

6th grade Flag Football Notes



Carmel PE Flag Football



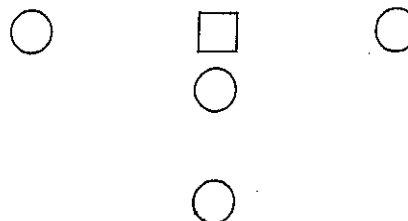
Objectives:

- To Demonstrate and Explain the proper technique for passing and receiving the football
- To Identify Critical Elements of flag football formations and pass routes
- Techniques, Strategies, Acceleration, Deceleration, Angles
- To Apply techniques and strategies of passing, receiving, play calling and route running in order to successfully complete a "play"

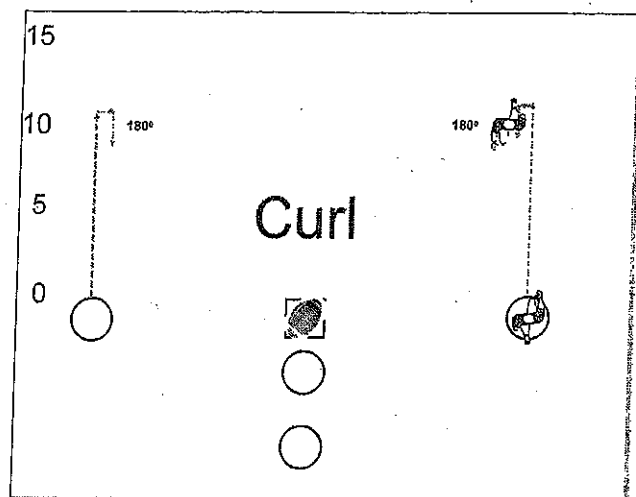
Carmel Flag Football

C = Center
QB = Quarterback
L = Left Receiver
R = Right Receiver
H = Halfback

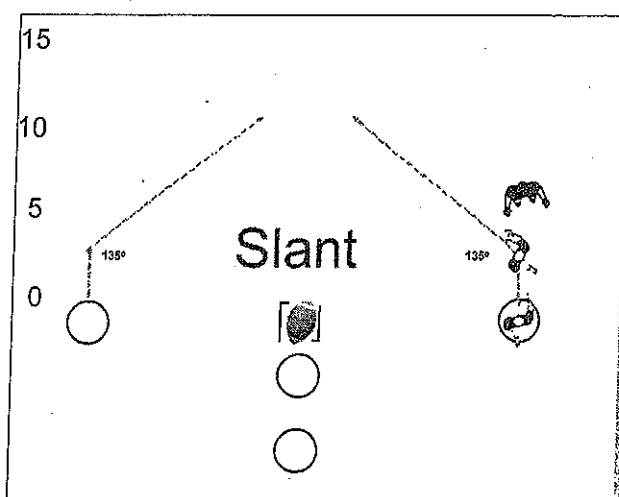
Split T



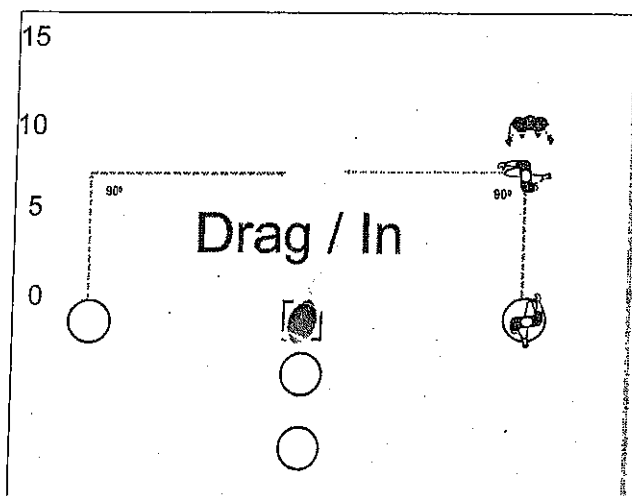
Positions Split T



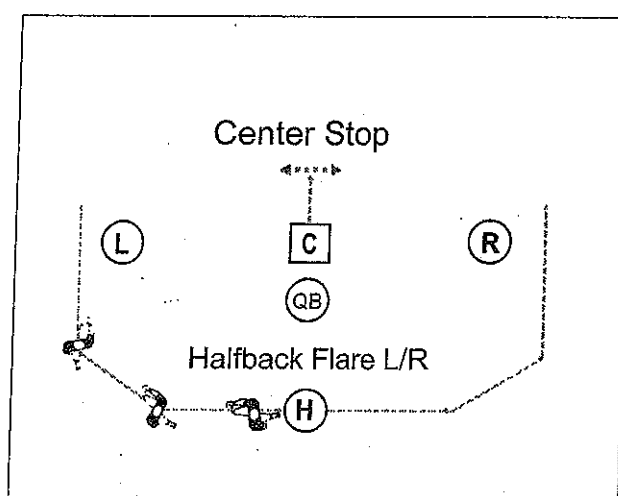
Curl



Slant

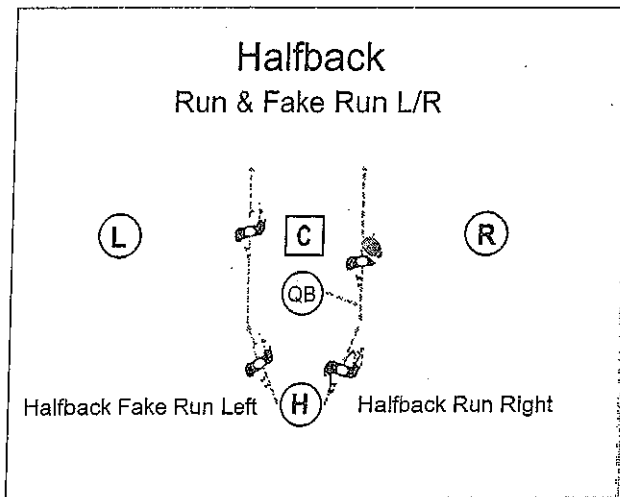


Drag / In

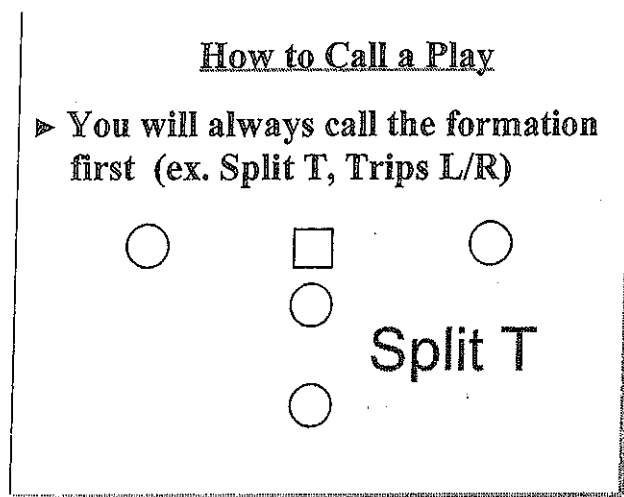


Halfback & Center Routes

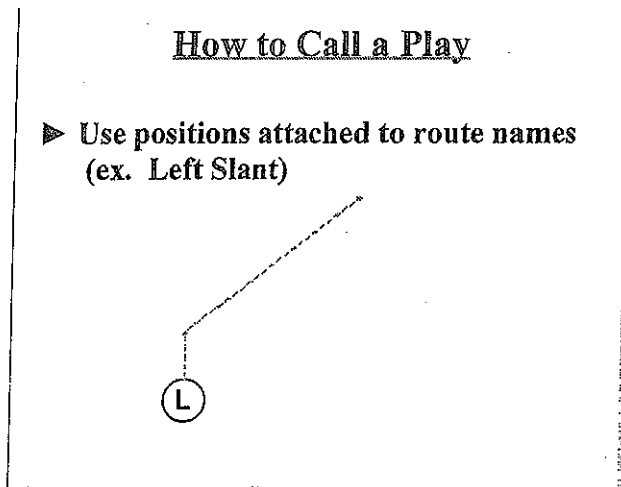
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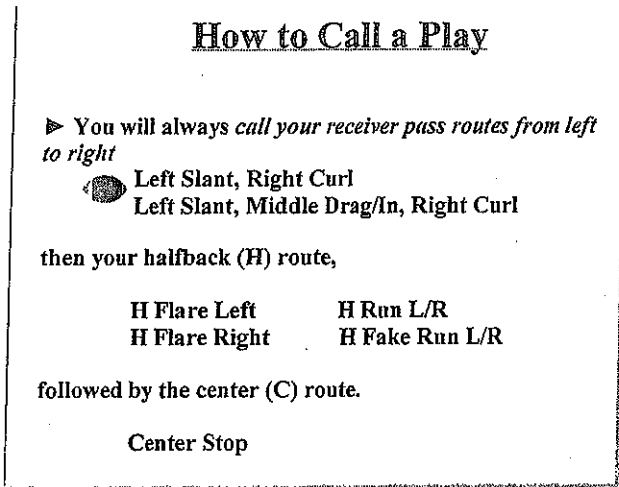
Halfback & Center Routes



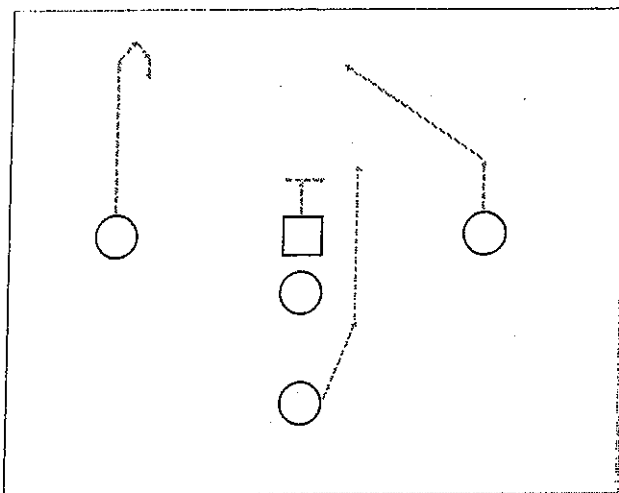
Play Calling 1



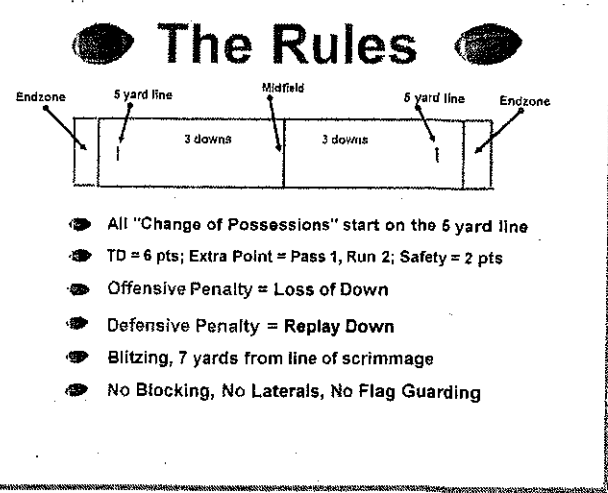
Play Calling 2



Play Calling 3



You Call the Play! Split T



The Rules