

# 7th Grade Flag Football Notes



## Carmel PE Flag Football



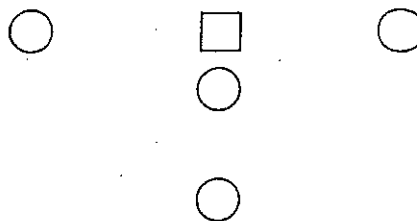
### Objectives:

- 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

## Trips Left



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

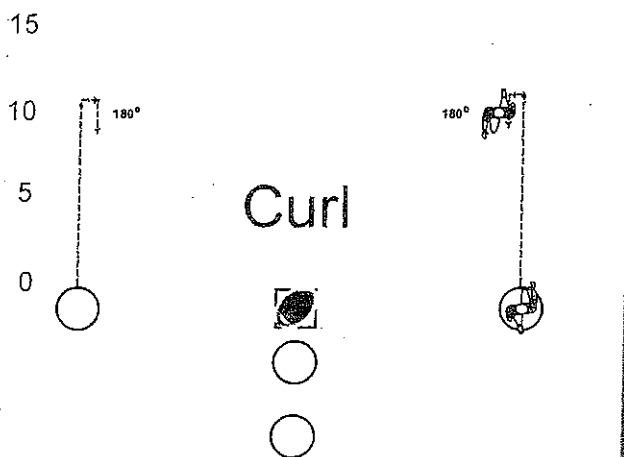
Positions Trips L

## Trips Right



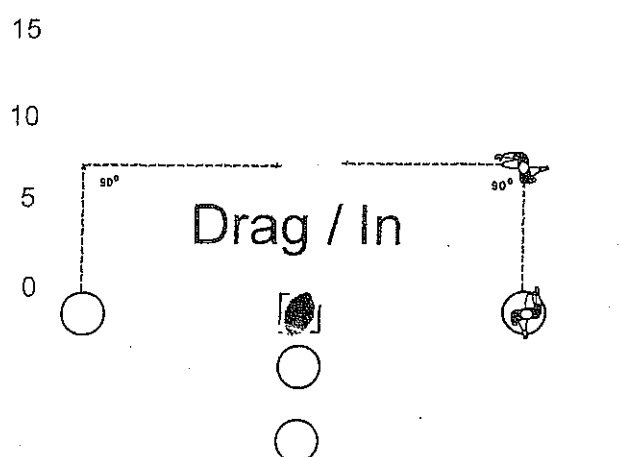
C = Center  
QB = Quarterback  
L = Left Receiver  
M = Middle Receiver  
R = Right Receiver  
H = Halfback

Positions Trips R



## Curl

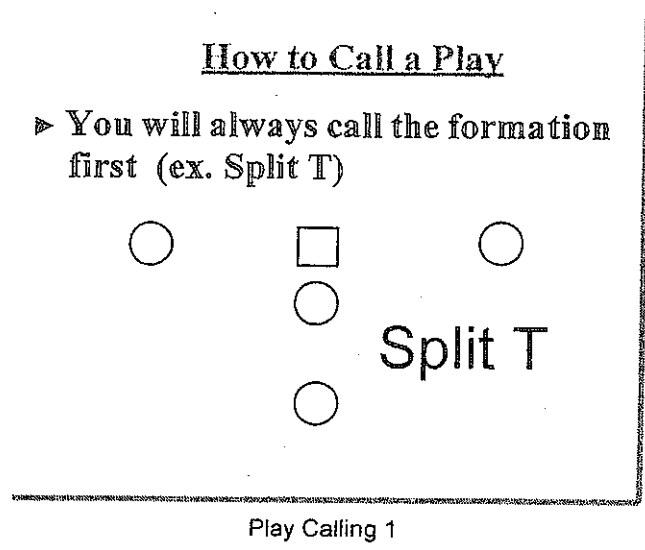
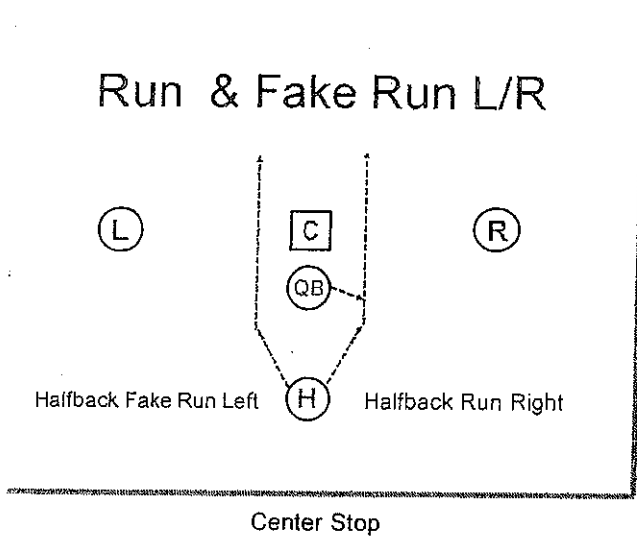
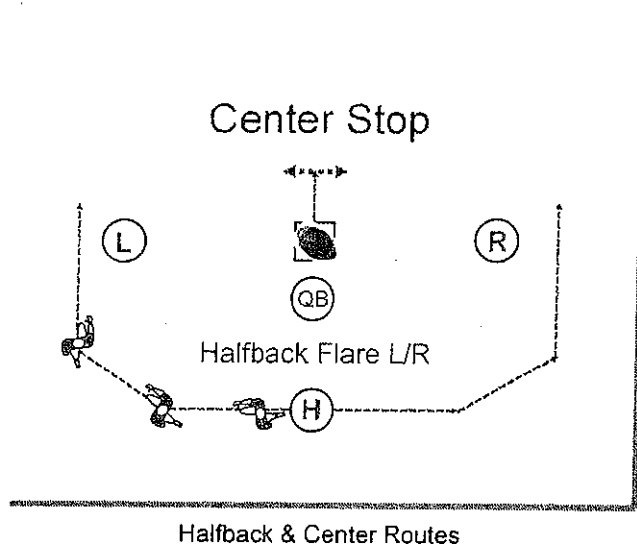
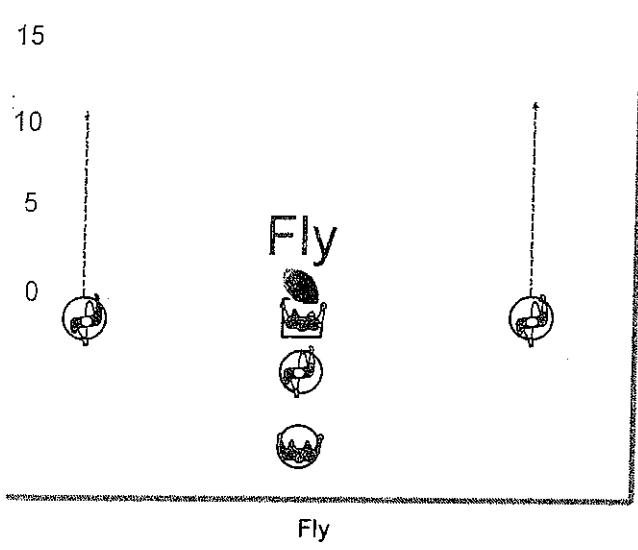
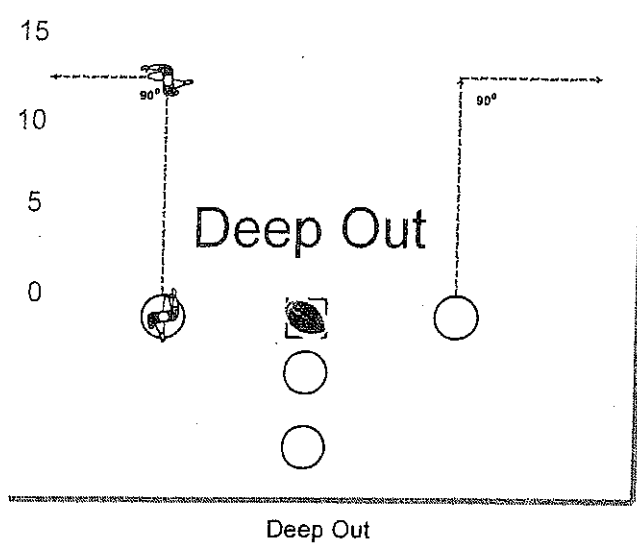
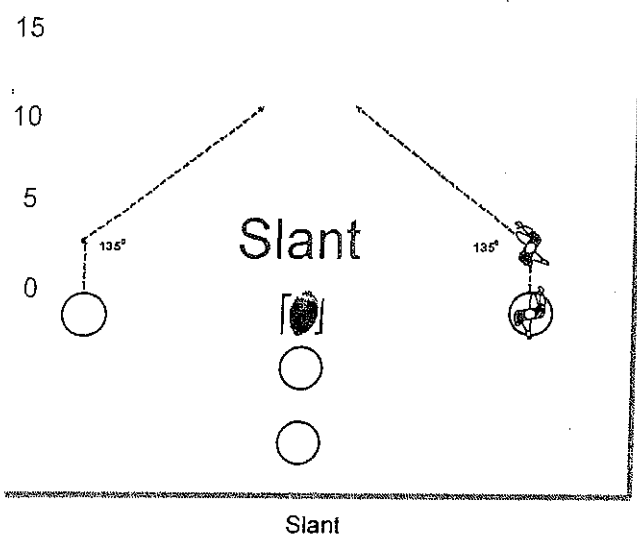
Curl



## Drag / In

Drag / In

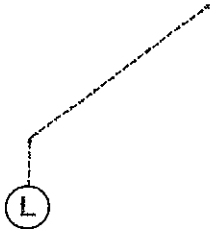
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### How to Call a Play

- Use positions attached to route names  
(ex. Left Slant)



Play Calling 2

### How to Call a Play

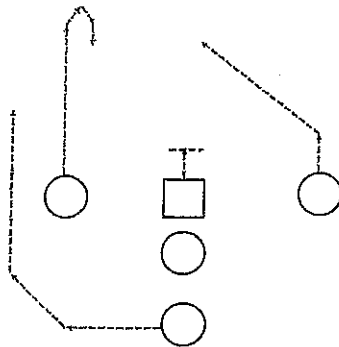
- call your receiver pass routes from left to right
  - Left Slant, Right Curl
  - Left Slant, Middle Drag/In, Right Curl
- then your halfback (H) route,
  - H Flare Left      H Run L/R
  - H Flare Right      H Fake Run L/R
- followed by the center (C) route.
  - Center Stop

Example:

Split T, Left Slant, Right Curl, H-flare left, C-Stop

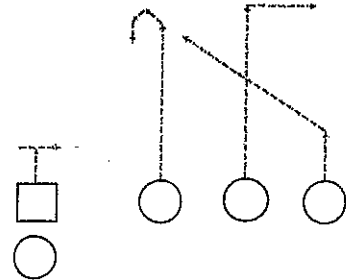
Play Calling 3

Split T,  
Left \_\_\_\_\_  
Right \_\_\_\_\_  
H \_\_\_\_\_  
Center \_\_\_\_\_



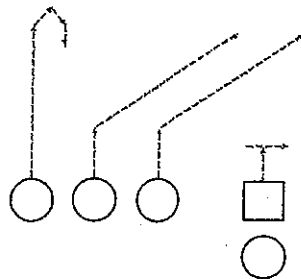
You Call the Play!

Trips Right,  
Left \_\_\_\_\_  
Middle \_\_\_\_\_  
Right \_\_\_\_\_  
Center \_\_\_\_\_



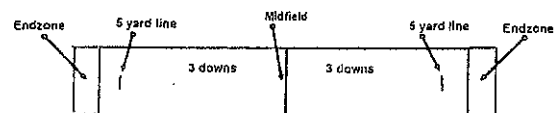
You Call the Play!

Trips Left,  
Left \_\_\_\_\_  
Middle \_\_\_\_\_  
Right \_\_\_\_\_  
Center \_\_\_\_\_



You Call the Play!

## The Rules



- All "Change of Possessions" start on the 5 yard line
- TD = 6 pts; Extra Point = Pass 1, Run 2; Safety = 2 pts
- Offensive Penalty = Loss of Down
- Defensive Penalty = Replay Down
- Blitzing, 7 yards from line of scrimmage
- No Blocking, No Laterals, No Flag Guarding

The Rules

