

Example Flag Football Plays

These are several of the run and pass plays that worked for my 9-11 age team a few years ago. I hope you find them to be a good starting point for your team. Good idea to add 5 and 10 yard lines onto plays to show distance for patterns etc.

Note: "HB" and "M" used interchangeably depending on where that player lined up.

Good luck! Ed Goodwin

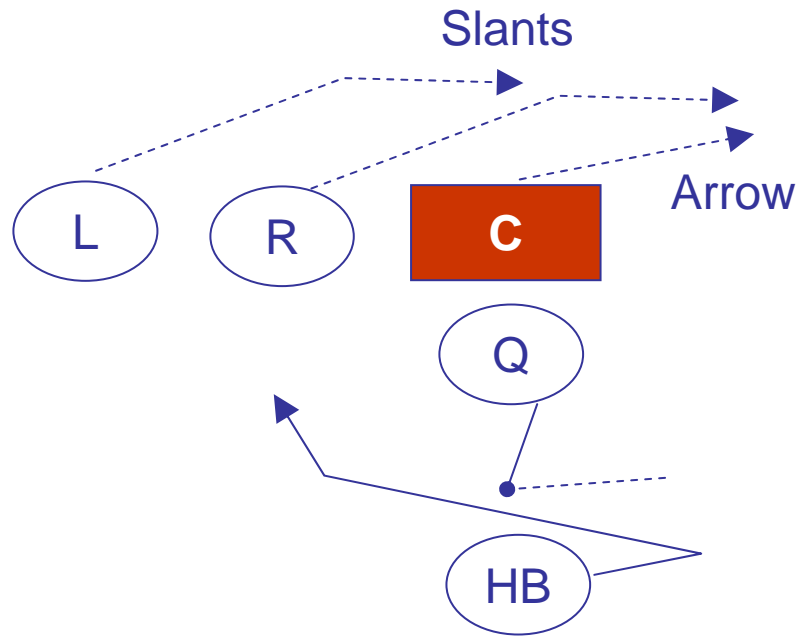


Run Plays



Fast Blast (HB Run)

Run Left

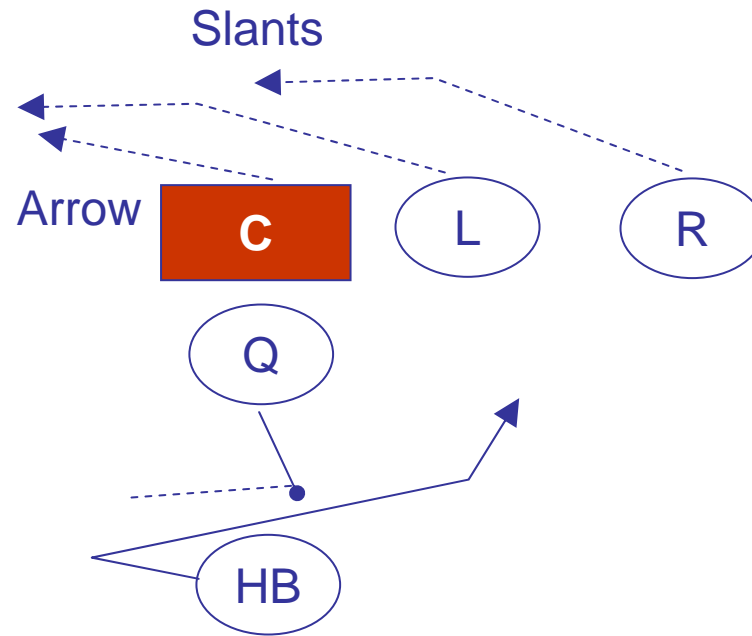


Twins Left with HB formation
 QB fakes pass (looks at receivers)
 QB hands-off to HB
 HB runs downfield



Fast Blast (HB Run)

Run Right



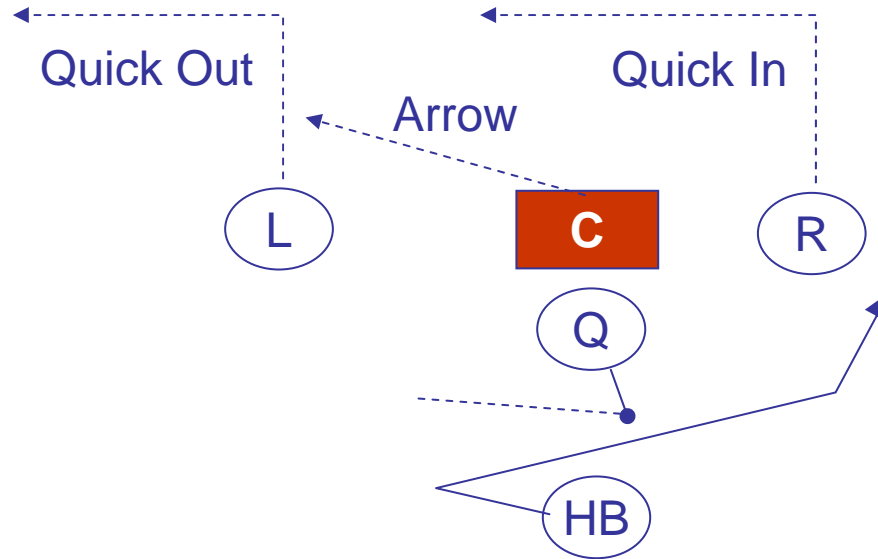
Twins Right with HB formation
 QB fakes pass (looks at receivers)
 QB hands-off to HB
 HB runs downfield

Run



Streak (HB Run)

Run Right



T formation

QB fakes pass

QB hands-off to HB

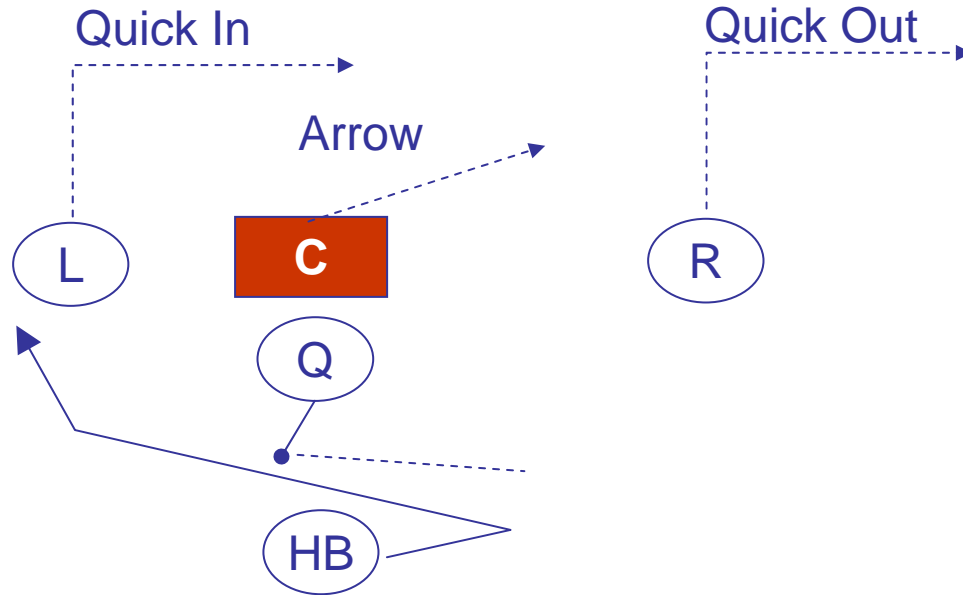
HB runs downfield

Run



Streak (HB Run)

Run Left



T formation

QB fakes pass

QB hands-off to HB

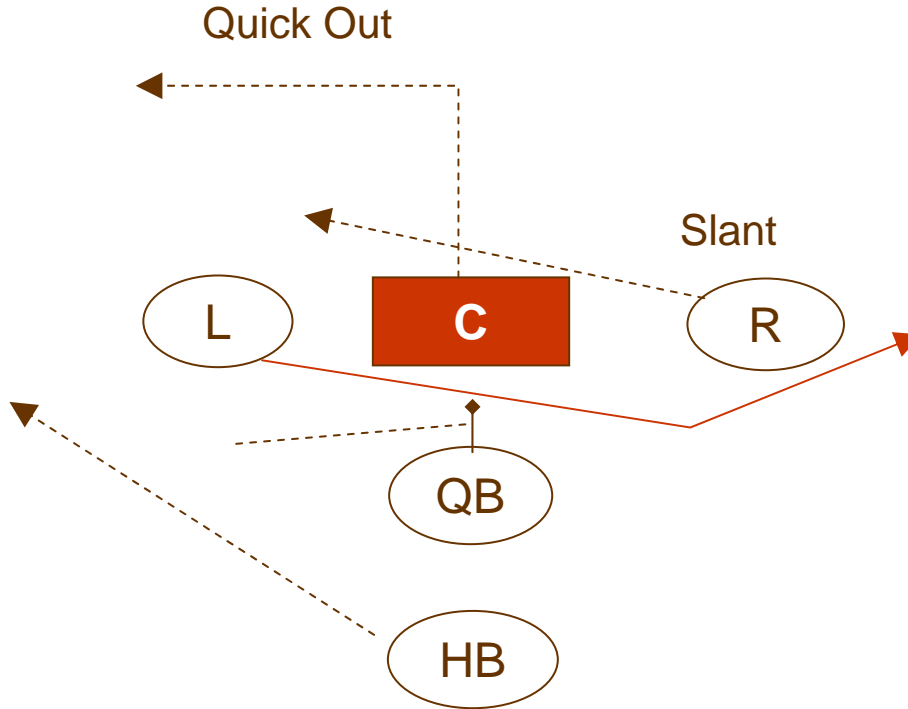
HB runs downfield

Run



L Mad Dash (w HB)

Run Right



T formation

QB quickly hands off to L

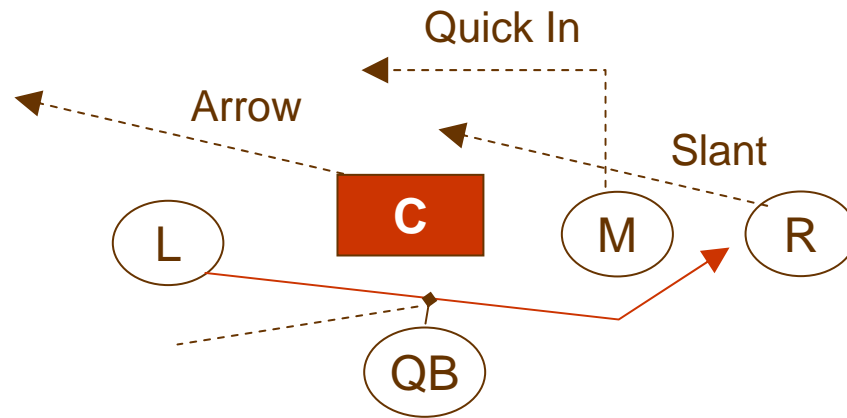
L runs downfield

Run



L Mad Dash - Twins

Run Right



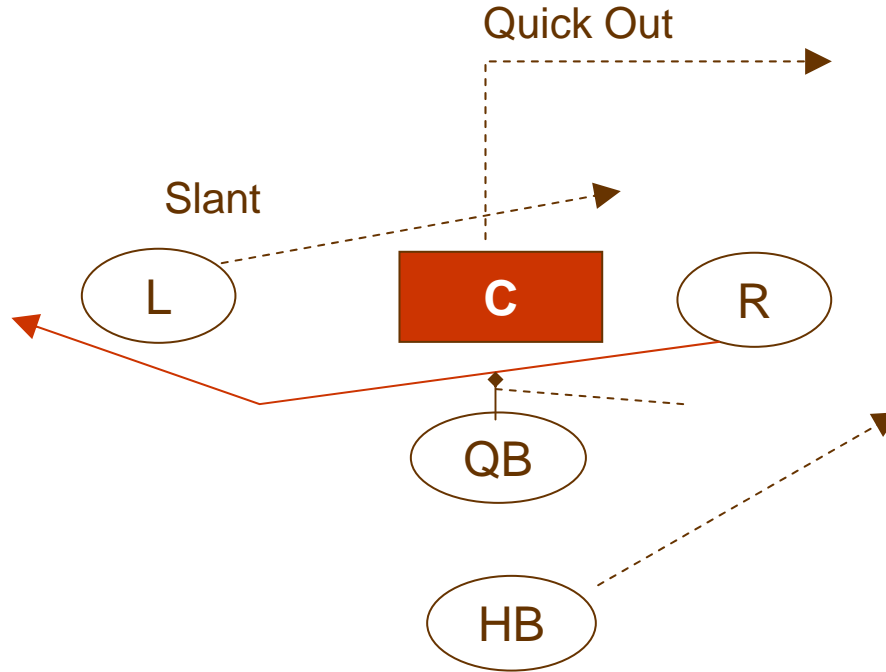
Twins Right formation (no HB)
QB quickly hands off to L
L runs downfield

Run



R Mad Dash (w HB)

Run Left



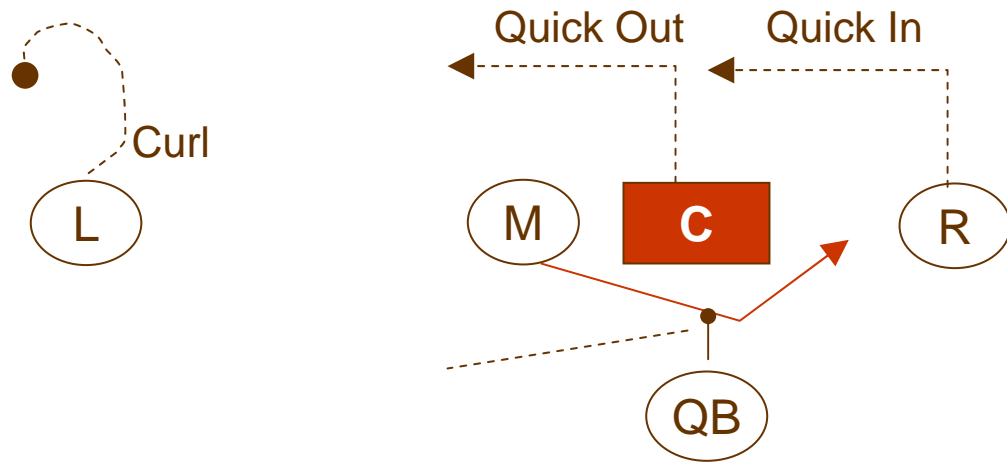
T formation
QB quickly hands off to R
R runs downfield

Run



M Mad Dash - Twins

Run Right



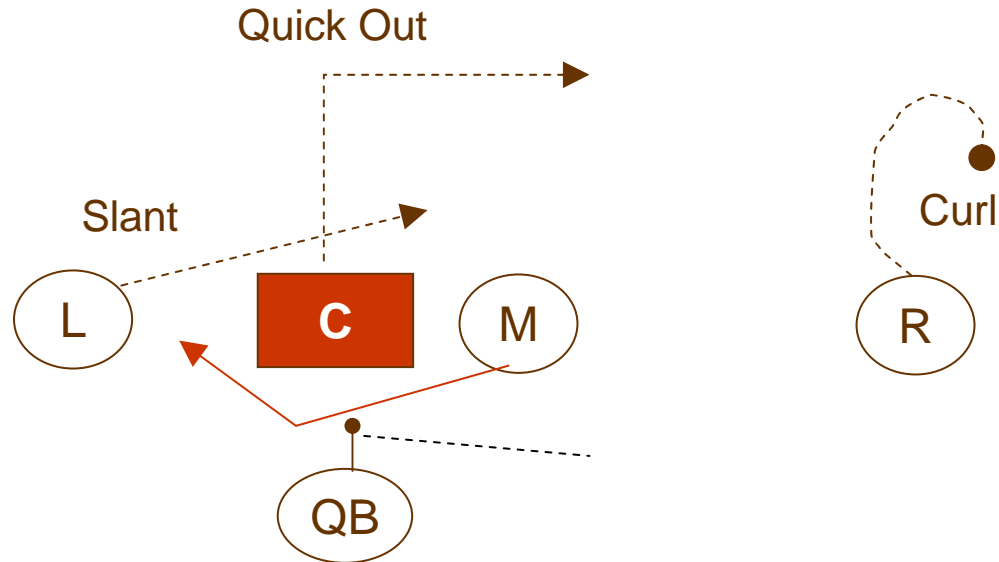
Twins Left formation (no HB)
QB quickly hands off to M
M runs downfield

Run



M Mad Dash - Twins

Run Left



Twins Left/Right formation (no HB)
 QB quickly hands off to M
 M runs downfield

Run

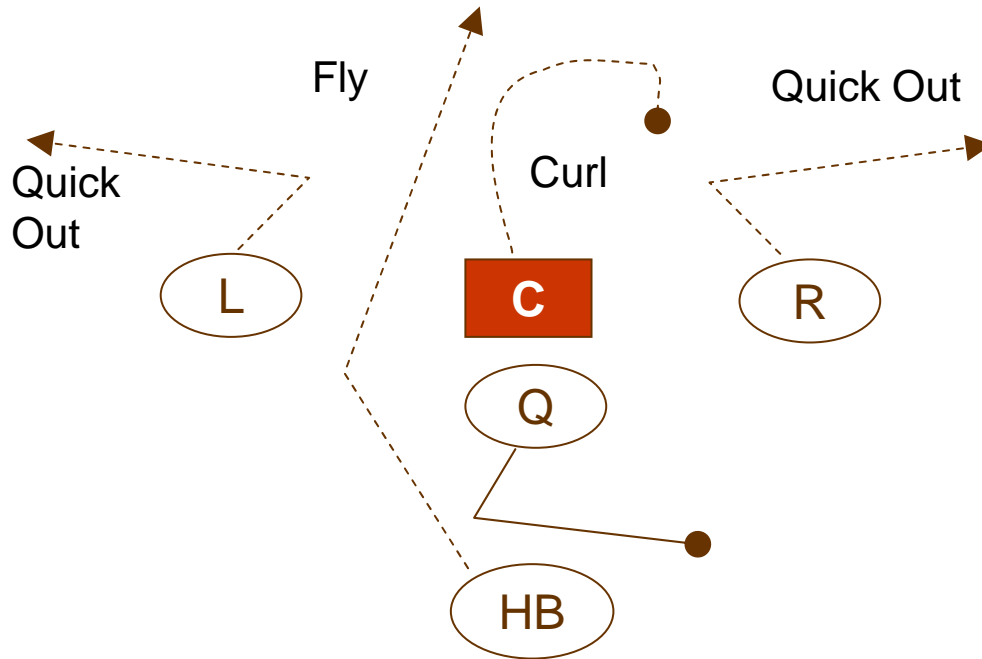


Shorter Pass Plays (but could go long)



Quick Hit Pass #1 - w HB

Roll Right



T formation

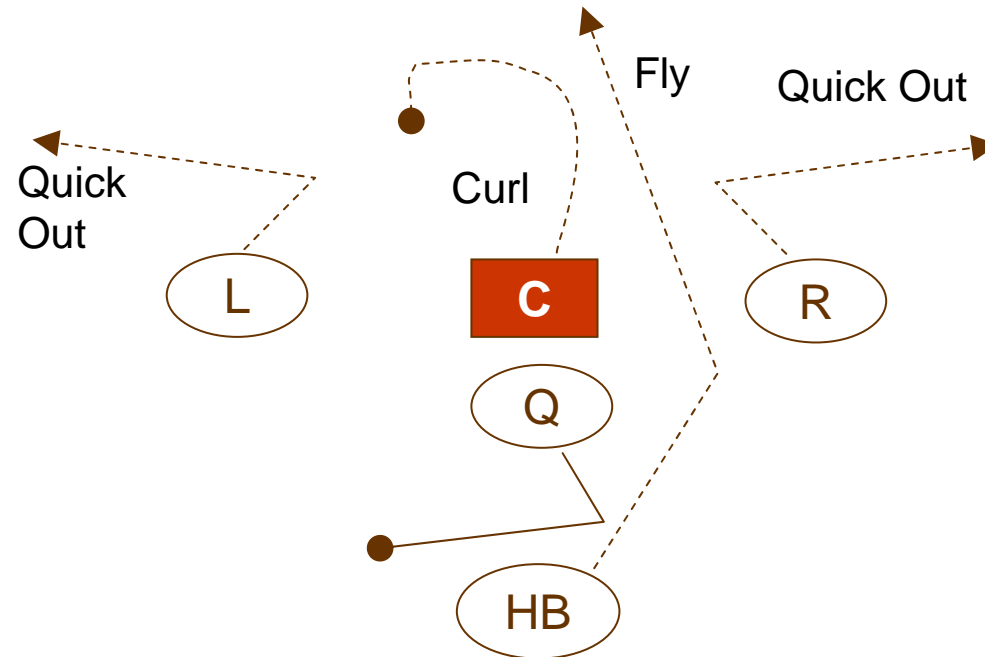
QB fakes hand-off to HB

QB quickly passes to open player



Quick Hit Pass #1 - w HB

Roll Left



T formation

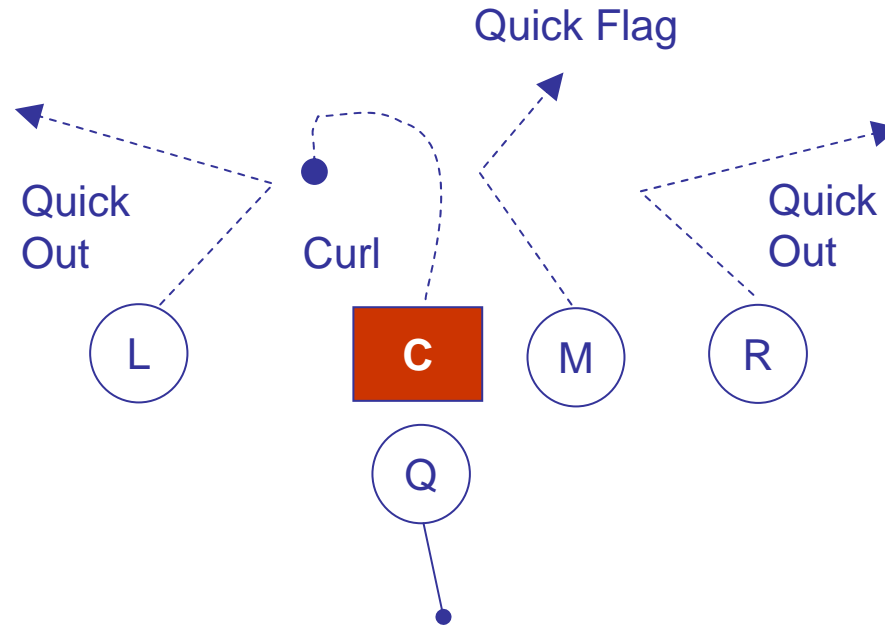
QB fakes hand-off to HB

QB quickly passes to open player



Quick Hit Pass #1 – Twins

Twins Right



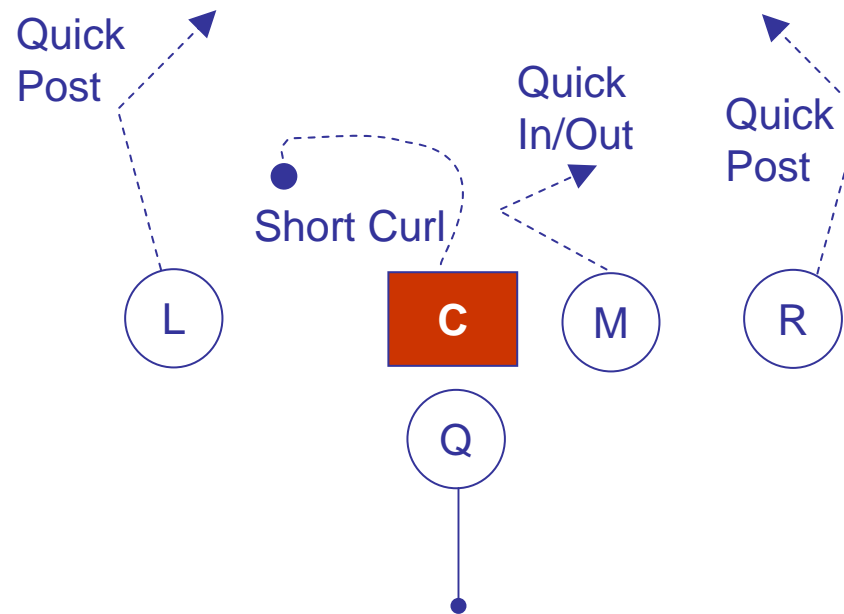
Twins Right formation (no HB)

QB drops back and quickly passes to open player (2-3 count)



Quick Hit Pass #2 – Twins

Twins Right



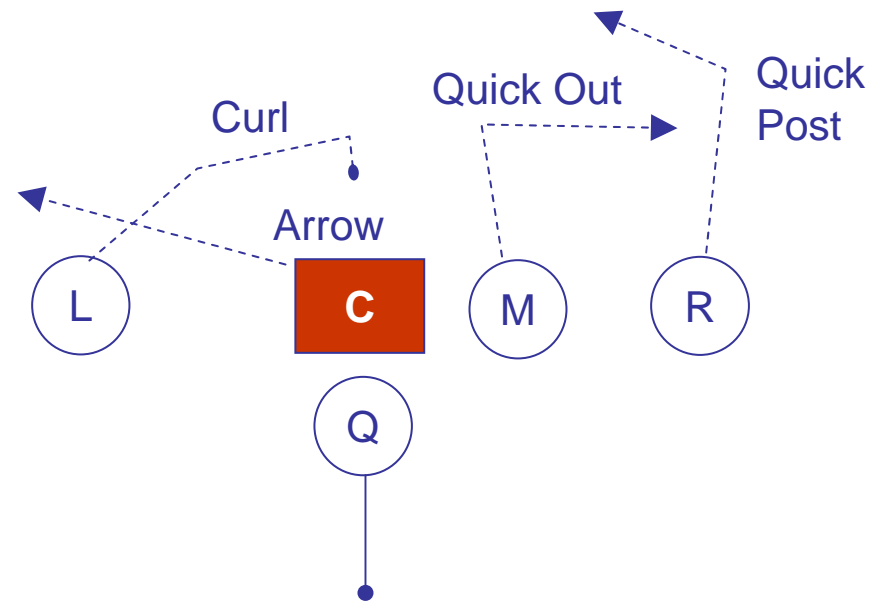
Twins Right formation (no HB)

QB drops back and quickly passes to open player (2-3 count)



Quick Hit Pass #3 – Twins

Twins Right



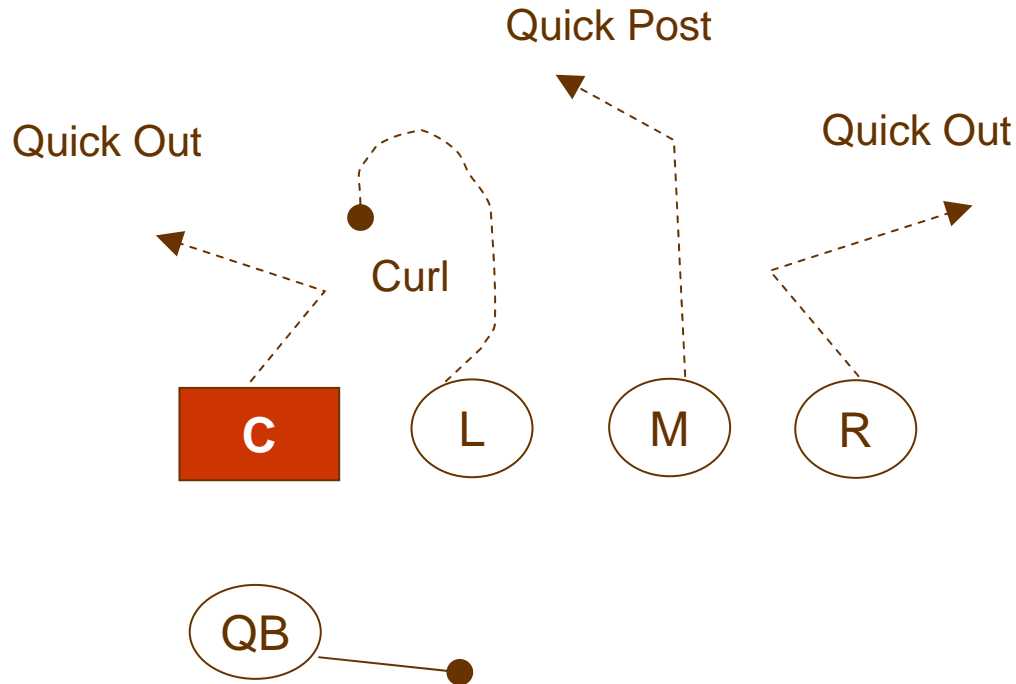
Twins Right formation (no HB)

QB drops back and quickly passes to open player (2-3 count)



Quick Hit Pass - Trips

Roll Right



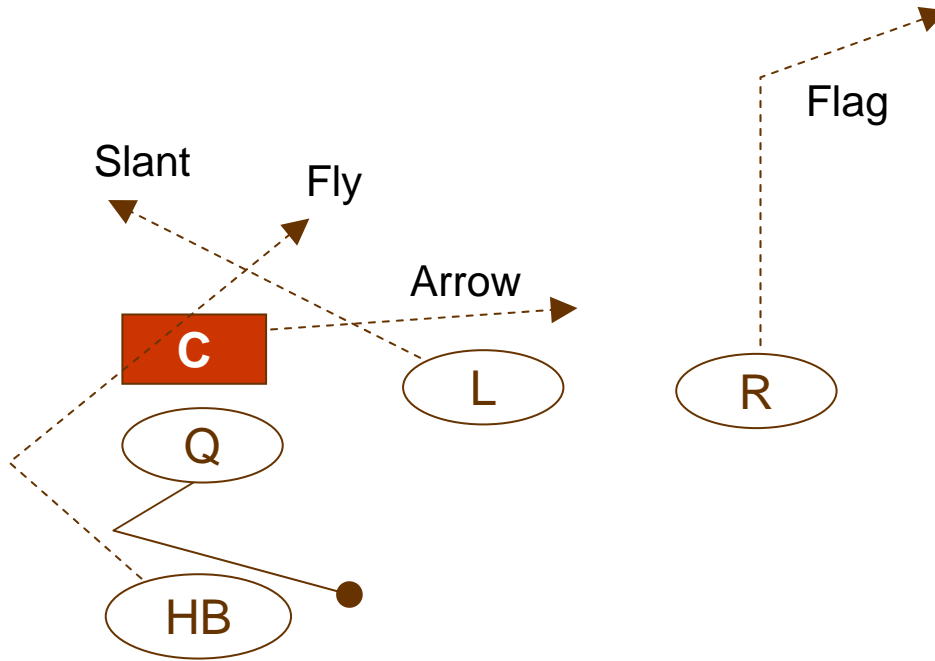
Trips right formation

QB quickly passes to open player (2-3 count)



Cross Pass (w HB)

Roll Right

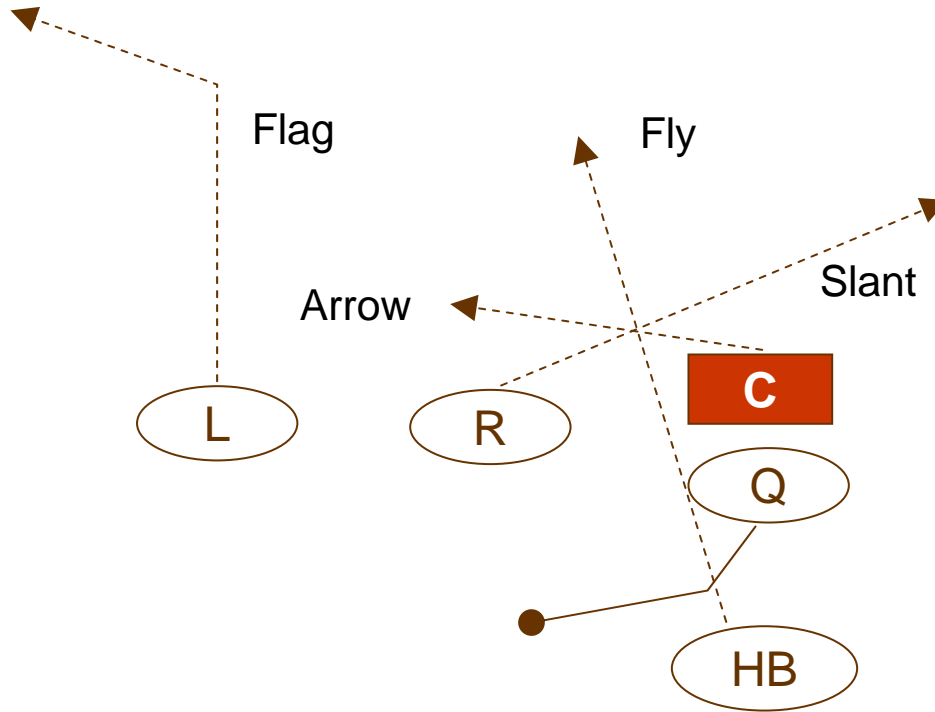


Twins Right formation with HB
QB fakes hand-off to HB
QB throws to open receiver



Cross Pass (w HB)

Roll Left

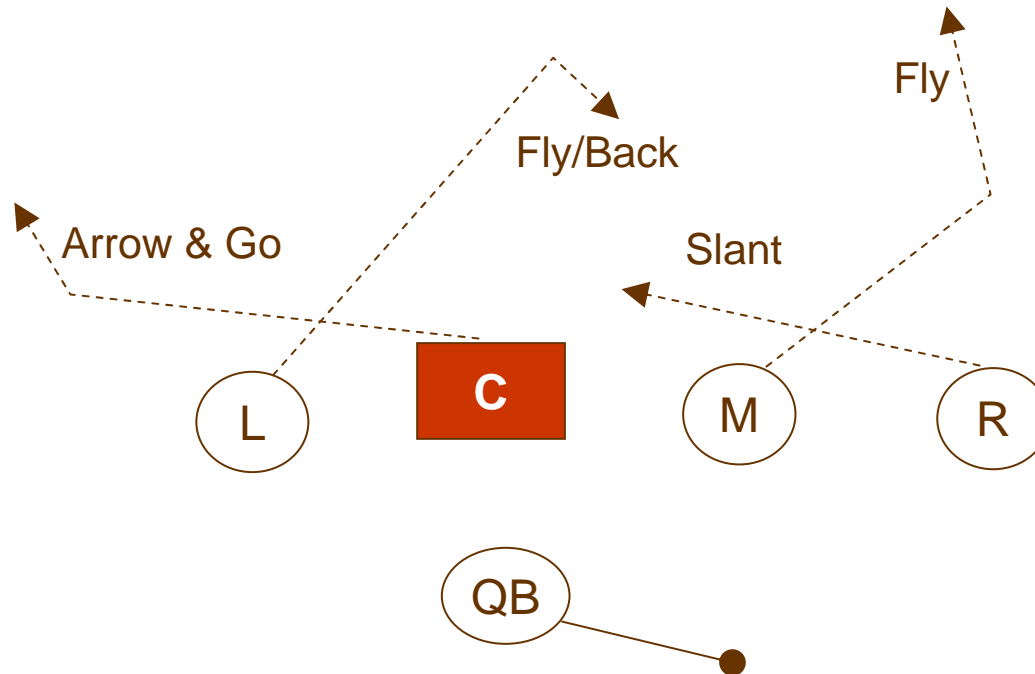


Twins Left formation with HB
QB fakes hand-off to HB
QB throws to open receiver



Cross Pass – Twins No HB

Roll Right



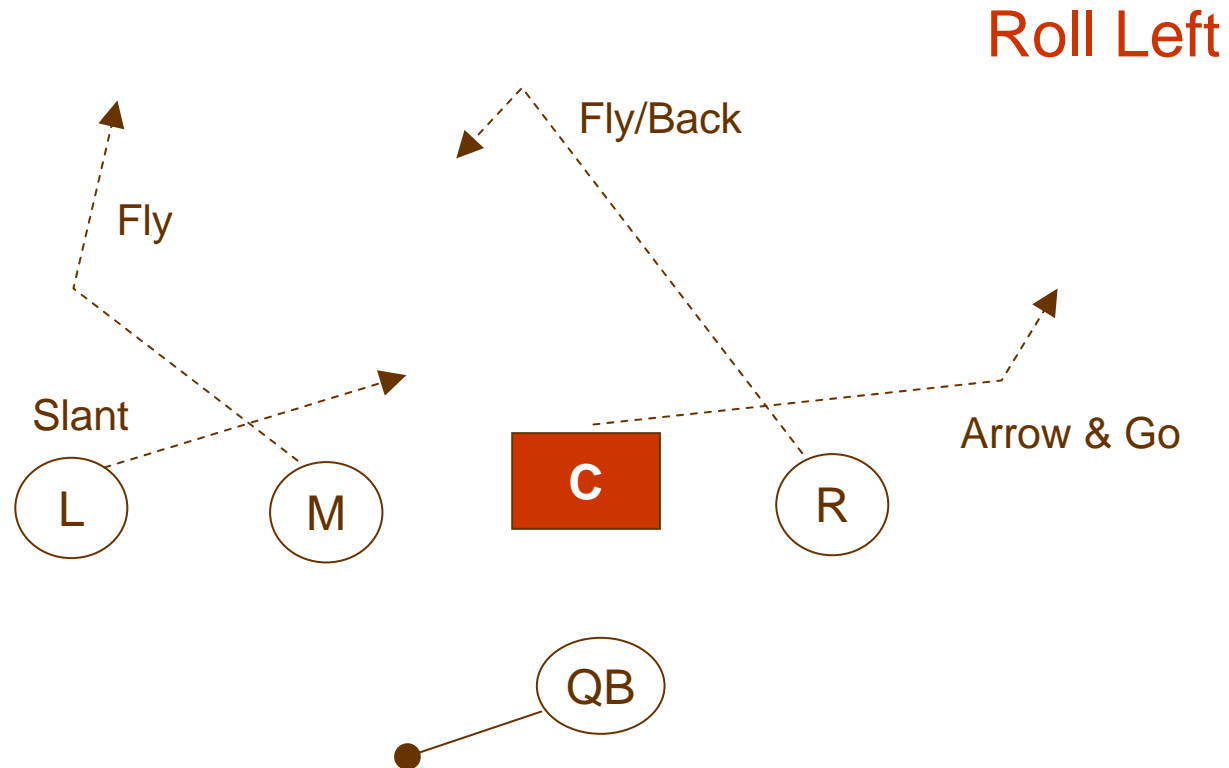
Twins Right formation (no HB)

QB rolls right and passes to open deep receiver

If not open, QB pass to R or C if open



Cross Pass – Twins No HB



Twins Left formation (no HB)

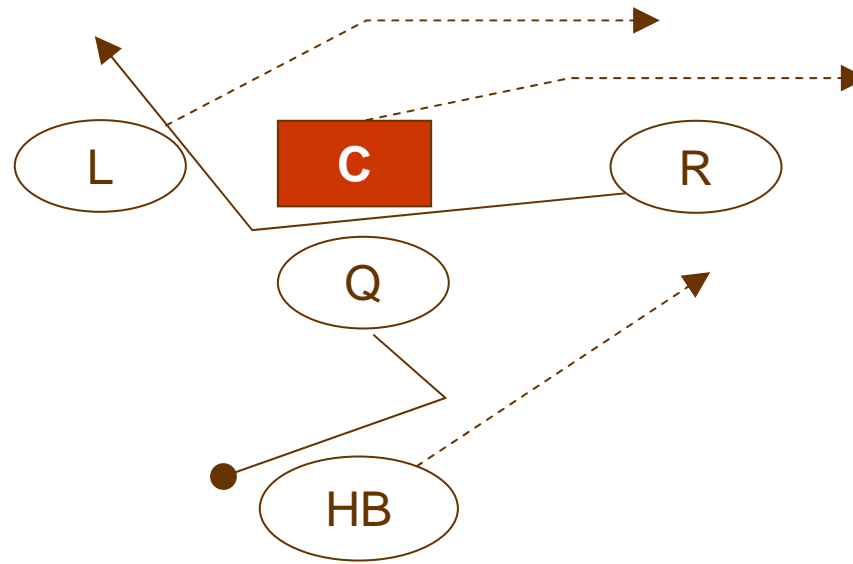
QB rolls left and passes to open deep receiver

If not open, QB pass to L or C if open



ISO Pass – R - w HB

Roll Left



T formation

QB fakes hand-off to HB

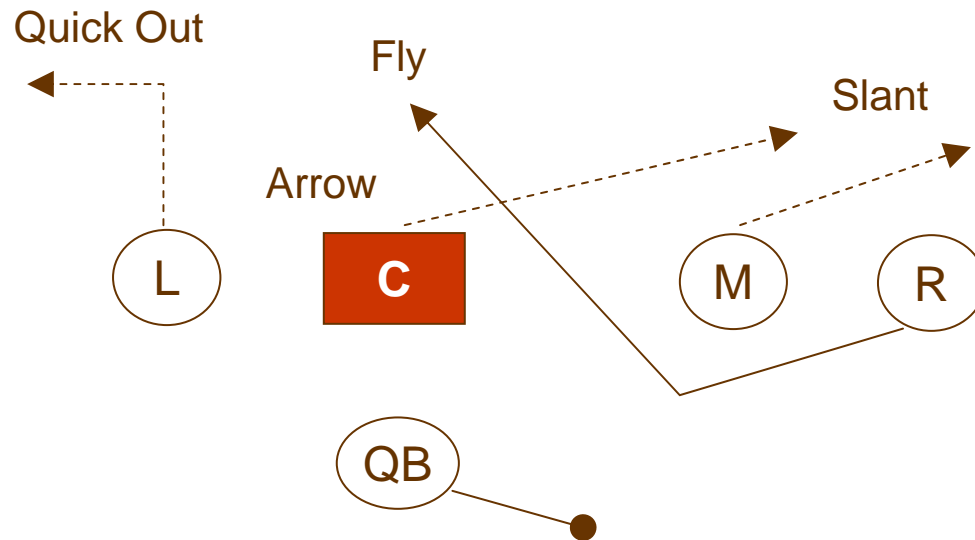
QB rolls left and passes to open R receiver

If R not open, pass to other open receiver



ISO Pass – R - Twins No HB

Roll Right



Twins Right formation (no HB)

QB fakes pass to right

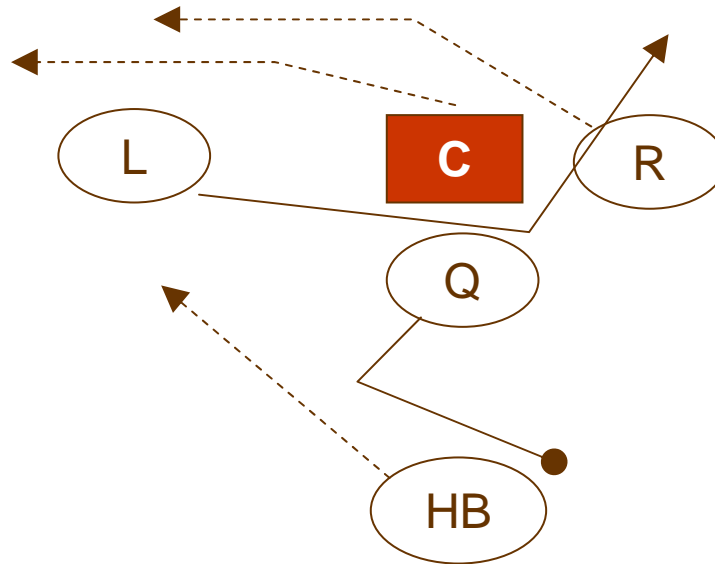
QB passes to R if open

If not open, QB pass to any open receiver



ISO Pass – L - w HB

Roll Right



T formation

QB fakes hand-off to HB

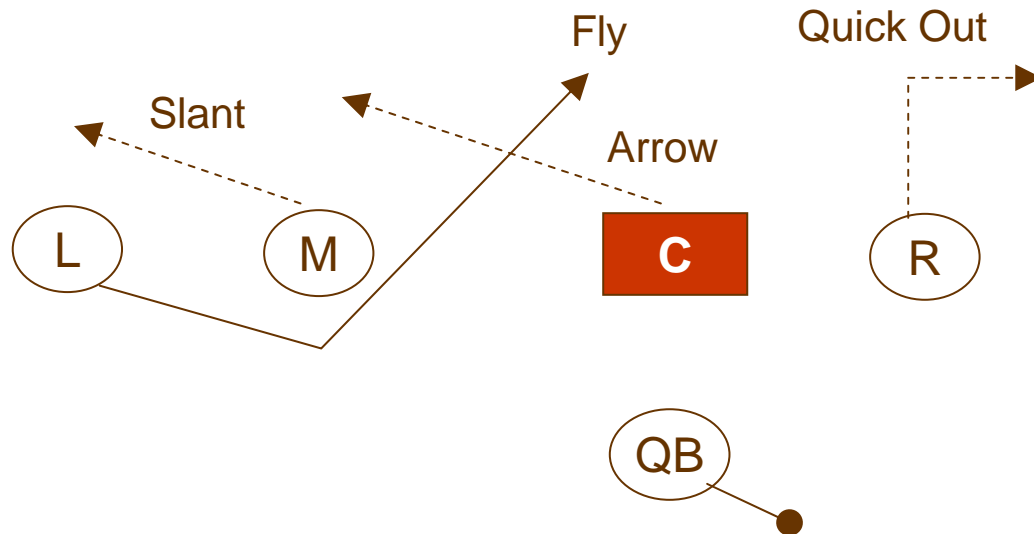
QB rolls right and passes to open L receiver

If L not open, pass to other open receiver



ISO Pass – L - Twins No HB

Roll Right



Twins Left formation (no HB)

QB fakes pass left

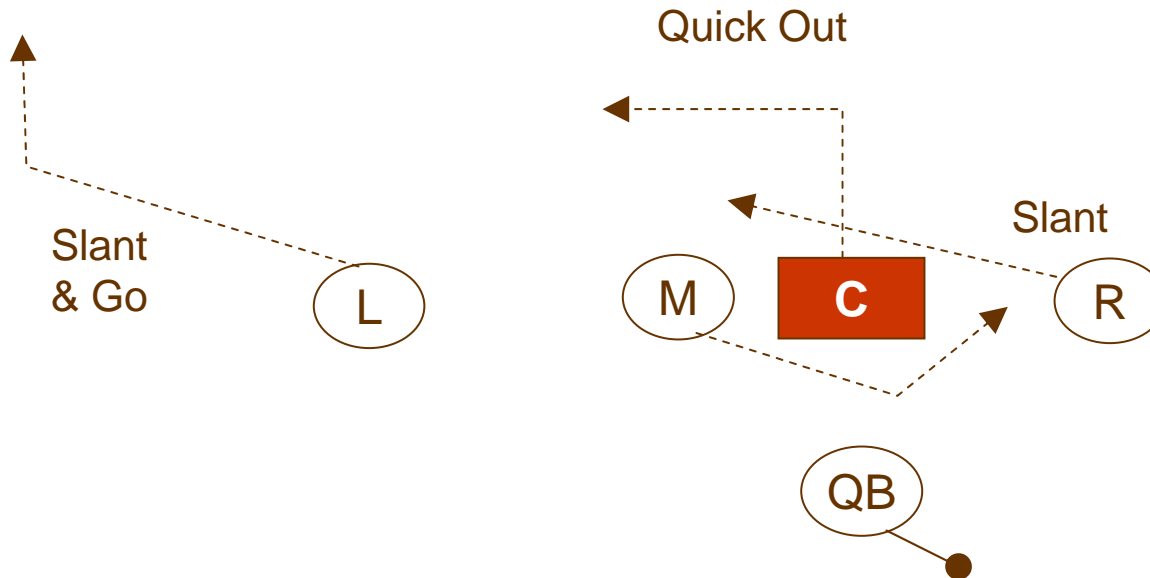
QB passes to L if open

If not open, QB pass to any open receiver



ISO Pass – M

Roll Right



Twins Left formation (no HB)

QB fakes pass left

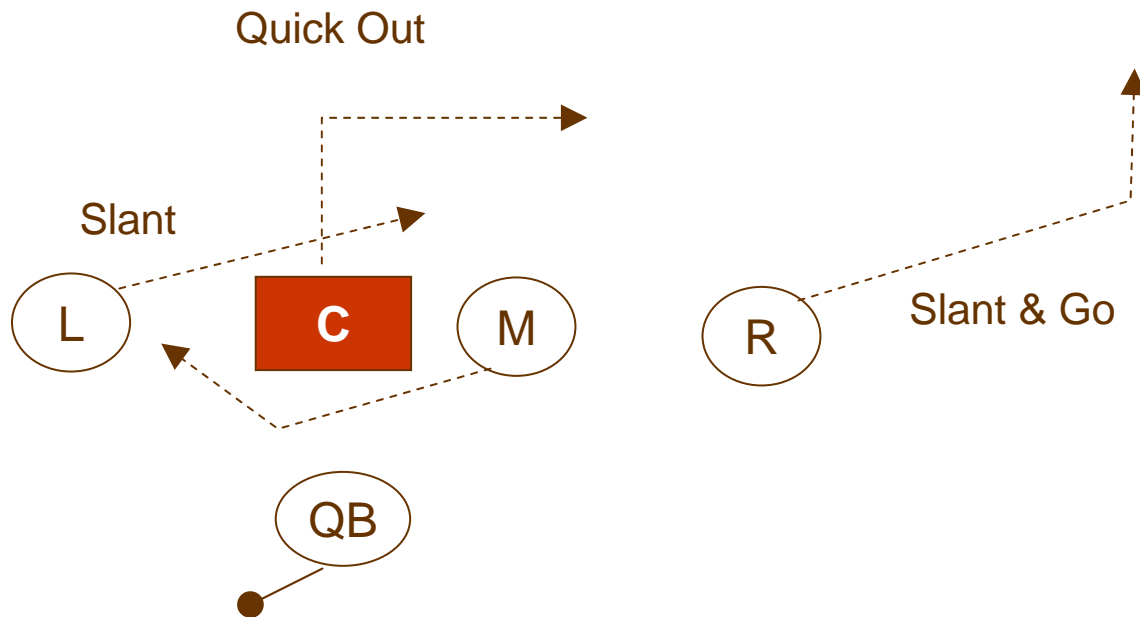
QB pass to M if open

If M not open, pass to L or other open receiver



ISO Pass - M

Roll Left



Twins right formation (no HB)

QB fakes pass right

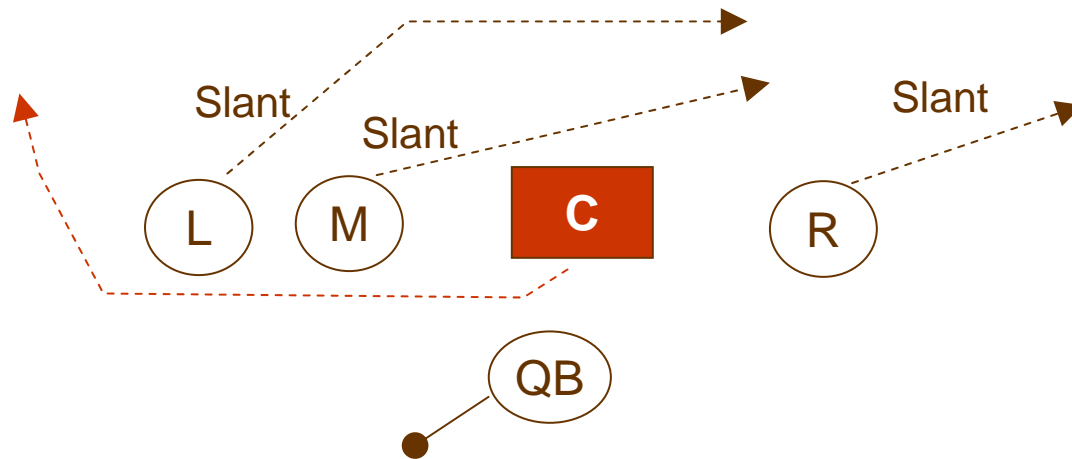
QB pass to M if open

If M not open, pass to R or other open receiver



ISO Pass – C

Roll Left



Twins Left formation (no HB)

QB fakes pass to right

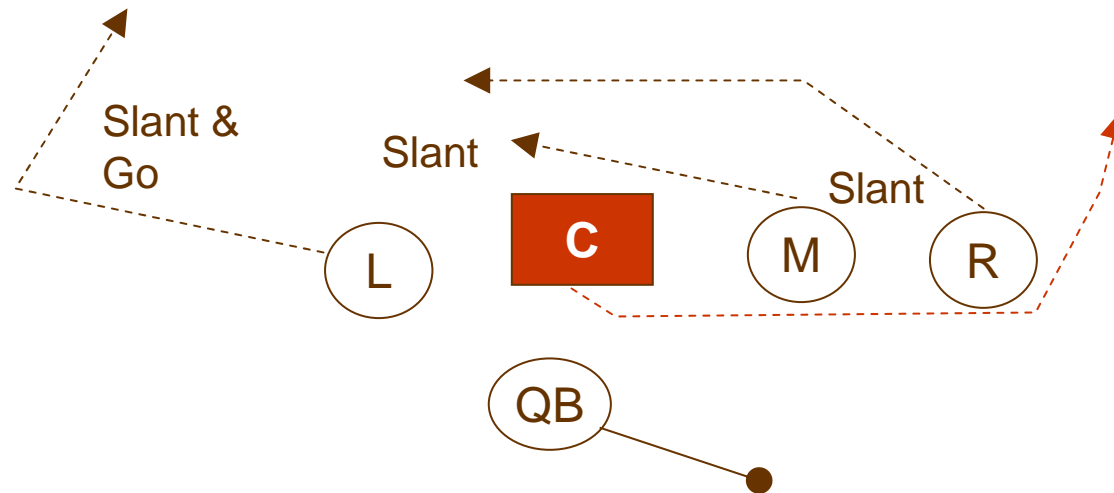
QB passes to C if open

If not open, QB pass to any open receiver



ISO Pass – C

Roll Right



Twins Right formation (no HB)

QB fakes pass to left

QB passes to C if open

If not open, QB pass to any open receiver

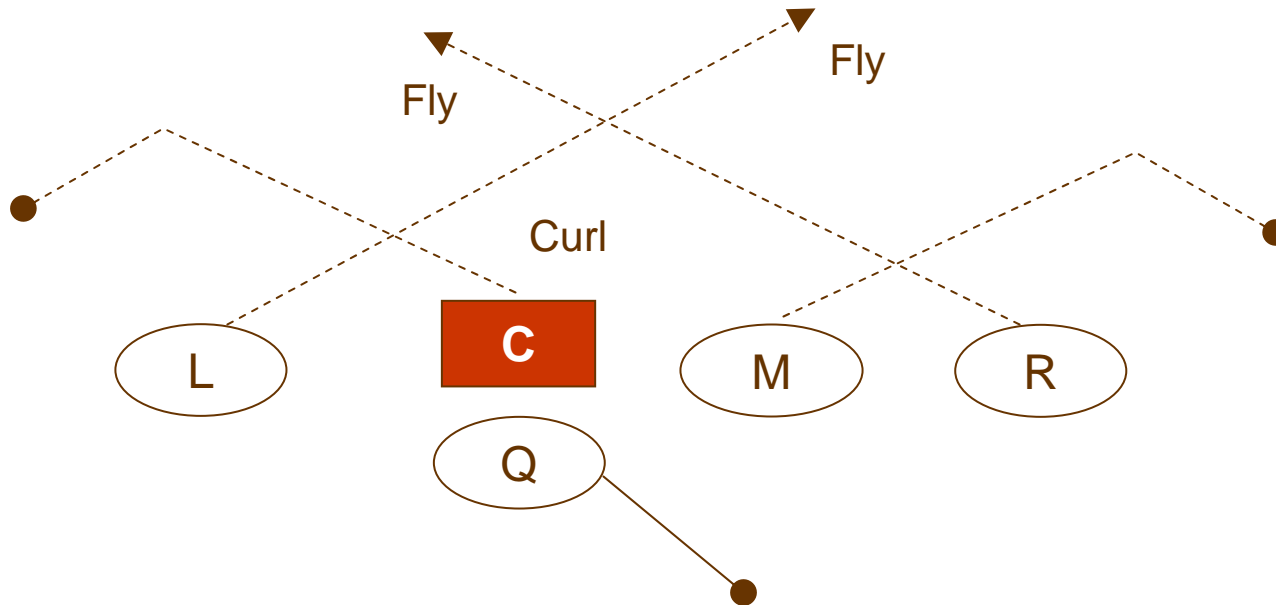


Longer Pass Plays (but not too long in BC)



Deep Cross Pass - Twins

Roll Right



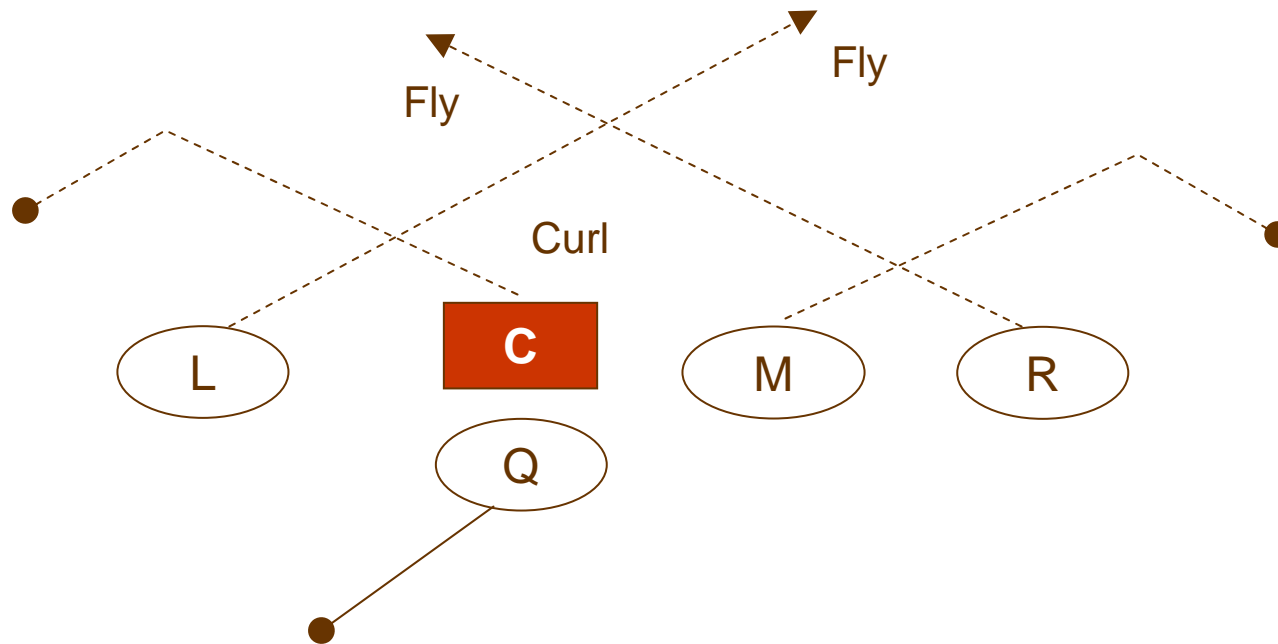
Twins right formation

QB rolls right and passes to open receiver



Deep Cross Pass - Twins

Roll Left



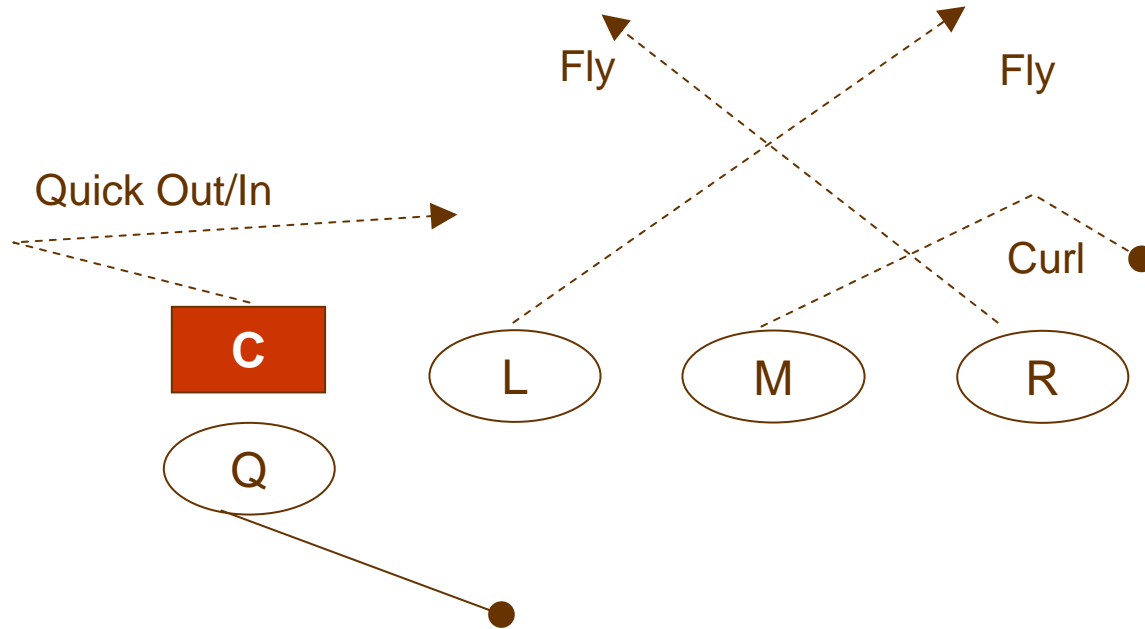
Twins right formation

QB rolls left and passes to open receiver



Deep Cross Pass – Trips

Roll Right



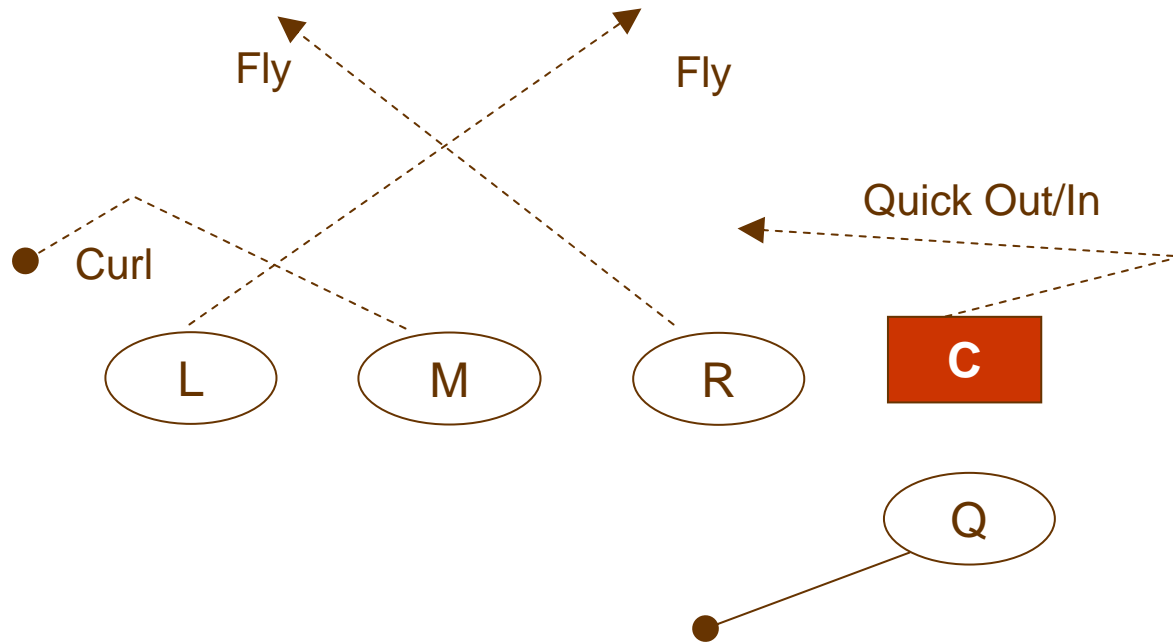
Trips right formation

QB rolls right and passes to open receiver



Deep Cross Pass – Trips

Roll Left

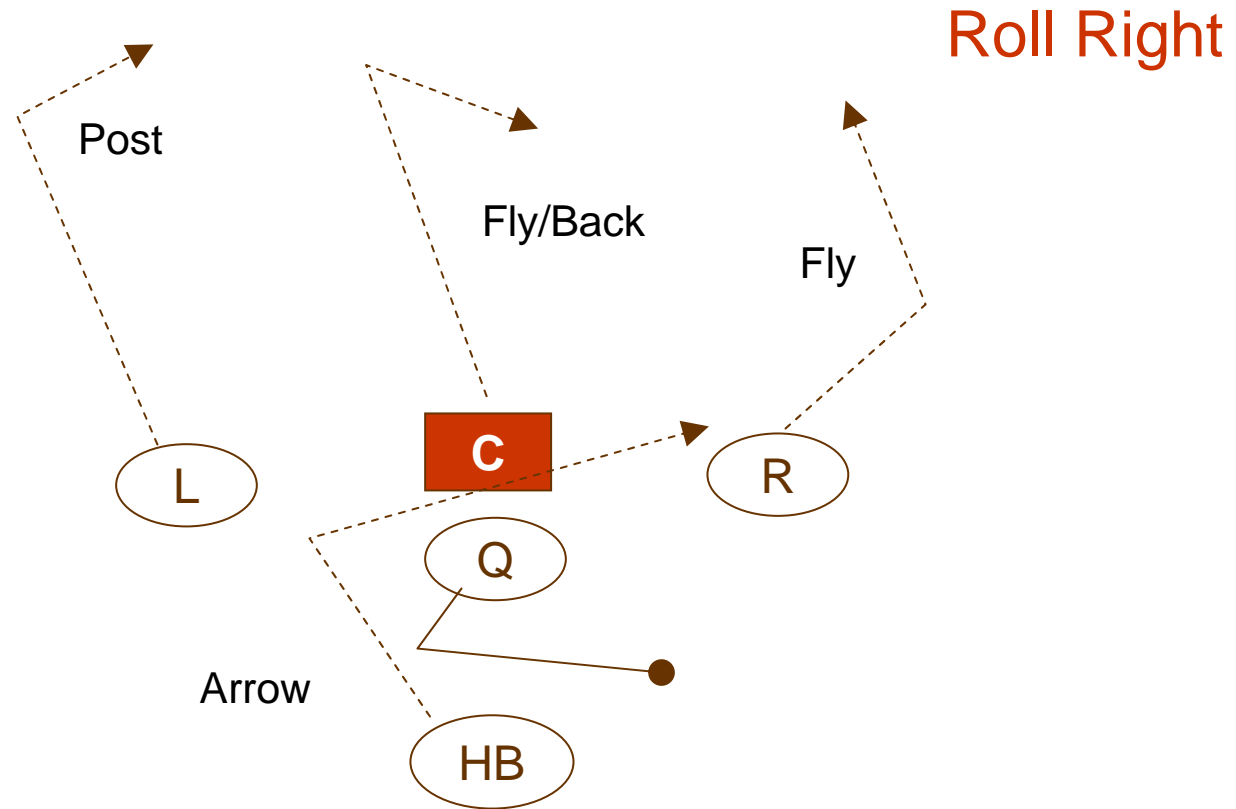


Trips left formation

QB rolls left and passes to open receiver



Fly Pass (w HB)



T formation

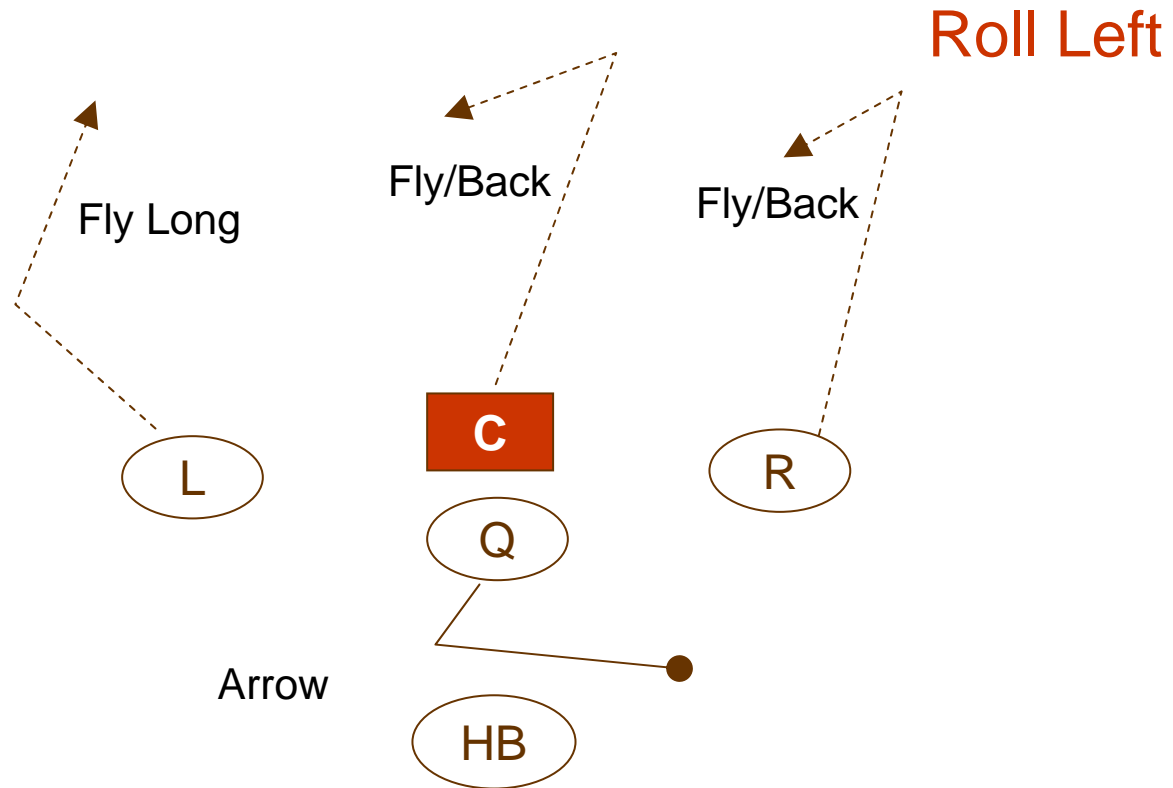
QB fakes hand-off to HB

QB rolls right until pass to open deep receiver

If no one open deep, pass to HB in the flats



Fly Pass (w HB)



T formation

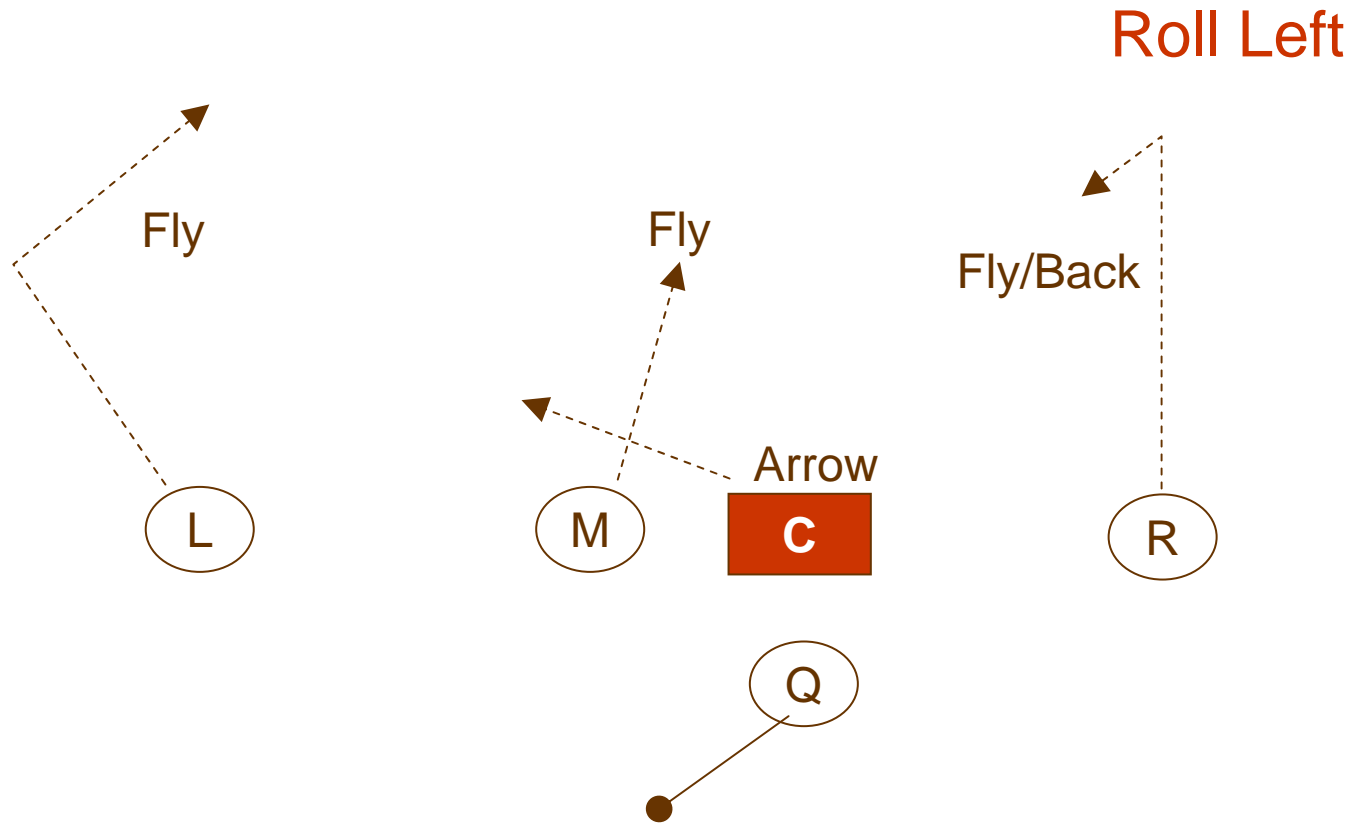
QB fakes hand-off to HB

QB rolls right until pass to open deep receiver

If no one open deep, pass to HB in the flats



Fly Pass – Twins



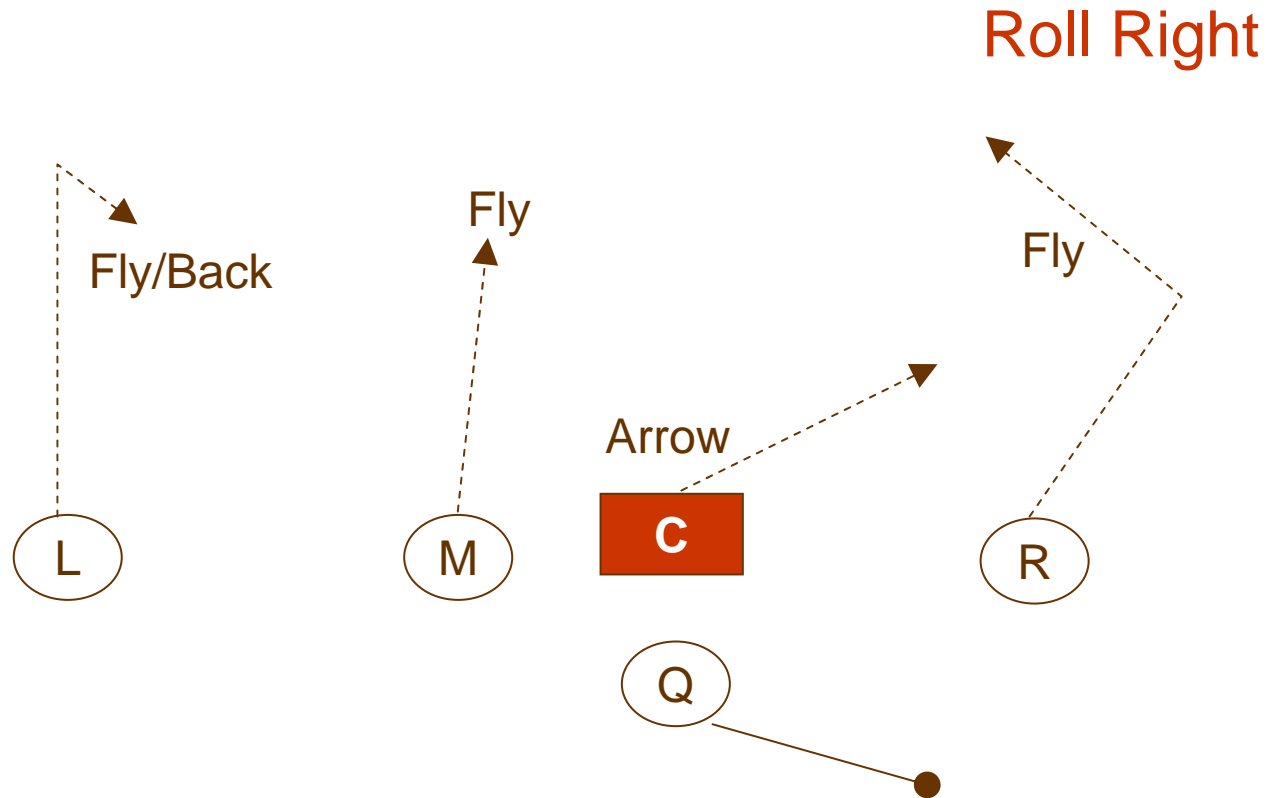
Twins Left formation (no HB)

QB rolls left and passes to open deep receiver

If not open, QB pass to Center in flats



Fly Pass – Twins



Twins Left formation (no HB)

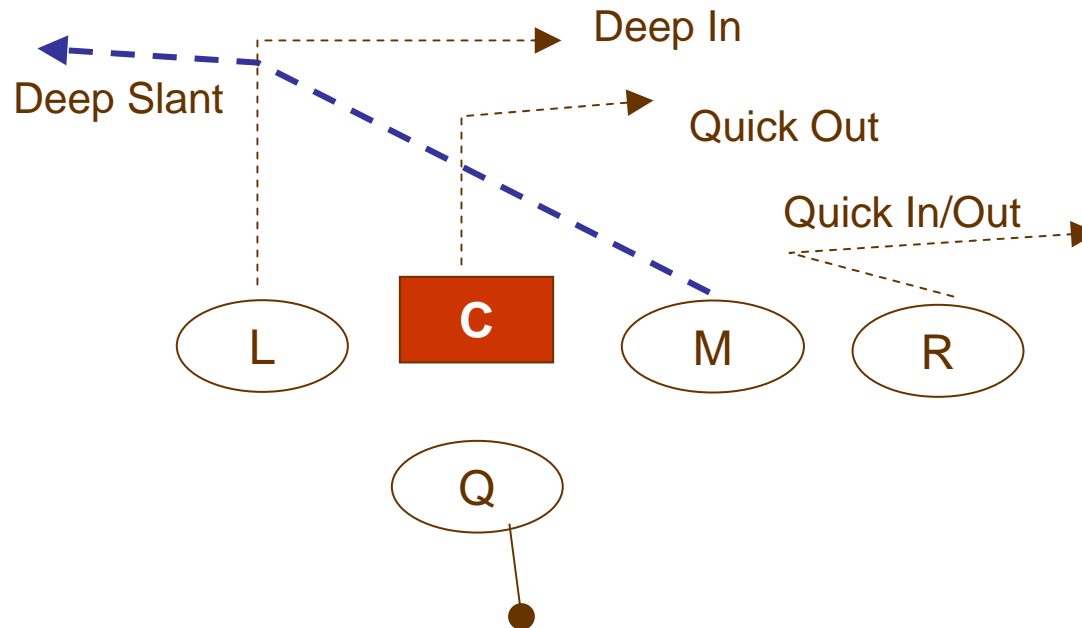
QB rolls right and passes to open deep receiver

If not open, QB pass to Center in flats



Long ISO Pass – M - Twins

Twins Right



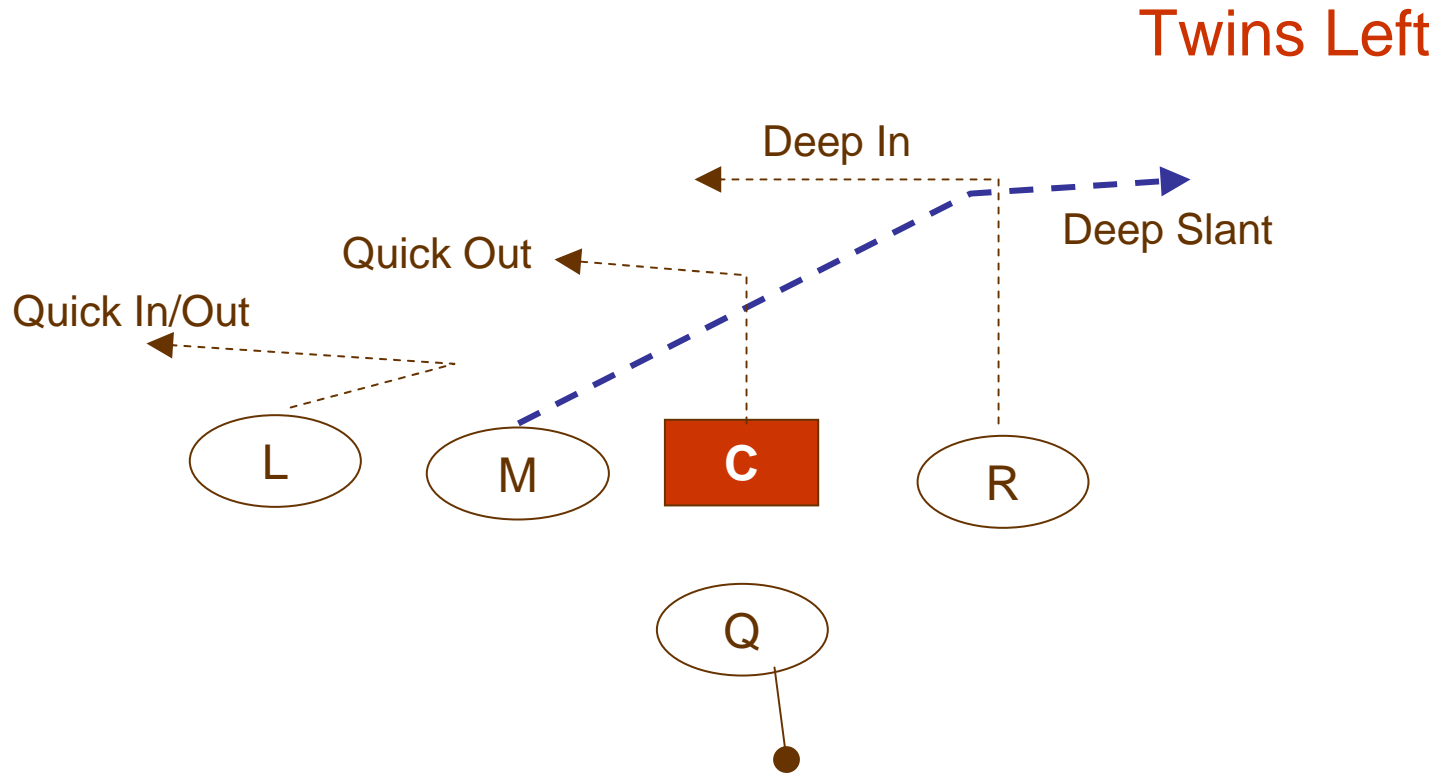
Twins right formation (no HB)

QB drops back and passes to open M receiver

If M not open, pass to other open receiver



Long ISO Pass – M - Twins



Twins left formation (no HB)

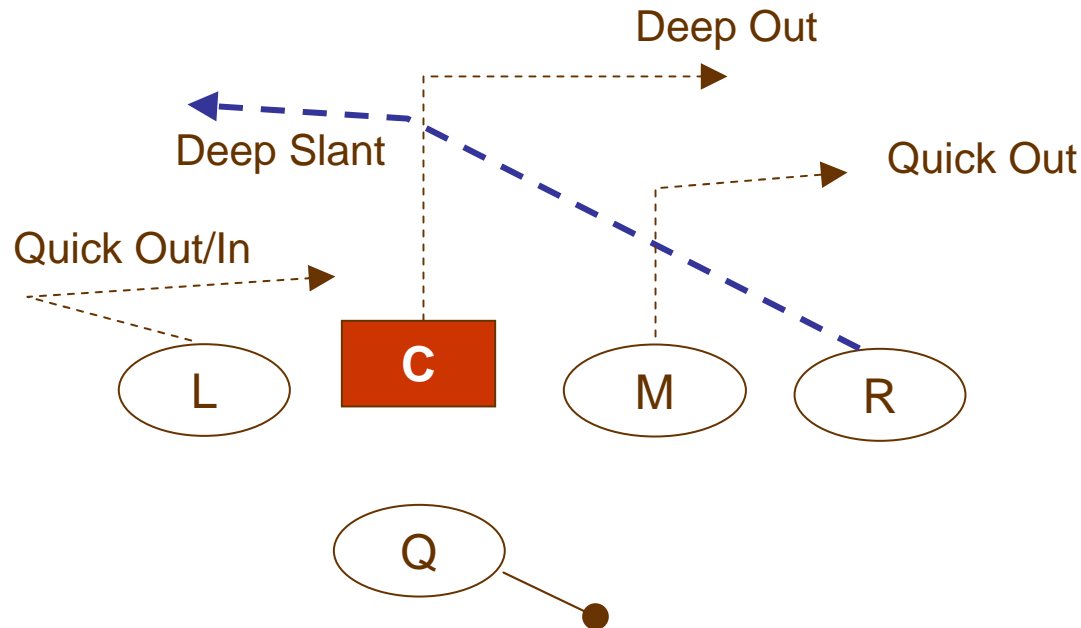
QB drops back and passes to open M receiver

If M not open, pass to other open receiver



Long ISO Pass – R - Twins

Roll Right



Twins right formation (no HB)

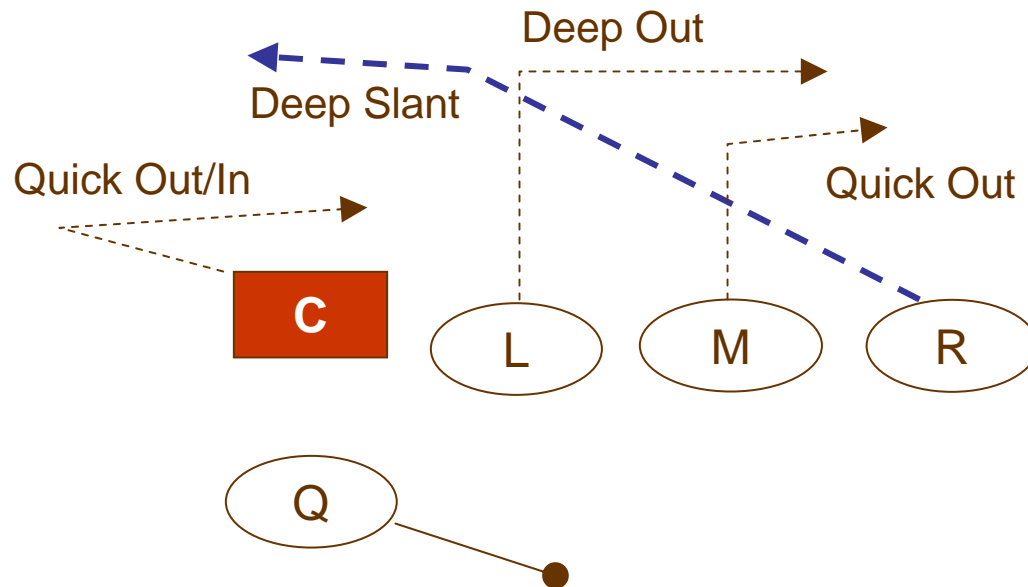
QB rolls right and passes to open R receiver

If R not open, pass to other open receiver



Long ISO Pass – R – Trips

Roll Right



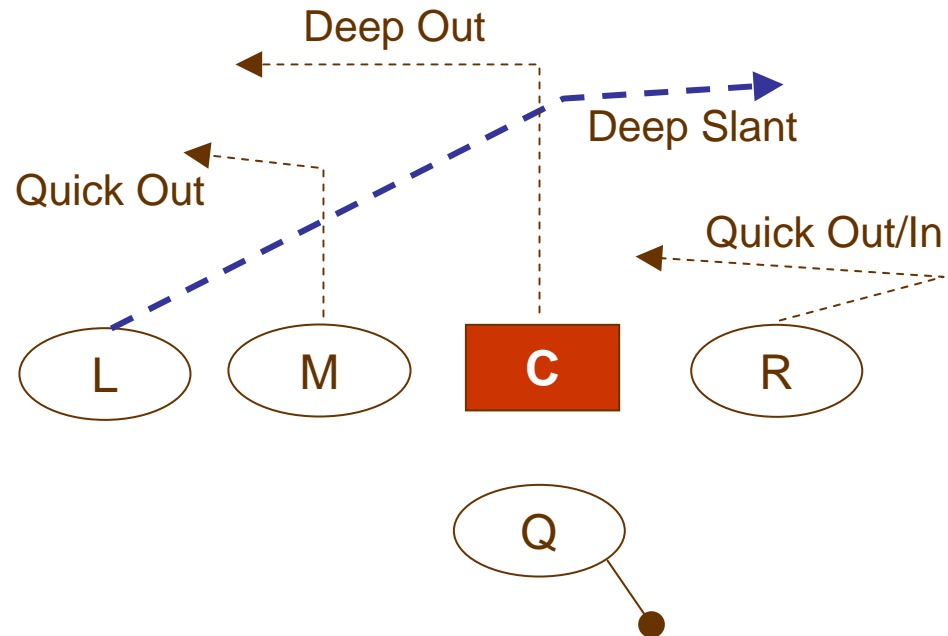
Trips right formation

QB rolls right and passes to open R receiver

If R not open, pass to other open receiver



Long ISO Pass – L - Twins



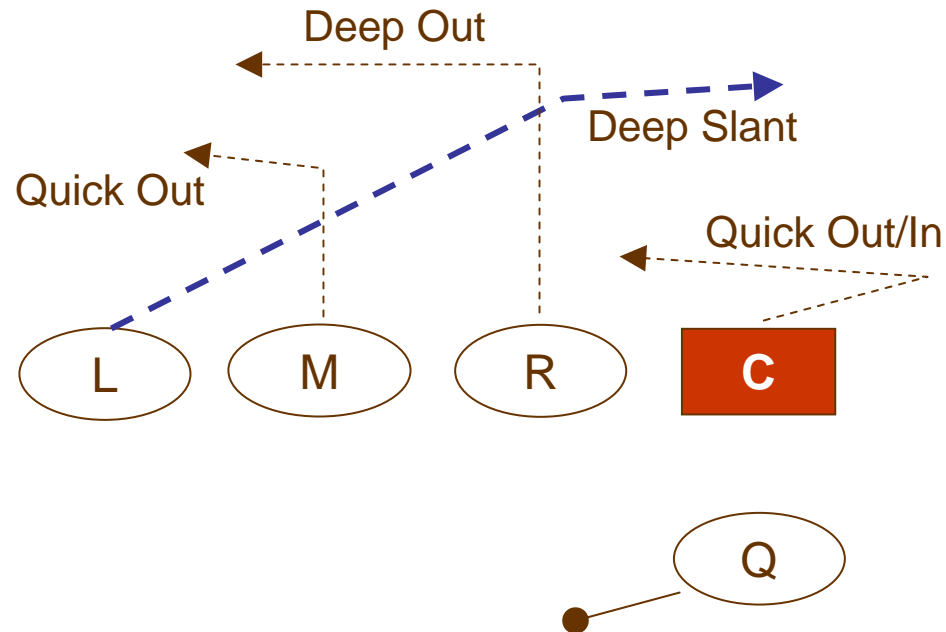
Trips left formation

QB rolls left and passes to open L receiver

If L not open, pass to other open receiver



Long ISO Pass – L - Trips



Trips left formation

QB rolls left and passes to open L receiver

If L not open, pass to other open receiver

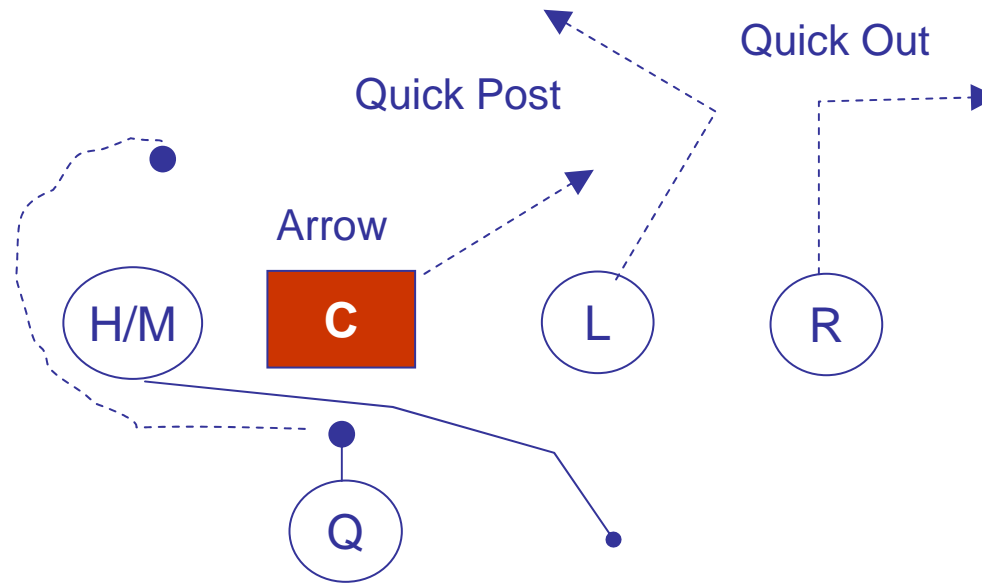


Option Plays (Pass or Run)



M Option Play – Twins

Roll Right

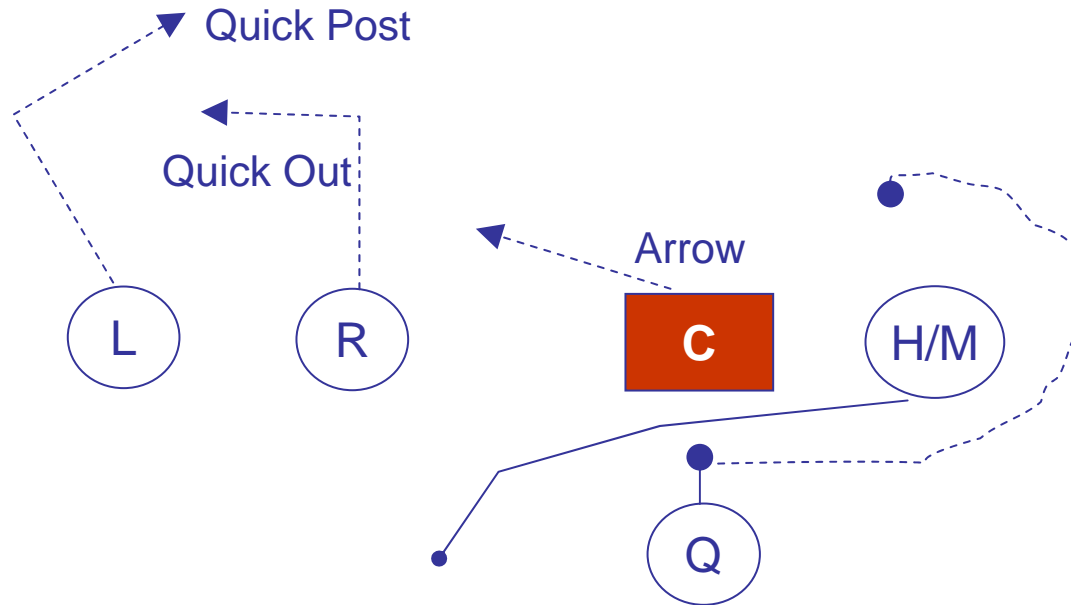


Twins Right formation – H/M to left of Center
 QB quickly hands-off to H/M
 H/M fakes run
 H/M passes to open player



M Option Play – Twins

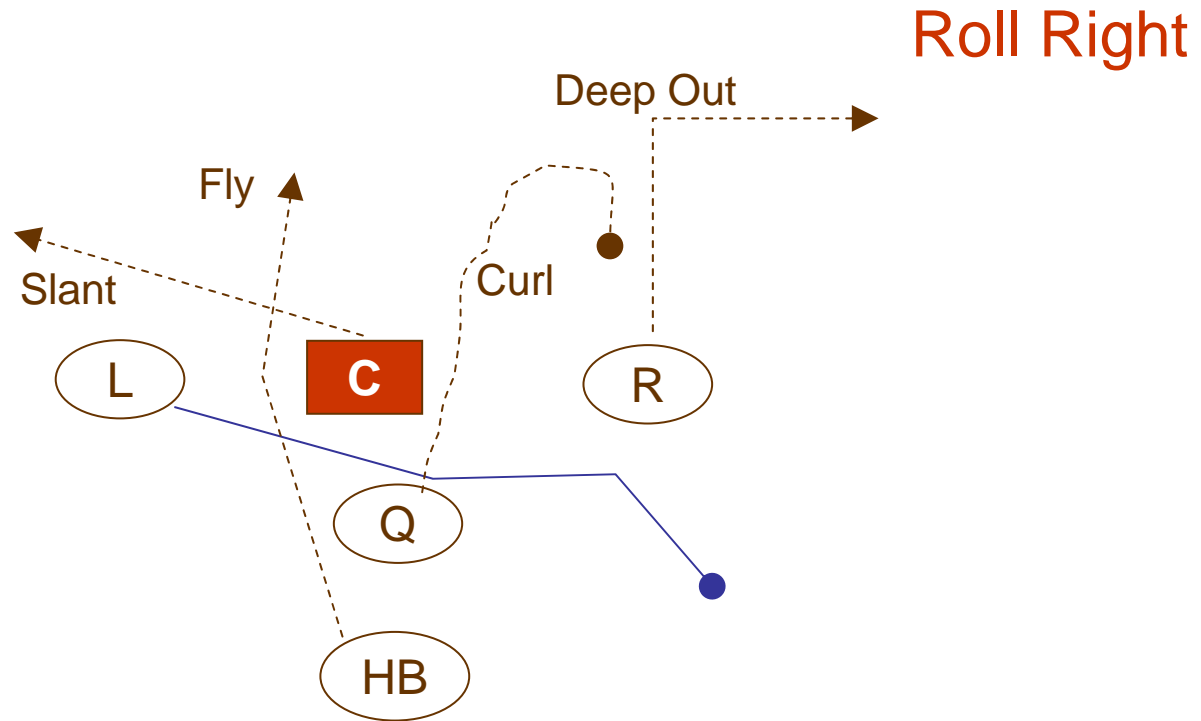
Roll Left



Twins Left formation – H/M to right of Center
 QB quickly hands-off to H/M
 H/M fakes run
 H/M passes to open player



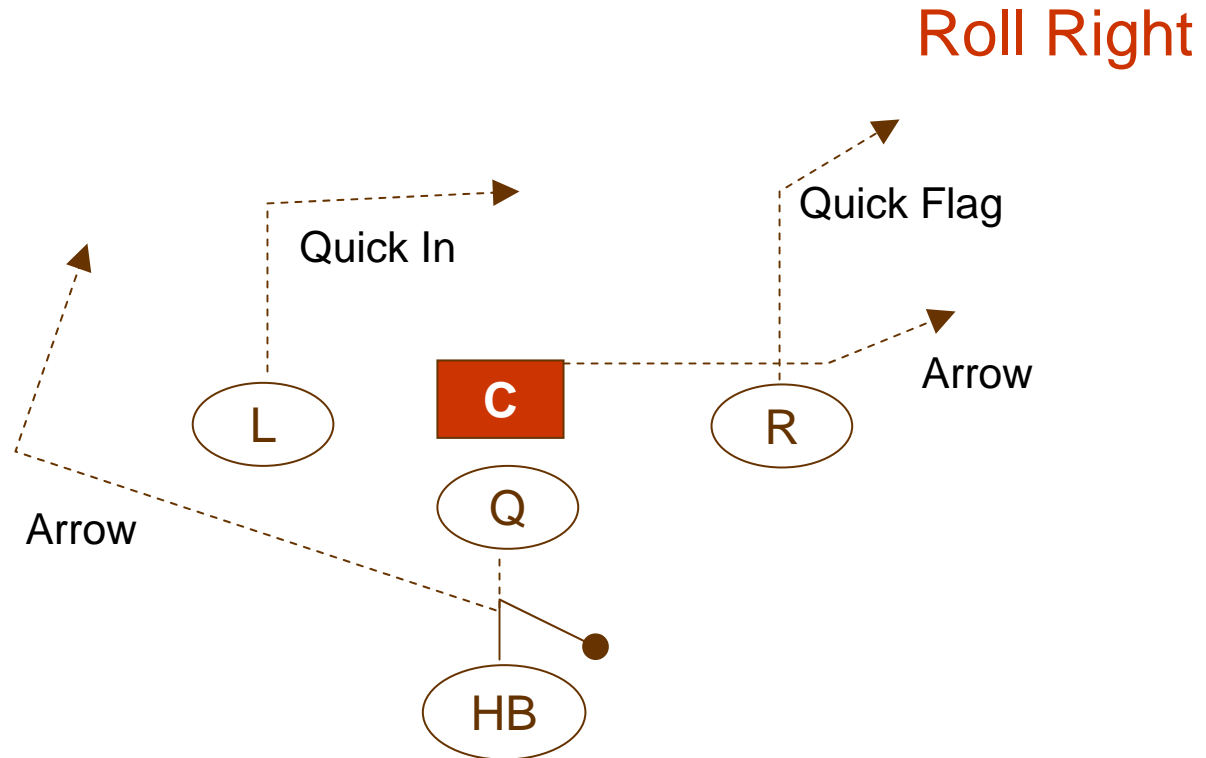
L Option Play (T)



T formation
 QB fakes pass
 QB hands off to L
 L passes to open player
 Good 9-11 Age Division Plays



HB Option Play (T)



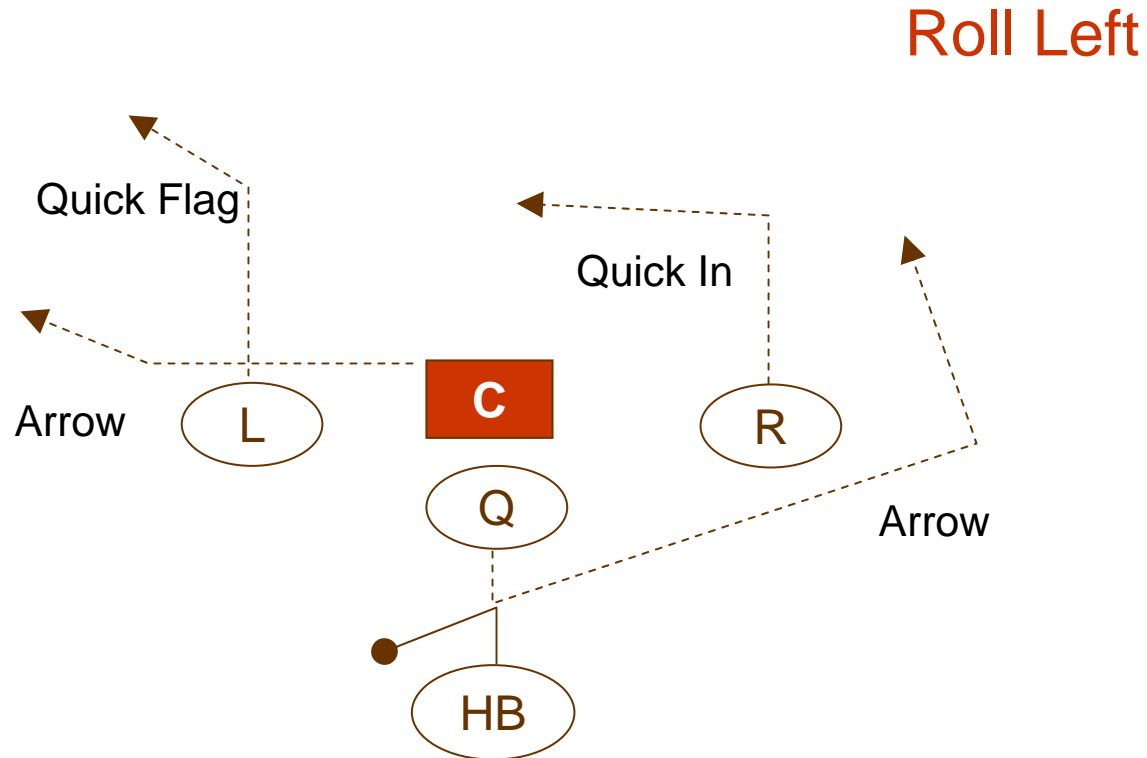
T formation

QB turns and quickly hand-offs to HB

HB rolls right and passes to open player (QB most likely)



HB Option Play (T)



T formation

QB turns and quickly hand-offs to HB

HB rolls left and passes to open player (QB most likely)

