



## Wayzata Plymouth Youth Football: Flag Football Playbook (2<sup>nd</sup> & 3<sup>rd</sup> 7v7)

These plays are intended to be the **ONLY** plays run by all WPYF Flag Football teams during games.

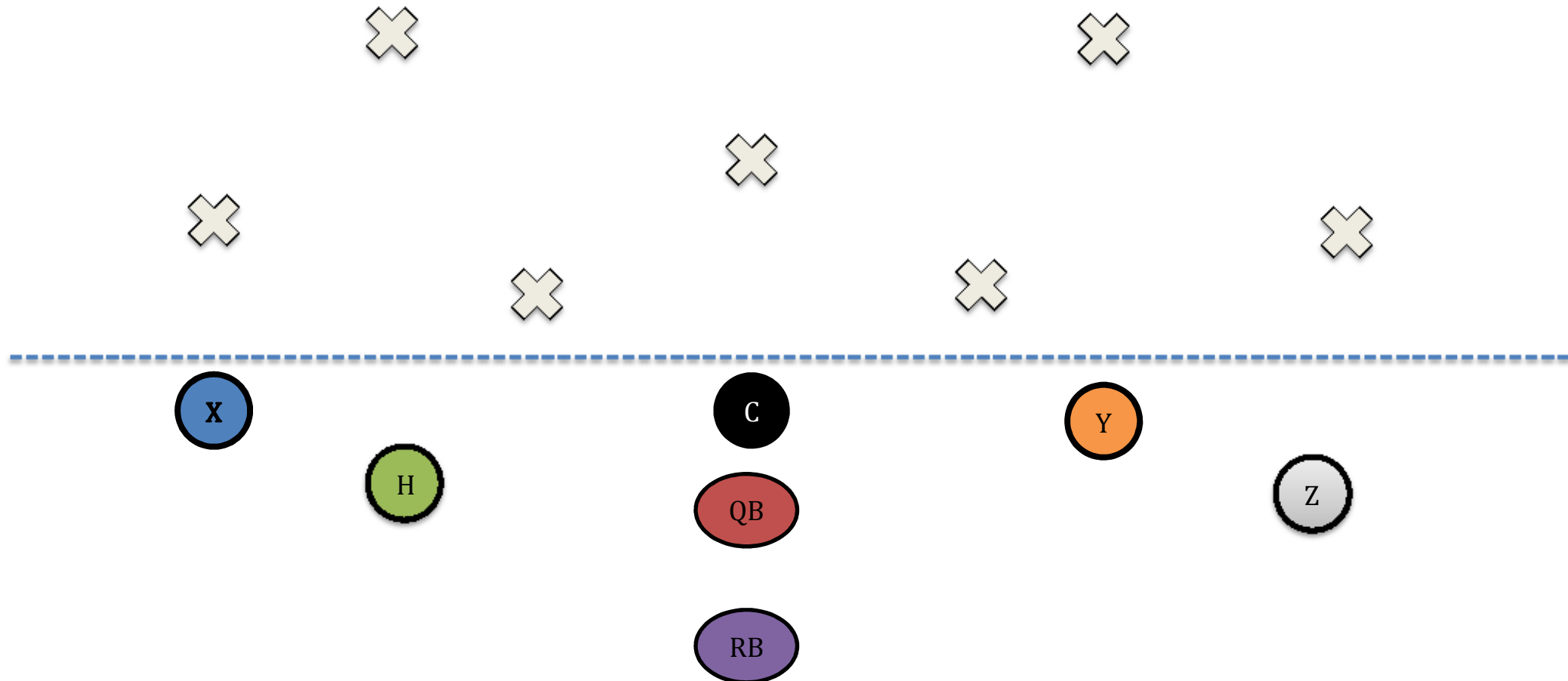
Here are some key rules and tips to keep everyone engaged in the game:

- **Rule:** ROTATE YOUR PLAYERS THROUGH EVERY POSSITION!
  - 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.
  - o The QB may run/scramble the ball if rushed, after a “5 Mississippi” count.
- **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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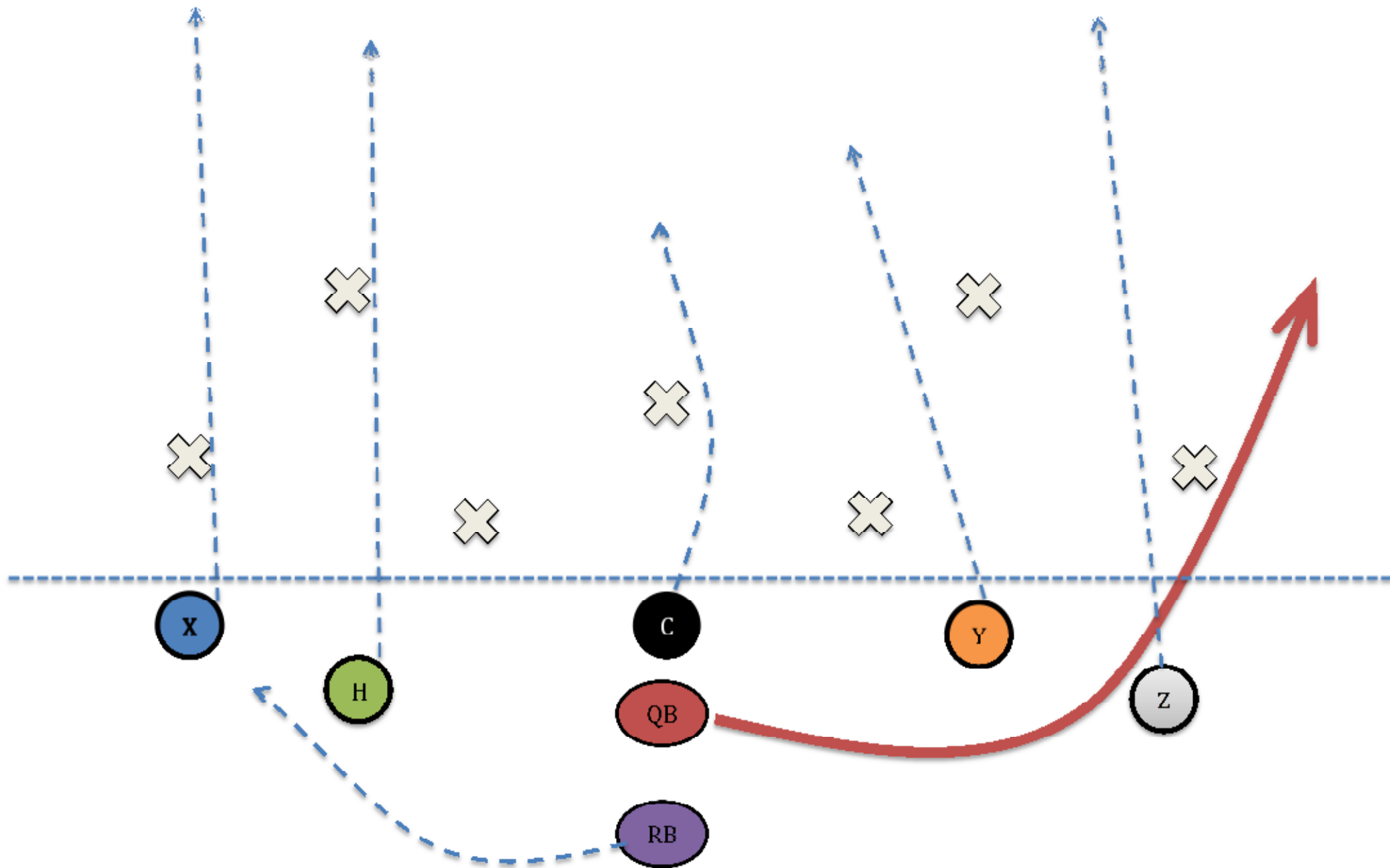
- Offense Base Formation





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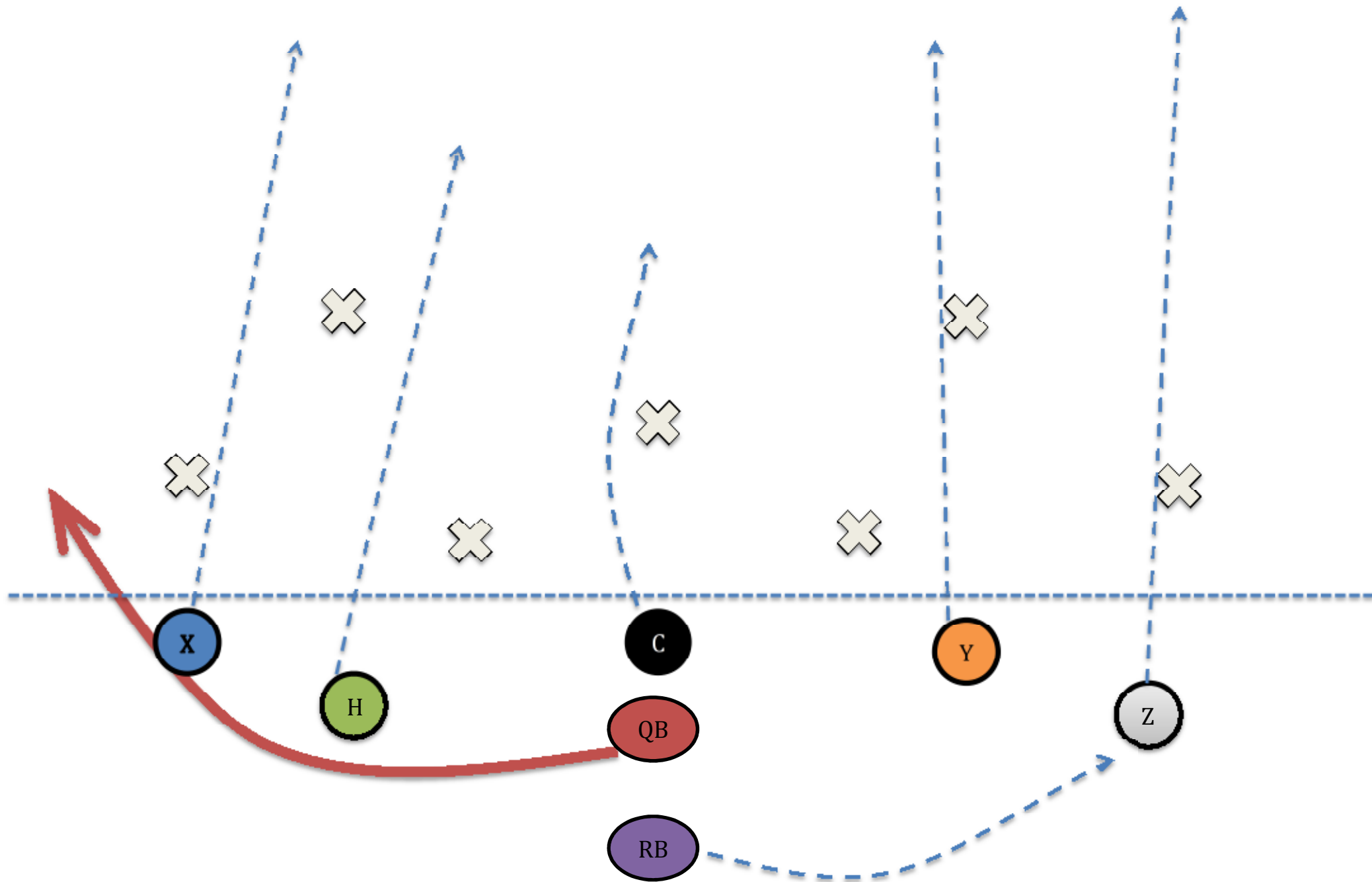
- QB Veer Right





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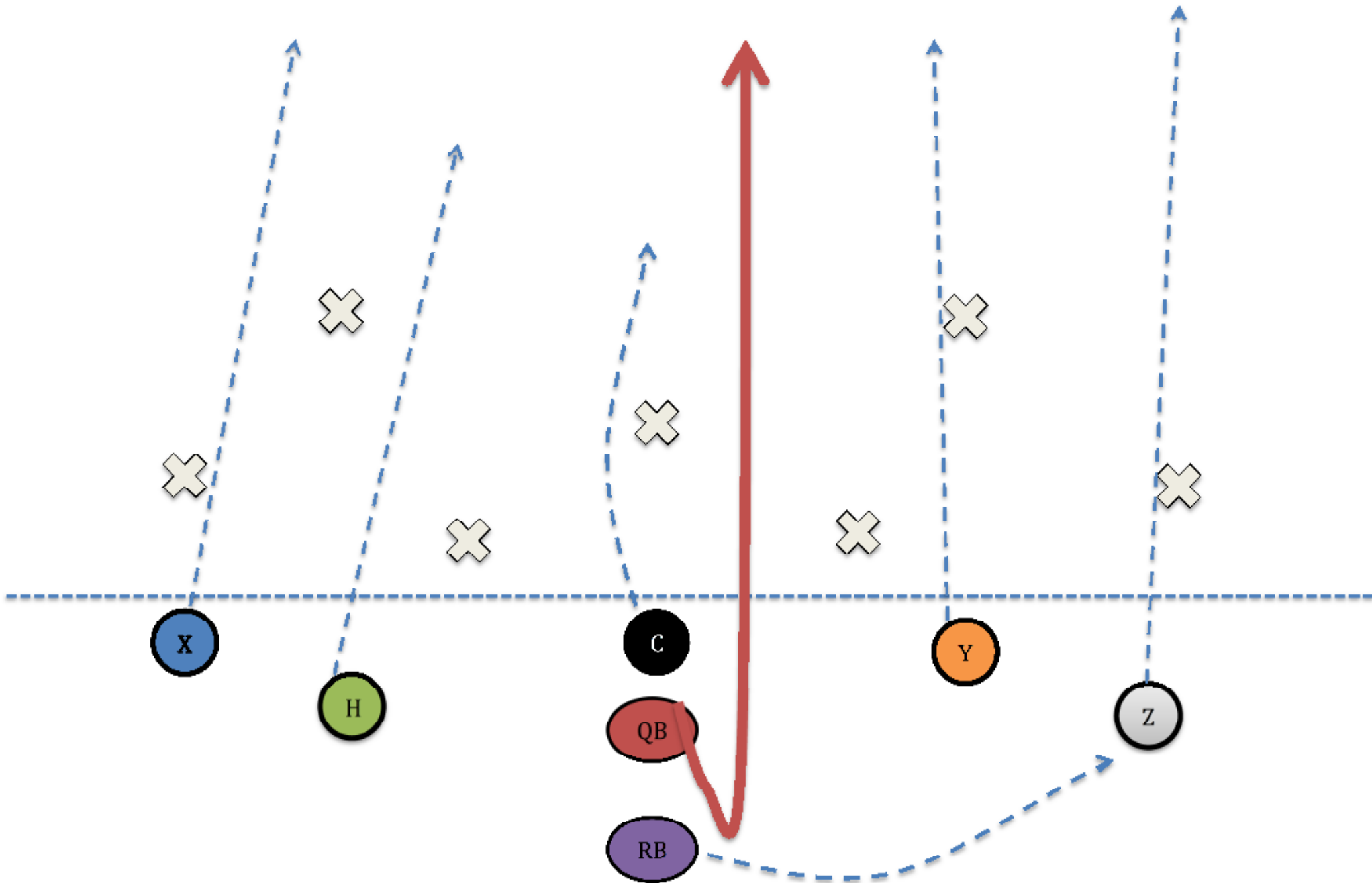
- QB Veer Left





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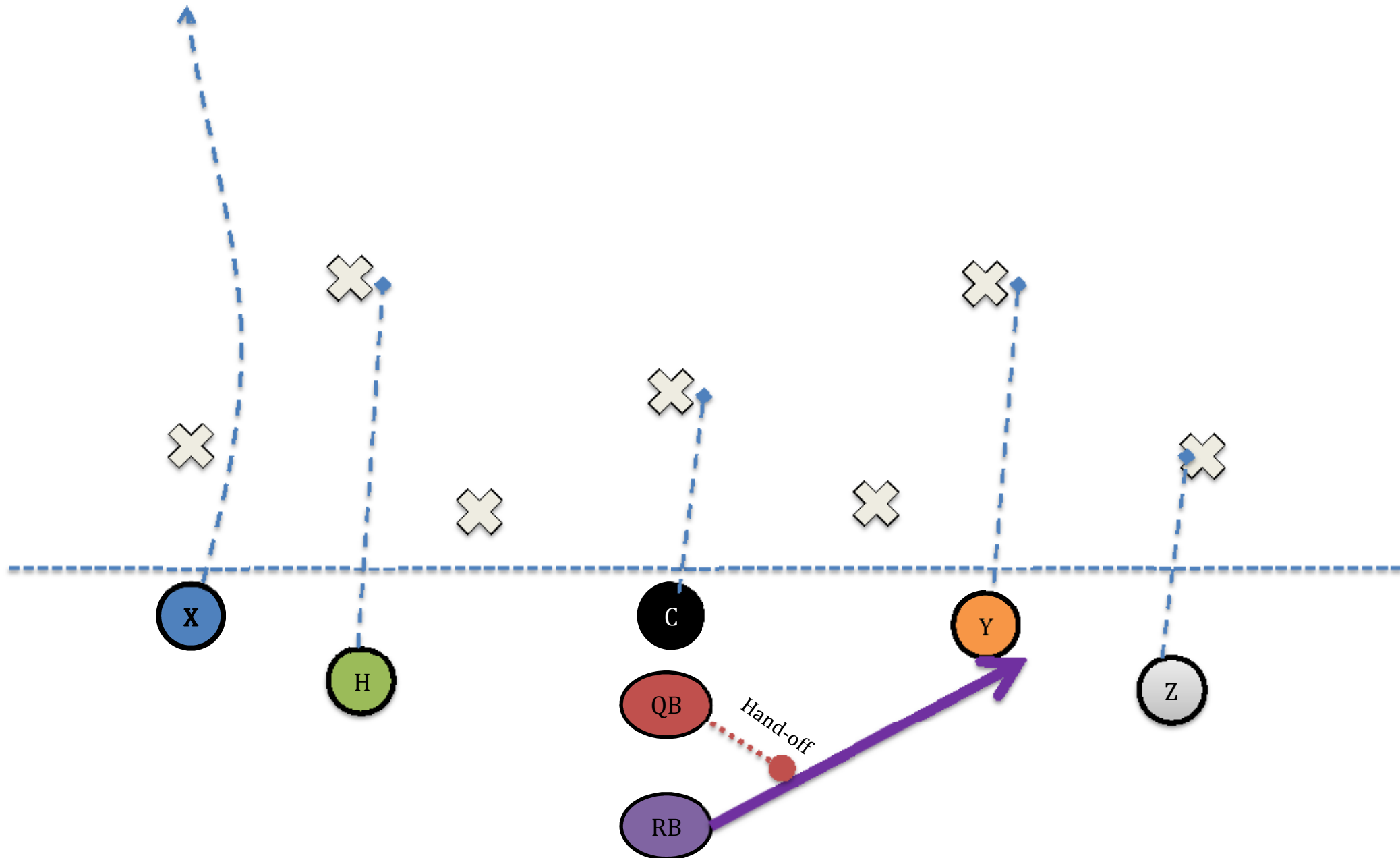
- **QB Draw** – QB drops back and waits to “3 Mississippi” then runs.





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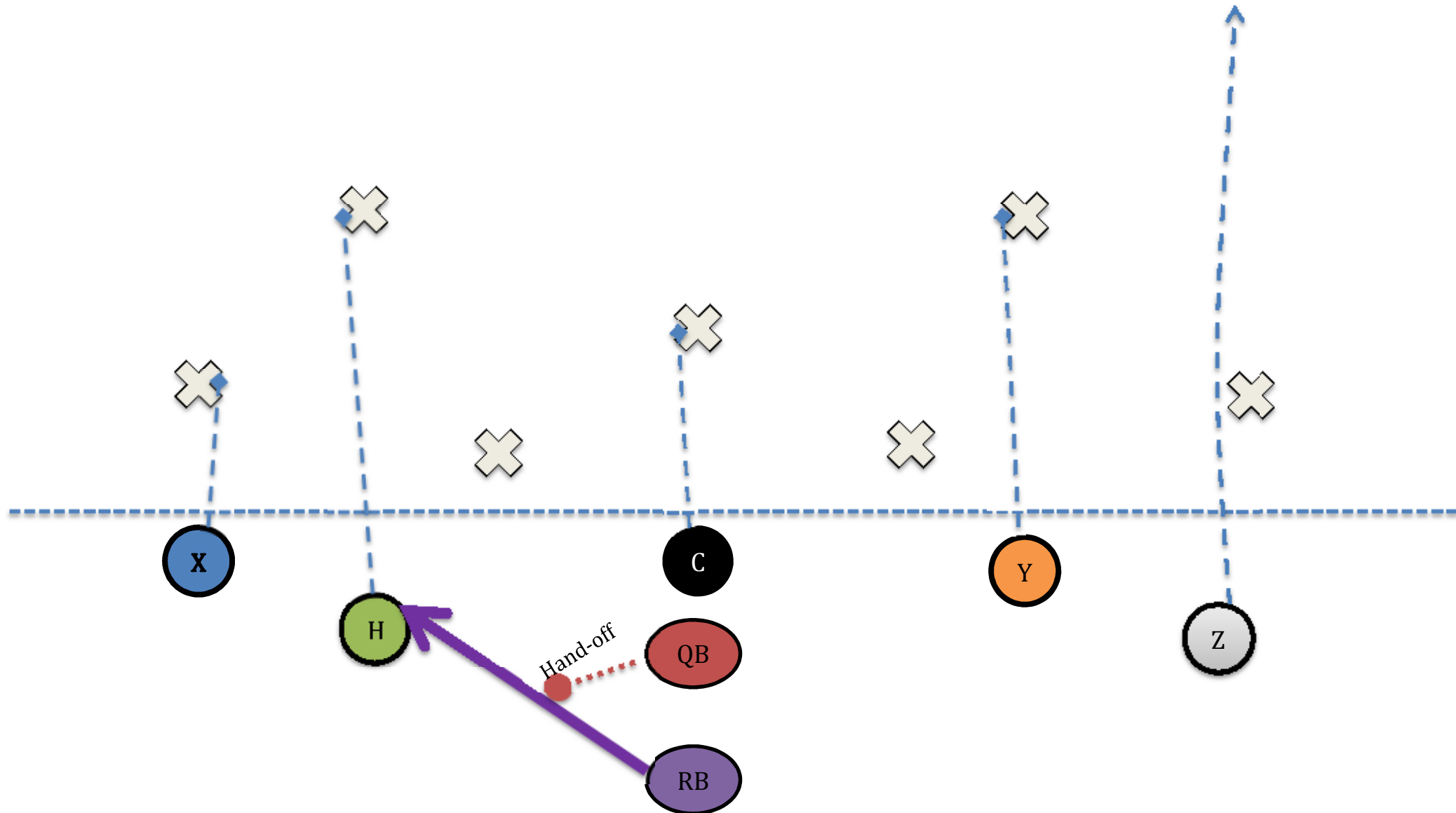
- Run Right





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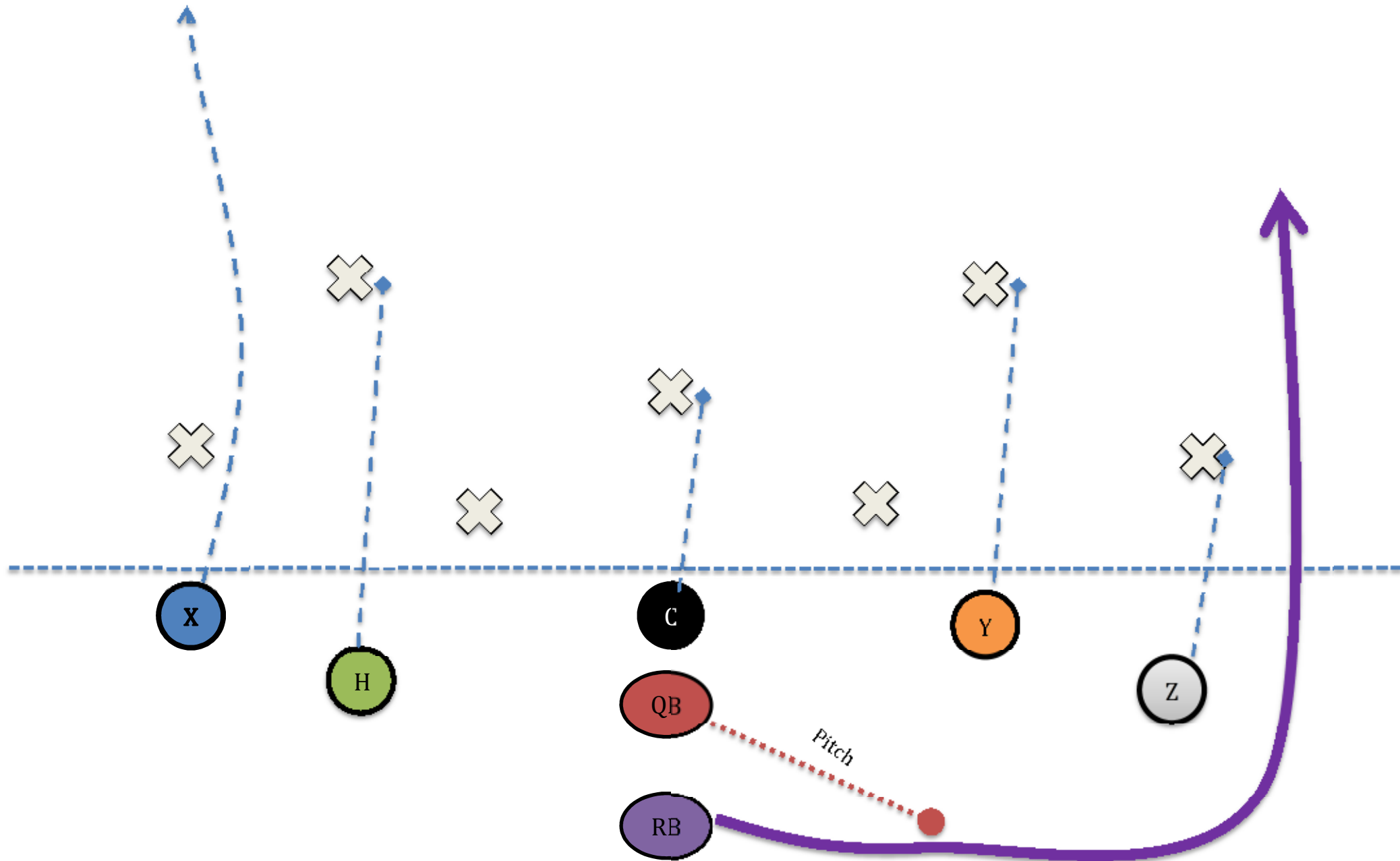
- Run Left





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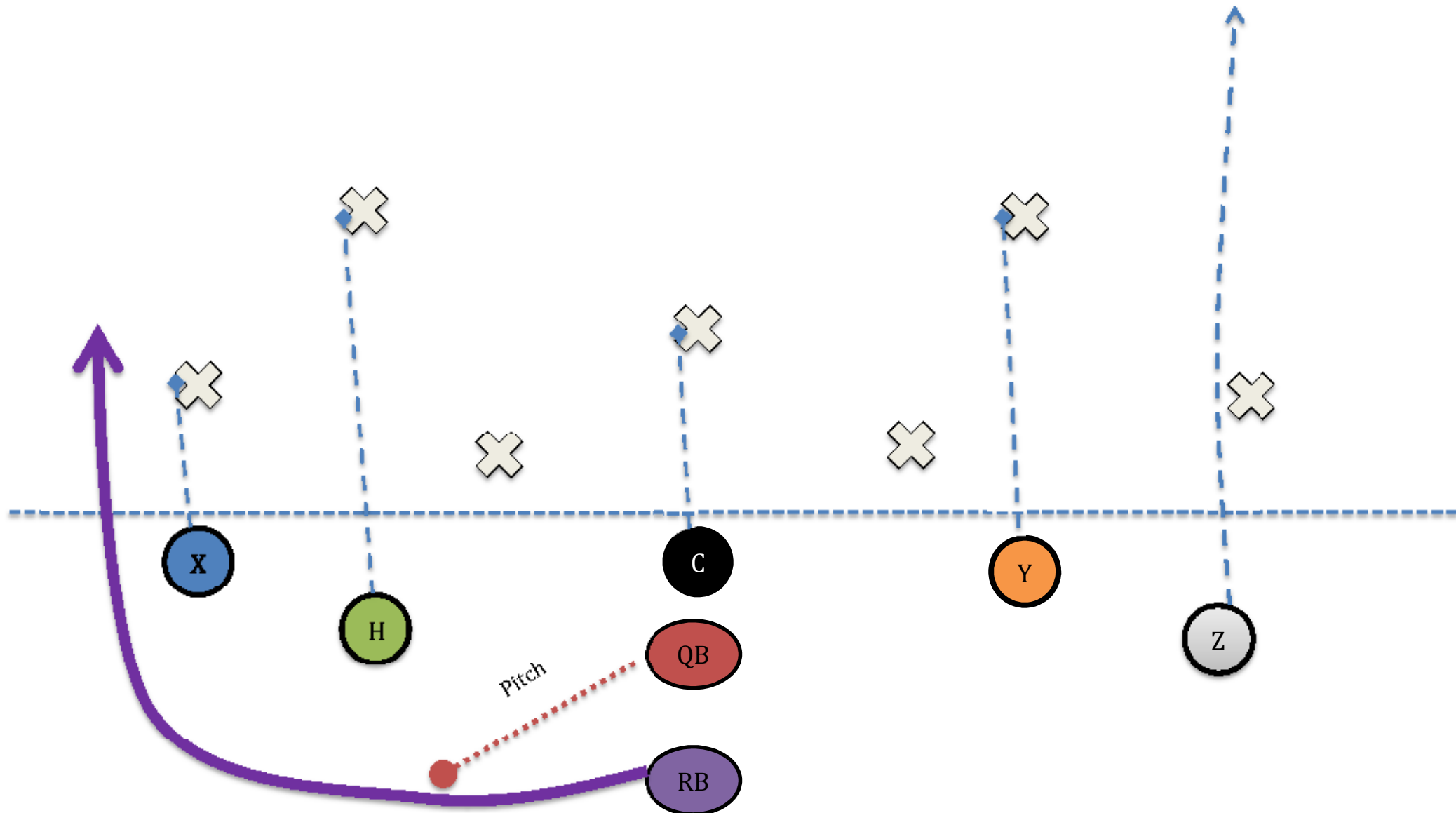
- Pitch Right





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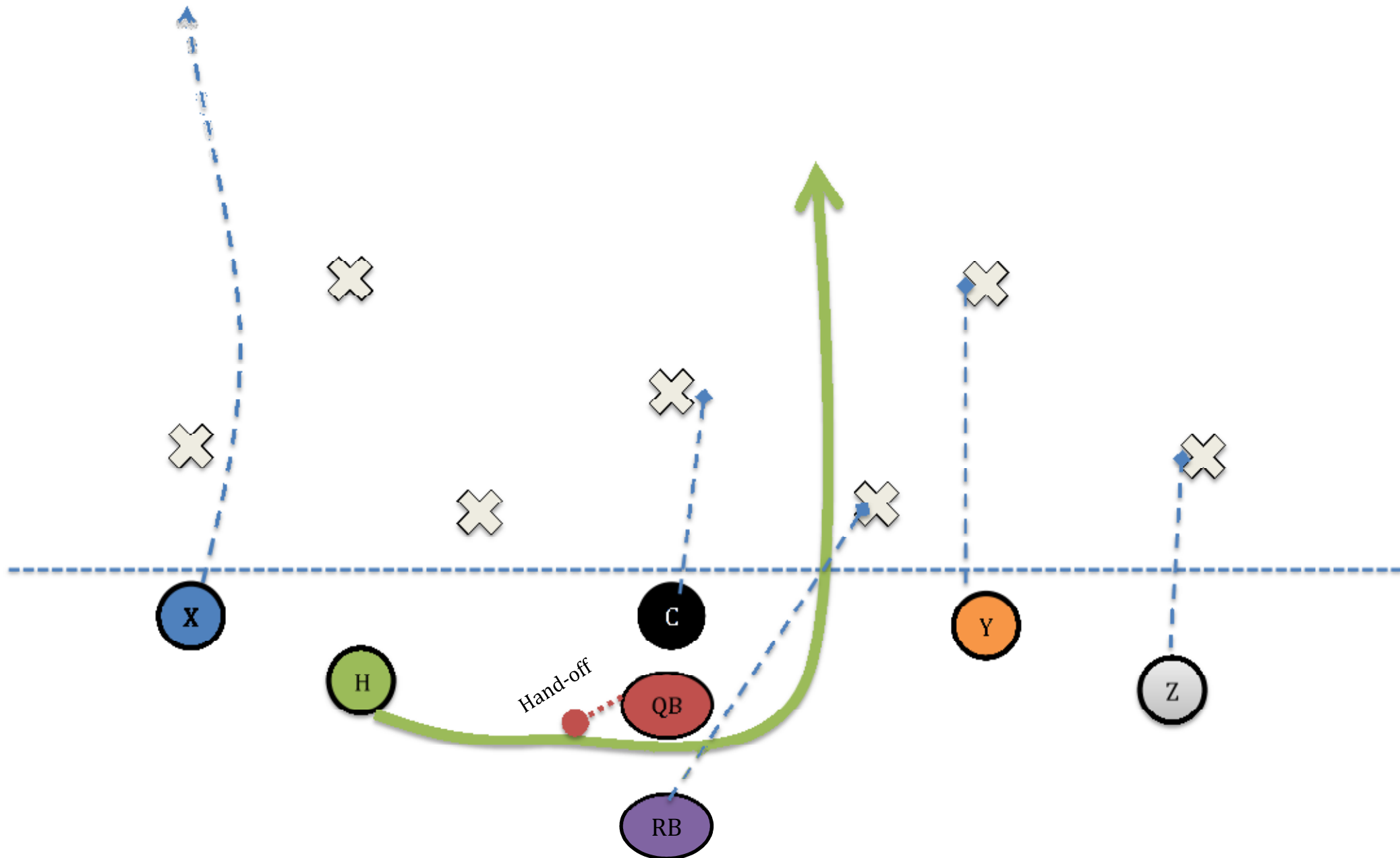
- Pitch Left





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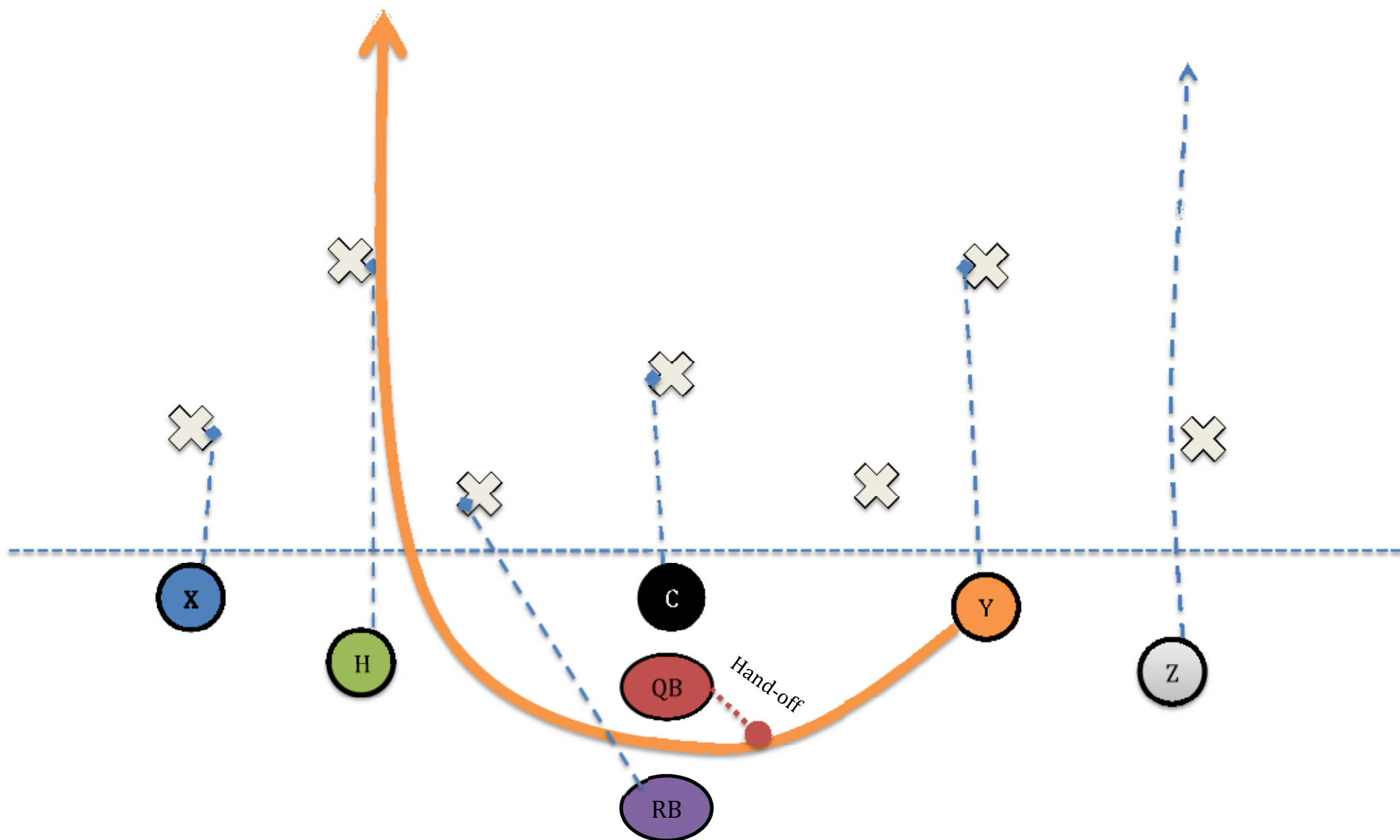
- **Sweep Right**





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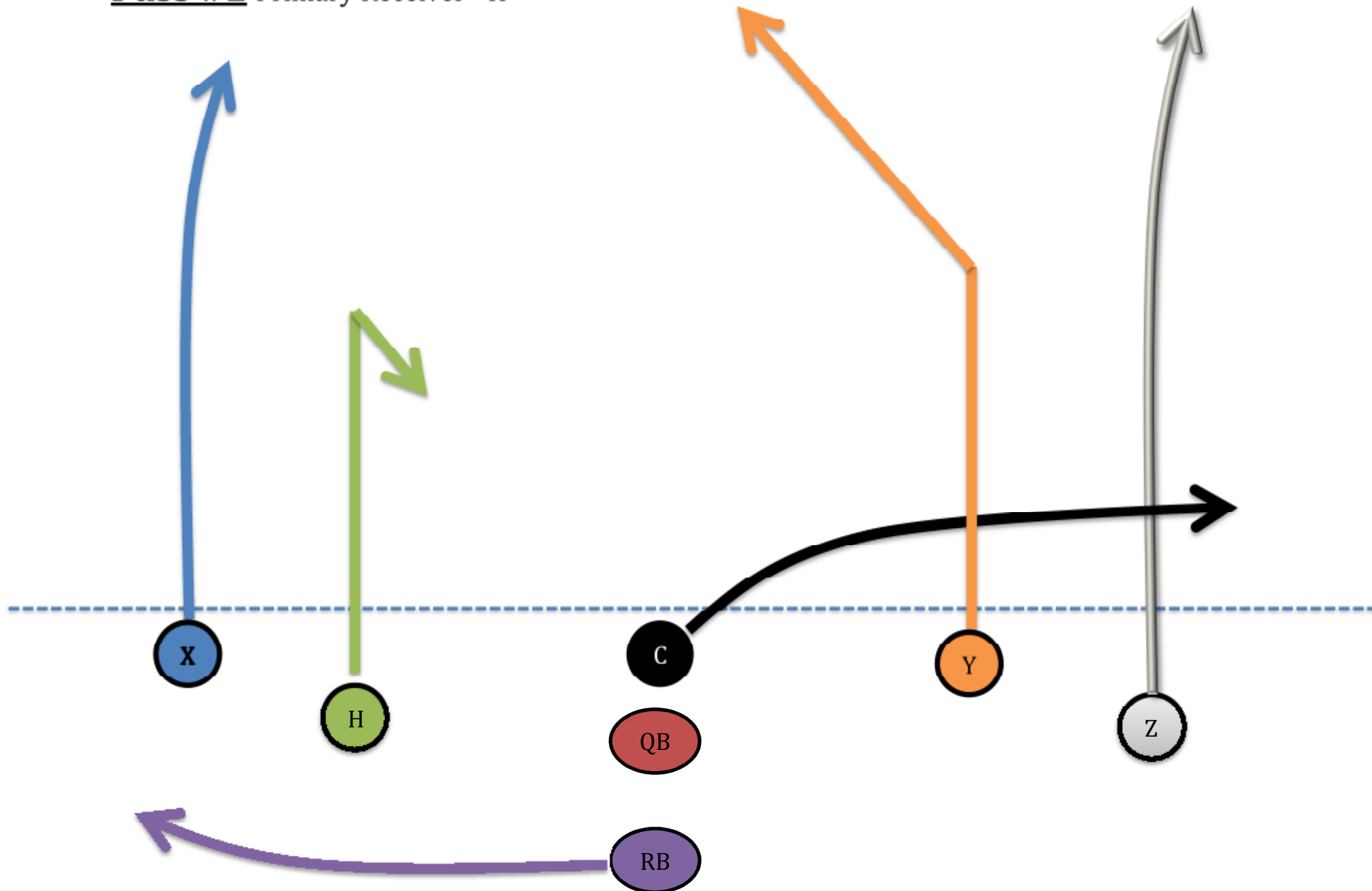
- Sweep Left





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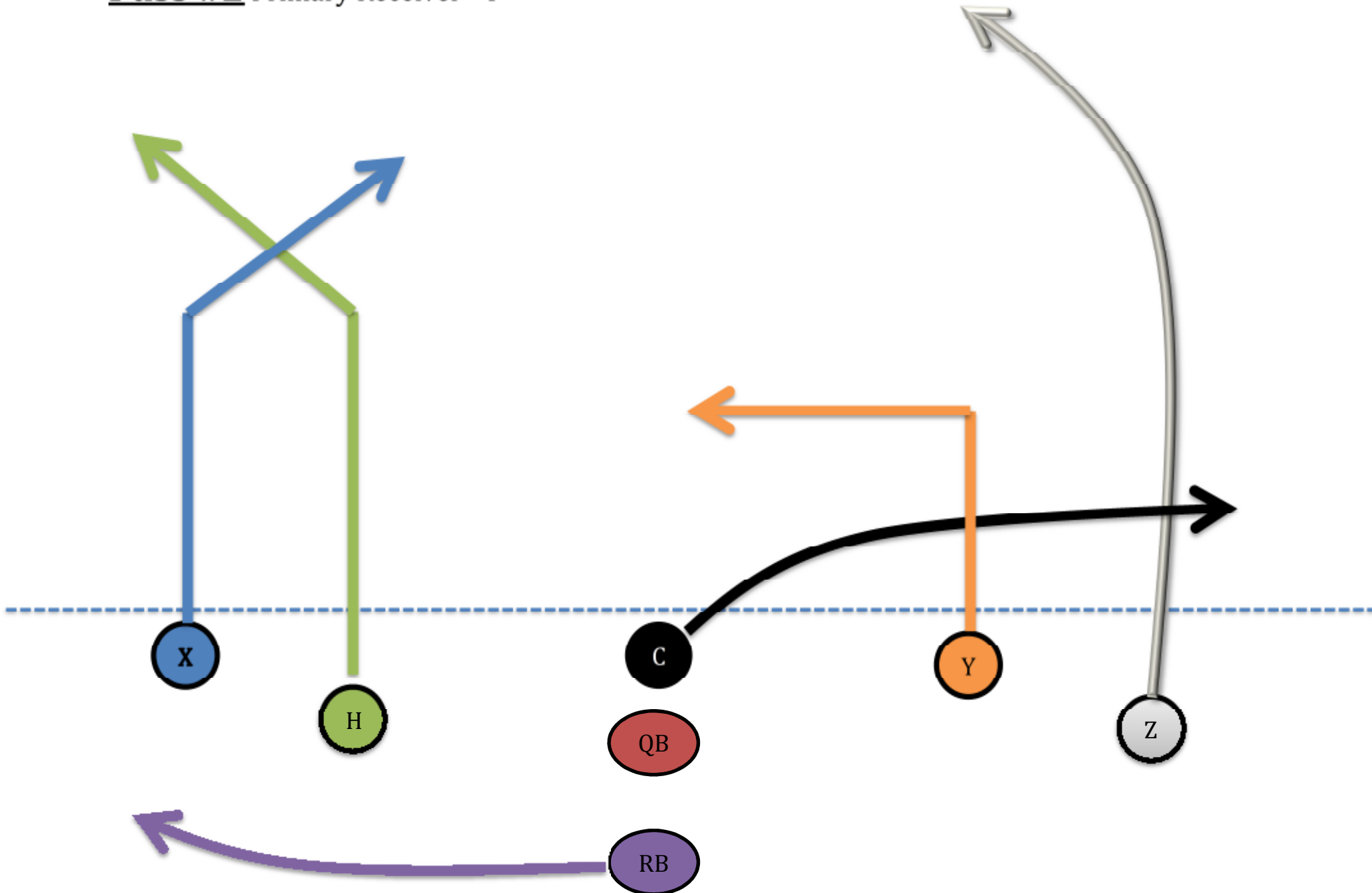
- **Pass #1** Primary Receiver - H





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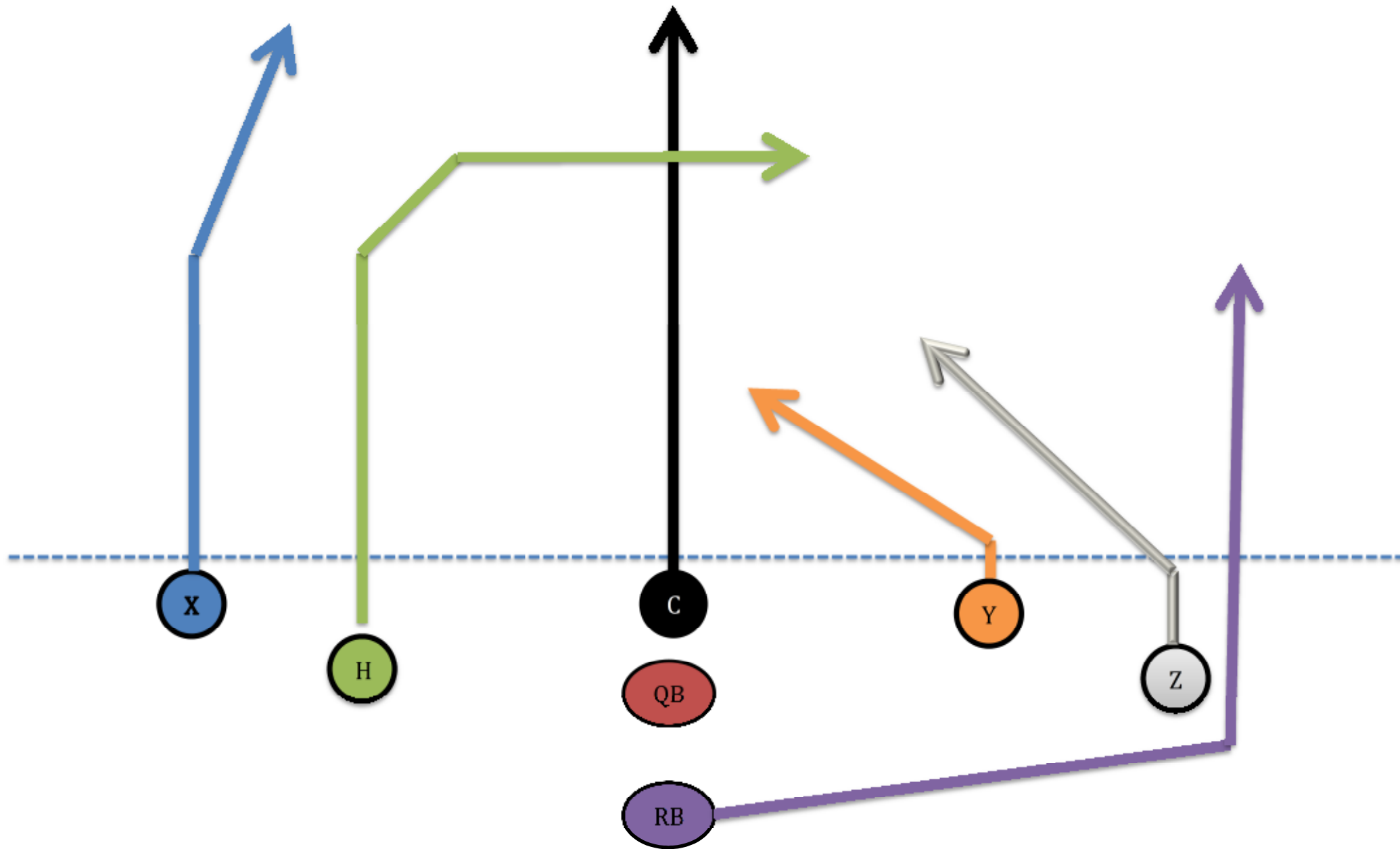
- **Pass #2** Primary Receiver - Y





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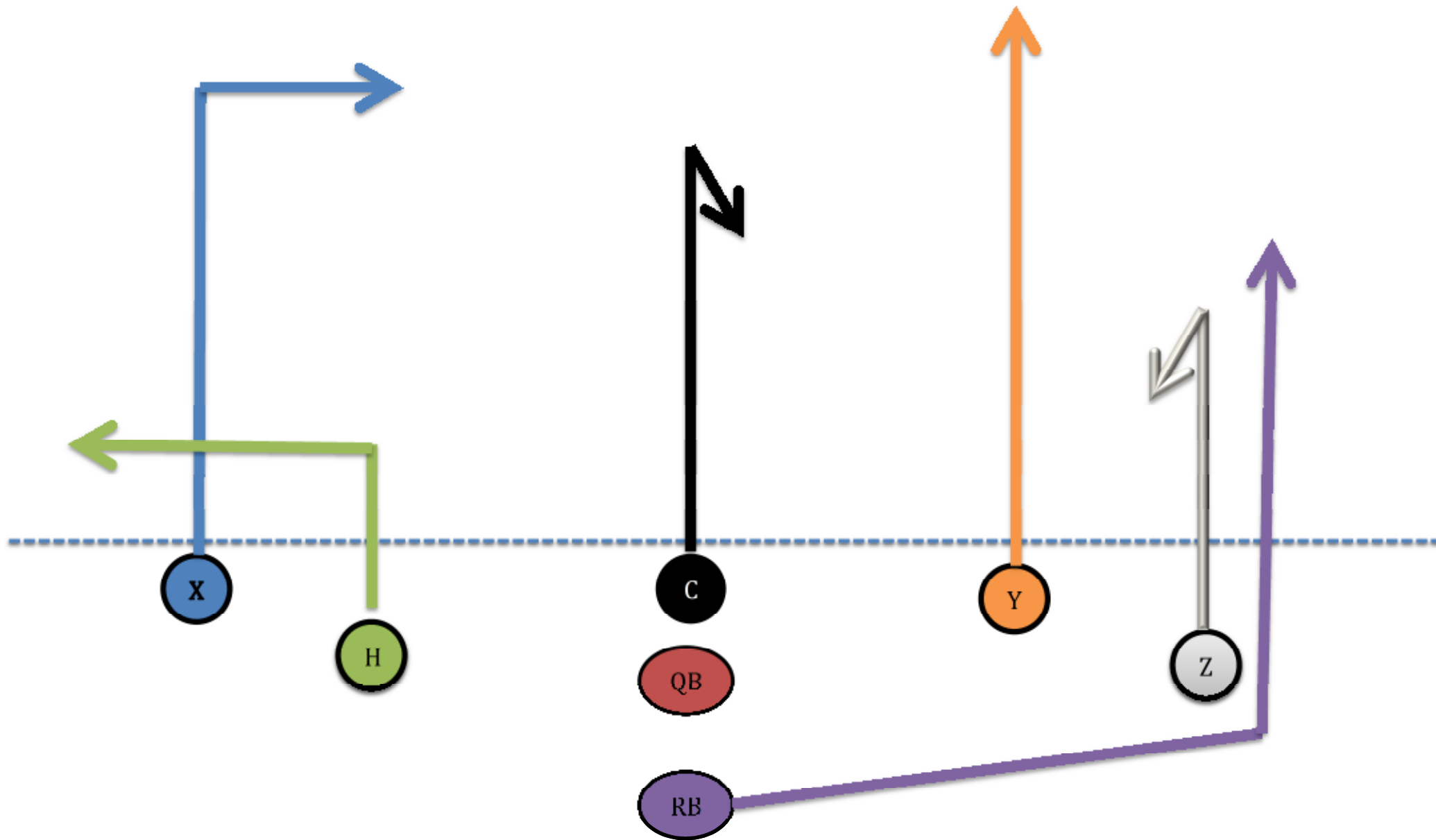
- **Pass #3** Primary Receiver - Z





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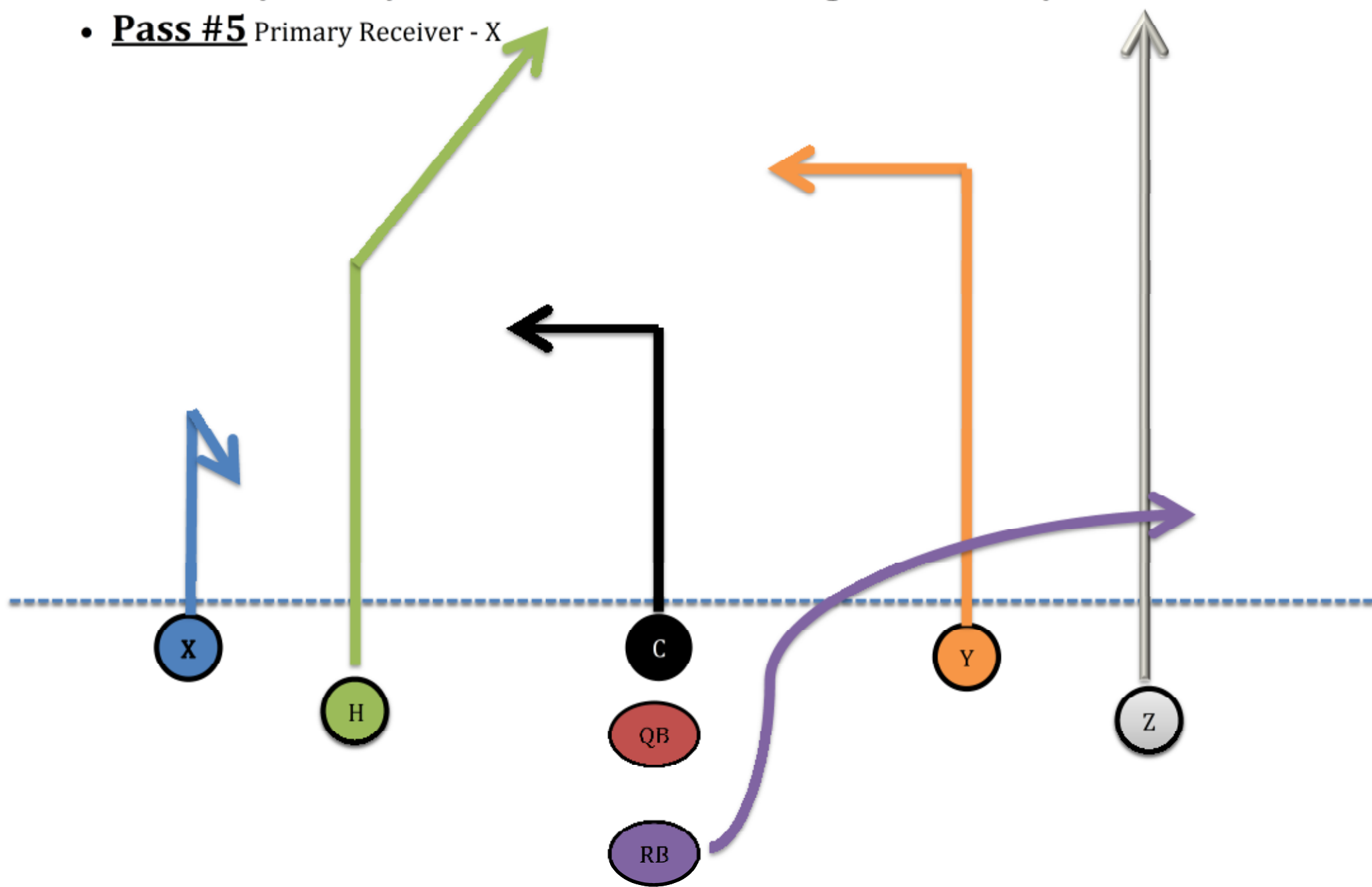
- **Pass #4** Primary Receiver - C





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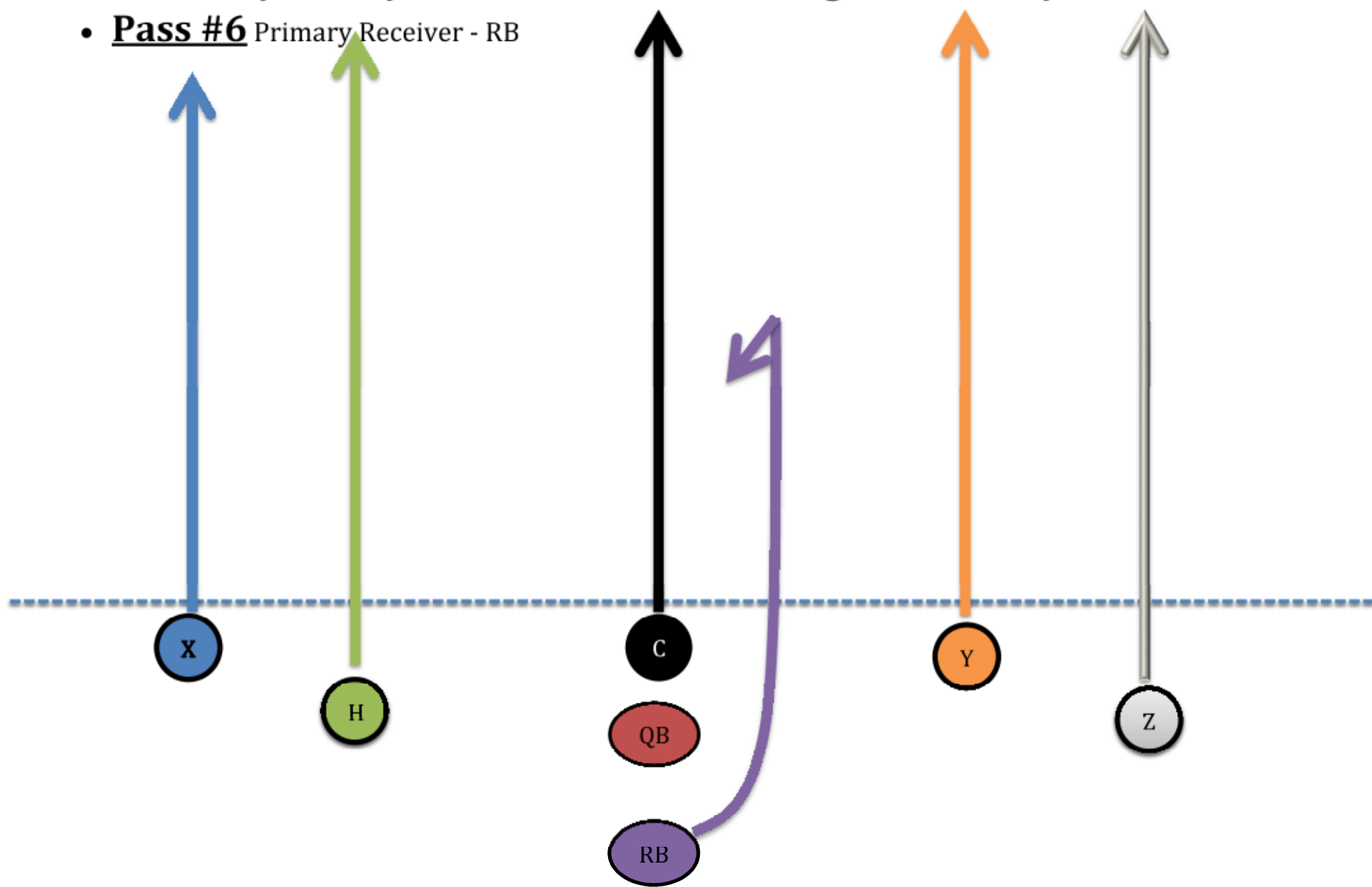
- **Pass #5** Primary Receiver - X





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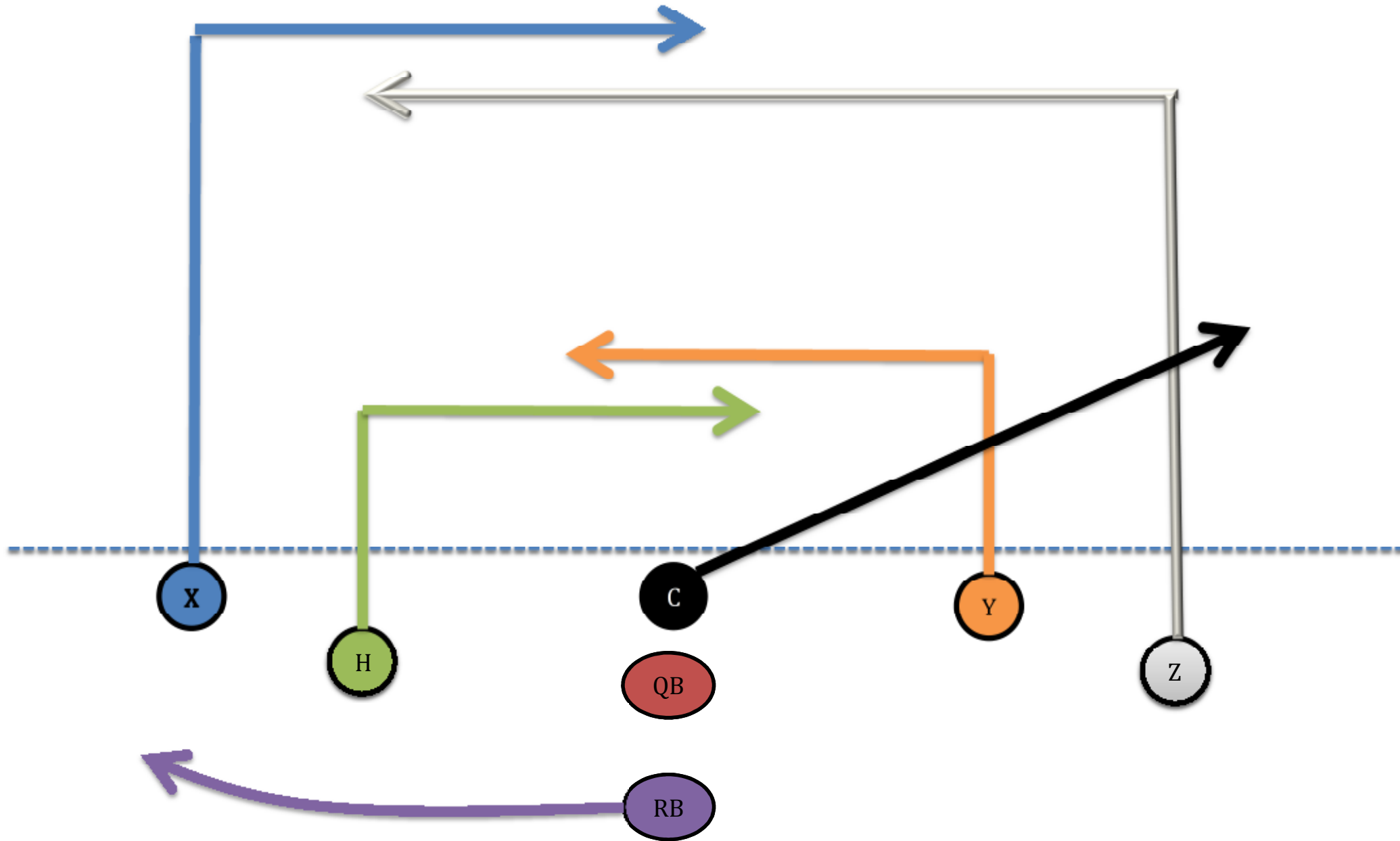
- **Pass #6** Primary Receiver - RB





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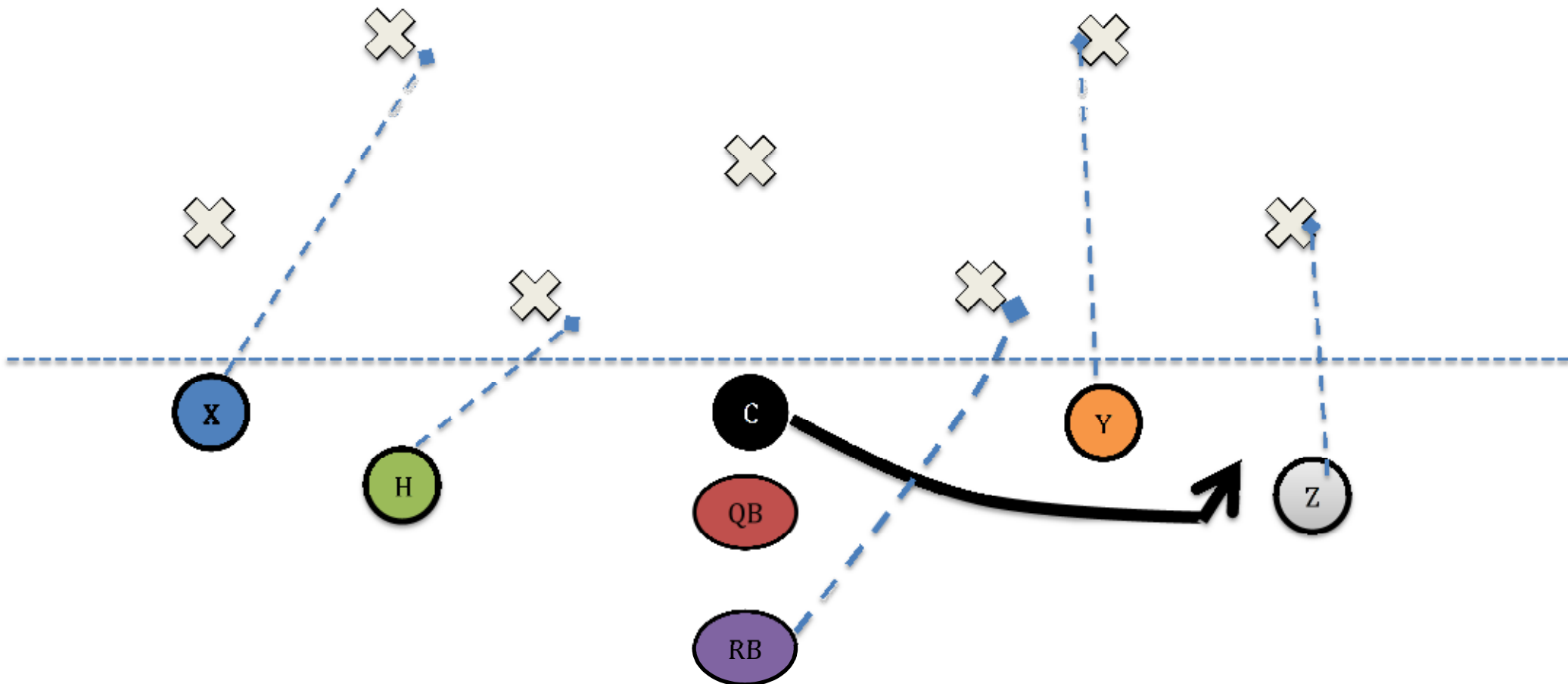
- **Pass #7** Primary Receiver - H or Y





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



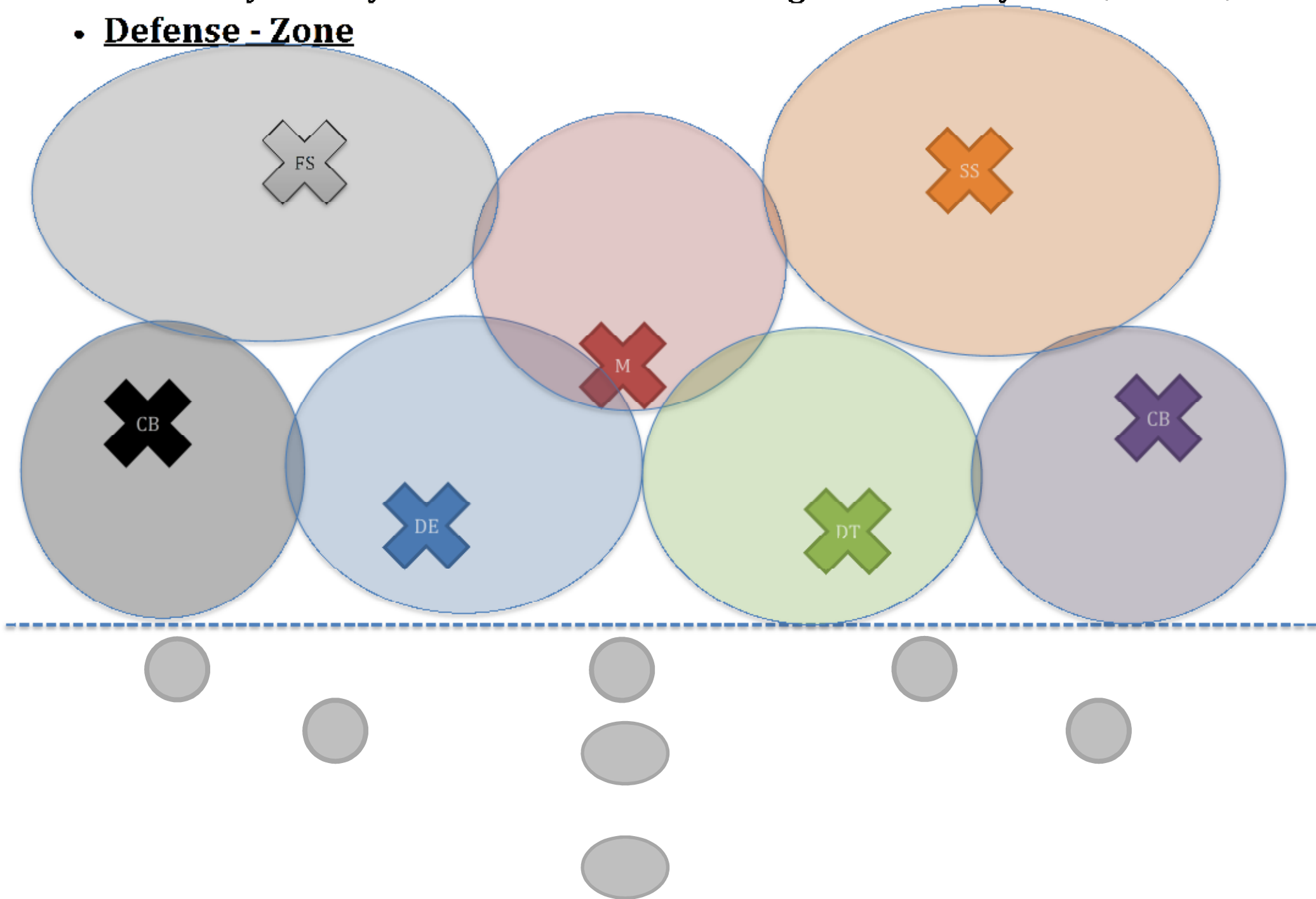


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- The diagram shows a 2D environment with a horizontal dashed blue line representing a boundary. A robot, represented by a black circle with the letter 'C', is positioned in the lower right quadrant. It has two sensors: a red oval labeled 'QB' and a purple oval labeled 'RB'. The robot's path is indicated by a thick black arrow pointing towards a blue circle labeled 'X' on the left side of the boundary. Several obstacles, represented by yellow 'X' marks, are scattered throughout the environment. Dashed blue lines with arrows show the robot's field of view or sensor range extending from the robot towards the obstacles and the target 'X'. Other colored circles include a green circle 'H' near the target 'X', an orange circle 'Y' to the right of the robot, and a grey circle 'Z' further to the right. A horizontal dashed blue line runs across the middle of the scene.



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- **Defense - Zone**





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- Defense – Man to Man

