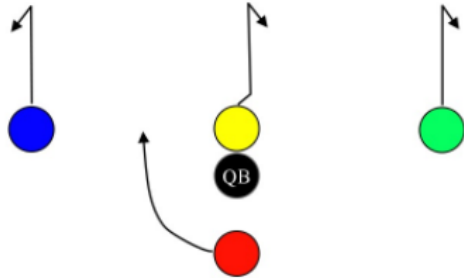


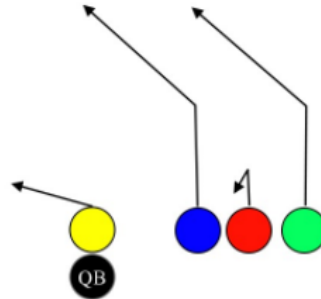
## 5-on-5 Flag Football Plays

### Split Hitches



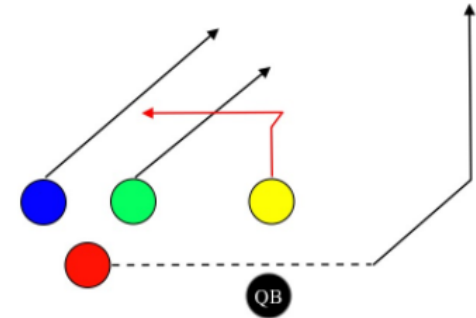
Everyone runs hitches besides red.

### Trips Flat Right Red Curl



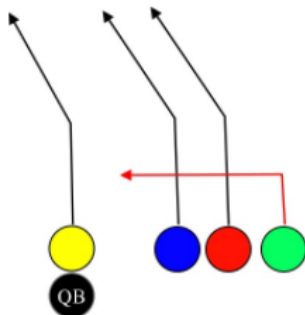
Red runs a curl while green and blue run posts

### Trips Left Center Zig



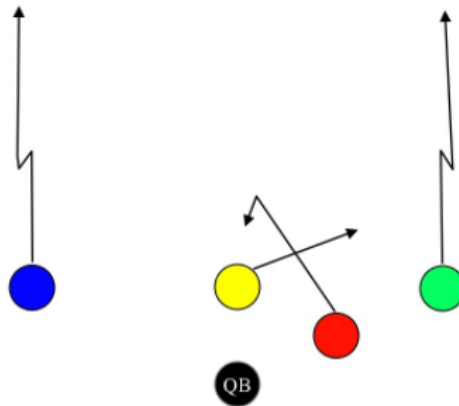
Center cuts under blue and green for a quick zig as the hot route.

### Trips Flat Right In



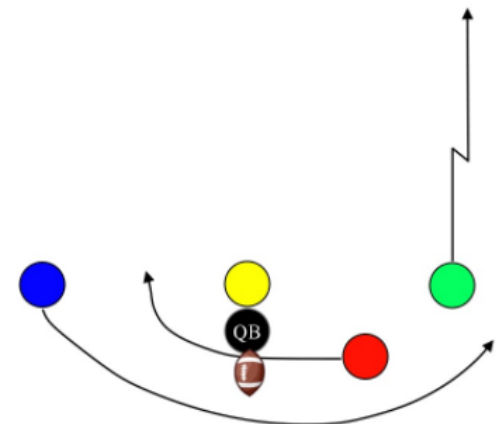
Green runs an in under the center.

### Split Bolts



Green and blue run bolts on the outside.

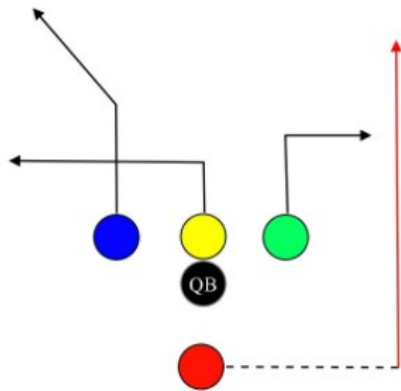
### Split.Reverse Bolt



Both red and blue run reverses behind the quarterback and green runs a bolt.

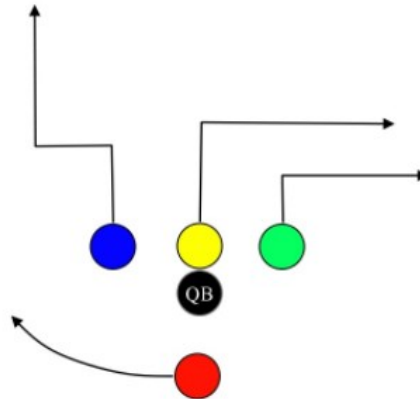
## 5-on-5 Flag Football Plays

AT- RB Fly



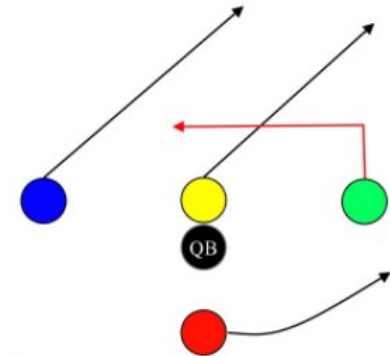
The RB is sent in motion for the hot route on the fly.

AT- Out and Up



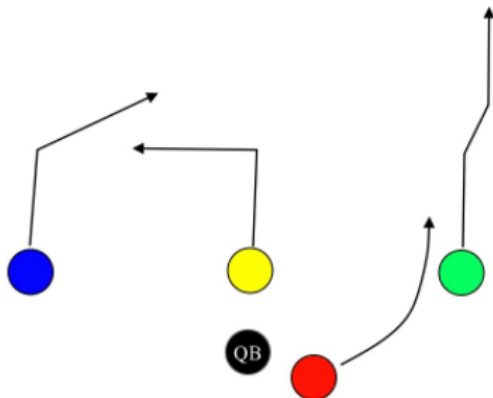
The WR runs a out and up.

A- Slice



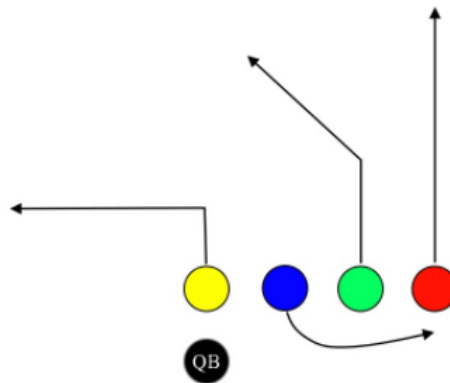
The WR runs under the slice route as the hot route.

Single back Shotgun HB Banana



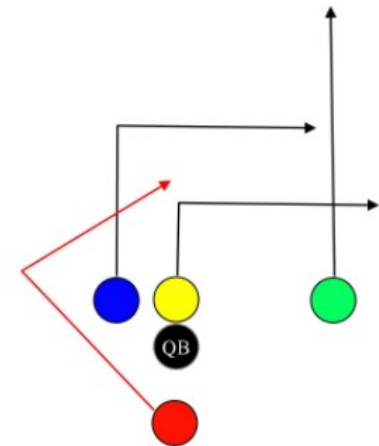
Check the deep go and post, and if they are open, take them but primary is the RB late...

TR- Bubble



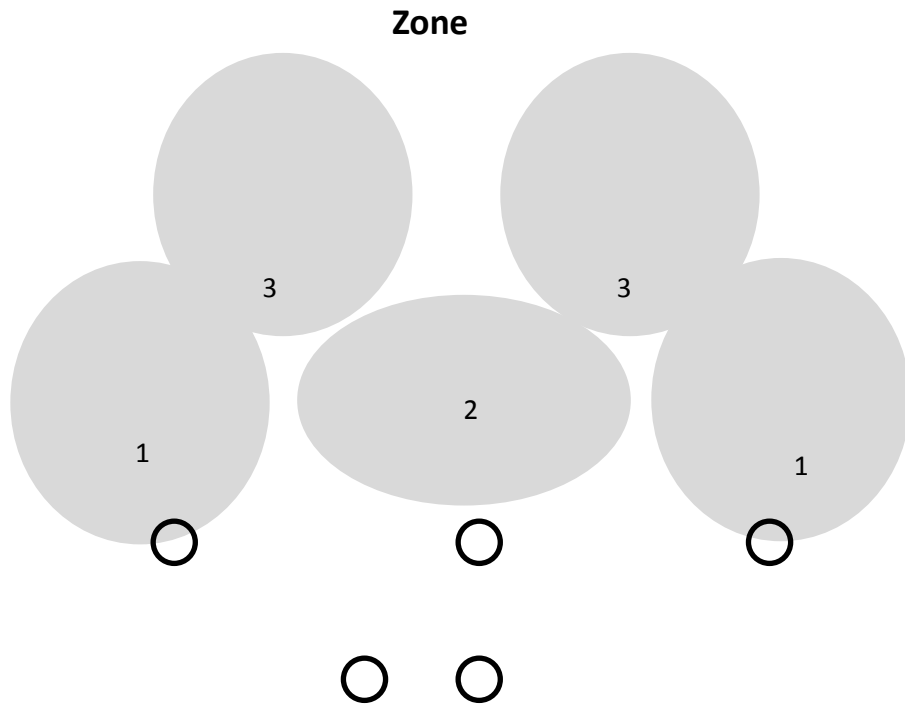
The slot runs a bubble.

ITL- RB angle



The RB runs an angle as the hot route.

## 5-on-5 Flag Football Base Defenses



### Responsibilities:

**1s:** TURN THE PLAY INSIDE

**2:** READ AND REACT

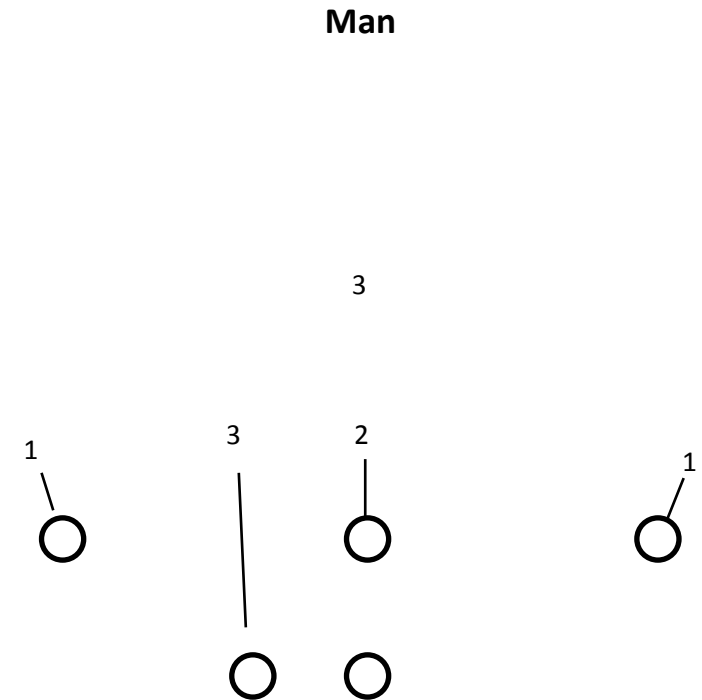
**3s:** NO ONE GETS BEHIND YOU

### Advanced:

**1s** should be lined up a shade outside the offensive player lined up furthest from the ball.

The **2** should read and react, and remain aware of who the other team might be trying to get the ball to.

**3s** should stay aware of where potential receivers are and adjust where they position themselves pre-snap and during the play. Always keeping the play in front of them.



### Responsibilities:

- Guard your opponent.
- Unassigned player acts as safety for plays down field.
- Pursue ball carrier once they pass the line of scrimmage.

### Advanced:

On each play, consider changing or disguising which defender is the safety.