

Free 7 on 7 Flag Football Playbook

8 plays (2 runs, 5 passes, 1 trick play) with a diagram, the QB's reads, coaching points and common mistakes for each one. Free, no sign-up, made for volunteer coaches.

How to use this playbook

1. Pick 4 to 6 plays your team can learn this season. Fewer plays run well beat many plays run badly.
2. Keep the numbers: they match the wristband cards from the free playbook builder at flagcoachplays.com/playbook-builder/.
3. Walk each play at practice, then jog it, then run it against defenders.
4. Teach the QB the first read before anything else.

Before your first game

- These plays follow NFL FLAG style rules: no blocking, and the QB hands off or passes instead of running past the line.
- Leagues change rules, especially for rushing and for 6U and 8U. Check your league's rulebook.
- Inside a no-run zone a run play has to end in a forward pass, so have one pass play ready.

SYMBOLS

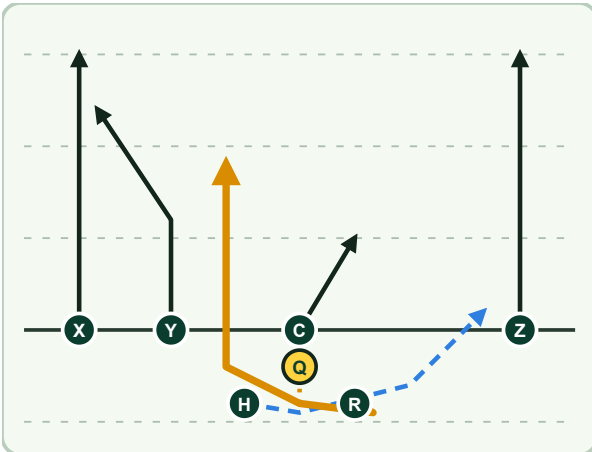
  Offense
  Defense
  Pass route
  Ball carrier
  Fake
  Handoff
  QB read order

PLAYS IN THIS BOOK

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1 Counter

Run · Split Backs · 10U, 12U, 14U



R takes one step to the right, then turns back and gets the handoff going left while H fakes a sweep to the right. Defenders chase the fake for a step, and R runs through the gap between Y and C. It is a run that uses the defense's speed against it.

CALL IT WHEN

When the defense is flowing hard to stop your outside runs, and on short-yardage downs.

QB READS

1. R steps right, takes the handoff going left, and runs between Y and C.
2. H carries out the sweep fake to the right flat and keeps running.
3. Y runs a corner route to pull the left-side defender away from the run lane.

COACHING POINTS

- The step right is small, just one step. A big step makes the play slow.
- Q turns and hands off to the left, then keeps the fake going toward H.
- X and Z run straight downfield so their defenders turn their backs to the run.

COMMON MISTAKES

- R cuts outside Y instead of between Y and C, and runs into the defender Y pulled away.
- H stops running after the fake. The fake only works if H runs full speed all the way to the flat.

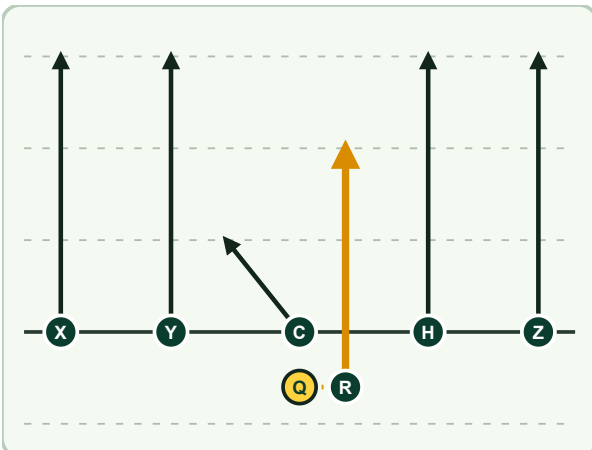
WHEN THEY ADJUST

Once the defense stops chasing the fake, throw it with Halfback Pass from the same backfield.

Full write-up: flagcoachplays.com/plays/counter/

2 Draw

Run · Doubles Gun · 10U, 12U, 14U



Everything looks like a pass: four receivers run deep, the center releases to the left and the QB shows the ball like a throw. The rusher closes on the QB and the underneath defenders drop, then the QB hands the ball to R, who runs straight up the middle through the space they left.

CALL IT WHEN

Against a fast rusher and defenses that drop deep to stop the pass, especially on long-yardage downs.

QB READS

1. R waits a moment beside Q, takes the handoff, and runs straight up the middle just right of where C lined up.
2. X, Y, H and Z all run deep so their defenders turn and run with them.
3. C releases to the left to take the middle defender out of the run lane.

COACHING POINTS

- Q must sell the pass: eyes downfield and ball up, then hand off low.
- R counts one-thousand-one before moving. The delay is what makes it a draw.
- Receivers must run deep like it is a pass play. If they jog, nobody believes the pass.

COMMON MISTAKES

- R leaves too early and the rusher sees the handoff coming.
- Q drops too deep, so the handoff happens next to the rusher. Keep the drop small.

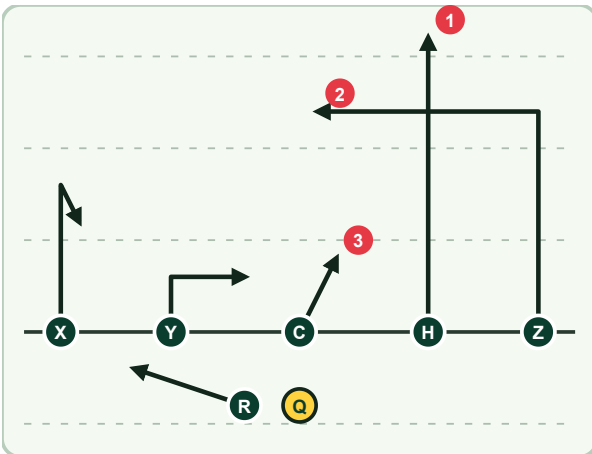
WHEN THEY ADJUST

When the defense stops dropping deep, go back to the real pass with Four Verticals.

Full write-up: flagcoachplays.com/plays/draw/

3 Dagger

Pass · Doubles Gun · 12U, 14U



The right slot runs straight up the seam to pull the deep defender away, and the outside receiver on the same side runs a deep in-route behind the underneath defenders into the space the seam just emptied. It is one of the most common 7v7 concepts because it attacks the middle of the field at 12 yards.

CALL IT WHEN

Against zone defenses with one deep safety, and when you need 10 or more yards.

QB READS

1. H on the seam: throw it right away if no safety is deep over H.
2. Z on the 12-yard dig into the space H clears out.
3. C sitting at 4 yards on the right side when the rush gets home.

COACHING POINTS

- H must run the seam at full speed. If H slows down, the safety stays home and the dig is covered.
- Z runs hard to 12 yards before breaking inside, so the break comes behind the underneath defenders.
- The QB holds the ball a count longer than on short passes. This throw needs time, so call it when the rush is slow.

COMMON MISTAKES

- Z cuts the dig short and breaks at 8 yards, right into the underneath defenders.
- The QB throws the dig before Z clears the underneath defenders. Wait until Z crosses H's seam.

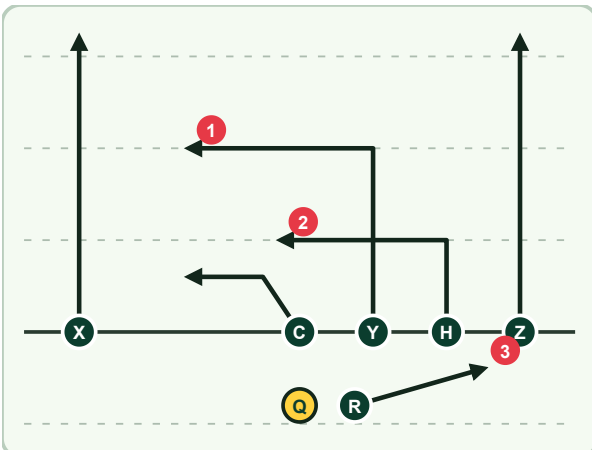
WHEN THEY ADJUST

When the safety starts sitting on the dig, call Post Wheel to beat that safety deep.

Full write-up: flagcoachplays.com/plays/dagger/

4 Double In

Pass · Trips Right · 12U, 14U



Two receivers on the same side run in-routes at different depths, one at about 10 yards and one at about 5. The defender in the middle cannot cover both, so the QB throws to whichever one that defender leaves. The outside receivers run deep to clear space.

CALL IT WHEN

Against zone defenses with a defender sitting in the middle of the field, and on third and medium.

QB READS

1. Y on the 10-yard dig: throw it if the middle defender comes up toward H.
2. H on the 5-yard in underneath Y, if the middle defender drops back with Y.
3. R in the right flat when both in-routes are taken away.

COACHING POINTS

- Y and H break inside at the same time, so the QB sees both routes open up together.
- X and Z run full speed deep. If they jog, the deep defenders come down and crowd the in-routes.
- C releases to the left flat to keep a defender busy on the weak side.

COMMON MISTAKES

- Y and H break at the same depth. Keep them about 5 yards apart or the concept stops working.
- The QB stares at Y and throws late. If the middle defender drops, go to H right away.

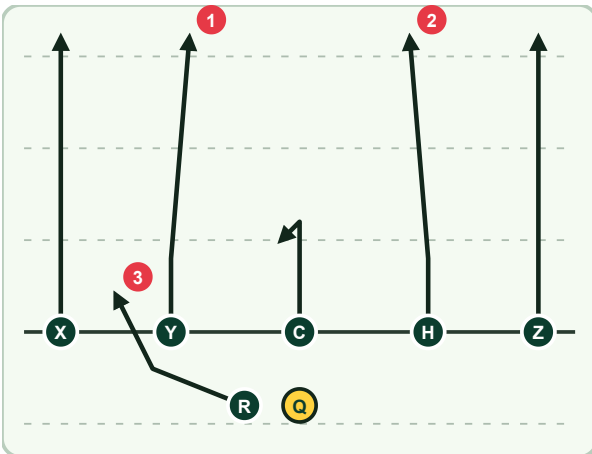
WHEN THEY ADJUST

Once defenders start jumping the in-routes, go deep with Four Verticals.

Full write-up: flagcoachplays.com/plays/double-in/

5 Four Verticals

Pass · Doubles Gun · 10U, 12U, 14U



All four receivers run straight downfield, stretching the defense deep across the whole width of the field. With seven defenders spread thin, one seam usually opens behind the underneath defenders. The back swings out to the left as the check-down if everyone is covered.

CALL IT WHEN

Against a single deep safety, after the defense has crept up to stop short passes, or when you need a big play.

QB READS

1. Y on the left seam: throw it if the deep safety drifts toward H.
2. H on the right seam: throw it if the safety stays on Y's side.
3. R on the swing to the left flat when both seams are covered.

COACHING POINTS

- Outside receivers X and Z stay about two yards from the sideline so the seams have room.
- Slots Y and H bend slightly toward the middle, then run straight. They must not drift into the outside receivers.
- The QB watches the deep safety, not the receivers. The safety's first step decides the throw.

COMMON MISTAKES

- Receivers slow down when they look back for the ball. Run full speed until the ball is in the air.
- The QB throws to the covered seam because it was the plan. Throw away from the safety.

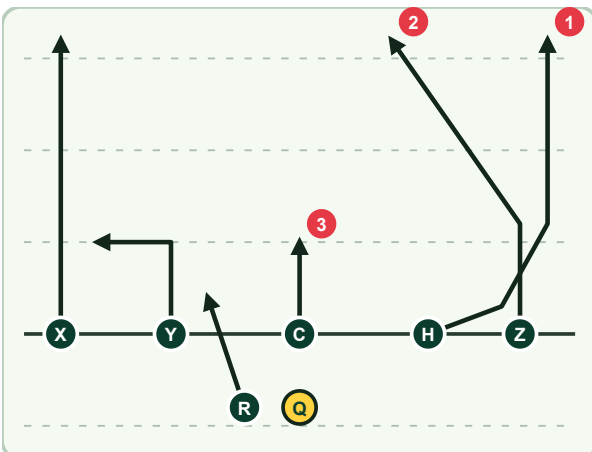
WHEN THEY ADJUST

When the deep defenders start bailing early, call Double In to hit the space they leave underneath.

Full write-up: flagcoachplays.com/plays/four-verticals/

6 Post Wheel

Pass · Doubles Gun · 12U, 14U



On the right side, the outside receiver runs a post toward the middle while the slot runs a wheel: out toward the sideline, then straight up it. The defender covering the slot has to run through traffic to stay with the wheel, and the deep safety cannot cover the post and the wheel at the same time.

CALL IT WHEN

Against man-to-man coverage, and near the end zone when the defense plays tight underneath.

QB READS

1. H on the wheel up the right sideline when H's defender trails.
2. Z on the post if the deep safety widens to help on the wheel.
3. C sitting at 5 yards over the ball, the safe throw under pressure.

COACHING POINTS

- H must sell the flat for two steps before turning up. That is what makes the defender stop.
- Z releases first and H goes underneath Z on the way to the sideline. Settle this in practice so they never collide.
- Throw the wheel over H's outside shoulder, toward the sideline, where only H can catch it.

COMMON MISTAKES

- H turns upfield too soon, and the route becomes an easy-to-cover go route.
- The QB throws the wheel late and it drifts out of bounds. Let it go as H turns up the sideline.

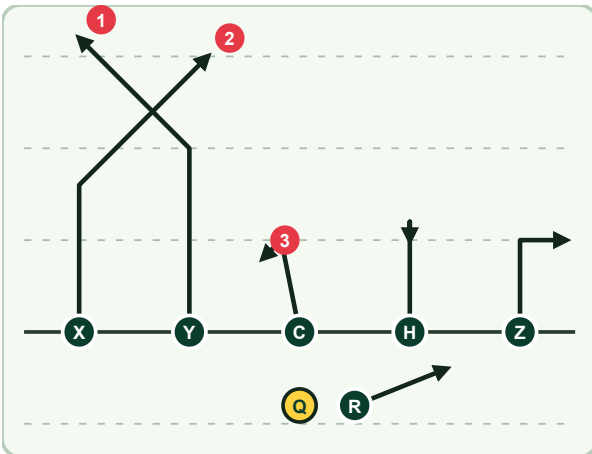
WHEN THEY ADJUST

Once defenders start jumping the flat, run Dagger from the same Doubles look to attack the middle.

Full write-up: flagcoachplays.com/plays/post-wheel/

7 Scissors

Pass · Doubles Gun · 12U, 14U



The two receivers on the left side cross: the outside receiver runs a post toward the middle and the slot runs a corner toward the sideline. One deep defender cannot cover both, and against man-to-man the crossing routes make defenders lose their receiver in the switch.

CALL IT WHEN

Against a single deep safety or man-to-man, when the defense is crowding the short routes.

QB READS

1. Y on the corner toward the left sideline, if the deep defender follows X.
2. X on the post into the middle, if the deep defender stays wide with Y.
3. C on the 4-yard hook over the ball when the rush comes fast.

COACHING POINTS

- X breaks first at about 8 yards and Y breaks at about 10. The later break keeps them apart.
- At the crossing point, Y passes behind X. Settle this in practice so they never collide.
- On the right, H runs a hitch and Z runs an out. Those are the quick answers if the rush comes early.

COMMON MISTAKES

- The two receivers break at the same depth and run into each other.
- The QB throws the corner too far inside. Aim it toward the sideline so the defender cannot reach it.

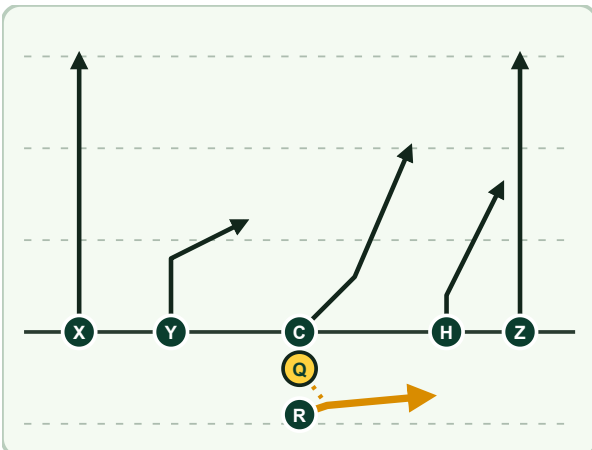
WHEN THEY ADJUST

When the deep safety starts sitting on the crossing point, call Four Verticals and throw the seam.

Full write-up: flagcoachplays.com/plays/scissors/

8 Halfback Pass

Trick play · Pistol Slot Right · 10U, 12U, 14U



It looks exactly like a sweep to the right: R takes the handoff and runs toward the sideline, and the defense comes up to pull the flag. Then R stops behind the line of scrimmage and throws deep to Z, who ran slowly at the start to look uninvolved.

CALL IT WHEN

After you have run the ball to the right two or three times and the defense is racing up to stop it.

QB READS

1. R takes the handoff going right like a sweep, stops behind the line, and throws.
2. Z starts slowly, then sprints deep up the right sideline. Z is the main target.
3. C slips out behind the defenders who come up for the run, the short option for R.

COACHING POINTS

- Pick an R who can throw. Test it in practice, not in a game.
- R must stop and set both feet behind the line. Most leagues only allow a forward pass from behind the line of scrimmage, so check your rules.
- Z's slow start is the trick. Z should look like the play is going somewhere else, then take off.

COMMON MISTAKES

- R throws on the run and the ball floats. Stop, set, then throw.
- R crosses the line before throwing, which makes it an illegal forward pass.

WHEN THEY ADJUST

If the defense stays back, keep the ball on the ground with Counter.

Full write-up: flagcoachplays.com/plays/halfback-pass/