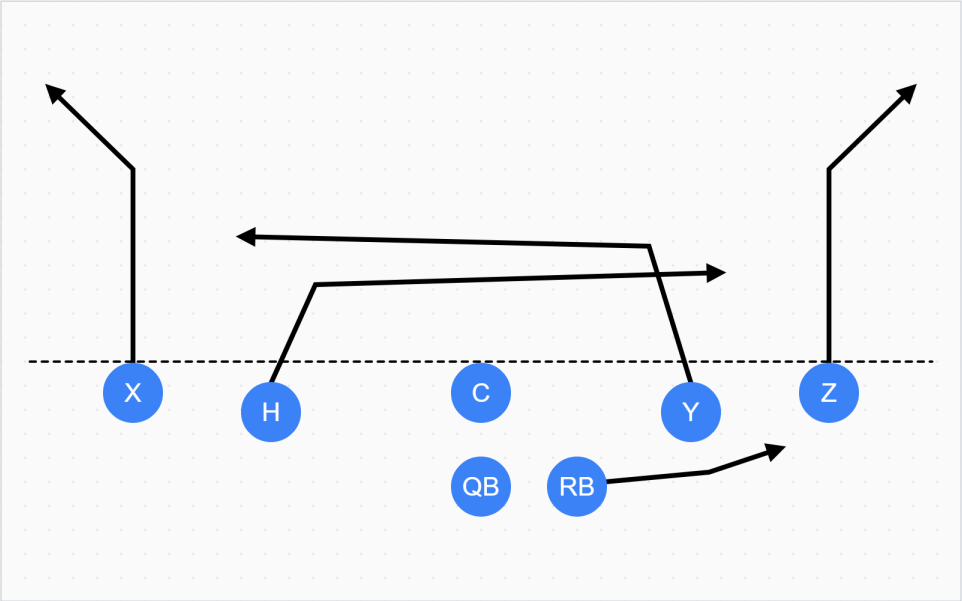
7 on 7 Flag Football Playbook

Mesh

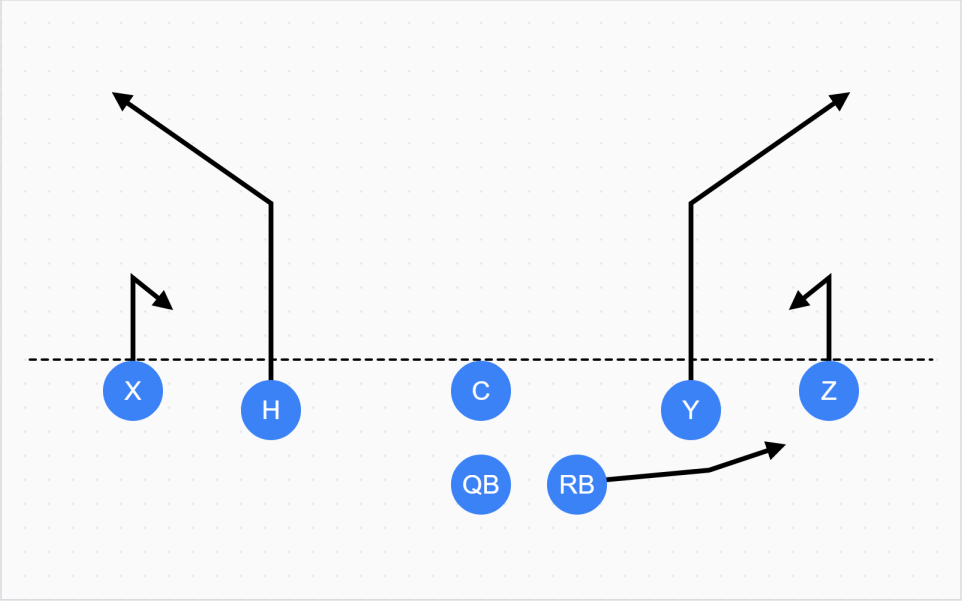
Offence. 2x2.



Call it against man.
H and Y cross at 5 and 6 yards, and their defenders have to chase through traffic. Run past each other without stopping, because most leagues flag a pick. Both outside receivers run corners, and the RB checks into the flat.

Smash

Offence. 2x2.

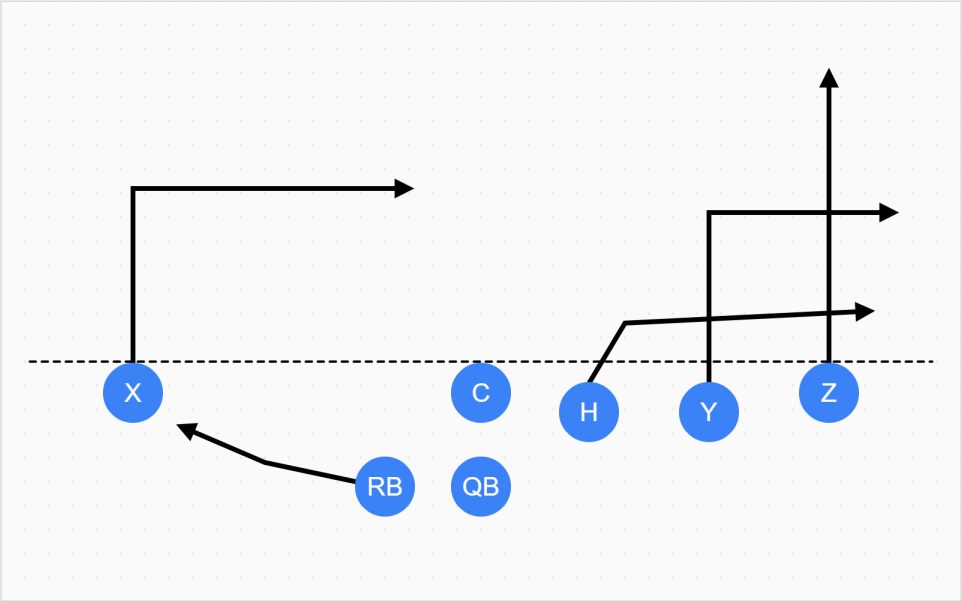


Call it against Cover 2.
Both outside receivers stop at 5 yards, and both slots run corners behind them. The corner has to pick one: stay short and the corner route is open, or drop and the hitch is open.

7 on 7 Flag Football Playbook

Flood Right

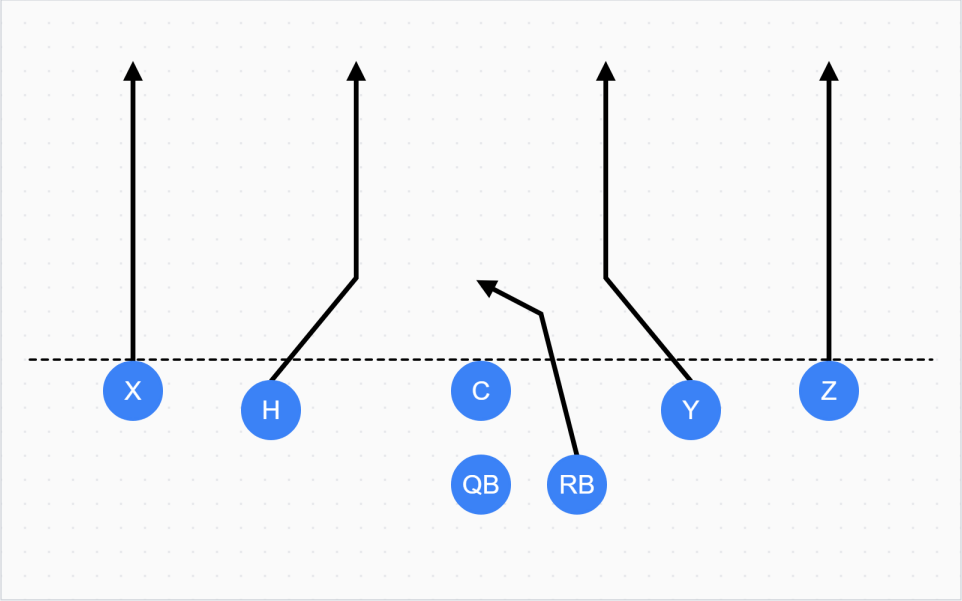
Offence. Trips right.



Call it against Cover 3.
Z runs a go and takes the deep corner. Y runs an out at 10 yards, above H in the flat, so one defender has two receivers to cover. X digs across from the far side.

Four Verticals

Offence. 2x2.

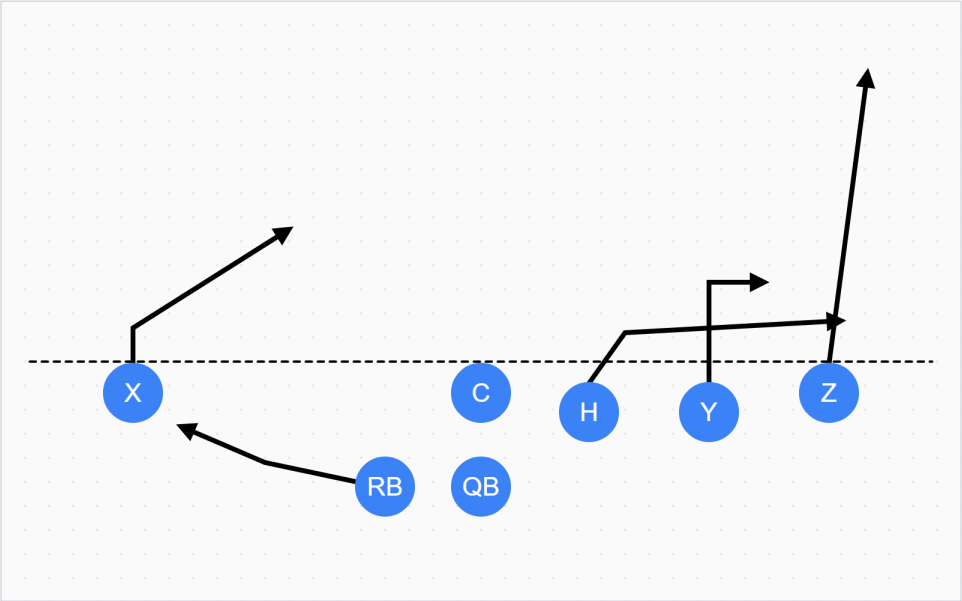


Call it against Cover 3.
Four receivers go deep against three deep defenders, so one of them is open. The slots bend to the seams to stay spread. The RB slips under the middle as the safe throw.

7 on 7 Flag Football Playbook

Stick

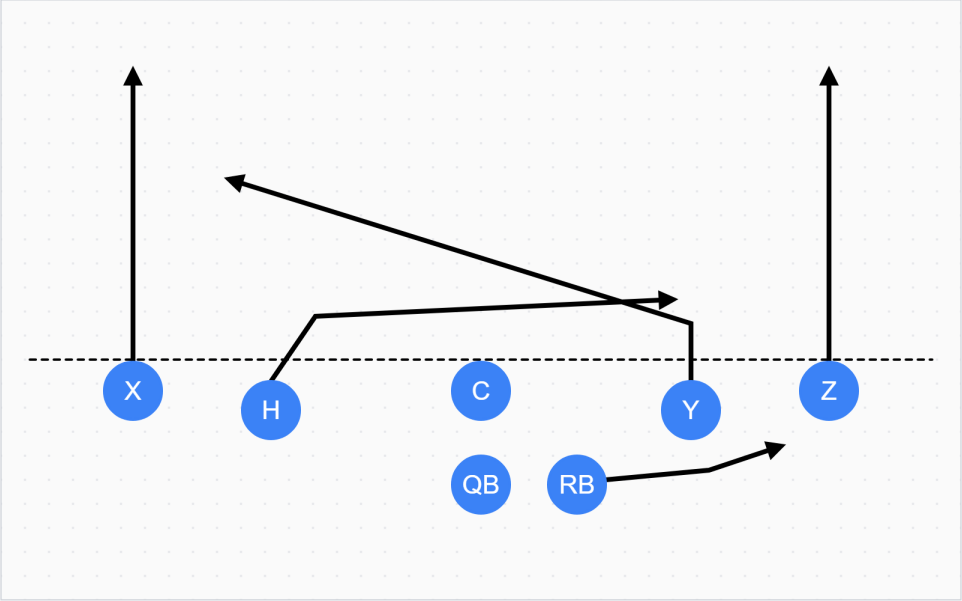
Offence. Trips right.



Call it when you need 5 yards.
Y runs to 5 yards and turns out, with H in the flat underneath. Z's fade takes the corner away. It is a quick throw, so it beats the pass clock.

Y Cross

Offence. 2x2.

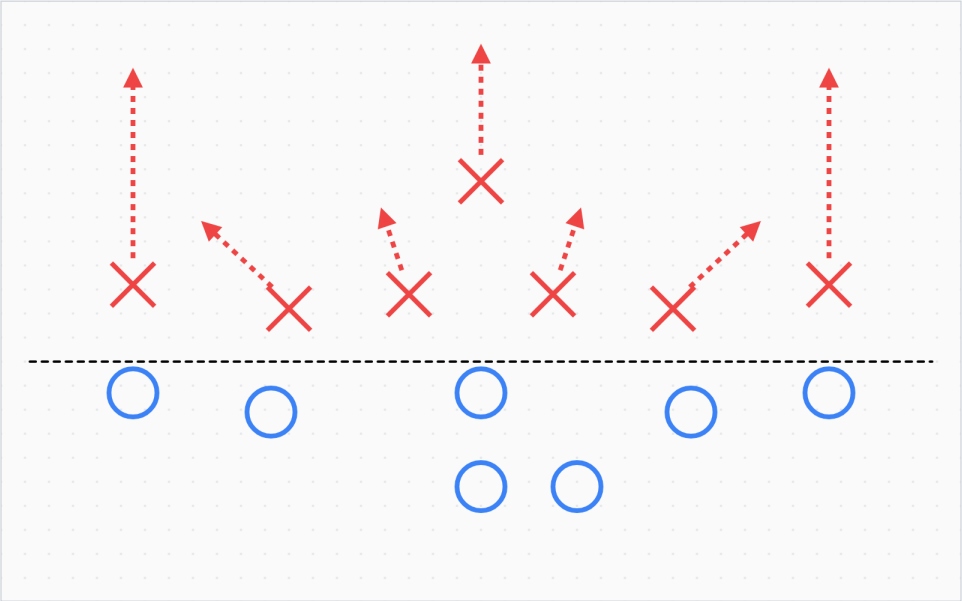


Call it against man.
Y crosses the field at 12 yards behind H's drag. X and Z run goes to clear the sidelines, so Y's defender has a long way to chase with no help.

7 on 7 Flag Football Playbook

Cover 3

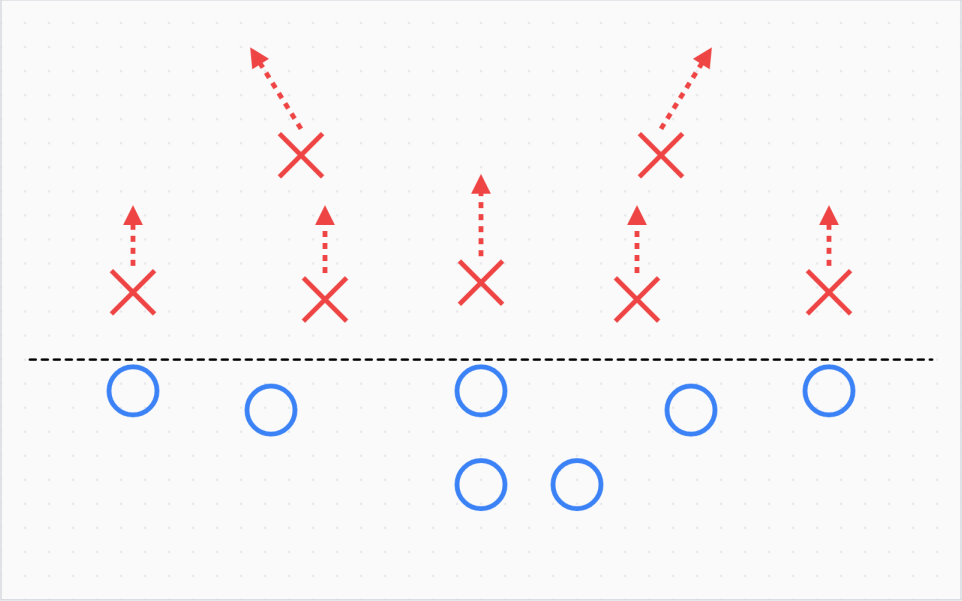
Defence. Zone.



Use it to stop the deep ball.
Both corners and the free safety each take a deep third. Two players sit in the curl and flat zones, and two more drop to the hooks.

Cover 2

Defence. Zone.



Use it to take away the short throws.
Two safeties split the deep field in half, and five defenders sit underneath. The corners stay short to jump the quick throws to the outside.