



# FLAG FOOTBALL

PLAYBOOK

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7 v 7

POWERED BY:



Aligned with the  
Football Development Model (ADM)

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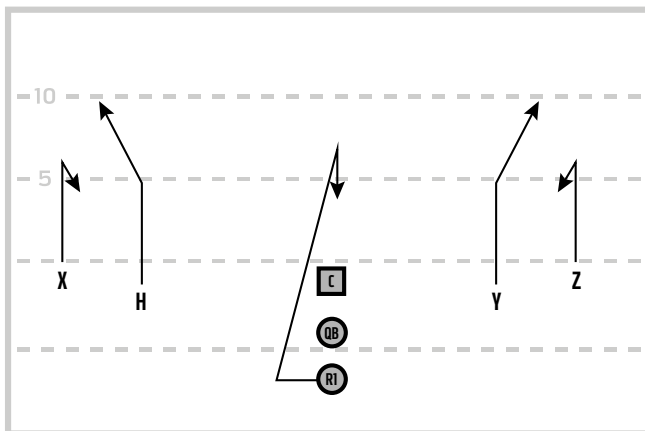
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# 1 / DUECE

## i. Duece Smash



X: 5 YARD HITCH

H: FLAG

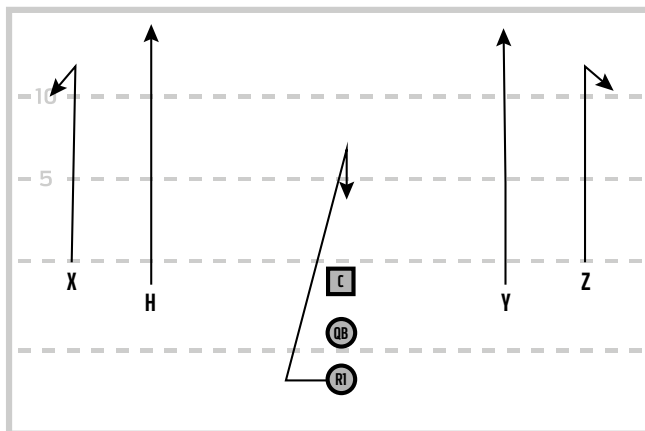
Y: FLAG

Z: 5 YARD HITCH

QB: VS COVER 2 - LOOK TO THROW OPEN FLAGS / VS COVER 3 - HITCHES . VS COVER 4 - HITCHES

R1: SETTLE

## ii. Duece Comeback Vertical



X: COMEBACK

H: VERTICAL

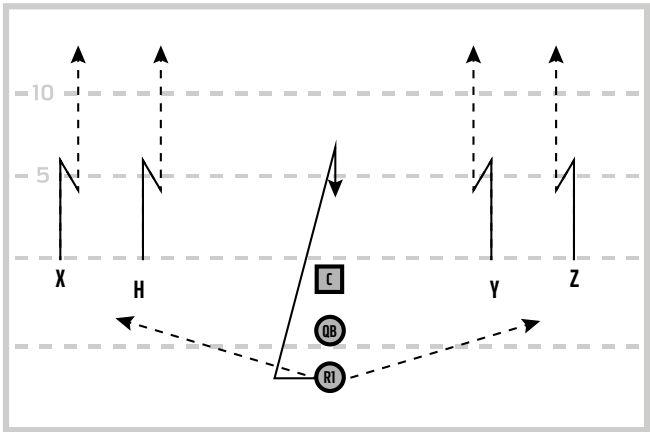
Y: VERTICAL

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

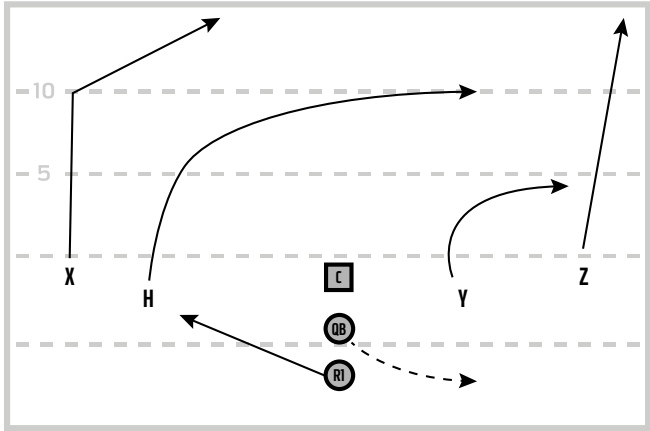
R1: SETTLE

iii. Duece Hitch (& Go)



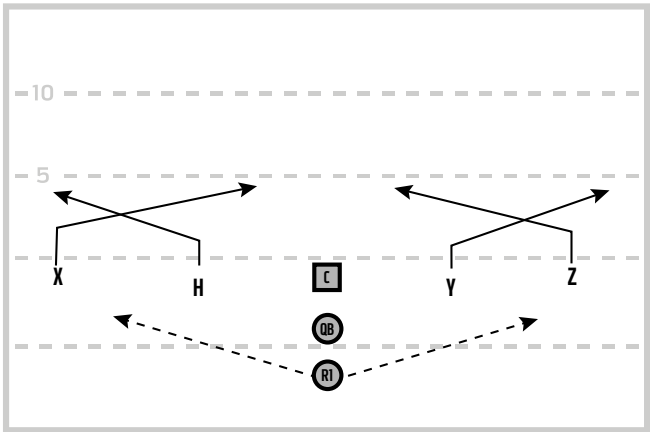
- X: 5 YARD HITCH (& GO)
- H: 5 YARD HITCH (& GO)
- Y: 5 YARD HITCH (& GO)
- Z: 5 YARD HITCH (& GO)
- QB: THROW HITCH TO MOST FAVORABLE MATCHUP OR BIGGEST CUSHION
- R1: SETTLE OR FLARE OUT

iv. Duece Waggle



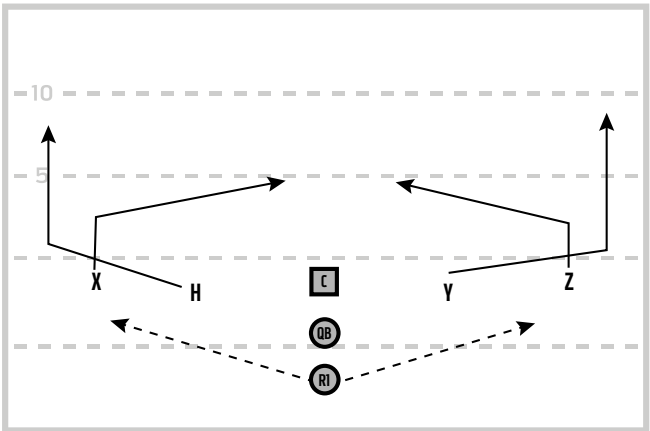
- X: POST
- H: 10 YARD DRAG
- Y: ARROW
- Z: VERTICAL
- QB: ROLL OUT
- R1: DELAY FLARE

v. Duece Slant Arrow



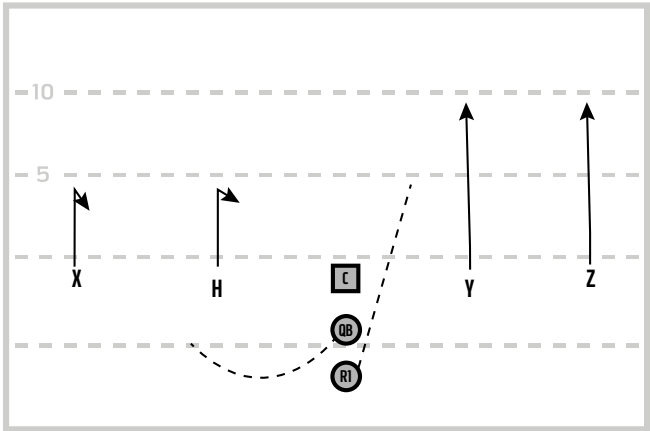
- X: SLANT
- H: ARROW
- Y: ARROW
- Z: SLANT
- R1: FLARE TO RUSH / CHOICE FLARE

vi. Duece Slant Wheel



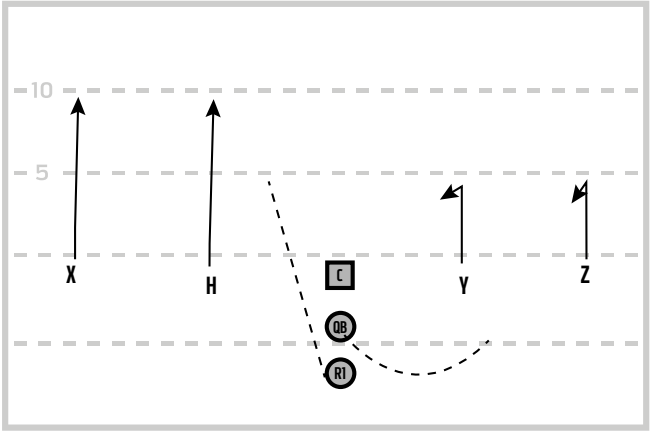
- X: SLANT
- H: WHEEL
- Y: WHEEL
- Z: SLANT
- R1: FLARE TO RUSH / CHOICE FLARE

**vii. Duece Draw Right**



- X: QUICK HITCH  
H: QUICK HITCH  
Y: VERTICAL  
Z: VERTICAL  
QB: DELAY HANDOFF  
R1: DRAW RIGHT

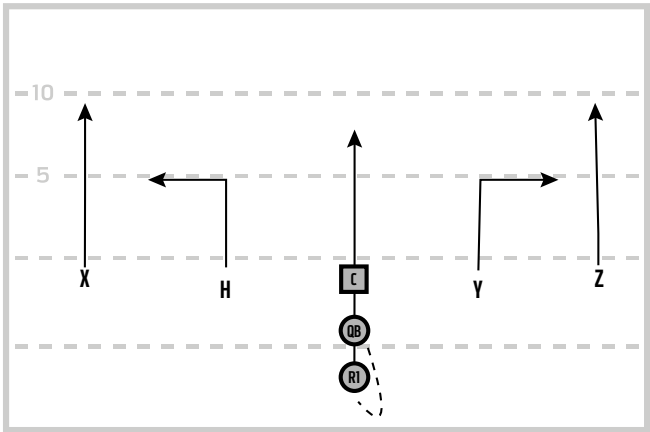
**viii. Duece Draw Left**



- X: VERTICAL  
H: VERTICAL  
Y: QUICK HITCH  
Z: QUICK HITCH  
QB: DELAY HANDOFF  
R1: DRAW LEFT



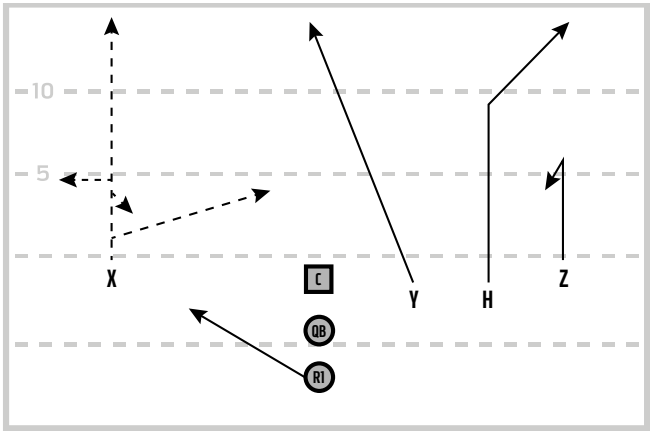
**viii. Duece Vertical Quick Out RPO**



- 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

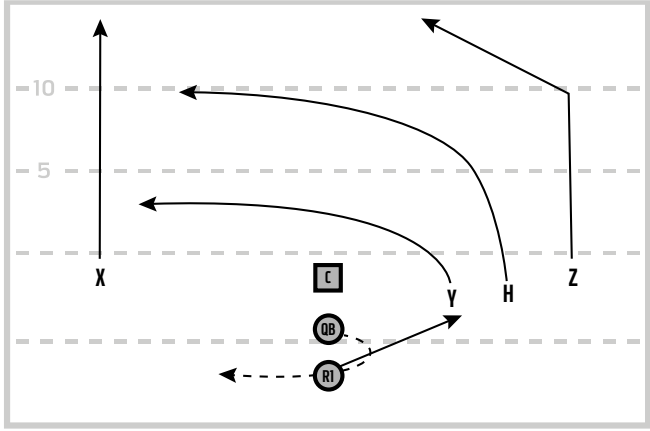
# 2 / TRIPS RIGHT

## i. Trips Right Smash Seam



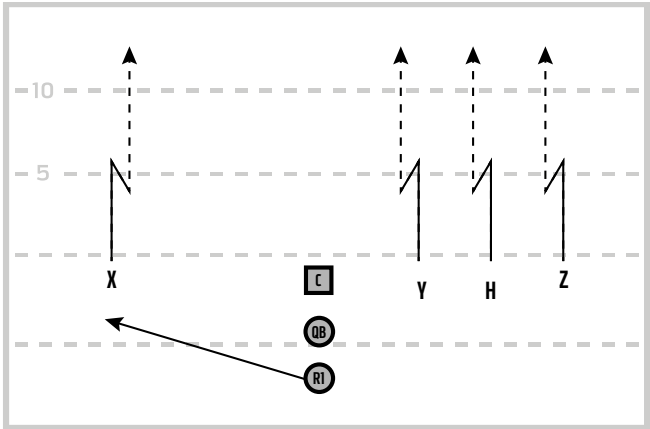
- Y: VERTICAL - VS 2 HIGH-SPLIT SAFETIES / VS 1 HIGH-CROSS FACE OF SAFETY  
Z: QUICK HITCH  
H: FLAG  
X: OPEN ACCESS-QUICK HITCH, QUICK OUT, OR VERTICAL DEPENDING ON DB ALIGNMENT  
R1: FLARE LEFT

## ii. Trips Right Waggle



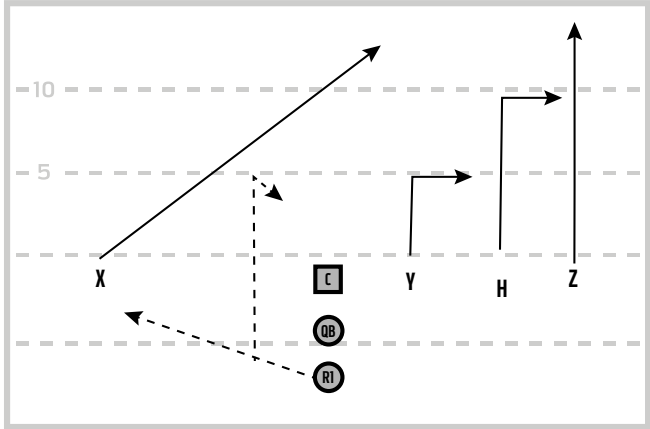
- X: VERTICAL  
Y: SHALLOW DRAG  
H: 10 YARD DRAG  
Z: POST  
R1: FLARE TO TRIPS SIDE

iii. Trips Right Hitch (& Go)



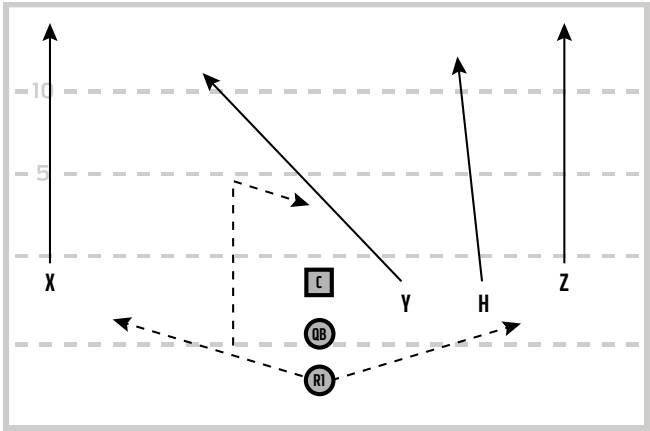
- X: 5-YARD HITCH (& GO)
- Y: 5-YARD HITCH (& GO)
- H: 5-YARD HITCH (& GO)
- Z: 5-YARD HITCH (& GO)
- R1: FLARE TO SINGLE RECEIVER SIDE

iv. Trips Right Flood



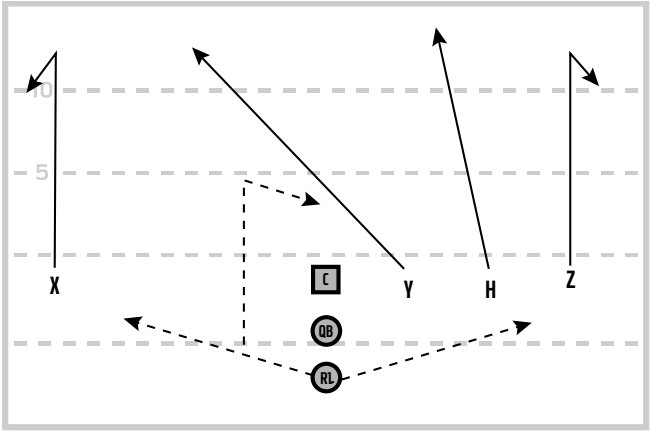
- X: DEEP DRAG
- Y: QUICK OUT
- H: OUT
- Z: VERTICAL
- R1: FLARE TO SINGLE RECEIVER SIDE OR SETTLE

v. Trips Right Verticals



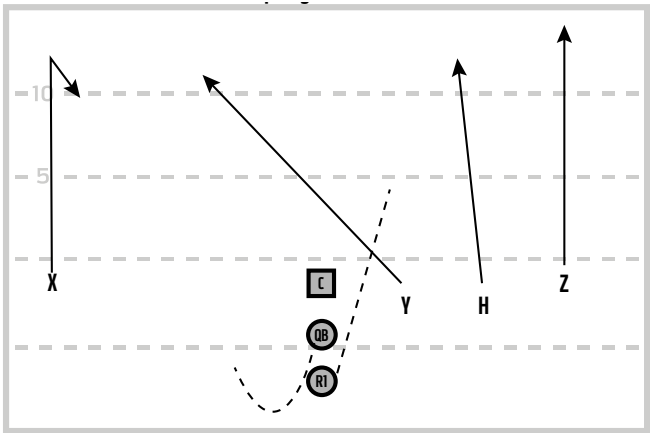
- X: VERTICAL  
Y: VS 2 HIGH SAFETIES; CROSS FACE OF FAR SAFETY / VS 1 HIGH SAFETY: CROSS FACE  
H: VERTICAL SEAM  
Z: VERTICAL  
R1: FLARE TO RUSH OR SETTLE

vi. Trips Right Comeback Vertical



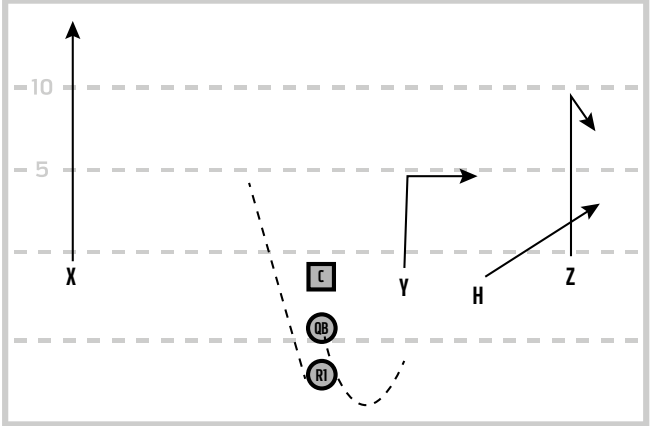
- X: COMEBACK  
Y: VS 2 HIGH SAFETIES; CROSS FACE OF FAR SAFETY / VS 1 HIGH SAFETY: CROSS FACE  
H: VERTICAL SEAM  
Z: VERTICAL  
R1: FLARE TO RUSH OR SETTLE

**vii. Trips Right Draw Right**



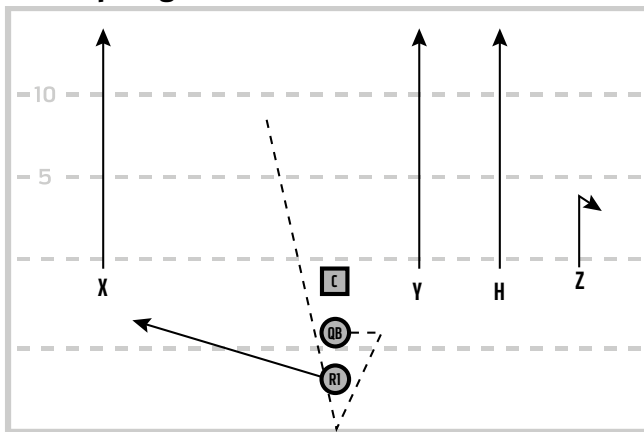
- X: HITCH  
Y: VERTICAL  
H: VERTICAL FAR SEAM  
Z: VERTICAL  
QB: DELAY HANDOFF  
R1: DRAW RIGHT

**viii. Trips Right Draw Left**



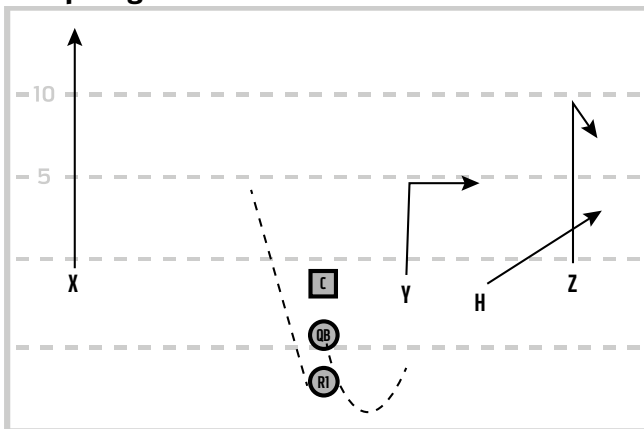
- X: VERTICAL  
Y: QUICK OUT  
H: ARROW  
Z: COMEBACK  
QB: DELAY HANDOFF  
R1: DRAW LEFT

### viii. 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

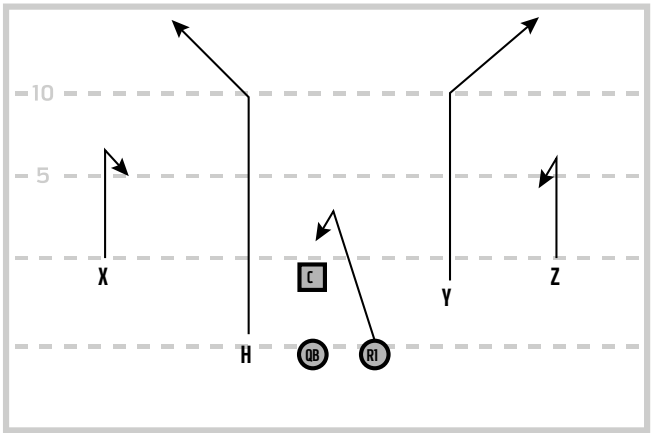
### x. Trips Right Comeback Vertical RPO



- 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

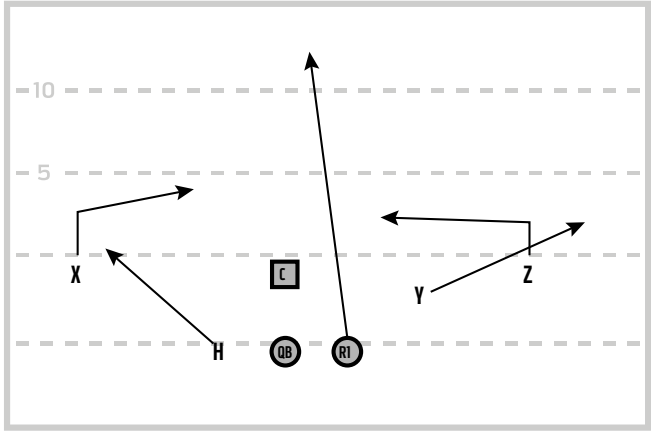
# 3 / TWINS OPEN RIGHT

## i. Twins Open Right Smash



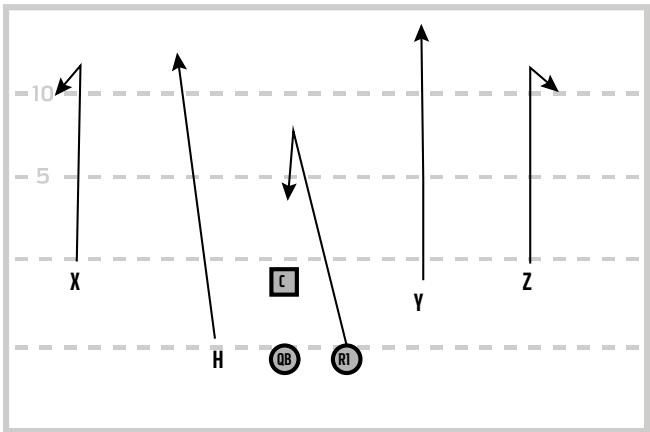
X: HITCH  
H: FLAG  
Y: FLAG  
Z: HITCH  
R1: SETTLE

## ii. Twins Open Right Slant Arrow



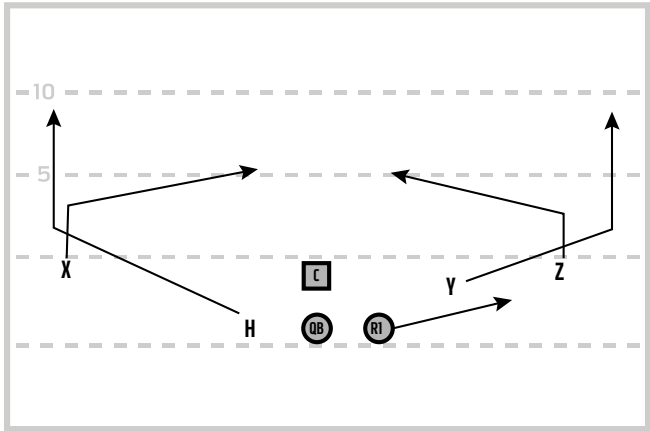
X: SLANT  
Y: ARROW  
H: ARROW  
Z: SLANT  
R1: VERTICAL

iii. Twins Open Right Comeback Vertical



- X: COMEBACK
- H: VERTICAL
- Y: VERTICAL
- Z: COMEBACK
- R1: SETTLE

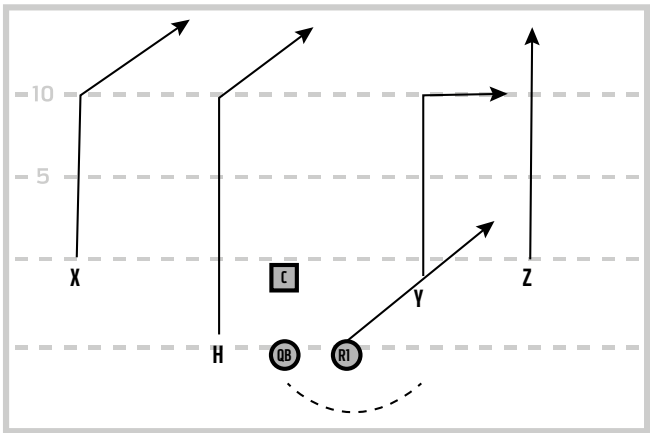
iv. Twins Open Right Slant Wheel



- X: SLANT
- H: WHEEL
- Y: WHEEL
- Z: SLANT
- R1: FLARE RIGHT

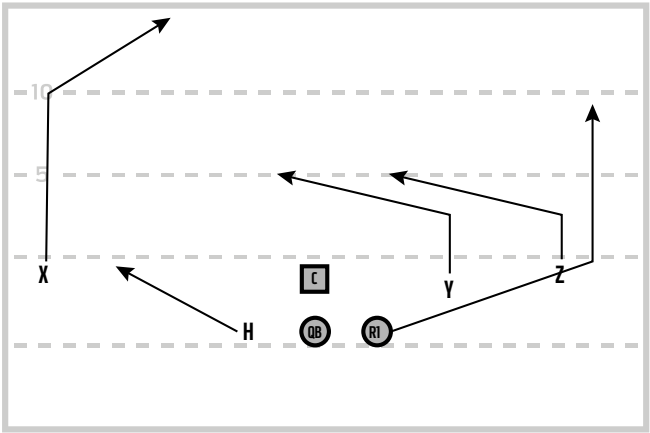


v. Twins Open Right Flood



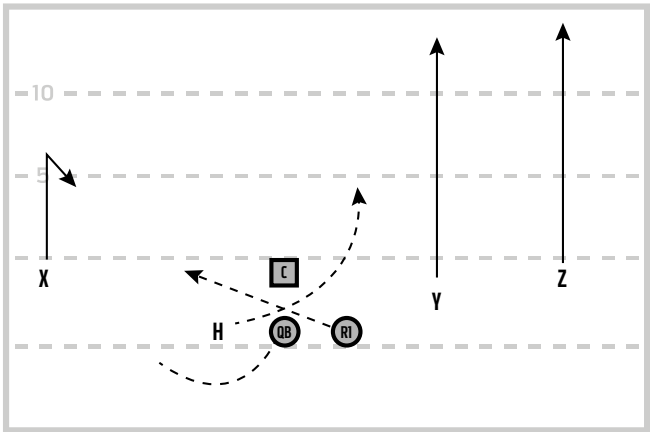
- X: POST
- H: POST
- Y: OUT
- Z: VERTICAL
- QB: ROLL RIGHT
- R1: ARROW

vi. Twins Open Right Double Slant Wheel



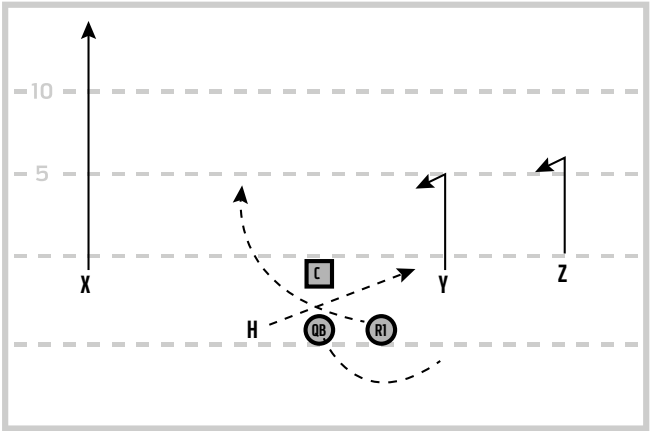
- X: POST
- H: FLARE
- Y: SLANT
- Z: SLANT
- R1: WHEEL

**vii. Twins Open Right Zone Right**



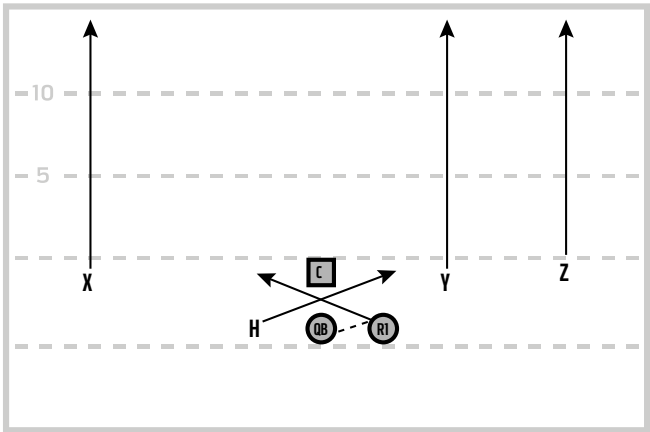
- X: HITCH
- H: ZONE RIGHT
- Y: VERTICAL
- Z: VERTICAL
- QB: HANDOFF TO H
- R1: FAKE HANDOFF UNDERNEATH

**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

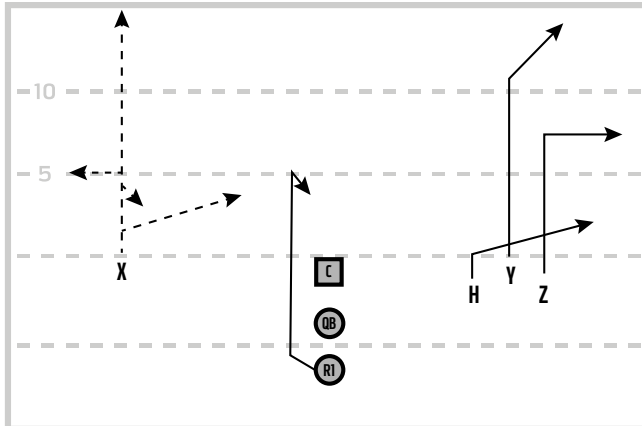
viii. Twins Open Right RPO



- 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

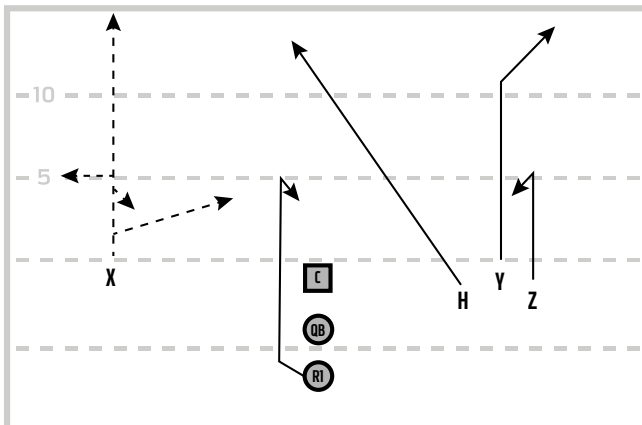
## 4 / TIGHT BUNCH RIGHT

### i. Tight Bunch Right Flood



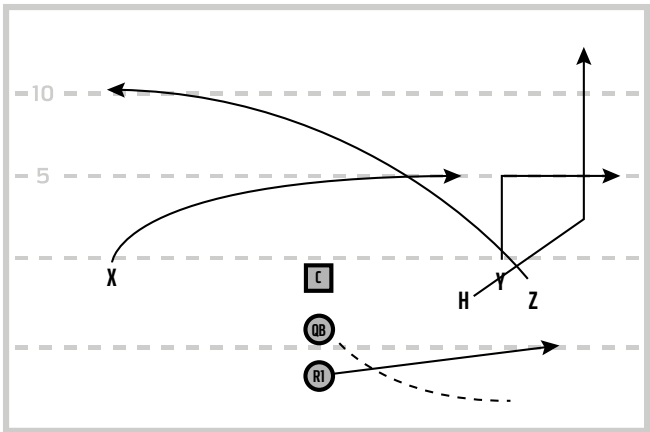
X: OPEN ACCESS  
H: ARROW  
Y: FLAG  
Z: OUT  
QB: ROLL RIGHT  
R1: SETTLE

## ii. Tight Bunch Right Smash Seam



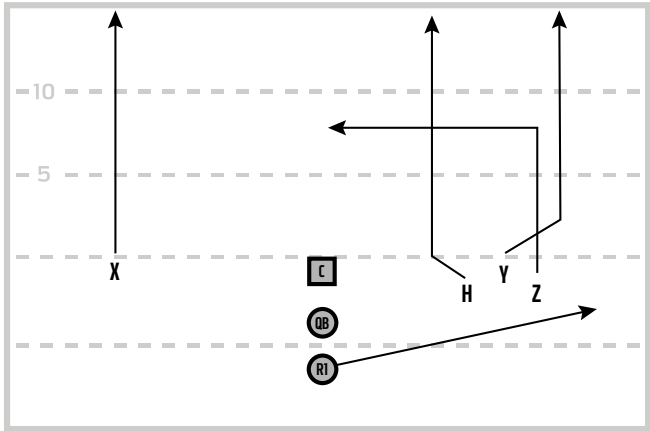
X: OPEN ACCESS  
Y: VERTICAL  
H: FLAG  
Z: HITCH  
R1: HITCH

iii. Tight Bunch Right Throwback



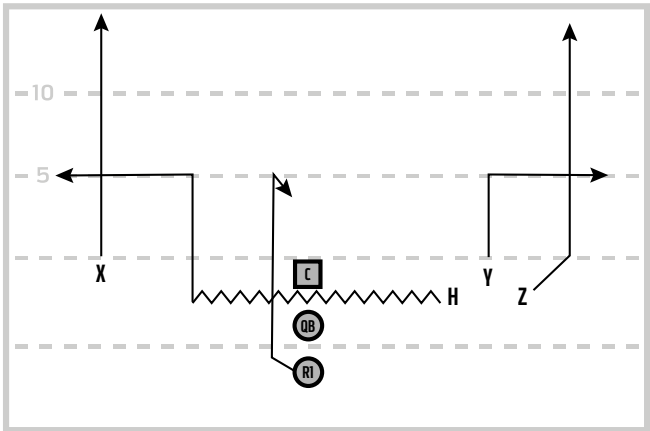
- X: SHALLOW DRAG
- H: WHEEL
- Y: QUICK OUT
- Z: DELAY DRAG
- QB: ROLL RIGHT, THROW BACK TO Z
- R1: FLARE TO BUNCH

iv. Tight Bunch Right Dagger



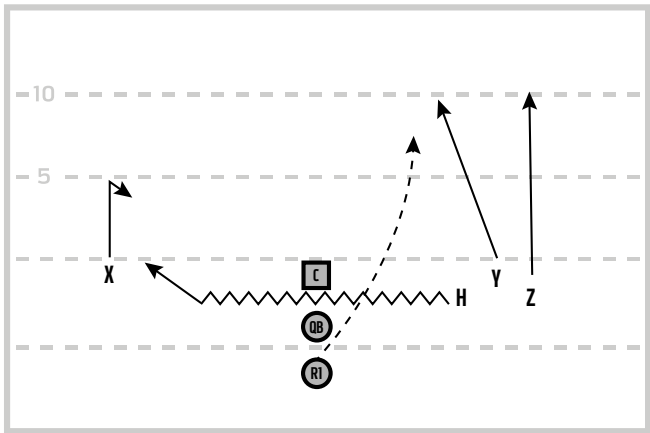
- X: VERTICAL
- H: OUTSIDE VERTICAL
- Y: VERTICAL
- Z: DIG: 8-10 YARDS
- R1: FLARE TO BUNCH

**v. Tight Bunch Right H Across Vertical Quick Out**



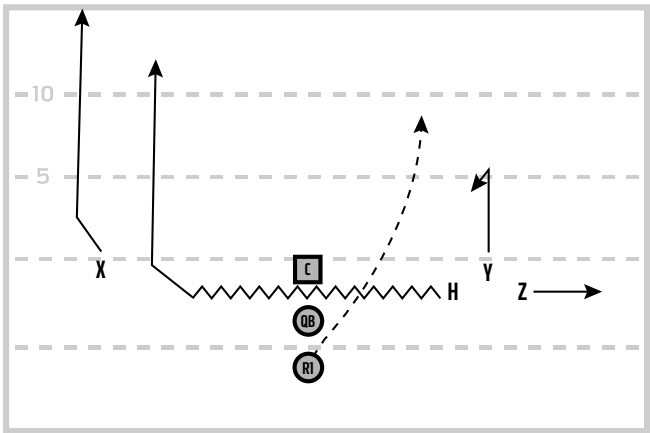
- X: VERTICAL  
H: ACROSS,QUICK OUT  
Y: QUICK OUT  
Z: VERTICAL  
R1: SETTLE

**vi. Tight Bunch Right H Across Zone Right**



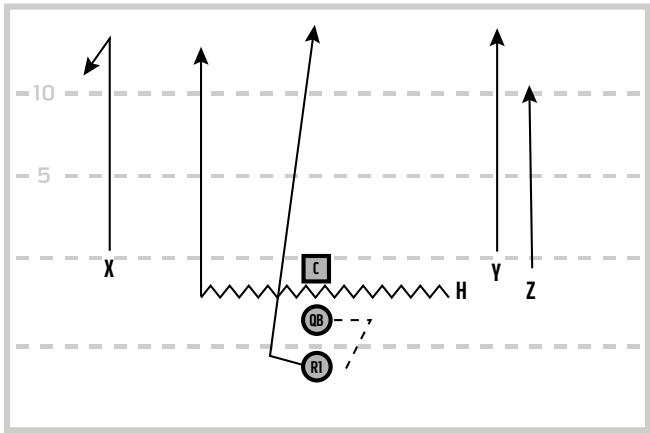
- X: HITCH  
H: ACROSS, ARROW  
Y: VERTICAL  
Z: VERTICAL  
QB: HANDOFF TO R1  
R1: ZONE RIGHT

**vii. Tight Bunch Right H Sweep**



- X: VERTICAL
- H: ACROSS, SWEEP
- Y: HITCH
- Z: CLEAR
- QB: SHOVEL TO H
- R1: ZONE RIGHT

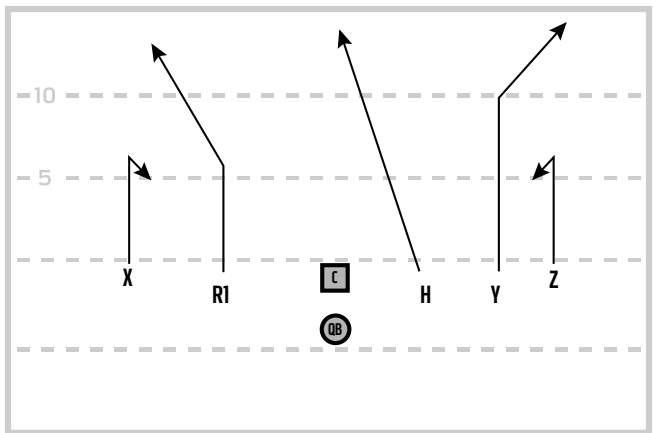
**viii. Tight Bunch Right Comeback Vertical RPO**



- X: CORNER BACK
- 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

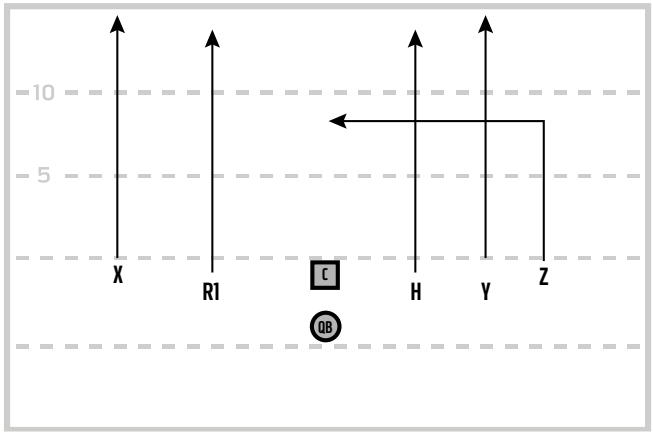
# 5 / EMPTY

## i. Empty Smash Seam



X: HITCH  
R1: FLAG  
H: SEAM  
Y: FLAG  
Z: HITCH

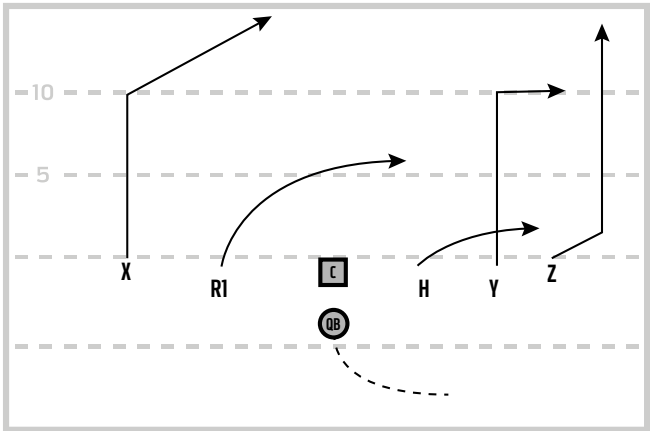
## ii. Empty Dagger



X: VERTICAL  
R1: VERTICAL  
H: VERTICAL  
Y: VERTICAL  
Z: 8-10 YARD DIG

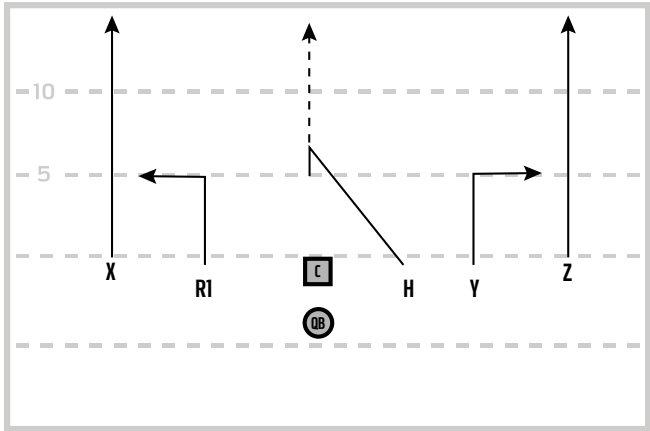


iii. Empty Flood



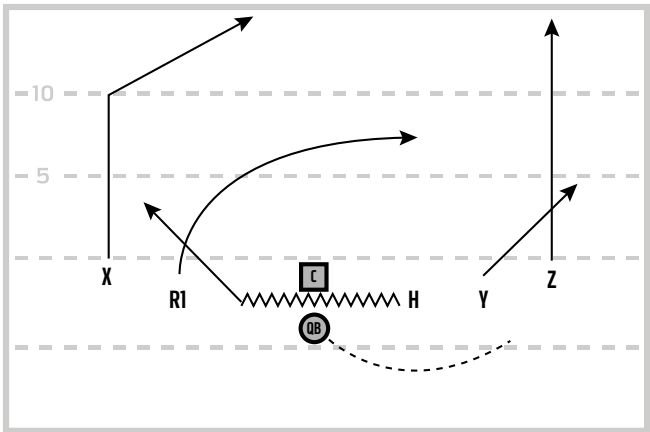
- X: POST  
R1: DRAG  
H: ARROW  
Y: OUT  
Z: VERTICAL  
QB: ROLL RIGHT

iv. Empty Vertical Quick Out



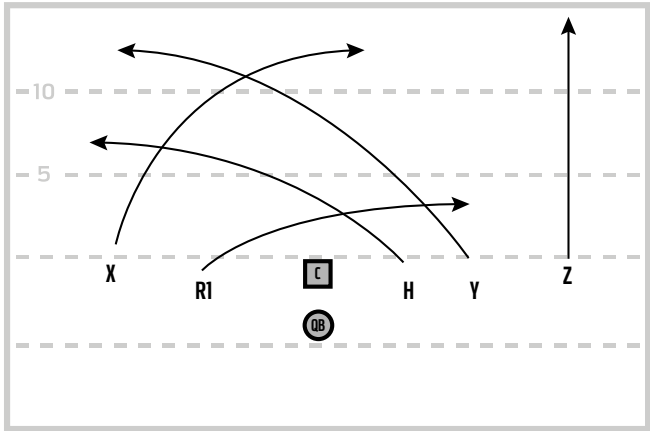
- X: VERTICAL  
R1: QUICK OUT  
H: SETTLE OR SEAM  
Y: QUICK OUT  
Z: VERTICAL

v. Empty H Across Waggle



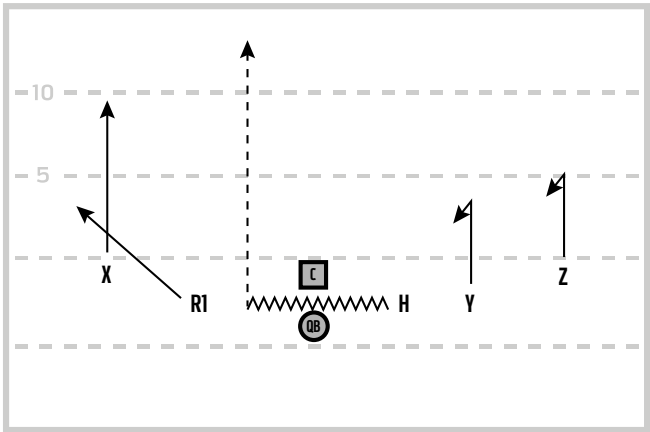
X: POST  
R1: DRAG  
H: ACROSS, ARROW  
Y: ARROW  
Z: VERTICAL  
QB: ROLL RIGHT

vi. Empty Mesh



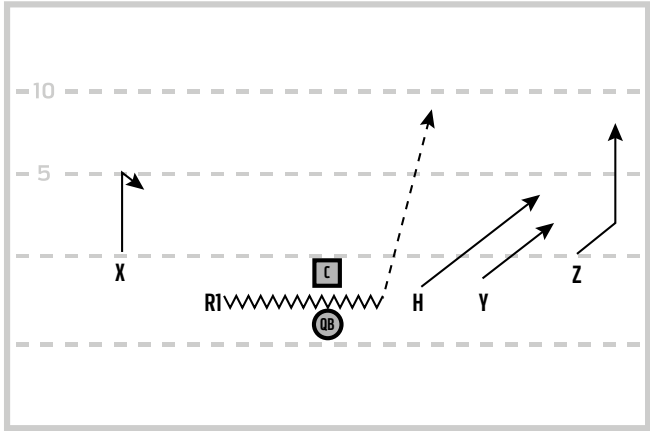
X: DRAG  
R1: SHALLOW DRAG  
H: SHALLOW DRAG  
Y: DRAG  
Z: VERTICAL

**vii. Empty H Across Sweep Left**



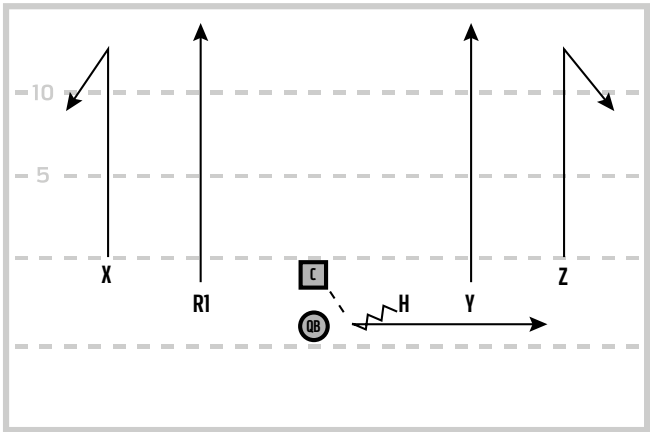
- X: VERTICAL
- R1: ARROW
- H: ACROSS, SWEEP LEFT
- Y: HITCH
- Z: HITCH
- QB: SHOVEL TO H

**viii. Empty R1 Across Sweep Right**



- X: HITCH
- R1: ACROSS, SWEEP RIGHT
- H: ARROW
- Y: ARROW
- Z: VERTICAL
- QB: SHOVEL TO R1

**viii. Empty Comeback Vertical RPO**



- X: COMEBACK
- R1: VERTICAL
- H: MOTION BACK, RECEIVE DRIECT SNAP, HANDOFF TO QB, FLARE
- Y: VERTICAL
- Z: COMEBACK
- QB: RUN - PASS OPTION