

# Girls Flag Football

7v7 DEFENSIVE ALIGNMENTS

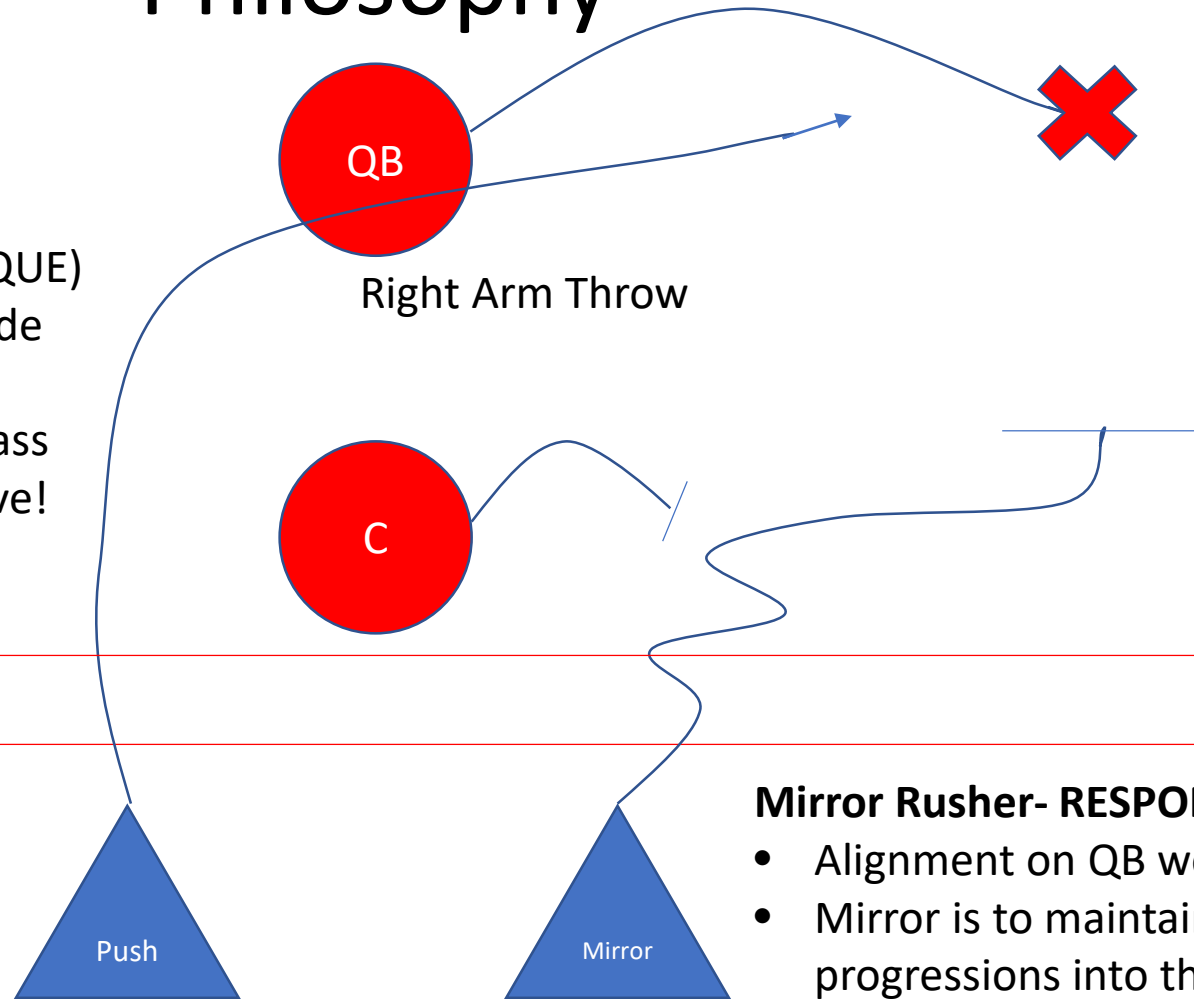
# Push/ Mirror Rushing Philosophy

## Push Rusher- RESPONSIBILITIES

- Alignment on QB throwing arm side
- Force QB to weak side (OVER TECHNIQUE)
- Do not lose containment to QB arm side
- Do not leave your feet to block a pass
- Do not raise arms/ hands to defend pass
- Go for the flag (QB SACK) It's ok to dive!

## Other Strategies

- Both Push "Blitz"
- Both Mirror (under upfield control)
- Fake Push Rush/ Mirror Blitz

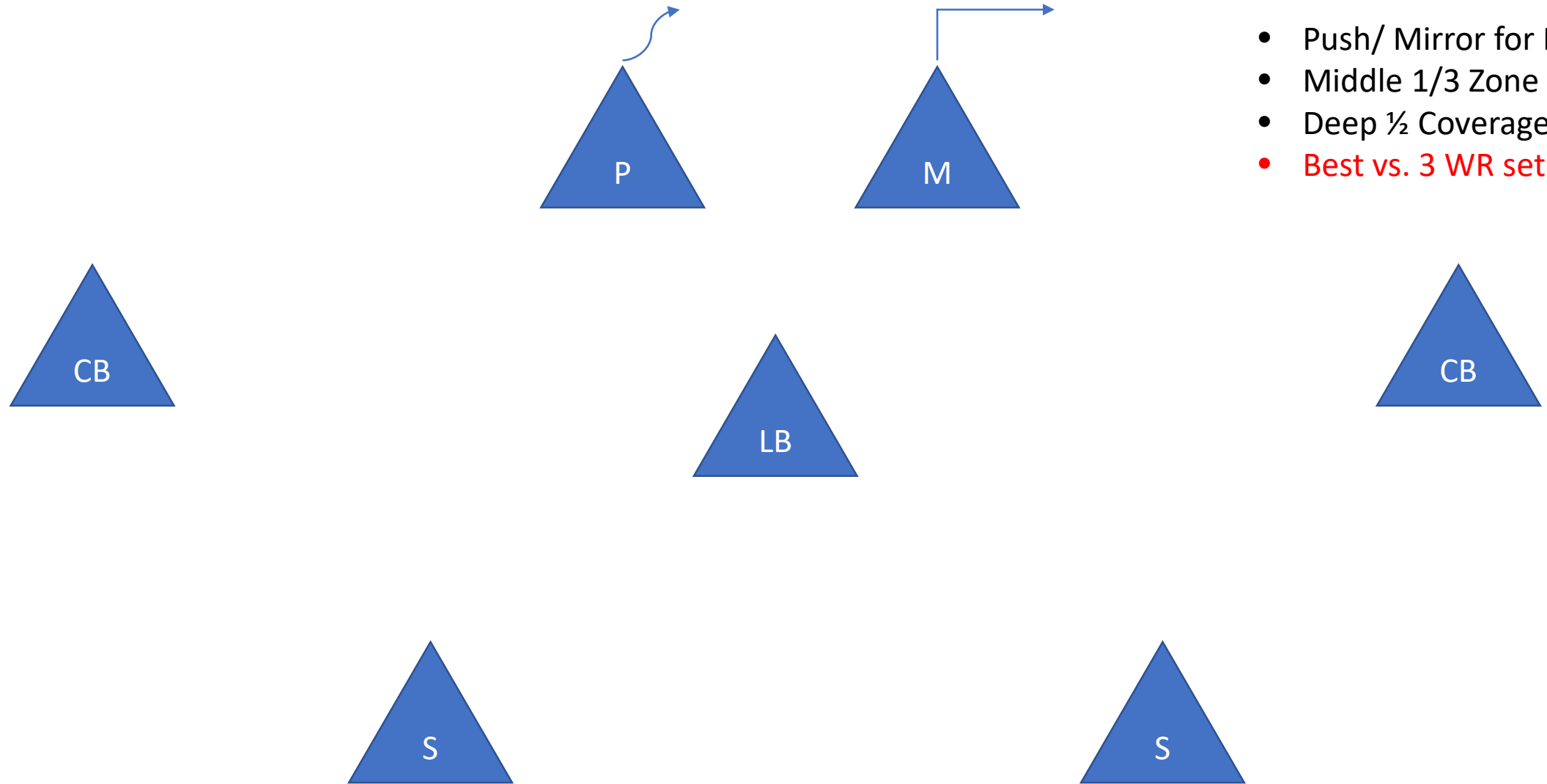


## Mirror Rusher- RESPONSIBILITIES

- Alignment on QB weak side
- Mirror is to maintain LOS with gradual progressions into the backfield
- DO NOT lose containment (Mirror QB)
- RAISE ARMS to obstruct view of QB
- Let the Push Rush do their job!

# 2-3-2

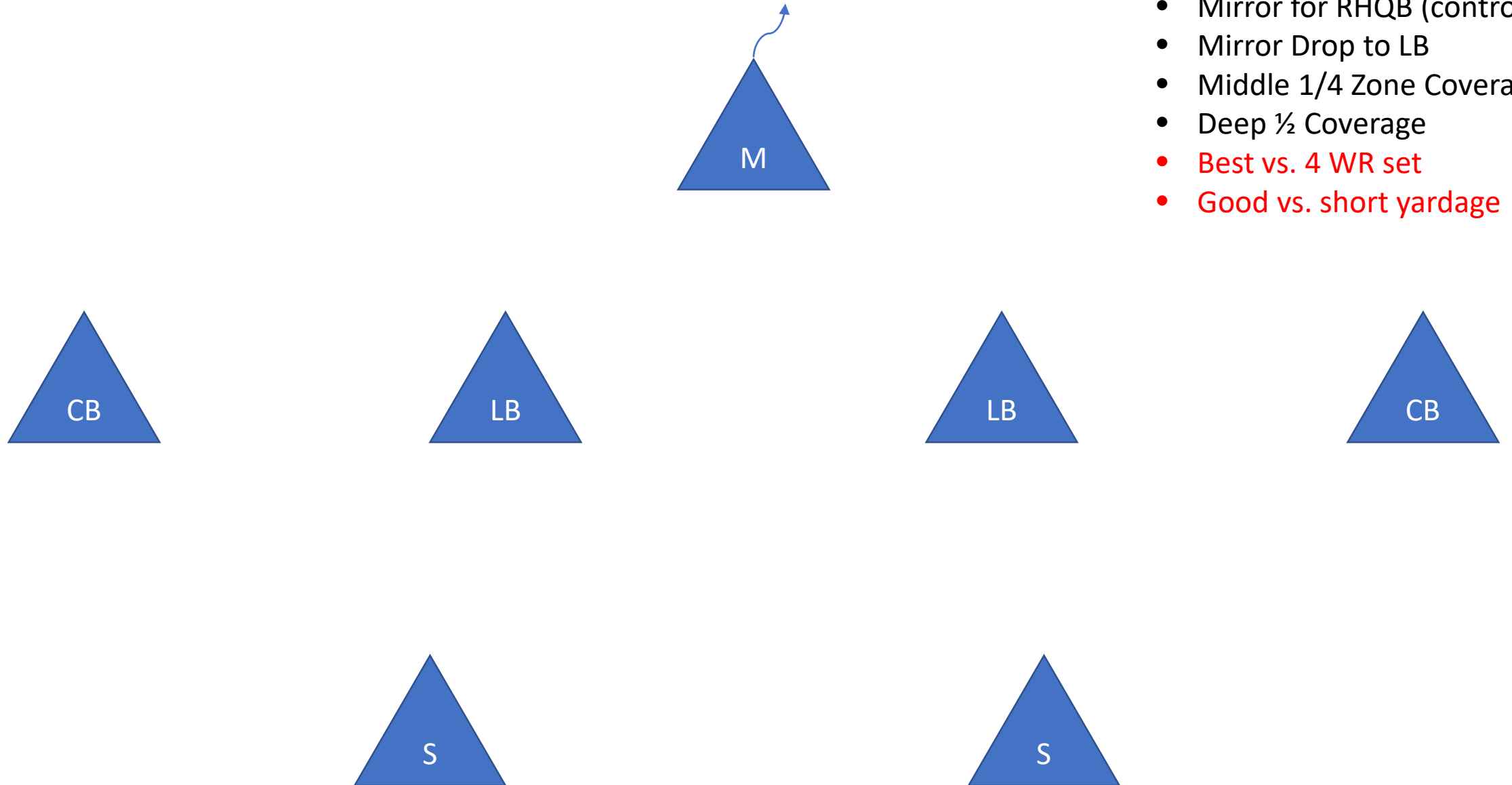
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- Push/ Mirror for RHQB
- Middle 1/3 Zone Coverage
- Deep ½ Coverage
- **Best vs. 3 WR set**

# 1-4-2

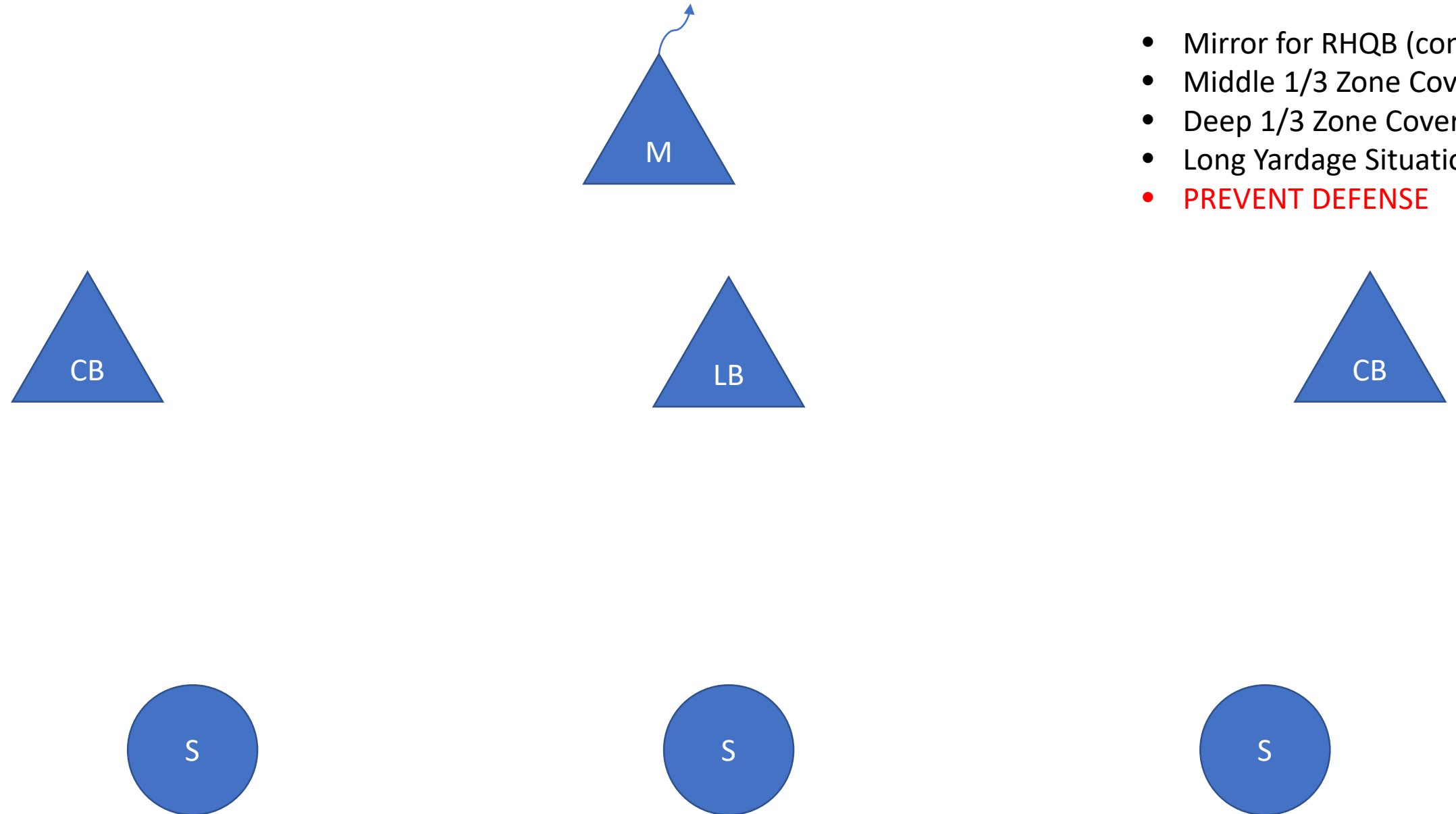
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- Mirror for RHQB (controlled)
- Mirror Drop to LB
- Middle 1/4 Zone Coverage
- Deep ½ Coverage
- Best vs. 4 WR set
- Good vs. short yardage

# 1-3-3

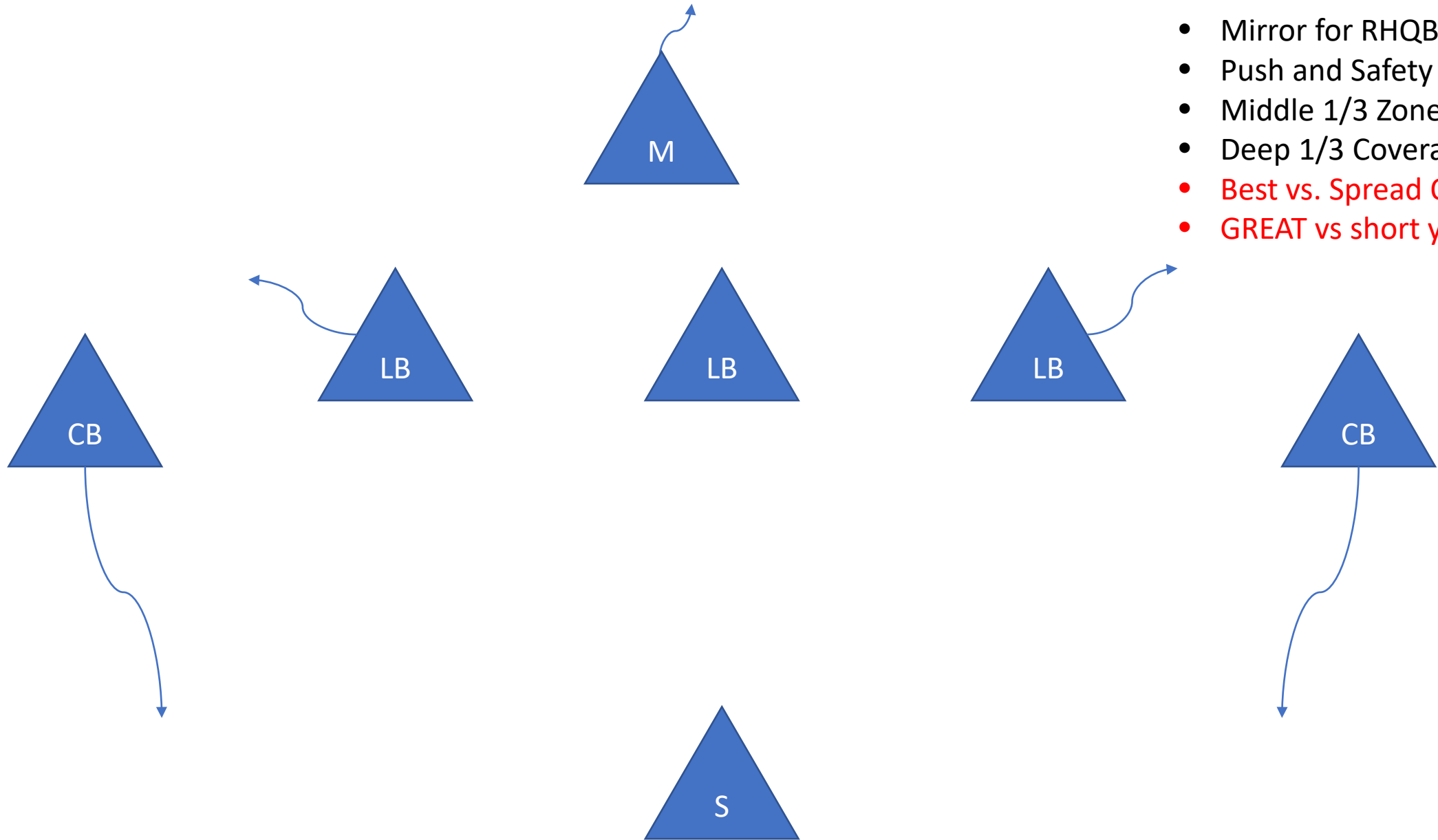
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- Mirror for RHQB (controlled)
- Middle 1/3 Zone Coverage
- Deep 1/3 Zone Coverage
- Long Yardage Situation
- **PREVENT DEFENSE**

# 1-5-1/ roll into 1-3-3 or 1-4-2

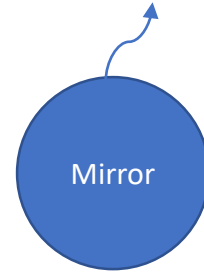
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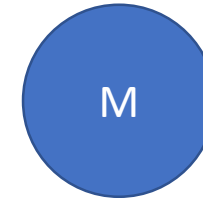
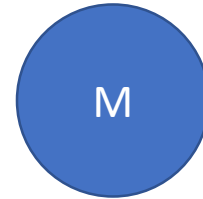
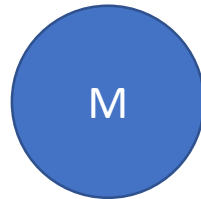
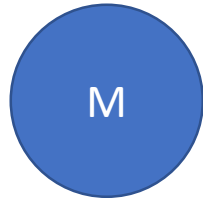
- Mirror for RHQB (controlled)
- Push and Safety Move to LB
- Middle 1/3 Zone Coverage
- Deep 1/3 Coverage
- **Best vs. Spread Offense**
- **GREAT vs short yardage**

# MATCH

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- Mirror for RHQB (controlled)
- Man to Man Coverage
- **High Risk/ High Reward**



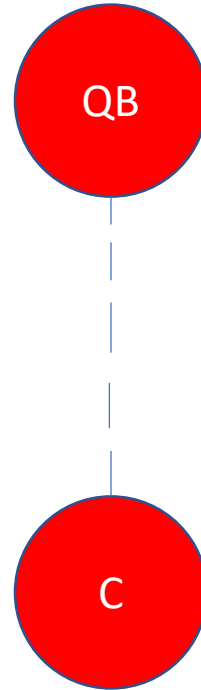
# Flag Football

7v7 OFFENSIVE ALIGNMENTS

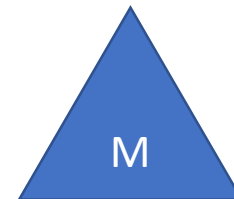
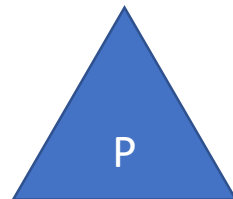


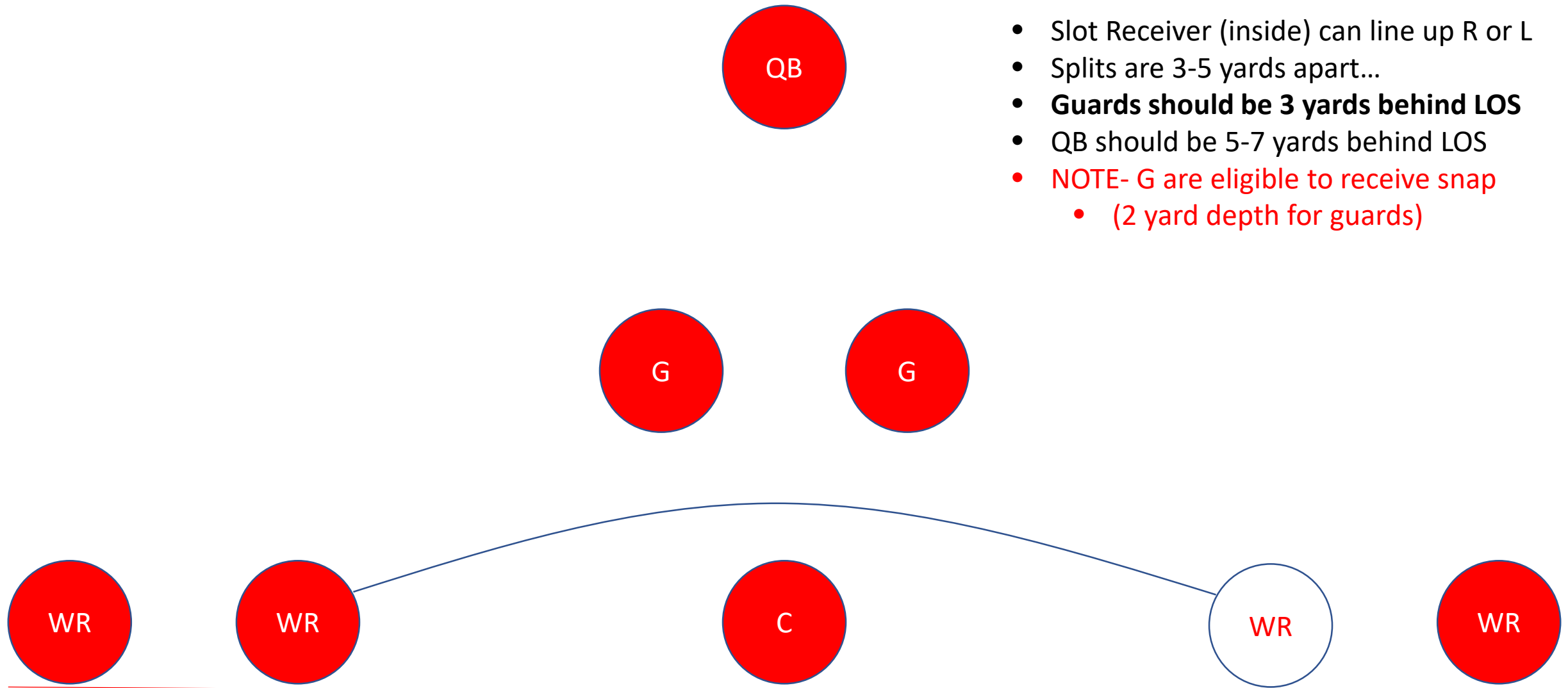
# Offensive Snap Philosophy

Depending on your style of offense will determine the depth that your QB will be most efficient/ effective



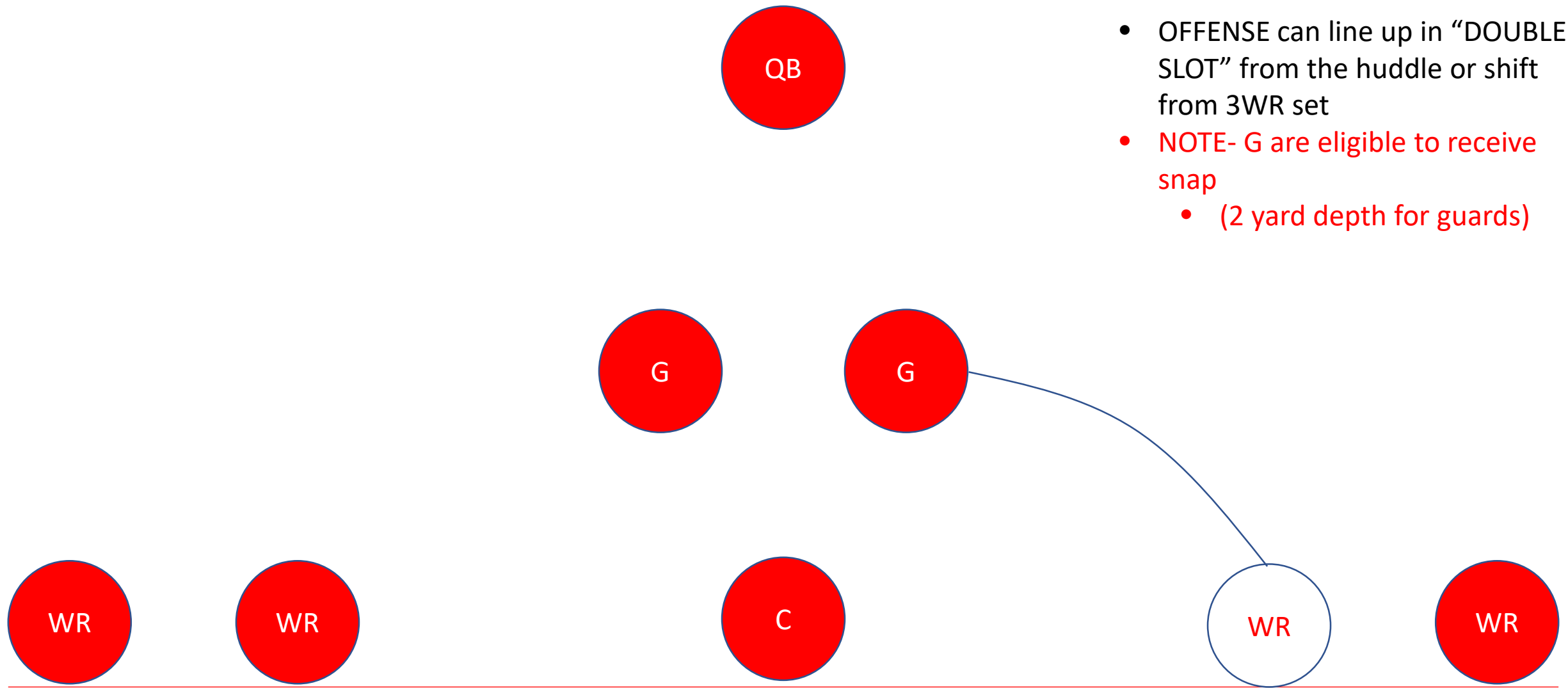
- Center may hike between legs or outside their legs
- Snap cannot be received under C
- Snap must be at least 2 yards
- Snap may be received by any offensive player 2 yards or behind the LOS.
- All offensive players are eligible
- C may not enter neutral zone to initiate downfield blocking





- Slot Receiver (inside) can line up R or L
- Splits are 3-5 yards apart...
- **Guards should be 3 yards behind LOS**
- QB should be 5-7 yards behind LOS
- **NOTE- G are eligible to receive snap**
  - (2 yard depth for guards)

**3 WR's- STRONG RIGHT OR LEFT**

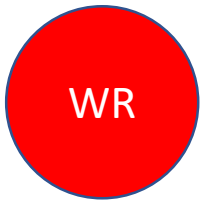
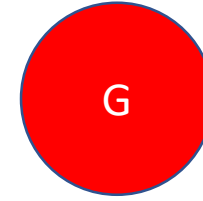
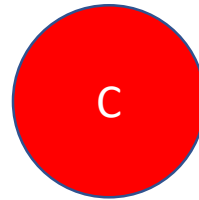
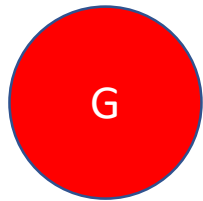
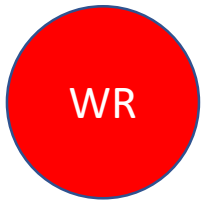
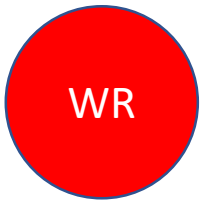


- OFFENSE can line up in “DOUBLE SLOT” from the huddle or shift from 3WR set
- NOTE- G are eligible to receive snap
  - (2 yard depth for guards)

4 WR's- “DOUBLE SLOT”

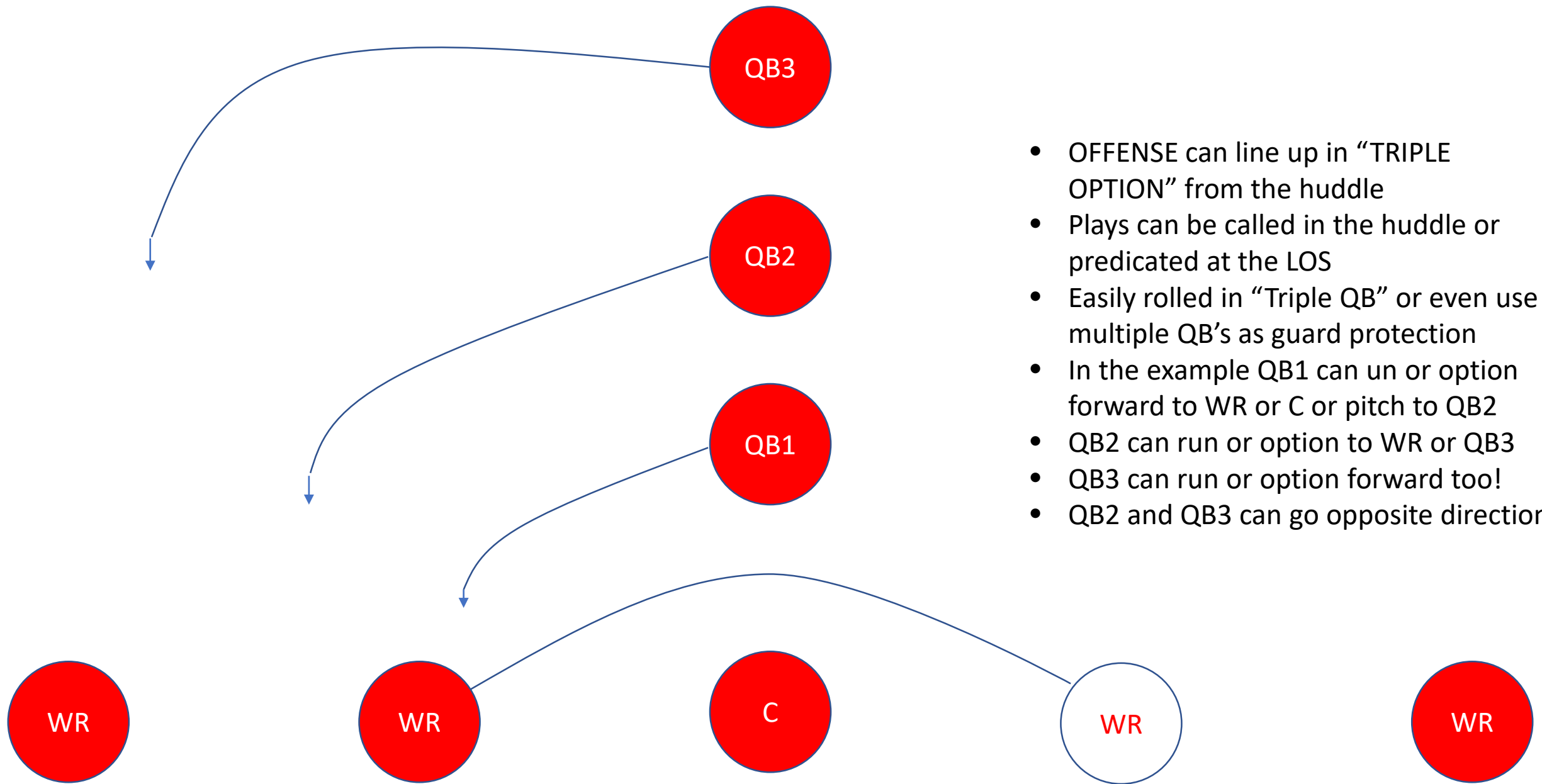


- OFFENSE can line up in “SPREAD” from the huddle or shift from any set to everyone on the line.



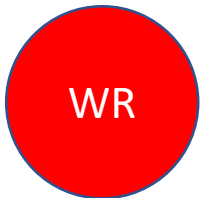
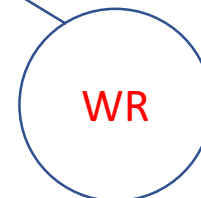
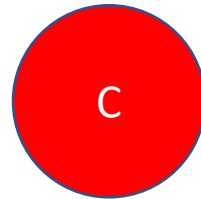
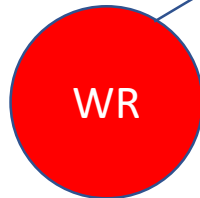
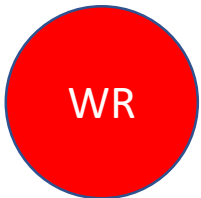
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**“SPREAD”**



- OFFENSE can line up in “TRIPLE OPTION” from the huddle
- Plays can be called in the huddle or predicated at the LOS
- Easily rolled in “Triple QB” or even use multiple QB’s as guard protection
- In the example QB1 can un or option forward to WR or C or pitch to QB2
- QB2 can run or option to WR or QB3
- QB3 can run or option forward too!
- QB2 and QB3 can go opposite directions

# “ TRIPLE OPTION ”



- OFFENSE can line up in “TRIPLE QB” from the huddle or shift from any set OR move at the snap
- Could also just use Double QB
- QB2 and QB3 can run fly or slants

# “TRIPLE QB”

# Flag Football

COMMON STRATEGIES

**ODD NUMERS-** Always run to the sidelines

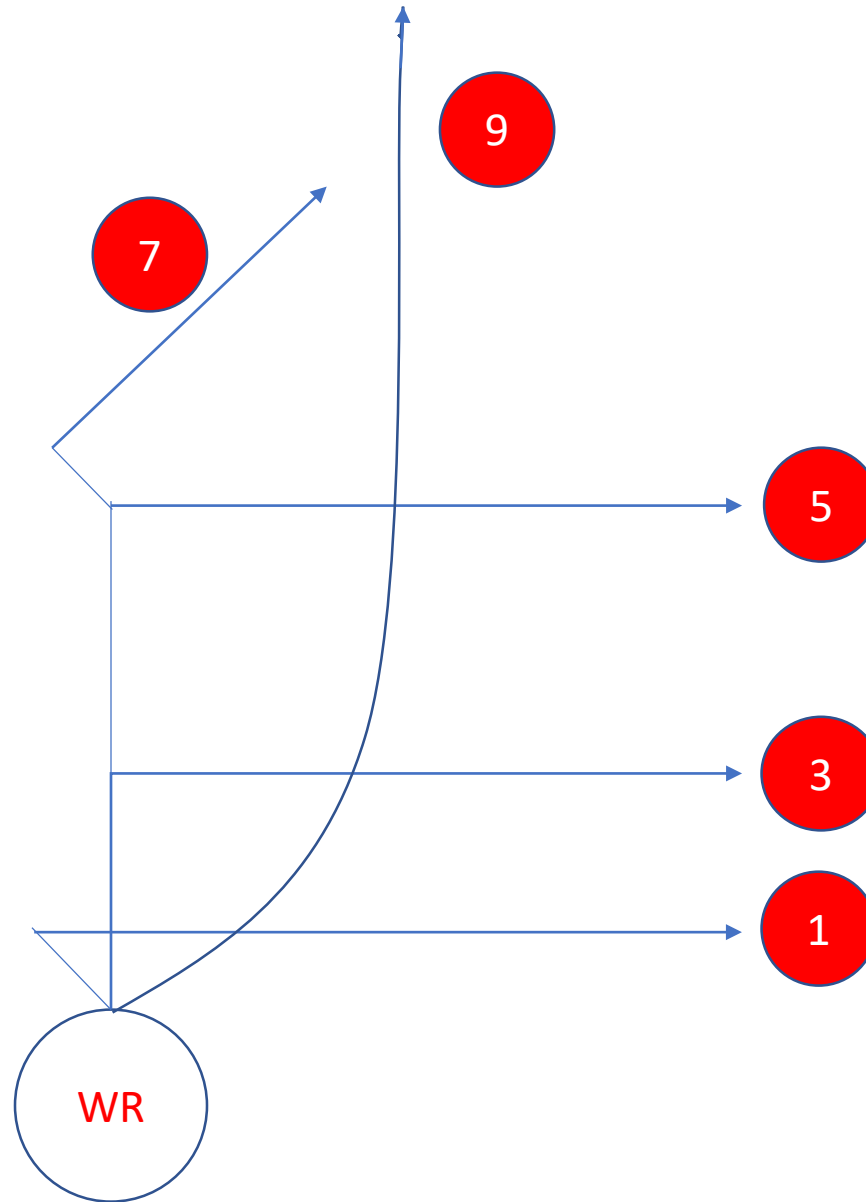
1- fake two step slant/ quick out

3- five yard out

5- ten yard out

7- corner/ flag route

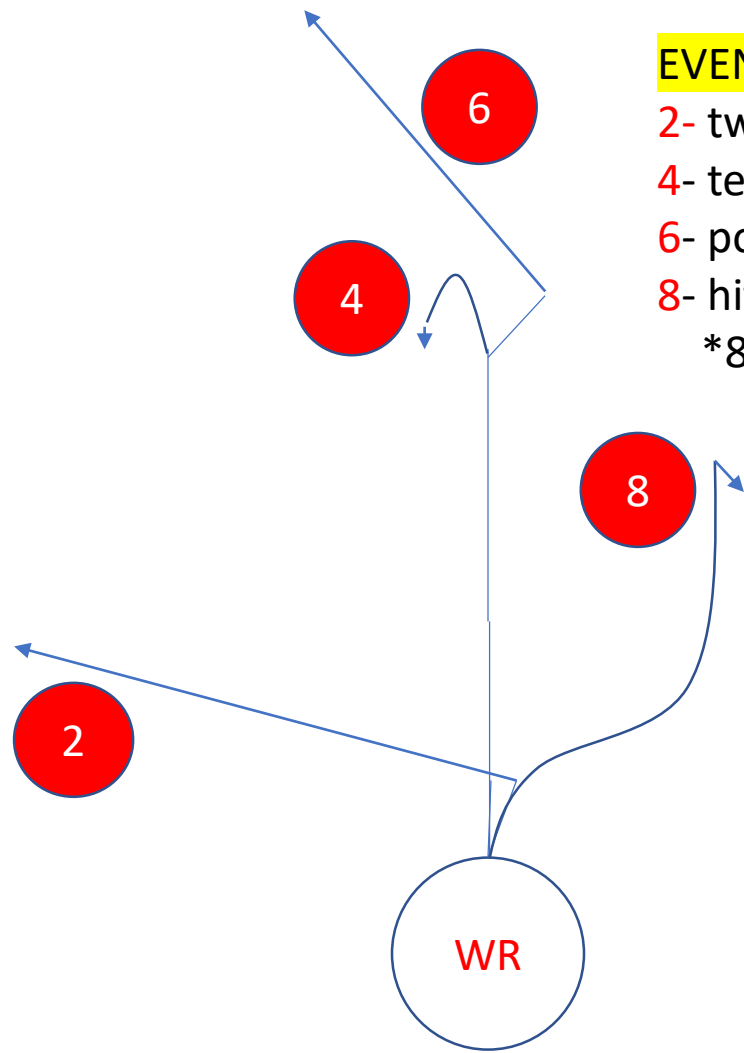
9- fly route



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**“ ODD route TREE ”**





**EVEN NUMERS-** Always run to the middle  
2- two step slant  
4- ten yard curl  
6- post route  
8- hitch route at eight yards/ use with combo 9 route  
\*8 is a back shoulder throw/ THE EXCEPTION\*\*

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# “EVEN route TREE”

## COMMON ROUTE TREE COMBINATIONS

21

23

45

67

76

89

## RUNNING GAME STRATEGIES

“Guard Specials”

“Guard Slants”

“**O**le Miss and **O**regon in the SPREAD & TRIPLE OPTION”

**Learn to Pitch, Pitch, Pitch, Pitch, Pitch, and Keep Pitching the ball!!!**

# BASIC PRACTICE DRILLS!

## DEFENSIVE DRILLS

Flag Pulling Drills

Rushing/ Screen Blocking Drills

Defensive Back Interception Drills/ High Point

## OFFENSIVE DRILLS

Option Pitches (down and backs)

Guard Specials/ Guard Slants (2 yard snaps)

Route Tree (Slants and Fades) (one on ones)

## GENERAL STRATEGIES

- Always Run with the ball extended forward when approaching zone lines
  - Defense is not permitted to strip the ball away from the offensive player.
  - This added yardage will always put your team in a better down and distance.
  
- Know your down and distance situations every play
  - Offense needs to understand this philosophy
  - Offensive players may drop the ball or kneel short of the zone lines
  - **2<sup>nd</sup> and 1 is always better than 1<sup>st</sup> and 19 to go**
  - **3<sup>rd</sup> and 1 is always better than 1<sup>st</sup> and 19 to go**

## GENERAL STRATEGIES

- Pitch the Pigskin!!! If you truly want to be an aggressive team you have to learn to pitch/ option the ball like rugby in order to gain large chunks of yardage.
- **There is not ONE WAY to run your Offense!** Get to know your personnel and build around that. If you have speed then the option offenses may be a better fit. If you have a great QB arm and Receiver then a spread offense may be best. If you have both, then you have options, no pun intended.
- **On Defense**, it's all about being able to pull flags and keep the offense in long down and distance situations. Disguising your coverages and formations will help here. Force them into mistakes without being too aggressive.

# Thank you!

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