

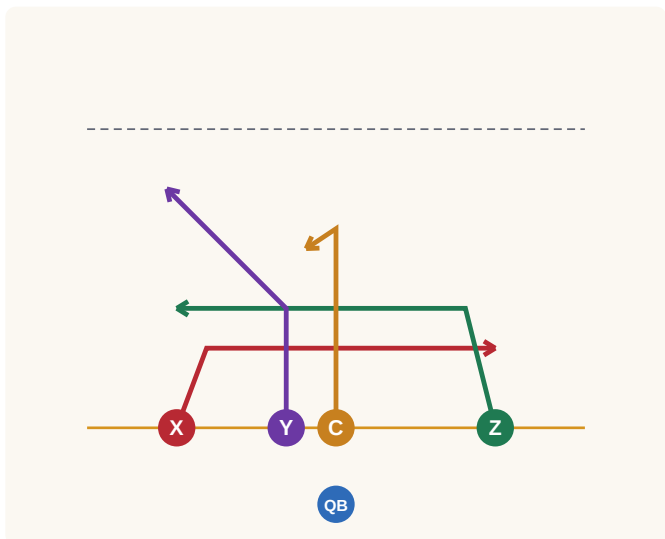
12 plays for 5v5 flag football

Route arrows start at each player. Solid line: scrimmage. Dashed line: goal.

1 / 3

Mesh Drive

Spread



Read: 1. the crosser running away from their defender, X or Z, 2. C sitting at 10, 3. Y on the corner.

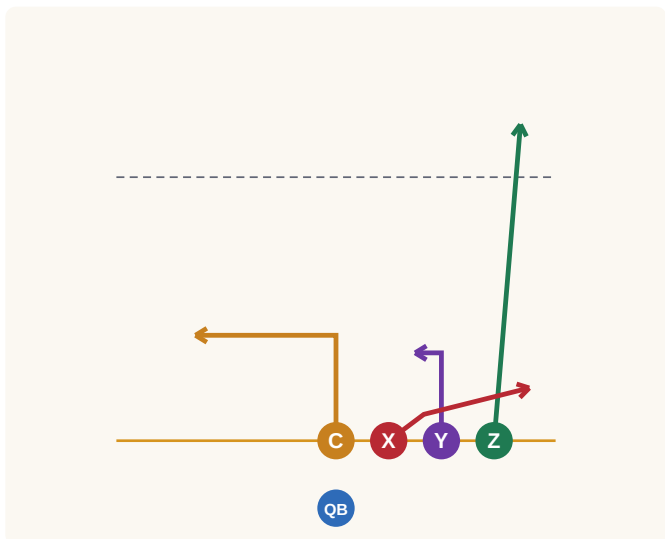
Coach: Walk X and Z through their paths together.

QB: Drop back

Line to goal: 15 yards

Trips Stick

Trips right



Read: 1. Y on the stick if the flat defender widens, 2. X in the flat if they sit, 3. C on the dig.

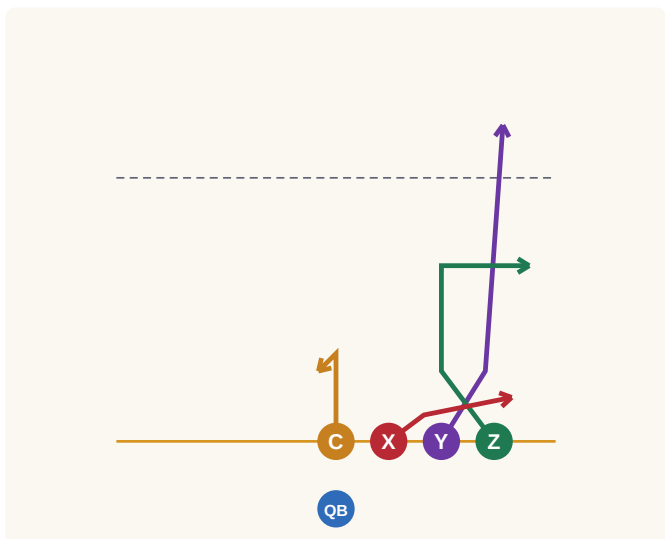
Coach: Rehearse Y's turn without a defender first.

QB: Drop back

Line to goal: 15 yards

Flood Switch

Trips right



Read: 1. Y deep if the corner squats, 2. Z on the out, 3. X in the flat, then C.

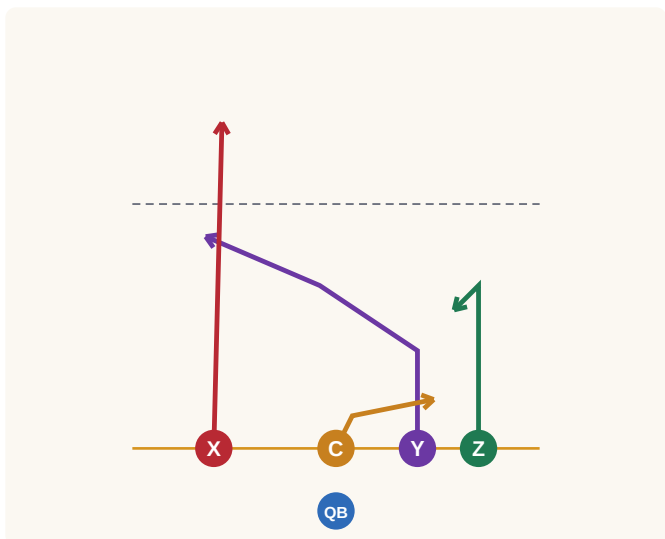
Coach: Walk Y and Z through the first 4 yards together.

QB: Roll right

Line to goal: 15 yards

Y-Cross

Single set right



Read: 1. Y on the deep cross, 2. Z on the curl, 3. C underneath as the checkdown.

Coach: Set markers at Y's 6-yard stem, 10-yard crossing point and 13-yard finish.

QB: Drop back

Line to goal: 15 yards

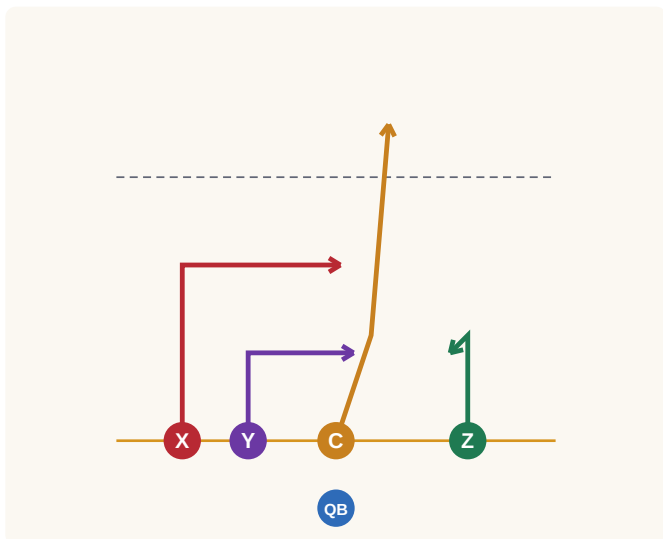
12 plays for 5v5 flag football

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Levels

Single set left



Read: 1. X on the dig if the middle defender jumps Y, 2. Y on the in if they drop, 3. Z on the hitch.

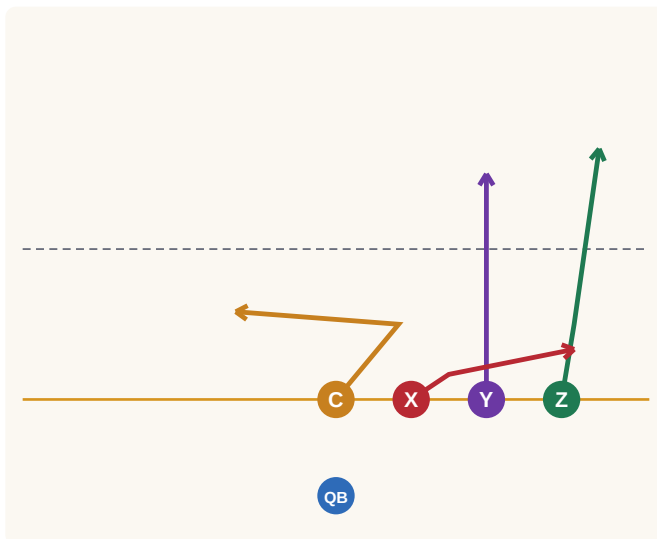
Coach: The timing cue is simple: Y and X break at the same moment.

QB: Drop back

Line to goal: 15 yards

Center Pivot

Trips right



Read: 1. C on the pivot, 2. X in the flat, 3. Z on the fade.

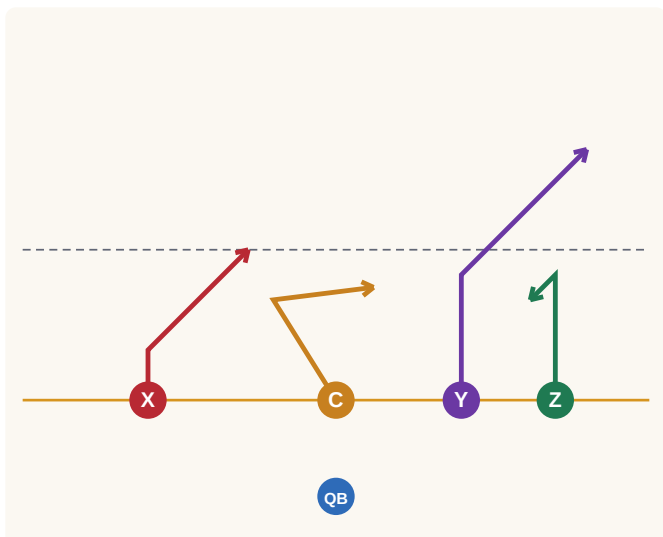
Coach: Start with C and the quarterback working alone.

QB: Drop back

Line to goal: 6 yards

Smash Return

Single set right



Read: 1. Y on the corner if the defender sits on Z, 2. Z on the hitch if they bail, 3. C on the return.

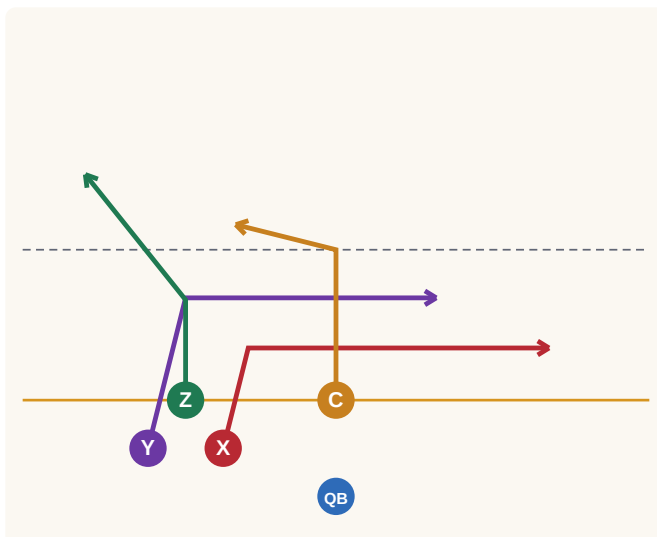
Coach: Start with Y and Z running together.

QB: Drop back

Line to goal: 6 yards

Double Under

Bunch left



Read: 1. X or Y on the drags, whichever is free, 2. Z on the corner, 3. C sliding into the space.

Coach: Walk the receivers out of the bunch before adding speed.

QB: Drop back

Line to goal: 6 yards

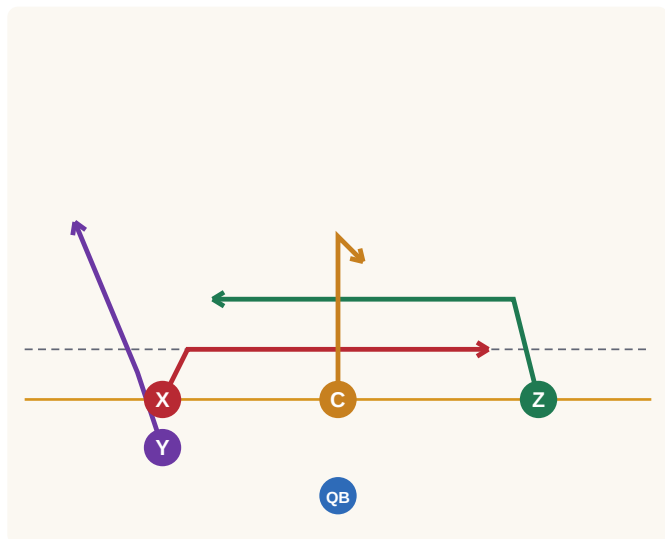
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Goal Line Mesh

Stack left



Read: 1. X or Z, whoever comes free off the cross, 2. C at the back line, 3. Y on the corner.

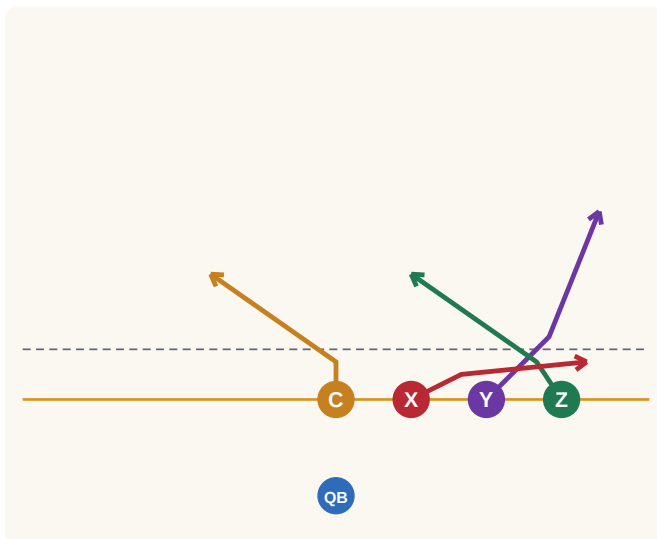
Coach: The end zone is short, so everyone stays in bounds.

QB: Drop back

Line to goal: 2 yards

Slot Fade Switch

Trips right



Read: 1. Y on the fade, 2. Z on the slant, 3. X in the flat, then C on the back side.

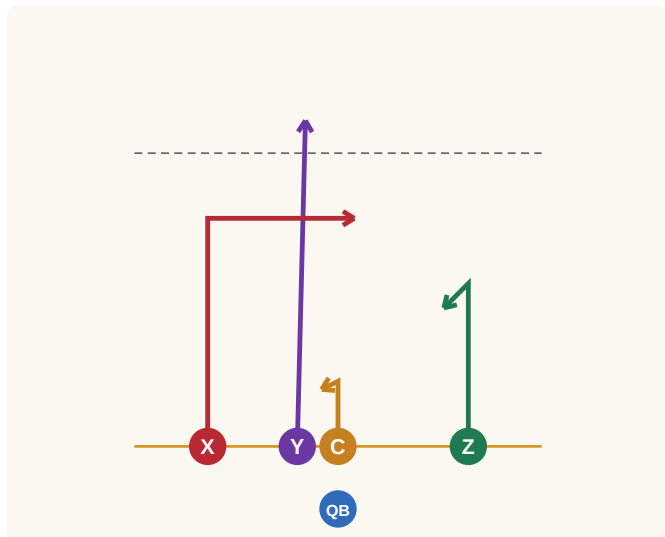
Coach: Begin with Y and Z walking their release together.

QB: Drop back

Line to goal: 2 yards

Dagger

Spread



Read: 1. Y on the seam if nobody carries Y, 2. X on the dig, 3. Z on the curl, 4. C as the checkdown.

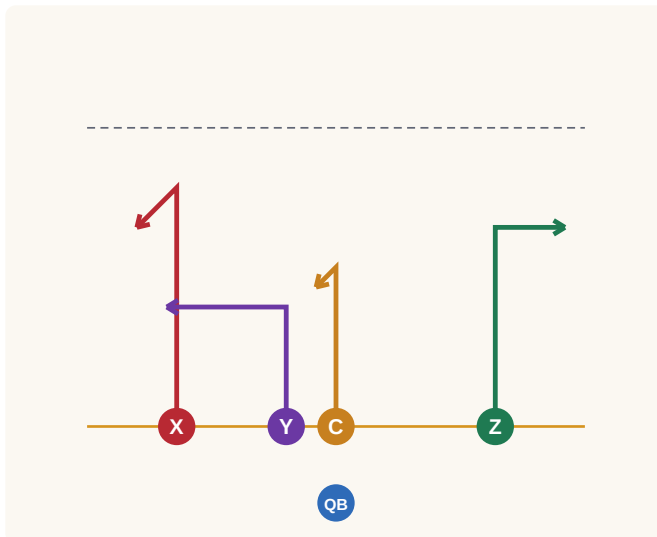
Coach: Mark X's break at 14 yards.

QB: Drop back

Line to goal: 18 yards

Sideline Drive

Spread



Read: 1. Y on the out, 2. X on the comeback, 3. Z's out on the other side, 4. C on the hook.

Coach: Put a sideline marker in every passing drill.

QB: Drop back

Line to goal: 15 yards