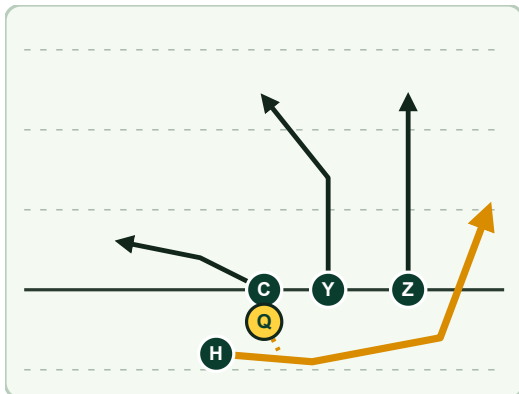


6 Starter Plays for 6U and 8U Flag Football

Plays a brand-new team can learn in the first weeks. The runs need no reads, and each pass has one simple read. Teach 1 and 2 first, then add one play a week. The ball carrier's path is the thick orange line.

1 Sweep Right

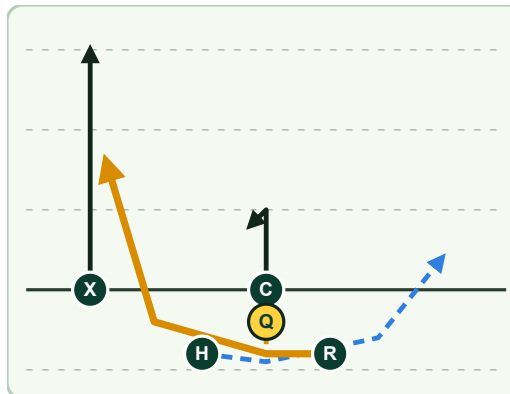
Run · 5v5



Key: H should take the handoff already moving at full speed.

2 Crossbuck

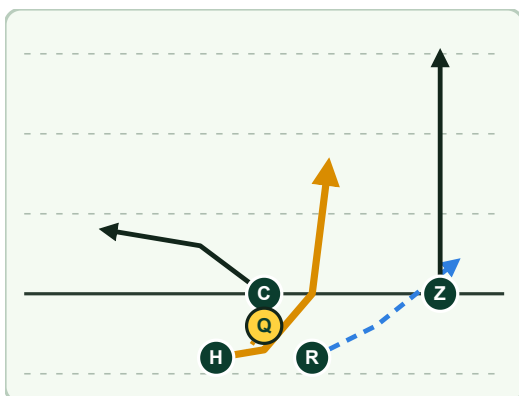
Run · 5v5



Key: The fake only works if H sells it: arms folded as if holding the ball, head down, running full speed.

3 Double Back Dive

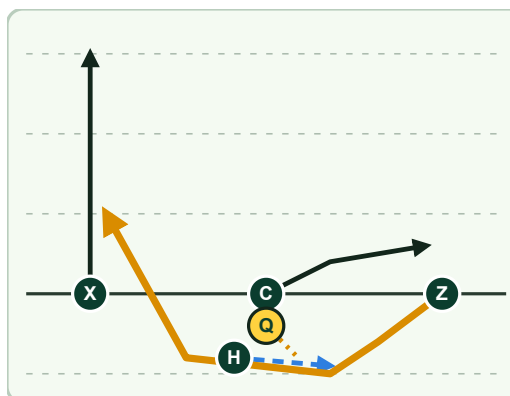
Run · 5v5



Key: The QB turns and hands off with both hands on the ball.

4 Reverse

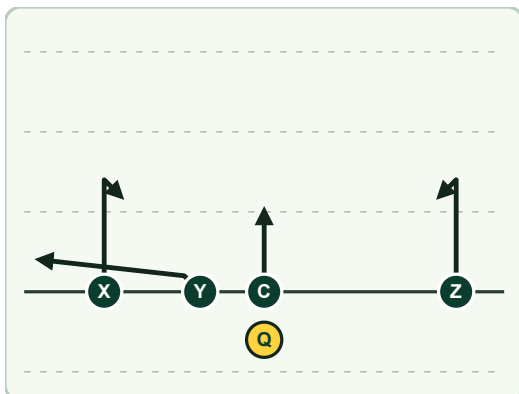
Trick play · 5v5



Key: Z must not leave too early.

5 Curl-Flat

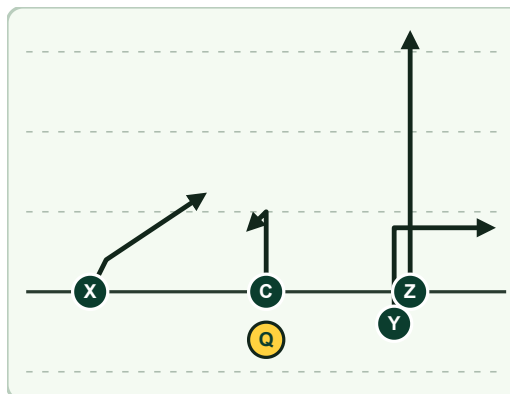
Pass · 5v5



Key: X turns back toward the QB, not toward the sideline, and comes back a step toward the ball.

6 Stack Go-Out

Pass · 5v5



Key: The back receiver lines up directly behind the front one, about 2 yards back.