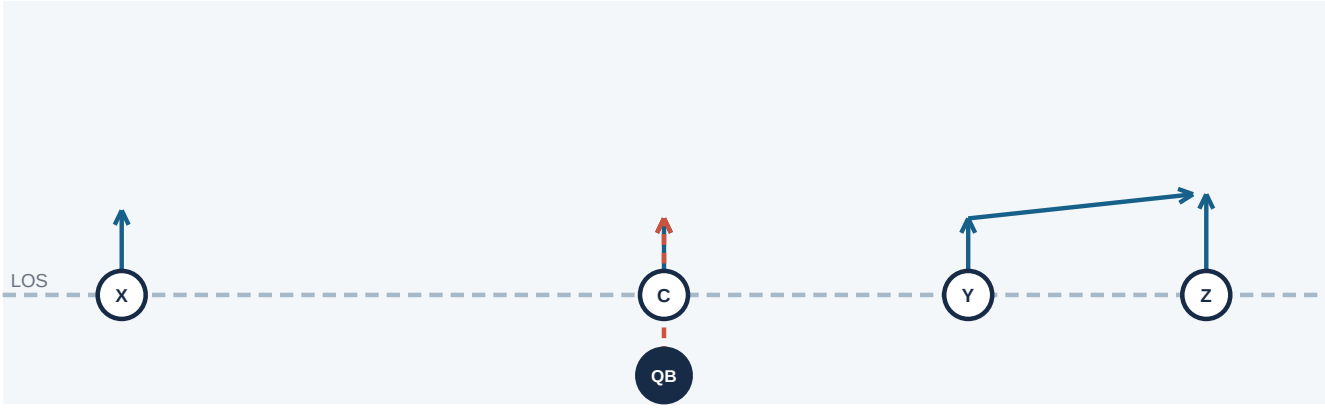
PASS



Two easy throws toward the sideline.

03 Center Pop

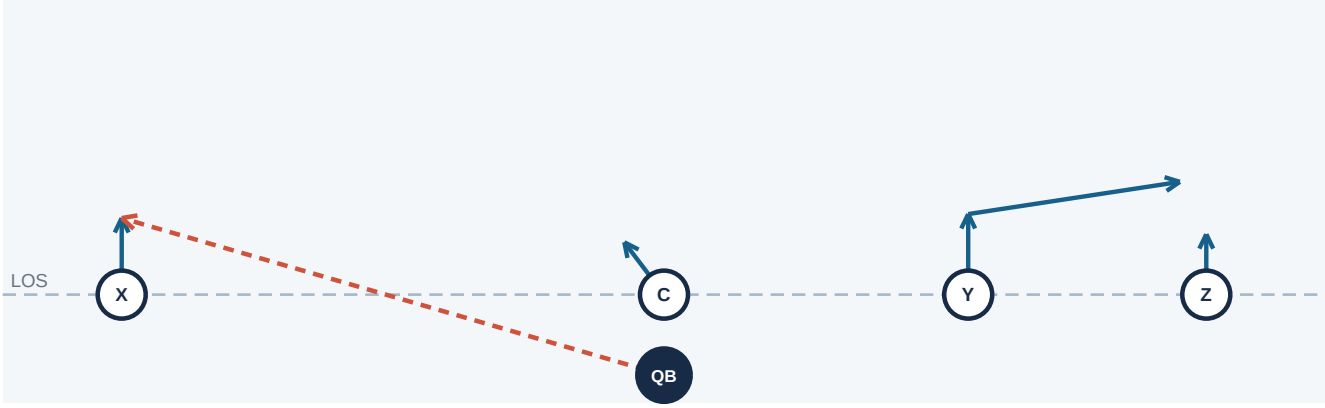
PASS



Center releases to open middle.

04 Hitch Stop

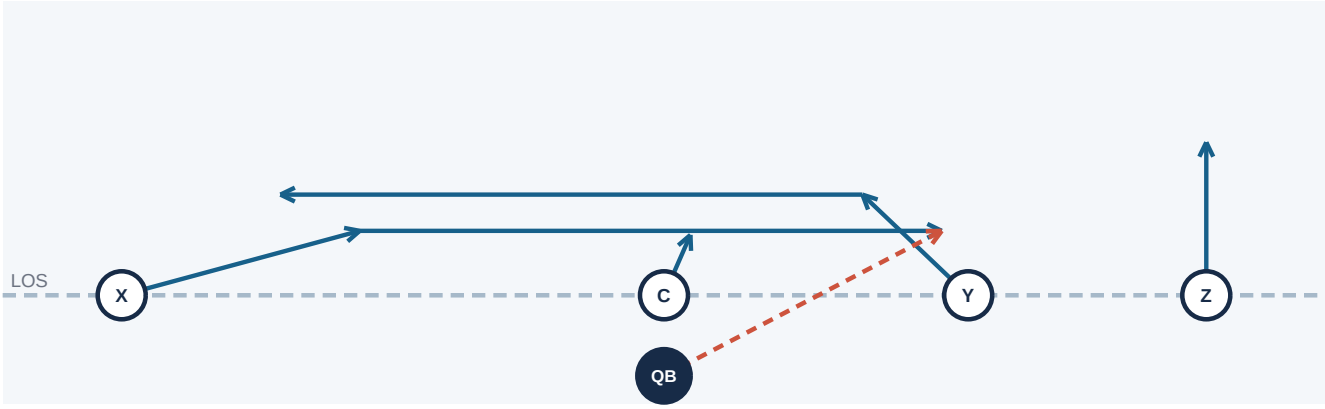
PASS



Receiver turns back at five yards.

05 Crossing Trails

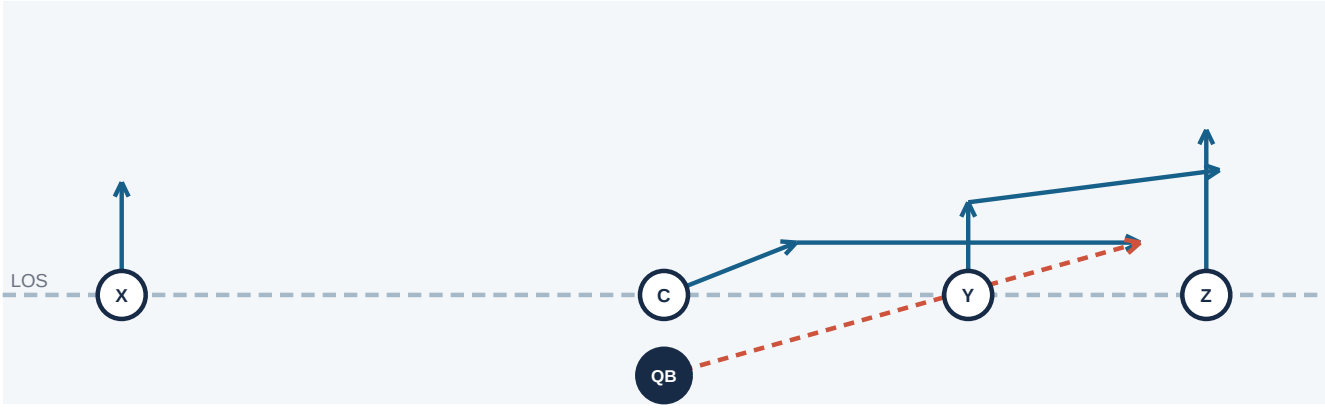
PASS



Two receivers cross at different depths.

06 Right-Side Flood

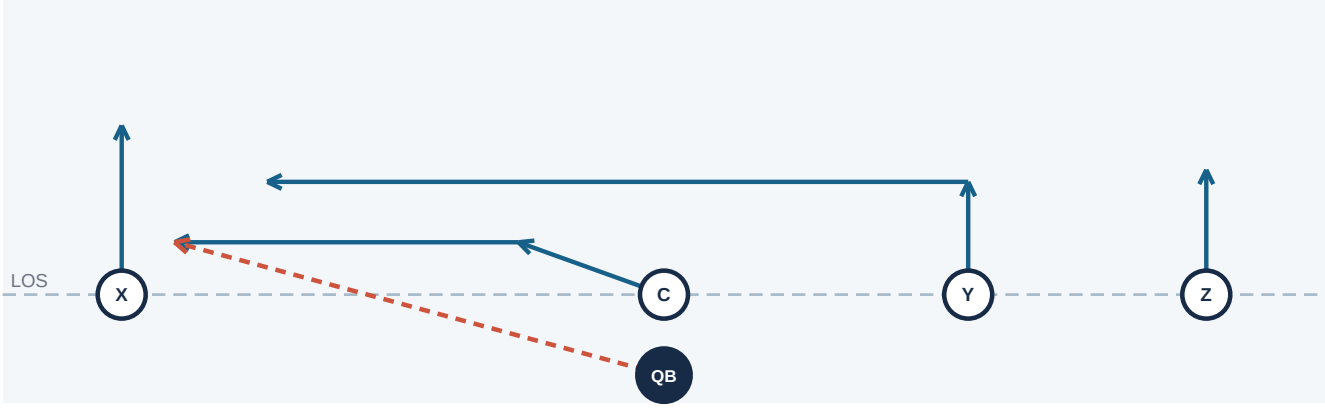
PASS



Three levels to one sideline.

07 Left-Side Flood

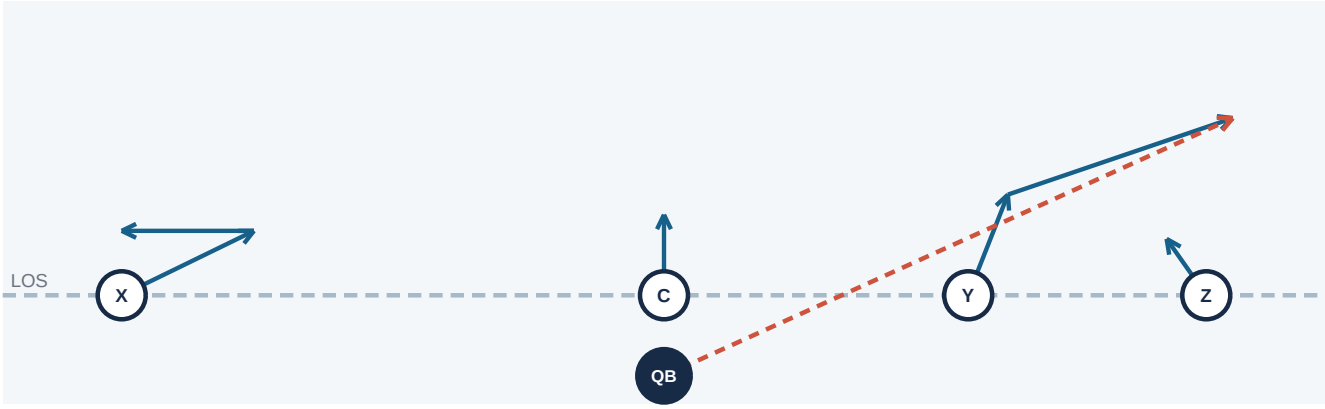
PASS



Mirror the flood to attack the left.

08 Corner and Flat

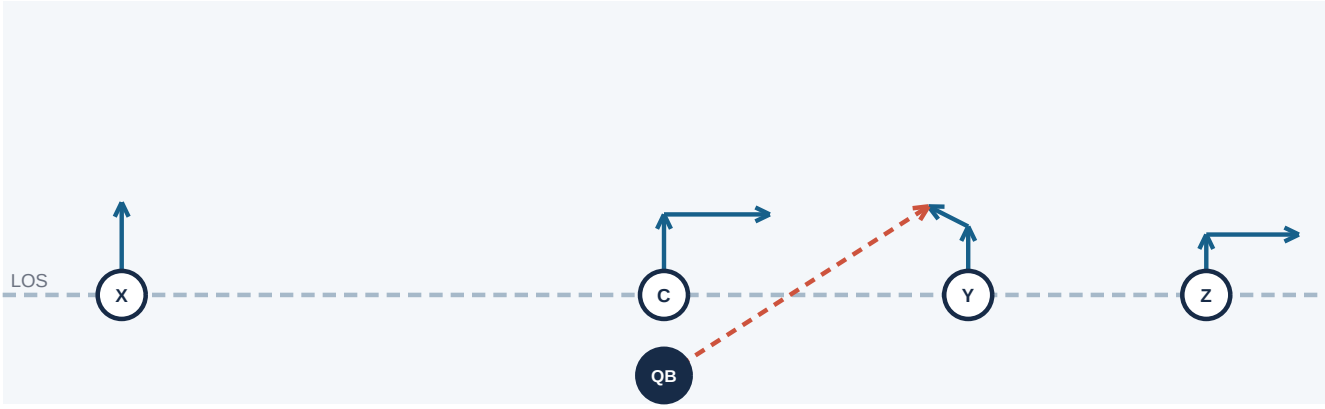
PASS



Choose the short flat or deep corner.

09 Stick and Sprint

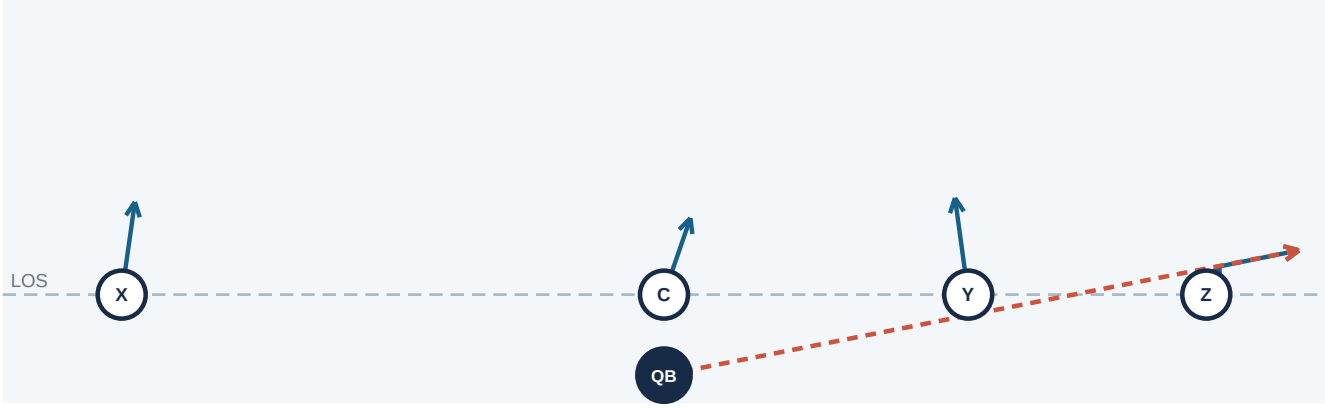
PASS



A quick stick route plus an outside outlet.

10 Quick Swing

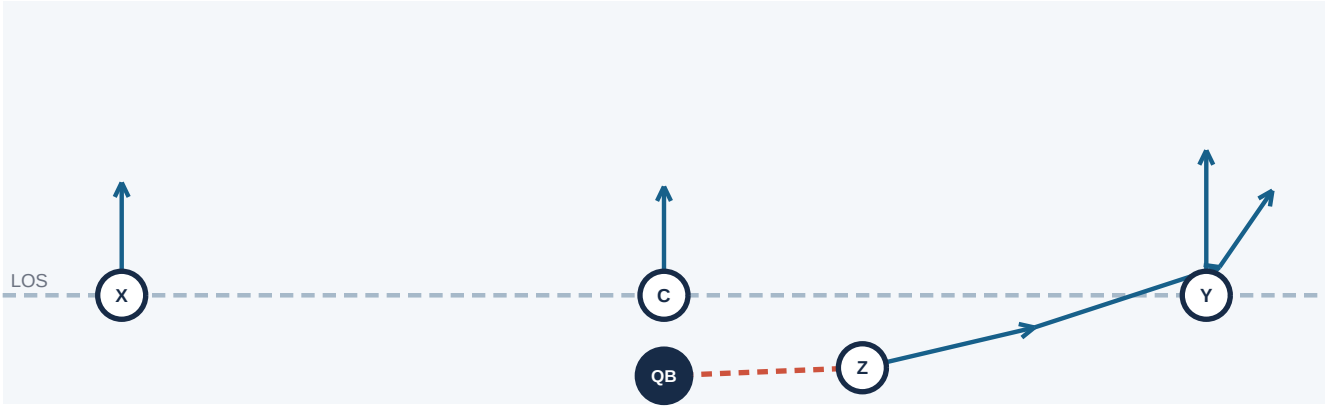
PASS



Catch just beyond LOS; no blocks or picks.

11 Right Sweep

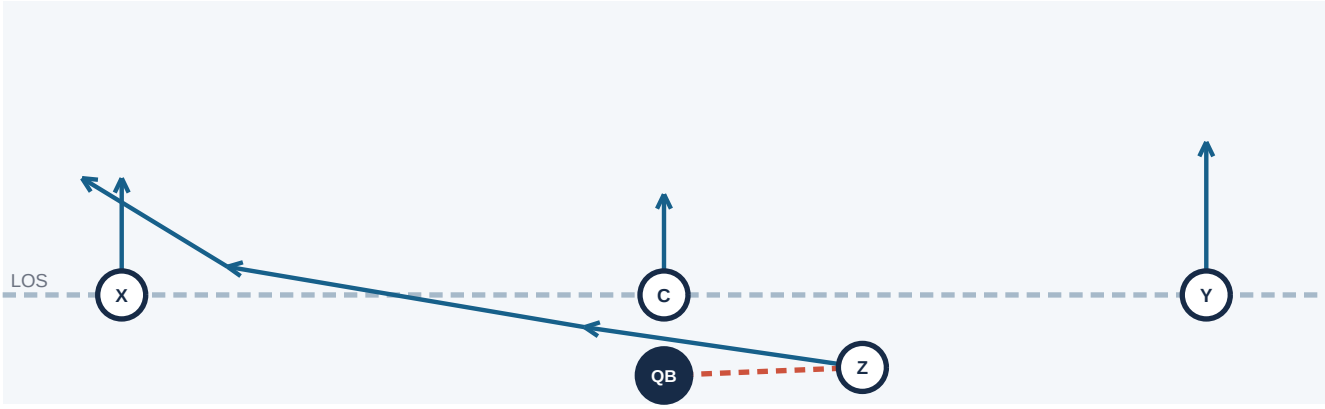
RUN



Handoff to back; attack open right lane.

12 Left Sweep

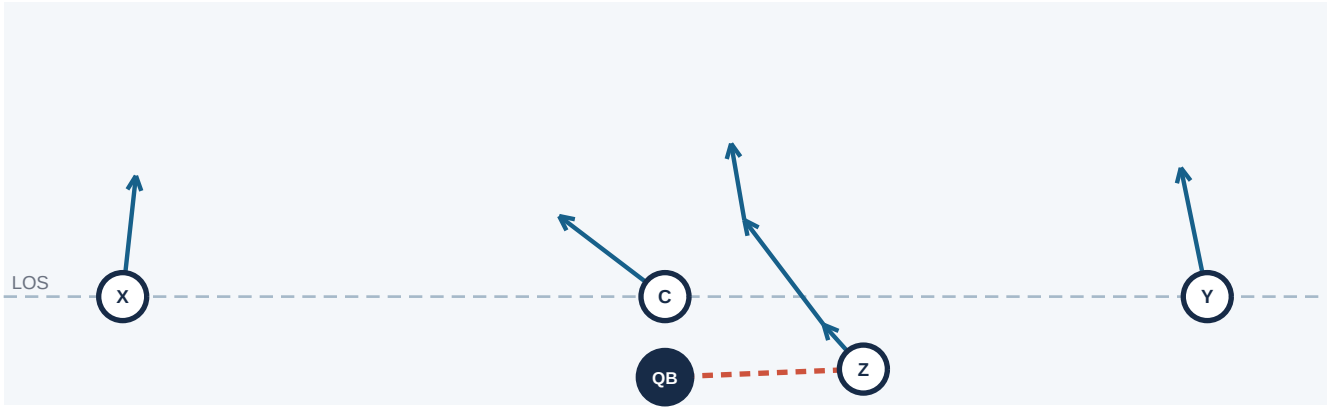
RUN



Same handoff, opposite sideline.

13 Middle Burst

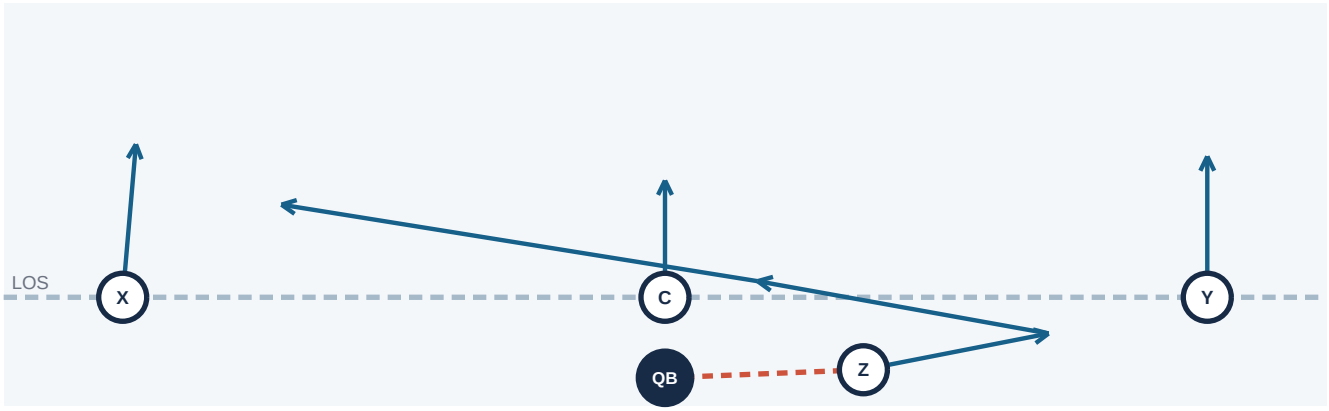
RUN



Handoff and hit a vacant middle lane.

14 Counter Cut

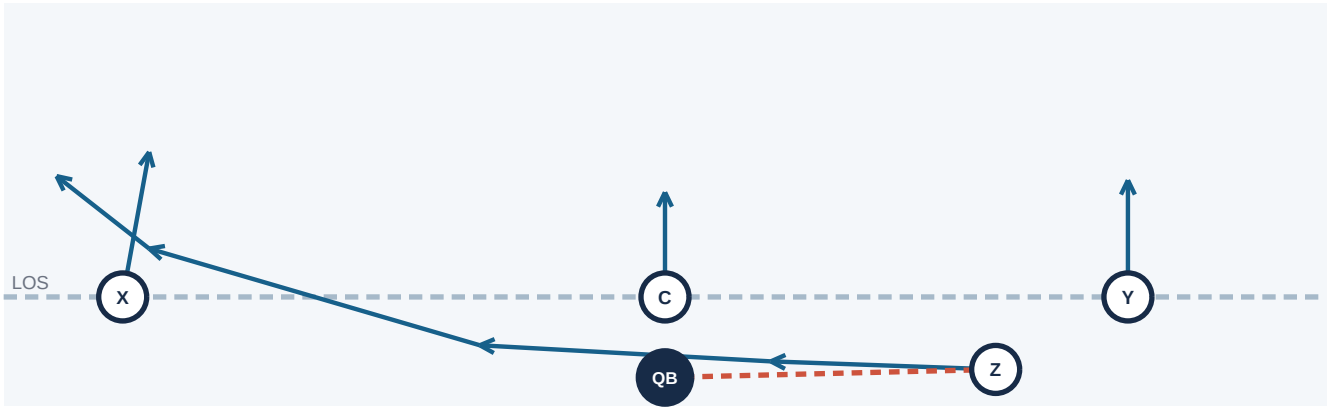
RUN



Show right; cut back left after handoff.

15 Jet Handoff

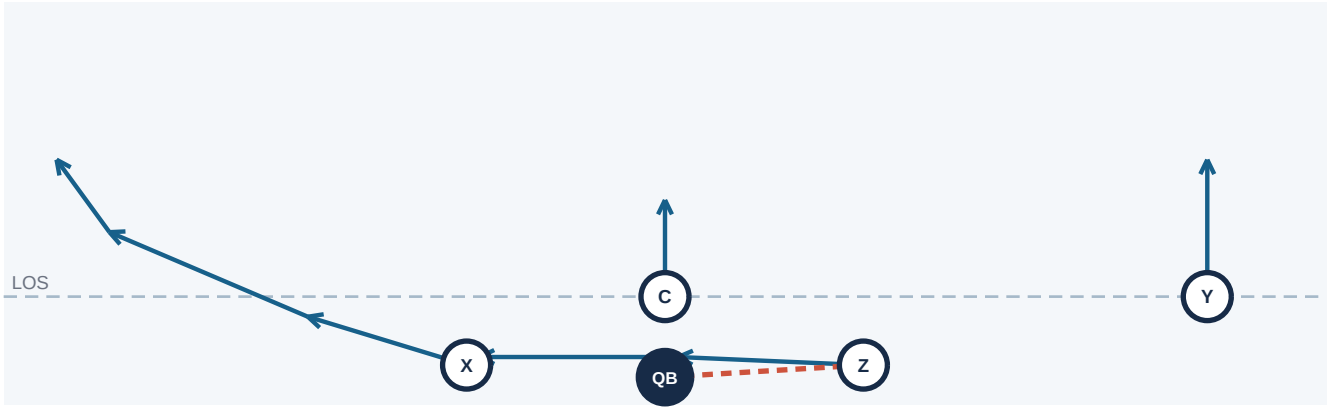
RUN



Motion across behind QB; hand off behind LOS.

16 Double Handoff

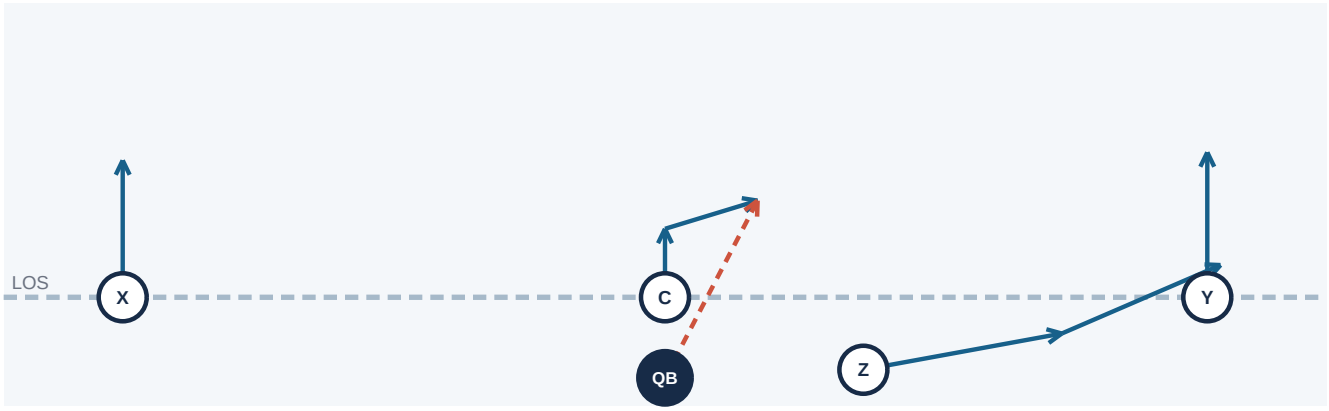
RUN



Two secure handoffs behind LOS.

17 Fake Sweep, Pop

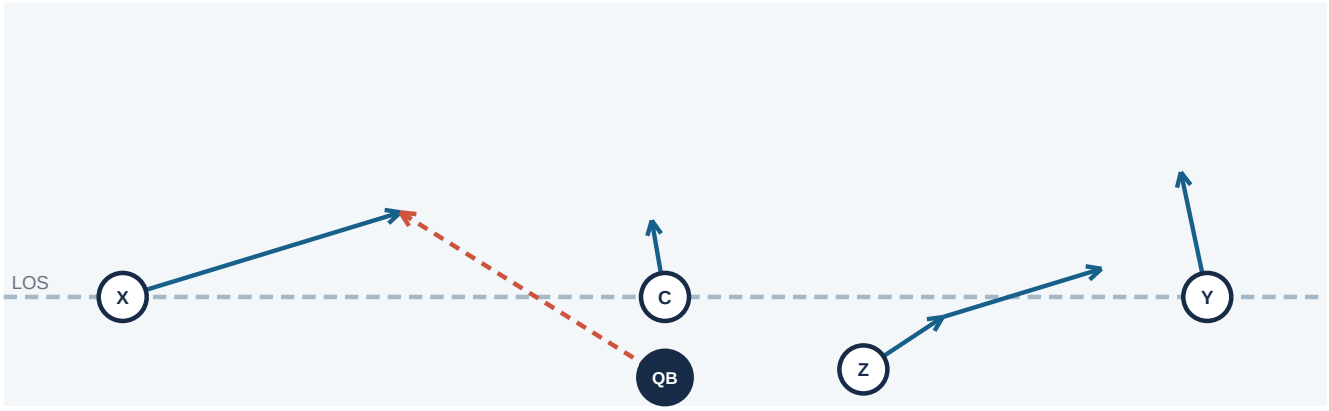
PASS



Fake run; center opens over the ball.

18 Play-Action Slant

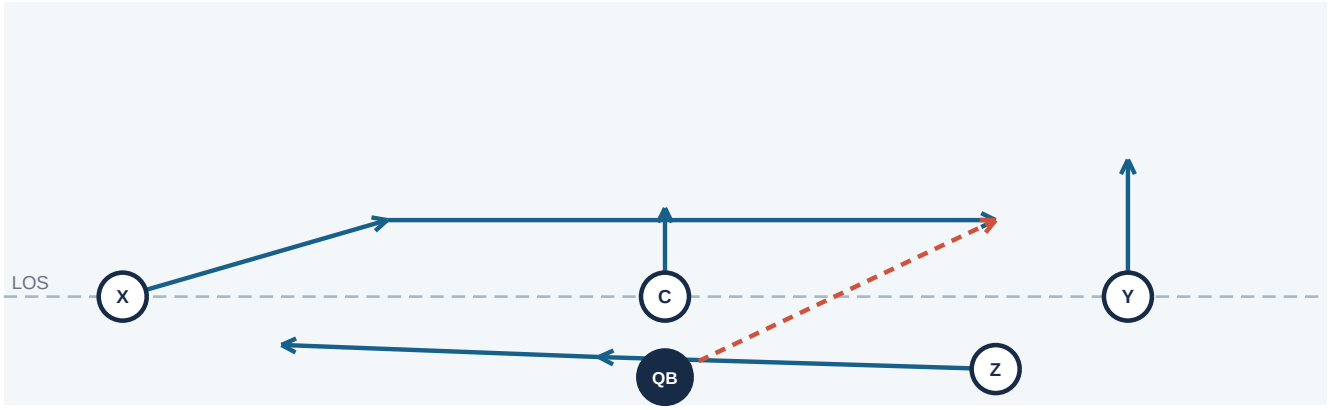
PASS



Fake handoff, then fast inside throw.

19 Jet Fake, Cross

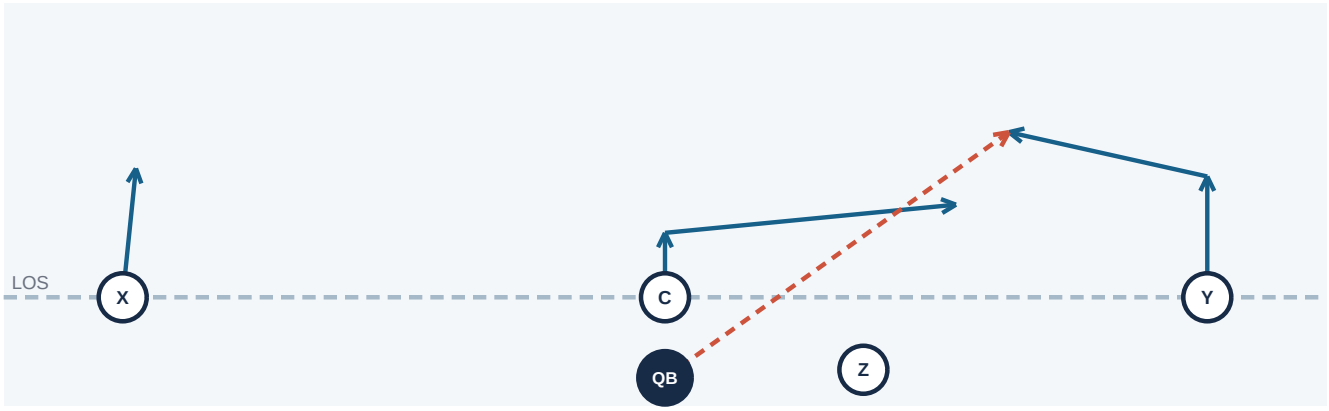
PASS



Fake jet; hit the opposite crossing route.

20 Handoff and Throw

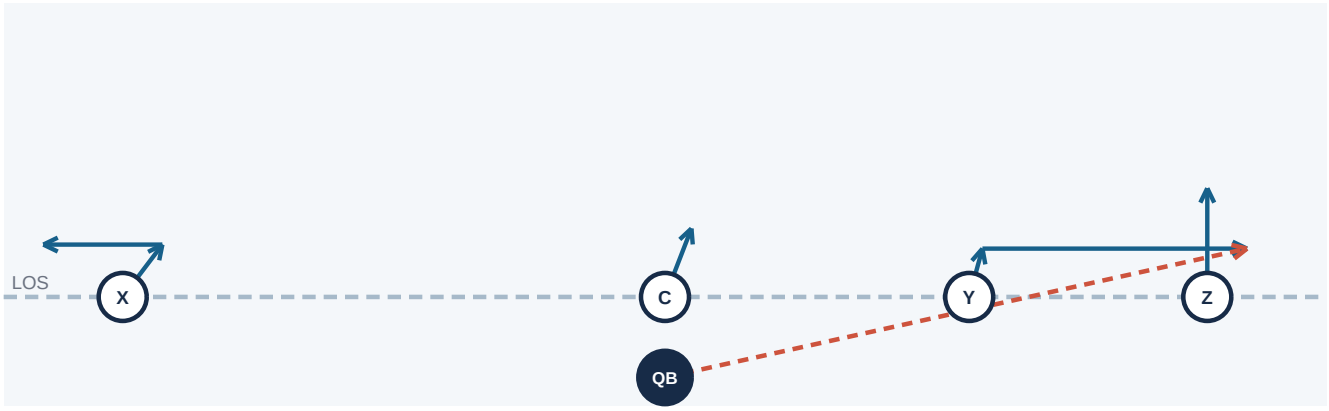
PASS



Back takes handoff then throws (if legal).

21 Goal-Line Speed Out

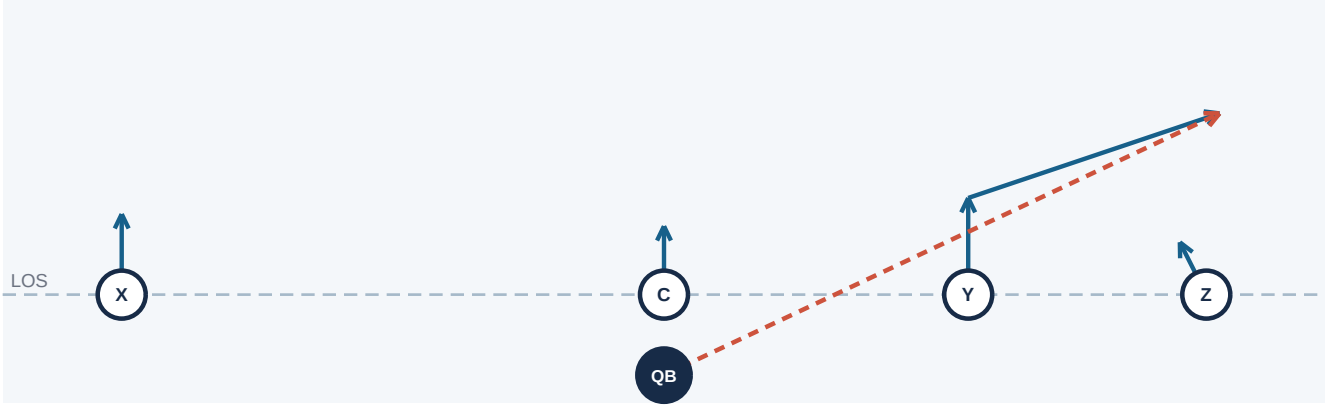
RED ZONE



Fast throw into space; no-run friendly.

22 Back-Line Break

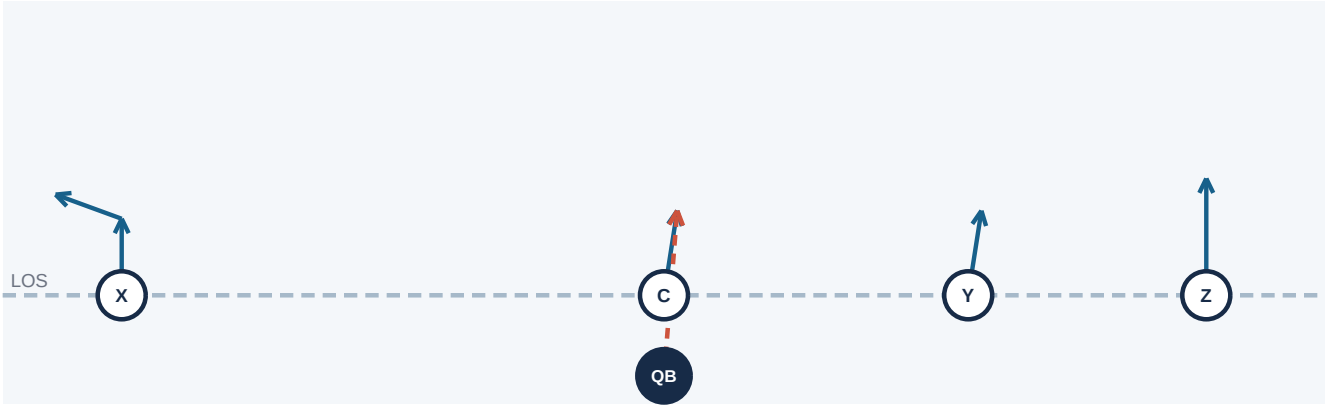
RED ZONE



Receiver angles to back corner of end zone.

23 Delayed Center

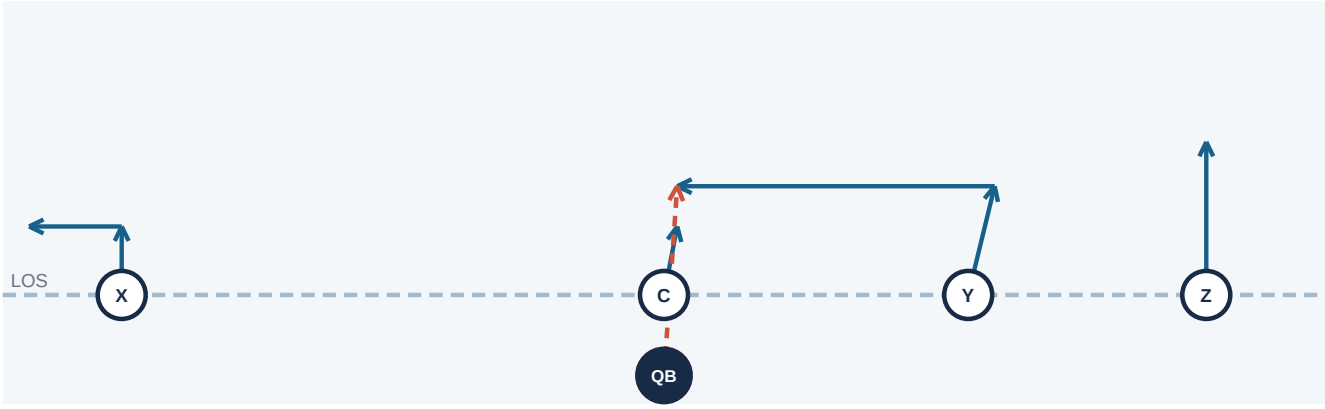
RED ZONE



Center waits a beat, then releases.

24 Two-Level Choice

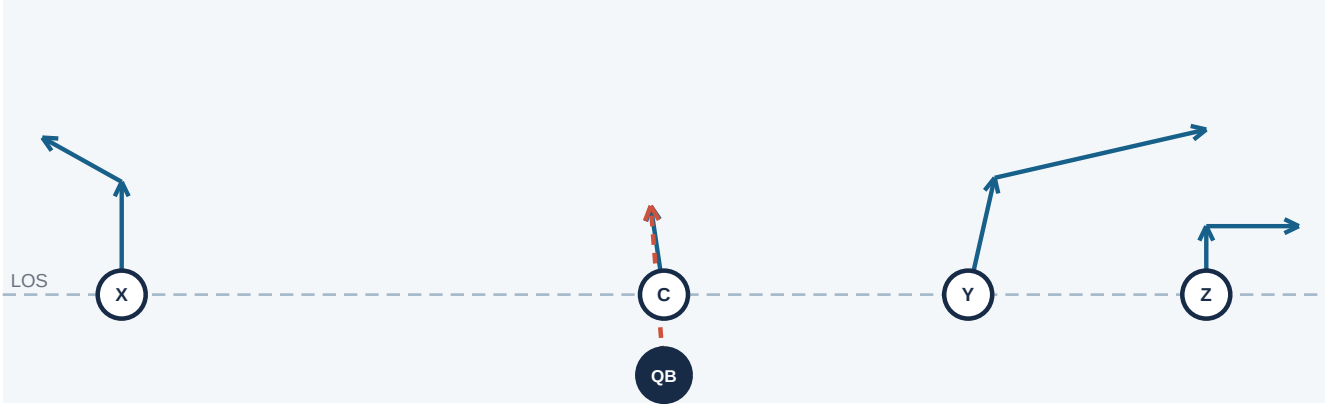
PASS



Short out plus a deeper in-breaker.

25 Four Corners

PASS



Spread everyone; QB reads open grass.

HOW TO CONVERT THESE TO 7v7

- Add two players (A and B), staying within your formation rules.
- Simple default: A runs a short route; B runs a deeper route.
- For runs, A and B run genuine routes - never block or screen.
- Keep the same QB, center, X, Y, and Z teaching assignments.
- For 7v7 defense: start with 4 underneath and 3 deeper defenders.
- Check league rules for legal motion, runs and quarterback restrictions.
- Coach call: "Quick Slant Seven" = Play 01, plus A out and B seam.

DIAGRAM KEY

X/Y/Z = receivers (or handoff runners) | C = snapping center | QB = quarterback

Solid blue arrow = route or run | Dashed red arrow = initial ball path

LOS = line of scrimmage | Offensive direction is up the page

BONUS: 5v5 DEFENSIVE FORMATIONS

Dots are defender starting spots. Defensive team is at the top, facing downfield.

2-2-1 ZONE



Two underneath, two deeper, one safety; communicate handoffs.

3-2 ZONE



Three across short areas; two defenders protect deeper throws.

MAN WITH A DEEP HELPER



Four defenders match receivers; one helps deep. Assign the center.

BONUS: BLANK PLAY DESIGN SHEET

Draw routes on the grid. Mark the ball path with a dashed line.

