

# GOVA

## SPORTS

### COACHES MANUAL

### ◀ FLAG FOOTBALL ▶

6U-16U



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# COACHING TIPS

## WELCOME, COACH.

Congratulations! You are now the head coach of a flag football team. We're proud to have you, and we're certain you're going to do a great job.

Throughout this guide, you'll find tips, drills, plays, strategies, and much more that will assist you as you take the reigns of your team. It is our objective for your transition into becoming a coach to be as easy and successful as possible, and this guide will help you achieve that.

## COACHING A YOUTH TEAM.

As you know, you will be coaching children, and we want you to be mindful of that. While winning games is fun and important for building confidence, your primary focus should be on developing each player's physical and mental abilities.

The goal of Gova Sports is to offer a fun and competitive experience that has a positive effect on the growth and development of all of the children playing. You will not only be teaching them how to play flag football, you will be teaching them values that they will carry with them for the rest of their lives.

### **Grit. Discipline. Respect.**

Along with many more, these are three values we'd like every child to adopt. In order for them to do that, you yourself must portray them. Children are very impressionable, and as their coach, it is likely that they will view you as a role model. Embrace it!

On the next page, you'll find a few tips that will help you develop your players, and ultimately, develop a winning team.

# COACHING TIPS

## TIPS FOR DEVELOPING YOUR PLAYERS:

- ▶ Treat every player with respect and dignity.
- ▶ Treat every player equally and fairly.
- ▶ Reward players for showing effort and working hard.
- ▶ Reward players for encouraging others and showing respect.
- ▶ Give equal playing time to all players.
- ▶ Encourage players to have faith in themselves.
- ▶ Instill a mindset that talent isn't everything.

The last point is extremely important. We want these children to acquire a mindset that they can achieve anything. That, if they work hard, they can learn and master new skills. Talent is nice, but learning a new skill is better.

Mindset is one of the most important aspects of winning games, and by building your team from the ground up and having your players develop a positive mentality, your team will see the best results.

## YOUR PLAYER'S PARENTS:

Properly communicating with the parents of your players is another important responsibility that you have as coach. While you do not have to keep them informed with every single piece of news, it is important that they know what is going on.

If a player is doing extremely well, or if a player is struggling mentally or physically, it is a good idea to keep their parents up to date.

# COACHING TIPS

## COACHING MATERIALS.

Although we supply materials such as footballs and cones, there are a few things that we suggest you bring in order to get the best out of your coaching experience.

### Supplies we recommend you bring:

- Clipboard
- Whistle
- Pen and paper for notes
- Small whiteboard

## OVERVIEW:

Overall, we are very excited that you've become a Gova Sports Flag Football coach. By following these tips and studying this coaches guide, you will learn what you need to know about coaching a healthy and successful youth football team.

This guide is just the beginning though. As you further develop your coaching skills, you will probably adopt methods and strategies of your own. We encourage you to use them!

As long as you are treating your players with respect and encouraging positivity and growth, you have the authority to run your team the way you'd like.

We hope this information is of value to you, and if you have any questions, please feel free to reach out to us.

Congratulations again, and have FUN!

# COACHING OBJECTIVES

## COACHING OBJECTIVES:

The primary focus of this league is to teach players the fundamentals of flag football, improve their athletic abilities, and form good habits for future levels of competition. While Gova Sports is a competitive league, it is important that the player's competitive drive has a foundation built with discipline and respect.

### By season's end, players should have:

- ▶ A strong understanding of flag football and its rules
- ▶ The ability to read and perform football plays
- ▶ Improved agility and overall athletic skills
- ▶ Improved catching, throwing, and flag football skills
- ▶ Exercised and engaged in healthy competition
- ▶ Fun

# PRACTICE PLAN

## RECOMMENDED PRACTICE SCHEDULE:

- Practice and warm-up before game
- 1 to 3 practices per week
- 1 to 2 hours per practice

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## PRACTICE PLAN - OUTLINE

<u>Activity</u>	<u>Time</u>
▶ Stretch	<b>10 mins</b>
▶ Cardio/Agility Drills	<b>10 mins</b>
▶ Water Break	<b>5 mins</b>
▶ Offensive Drills	<b>20 mins</b>
▶ Water Break	<b>10 mins</b>
▶ Defensive Drills	<b>20 mins</b>
▶ Practice Plays	<b>20 mins</b>
▶ Coaches Speech/Recap	<b>5 mins</b>

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- ▶ Coach chooses which drills and plays to practice depending on players age and skill level.

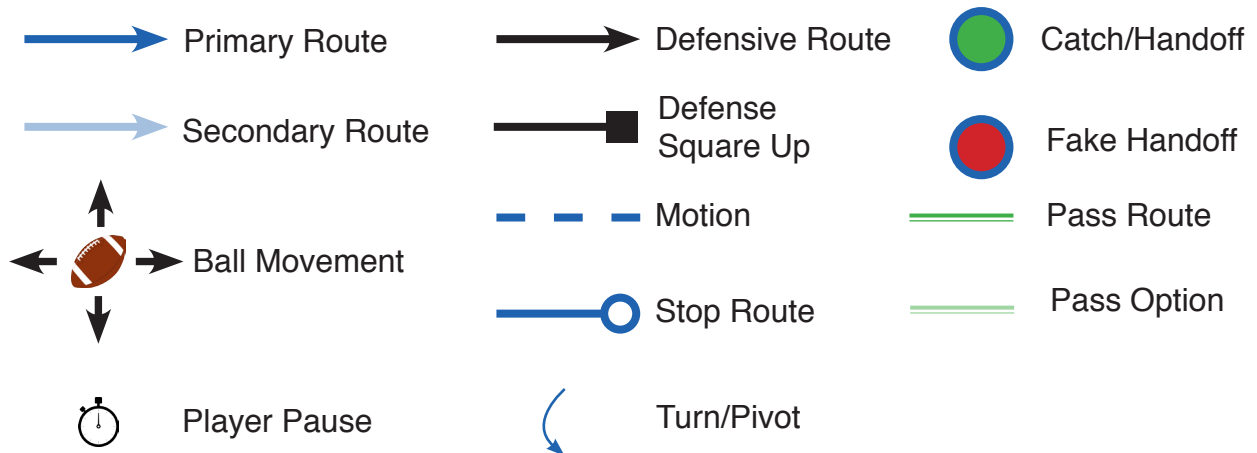


# DIAGRAM LEGEND

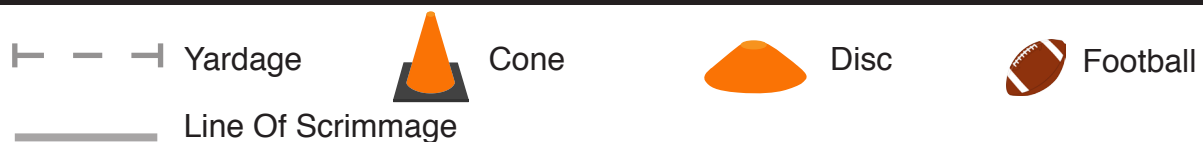
## PEOPLE



## MOVEMENT



## OTHER





# WARM UPS + AGILITY DRILLS

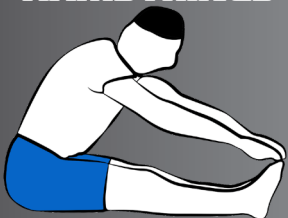


# STRETCHING

Stretching is necessary before exercising. A few minutes stretching before and after working out will provide numerous benefits, such as:

- ▶ Getting blood pumping
- ▶ Proper and quicker recovery
- ▶ Reducing risk of injury
- ▶ Increase of flexibility/range of motion

## HAMSTRINGS



Sit on the ground with legs together. Keep your legs straight, slowly bend forward, extending your fingers to your toes. If possible, attempt to touch your forehead to your knees. Hold for ten seconds. Repeat 2-3 times.

Sit on ground, lift right leg over left. Place left elbow behind right knee. Turn head to right and apply pressure from elbow to knee until you feel stretching in torso. Hold for ten seconds. Repeat on other side

## TORSO



## GROIN

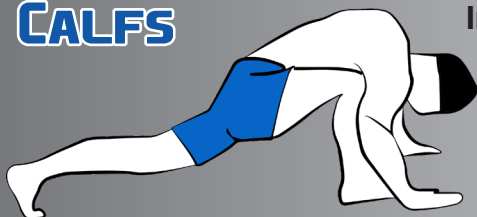
In seated position, place soles of feet together and hold them with hands. Keep knees apart. Gently push knees down to increase stretch. Hold for 10 seconds. Repeat 2-3 times.

Lie on back. Grab one knee and pull it towards chest. Make sure back and other leg is straight. Hold for ten seconds. Repeat on other side. Repeat 2 times.

## LOWER BACK



## CALFS

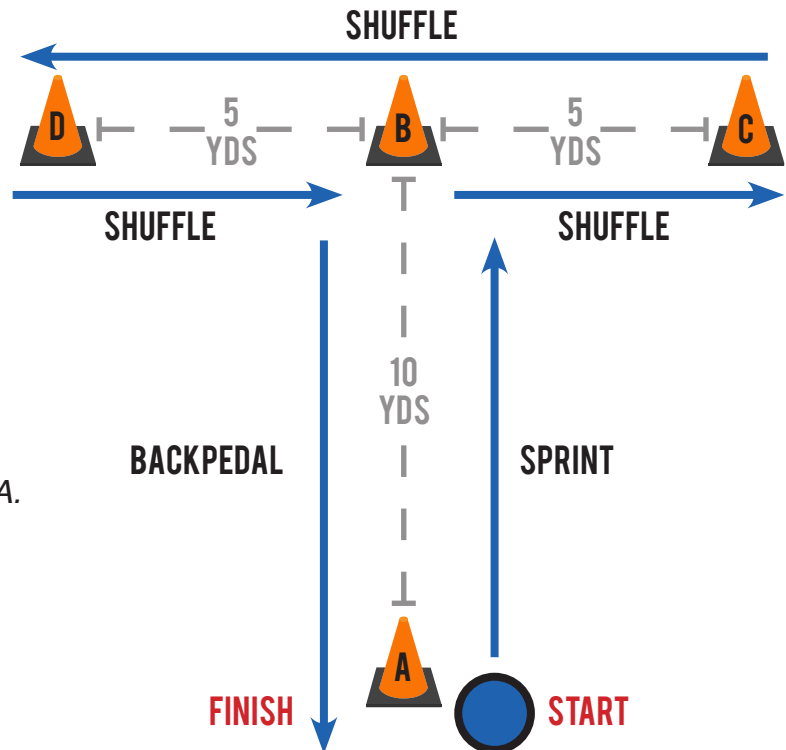


In push-up position, bring one foot up by hands. Keep weight on toes of straight leg. Hold for ten seconds. Switch sides. Repeat 2 times.

# AGILITY DRILLS

**Drill:**

- Player sprints from A to B.
- Player shuffles from B to C.
- Player shuffles from C to D.
- Player shuffles from D to B.
- Player backpedals from B to A.



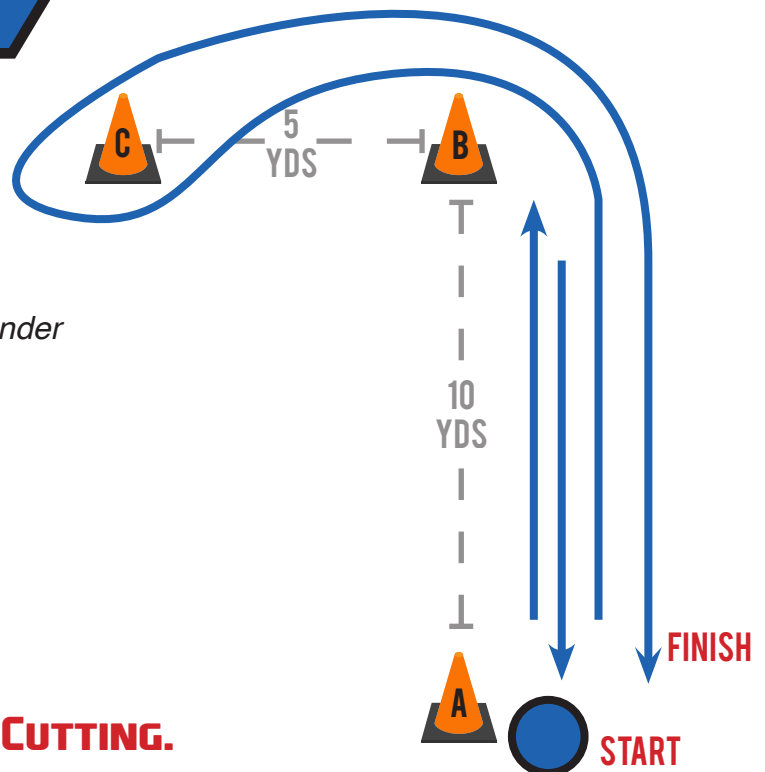
**BALANCE. FOOTWORK.  
CHANGE OF DIRECTION. LATERAL MOVEMENT**

## T-DRILL

## NFL COMBINE 3 CONE DRILL

**Drill:**

- Player sprints from A to B.
- Player sprints from B to A.
- Player sprints from A, around B, under C, over B, and back down to A.

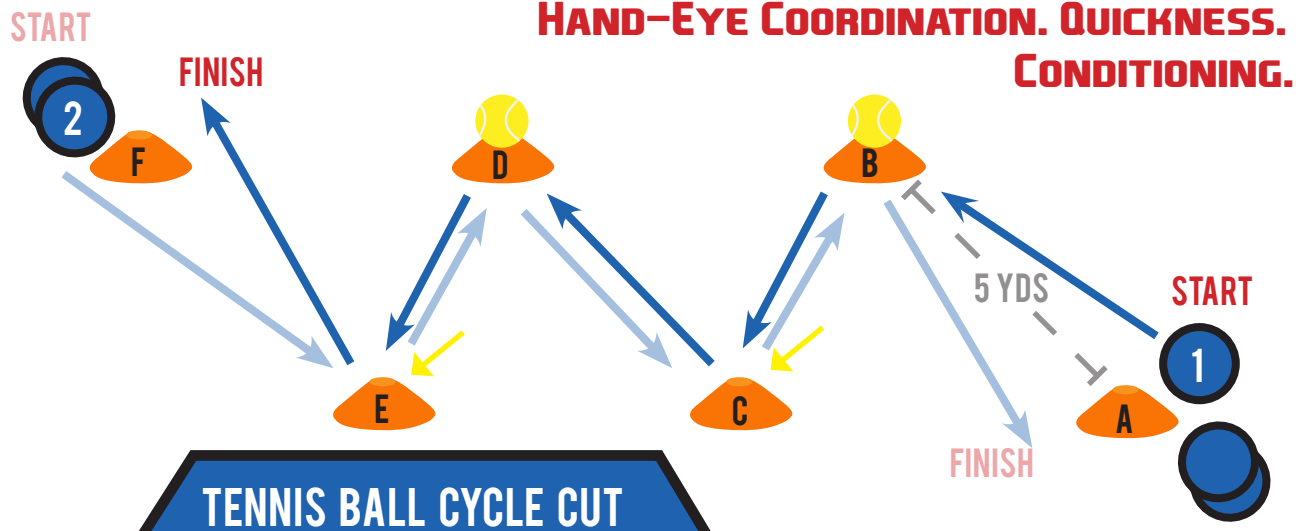


**QUICKNESS. CONDITIONING. CUTTING.**

# AGILITY DRILLS

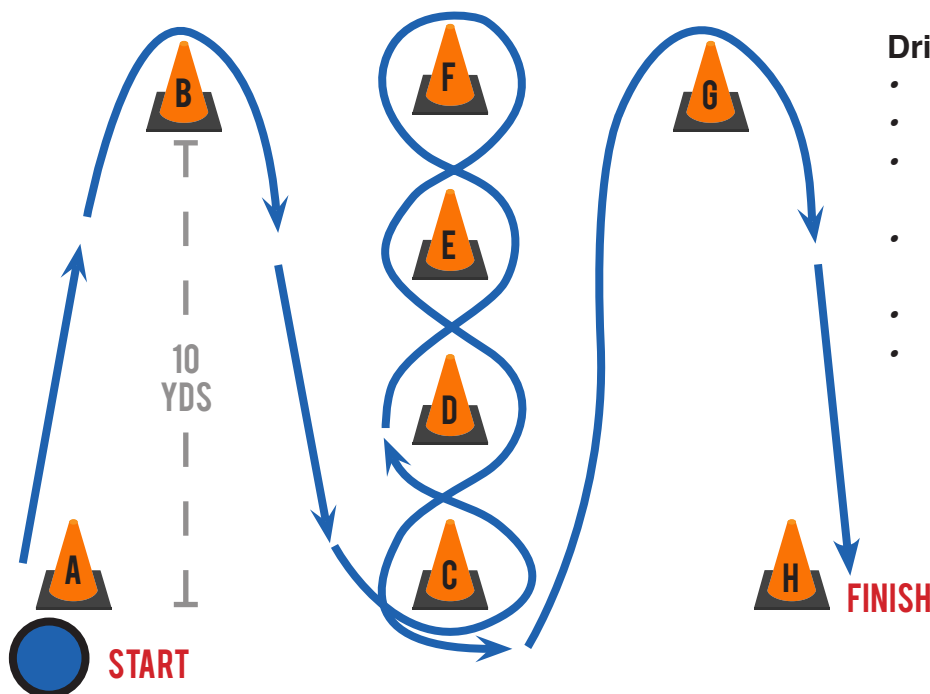
**Drill:**

- Player 1 sprints from disc A to disc B, picks up ball, sprints and puts ball on disc C.
- Player 1 sprints from disc C to disc D, picks up ball, sprints and puts ball on disc E.
- Player 1 sprints to cone F to finish and gets in line on other side.
- Player 2 oppositely repeats what player one did, setting up for drill to be performed in cycle.



**QUICKNESS. CONDITIONING. CUTTING.**

**ILLINOIS AGILITY TEST**



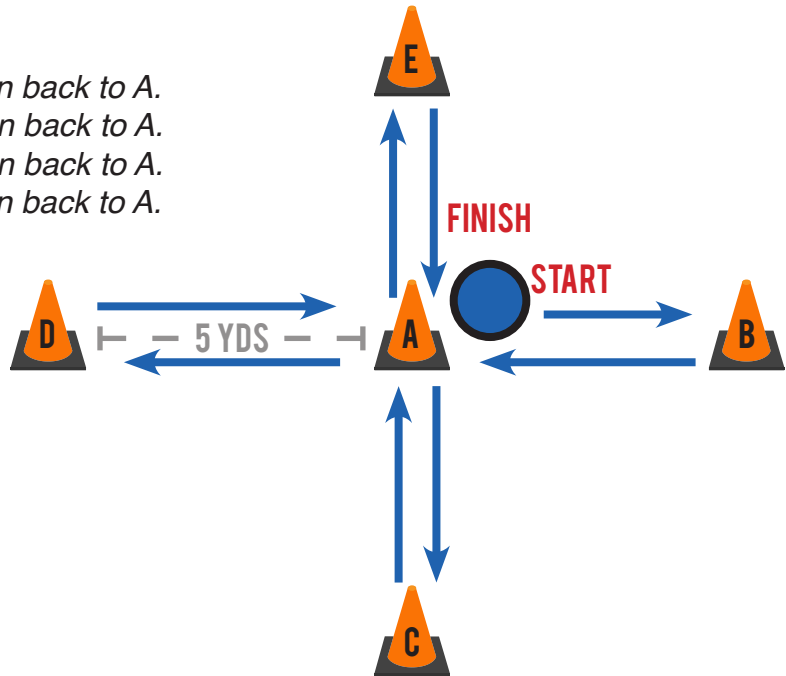
**Drill:**

- Player sprints from A to B.
- Player sprints from B to C.
- Player weaves up through D, E, and F.
- Player weaves down through F, E, D, and C.
- Player sprints from C to G.
- Player sprints from G to H.

# AGILITY DRILLS

**Drill:**

- Player sprints from A to B, then back to A.
- Player sprints from A to C, then back to A.
- Player sprints from A to D, then back to A.
- Player sprints from A to E, then back to A.



**CUTTING. STOPPING. SPRINTING. QUICKNESS.**

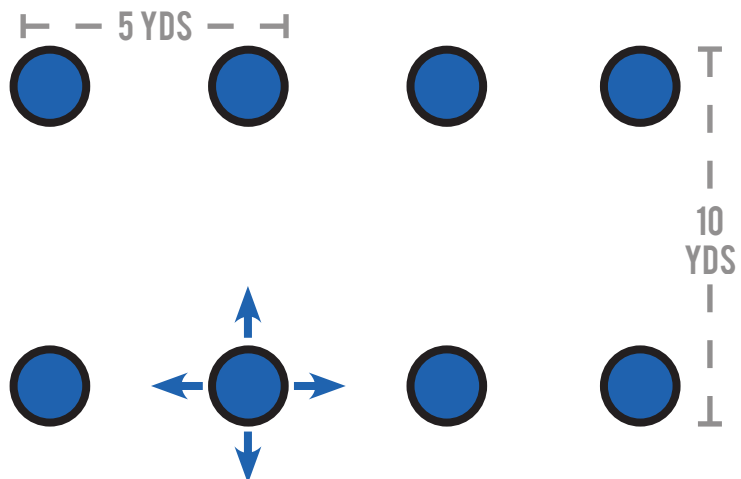
**STAR**

**ALL EYES ON ME**

**CHANGE OF DIRECTION.  
BALL FOCUS. BALANCE.**

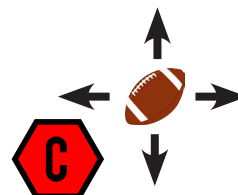
**Drill:**

- Players separate 5 x 10 yards apart.
- Coach motions ball forward, back, right, or left.
- Players follow the direction coach moves the ball.
- Eyes remain forward on ball.

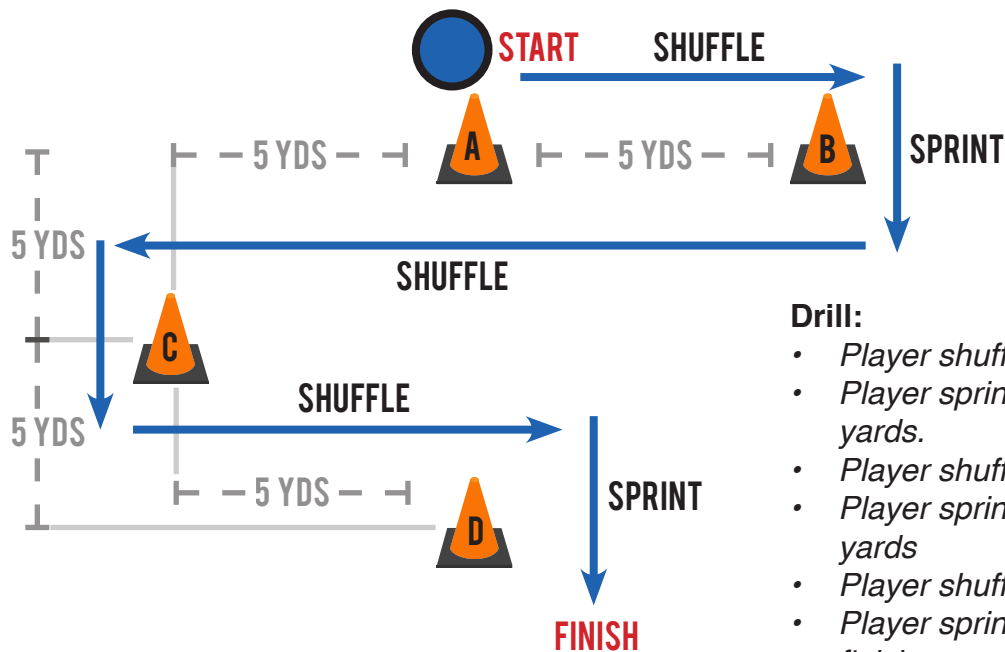


**Tips:**

- Player's shoulders should be square to coach the entire time.



# AGILITY DRILLS



**Drill:**

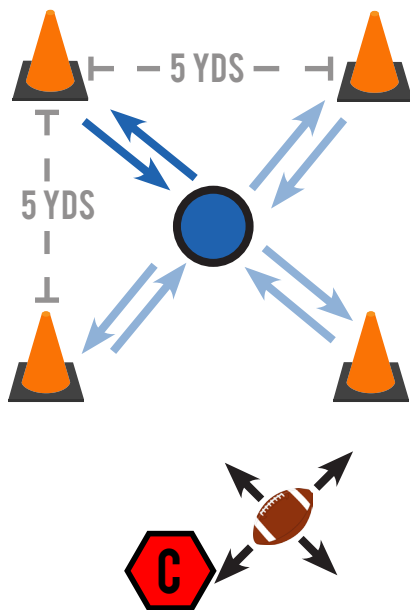
- Player shuffles from A to B.
- Player sprints forward 5 yards.
- Player shuffles from B to C.
- Player sprints forward 5 yards
- Player shuffles from C to D
- Player sprints 5 yards to finish.
- Player keeps body forward toward finish for entire drill.

## SHUTTLE RUN

**CUTTING. STOPPING. LATERAL MOVEMENT.**

## FOUR CONE CHOP

**BALL FOCUS. QUICKNESS. BALANCE.**



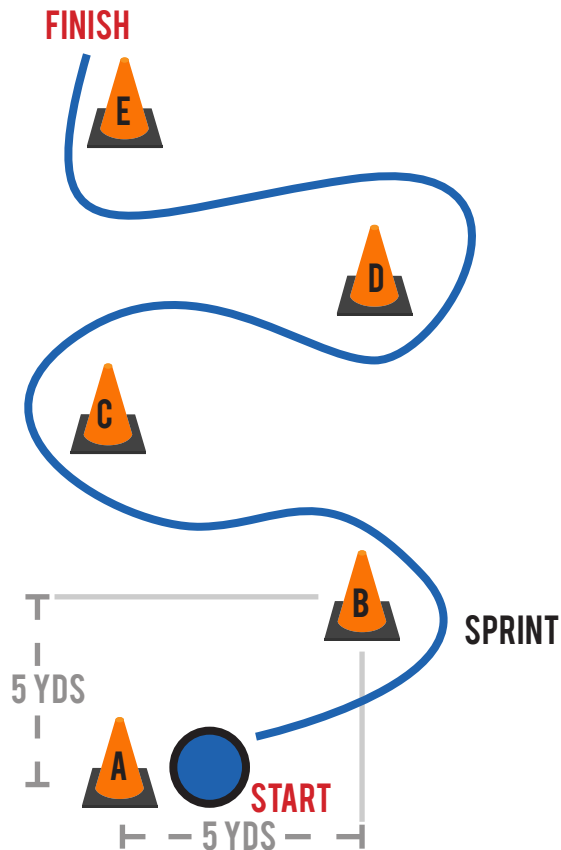
**Drill:**

- Player starts by facing coach and shuffling feet (running in place) in the middle.
- With the ball, coach points to cones of his choice.
- Player responds by sprinting and touching specific cone, then sprints back to middle.
- Coach repeats, pointing to other cones, and can repeat for as long as desired.
- Player shuffles feet whenever he is in the middle.

# AGILITY DRILLS

**Drill:**

- Player sprints from A to and around B, to and around C, to and around D, to and around E to finish.
- Time for competitive and most fun results.

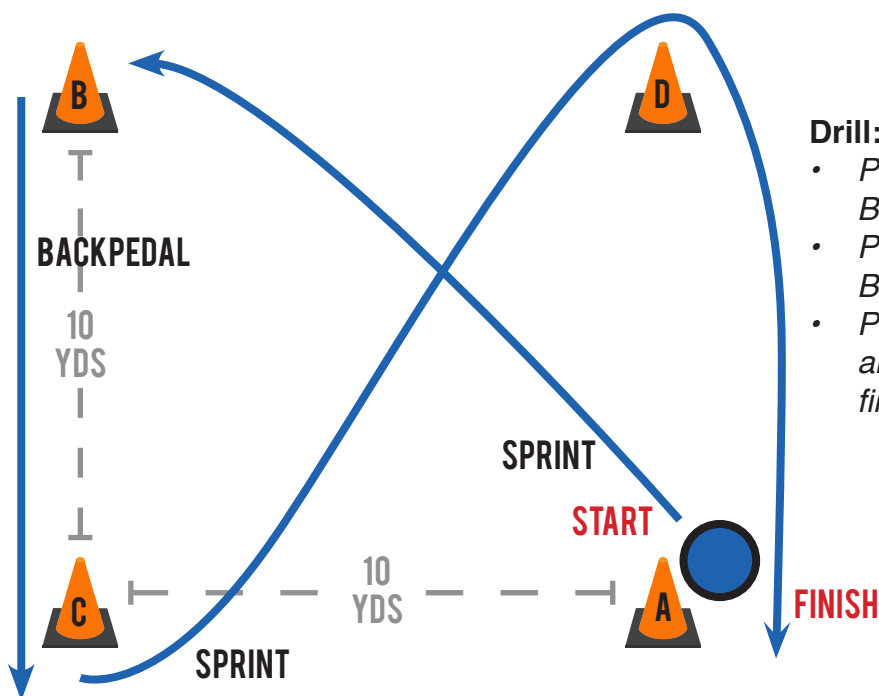


**BALANCE.  
CONDITIONING.  
CUTTING.**

**QUICK SNAKE**

**CHANGE OF DIRECTION. CONDITIONING. SPEED.**

**ALL BACK**



**Drill:**

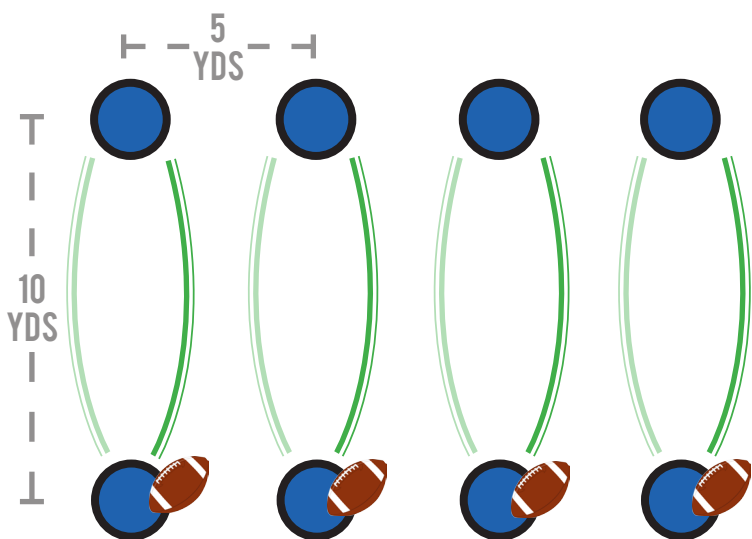
- Player sprints from A to B.
- Player backpedals from B to C.
- Player sprints from C, around D, back to A to finish.

# OFFENSIVE DRILLS





# OFFENSIVE DRILLS



**This drill is useful because:**

- It develops the fundamentals of proper catching and throwing.

**Drill:**

- Players pair up into groups.
- They practice stationary catching and throwing.
- Aim for 30 - 40 catches and throws each.

**Tips:**

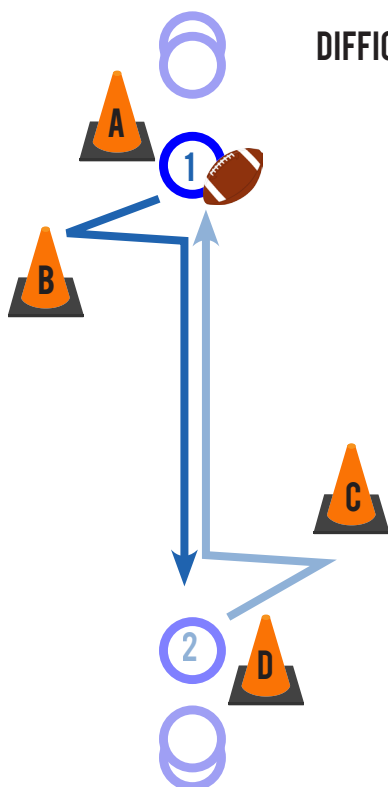
- Focus on proper catching technique: fingers together, pointer fingers and thumbs touching to create a diamond. Catch with hands, not body.

**Tips:**

- Distance between partners will vary depending on age/skill.
- Age 5, 6, 7 = 5 - 10 yards.
- Age 8+ = 10 - 15 yards.

## FOCUS PASSING

DIFFICULTY:



DIFFICULTY:

## BASIC HAND OFF DRILL

**Drill:**

- Players line up behind cones A and D.
- Player 1 starts with ball, runs up and jukes cone B.
- Player 1 runs to player 2 and hands-off ball.
- Player 2 repeats player 1's actions.

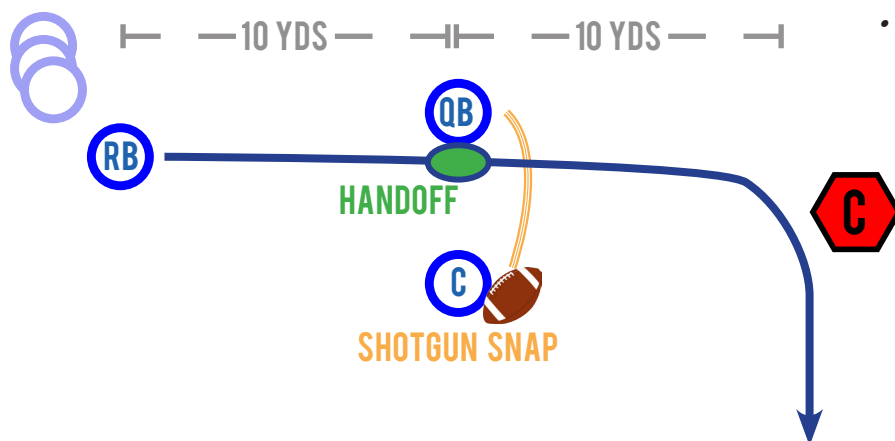
**Tips:**

- Start at slow speed, even walking. Increase speed as drill progresses.

**This drill is useful because:**

- It develops proper techniques to receive and give a handoff.

# OFFENSIVE DRILLS



**This drill is useful because:**

- It develops a player's ability to receive a handoff while running at full speed, and teaches them how to sweep a corner and run toward the end zone.

**Drill:**

- Players line up behind RB.
- QB receives shotgun snap.
- RB sprints past QB and receives ball.
- RB sprints toward coach and cuts up field.

**Tips:**

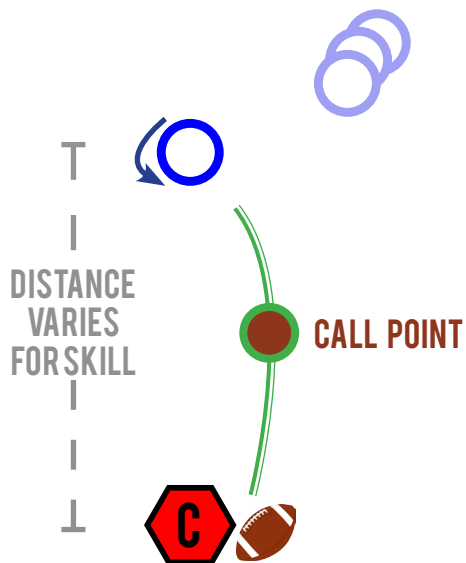
- Multiple balls will speed up drill.
- RB should be at full speed by the time they reach the QB.

## FLY SWEEP DRILL

DIFFICULTY:

DIFFICULTY:

## TURN AROUND CATCH



**Drill:**

- Coach (or QB) lines up with one player.
- Player's back is facing coach.
- Coach throws ball and as the ball is nearing player, coach blows whistle, signaling player to turn and face him.
- Player turns toward coach and catches the ball, then goes to back of line.

**Tips:**

- If there are multiple footballs, players may pair up in order to get more reps. However, be mindful that well thrown passes are required for this drill.

**This drill is useful because:**

- It helps players develop an ability to quickly respond to a pass by catching the ball. Helpful for developing curl route abilities.

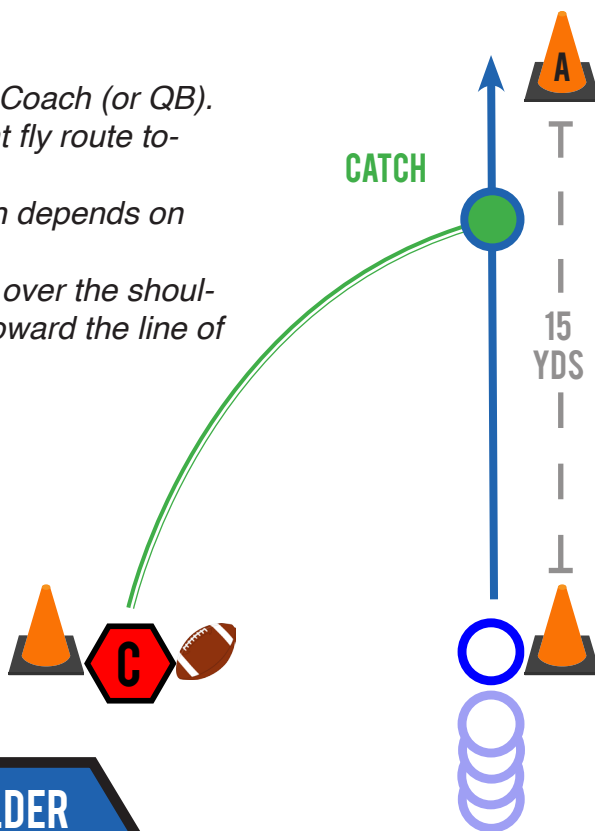
# OFFENSIVE DRILLS

**Drill:**

- Player lines up 7 to 10 yards away from Coach (or QB).
- Coach blows whistle, player runs straight fly route toward cone A.
- Once player is 10 or 15 yards out (length depends on age and skill level) coach throws pass.
- Player should focus on catching the ball over the shoulder, without completely turning around toward the line of scrimmage.

**This drill is useful because:**

- It develops players' ability to catch over the shoulder, without needing to stop and turn.



DIFFICULTY:

## LINE DRILL OVER-SHOULDER

## LINE DRILL FADE IN

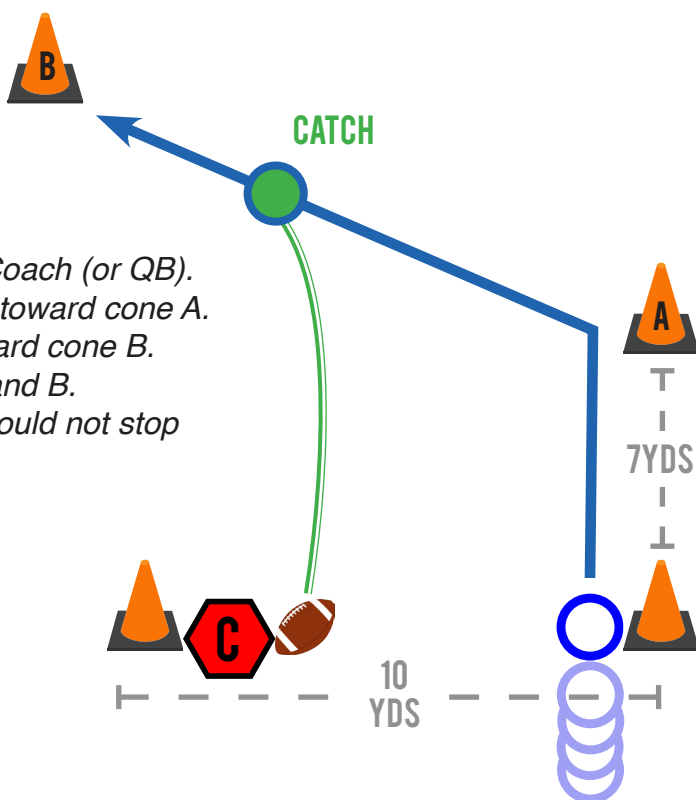
DIFFICULTY:

**Drill:**

- Player lines up 7 to 10 yards away from Coach (or QB).
- Coach blows whistle, player runs straight toward cone A.
- Once player reaches cone A, he cuts toward cone B.
- Player looks for pass in between cone A and B.
- The ball should lead the player. Player should not stop to catch the ball.
- Repeat drill with all players.

**This drill is useful because:**

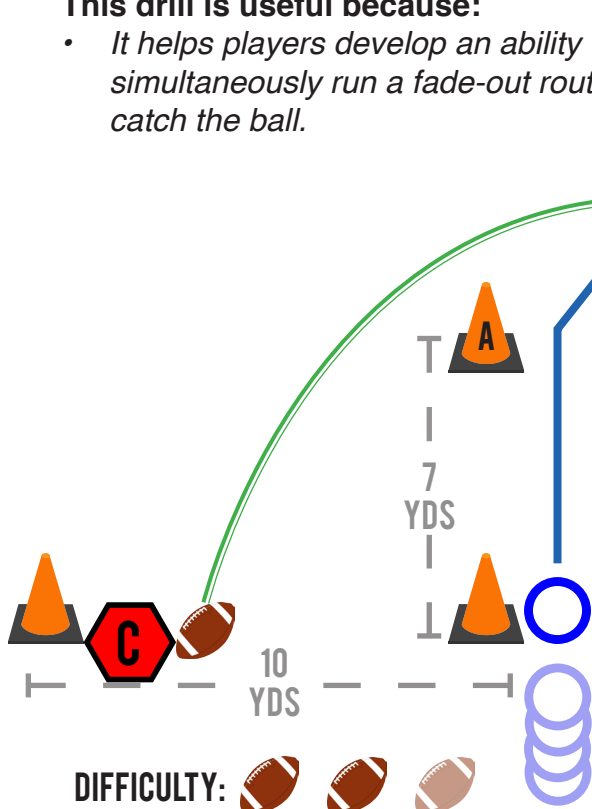
- It helps players develop an ability to simultaneously run a fade-in route and catch the ball.



# OFFENSIVE DRILLS

**This drill is useful because:**

- It helps players develop an ability to simultaneously run a fade-out route and catch the ball.



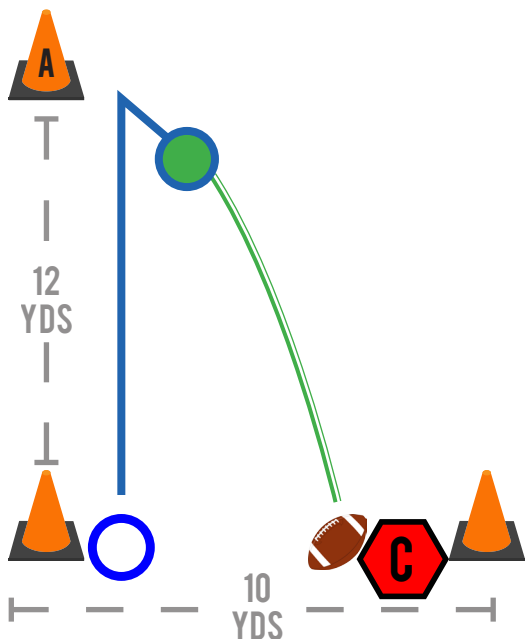
**Drill:**

- Player lines up 7 to 10 yards away from Coach (or QB).
- Coach blows whistle, player runs straight toward cone A.
- Once player reaches cone A, he cuts diagonally toward cone B.
- Player looks for pass in between cone A and B.
- The ball should lead the player. Player should not stop to catch the ball.
- Repeat drill with all players.

## DRILL LINE FADE OUT

## DRILL LINE CURL ROUTE

DIFFICULTY:



**Drill:**

- Player lines up 7 to 10 yards away from Coach (or QB).
- Coach blows whistle, player runs straight toward cone A.
- Once player reaches cone A, he immediately cuts in toward coach.
- Player looks for pass next to cone A.
- The catch location should be consistent. The ball should already be in the air by the time the player has turned around.
- Repeat drill with all players.

**This drill is useful because:**

- It helps players develop an ability to properly run a curl route, control speed, and change direction.

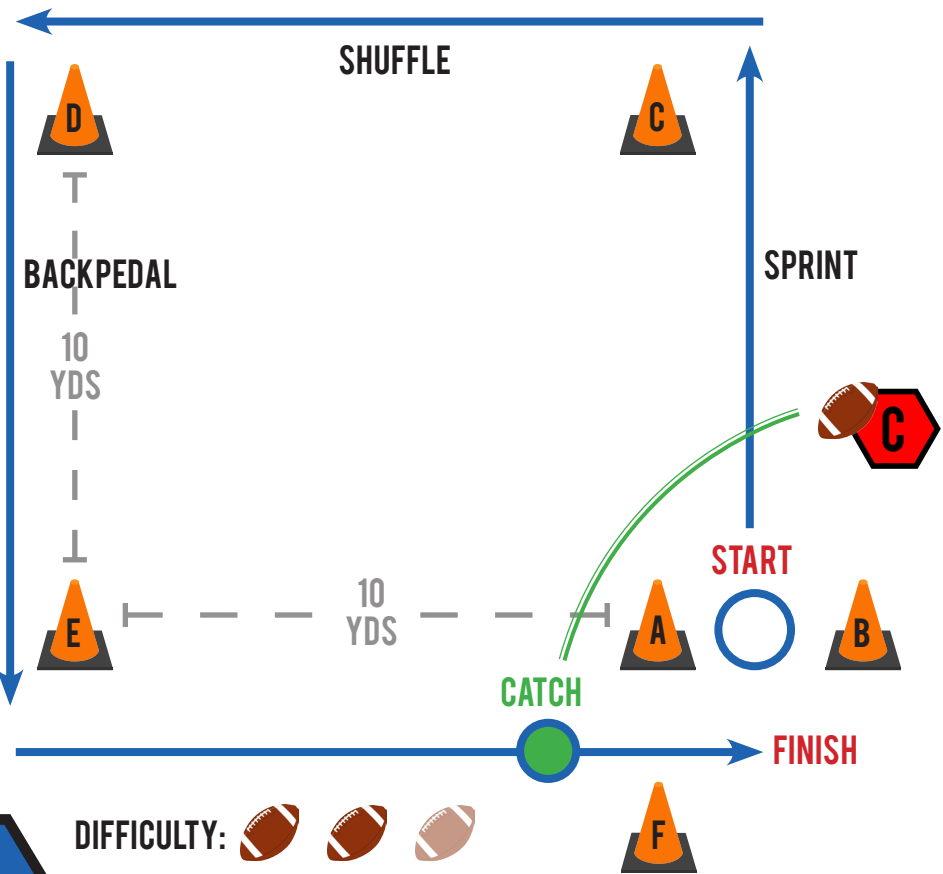
# OFFENSIVE DRILLS

**Drill:**

- Player starts in between A and B, and sprints to C.
- Player shuffles from C to D.
- Player backpedals from D to E.
- Player sprints from E to A/F, and catches ball before finish.

**This drill is useful because:**

- It conditions players and develops an ability to catch the ball while tired.



## BOX TROT

DIFFICULTY:



## PRO FORMATION COUNTER DRILL

DIFFICULTY:



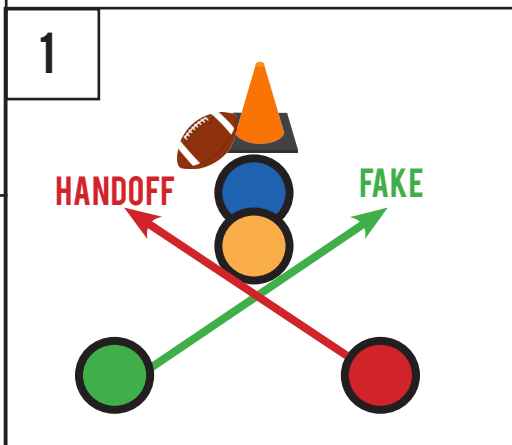
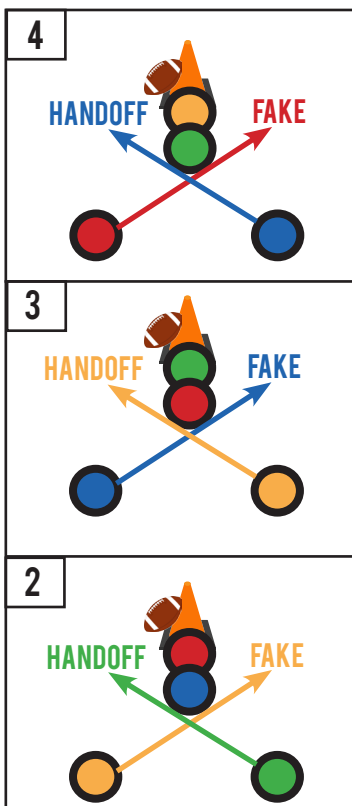
**This drill is useful because:**

- It practices a play in playbook and allows players to learn all positions.

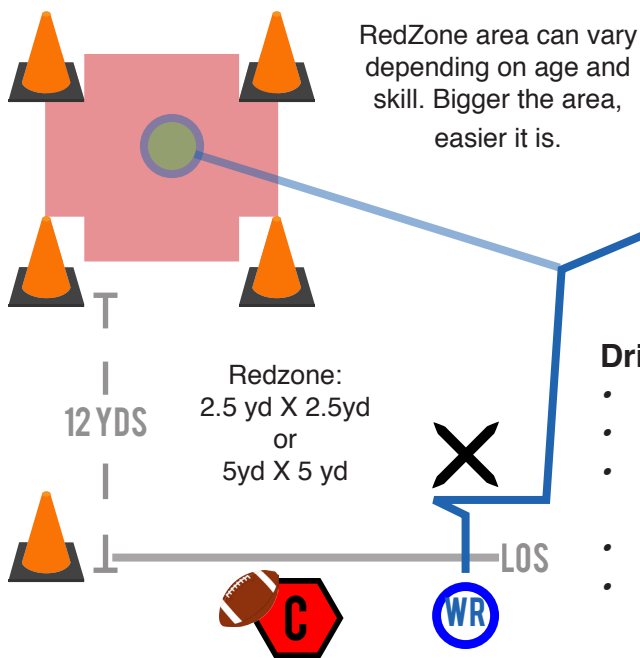
**Drill:**

- Four cones are stacked ten yards in front of one another.
- Four players line up as in diagram 1 in front of first cone.

- Each player will rotate through all of the positions, as shown in diagram.
- In diagram one, blue snaps the ball to yellow. Yellow fakes a handoff to red, and hands the ball off to green.
- Players move forward to next cone, and switch positions, as shown in diagram two.
- Players run through four diagrams and finish.



# OFFENSIVE DRILLS



**This drill is useful because:**

- It develops players' ability to train as a receiver and get open, and helps the defender learn how to play man-to-man.

**Drill:**

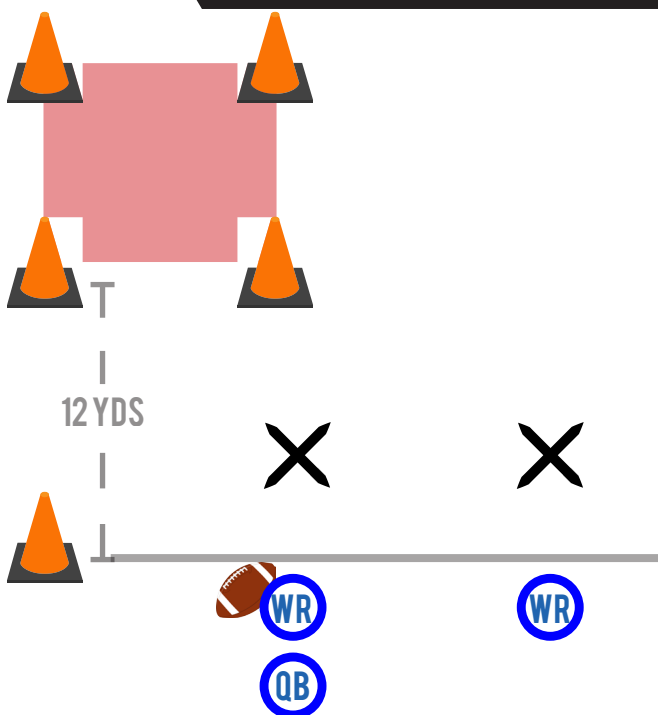
- Offensive player lines up at line of scrimmage.
- Defensive player plays man-to-man.
- Coach (or QB) yells hike, WR tries to evade defender and get into the RedZone to catch the ball.
- Offensive player can only catch ball in RedZone.
- This shows one route the offensive player can take, but he can run any route he chooses.
- Coach/QB watches and leads WR with pass.

## LEADING THE RECIEVER

DIFFICULTY: 3

## ADVANCED LEADING THE RECIEVER

DIFFICULTY: 3



**This drill is useful because:**

- It develops players' ability to train as a receiver and get open, and helps the defender learn how to play man-to-man and read the quarterback.

**Drill:**

- Same rules as above drill except there are two receivers and two defenders.
- One of the receivers snaps the ball to the QB.
- Preferred: Use QB instead of Coach.

# QUARTERBACK DRILLS

Your quarterback is one of the most critical players on your flag football team, especially for older leagues, where they pass the ball more frequently. In order to be successful, your team **must** have a powerful quarterback.

Ideally, the quarterback should be a team leader. He should control the huddle and be able to motivate **all** players without viewing himself as being above or more important than the others.

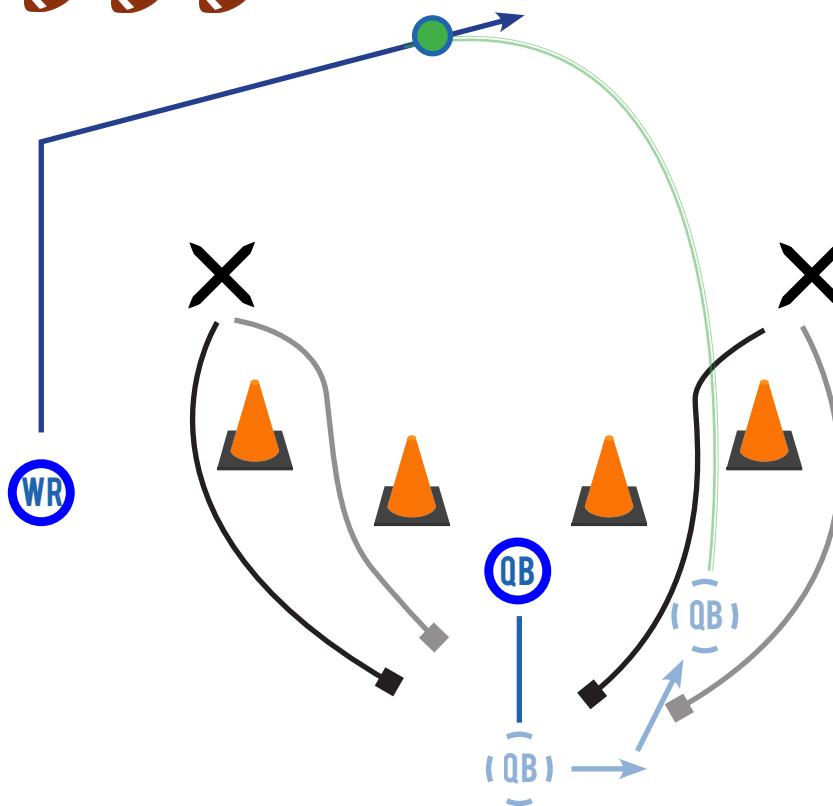
## The most powerful quarterbacks:

- ▶ Have the ability to throw the ball deep and accurately.
- ▶ Can maneuver through the pocket and dodge rushing defenders, while remaining calm and ready to throw.
- ▶ Knows the routes of every offensive position for every play.

As a coach, you should spend time developing your quarterback's skills and ability.

# QB DRILLS

DIFFICULTY: 



## AVOID THE RUSH

### Drill:

- QB lines up in the middle of four cones. Two defenders line up above outside cones. WR lines up on either side.
- QB snaps the ball, does a 3-step drop back, and sets up.
- Defensive players rush. One goes inside, the other goes outside.
- QB shuffles to the side or up in the pocket to avoid the rush.
- QB repositions himself and throws the ball to the receiver.

### Tips for QB Movement:

- Do not move farther back as the rush comes. Instead, step to the side, and up in the pocket.
- Eyes should remain focused down field. QB should see rushers out of his peripherals and react.
- QB should not immediately throw the ball when the rushers come. The objective of this drill is for him to avoid the rush and then throw.
- QB should try to always remain in the throwing position.

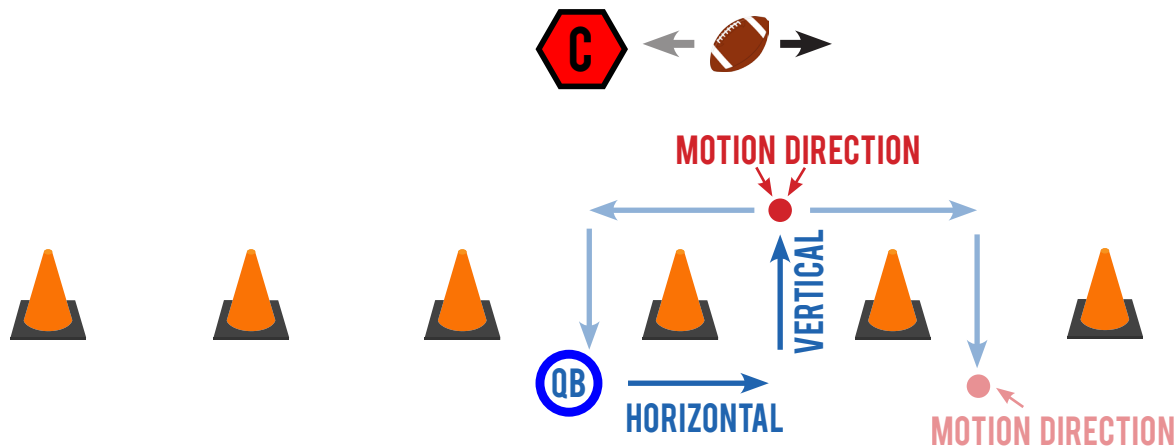
### Tips for Defense:

- One rushes inside, the other rushes outside.
- Begin by running half speed. Increase speed as QB gets more comfortable.



# QB DRILLS

DIFFICULTY: 



## QB SHUFFLE

### Drill:

- QB lines up just behind the middle of the four cones.
- Coach makes side movement with ball.
- QB shuffles to the side the coach motions to, then moves up through the gap.
- Coach motions to another side with the ball.
- QB shuffles to the side the coach motions to, then moves back.
- Continue drill for as long as desired.

### Tips for QB Movement:

- QB's shoulders should always be facing the coach, and he should always have his eyes on the ball.
- QB should always have the ball up and in throwing position.
- QB should focus on controlled movement before speed.

### Tips for Coach:

- Coach motions a direction only after the QB makes a horizontal and vertical movement.

# DEFENSIVE DRILLS



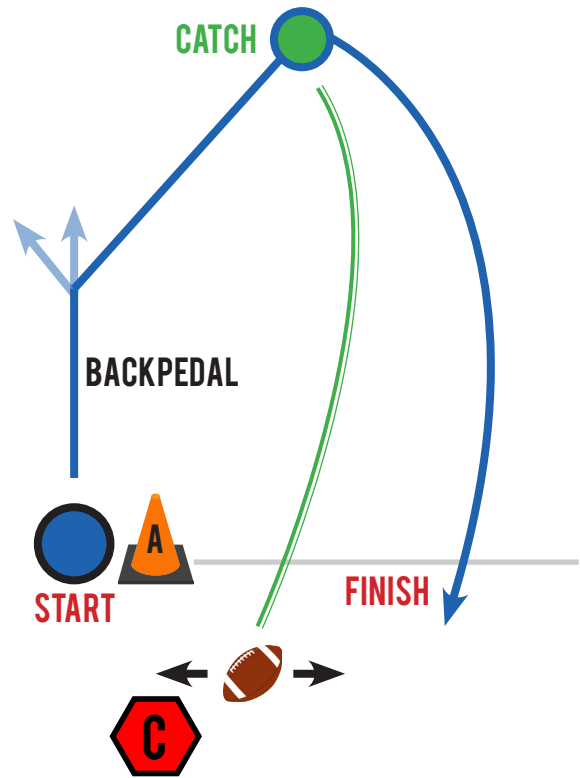
# DEFENSIVE DRILLS

**Drill:**

- Player starts at A, facing coach.
- Coach yells hike, player runs backwards.
- Coach directs left or right with ball, player responds by following ball while continuing backwards.
- Coach may do 2 or 3 directions.
- Coach passes ball, and player catches ball at highest possible point, and runs back

**This drill is useful because:**

- Great defensive back drill. Teaches them how to simultaneously back pedal, focus on the ball, and react.

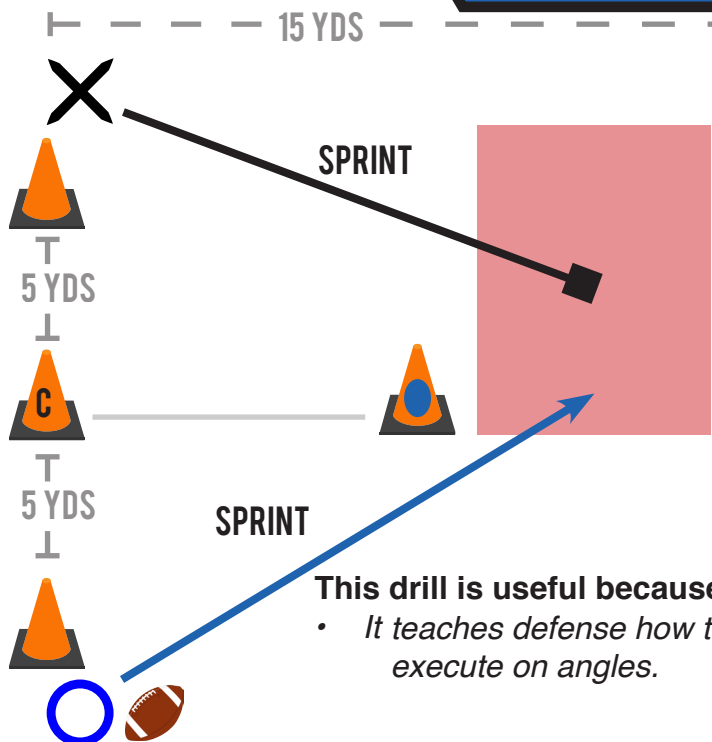


## THE DB REACTION

DIFFICULTY: 3

## SWEEP DRILL

DIFFICULTY: 3



**This drill is useful because:**

- It teaches defense how to execute on angles.

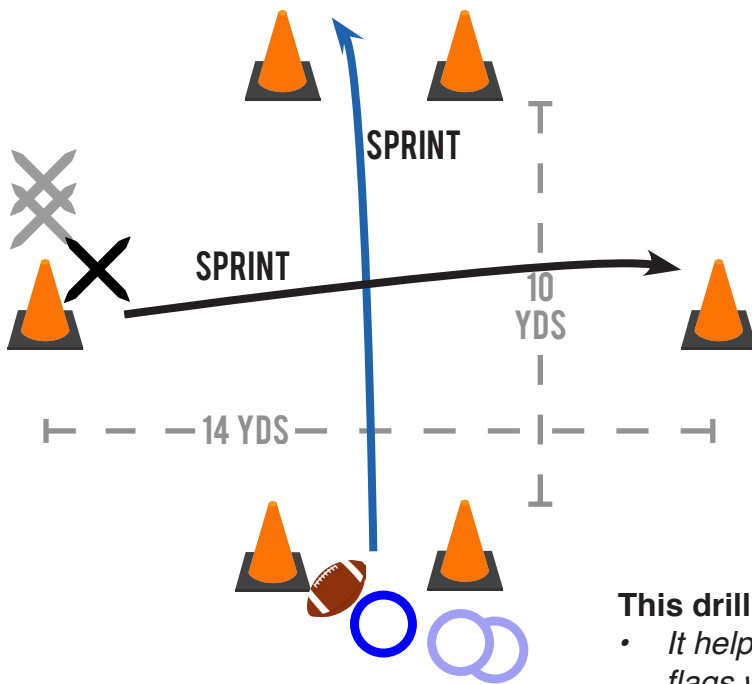
**Drill:**

- Offense and defensive player run toward the sideline.
- Offensive player tries to get past the defensive player. He may not cut until he passes the blue cone.
- This will teach the defensive player to find the right angle of attack.
- Stress to the defense that, if beat, they must force offensive player back to the middle of the field.
- Stress to defense that they cannot let offense run up the sideline.

**Key:**

- C cone = center/line of scrimmage
- S cones = sidelines
- Blue cone = offensive cut marker

# DEFENSIVE DRILLS



**Drill:**

- Offensive player carries ball and runs straight, as fast as he can to designated cones.
- Defensive player runs to his designated cone.
- As they pass each other, the defensive player tries to grab the offensive players flag.
- When flag is pulled, leave it in the field, and pick them up after everyone has gone.
- The offensive player does not juke, as this is a drill that focuses specifically on flag pulling skills.
- Once all players have gone, repeat on opposite side.

**This drill is useful because:**

- It helps defensive players develop an ability to pull flags will running at full speed.

## ONE ON ONE FLAG PULLING

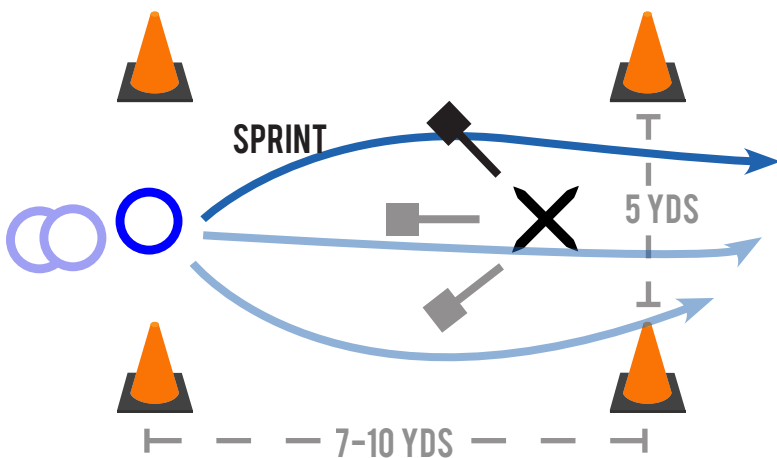
DIFFICULTY: 🏈 🏈 🏈

**This drill is useful because:**

- It helps defensive players develop an ability to pull flags from multiple running players.

## THE GAUNTLET

DIFFICULTY: 🏈 🏈 🏈



**Drill:**

- Defensive player lines up within squared area, closer to end.
- Offensive player lines up on beginning side.
- Offensive player rushes and tries to get past defensive player, and past final cones.
- Defensive player tries to grab flags.
- This drill is quick, once the offensive player passes the defensive player, the next offensive player goes.
- Change positions and repeat drill until everyone has played defense.

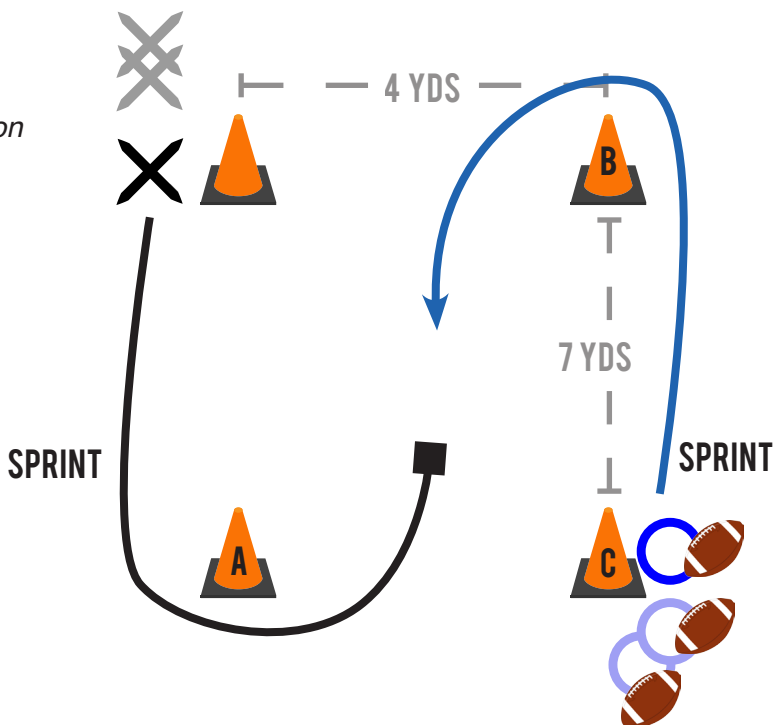
# DEFENSIVE DRILLS

**Drill:**

- Defensive and offensive players line up on opposite corners.
- Coach blows whistle.
- Defensive player runs around cone A
- Offensive player runs around cone B
- Now it's a one-on-one. Defense tries to stop offensive player from getting past cones A and C.

**This drill is useful because:**

- It helps players develop an ability to stop, square up, and pull a flag after having run at full speed.

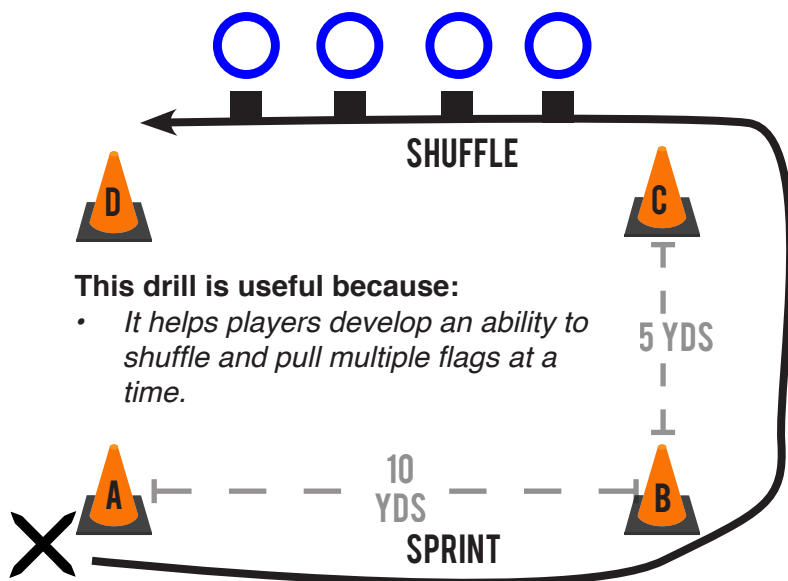


DIFFICULTY:

## SLAKE DRILL

## LINE OF FLAGS

DIFFICULTY:



**This drill is useful because:**

- It helps players develop an ability to shuffle and pull multiple flags at a time.

**Drill:**

- Defensive player begins at cone A, and sprints to cone B, then to cone C.
- When he reaches cone C, he shuffles from C to D.
- He keeps his shoulders facing the offensive players, who are lined up in between C and D.
- Defensive player pulls one flag from each offensive player as he shuffles from C to D.

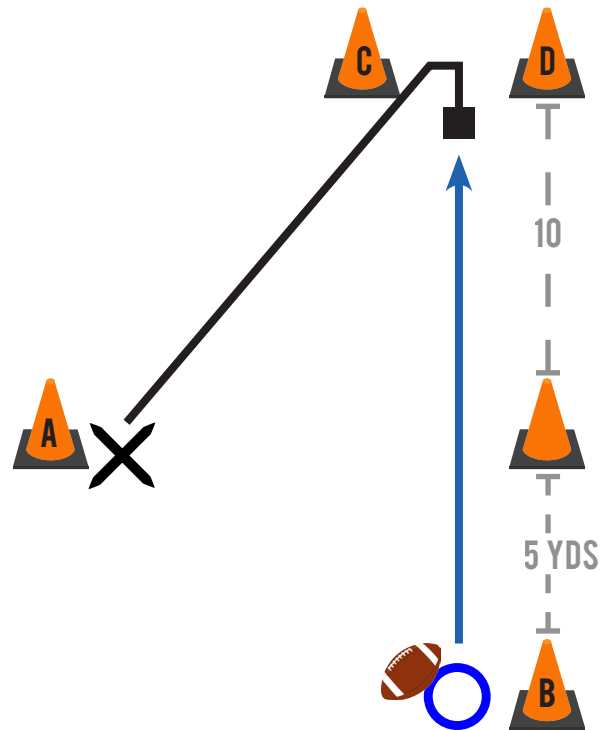
**Tips:**

- Make sure offensive players are close enough to line so defensive player does not have to break his shuffle to get a flag.
- You can use more offensive players if you'd like.

# DEFENSIVE DRILLS

**Drill:**

- Defensive player lines up at cone A.
- Offensive player lines up at cone B.
- Coach blows whistle, defensive and offensive player sprint to gap between C and D.
- Defensive player is closer, and should beat offensive player.
- Defensive player gets to gap, turns and squares up to approaching offensive player.
- Offensive player tries to run directly through C/D gap. Defensive player pulls flag.



**This drill is useful because:**

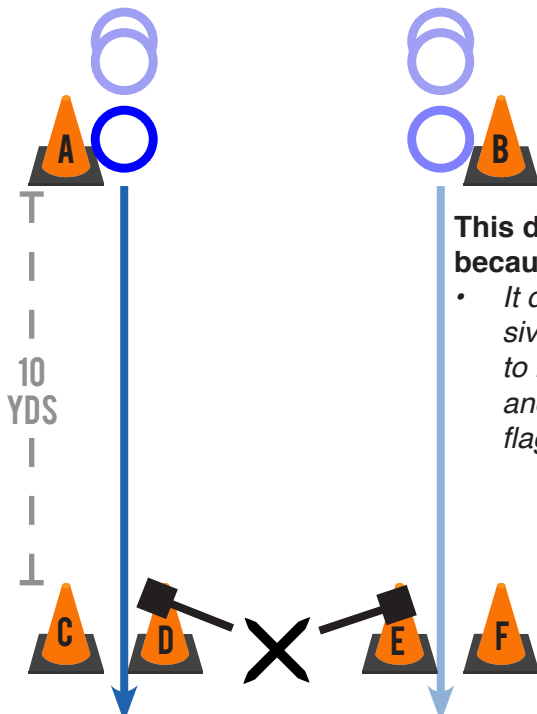
- It helps defensive players develop an ability to execute an angle at full speed, square up, and pull a flag.

**PREPARE THE ANGLE**

DIFFICULTY:

DIFFICULTY:

**RAPID FIRE FLAG PULL**



**This drill is useful because:**

- It develops defensive players' ability to respond quickly and pull multiple flags.

**Drill:**

- Defensive player chops feet (runs in place) in D/E gap.
- Offensive player from line A sprints through C/D gap, defender grabs flag.
- Offensive player from line B sprints through E/F gap, defender grabs flag.
- A and B lines alternate until complete.

**Tips:**

- Defensive player should never be standing still, he should always be chopping feet (running in place. The higher they raise their knees the better).
- C/D and E/F gap should be close enough to Defender so he can reach them with about arm's length.
- Best if there are 3 or more offensive players in each line.

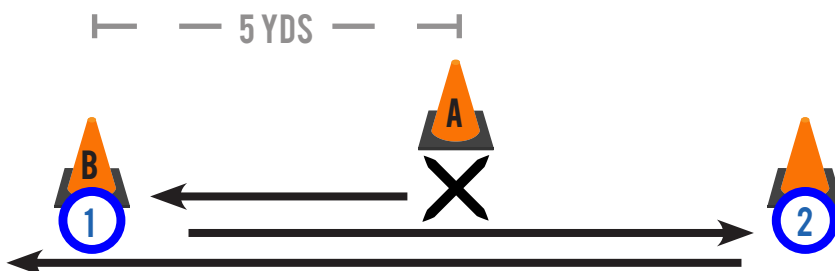
# DEFENSIVE DRILLS

**Drill:**

- Defensive player begins at cone A.
- Defensive player sprints to offensive player 1, pulls and drops flag.
- Defensive player sprints to offensive player 2, pulls and drops flag.
- Defensive player sprints past cone B to finish.

**This drill is useful because:**

- It develops defensive players' ability to run full speed, have explosive starts, stop, pull a flag, and change direction.

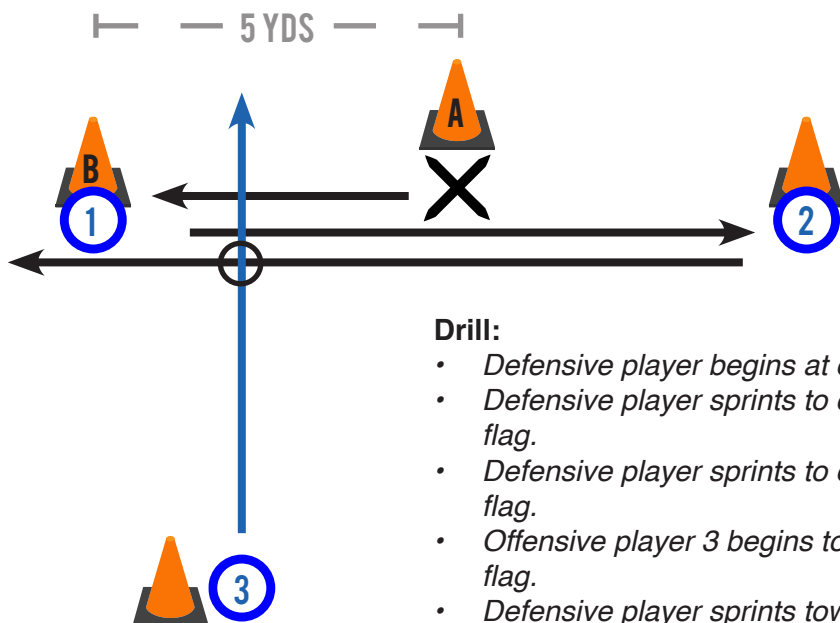


DIFFICULTY: 

## DEFENSE SHUTTLE

### ADVANCED DEFENSE SHUTTLE

DIFFICULTY: 



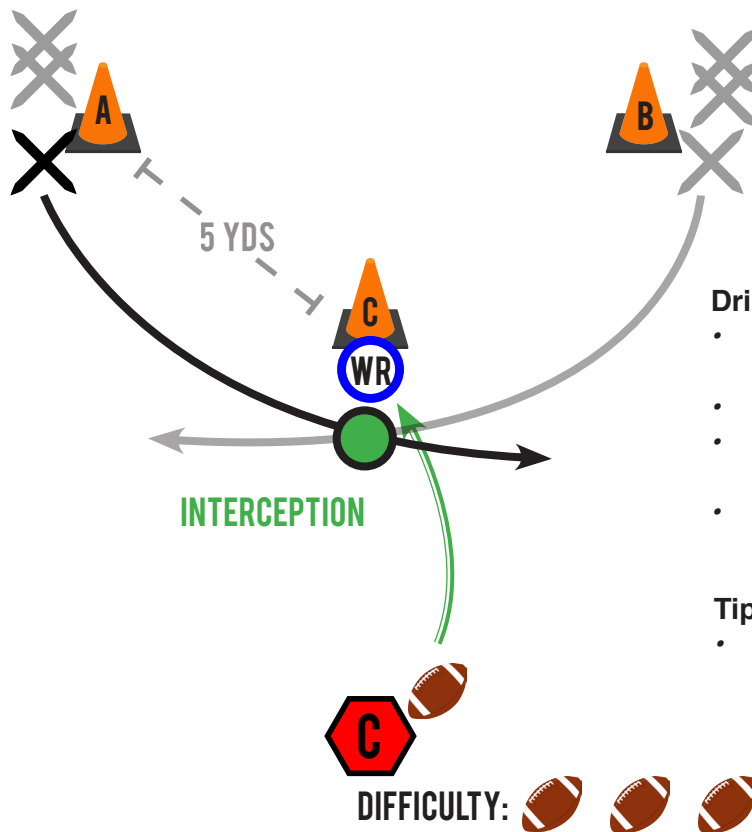
**This drill is useful because:**

- It develops defensive players' ability to run full speed, have explosive starts, stop, pull a flag, and change direction.

**Drill:**

- Defensive player begins at cone A.
- Defensive player sprints to offensive player 1, pulls and drops flag.
- Defensive player sprints to offensive player 2, pulls and drops flag.
- Offensive player 3 begins to run once defender pulls second flag.
- Defensive player sprints toward cone B. On his way, he will pass offensive player 3, and he will pull his flag.
- Defensive player runs past cone B to finish.

# DEFENSIVE DRILLS



**This drill is useful because:**

- It develops defensive players' ability to execute angles and catch interceptions.

**Drill:**

- Defensive players line up at cones A and B.
- WR lines up at cone C.
- Coach passes ball to WR, A-Defender cuts in front and intercepts.
- Repeat: Coach passes ball, B-Defender cuts in front and intercepts.

**Tips:**

- Coach should throw different styles of passes: high, low.

DIFFICULTY:

## INTERCEPTION DRILL

DIFFICULTY:

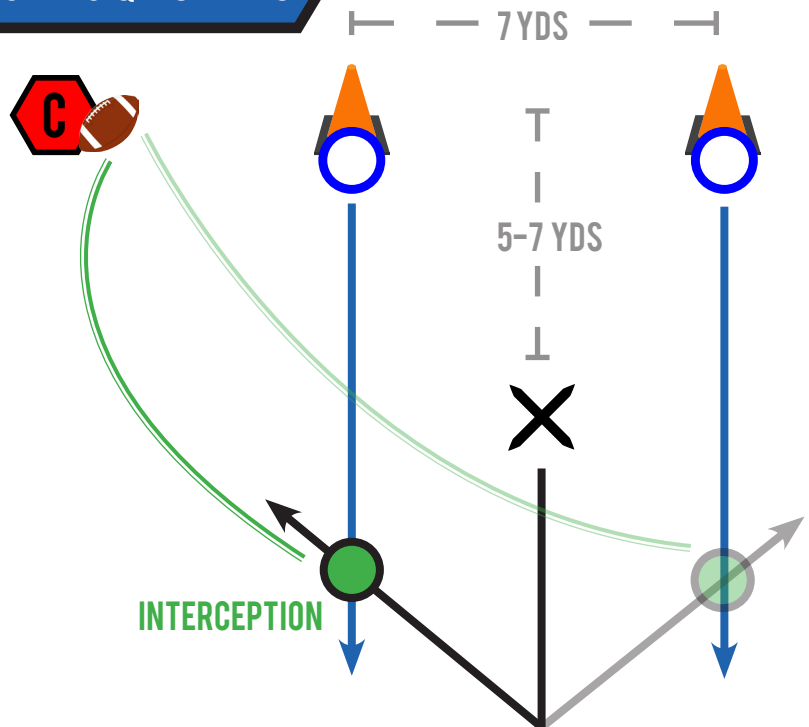
## WATCHING QB'S EYES

**Drill:**

- Defensive player lines up in between two wide receivers, 5 to 7 yards in front of them.
- Coach yells hike, and both receivers run straight pattern.
- Defender backpedals, stays in middle, and keeps eyes on QB/Coach.
- Coach chooses one receiver to look at, and passes the ball to him.
- Defensive player chooses receiver and goes for interception, block, or flag pull (if ball is caught).

**Tips:**

- QB/Coach chooses and keeps eyes on one receiver.
- Receivers do not juke.
- Back up the defenders starting position if receivers are passing him too quickly.



**This drill is useful because** it develops defensive players' ability to read the QB.



# DEFENSIVE RUSHING

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## IMPORTANCE OF A QUALITY RUSHER:

Having or not having a quality rusher will have a tremendous impact on your team, both physically and mentally. They are the difference between letting the quarterback have 3 seconds or 10 seconds in the pocket. A quarterback that doesn't have enough time to set up and pass will bring down every offense.

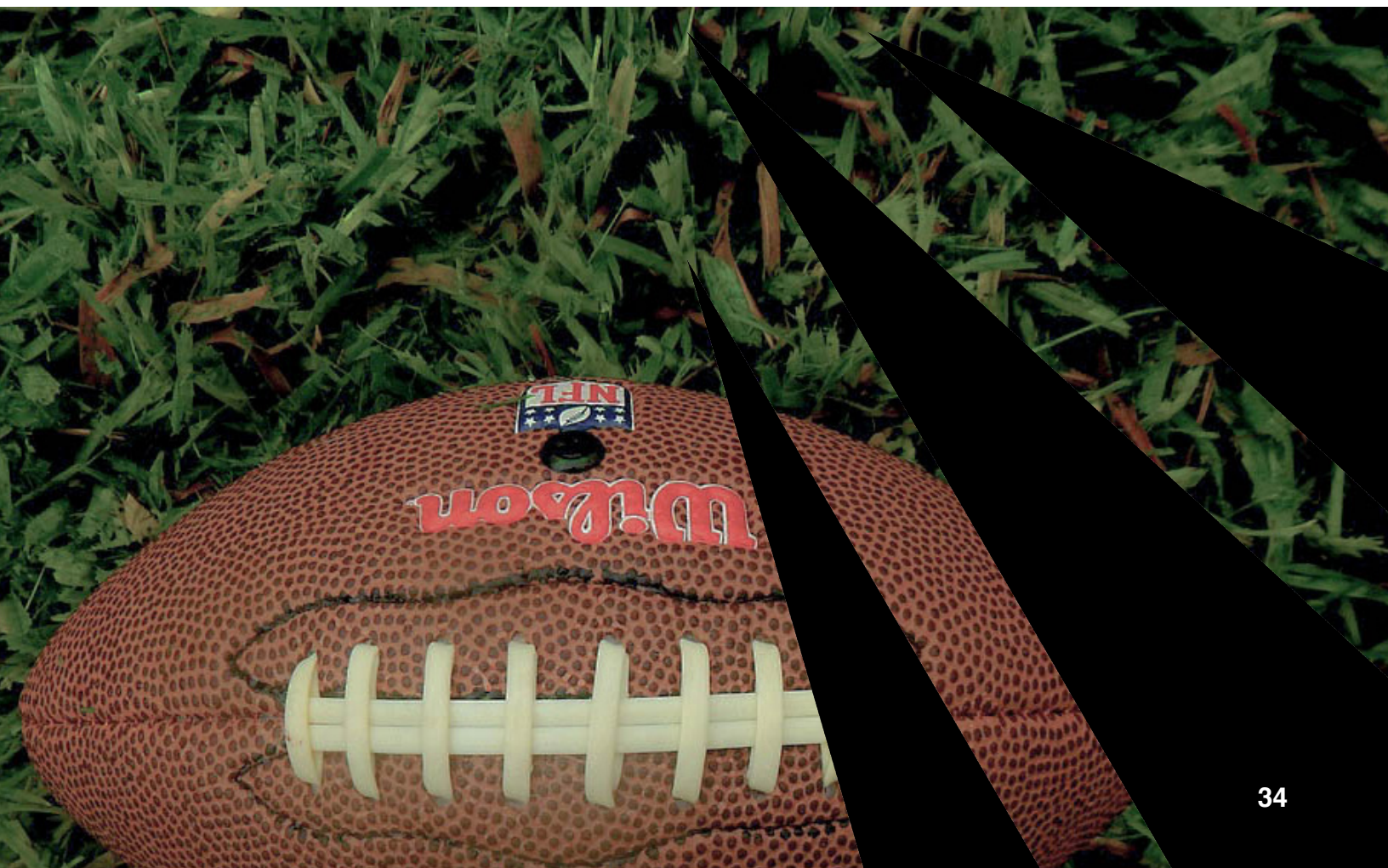
## THE EFFECTIVE RUSHER

- Approaches the QB under control, and with the ability to react and change direction.
- Does not have to be the fastest player. A good quarterback will be able to get them to over commit, giving him 3 or 4 more seconds in the pocket.

## NUMBER OF RUSHERS

Typically, you will have one rusher. However, there will be situations where having multiple rushers will be valuable. Knowing when to do this will come with experience, as there is no one rule that dictates to when you should.

# OFFICIAL PLAYBOOK

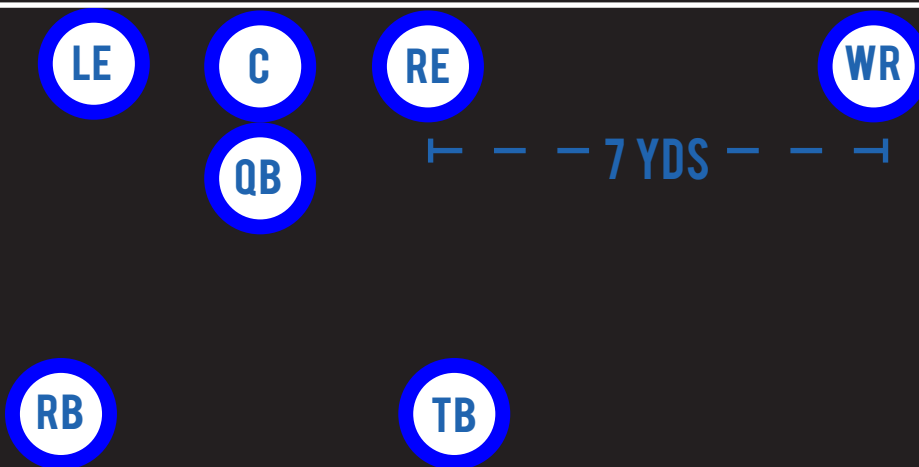


# FORMATION

# PRO RIGHT

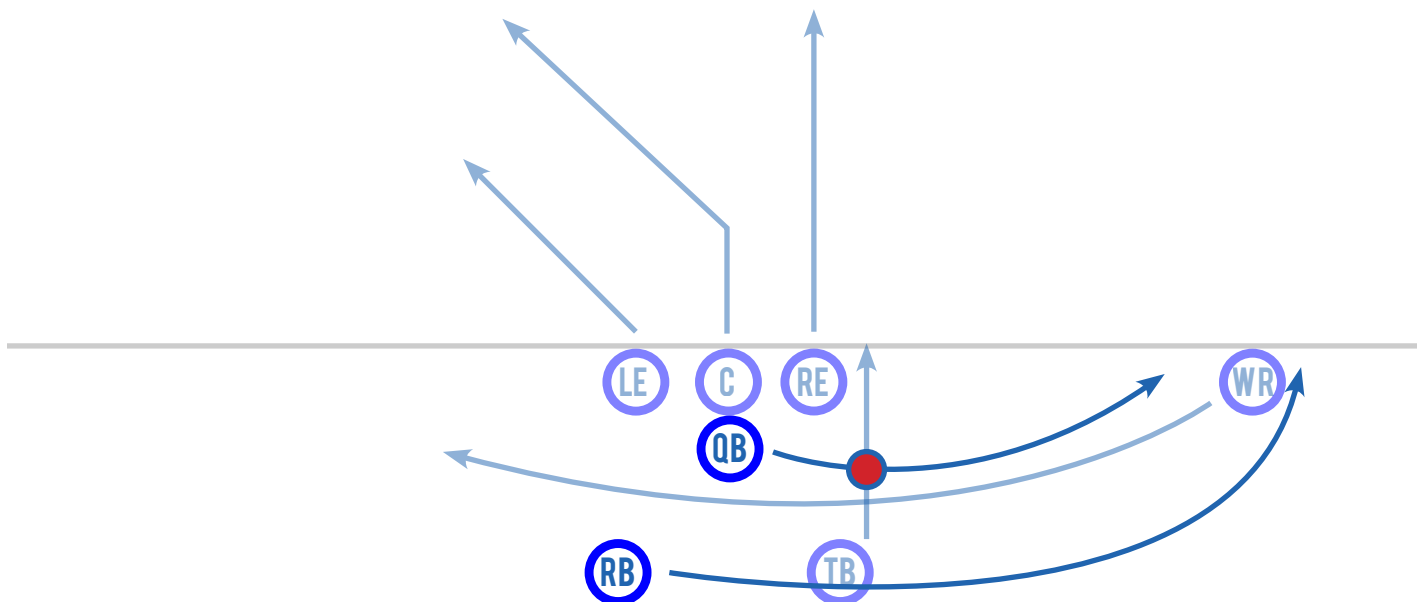
► For Pro Left Formation, switch WR to left side.

**QB** = Quarterback  
**RB** = Running Back  
**TB** = Tail Back  
**WR** = Wide Receiver  
**LE** = Left End  
**C** = Center  
**RE** = Right End



# PRO RIGHT

DIFFICULTY:    **RUN.**



## PRO RIGHT OPTION RIGHT

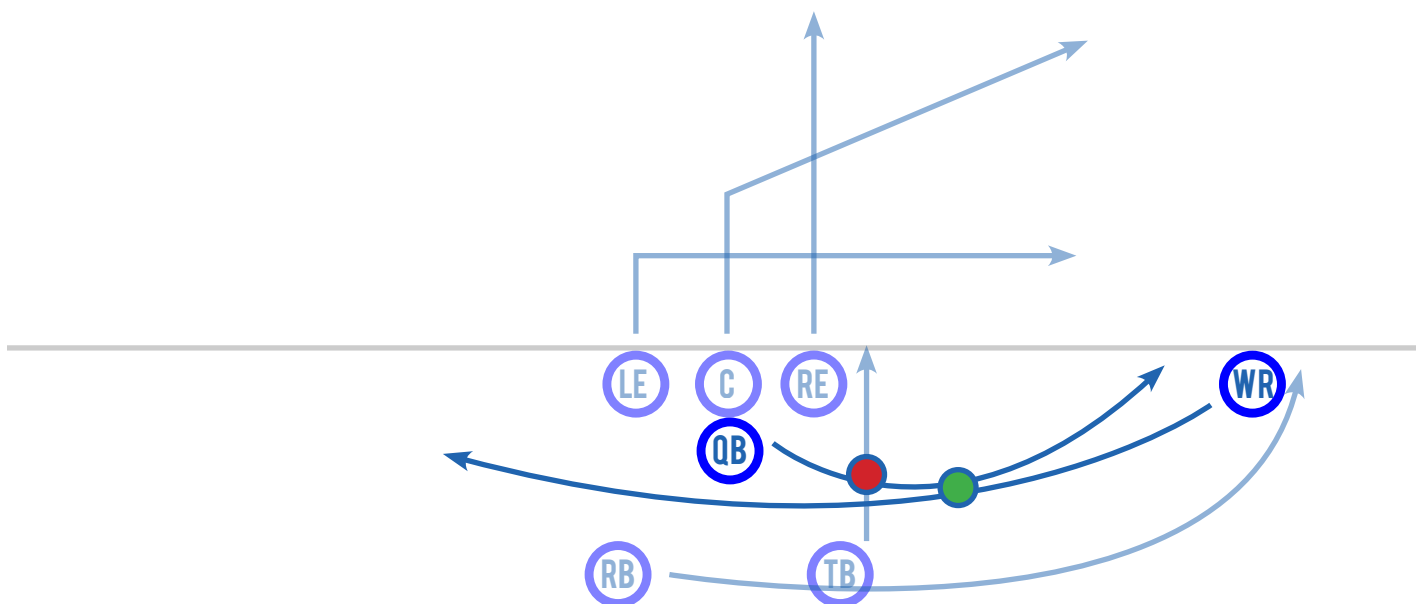
- QB yells hike, receives ball, and turns right. QB fakes handoff to TB. QB continues right sweep and has RB on his outside for option receiver.
- RB sweeps right and stays outside of QB. RB is the pitch option.
- LE, C, RE run diagrammed routes to draw defenders away from the right side.
- WR sweeps left, in between QB and RB to throw off defenders.

### Tips:

- This play is designed to draw the defenders away from the running side of the QB and RB. By having the LE, C, RE, and WR run routes away from the running side, the QB and RB should have a less defended running lane.

# PRO RIGHT

DIFFICULTY:    **RUN.**



## PRO RIGHT FAKE OPTION REVERSE LEFT

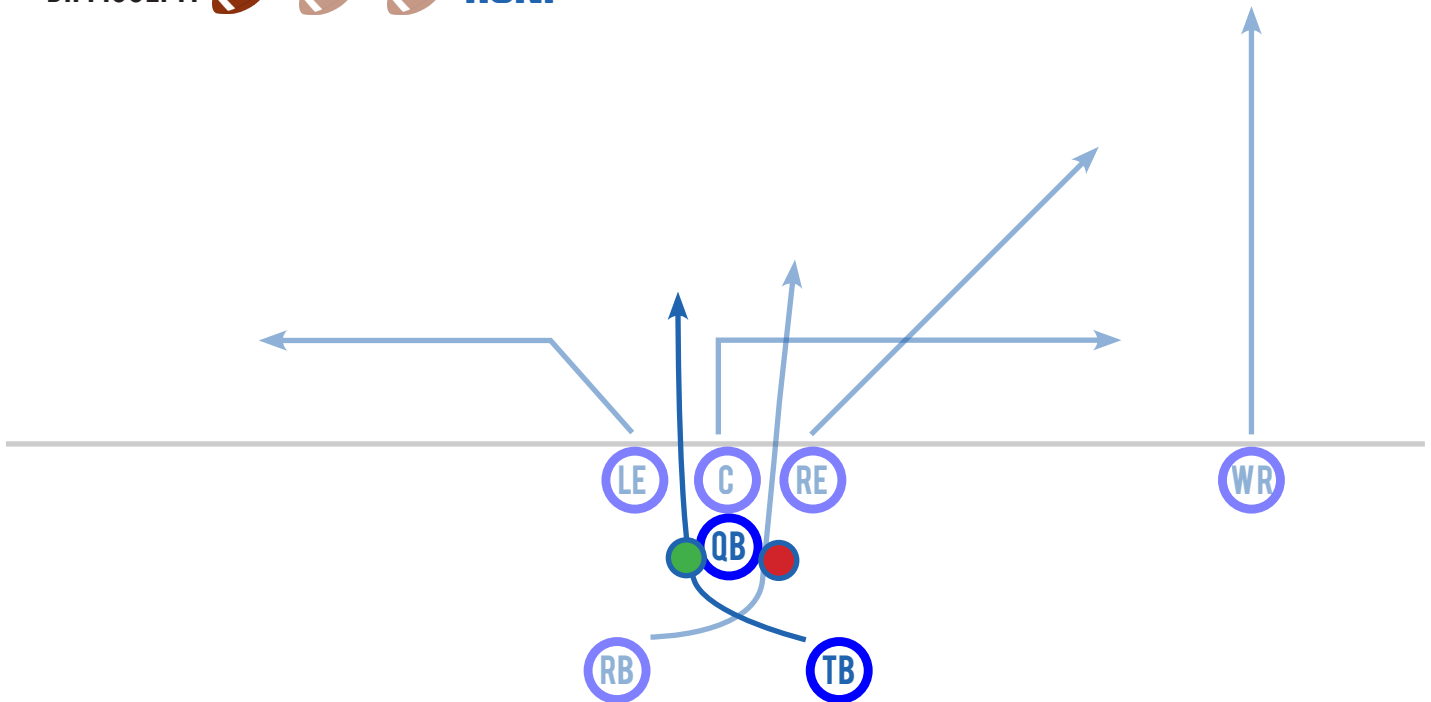
- QB yells hike, receives ball, and turns right. QB fakes handoff to TB. QB continues right, as if it were option play. QB hands ball off to WR sweeping left. QB continues route to fake option.
- WR sweeps left once ball is snapped. WR receives handoff and continues left with the ball.
- RB sweeps right and fakes option play with QB.
- LE, C, RE run diagrammed routes to draw defenders away from the left side.

**Tips:**

- This play has the QB, RB, and WR running the same routes as the “Pro Right Option”, meaning that some defensive players may mistake it for a right-side option (if they had seen it run before), when in reality, the play is going to the left side. The LE, C, and RE run routes to the right side to draw defenders away from the WR running lane.

## PRO RIGHT

DIFFICULTY:    **RUN.**



### PRO RIGHT COUNTER LEFT

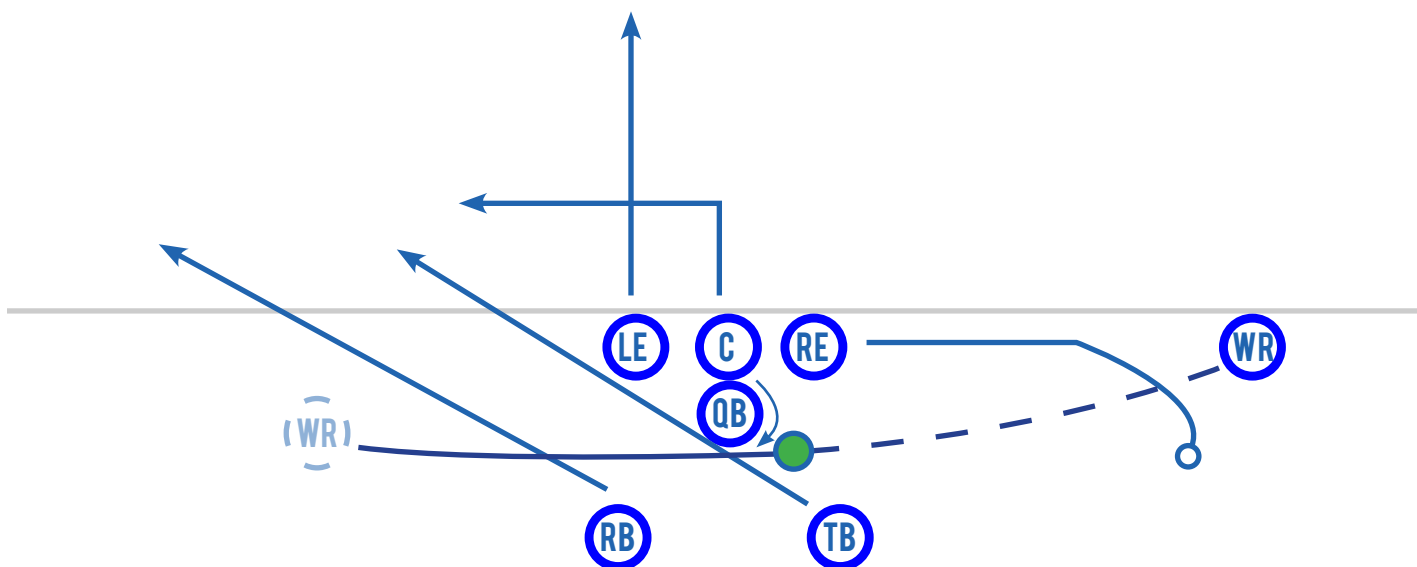
- QB yells hike and receives ball. QB fakes right handoff to RB. QB hands ball to TB on the left.
- RB fakes run to the right side.
- TB receives ball on left side.
- LE, C, RE, WR run diagrammed routes to draw defenders away from TB gap.

**Tips:**

- This play is designed for a short gain. Faking a handoff to the right side and immediately handing the ball off to the left should give the TB enough time to get a few yards or break free for a long run. The LE, C, and RE run routes that will draw defenders away from the running lane.

# PRO RIGHT

DIFFICULTY:    **PASS.**



## PRO RIGHT REVERSE RIGHT PASS

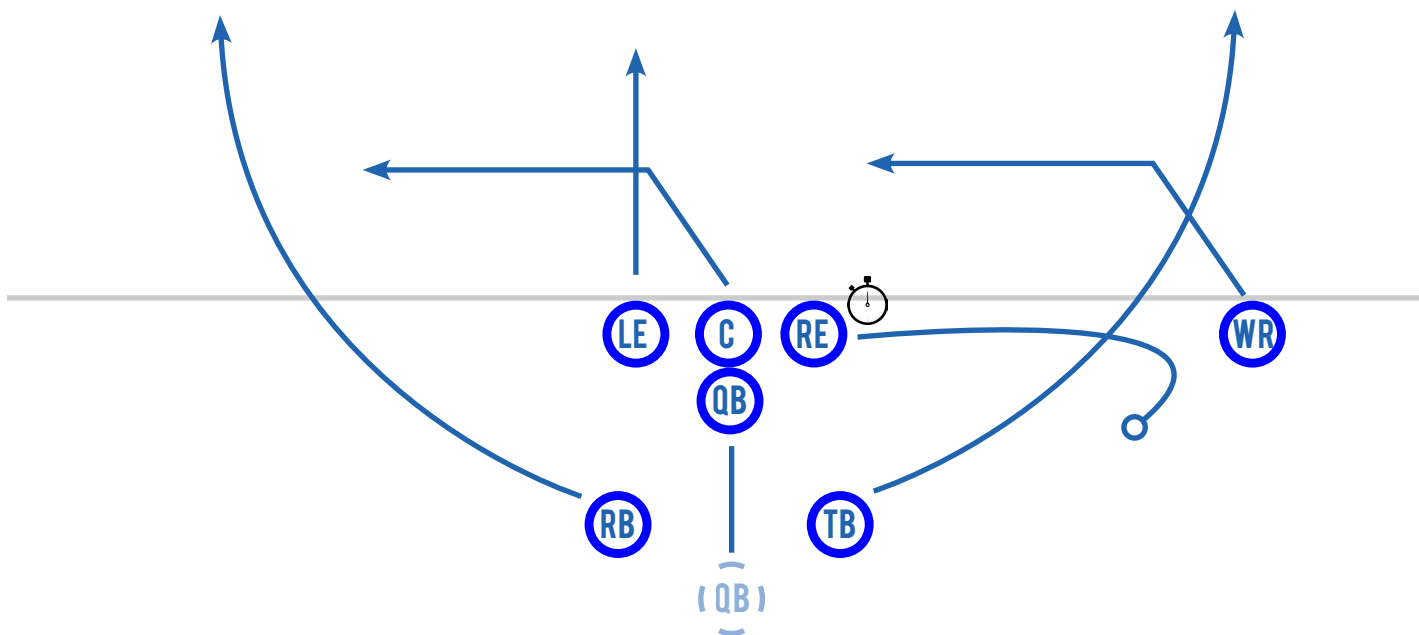
- QB signals to motion WR. QB yells hike, receives ball, and turns right to give ball to WR.
- WR motions towards QB. WR receives ball and runs to designated area. WR scans the field for pass opportunity.
- LE, C, RB, TB run diagrammed routes and get open for pass.
- RE runs diagrammed screen route for pass opportunity.

### Tips:

- This play is designed to throw off the defensive players for a second. If successful, more than one defensive player will rush the WR, leaving more than one offensive player open for a pass. If no up field offensive player is open, be mindful that the RE is running a screen pass on the right side.

# PRO RIGHT

DIFFICULTY:    **PASS.**



## PRO RIGHT SCREEN

- QB yells hike, receives ball, and drops back.
- RB and TB flare out in opposite directions for pass opportunities.
- LE runs fly route for pass opportunity.
- C runs out route for pass opportunity.
- RE **waits 3 seconds** and runs diagrammed route for screen opportunity.
- WR runs in route for pass opportunity.

**Tips:**

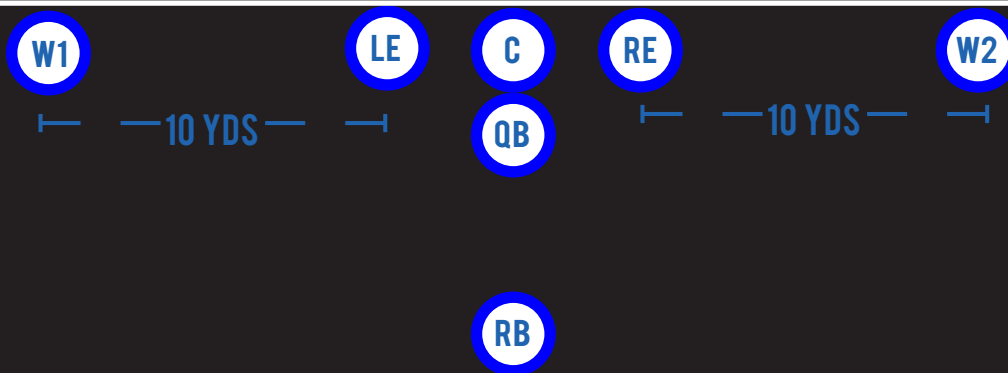
- This play is useful if the QB has a good throwing arm. The QB should scan the right side (look for TB), left side (look for RB, LE, C), then right again (look for RE). Having the WR run a route to the left should immediately, but temporarily, open up the TB running lane. If TB is not open, scan left side. If RB, LE, or C is not open, look back to right for RE. Having RE wait 3 seconds may cause the defender to leave him and cover someone else, leaving him open.



# FORMATION

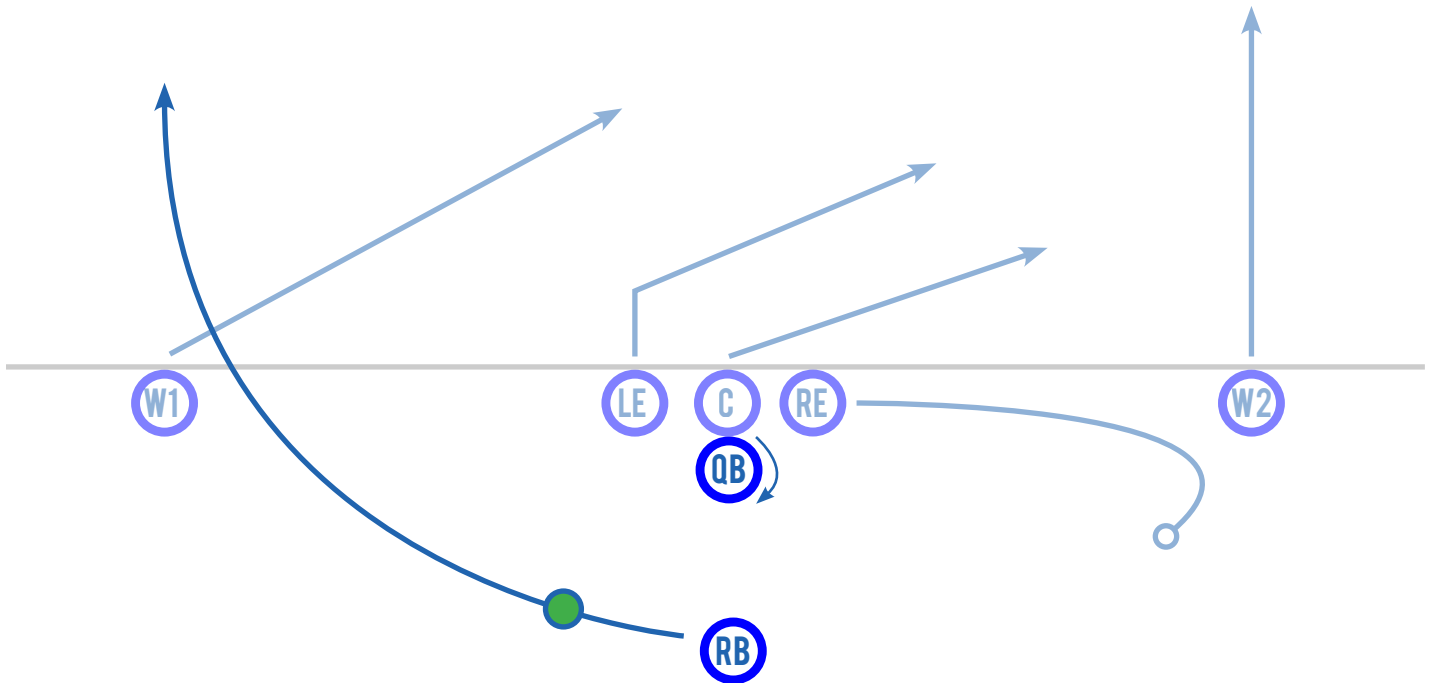
# I FORMATION

**QB** = Quarterback      **LE** = Left End  
**RB** = Running Back    **C** = Center  
**W1** = Wide Receiver 1   **RE** = Right End  
**W2** = Wide Receiver



# I FORMATION

DIFFICULTY:    **RUN.**



## I PITCH LEFT

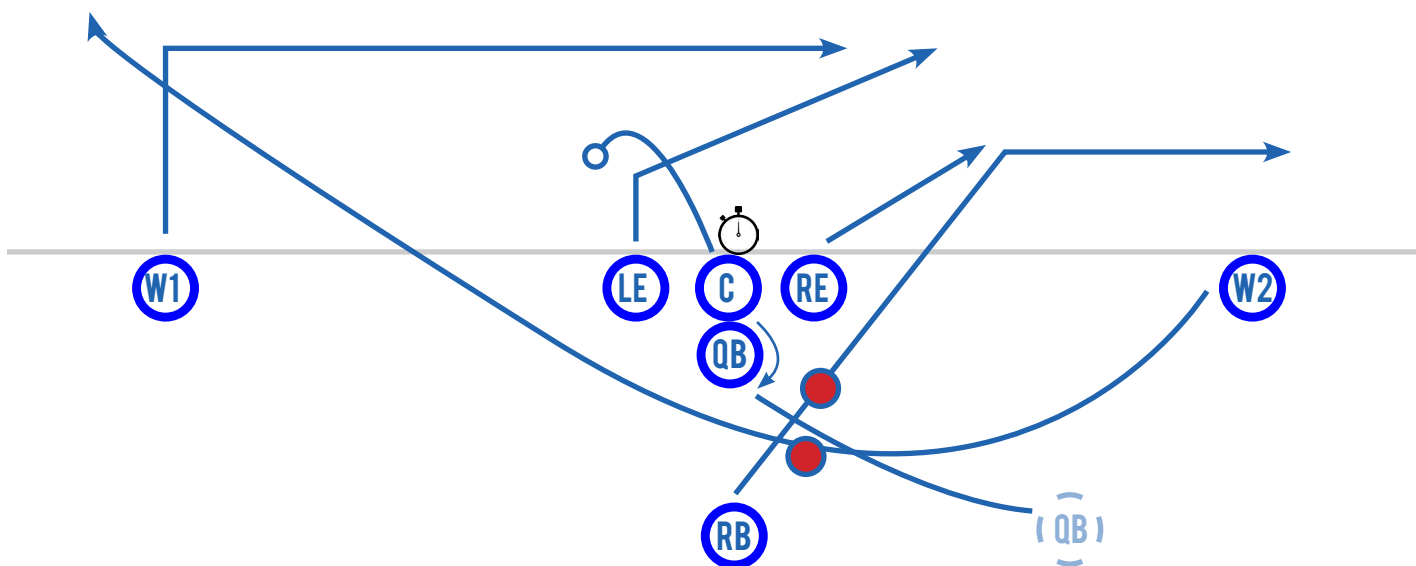
- QB yells hike and receives ball. QB pitches left to running back. QB runs to right, faking he has ball.
- RB receives pitch and finds a gap to the left.
- WR, LE, C run diagrammed routes to draw defenders away from RB.
- RE runs screen route to right to draw defender into offensive backfield.
- W2 runs fly pattern to end zone to draw defenders away from RB gap.

**Tips:**

- This play is most useful if you have a fast running back. You should also put your fastest wide receiver as W2, as defenders will inherently assume the play is going to the right side. Having W1, LE, C, and RE run routes to the right will draw defenders to the right side, away from the RB running lane.

# I FORMATION

DIFFICULTY:    **PASS.**



## I FAKE REVERSE FLOOD RIGHT

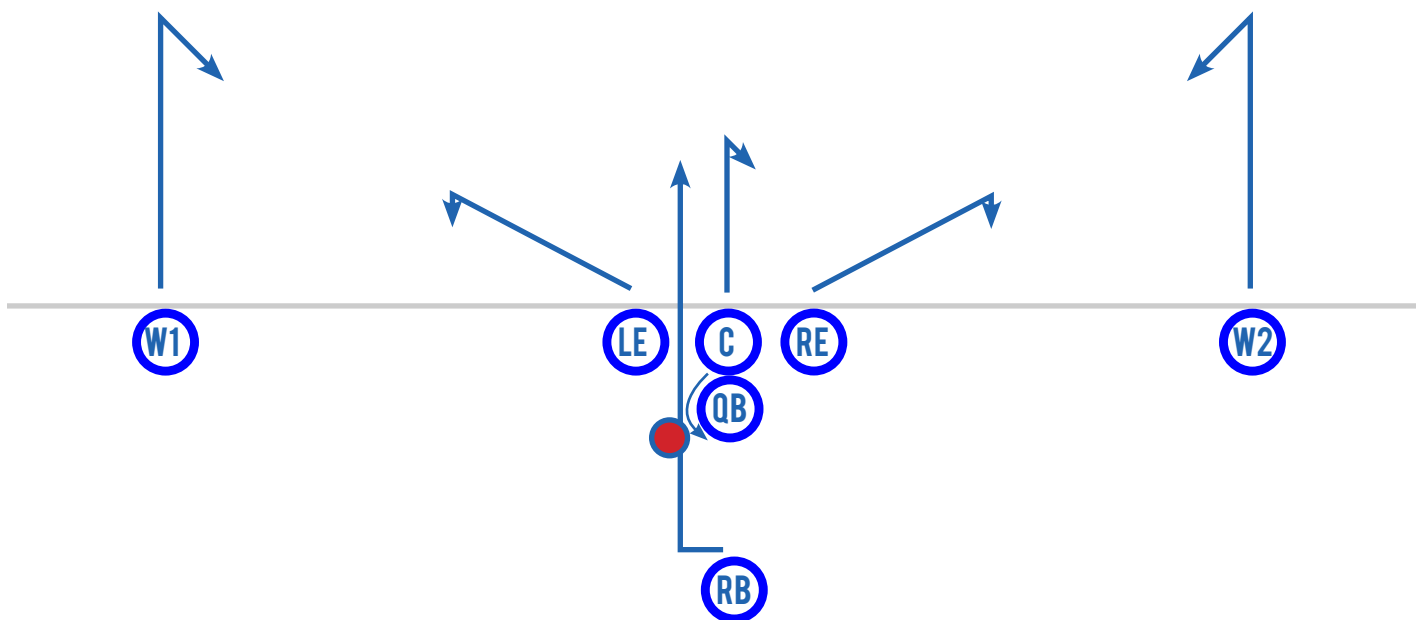
- QB yells hike, receives ball, and turns right. QB fakes handoff to RB. QB fakes handoff to W2. QB lines up in designated throwing area and scans field for pass.
- RB fakes handoff. RB runs though fake until passes the line of scrimmage. RB runs out pattern to the right.
- W2 sweeps left when ball is snapped. After QB fakes ball to RB, W2 runs past QB and receives fake handoff. W2 continues left sweep, faking he has the ball.
- W1, LE, RE run diagrammed routes and get open for pass.
- C **waits 3 seconds** and runs diagrammed route.

### Tips:

- This is a fast, complex pass play. When the defense realizes that the RB received a fake handoff, they may leave him alone, making him open once QB gets in pocket. Faking a second handoff to W2 will draw defenders to the left side, as they will not assume there will be two fake handoffs, leaving LE, RE, W1, and RB open on right side.

# I FORMATION

DIFFICULTY:  **PASS.**



## I FAKE DIVE LEFT CURLS

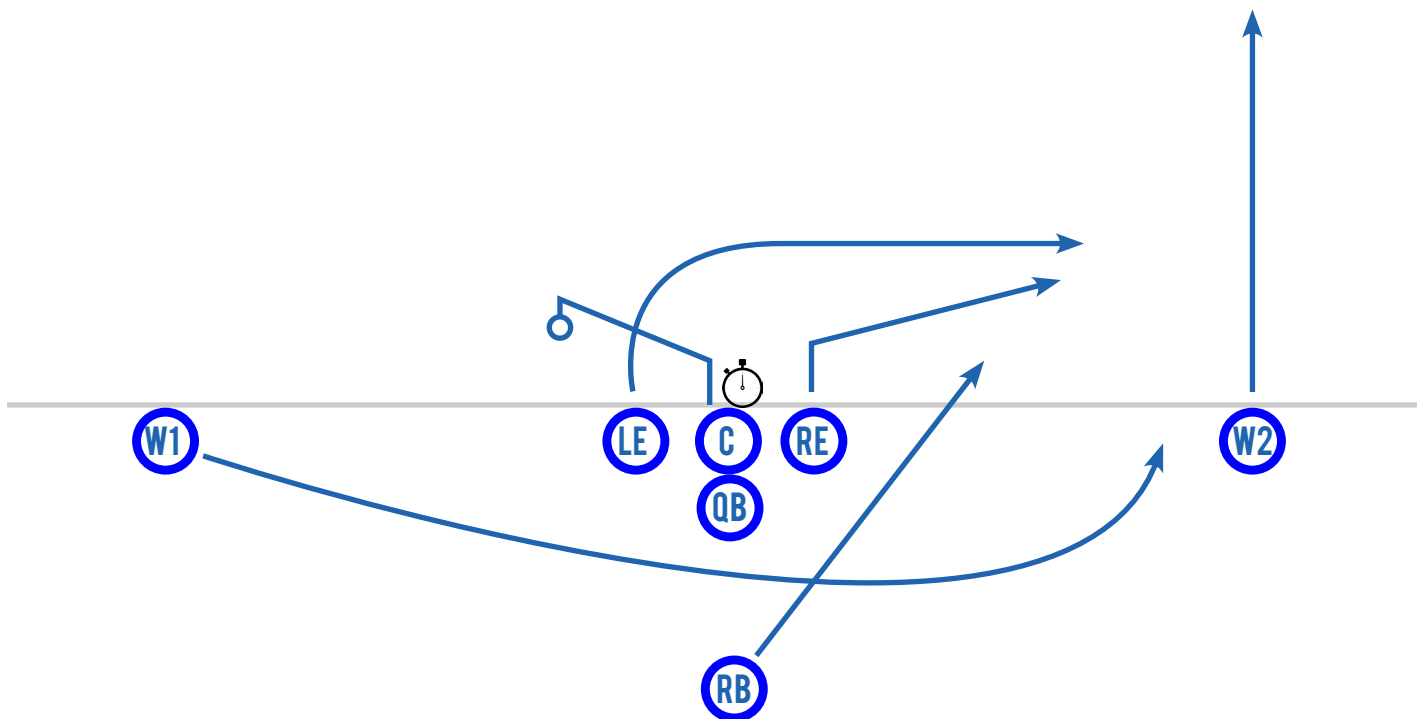
- QB yells hike, receives ball, and turns left. QB fakes handoff to RB. QB drops back and scans field for pass.
- W1, W2, LE, C, RE run diagrammed routes and get open for pass.

**Tips:**

- This play is great for 3rd downs, and if your QB has a quick, powerful arm. However, make sure that every receiver knows where the first down line is. This play will be great if you frequently practice running curl routes in practice.

# I FORMATION

DIFFICULTY:    **PASS.**



## I FAKE REVERSE CENTER PASS

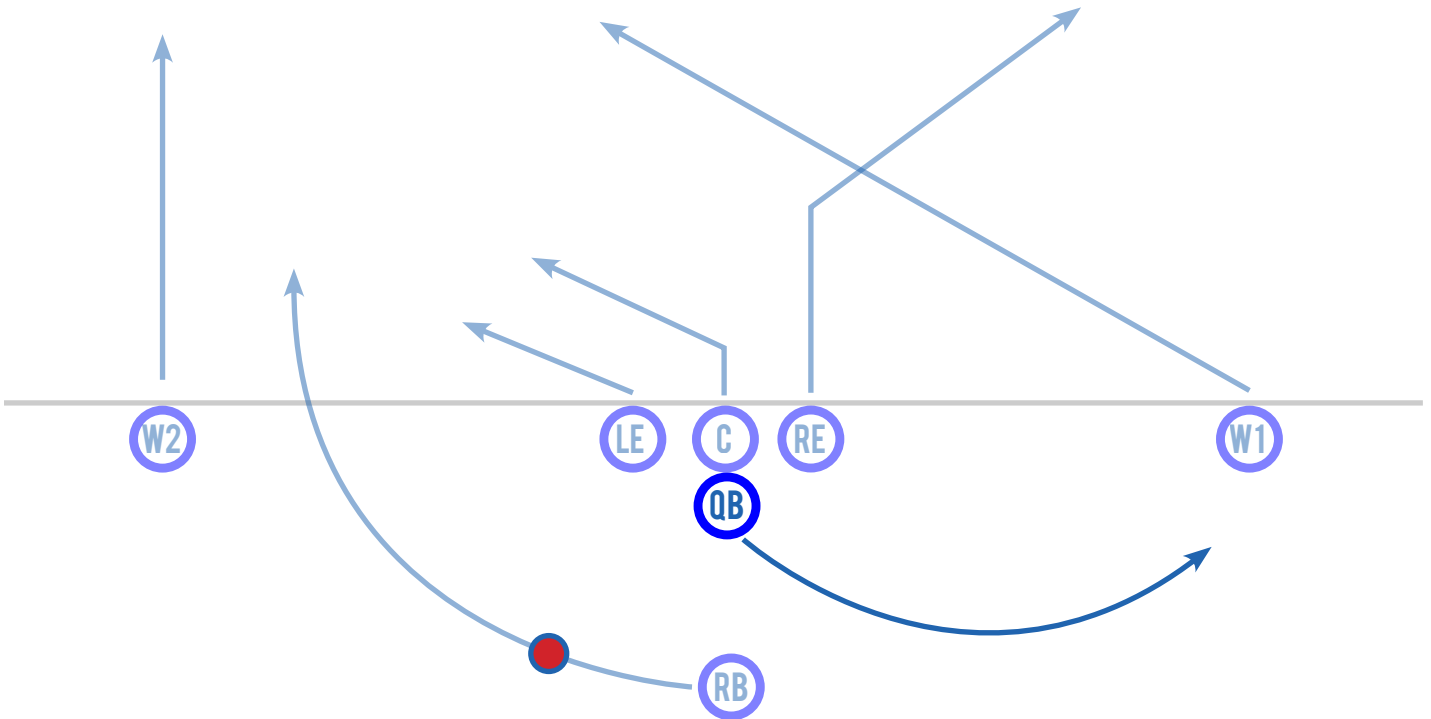
- QB yells hike, receives ball, and drops back for pass.
- W1, RB, LE, RE run diagrammed routes. They draw defenders to the right side of the field.
- C **waits 3 seconds**, and runs curl-left pattern.
- W2 runs fly route towards end zone.

**Tips:**

- This play is designed around C being the most open receiver. By having the W1, LE, RE, RB, and W2 run routes to the right side, and having the C wait three seconds before he runs to the left side, this should leave him open.

# I FORMATION

DIFFICULTY:    **RUN.**



## I QB SWEEP RIGHT

- QB yells hike and receives ball. QB fakes left pitch to RB. QB sweeps left and cuts up when he's able. If QB does not have a gap to run and RE is open, QB can pass to RE.
- RB sweeps left, and receives fake pitch. RB follows through with fake to deceive defense.
- W1, W2, LE, C, run diagrammed routes to draw defenders away from QB gap.
- RE runs high post route. Pass opportunity to RE if run is not available.

**Tips:**

- This play is great if you have a fast quarterback. By having all of the players, besides the QB, run routes to the left, the QB should have an open running lane on the right.

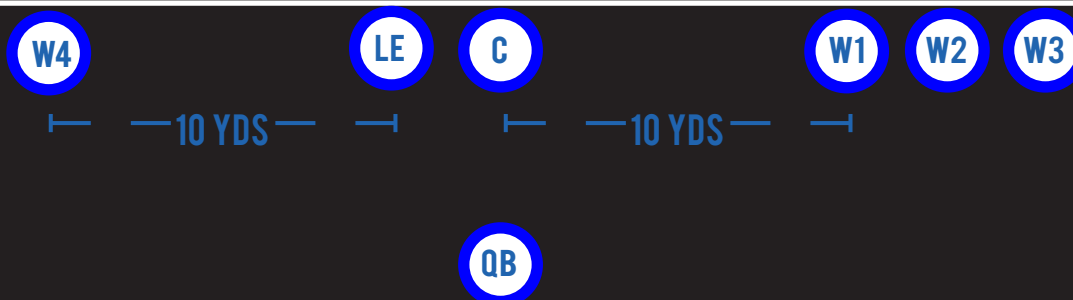
## FORMATION

# BUNCH RIGHT

► For **Bunch Left Formation**, bring W1 and W2 to left side. Switch LE to RE

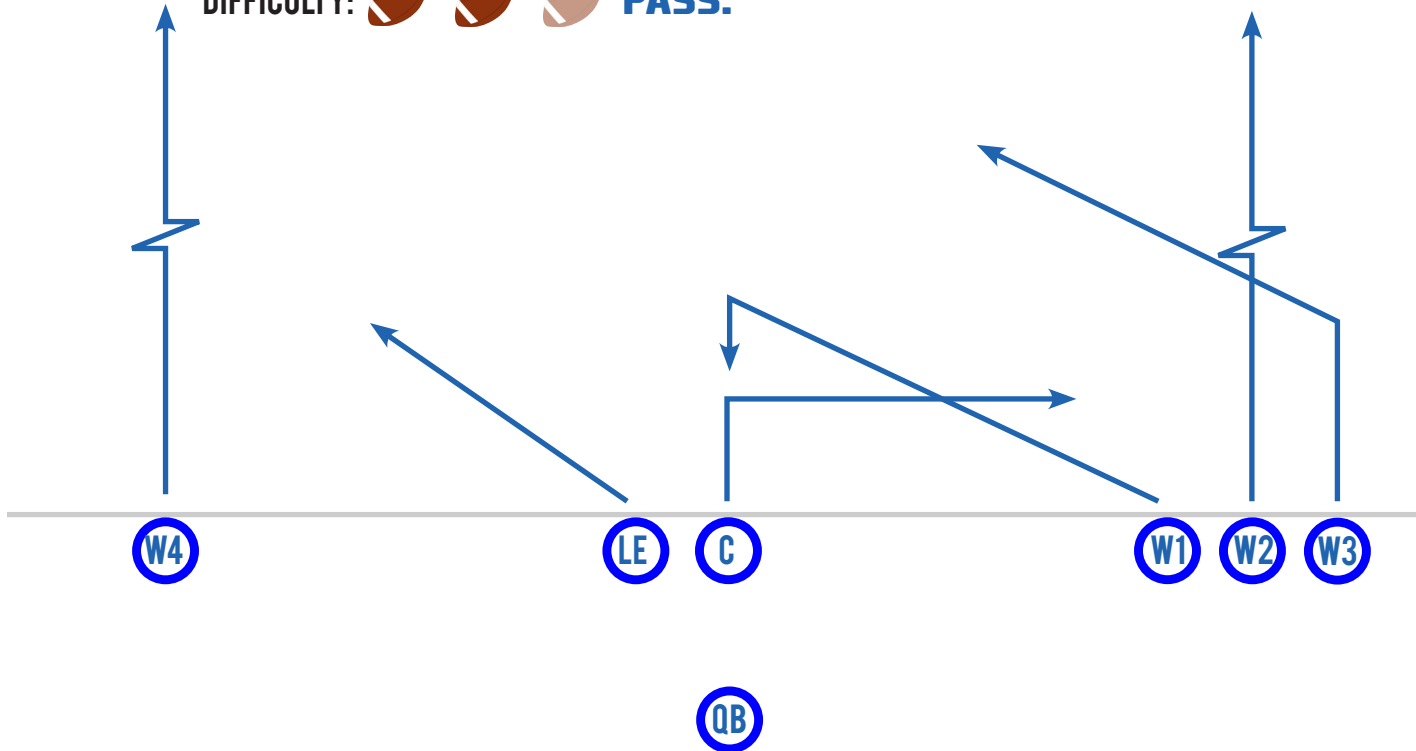
**QB** = Quarterback  
**C** = Center  
**LE** = Left End  
**RE** = Right End

**W1** = Wide Receiver 1  
**W2** = Wide Receiver 2  
**W3** = Wide Receiver 3  
**W4** = Wide Receiver 4



# BUNCH RIGHT

DIFFICULTY:  **PASS.**



## BUNCH RIGHT DEEP

- QB receives ball in shotgun position. QB scans field for available pass. QB runs if no one is open.
- C snaps ball. C runs square out pattern, drawing his defender away from W1 position.
- W1 runs slant to left and posts above where the center was.
- W2 and W4 run long fly patterns.
- W2 runs slant in route.

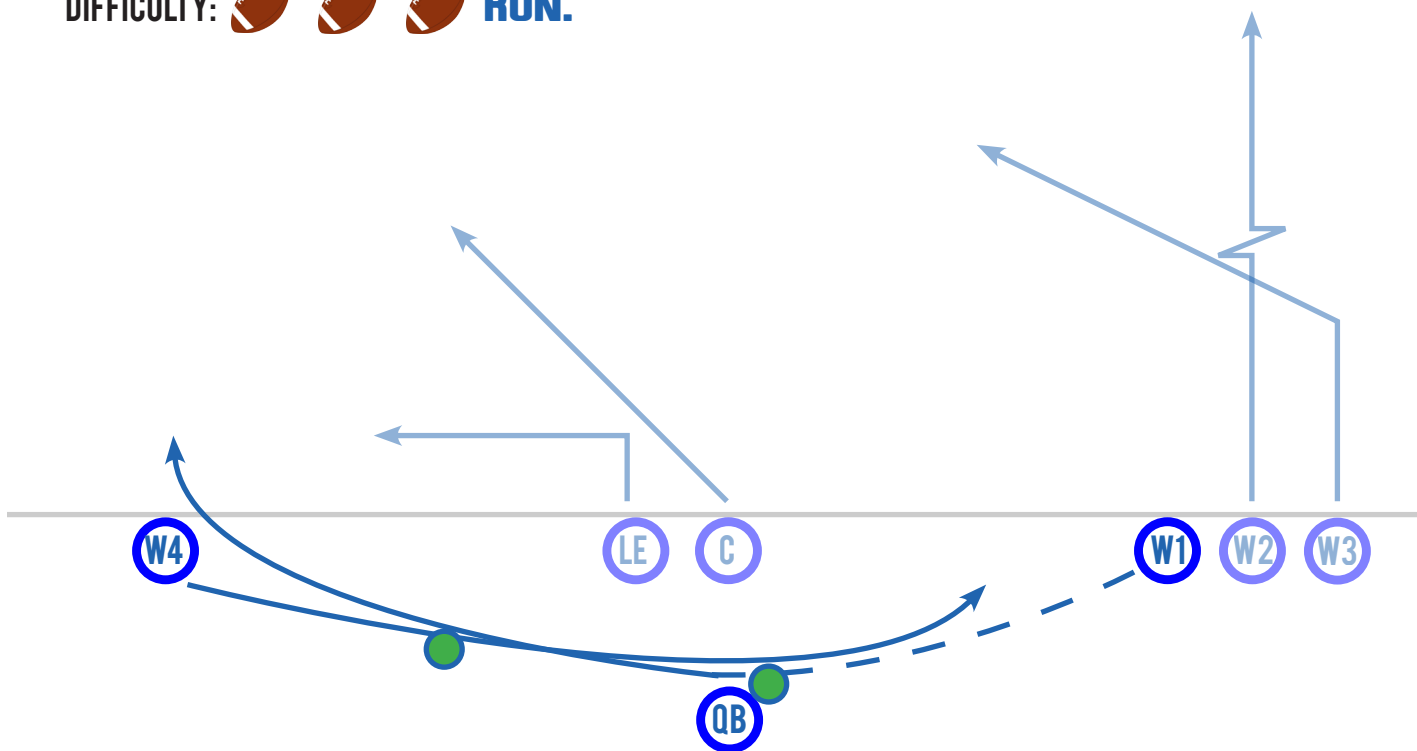
**Tips:**

- This play is great if you have a QB with a strong arm. QB should look for short, immediate pass with W1 and C. This play is also great if you are looking for a large gain. Look for your deep receivers. If the QB pump fakes (fake throws) to W1, that may throw off the defender and give enough time for W2 to get open.



# BUNCH RIGHT

DIFFICULTY:    **RUN.**



## BUNCH RIGHT DOUBLE REVERSE LEFT

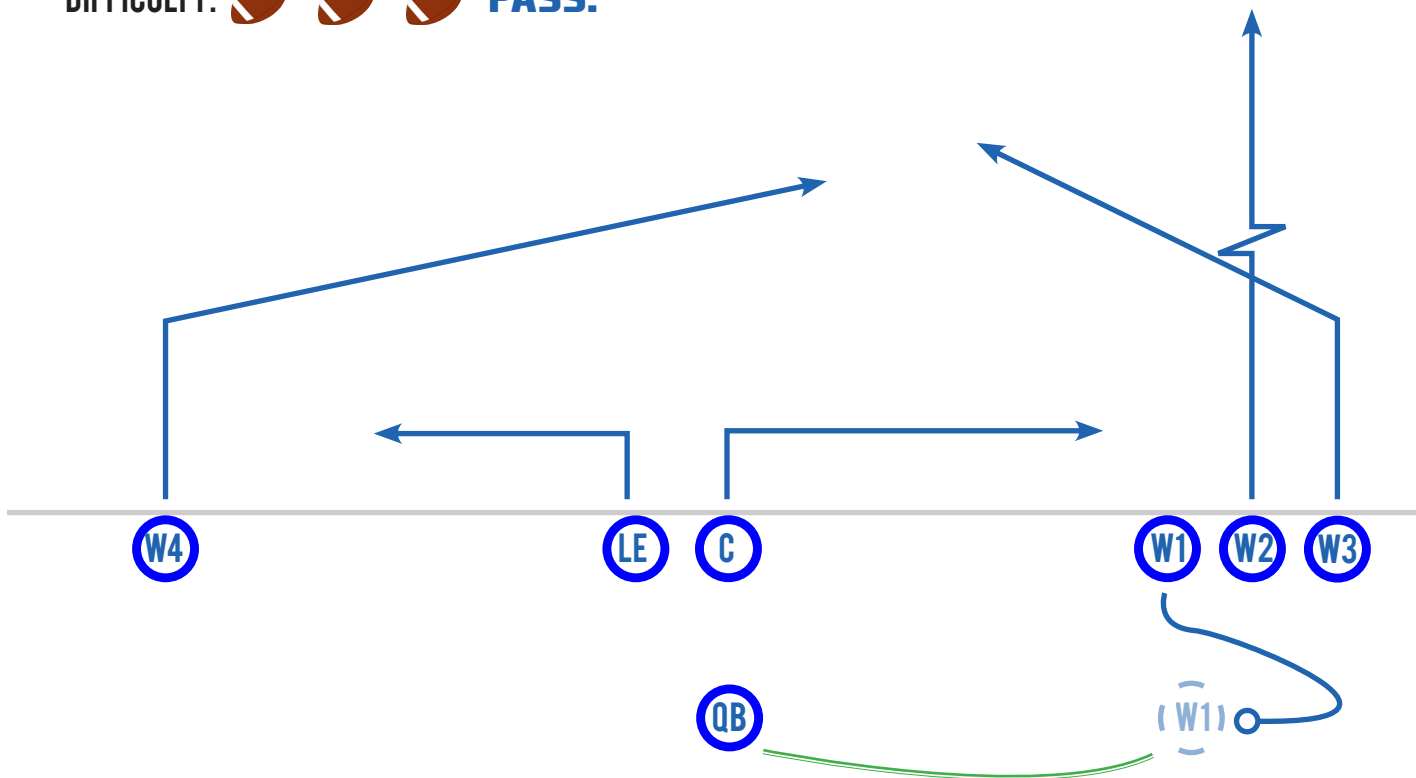
- QB signals for W1 to motion in. QB yells hike before W1 reaches him, and receives ball in shotgun position. QB hands ball off to W1.
- W1 sweeps to the left. W1 runs past W4 and hands the ball off to W4. W1 continues running route, faking that he has the ball.
- W4 sweeps right and receives ball from W1.
- LE, C, W2, W3 run diagrammed routes. These routes are designed to draw the defense away from W1 gap.

**Tips:**

- This play is designed to throw off the defenders, and is useful if you have a very fast W1 and/or W4. W4 should look for the gap in between W3 and W2. Note: During the play, W3 will be on the left of W2. Having C and LE run routes to the left should draw defenders away from the running side.

# BUNCH RIGHT

DIFFICULTY:    **PASS.**



## BUNCH RIGHT SCREEN RIGHT PASS

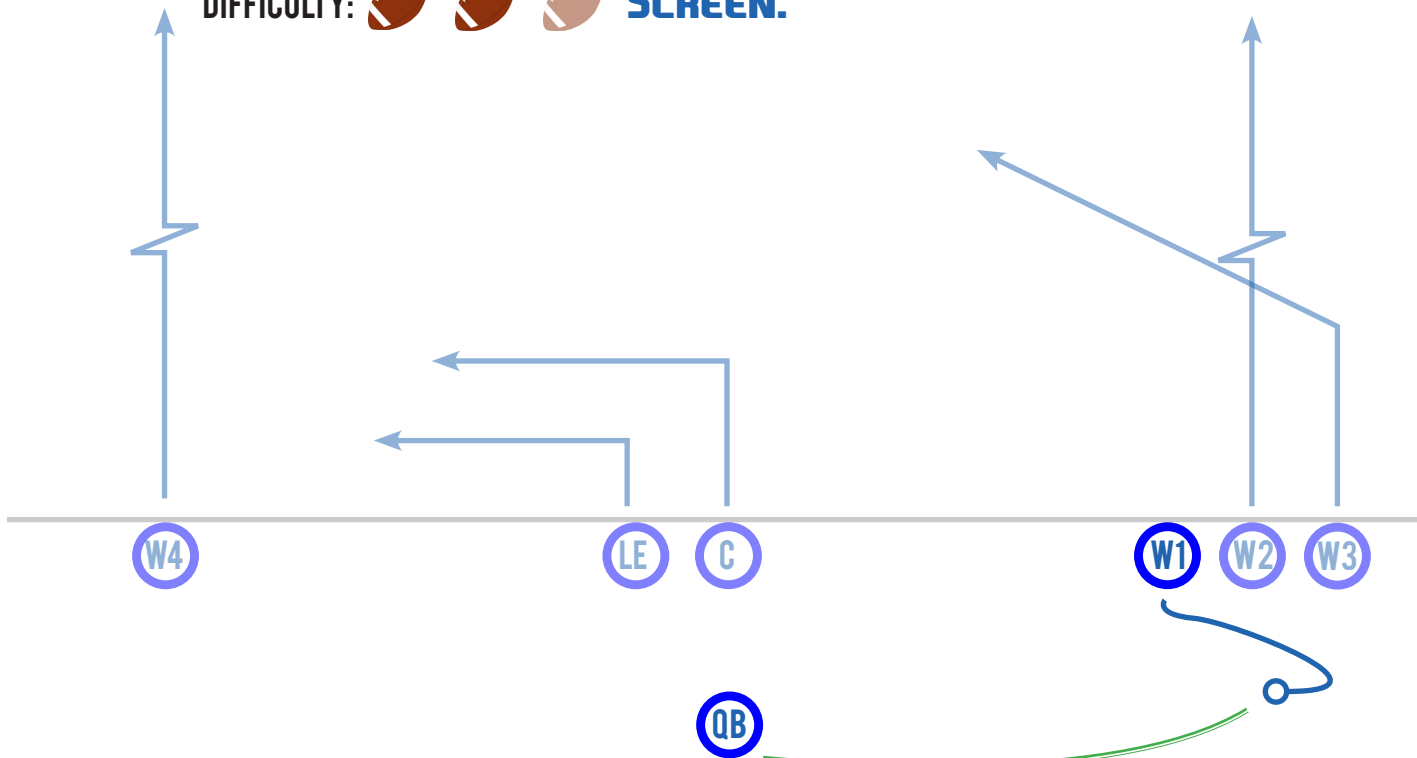
- QB yells hike and receives ball in shotgun position. QB looks for W1 for immediate screen pass.
- W1 runs into backfield and positions himself behind where W2 and W3 were. W1 receives screen pass and scans field for another pass. Best options: C and W4.
- LE, W2, W3 run diagrammed routes to draw defenders away from C and W4, but they may end up being open as well.

### Tips:

- This could be one of your usual touchdown plays if you have someone with a strong arm playing W1. The defense will not be looking for W1 to pass the ball after he has already received a screen pass. If you are looking for a big gain, look for W4. However, C will be open for short gain because the defender will most likely rush W1 once he receives the screen pass.

# BUNCH RIGHT

DIFFICULTY:  SCREEN.



## BUNCH RIGHT SCREEN RIGHT

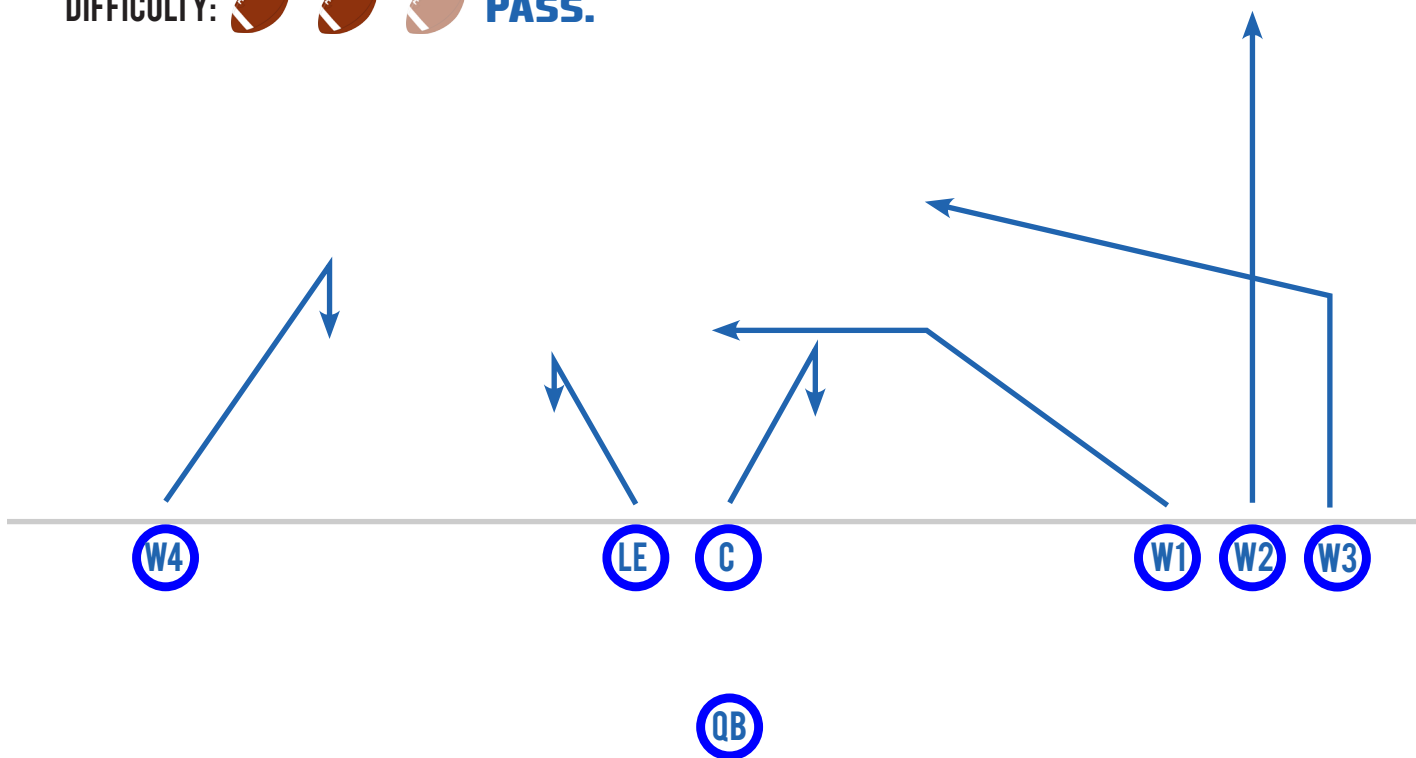
- QB yells hike and receives ball in shotgun position. QB looks for W1 for immediate screen pass.
- W1 runs into backfield and positions himself behind where W2 and W3 were. W1 receives screen pass and runs upfield.
- W2, W3, W4, LE, C run diagrammed routes to draw defenders away.

**Tips:**

- Running this play before running the Bunch Right Screen Right Pass (play above) can be very beneficial as it will lead the defenders to assume that W1 will not pass the ball. By having the W3, LE, and C run routes to the left, the W1 running lane should be open.

# BUNCH RIGHT

DIFFICULTY:    **PASS.**



## BUNCH RIGHT CENTER CROWD

- QB yells hike and receives ball in shotgun position. QB scans field for pass opportunity.
- W1 runs shallow slant-in route.
- W2 runs long fly route toward the end zone.
- W3 runs deep slant-in route.
- LE and C run mirror slant and curl routes.
- W4 runs slant-in and curl route.

**Tips:**

- This play is great for third downs. Look for W4, LE, and C running the quick curl routes. The QB should primarily look at center of field for his pass opportunity. However, be mindful that W2 will be long and that all of the commotion in the center of the field may leave him open.

# FORMATION

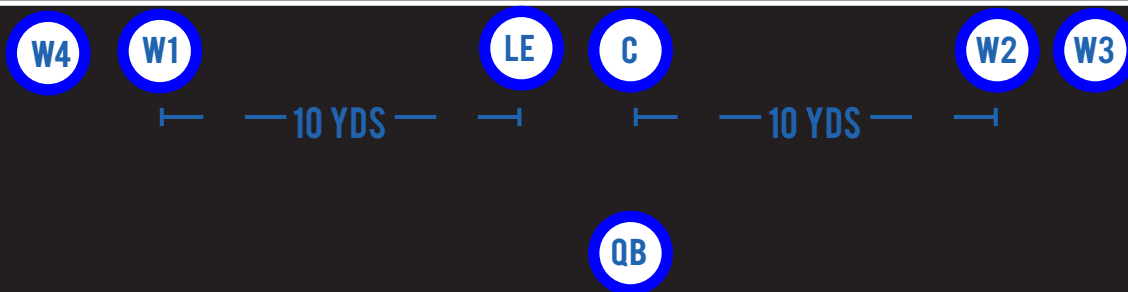
# SPLIT LEFT



For Split Right Formation, switch LE to RE.

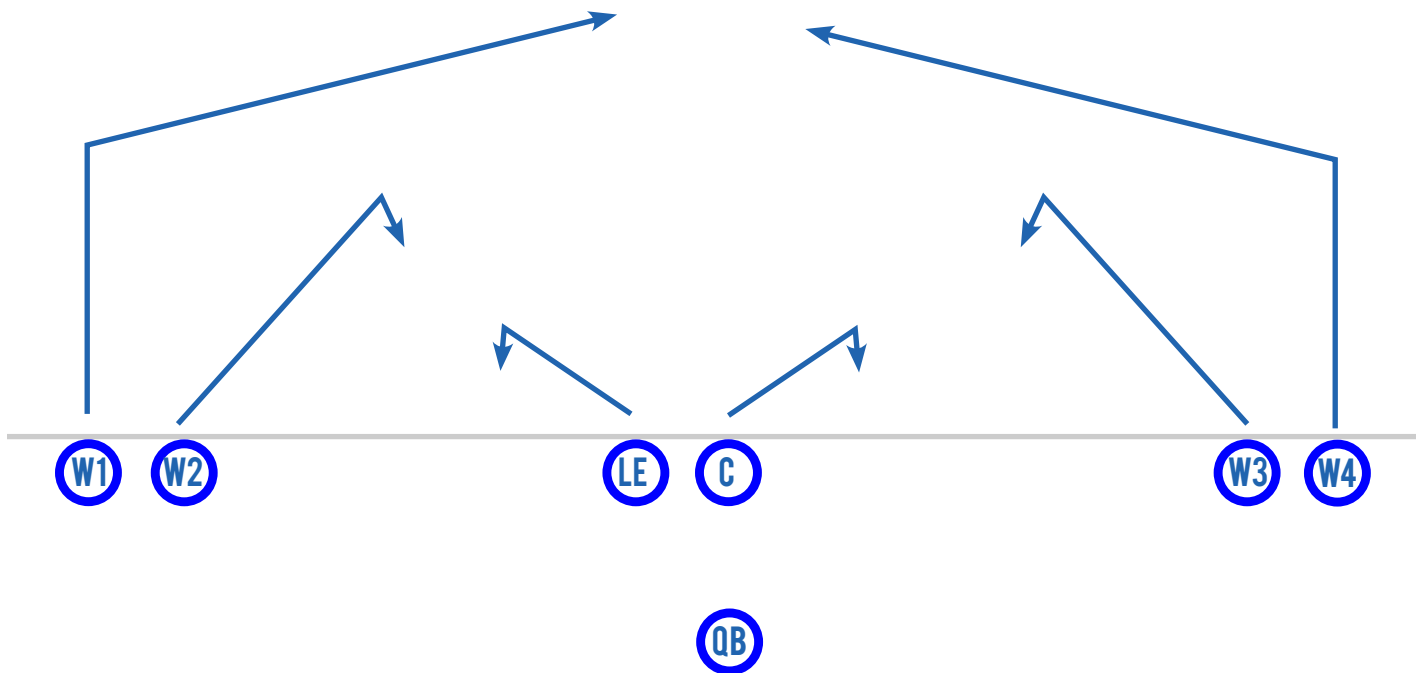
**QB** = Quarterback  
**C** = Center  
**LE** = Left End  
**RE** = Right End

**W1** = Wide Receiver 1  
**W2** = Wide Receiver 2  
**W3** = Wide Receiver 3  
**W4** = Wide Receiver 4



# SPLIT LEFT

DIFFICULTY:    **PASS.**



## SPLIT LEFT MIRROR

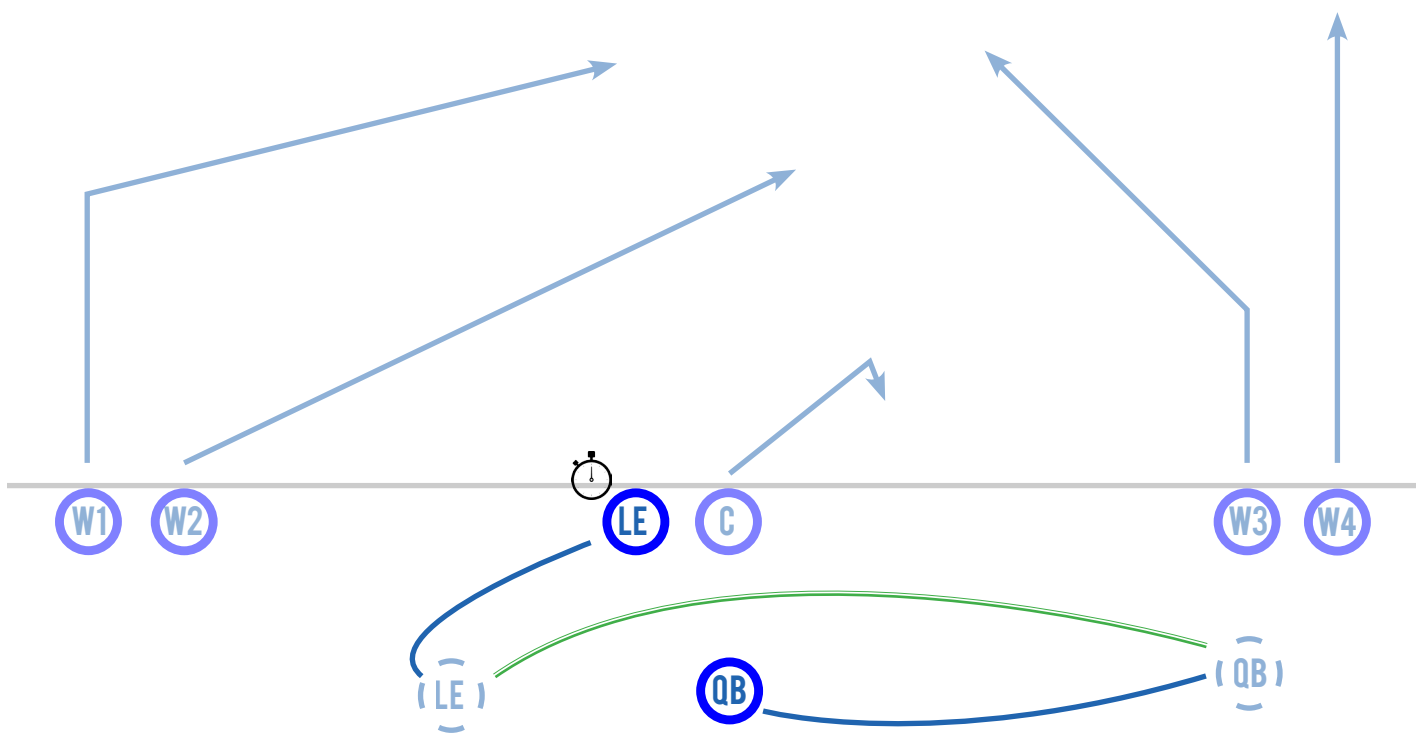
- QB receives ball in Shotgun position.
- Center and Left End run short slants, and are in position for quick pass.
- W2 and W3 run medium slants, opportunities in middle.
- W1 and W4 run long post patterns, opportunities for big yardage.

**Tips:**

- Having four players run short and medium curls makes this play great for 3rd down conversions. However, W1 and W2 run long post patterns, so look for them for big gain opportunities. This play will work best if your QB has a quick release (for short curls) and powerful arm (for long passes).

# SPLIT LEFT

DIFFICULTY:    SCREEN



## SPLIT LEFT LE SCREEN

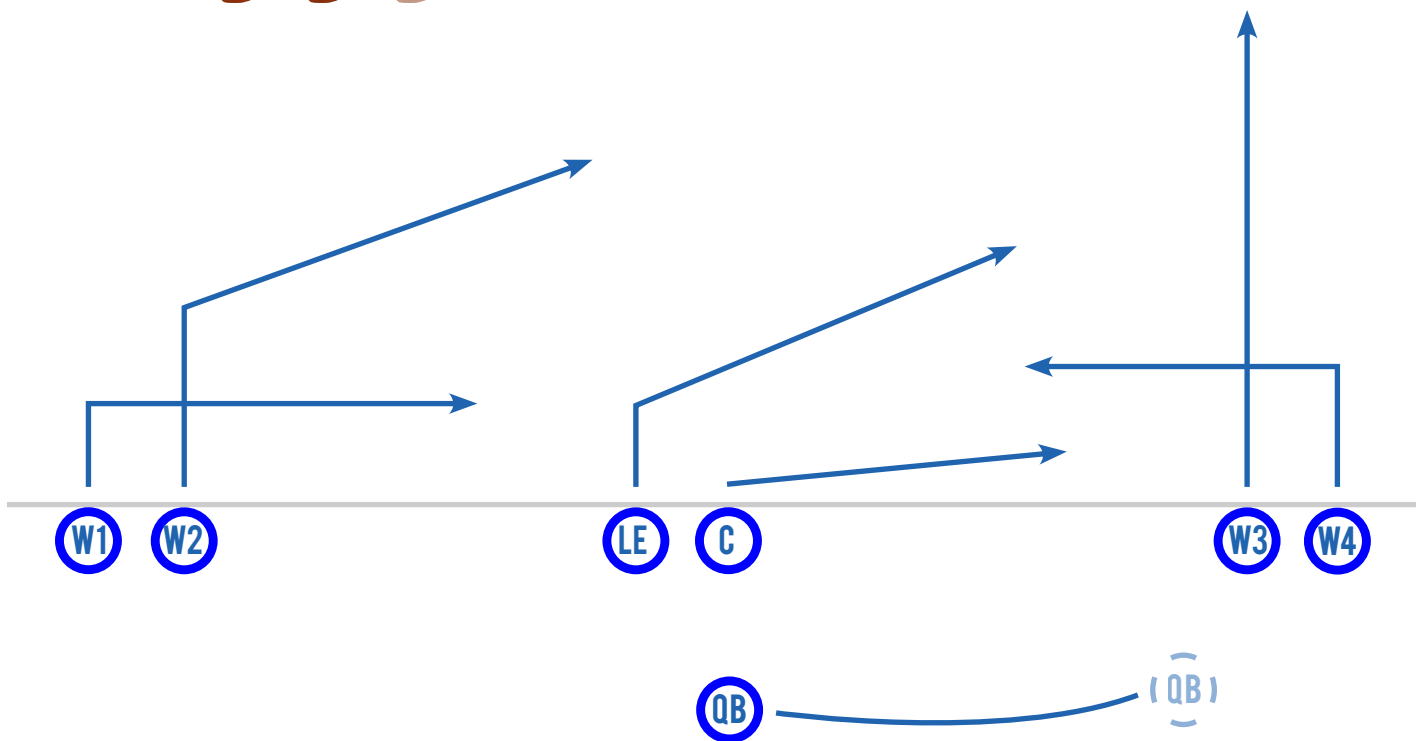
- QB receives ball in Shotgun position, QB sweeps right to designated area, QB looks for screen pass to LE. Play designed for LE to get ball, but QB has ultimate choice.
- C snaps ball and runs short slant out curl.
- LE **waits 3 seconds** on the line. LE sweeps left and up into backfield. LE waits for screen pass.
- W1, W2, W3, W4 run diagrammed routes towards center of field. W1 and W2 goal is to draw the defense away from LE's gap.

**Tips:**

- This play is designed to throw off the defenders just for a second. By having W1, W2, W3, and W4 run deep routes and the QB sweeping to the right side for a pocket, this should leave the LE open. If the QB is heavily rushed, he may not have time to turn and pass to LE. Therefore, he may run or look to the C for a short pass.

# SPLIT LEFT

DIFFICULTY:  **PASS.**



## SPLIT LEFT IN

- QB receives ball in shotgun position, QB sweeps right to designated area, and scans field for pass opportunities.
- W1, W2, LE, C run diagrammed routes towards right side of field.
- W3 runs a fly, drawing his defender back.
- W4 runs a square in, drawing his defender into the center.

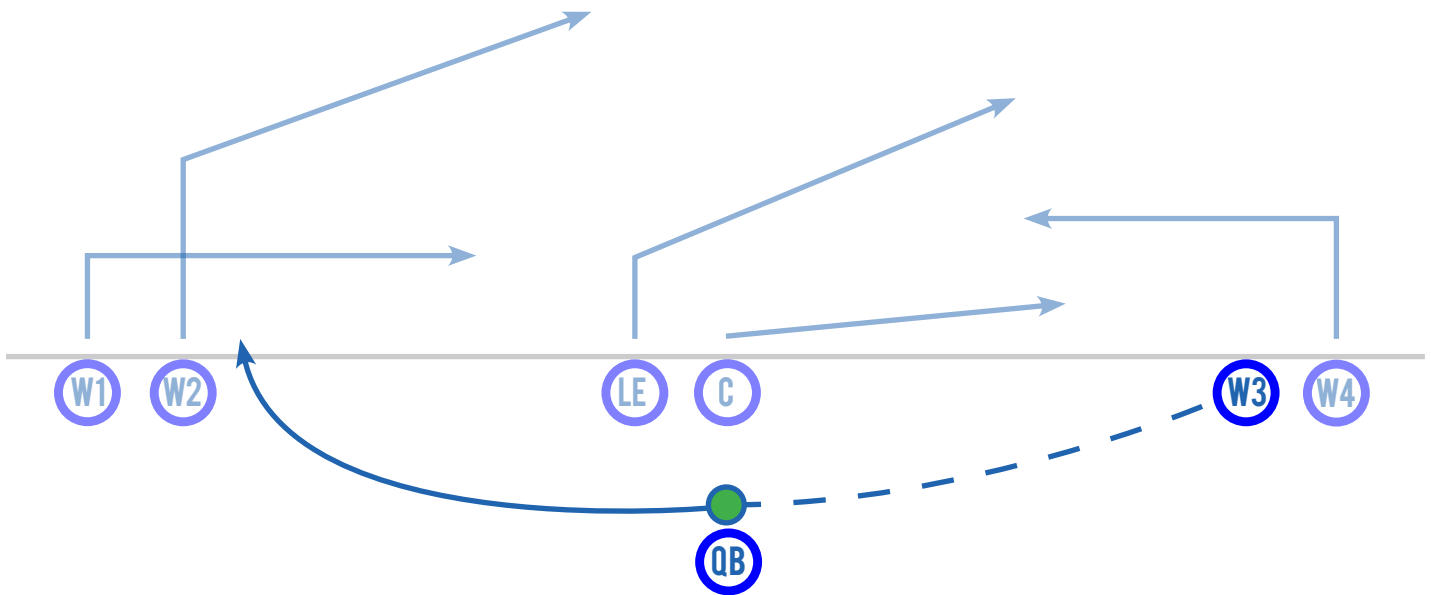
**Tips:**

- This play works best for a QB that throws with his right arm. If he throws with his left, you may want to reverse it. By having the QB sweep to the right, and having W1, W2, LE, and C run routes to the left, the QB should be able to find an open receiver. W4 runs a route to the left to confuse and draw his defender to the middle, making the C open for a short pass.



# SPLIT LEFT

DIFFICULTY:    **RUN.**



## SPLIT LEFT REVERSE LEFT

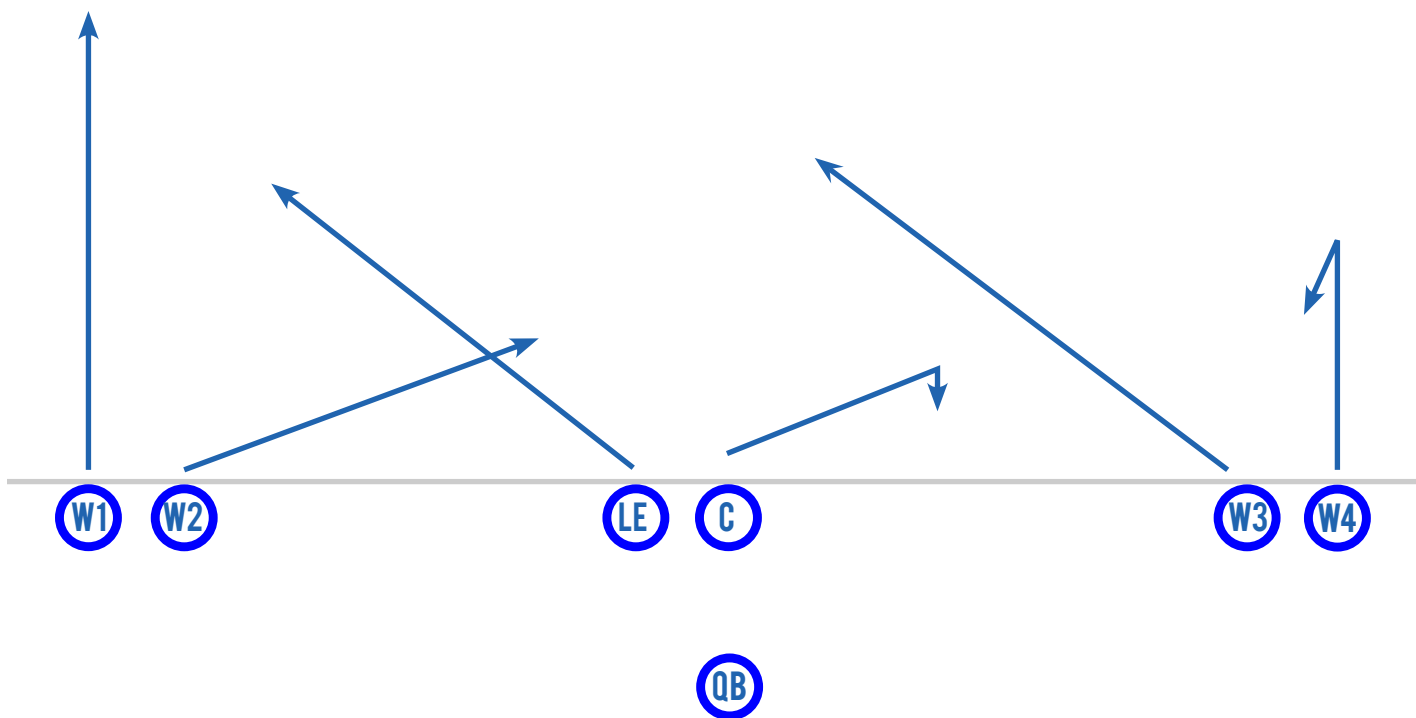
- Before ball is snapped, W3 motions in front of QB. W3 receives handoff from QB and sweeps around the left.
- QB signals for W3 to motion. Before W3 is in front of him, QB yells hike and receives ball from shotgun position. QB hands ball off to W3.
- W1, W2, LE, C run diagrammed routes to draw defenders away from W3 sweep gap.
- W4 runs square in, confusing his defender.

**Tips:**

- This play works great if you have a fast W3. By having W1, W2, LE, and C run routes to the right, they should pull the defenders away from W3 running lane on the left side.

# SPLIT LEFT

DIFFICULTY:  **PASS.**



## SPLIT LEFT FLAG

- QB receives ball in shotgun position. QB scans field for available pass. QB runs if no one is open.
- W1, W2, W3, W4, LE, C run diagrammed routes for pass opportunities.

**Tips:**

- This is a great play if your QB has a strong throwing arm. He should look at the right side for short and immediate pass opportunities, and look at the left side for long pass opportunities.

# DEFENSIVE FORMATIONS

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## Man-to-Man Coverage:

In this coverage, each defensive player covers one offensive player. Wherever the offensive player goes, the defensive player follows. **In flag football, this coverage is usually difficult unless your team is sufficiently faster than the other team.**

## Zone Coverage:

Zone coverage is the most popular type of defense to run in flag football. In this coverage, each player is assigned a position and an area of the field they will cover. As the offense runs their plays, the defensive players react, adapt, and guard their zones.

# ZONE COVERAGE

## ZONE COVERAGE

This diagram shows the basics of zone coverage. To most effectively use, you should learn and implement different types designed specifically for rushing, short passes, and long passes.

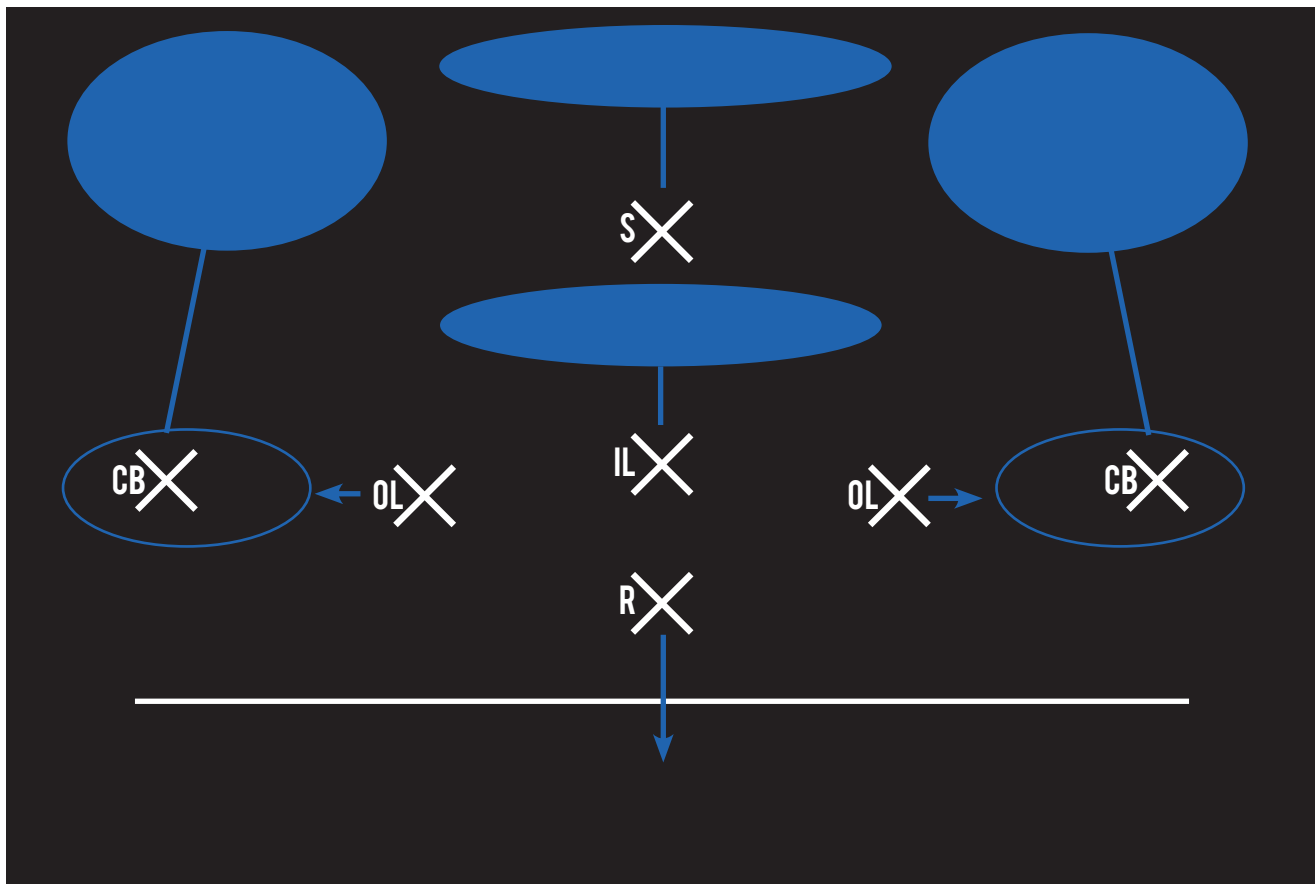
**Cornerback (CB):** covers the deep thirds.

**Safety (S):** the deep man in the middle - covers long passes.

**Outside Linebacker (OL):** covers the flats when the CB leaves.

**Rusher (R):** rushes the quarterback.

**Inside Linebacker (IL):** covers the middle of the field.



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Good luck!

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