



PLAYBOOK
FLAG FOOTBALL
SPREAD, TRIPS AND STACK



American Development Model

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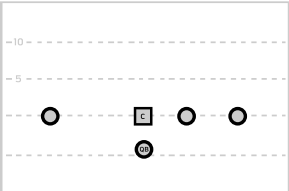
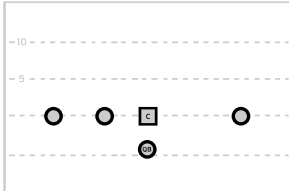
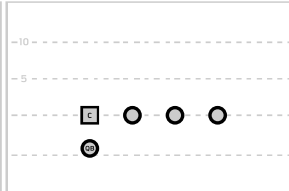
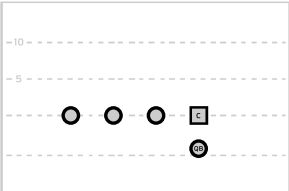
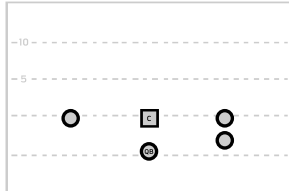
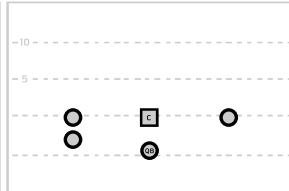
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1 / INTRODUCTION TO FORMATIONS

All offensive plays start from a formation that dictates where all five players line up prior to the start of the play. Our flag football playbooks focus on six formations – spread, trips, stack, double back, I and single-back. There are always adjustments and changes a coach can make to these plays (including sending a player in motion), however it is important when coaching young players that you focus more on basic fundamentals of the game and less on complicated formations and motions. Teams that do just a few things very well will be more successful than teams that do many things less than well.

SPREAD RIGHT	SPREAD LEFT	TRIPS RIGHT
		
<p>Where all three receivers are on the line of scrimmage, two to the right side of the center and one to the left.</p>	<p>Where all three receivers are on the line of scrimmage, two to the left side of the center and one to the right.</p>	<p>Where all three receivers are on the line of scrimmage, right of the center.</p>
TRIPS LEFT	STACK RIGHT	STACK LEFT
		
<p>Where all three receivers are on the line of scrimmage, left of the center.</p>	<p>Where one receiver lines up behind another to the right of the center; the other receiver is left of the center on the line.</p>	<p>Where one receiver lines up behind another to the left of the center; the other receiver is right of the center on the line.</p>

Note: Like play names, formations can be adjusted to fit your needs. For example, “Stack Left Trips” can refer to a formation in which two receivers are stacked to the left of center with the third receiver on that side of the ball as well.

PLAY-CALLING

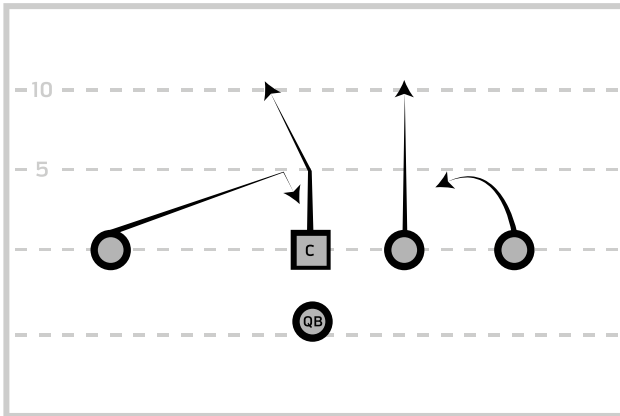
When calling an offensive play in the huddle, give the formation first, then the play. **Example:** “Spread Left Fils Left” would refer to a spread Left formation and the Fils Left play.

Note: Play names included in this playbook are suggestions. Feel free to adopt the play names to fit your needs and the mental capacity of your players. USA Football recommends picking a few plays that your team can run well rather than implementing the entire playbook.

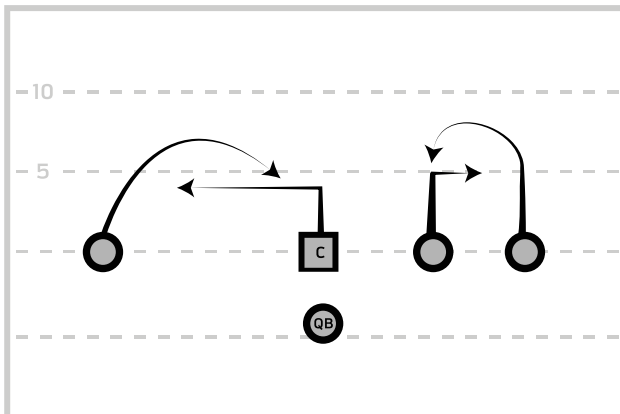
2 / SPREAD RIGHT

All three receivers are on the line of scrimmage, two to the right side of the center and one to the left.

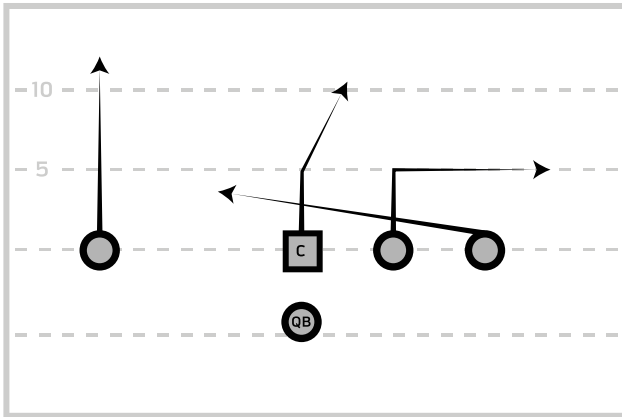
i. Fils Right



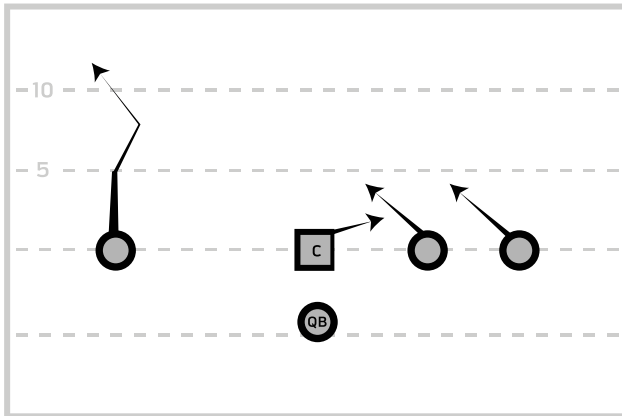
ii. McDonald Left



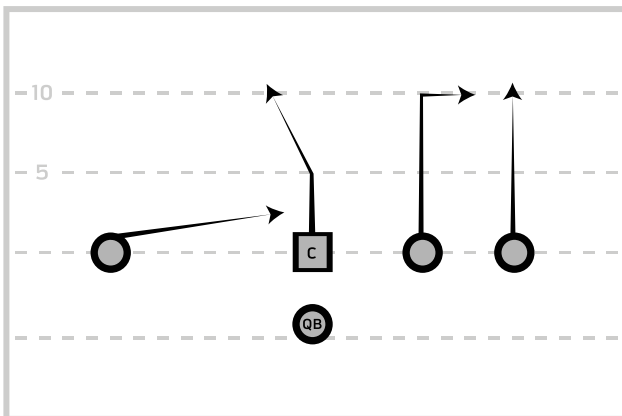
iii. Hidden Slant Right



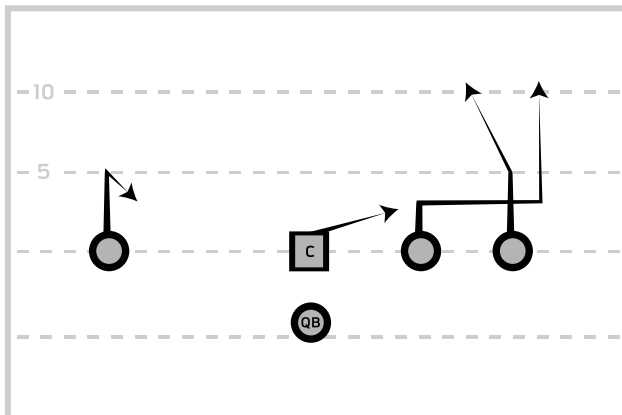
iv. Slant Under Right



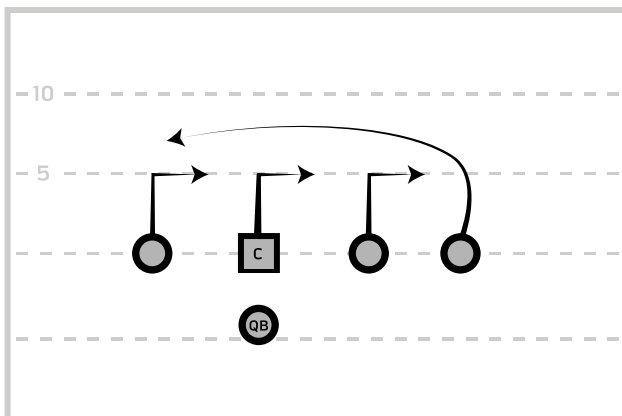
v. Fil Fly Right



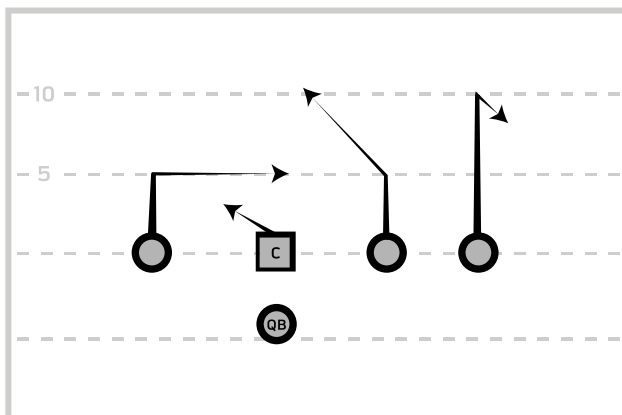
vi. Chair Right



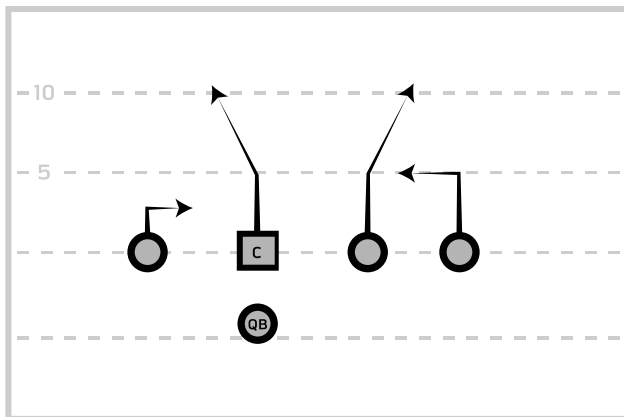
vii. Reverse Flow



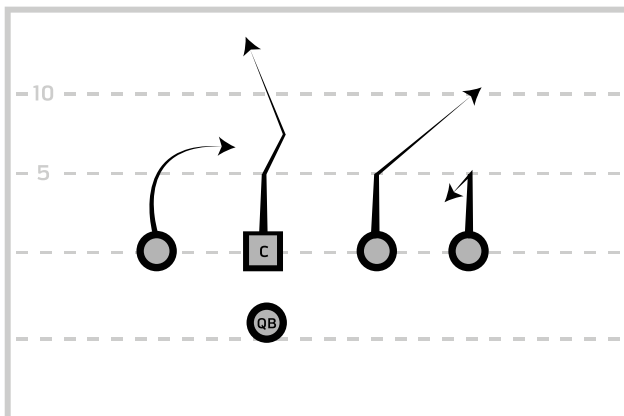
viii. Do Right



ix. Corners Right



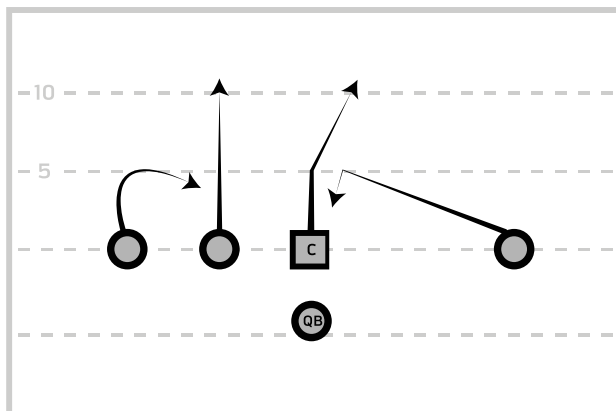
x. Safety's Choice



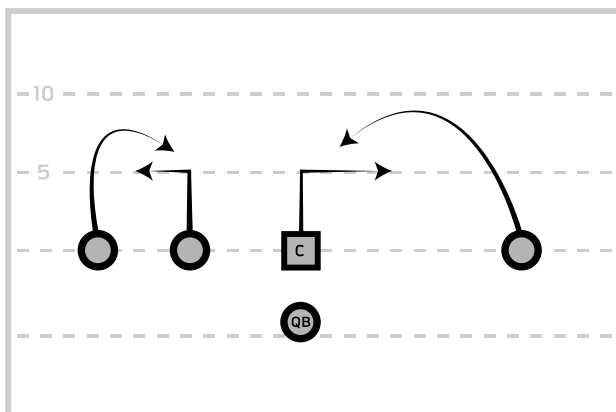
3 / SPREAD LEFT

All three receivers are on the line of scrimmage, two to the left side of the center and one to the right.

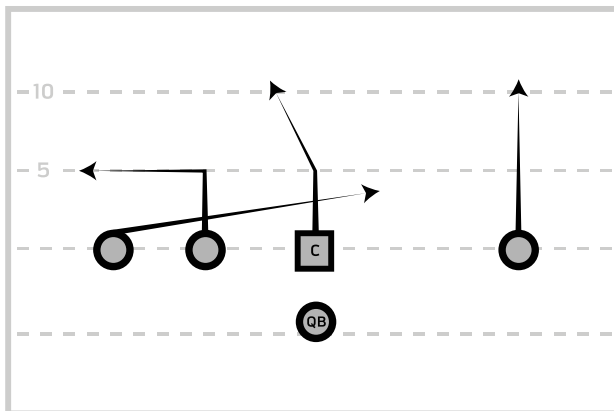
i. Fils Left



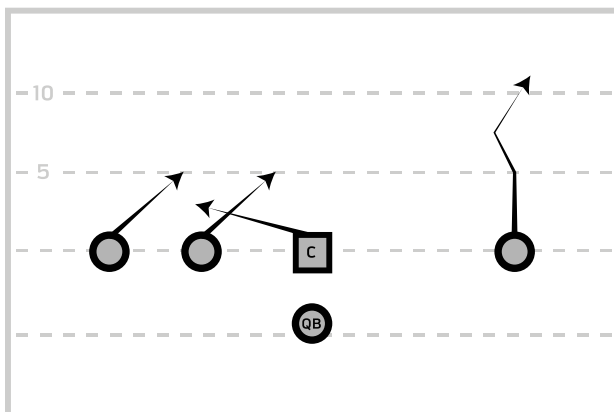
ii. McDonald Left



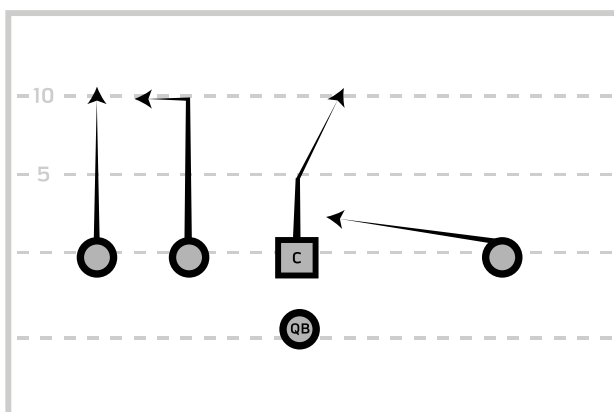
iii. Hidden Slant Left



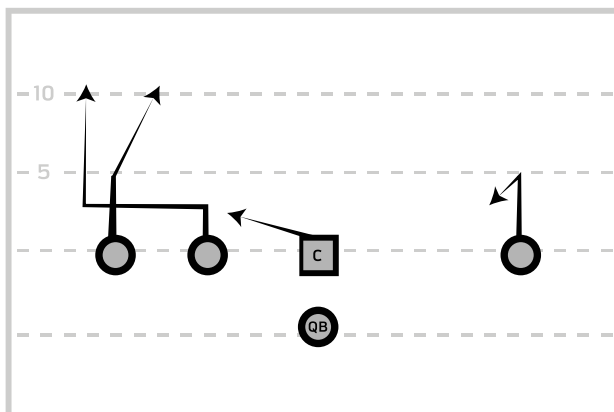
iv. Slant Under Left



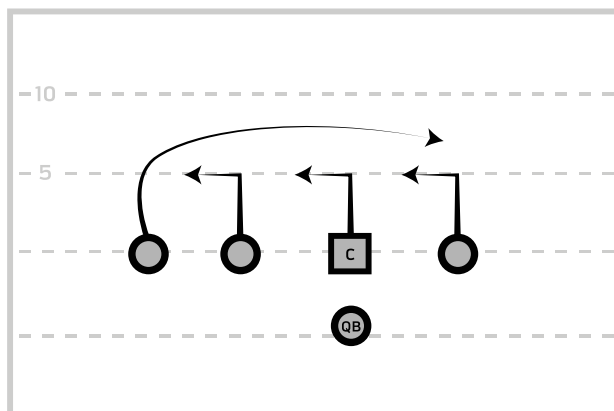
v. Fil Fly Right



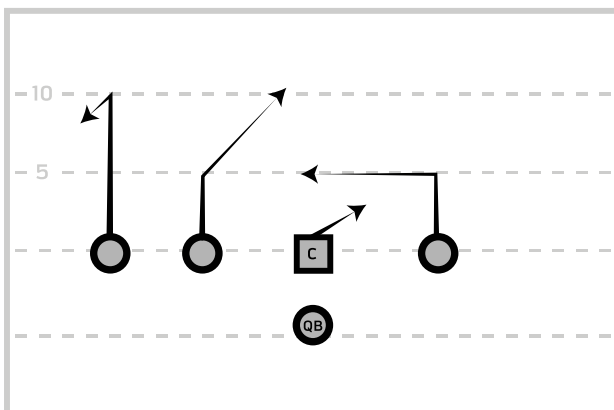
vi. Chair Left



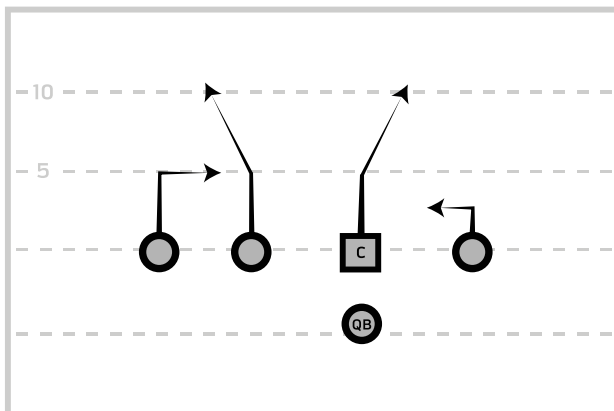
vii. Reverse Flow



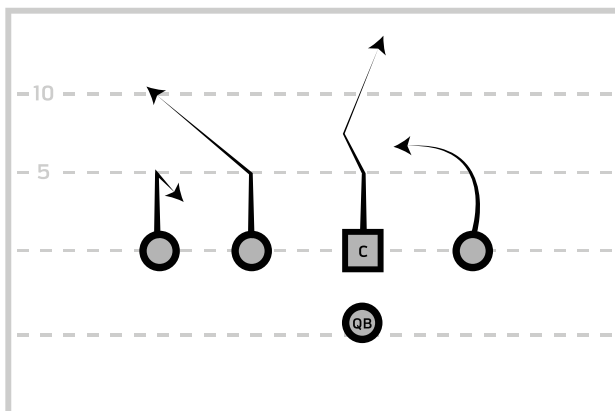
viii. Do Left



ix. Corners Right



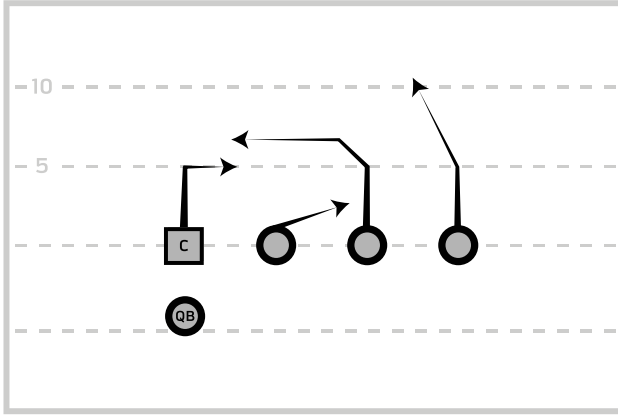
x. Safety's Choice



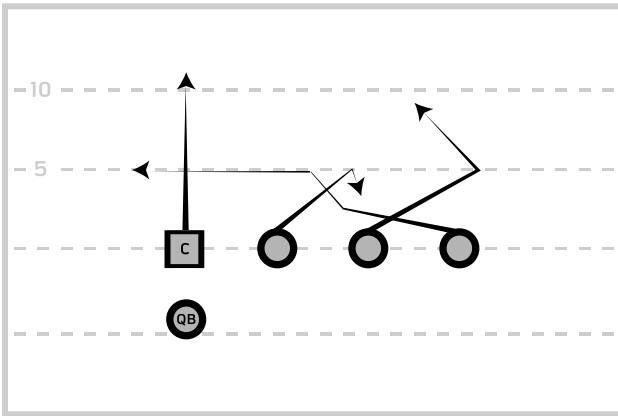
4 / TRIPS RIGHT

All three receivers are on the line of scrimmage right of the center.

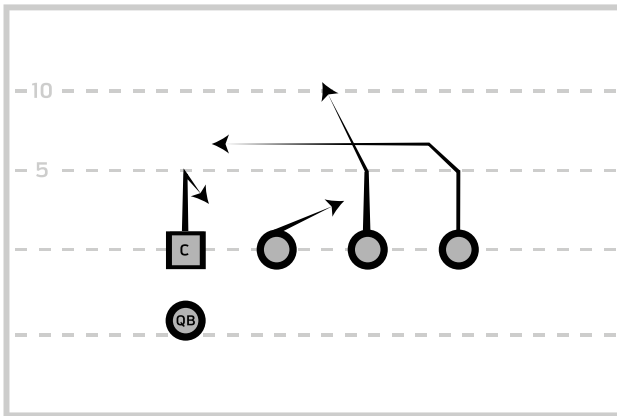
i. Akron



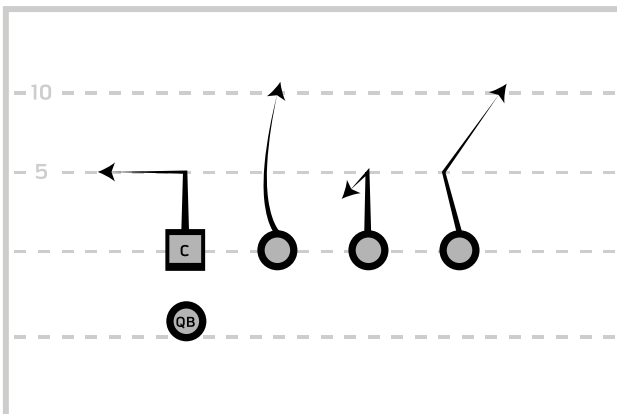
ii. Zig Zag



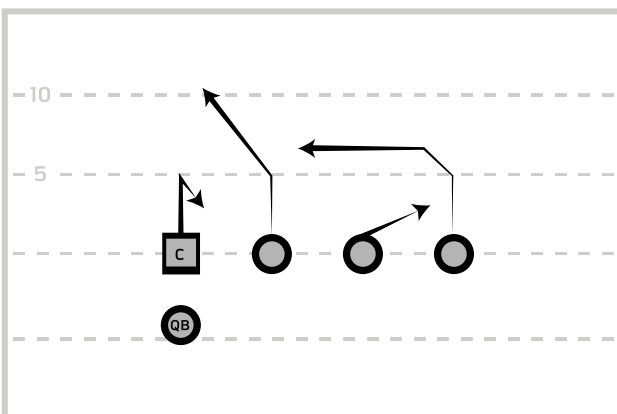
iii. Boise



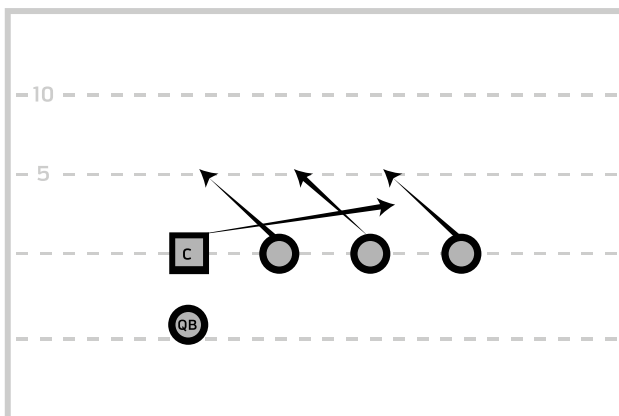
iv. Fil



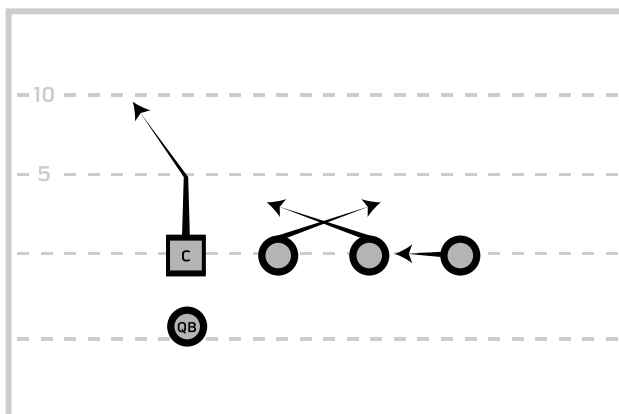
v. Connecticut



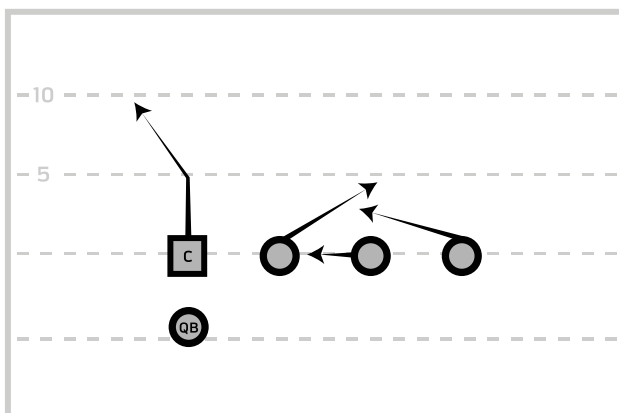
vi. Slant Reverse



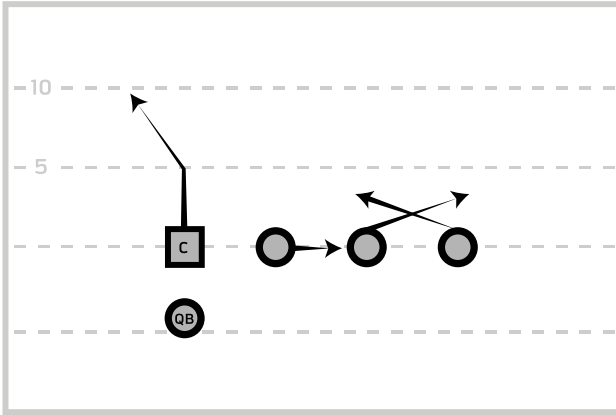
vii. Itchpass Al



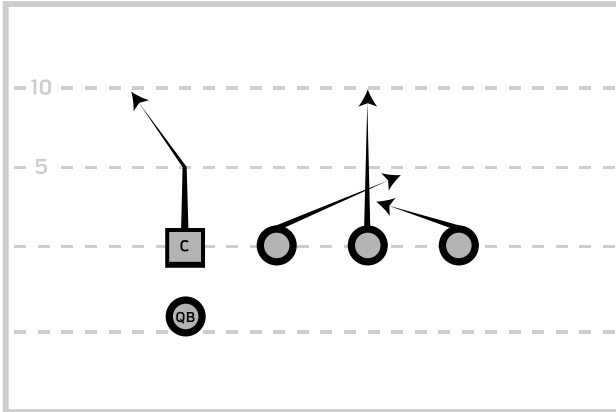
viii. Itchpass Bob



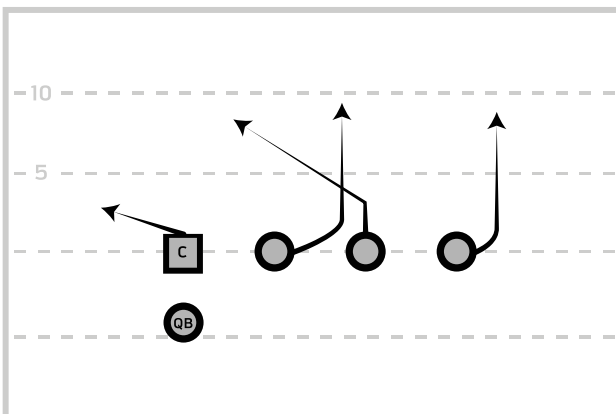
ix. Itchpass Chuck



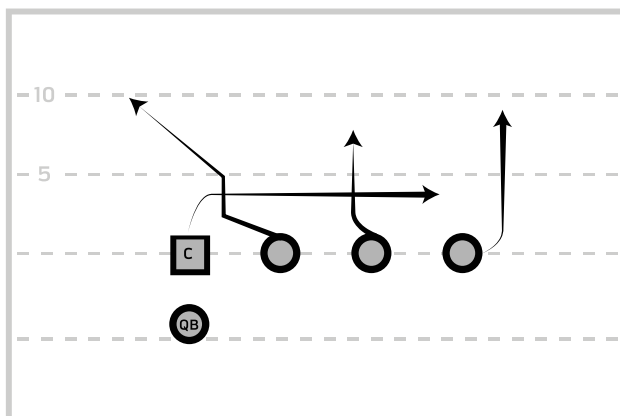
x. Crossing Slants



xi. Seahawk Right



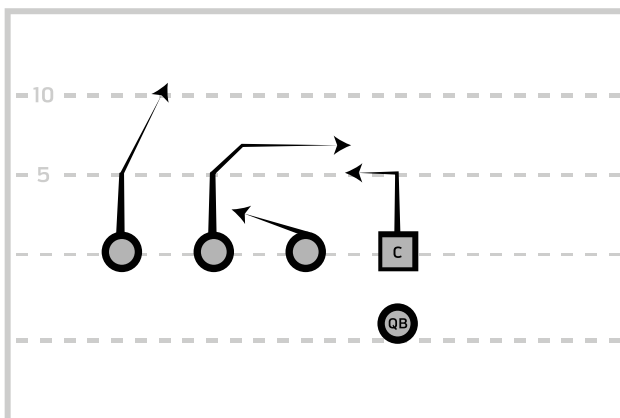
xii. Arctic Right



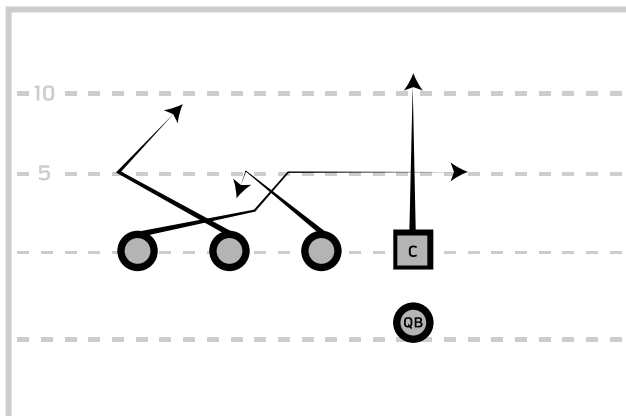
5 / TRIPS LEFT

All three receivers are on the line of scrimmage left of the center.

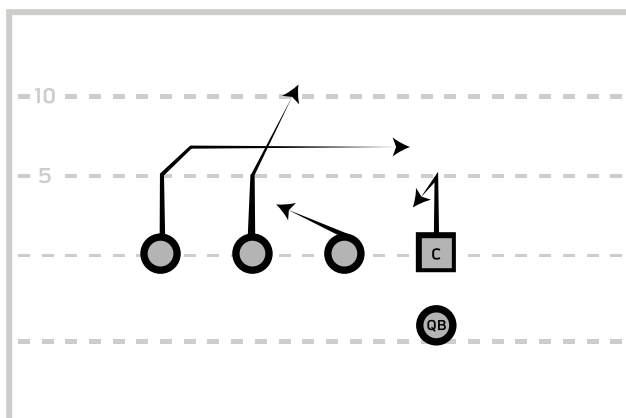
i. Akron



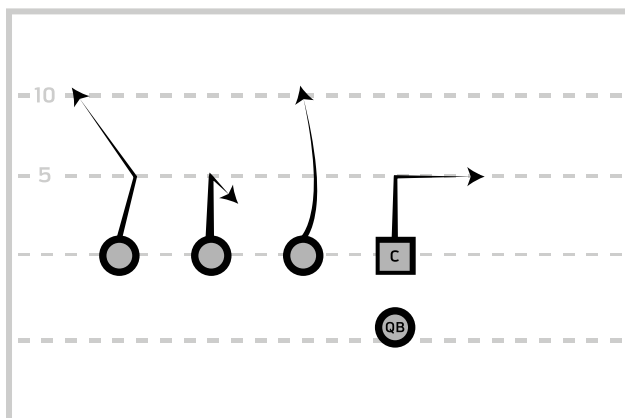
ii. Zig Zag



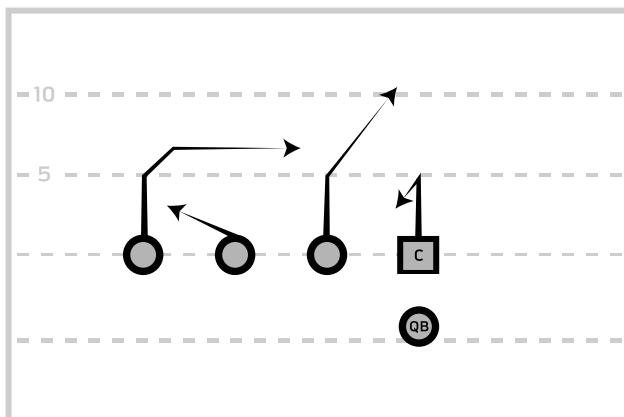
iii. Boise



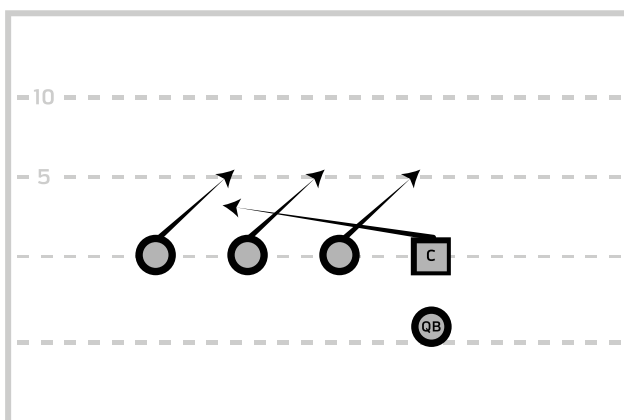
iv. Fil



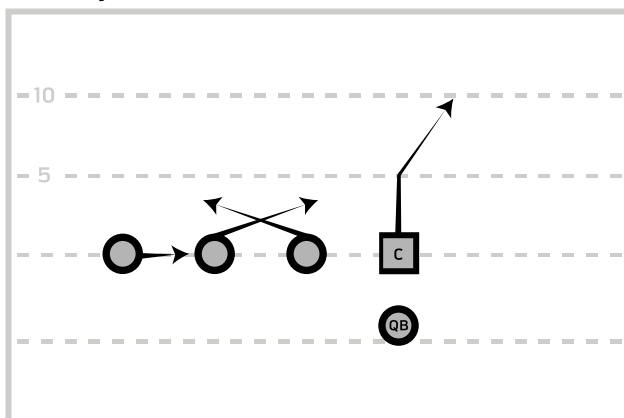
v. Connecticut



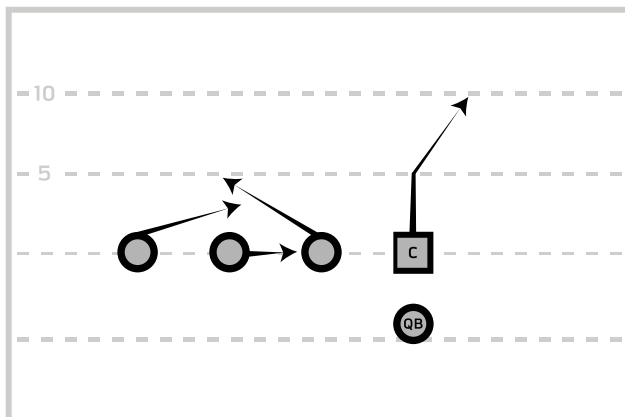
vi. Slant Reverse



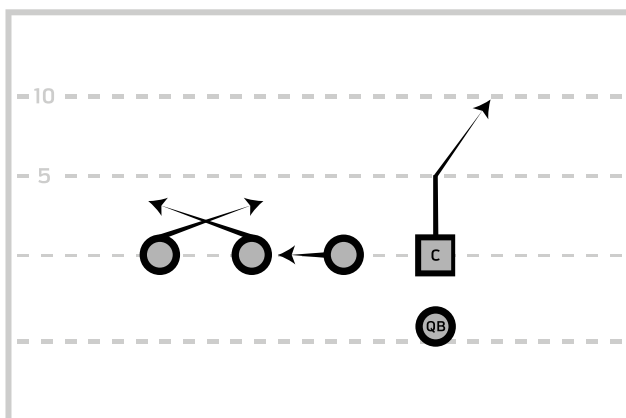
vii. Itchpass A1



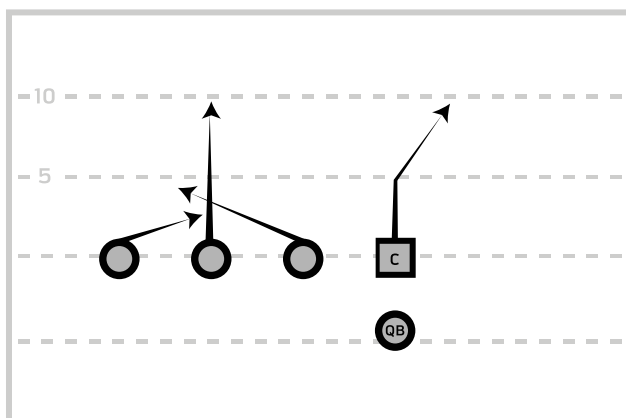
viii. Itchpass Bob



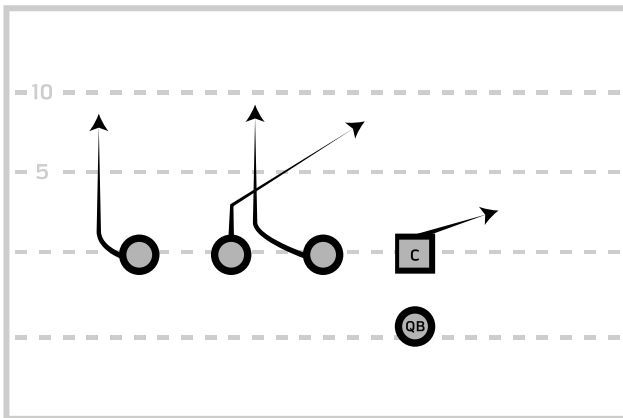
ix. Itchpass Chuck



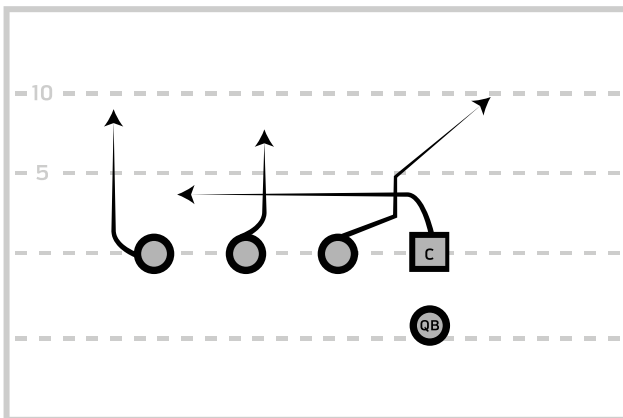
x. Crossing Slants



xi. Seahawk Left



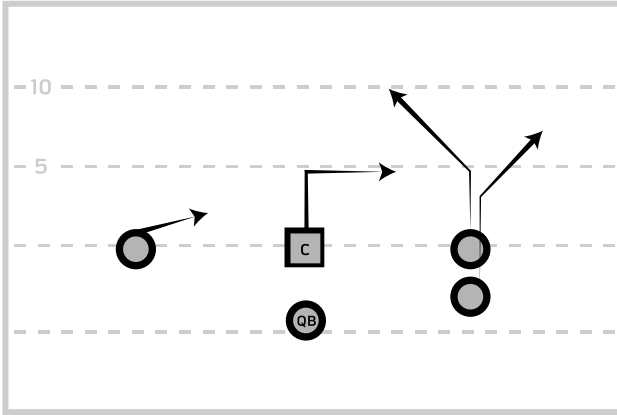
xii. Arctic Left



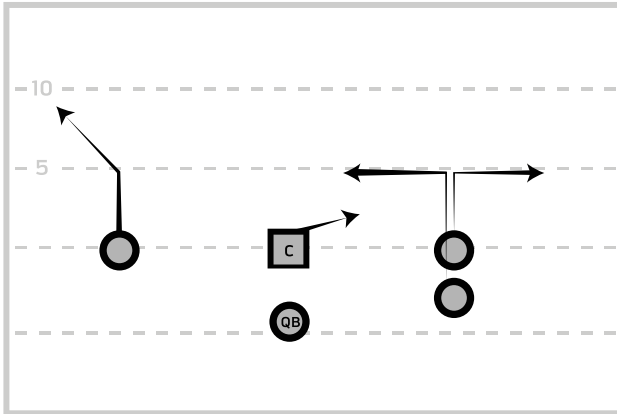
6 / STACK RIGHT

One receiver lines up behind another to the right of the center; the other receiver is left of the center on the line.

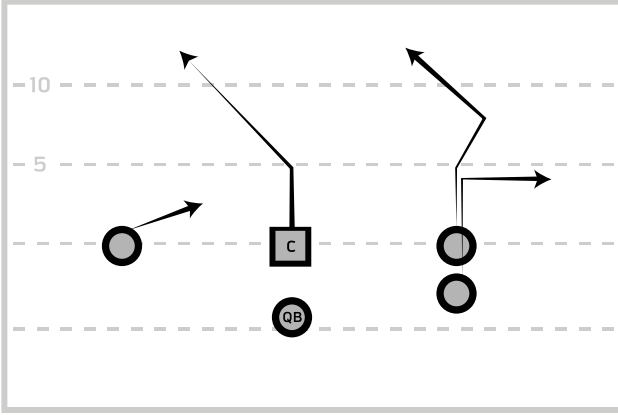
i. Stack 45 Degrees



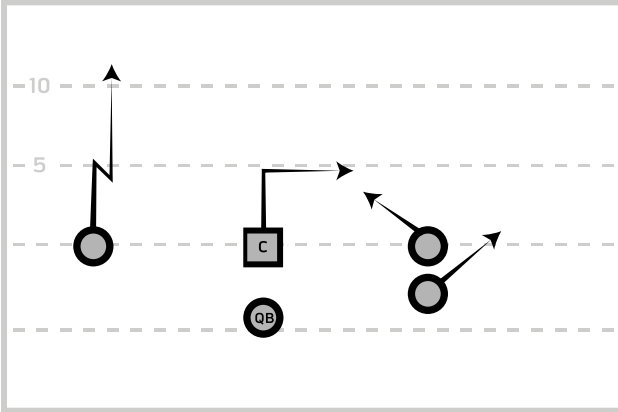
ii. Stack 90 Degrees



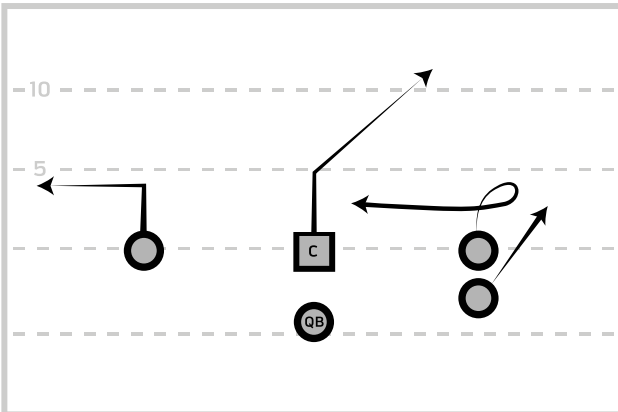
iii. Corner Post



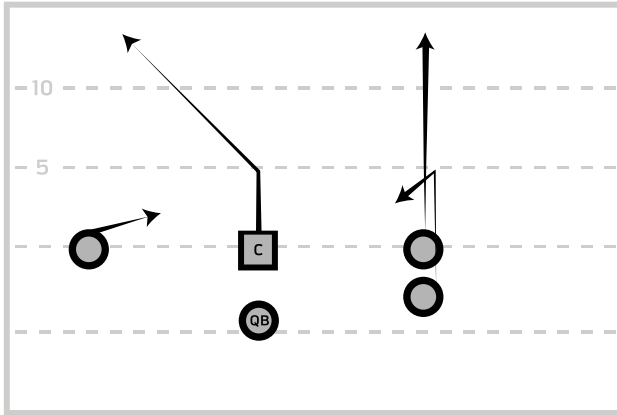
iv. Stack Slants



v. T-In



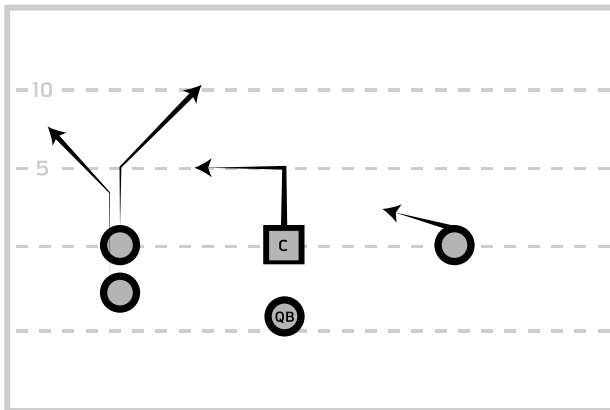
vi. Stack Straight



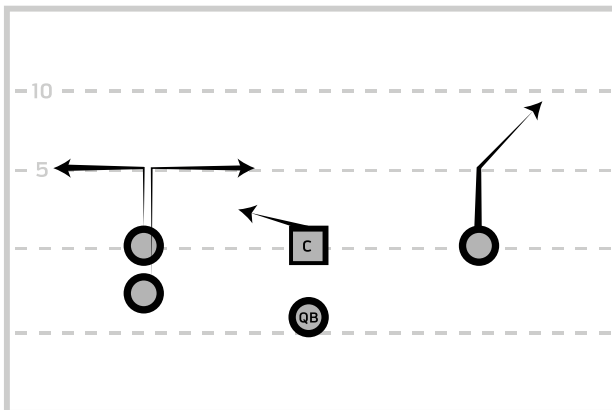
7 / STACK LEFT

One receiver lines up behind another to the left of the center; the other receiver is right of the center on the line.

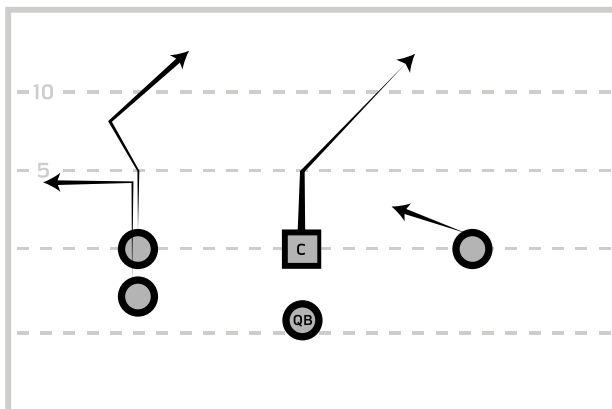
i. Stack 45 Degrees



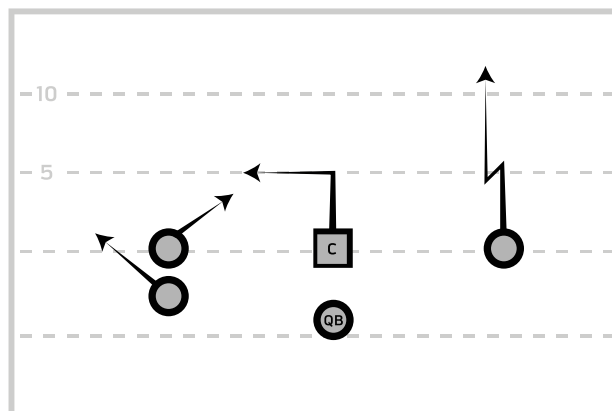
ii. Stack 90 Degrees



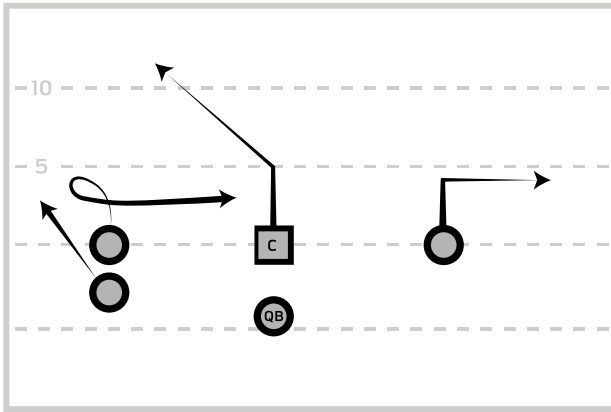
iii. Corner Post



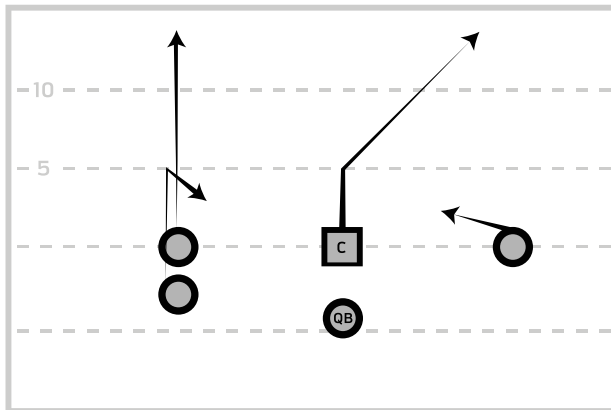
iv. Stack Slants



v. T-In



iv. Stack Straight





USA[®]
FOOTBALL

The USA Football logo features a stylized American flag with stars and stripes to the left of the text "USA" in blue and "FOOTBALL" in red.