

# **FLAG FOOTBALL COACHES GUIDE**

## ***GENERAL GUIDELINES***

There are no more than 10 players on a team and there are 10 starting positions. Each player should have a starting position. Make sure that you have two different quarterbacks. A quarterback may only play half the game at that position. Also, offensive lineman (center) is eligible to catch passes.

## ***OFFENSIVE GUIDELINES***

Offenses should utilize a quarterback, running back, center, 2 wide receiver offensive set (5 players). Running plays should include sweeps with the running back and the quarterback to the left and right. Misdirection plays and reverses should be included. Passing plays should be devised to throw both deep and short routes. Make sure each player has a job to do on each play. Coaches will be allowed in the offensive huddle and should call each play. Players should be taught the proper procedure for advancing the ball. That includes, proper blocking technique (above the waist), legal throws, what constitutes a fumble, center snapping, first down yardage etc. No guarding of the flags is allowed. Once a ball carrier falls down, the play is over. Organization is the key.

## ***DEFENSIVE GUIDELINES***

Defenses should utilize a 1 down linemen (opposite each offensive lineman), 2 defensive backs (opposite each wide receiver), 1 linebacker (opposite the running back) and a safety (opposite the quarterback) defensive formation (5 players). Players should be taught the proper technique to removing the opponent's flags. No diving or tackling is allowed.

## ***SPECIAL TEAMS GUIDELINES***

There are no special teams starting this year. The ball will be placed at the 10 yard-line after the other team scores. If the team stops the other team on downs or intercepts the ball the ball will be placed at the spot.

Note: Organization is the key. Make sure your team is prepared to play on game days. If you appear organized you will play well. Make sure the players know who the coach is and most of all—Have fun!!