

8th Grade Flag Football Notes



Carmel PE Flag Football



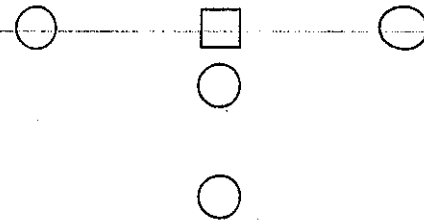
Objectives:

- 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

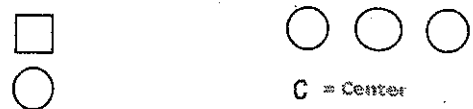
Trips Left



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

Positions Trips L

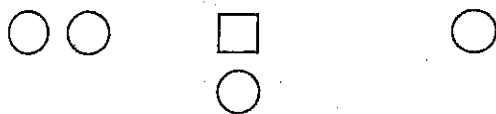
Trips Right



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

Positions Trips R

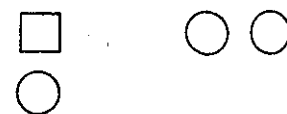
Twins Left - No Back



M R C QB L

Twins L - No Back

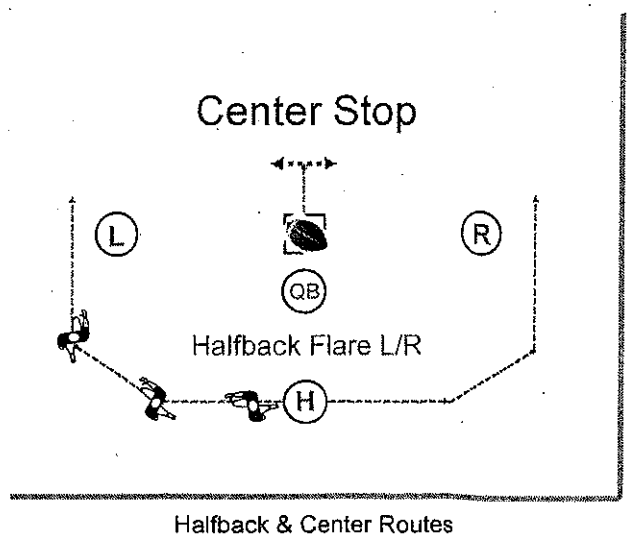
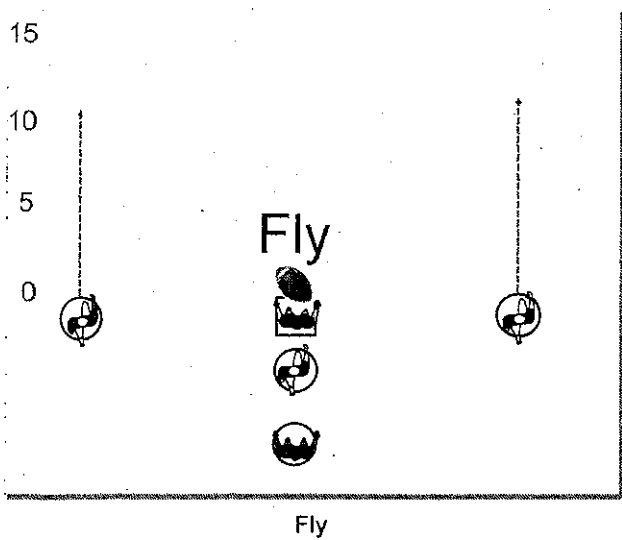
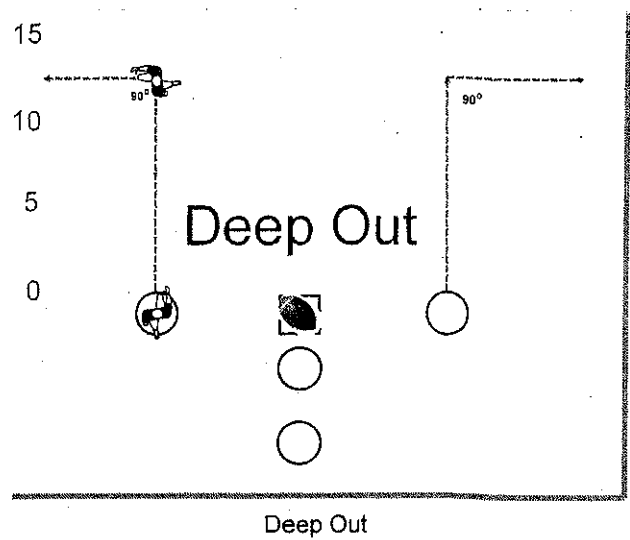
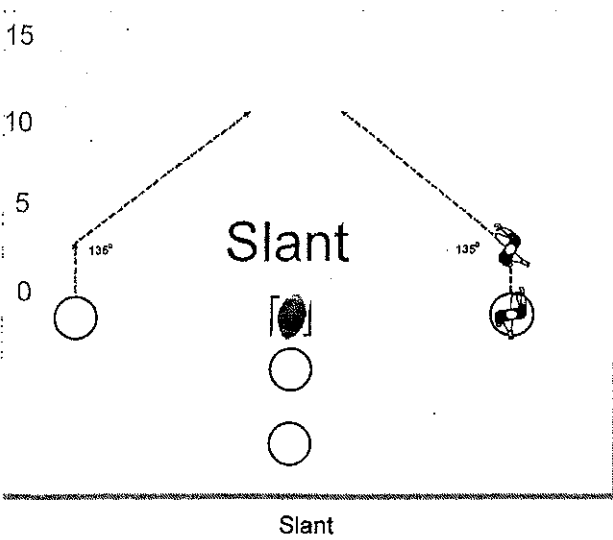
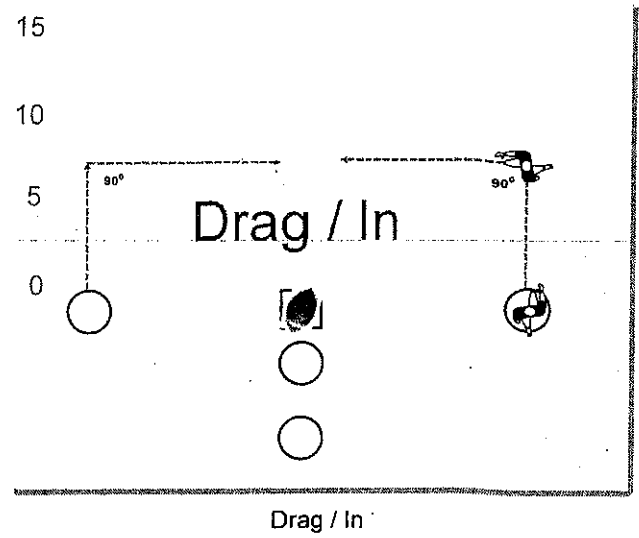
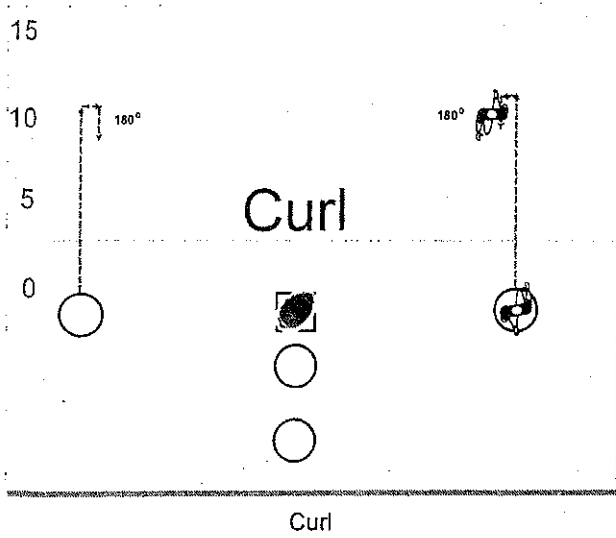
Twins Right - Single Back



QB H C M R L

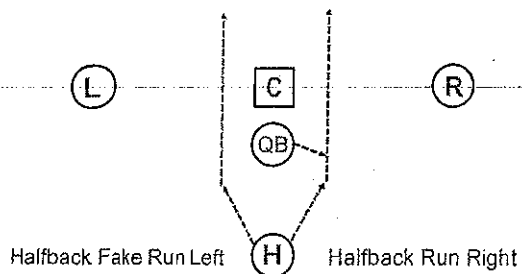
Twins L - No Back

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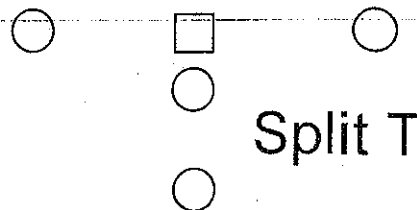
Run & Fake Run L/R



Center Stop

How to Call a Play

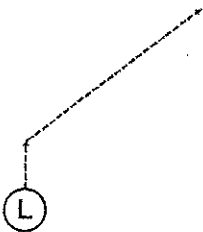
- You will always call the formation first (ex. Split T)



Play Calling 1

How to Call a Play

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



Play Calling 2

How to Call a Play

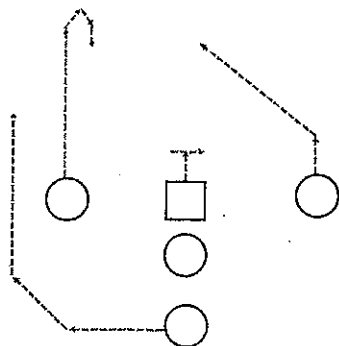
- call your receiver pass routes from left to right
 - Left Slant, Right Curl
 - Left Slant, Middle Drag/In, Right Curl
- then your halfback (H) route,
 - H Flare Left H Run L/R
 - H Flare Right H Fake Run L/R
- followed by the center (C) route.
 - Center Stop

Example:

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

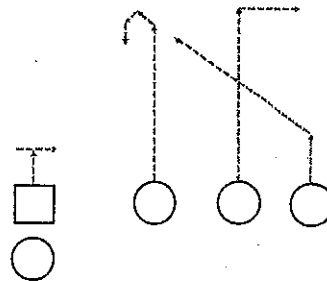
Play Calling 3

Split T,
Left _____
Right _____
H _____
Center _____



You Call the Play!

Trips Right,
Left _____
Middle _____
Right _____
Center _____



You Call the Play!

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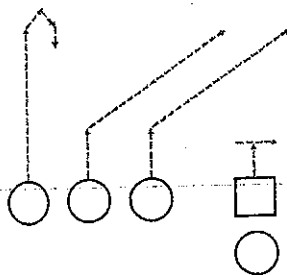
Trips Left,

Left _____

Middle _____

Right _____

Center _____



You Call the Play!

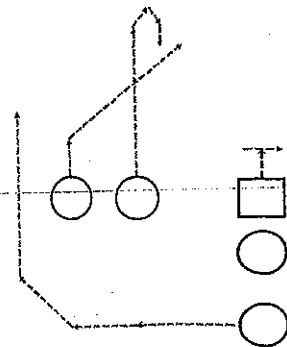
Twins Left,

Left _____

Right _____

H _____

Center _____



You Call the Play!

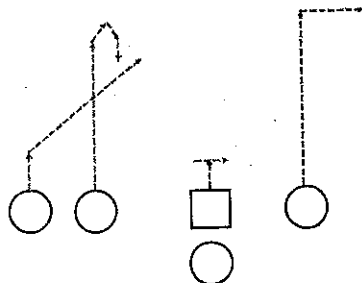
Twins Left - No Back,

Left _____

Middle _____

Right _____

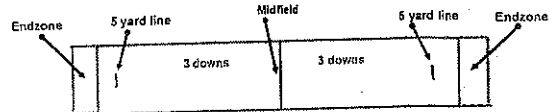
Center _____



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