



Wayzata Plymouth Youth Football: Flag Football Playbook (2nd & 3rd 7v7)

Coaches may use these plays but are not required to do so. Offensive plays should remain relatively basic in order to keep the game moving.

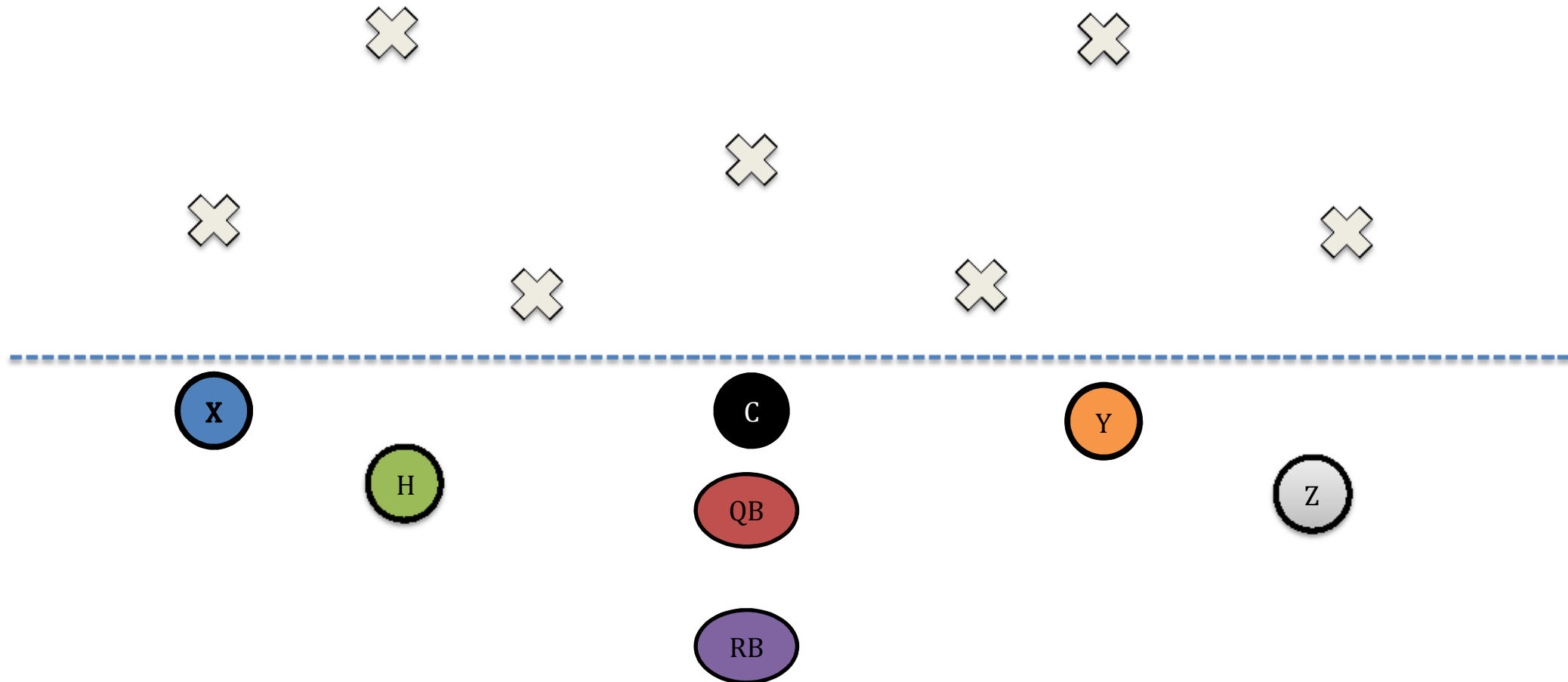
Here are some key rules and tips to keep everyone engaged in the game:

- **Rule:** ROTATE YOUR PLAYERS THROUGH EVERY POSITION!
 - o Every player should play every position on the field throughout the season. It is up to the coaches to determine how to best rotate and keep track of your players, but you **MUST** ensure that EVERY kid has equal playing time at each position to the extent possible.
- **Rule:** The Offense has 30 seconds to huddle and call their next play, so that the game keeps moving.
- **Rule:** Only 1 designed QB run (Veer or Draw) is allowed per 4 down series.
- **Tip:** Pair your QBs and Receivers accordingly
 - o If you have a strong QB, have paired with a Receiver who is developing their catching skills.
 - o Likewise if you have a developing QB, pair them with stronger receivers who have a better chance at catching the ball.
- **Tip:** Help you QB in the huddle on pass plays
 - o Early in the season you may want show on the play card who they should throw ball to. As the season progresses they'll learn to make their own decision.



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- Offense Base Formation



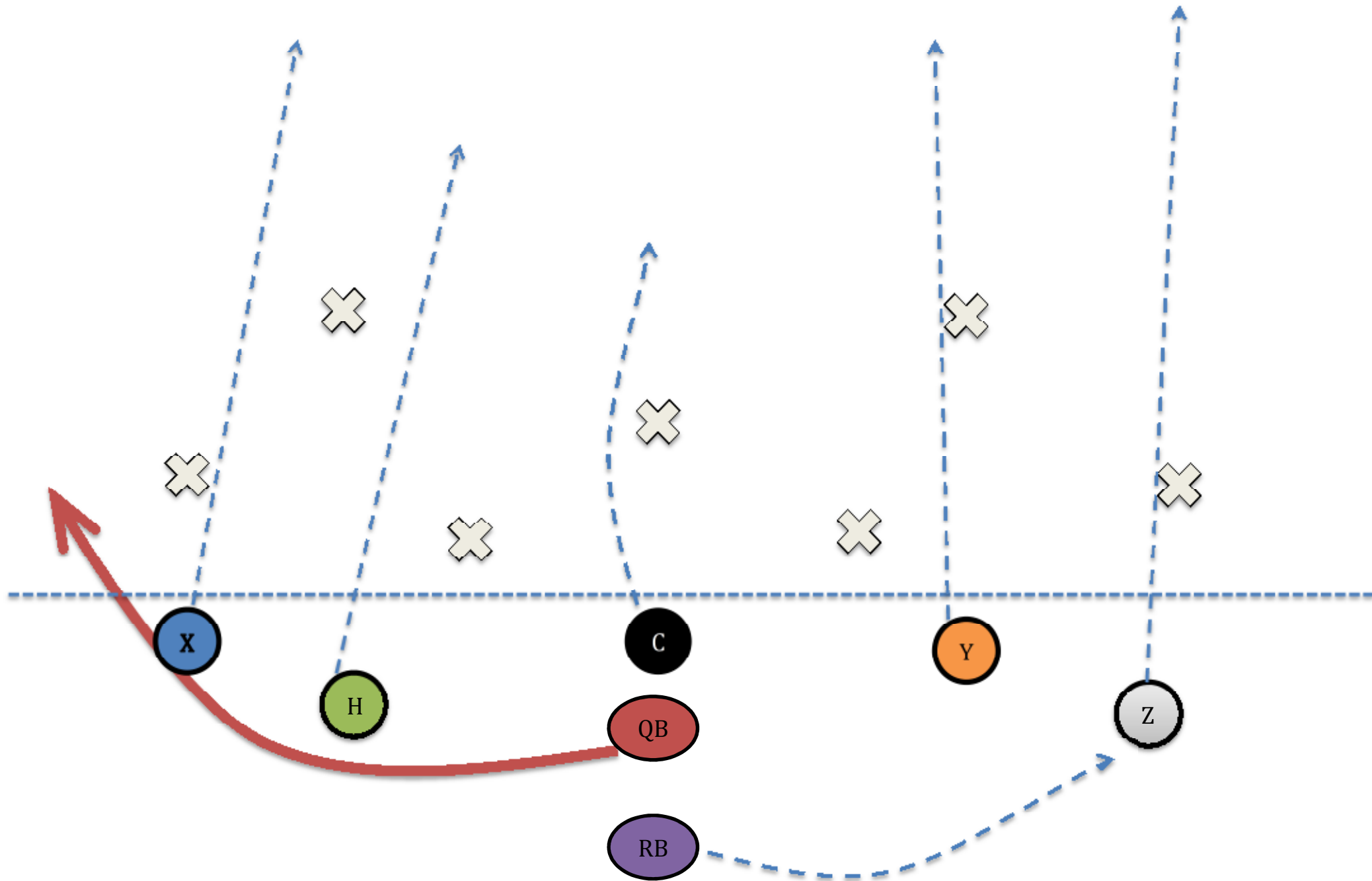


The diagram shows a 2D coordinate system with a horizontal dashed blue line. A red parabolic curve opens upwards, with its vertex near the bottom center. Several dashed blue lines with arrows originate from points on the horizontal line and curve upwards at various angles. The points are labeled as follows: X (blue circle), H (green circle), C (black circle), Y (orange circle), Z (grey circle), QB (red oval), and RB (purple oval). There are also several 'X' marks scattered across the plot.



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- QB Veer Left



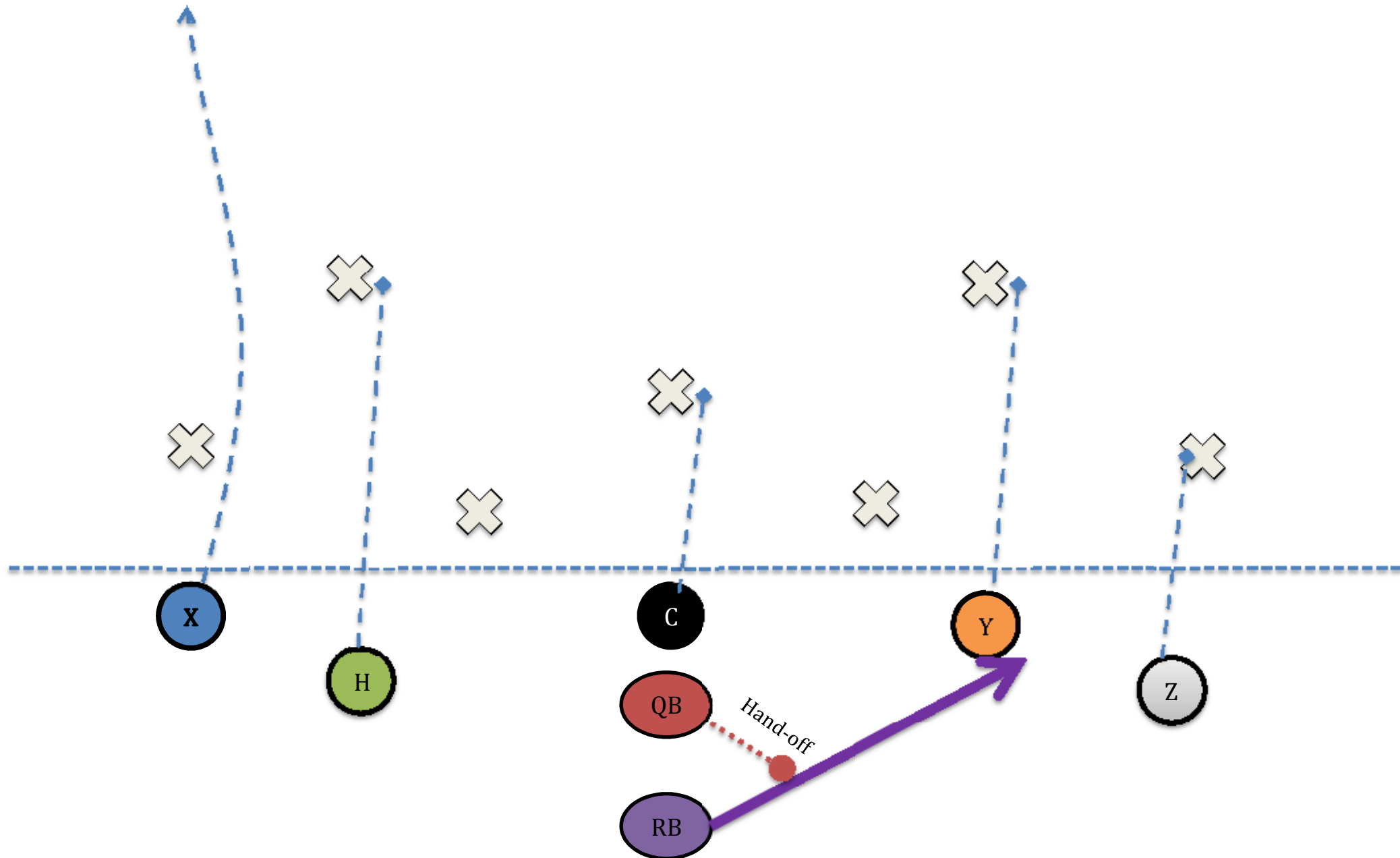


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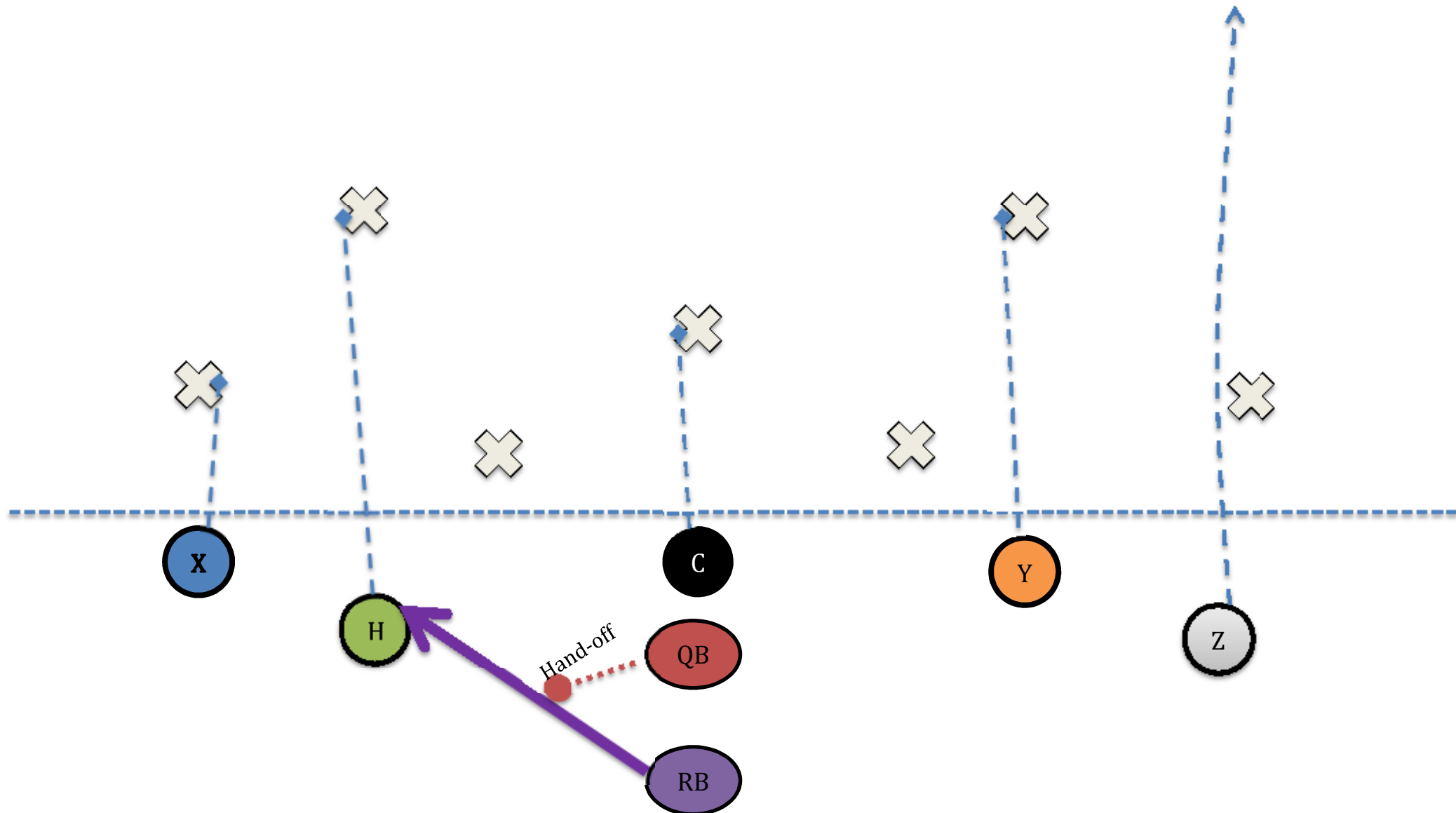
- Run Right





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- Run Left



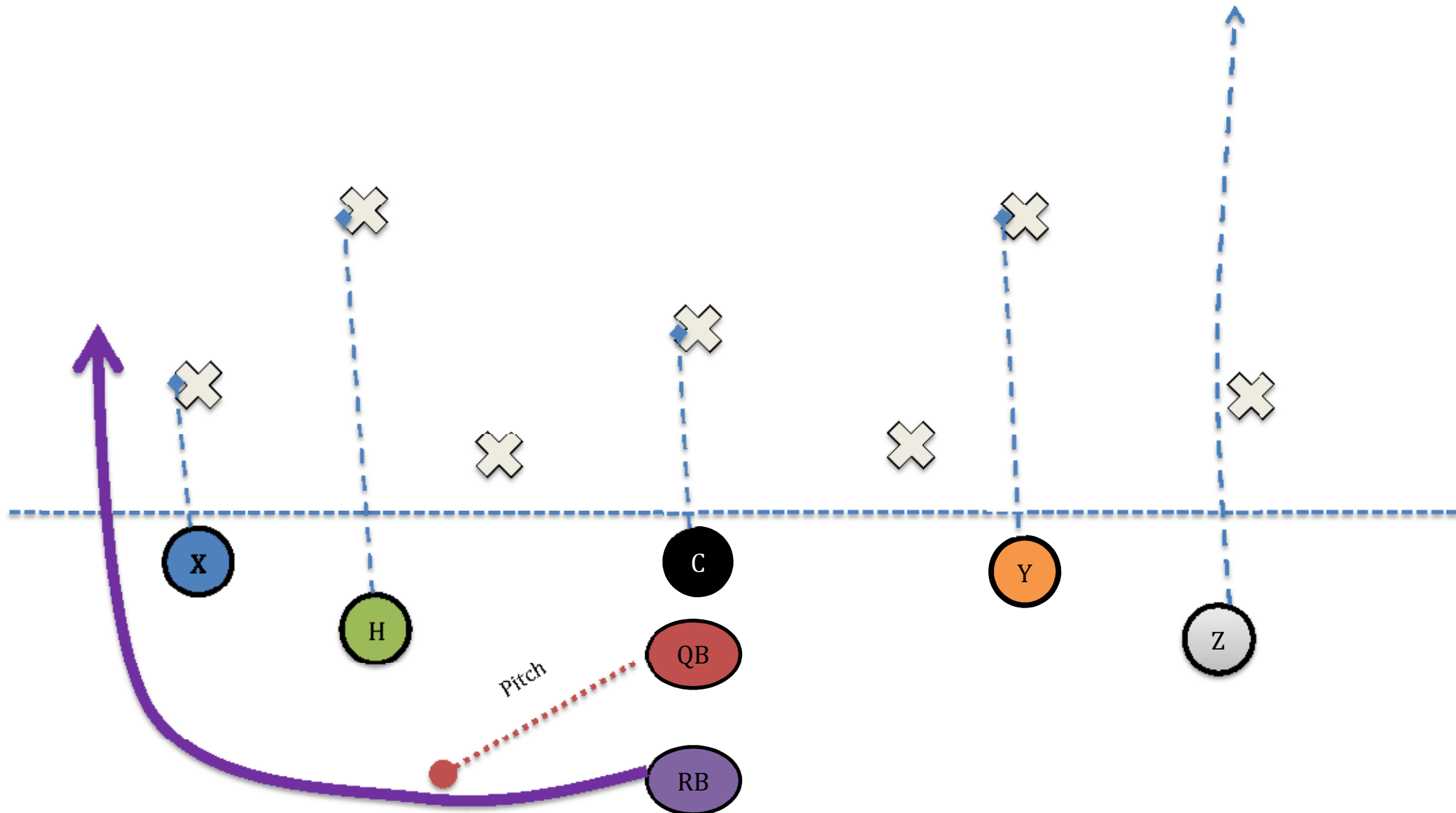


The diagram illustrates a soccer pitch with various player positions and movement vectors. A horizontal dashed blue line represents the pitch's width. A thick purple arrow on the right indicates the direction of play. A red dotted arrow labeled "Pitch" points from the RB (Right Back) position towards the center. Several yellow 'X' marks are placed along the pitch, with dashed blue arrows indicating movement paths from specific players: X (blue circle) to the top left, H (green circle) to the top left, C (black circle) to the top center, Y (orange circle) to the top right, and Z (grey circle) to the top right. A red dot is located near the RB position.



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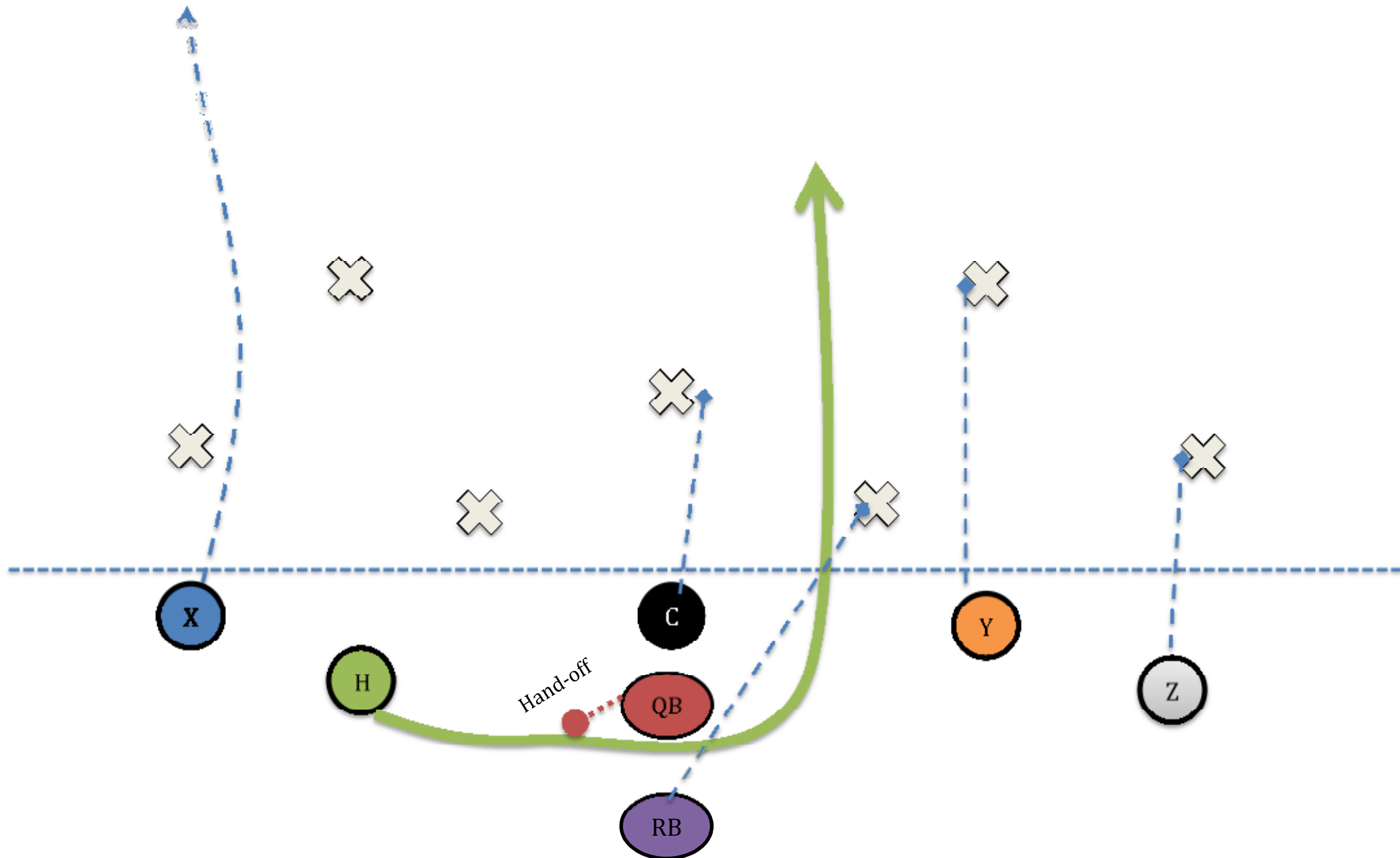
- Pitch Left





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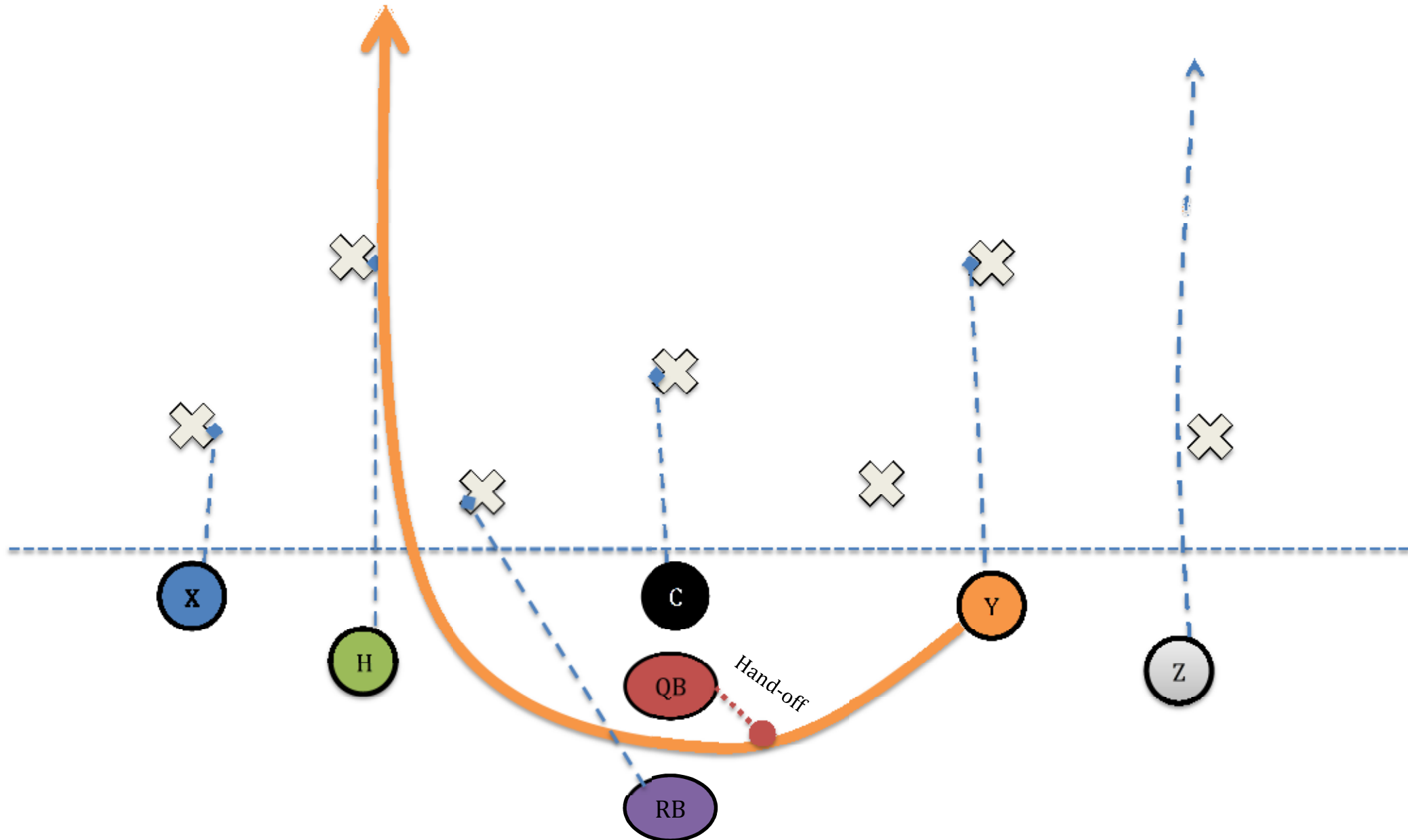
- Sweep Right





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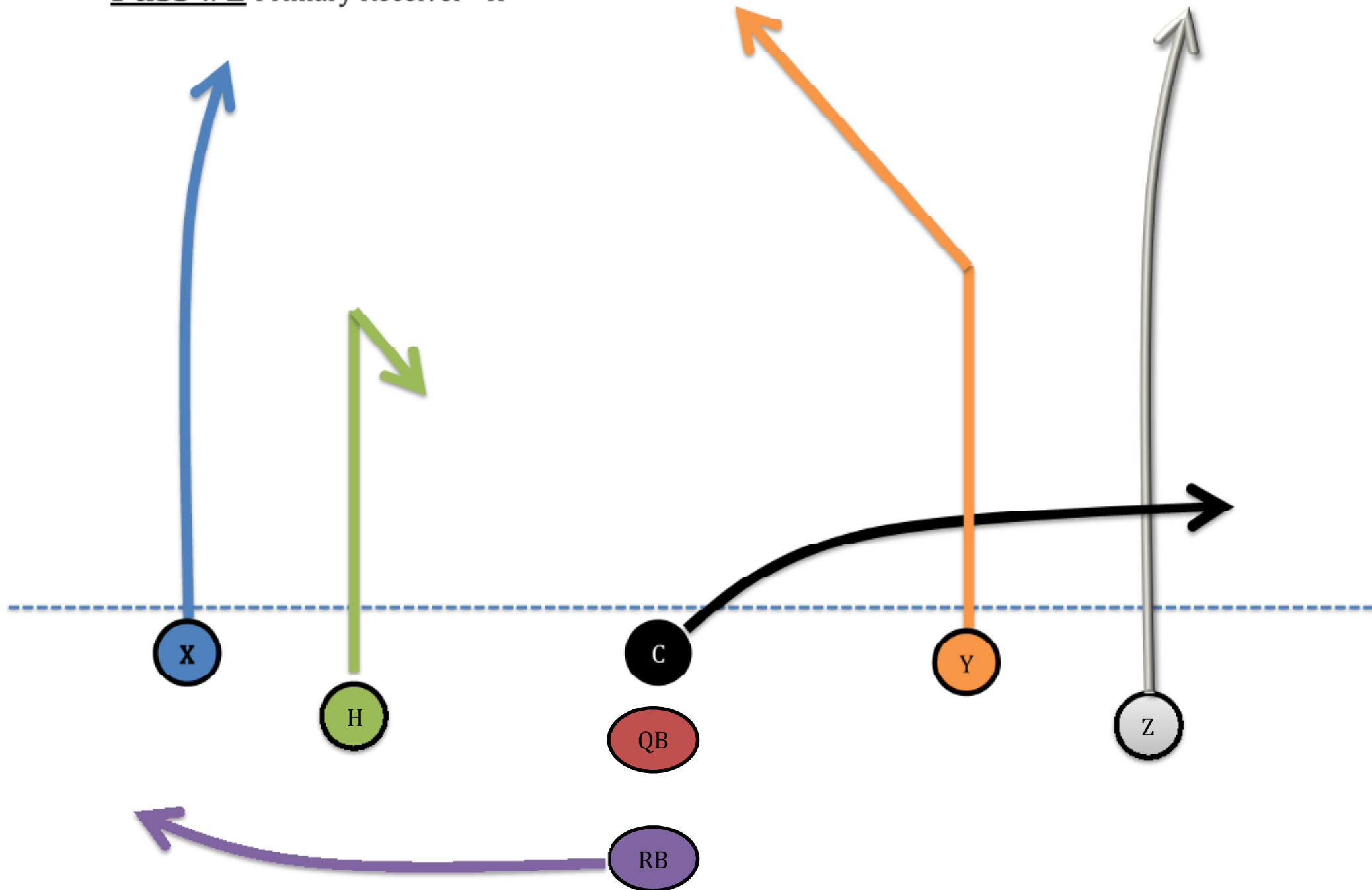
- Sweep Left





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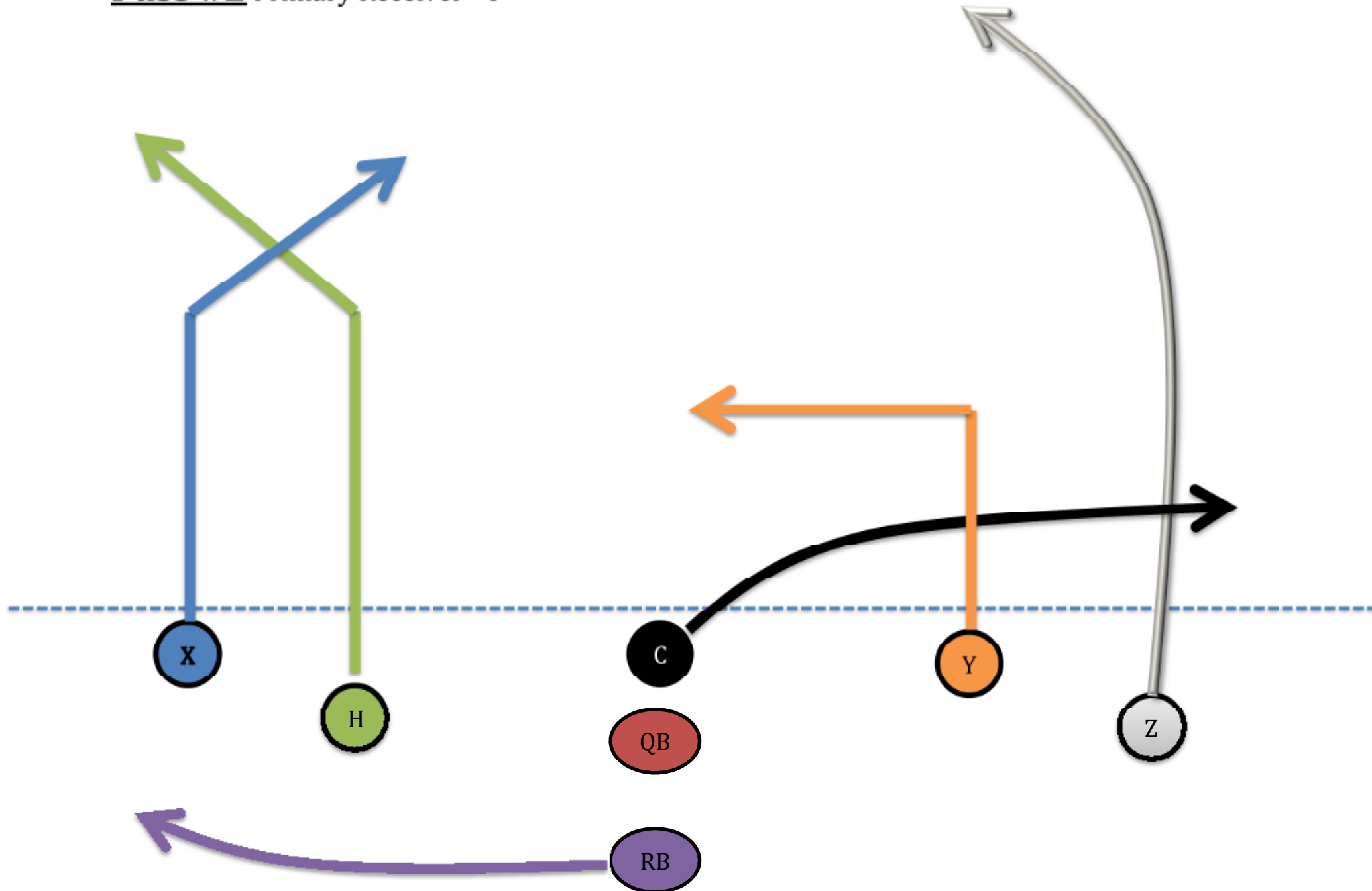
- **Pass #1** Primary Receiver - H





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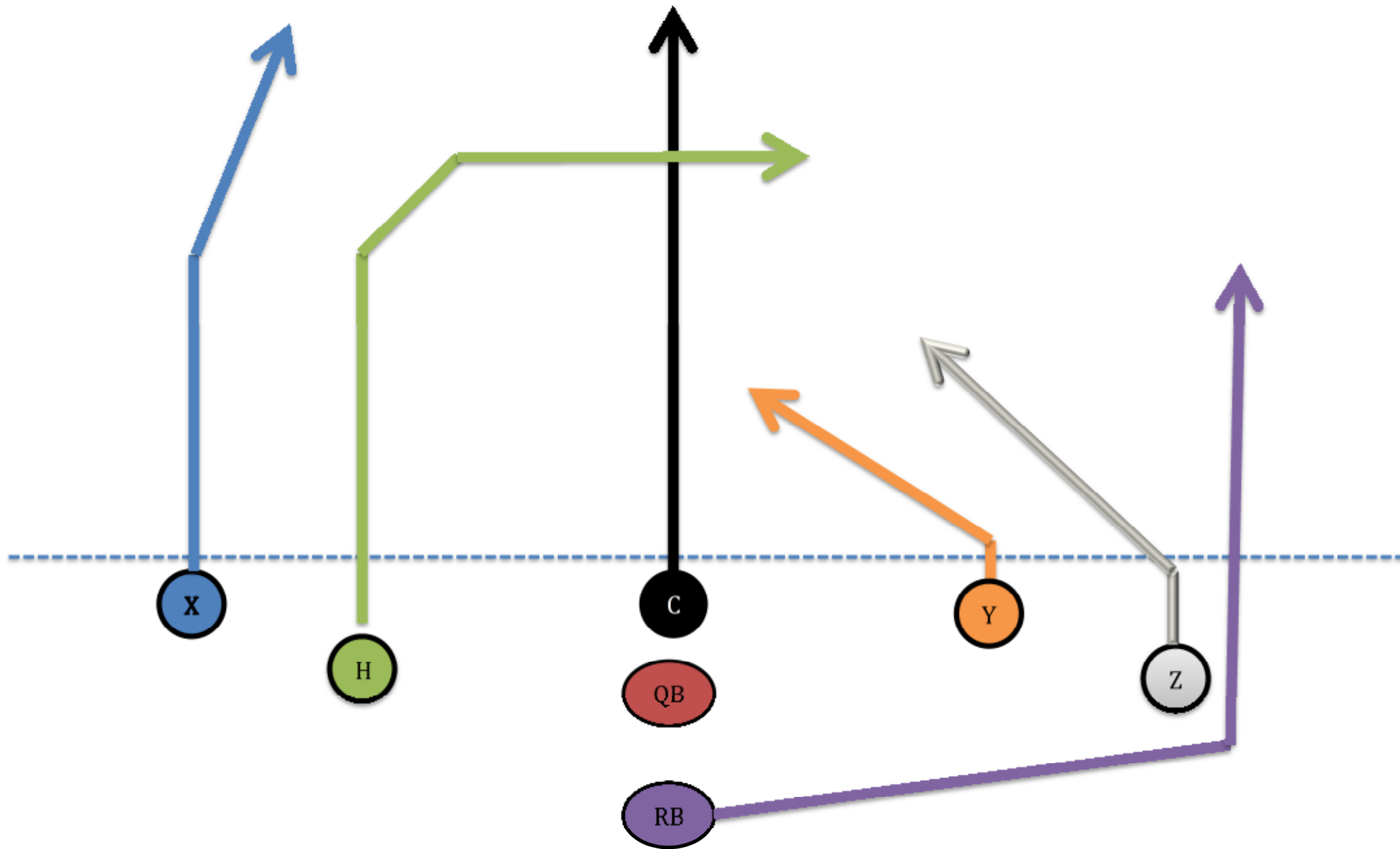
- **Pass #2** Primary Receiver - Y





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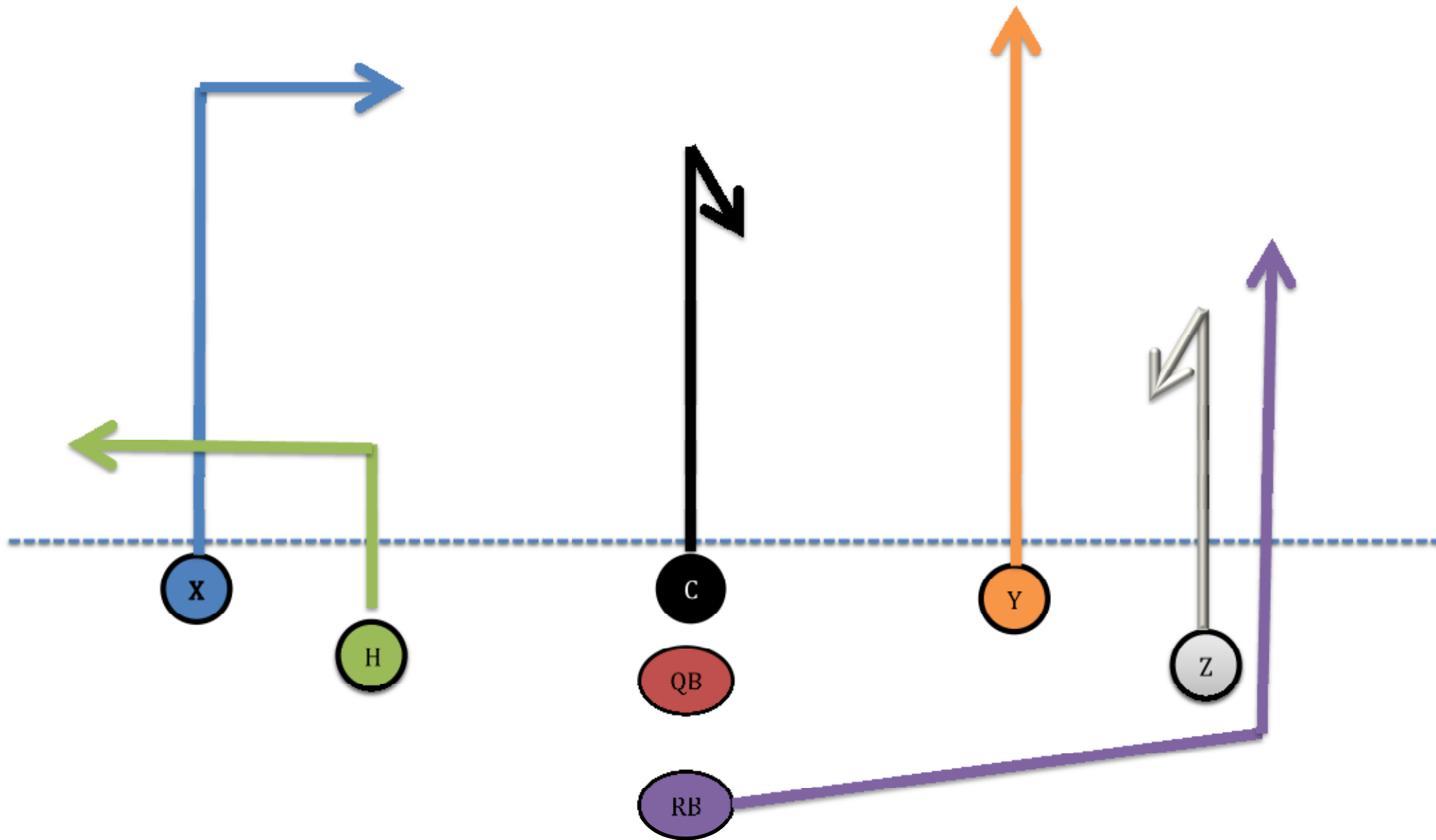
- **Pass #3** Primary Receiver - Z





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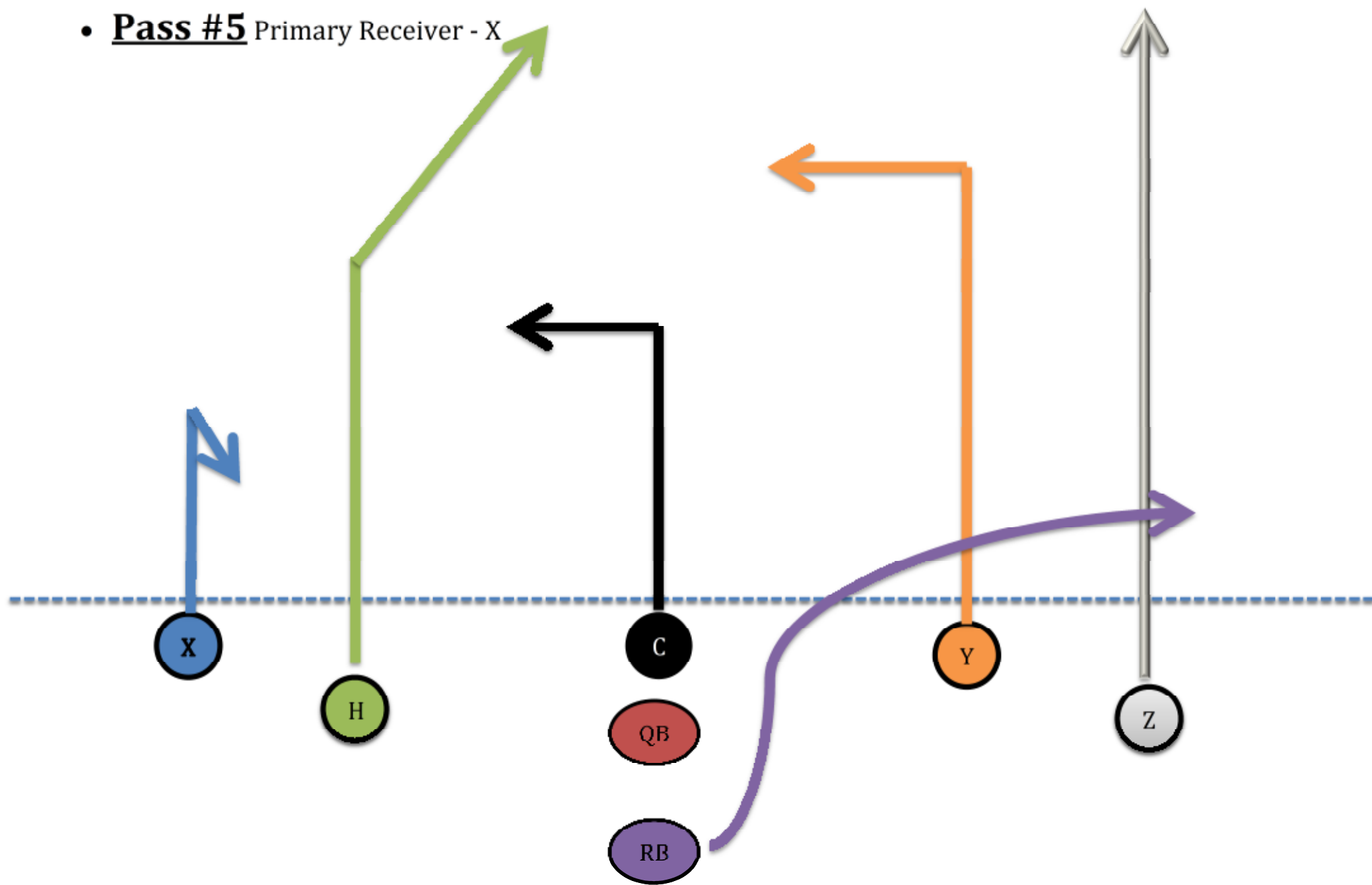
- **Pass #4** Primary Receiver - C





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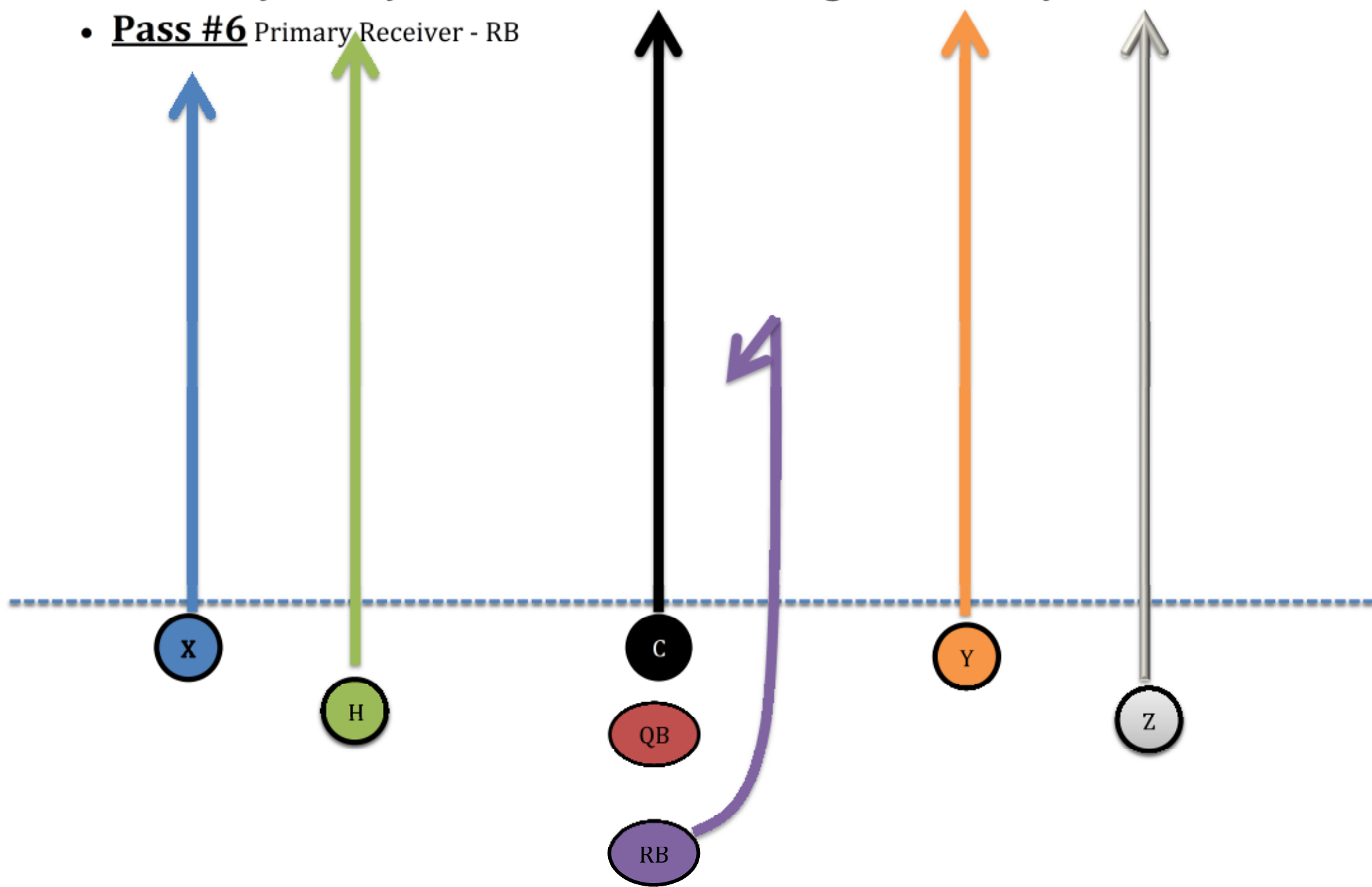
- **Pass #5** Primary Receiver - X





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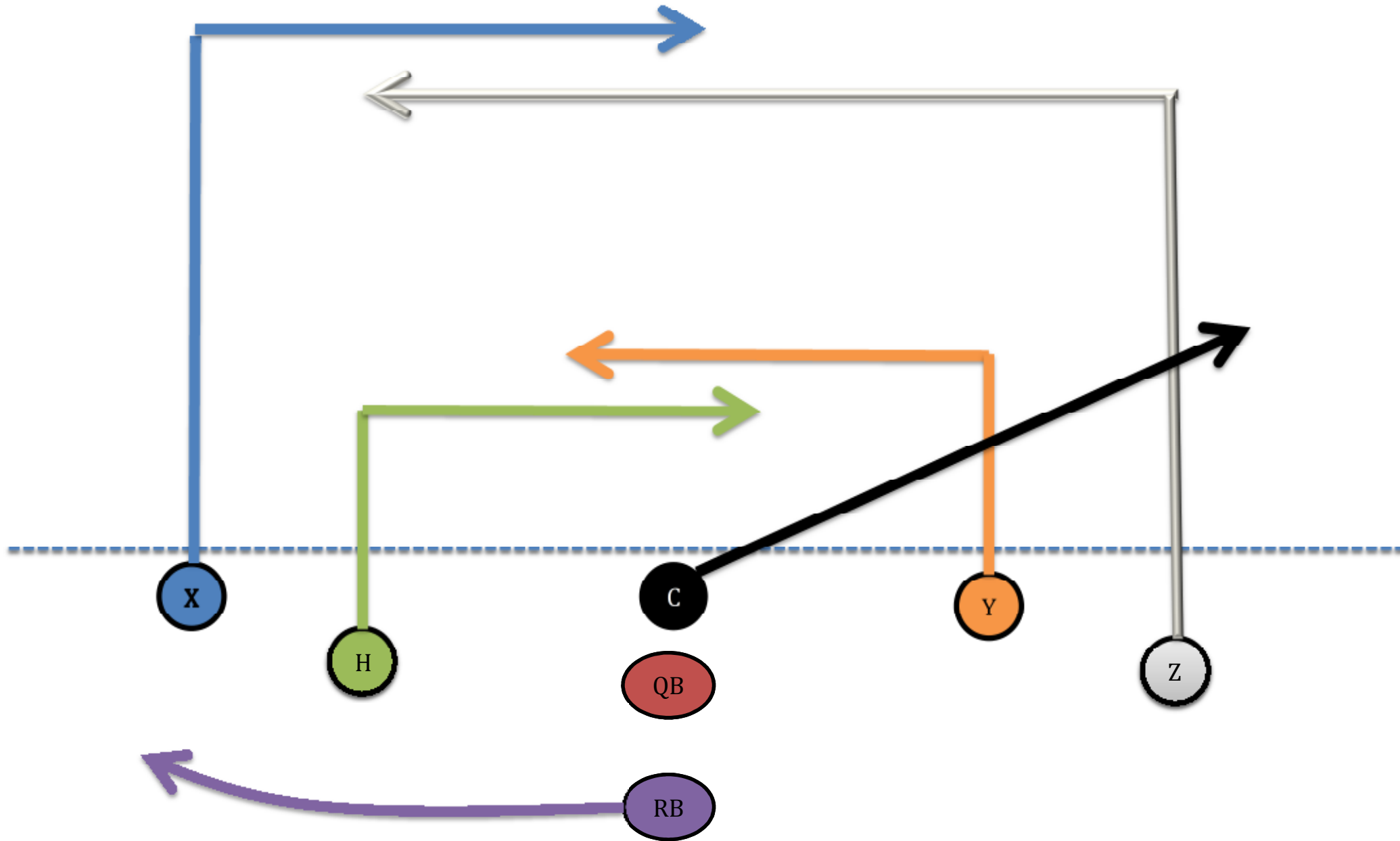
- **Pass #6** Primary Receiver - RB





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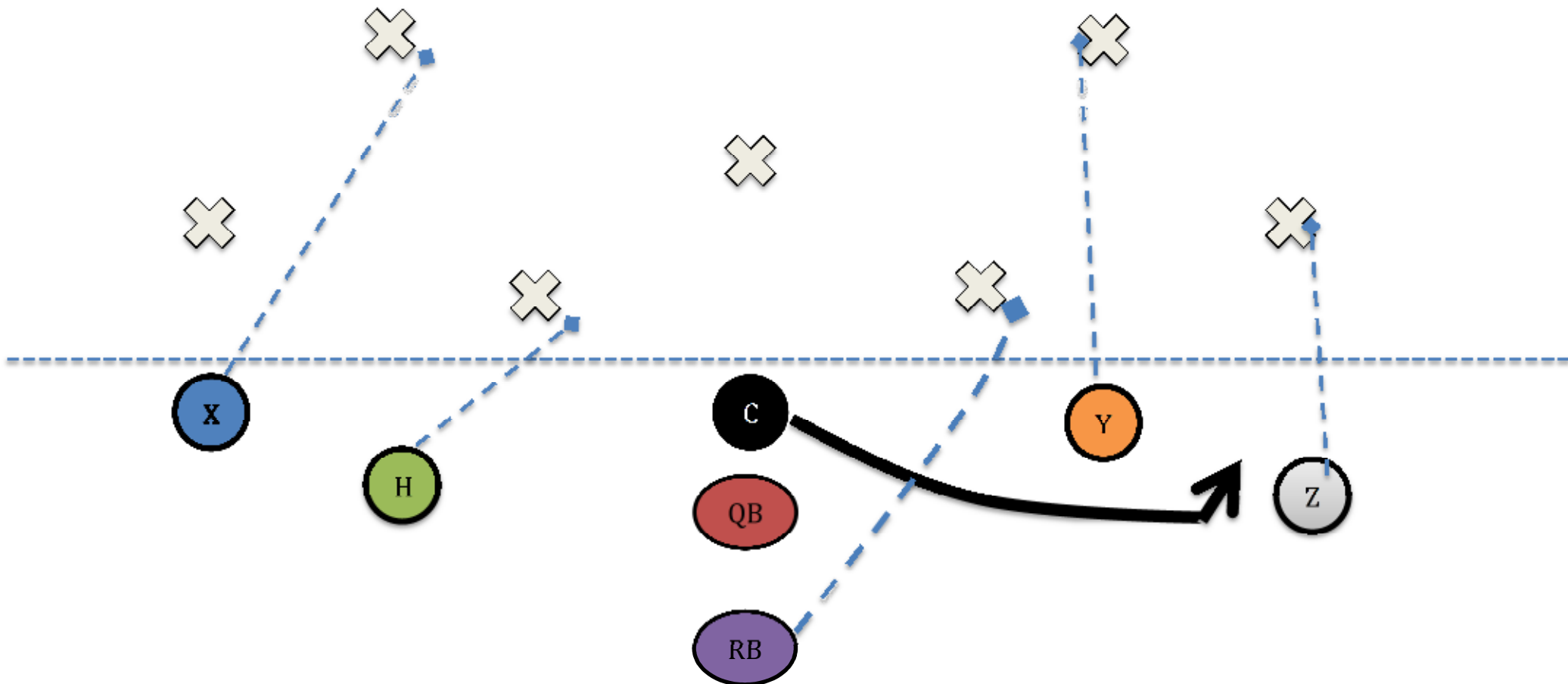
- **Pass #7** Primary Receiver - H or Y





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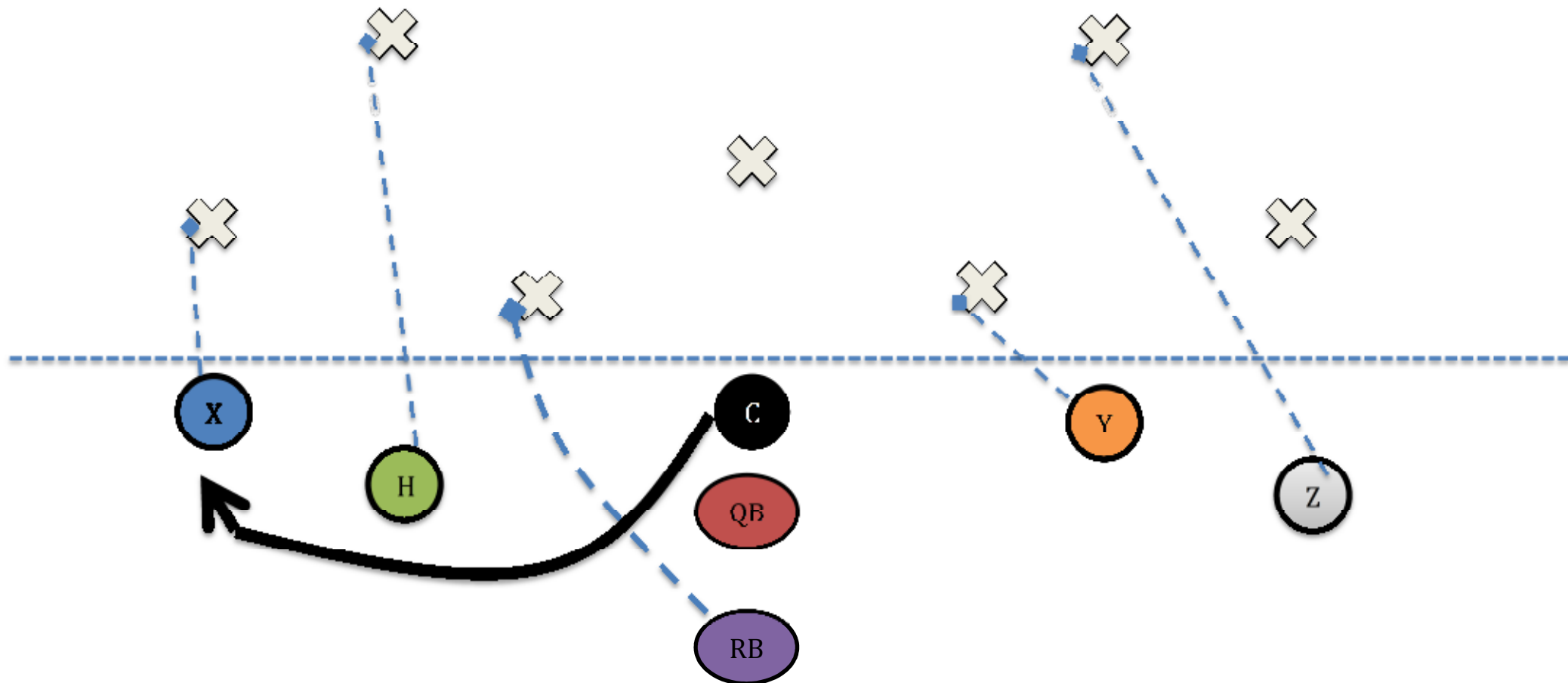
- **Screen Right** Primary Receiver – C (QB should wait to throw the ball to C until the RB has passed.)





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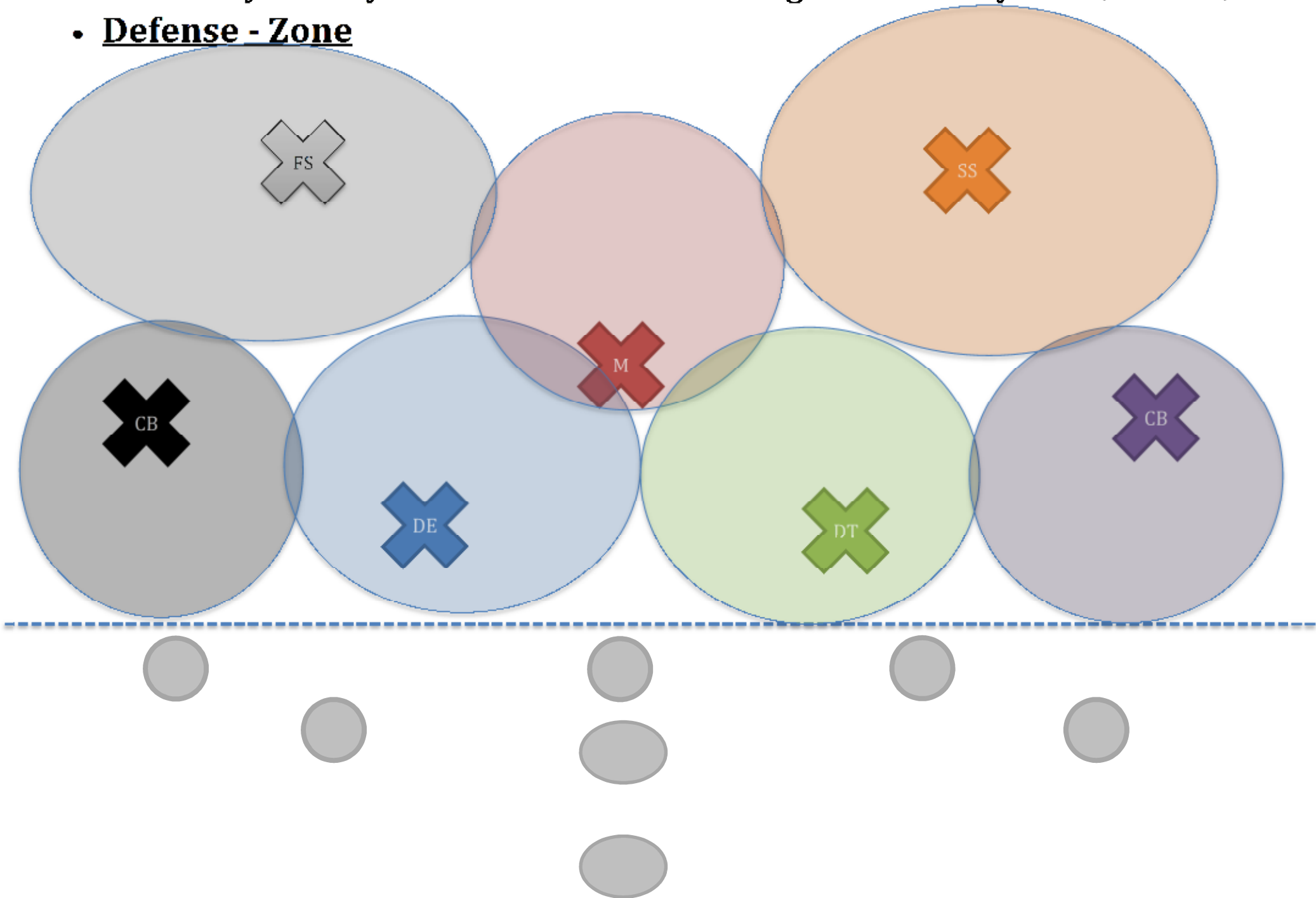
- **Screen Left** Primary Receiver – C (QB should wait to throw the ball to C until the RB has passed.)





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- **Defense - Zone**





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- Defense – Man to Man

