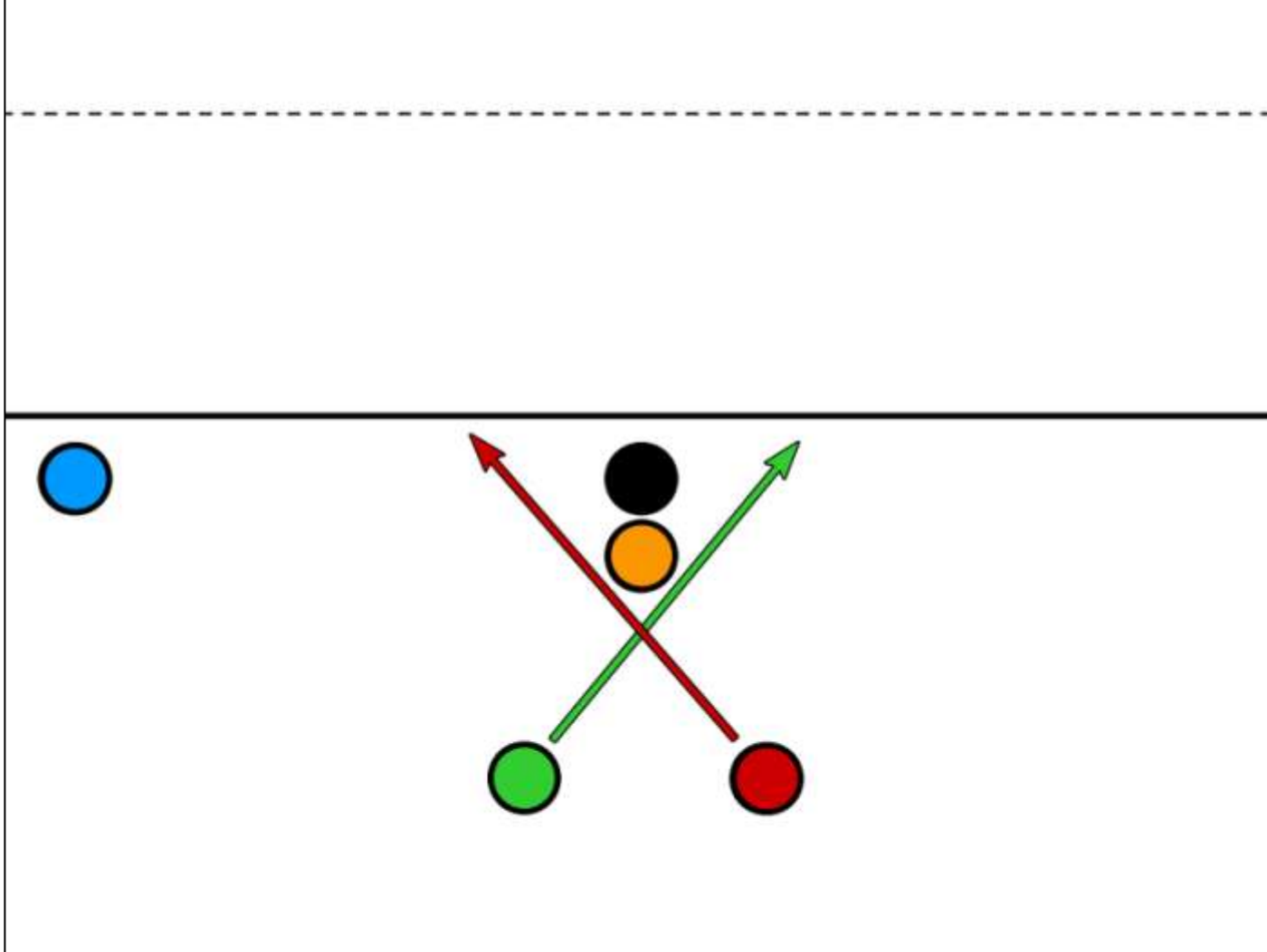
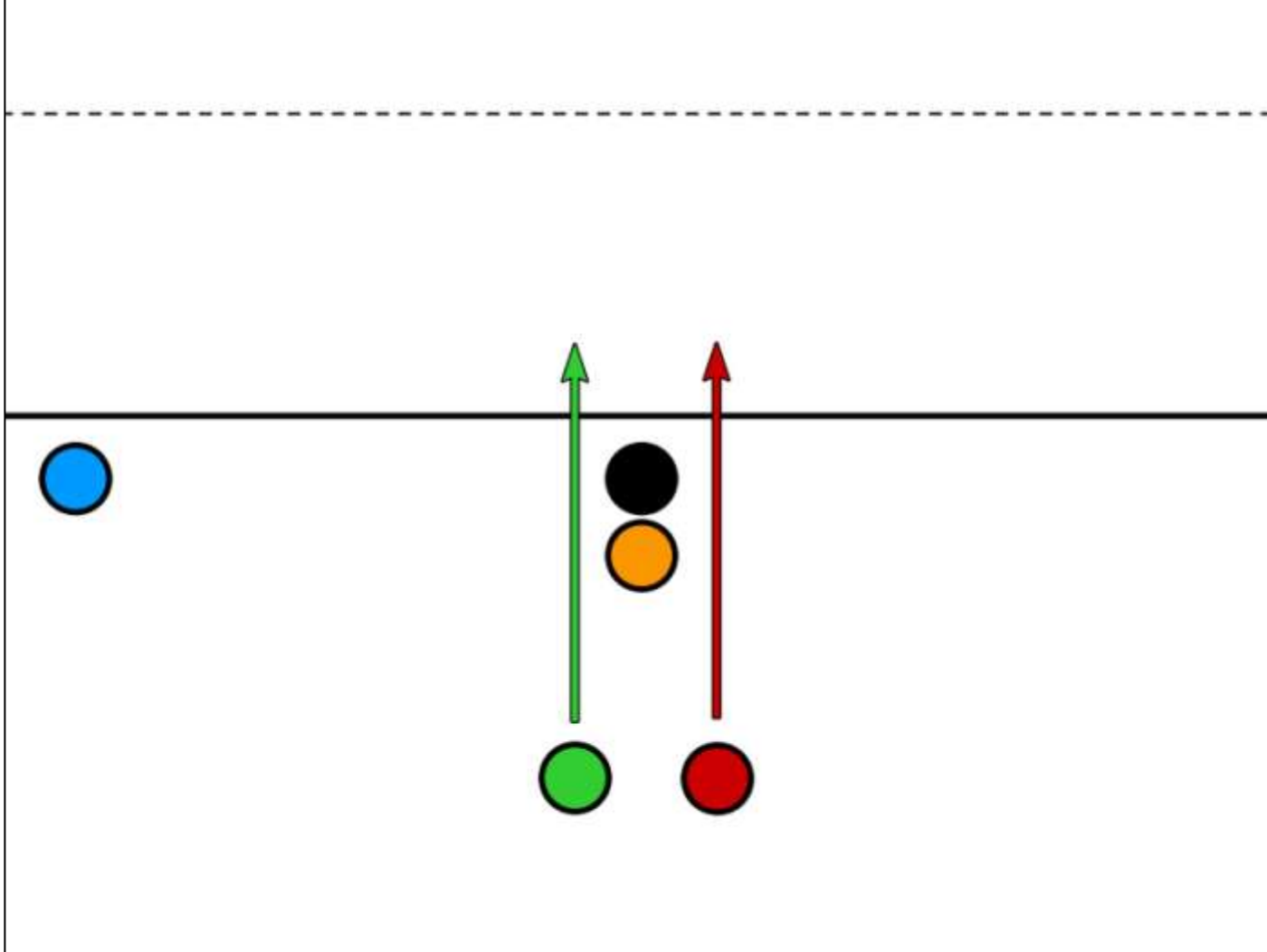


Youth Flag Football - Running Plays



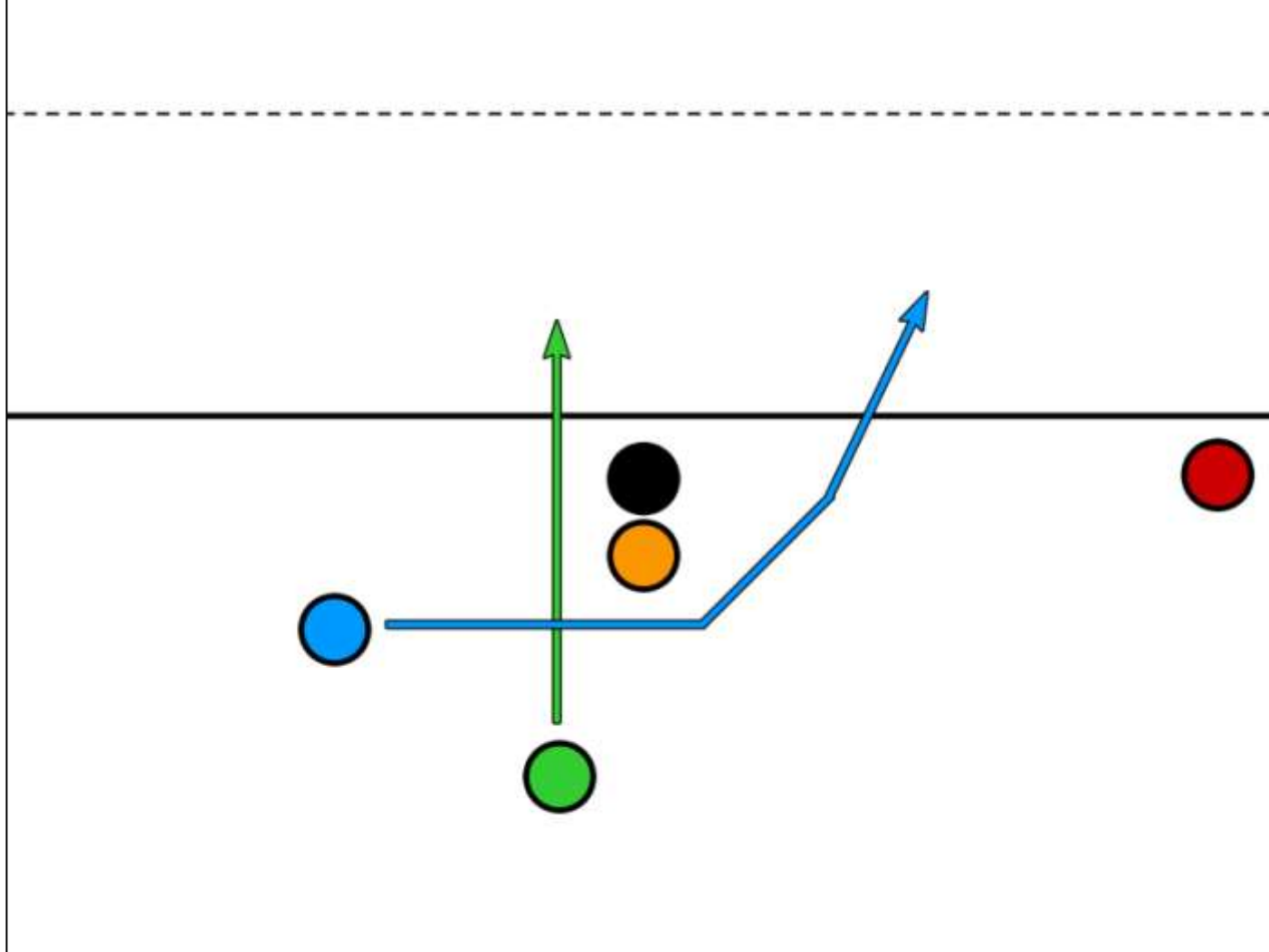
This formation has several options, some of which will be shown later in the playbook. This first play is a basic crossing where your options are: 1) Fake to Red, Give to Green 2) Fake to Green, Give to Red 3) Red goes first and receives the ball 4) Green goes first and receives the ball. Options for Blue and Black out of this formation will be included in later plays.



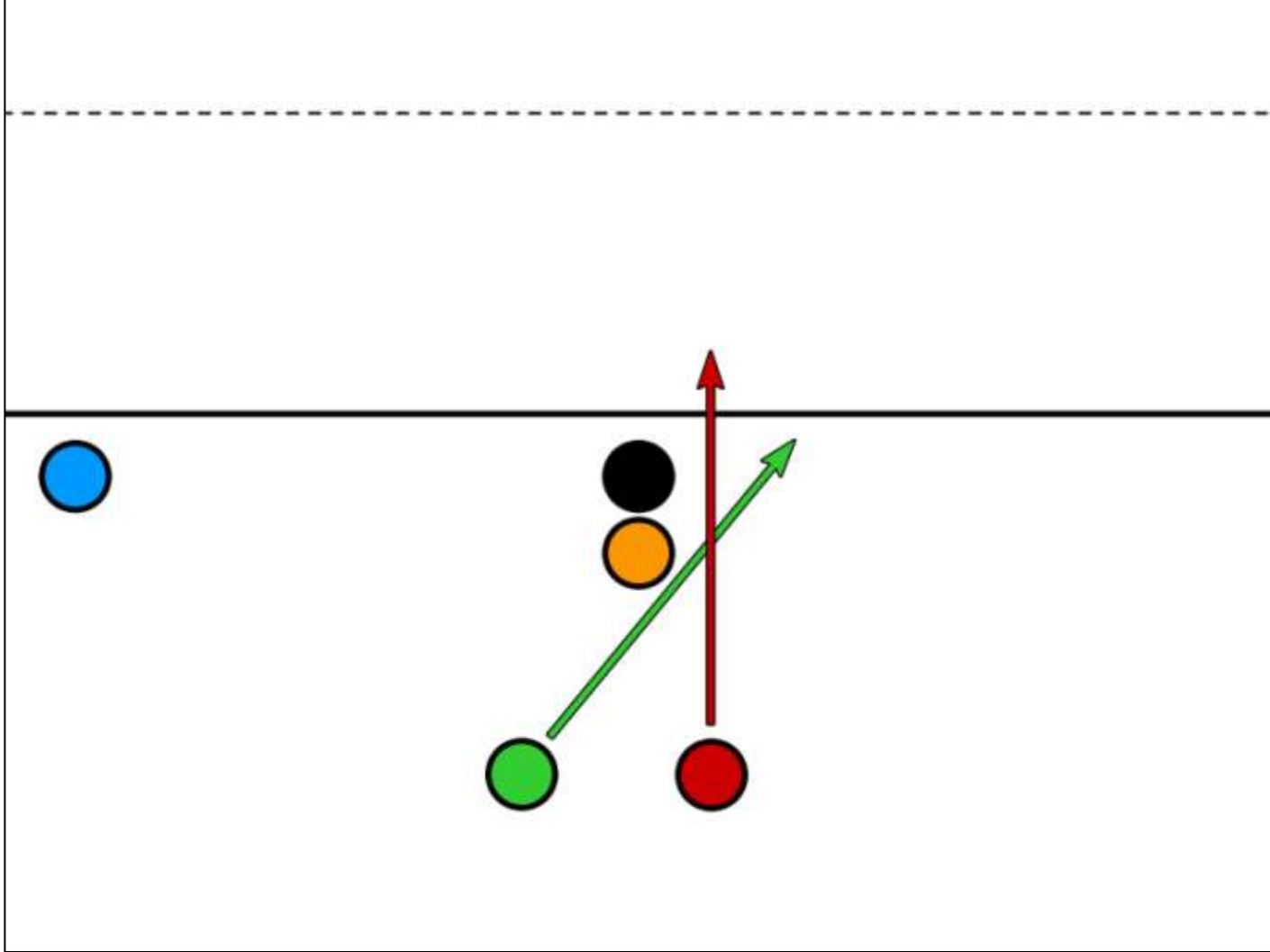
Both running backs started forward at the snap of the ball. In the huddle, coach calls who is receiving the handoff.

You can implement some code words that mean left or right as well so you can call the handoff side after your offense and the defense has lined up.

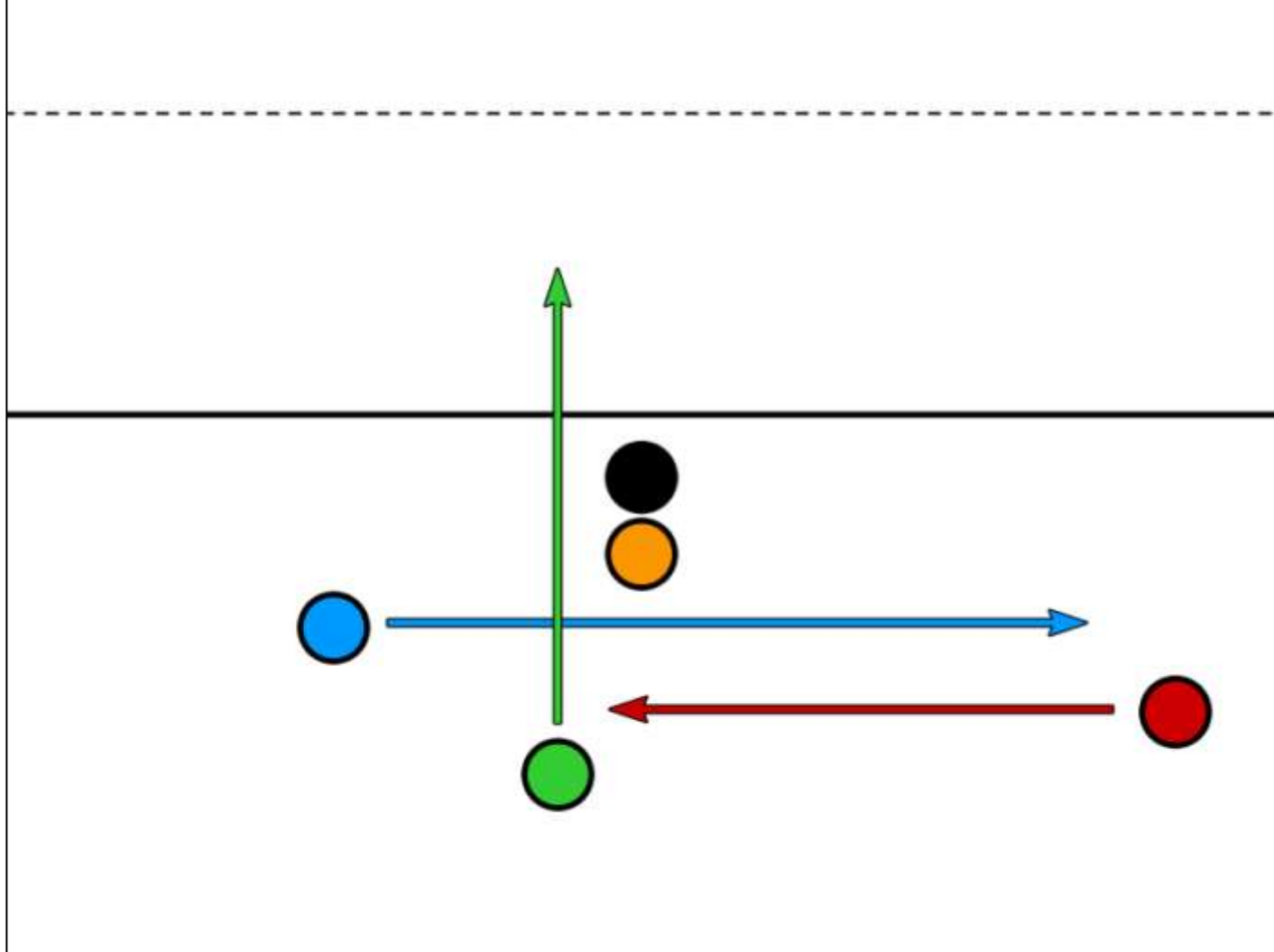
Suggested: Lucky = Left, Raspberry = Right



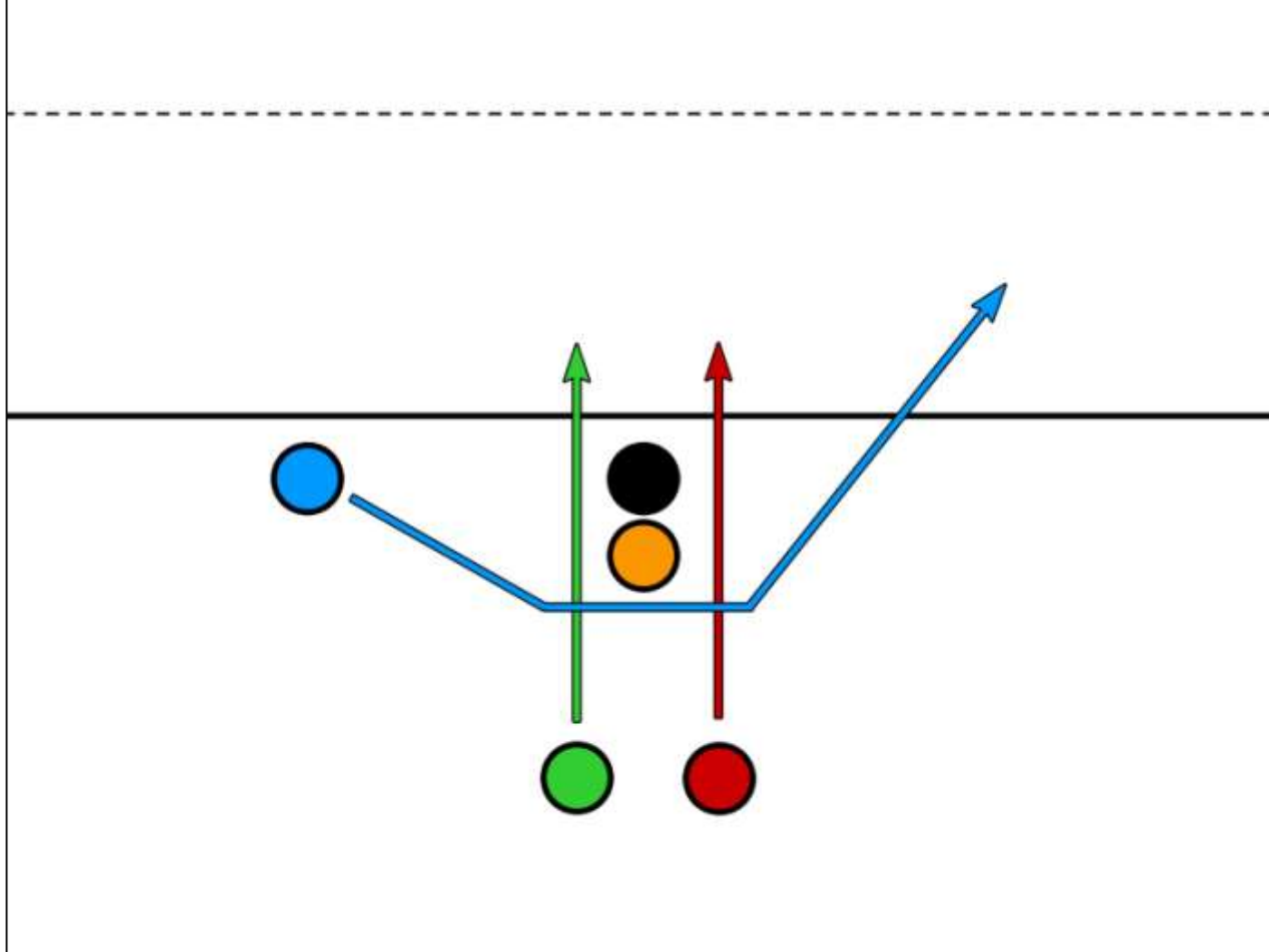
The most common use of this play is faking to Green on the dive and handing off to Blue on the sweep. You can move the receiver to either side. I like having the receiver on the same side as where the ball is going so a defender might line up over the receiver opening up the alley for Blue. Other options include giving the ball to Green on the dive, sending Blue first for a fake then giving to Green, or just sending Blue first and handing off the ball.



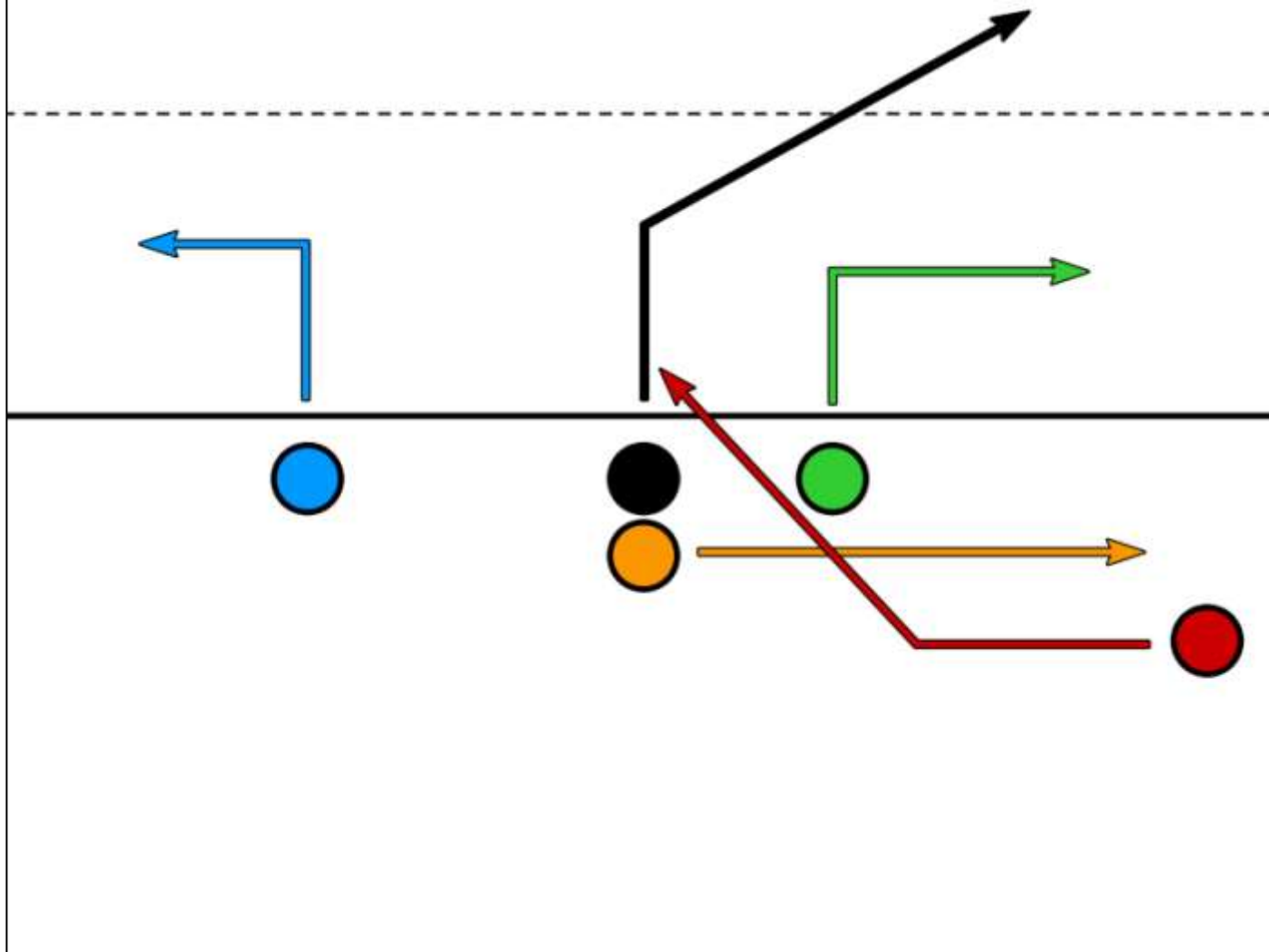
Another variation of the split back formation. This time, fake to Red on the dive and handoff to Green on the cross behind. You can also switch it so Green is first and receives a fake, then the ball is given to Red on the dive.



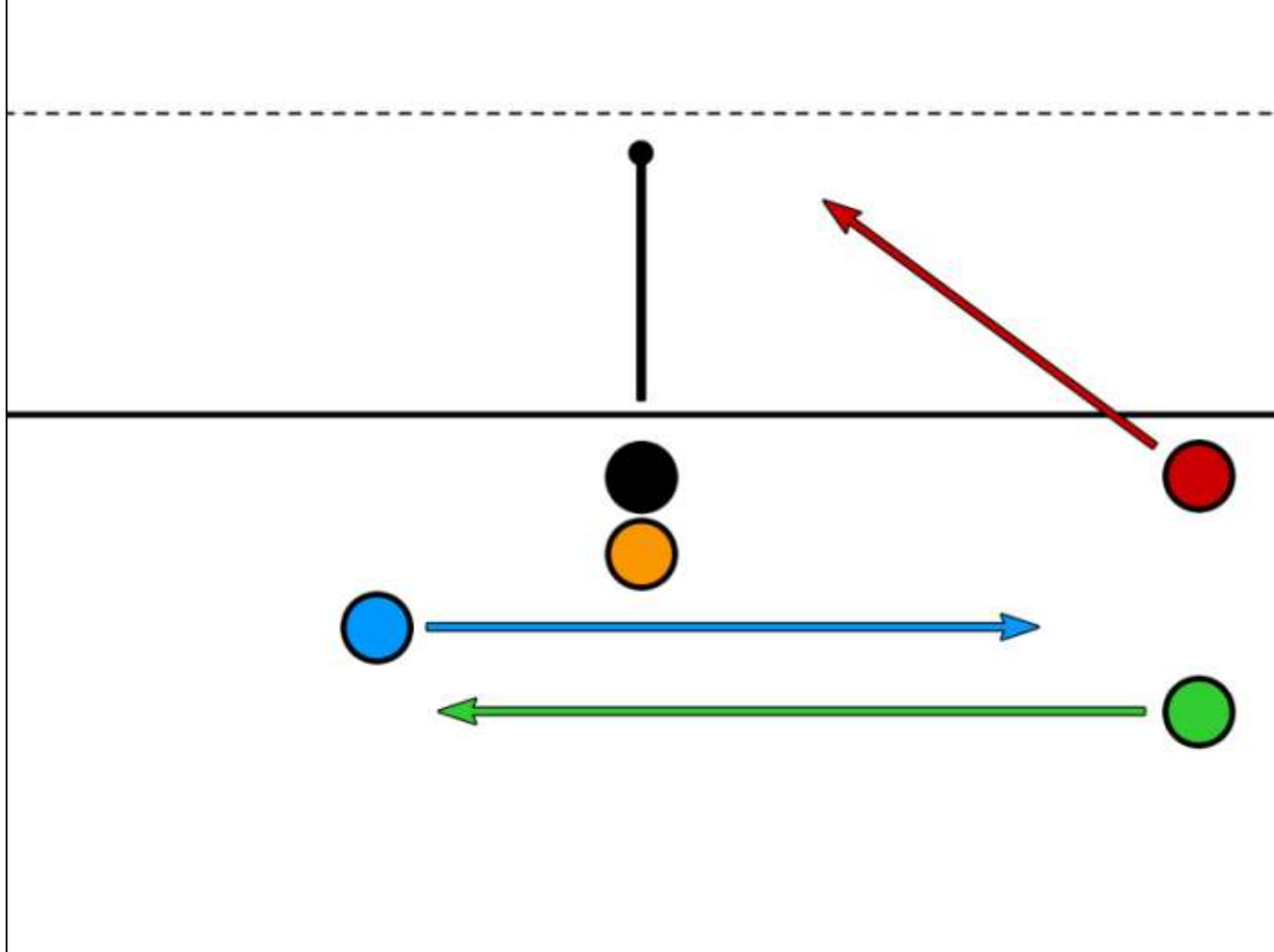
A lot of action to confuse the defense. First, the QB fakes to Green on the dive. Then, Blue receives a handoff running behind QB. Blue can fake to Red and keep the ball or hand off to Red. You will see variations of this reverse play run by your opponents throughout the season. Experience has shown that Blue keeps the ball a high majority of the time.



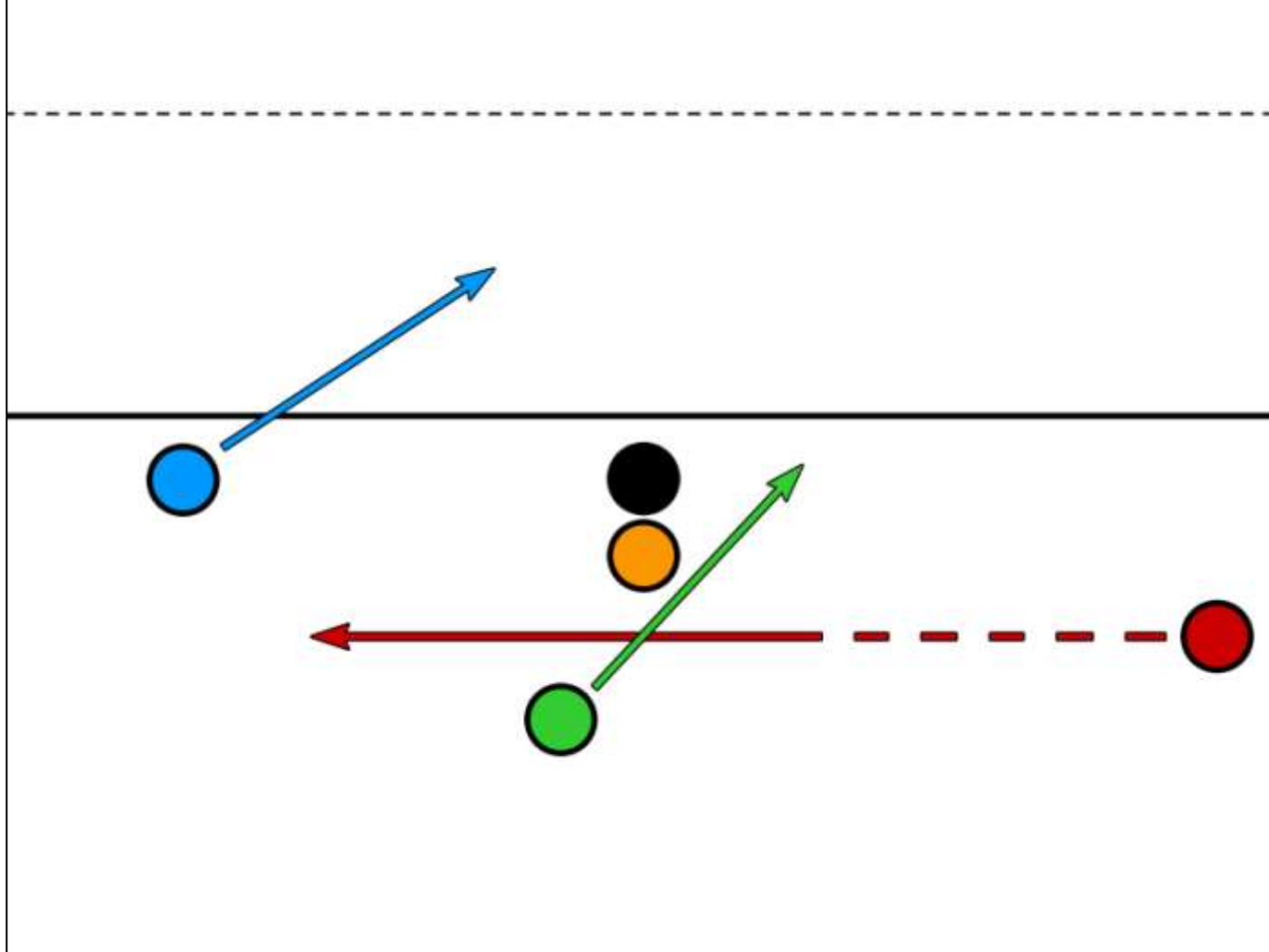
Another variation of the split back formation double dive play. On this play, the QB fakes to either Green or Red on the dive, then hands off to the Blue. You can line up Blue so he is farther off the line of scrimmage (LOS). However, I've found that when lining up a RB on the LOS, the defense tends to ignore him as a potential RB.



Most running plays are designed to get wide. Couple this with the tendency for younger players to run toward the sideline, this run middle play is a good change of pace. On the snap, the QB runs toward Red who is running toward the QB. Blue, Black, and Green each run receiver routes to clear out the defense. This play also has a passing option where the QB keeps the ball and looks to throw the ball to Green or Black.



Classic reverse play where Blue takes the handoff and either fakes the handoff to Green or gives the ball to Green. Red runs a quick slant route to clear out the defense on that side. As mentioned previously, when facing teams that run this play (or something close), Blue keeps the ball the majority of the time.



We call this play spider (no reason, just easy to do a hand motion to call the play from the sideline with my older kids). We also run this out of a shotgun. For younger teams, have the QB line up under center. On the QB's "Set!", Red starts in motion toward the QB. The running options on this play are to handoff to Red or faking to Red and giving the ball to Green. If the defense is playing man, this play can potentially result in big yards for Green.