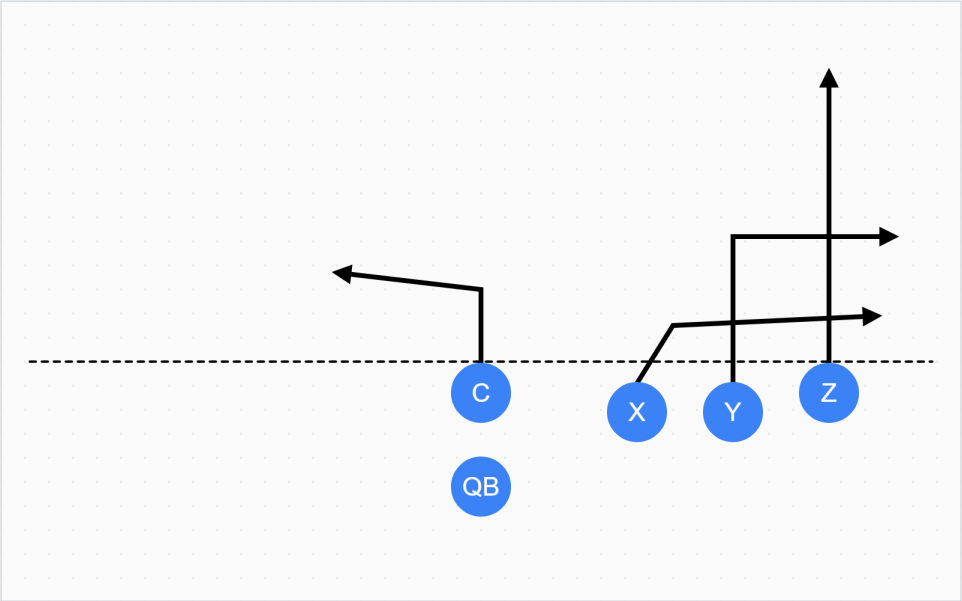
5v5 Flag Football Playbook

Flood Right

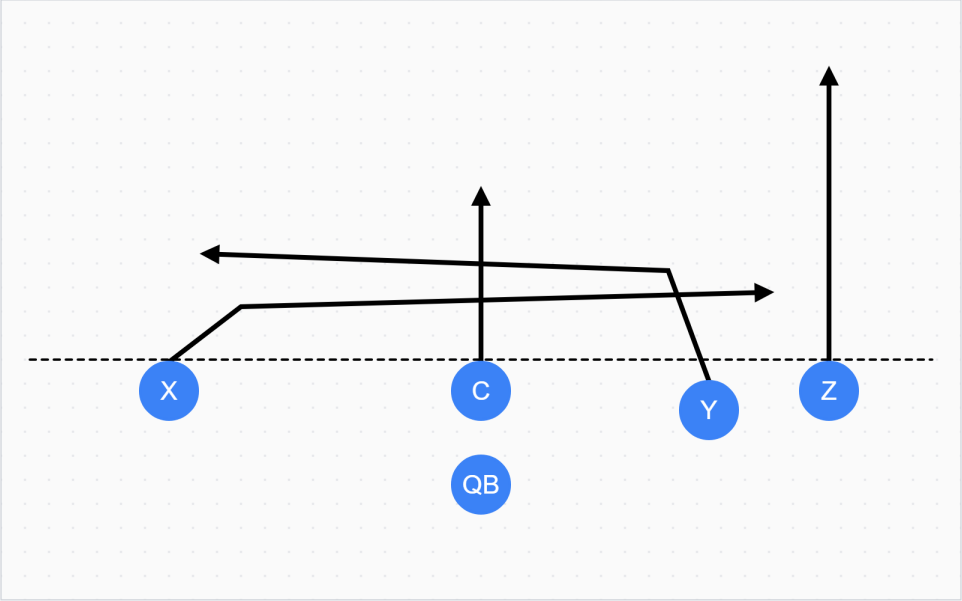
Offence. Trips right.



Call it against zone.
Z runs a go and pulls the deep defender with him. Y runs an out at 8 yards, above X in the flat, so one defender has two receivers to cover. C drags to the far side as the safe throw.

Shallow Cross

Offence. Spread.

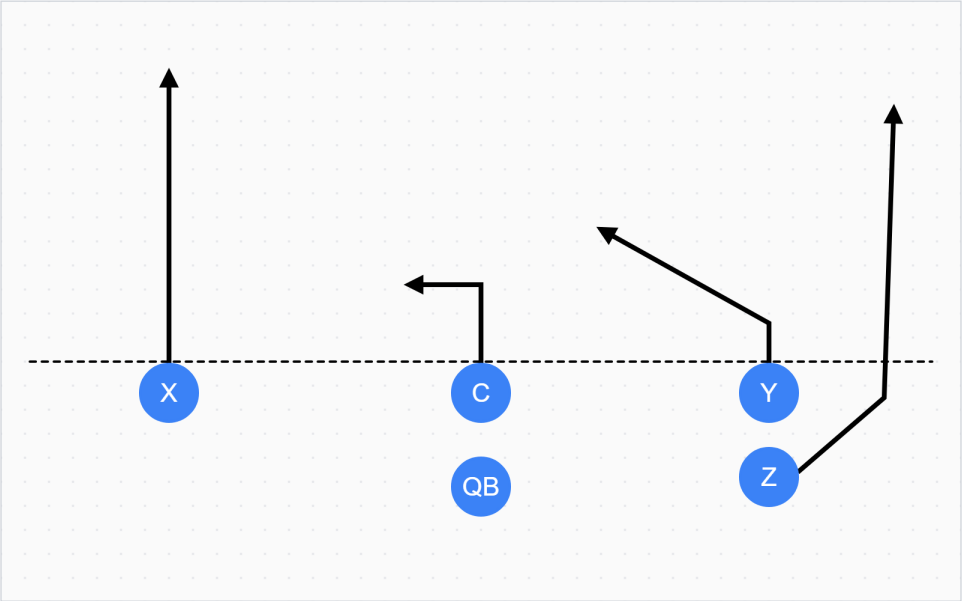


Call it against man.
X and Y cross 4 to 6 yards deep, and their defenders have to chase through traffic. Run past each other without stopping, because most leagues flag a pick. Z clears the sideline, and C sits in the middle behind the cross.

5v5 Flag Football Playbook

Stack Slant Wheel

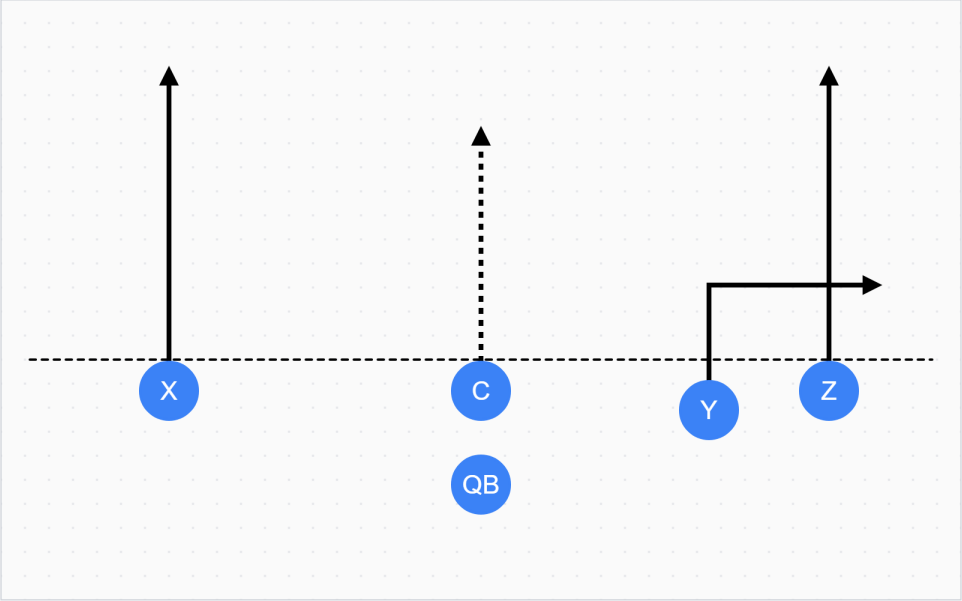
Offence. Stack right.



Call it against man.
Y slants inside, and Z loops around him up the sideline. The two defenders have to sort out who takes whom, and one of them gets there late.

Centre Delay

Offence. Spread.

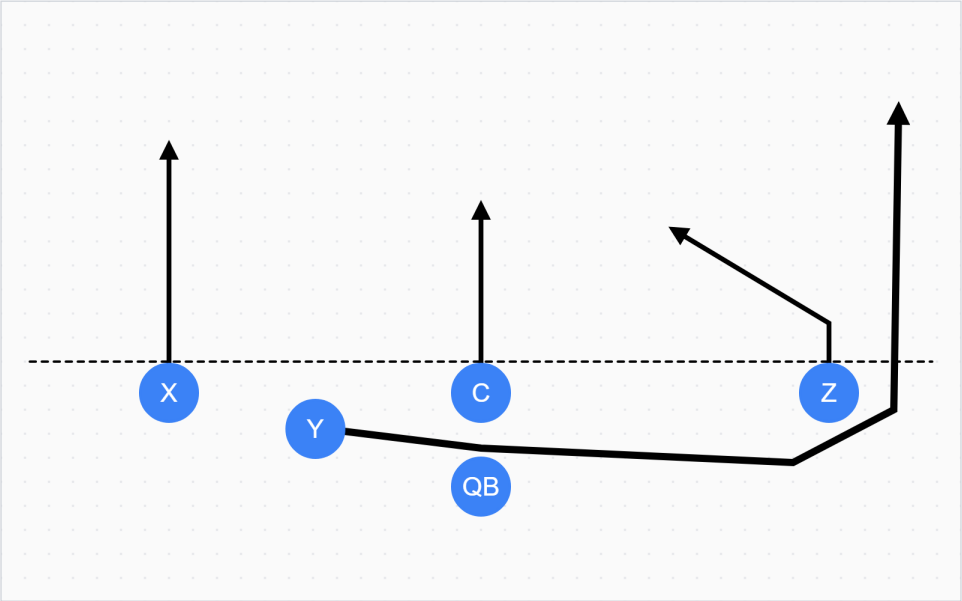


Call it when defenders chase your outside receivers.
C stays still for a two-count, then slips up the middle after the defenders have gone with the receivers. X and Z run goes, and Y runs an out at 5 yards.

5v5 Flag Football Playbook

Jet Sweep Right

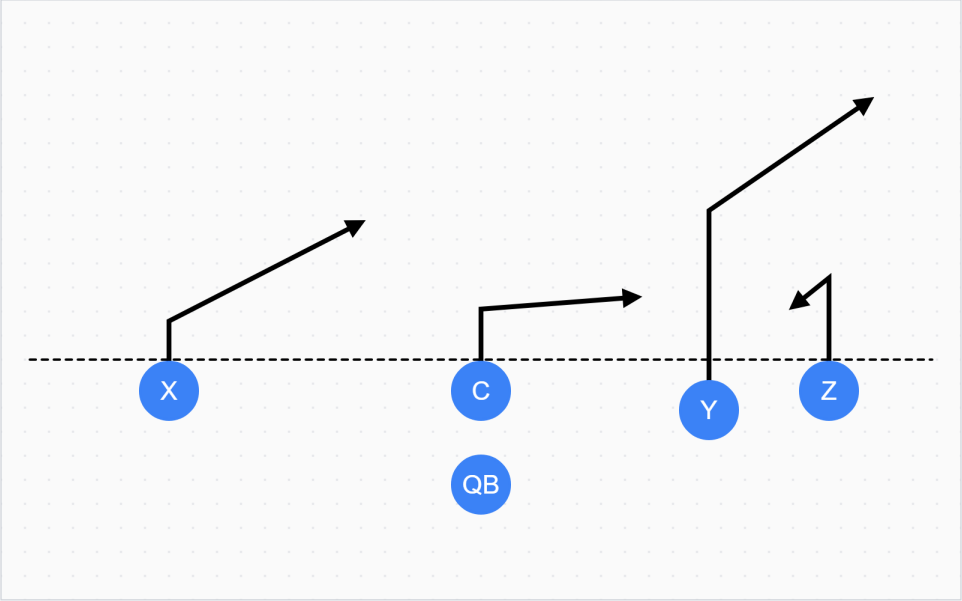
Offence. Spread.



Call it when the defence drops deep.
Y runs across at the snap and takes the handoff in front of the QB. Z's slant and X's go pull defenders away from the sideline. Check your league's rules on motion and no-run zones first.

Smash Right

Offence. Spread.

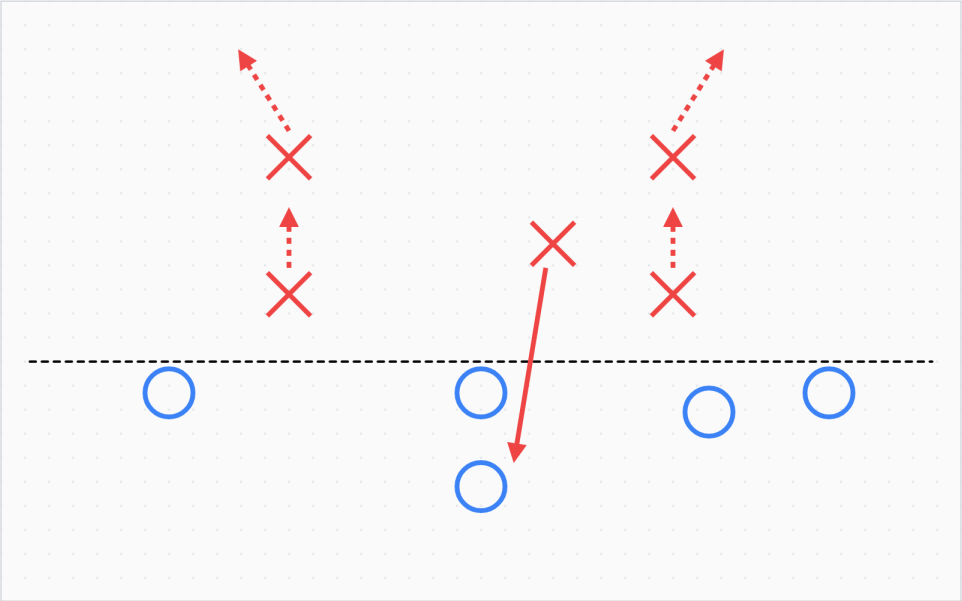


Call it against two deep defenders.
Z stops at 5 yards and Y runs a corner behind him. The defender on that side has to pick one: stay short and Y is open, or drop and Z is open.

5v5 Flag Football Playbook

2-2 Zone with One Rusher

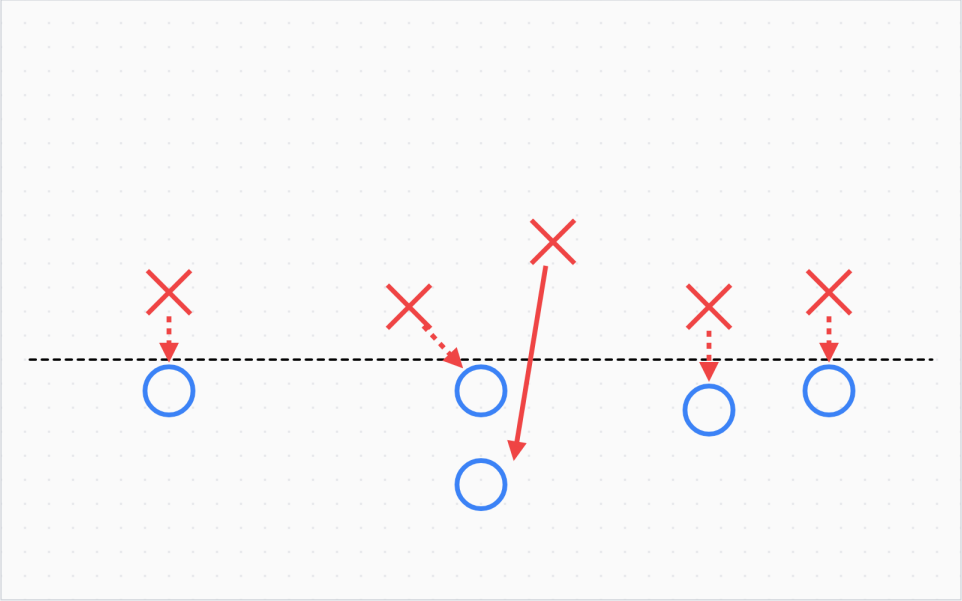
Defence. Zone.



Use it when they can throw deep.
Two defenders take the deep halves, two sit 5 yards off the ball, and one rushes from 7 yards. Nobody follows a receiver out of their zone.

Man with One Rusher

Defence. Man.



Use it when their QB needs time to find a receiver.
Four defenders each take one player, and your fastest player rushes. There is nobody deep to help, so a defender who loses their player gives up the big play.