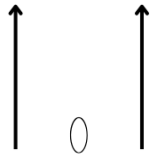


Girls Flag Football Packet

Football Routes

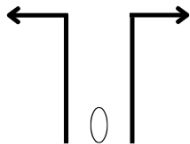
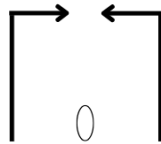


Go

Run straight forward and get open for the QB

In

Run straight 5 yards then towards middle of field

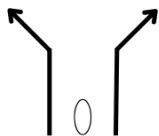
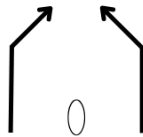


Out

Run straight 5 yards then away from middle of field

Slant

Run straight 2/3 yards then diagonally towards middle field

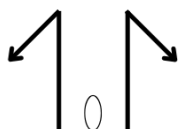
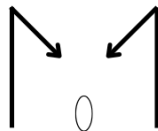


Corner

Run straight 2/3 yards then diagonally away from middle field

Curl

Run straight 7 yards then turn and run towards QB



Comeback

Run straight 7 yards then turn around and run away from QB

Positions:

QB - Throws the ball

Receivers (XYZ) - Catch the ball

Running back (A) - Run the ball

Receivers and RB run ALL ROUTES WITH A PURPOSE.

When you catch the ball, remember to TUCK AND RUN.

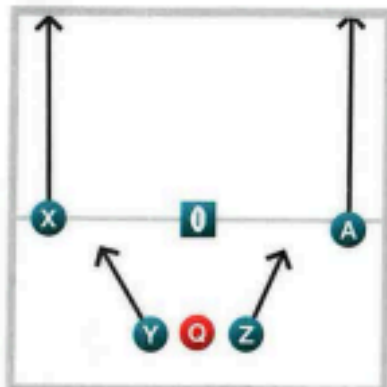
In this packet:

A sheet of run plays

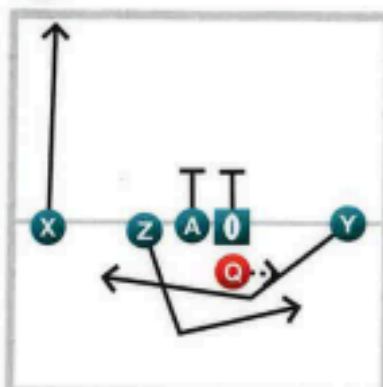
A sheet of pass plays

****The star around the letters means that they are the preferred target for that play.**

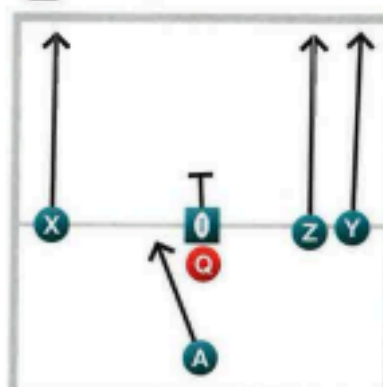
1 Trick Or Treat



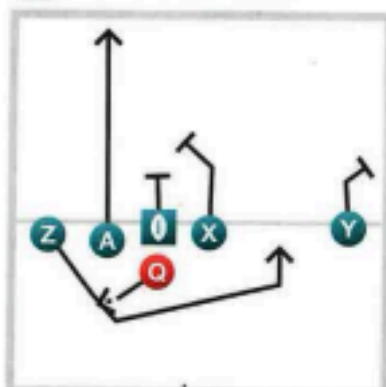
2 Reverse



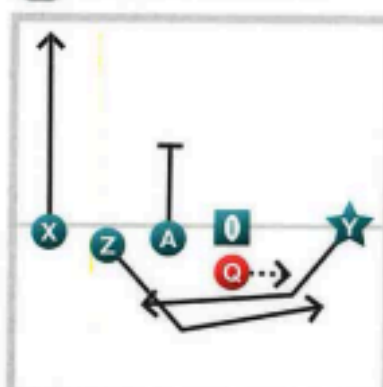
3 Straight Handoff



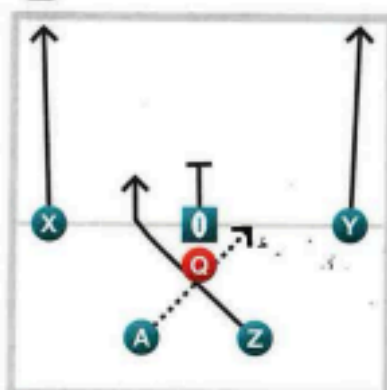
4 End Around Right



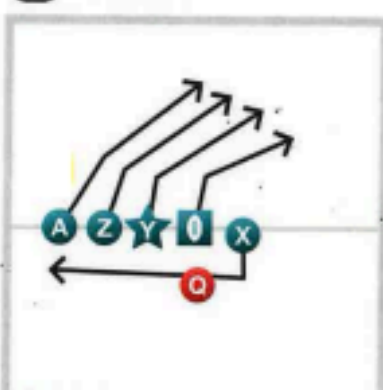
5 Fake Clowned Left



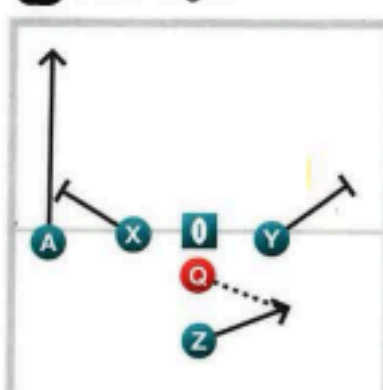
7 Cross Handoff



8 Backdoor



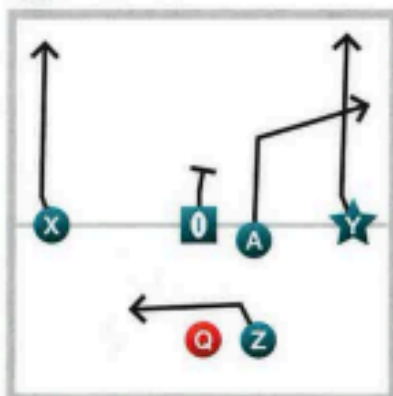
9 Pitch Right



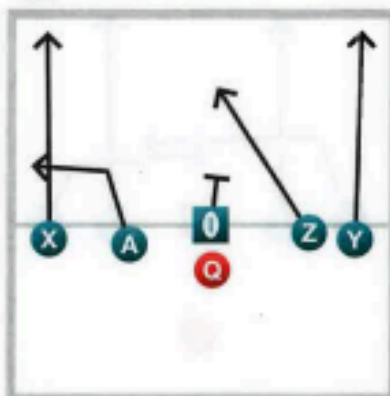
Run Plays

FLAG FOOTBALL
PLAYMAKER

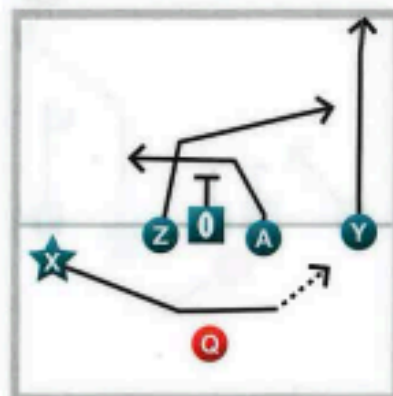
1 Pass Option



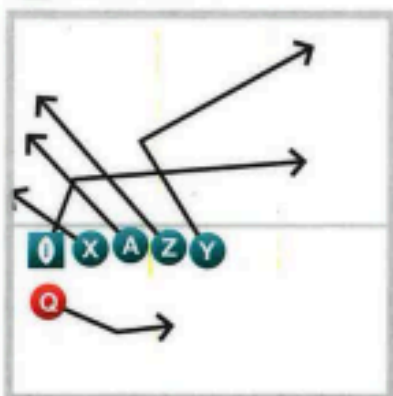
2 Quick Slant



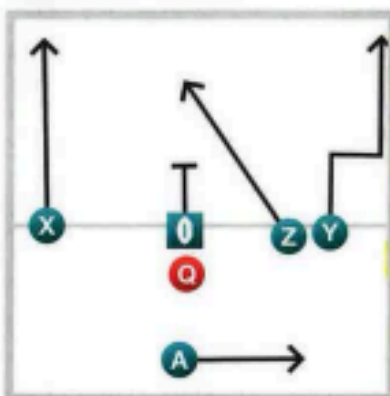
3 Motion Pass / Run



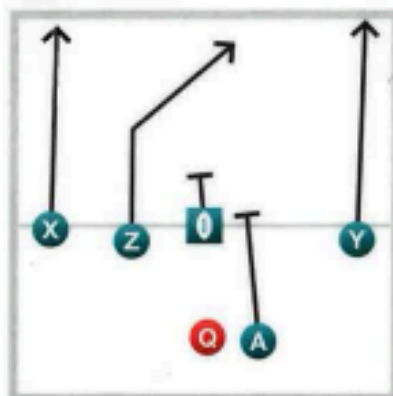
4 Copy Cat



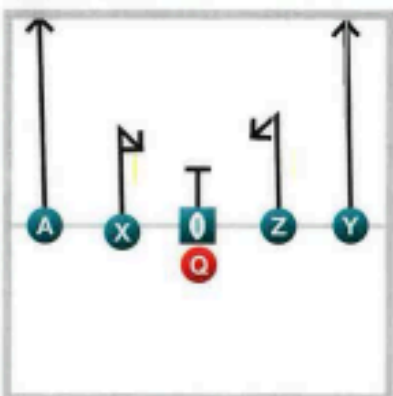
5 Out And Up



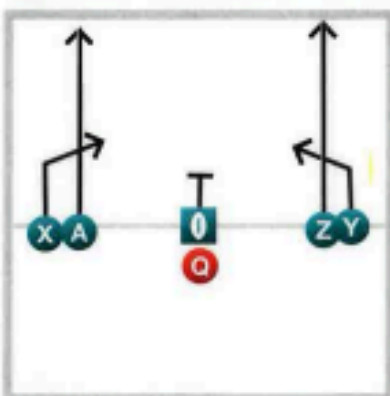
6 Fly Post



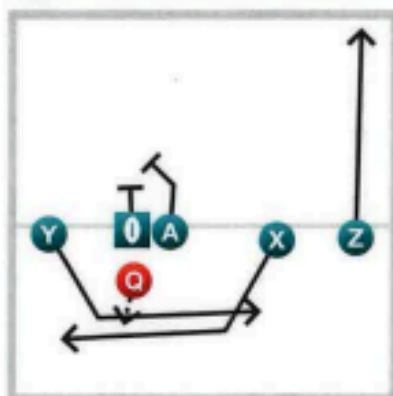
7 Goal Line



8 Short Yardage



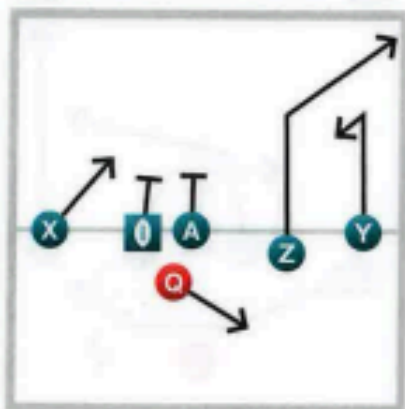
9 Fake Reverse Pass...



Pass Plays

FLAG FOOTBALL
PLAYMAKER

10 Corner Pass



11 Flea Flicker

