



**PLAYBOOK**  
**FLAG FOOTBALL**  
STRONG, SPLIT AND I FORMATION



American Development Model

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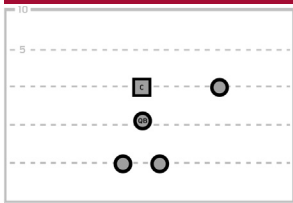
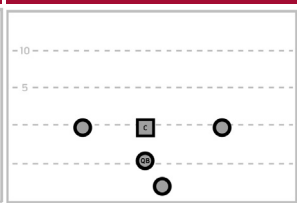
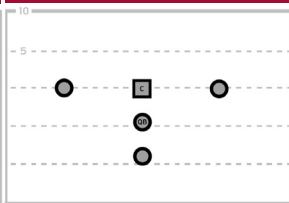
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# 1 / INTRODUCTION TO FORMATIONS

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 various formations, including spread, trips, stack, double-back 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.

SPLIT BACK RIGHT	STRONG RIGHT	I FORMATION
		
<p>Two running backs line up next to each other and behind the quarterback; the receiver is right of the center.</p>	<p>The running back is lined up to the right of the quarterback with one receiver on each side of the center.</p>	<p>A running back lines up behind the quarterback with one receiver on each side of the center.</p>

**Note:** Like play names, formations can be adjusted to fit your needs. For example, “Strong Left Twins Right” can refer to a formation in which two receivers are lined up to the right of center with the running back to the left of the quarterback.

## PLAY-CALLING

When calling an offensive play in the huddle, give the formation first, then the play. **Example:** “Split Back Right End Around” would refer to a split back right formation and the end around play.

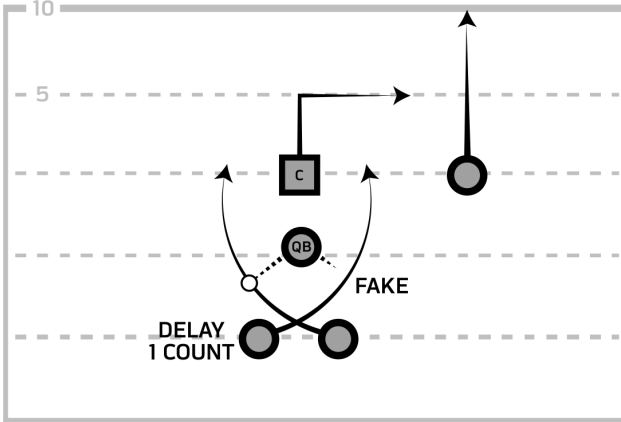
**Note:** Play names included in this playbook are suggestions. Feel free to adapt the play names to fit your needs and the mental capacity of your players. USA Football recommends picking a few plays that your team can run well rather than implementing the entire playbook.

## 2 / SPLIT BACK RIGHT

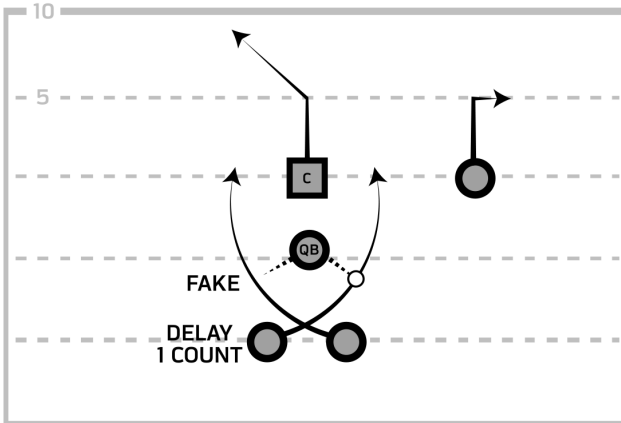
Two running backs line up next to each other and behind the quarterback; the receiver is right of the center.

### i. Lead

○ : Handoff

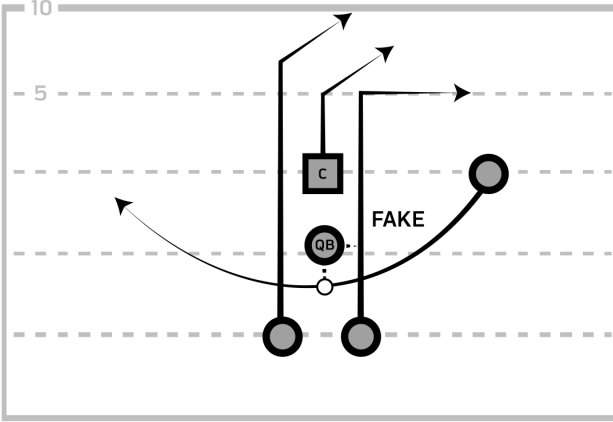


### ii. Trail

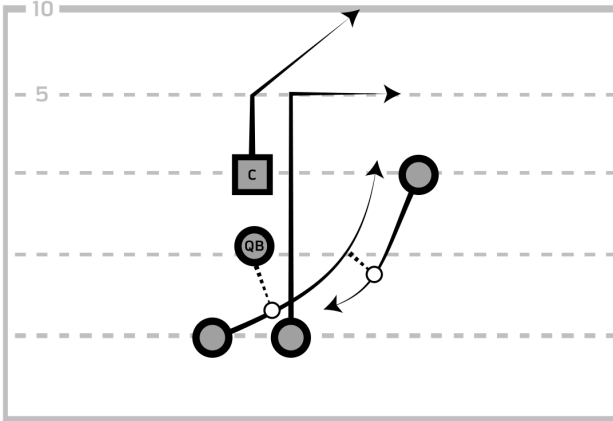


○ : Handoff

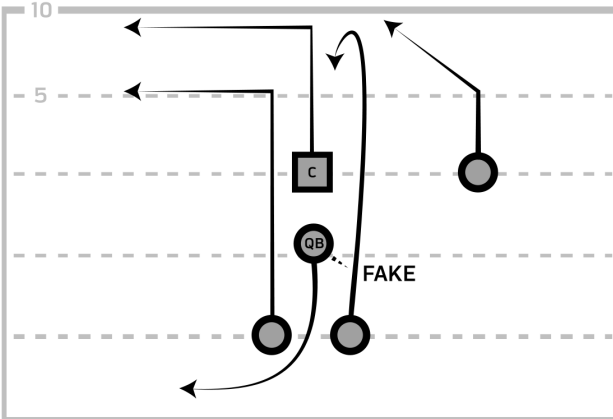
### iii. End Around



### iv. Reverse



### v. Boot Left Ladder



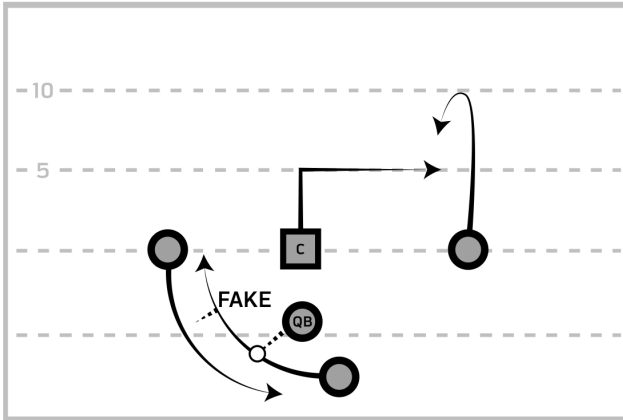


# 3 / STRONG RIGHT

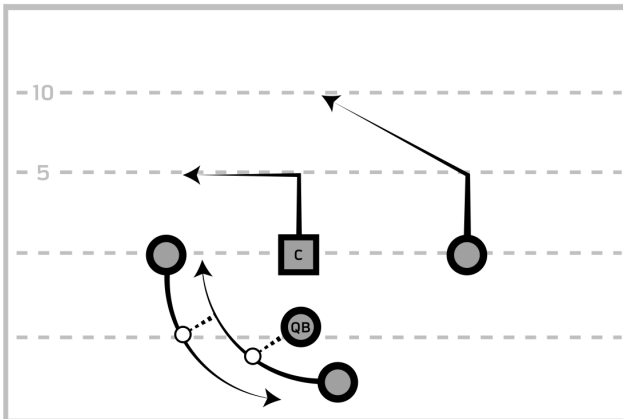
The running back is lined up to the right of the quarterback with one receiver on each side of the center.

## i. Reverse Fake

○ : Handoff



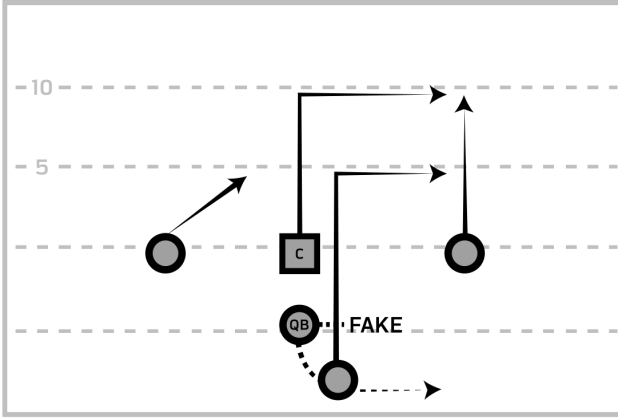
## ii. Reverse



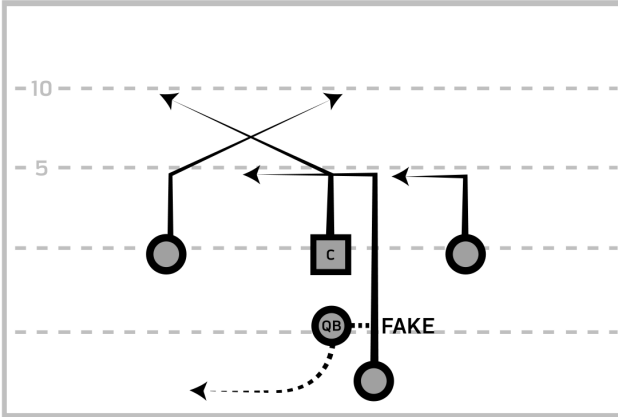


### iii. Boot Right Ladder

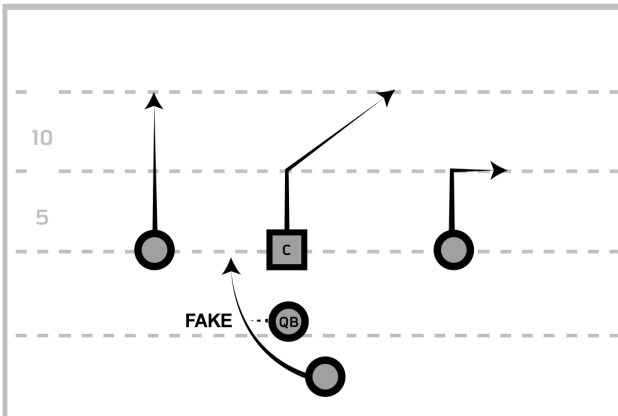
○ : Handoff



### iv. Boot Left Cross

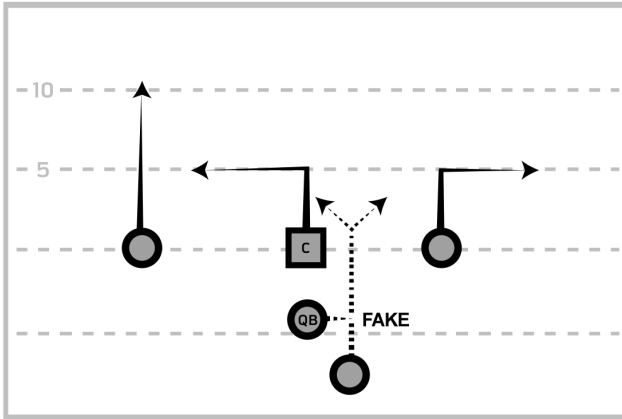


### v. Oppo

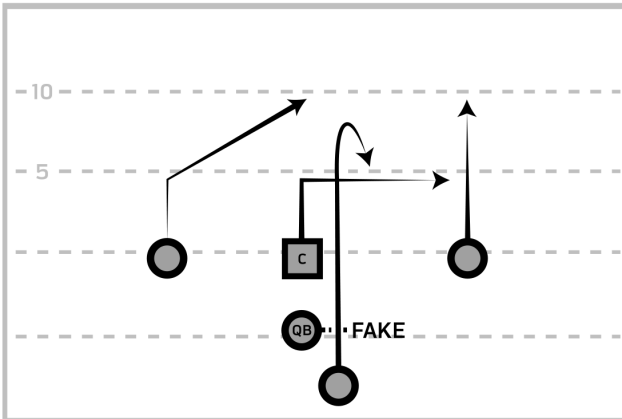


### vi. RB Choice

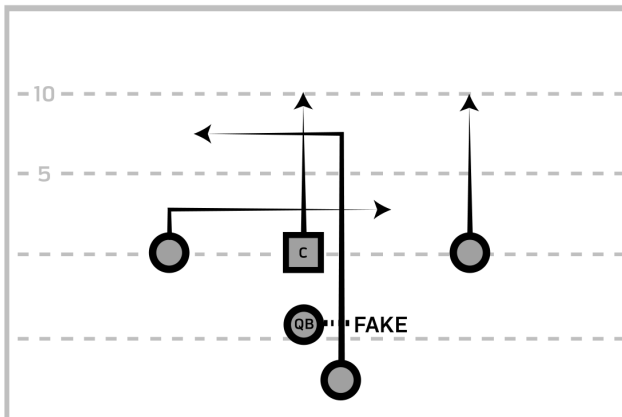
○ : Handoff



### vii. QB Choice



### viii. "X" Under

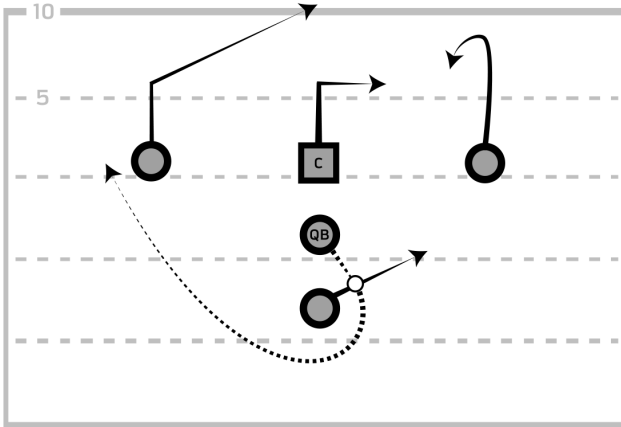


# 4 / I FORMATION

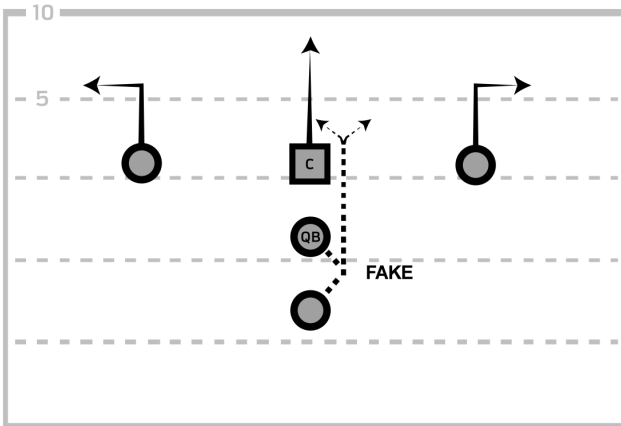
A running back lines up behind the quarterback with one receiver on each side of the center.

## i. QB Throwback

○ : Handoff

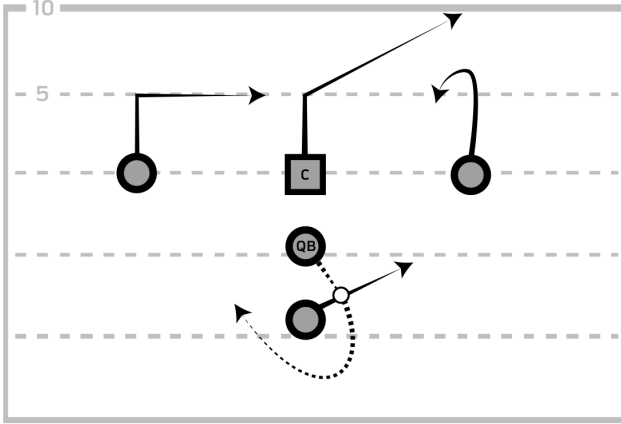


## ii. RB Choice

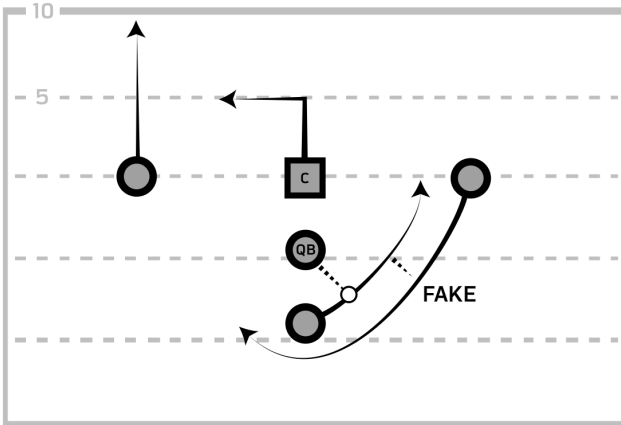


### iii. RB Pass

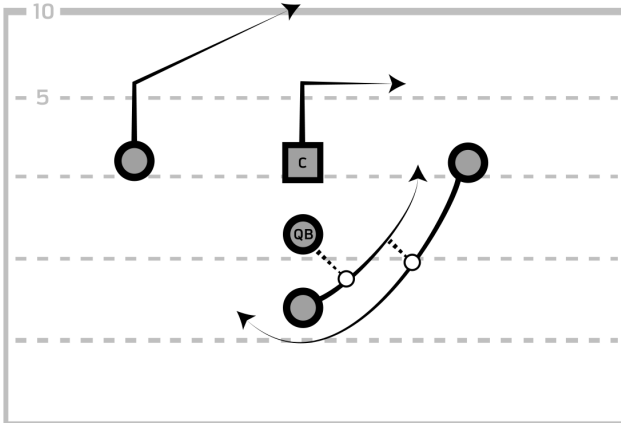
○ : Handoff



### iv. Fake Reverse

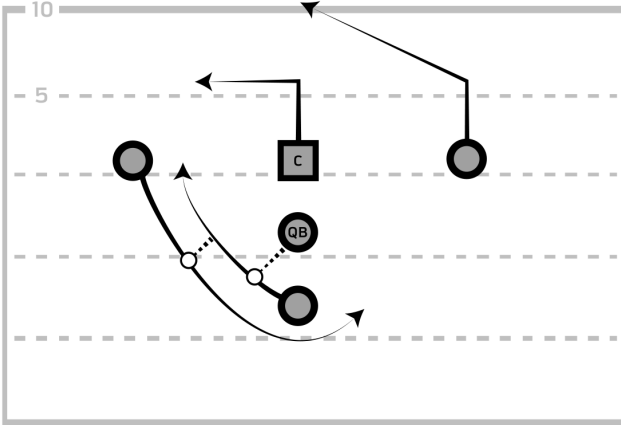


### v. Right Reverse

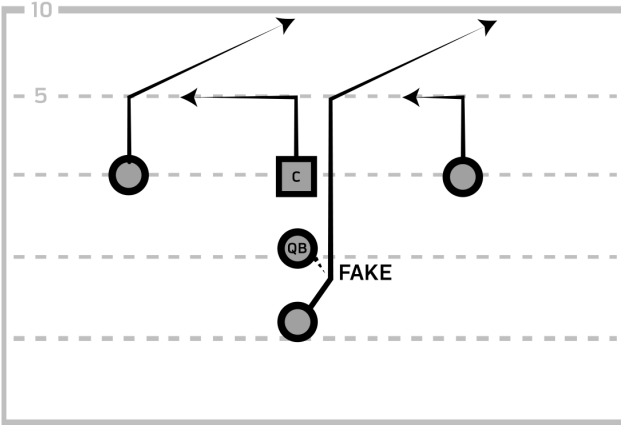


vi. Left Reverse

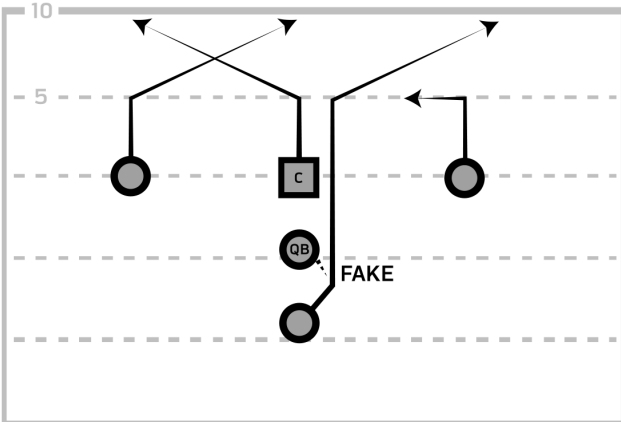
○ : Handoff



vii. All Out



viii. Cross





COWBOYS



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**FOOTBALL**