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INSIDE

FLAG FOOTBALL RULES

PLAY DIAGRAMS

...AND MORE

2005

CUSTOM PLAYBOOK MAGAZINE





FLAG FOOTBALL

is a fun game that's easy to learn. It's similar to tackle football, the primary difference being that there is no contact. Instead of tackling the ball carrier, the defenders try to pull flags that are hanging from the ball carrier's belt. The strategies and skills are the very same ones that you see in the NFL and CFL.

No blocking, no tackling, no contact...
JUST LOTS OF FUN!

Get In THE Game!

In Flag games, two teams consisting of at least 4 players each try to score points on each other by reaching the opposing team's end zone with the football.

The team with the ball is called the "offense" and they use a combination of runs and passes to move the ball down the field.

The team without the ball is called the "defense" and they try to prevent the offense from moving the ball by knocking down passes and pulling the flags of the ball carrier.

This book will outline some basic football skills and concepts. You will learn about passing, catching, running and defending.



**HEADS
UP!**

GREAT TIPS FROM

Hey kids! If you develop a habit of being physically active now, you will be more likely to remain active throughout your entire life! Signing up for your school's Flag Football team is a perfect opportunity to get you started on developing a great habit of being and staying physically active.

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CANADA**

PLAYER POSITIONING

QB

QUARTERBACK

The QB is the captain on offense, and calls the offensive plays. The QB always stands behind the Center (C) and receives the "snap." The QB can either hand off the football or pass to a teammate on offense.

C

CENTER

The Center snaps the football to the QB. A snap is when the Center tosses the football between his/her legs to the QB. After the snap, the Center can run out for a pass.

WR

WIDE RECEIVER

The Wide Receiver catches passes from the QB and runs with the ball. The WR also can take a handoff.

RB

RUNNING BACK

The Running Back stands behind the QB or next to the QB and receives handoffs from the QB and runs with the ball. RB's also catch passes from the QB.

DB

DEFENSIVE BACKS

All defensive positions in NFL Flag Football are called Defensive Backs. The DB tries to stop the players on offense and also tries to intercept or gain possession of the football. The DB tries to pull the flag of the player with the football.

DR

DEFENSIVE RUSHER

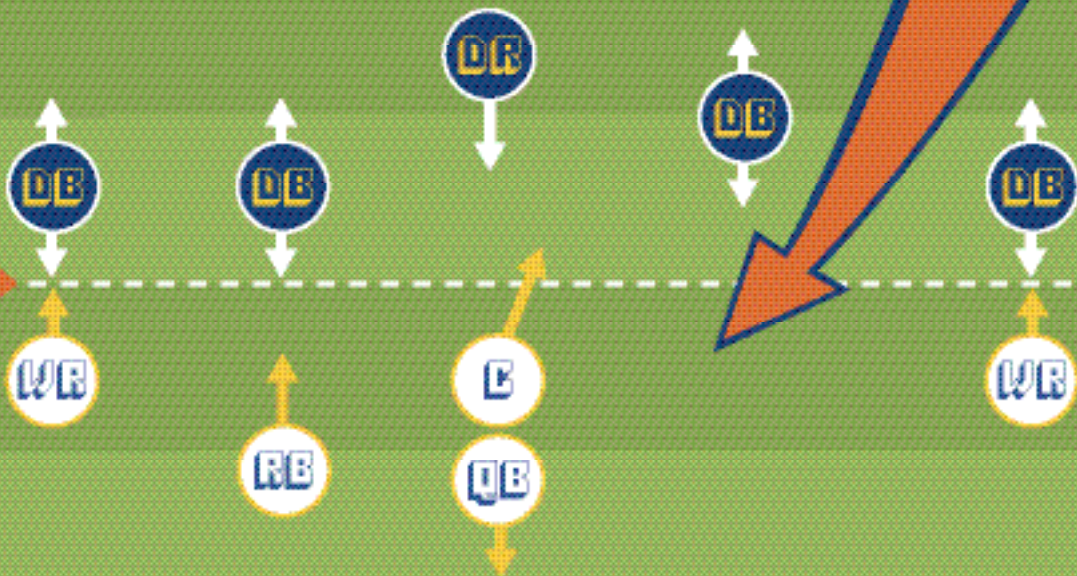
The DR is a DB who is lined up 7 yards from the line of scrimmage. This makes the DR eligible to cross the line of scrimmage and go after the QB. When the DR pulls the QB's flag off before the QB throws or hands off the ball, it's called a QB sack.

LEARN EVERY POSITION!

TAKE IT TO THE FIELD!

OFFENSIVE POSITIONING

LINE OF SCRIMMAGE



OFFENSIVE TECHNIQUES



PASSING

Throwing the football down the field to a receiver is a great way to move the ball quickly. Throwing the ball to an area where the receiver is running to is called leading the receiver. Leading the receiver will allow your receiver to run after the catch and make big plays.



CATCHING

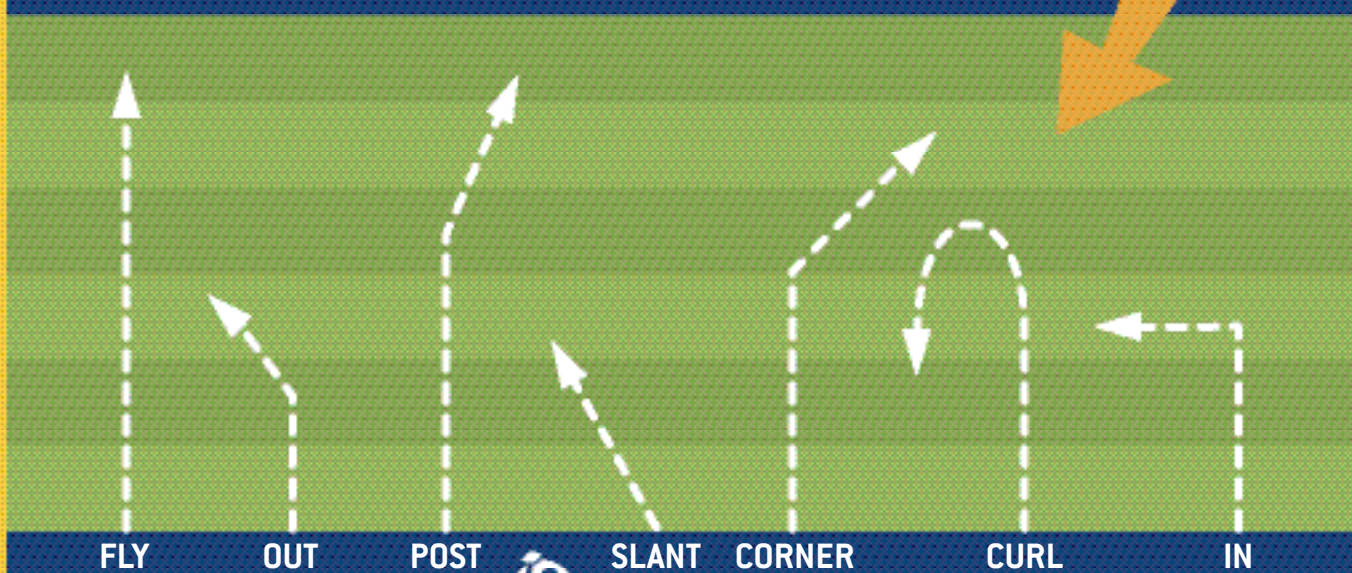
Catches should be made with your hands, instead of trapping the ball against your body. Receivers run pass patterns so that the QB knows where the receivers are going and where to throw. By practicing your pass routes with your QB, you can improve your precision and timing, providing your team with an awesome passing attack!



PASS PATTERNS

Each receiver can have a different pattern on each play. Mix up your patterns and where you line up to trick the defense. Pass patterns have names. Using them can help you quickly organize a play. The pass patterns below show a few of the many ways that you can go out for a pass.

PASS PATTERNS



FLY

OUT

POST

SLANT

CORNER

CURL

IN



PASSING TIPS

BUILD CONFIDENCE WITH YOUR PASSING GAME

- 1 Practice short passes to your receivers
- 2 Have receivers run patterns at half speed
- 3 Slowly have the receivers increase the speed of the patterns



CATCHING TIPS

PRACTICE CATCHING THE BALL IN DIFFERENT WAYS

- 1 Facing the QB, above your waist [thumbs together]
- 2 Facing the QB, below your waist [pinkies together]
- 3 Running away from the QB, over both shoulders



PASS PATTERN TIPS

FREEZE THE DEFENDERS ON FLY PATTERNS

- 1 A pump fake is when the QB pretends to throw the ball. The next time that you are playing QB, try using a pump fake to freeze the defenders then throw a long bomb to a streaking receiver.

DEFENSE

SKILLS

THERE ARE TWO VERY
IMPORTANT SKILLS
WHEN PLAYING DEFENSE!



1

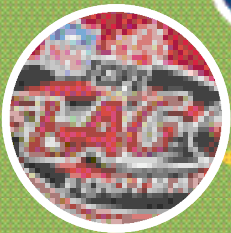
KEYS TO BREAKING UP PASSES

Give the receiver a cushion, which means stand a yard or two away from the line of scrimmage so that you have time to accelerate with the receiver as he/she starts to run.

Your cushion will also give you a chance to see the play develop and help you determine if it is going to be a running play or a passing play.

Stay as close to the receiver as possible so that you can react to the ball when it is thrown.

If you are not able to get to the ball before the receiver does, put yourself in a position where you can pull the receiver's flag after the catch.



2

KEYS TO FLAG PULLING

Good positioning on defense will make flag pulling much easier.

Position yourself so that you are encouraging the ball carrier to go a certain direction. For example, stand to the right of the ball carrier's path if you want him/her to go to the left.

Use the sidelines and your teammates to corner the ball carrier. The sideline is your friend when playing defense!

Once you are in good position keep your eyes on the ball carrier's hips. As you close in on the ball carrier, focus on the flags and grab it as close to the belt as you can.

HEADS
UP!

GREAT TIPS FROM

The average kid watches 26 hours of TV each week, and this doesn't include time spent on the computer or playing video games! Try to reduce the amount of time you spend watching TV and replace it with time being active. The next time your favourite TV show is on, compromise by trying to keep active during the commercial breaks.

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DEFENSE

STYLES

THERE'S MORE THAN ONE WAY TO
DEFEND YOUR END ZONE.
TRY THEM BOTH!

PLAYING ZONE DEFENSE



Each defensive back is responsible for an area as opposed to a specific player. The advantage of this system is that you can keep an eye on the receiver and the quarterback at the same time.

As receivers come through your area try to anticipate where the quarterback wants to throw it and beat the receiver to the spot.

Zone defense works well against teams that like to run the ball because the defenders can keep an eye on the backfield of the offense while the play develops.



PLAYING MAN TO MAN DEFENSE



Leave some space between you and the receiver (this is your cushion).

As the receiver starts his/her route you can start to back pedal.

When the receiver makes his/her break you can turn and run with him/her to try to break up the pass.

Man to Man works well against teams that like to pass the ball because every receiver will be covered.

Try Man to Man and Zone depending on the situation; just because the offense calls the plays it doesn't mean that they are the only ones that can use the element of surprise!

**HEADS
UP!**

GREAT TIPS FROM

Here's one way to stay active during commercial breaks. Captain Push 'n Crunch - Challenge yourselves to do as many push-ups as you can during one commercial. Then challenge yourselves to do as many crunches as you can. Alternate between push-ups and crunches for the rest of the commercial break.

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RULES DIGEST

RULE NUMBER

1

NO CONTACT **NO BLOCKING** **NO TACKLING**

A FEW MORE RULES

- No kickoffs.
- Game starts by having the offensive team take possession of the ball at its 5-yard line.
- The offense has three plays to cross midfield. If the offensive team crosses midfield in three plays or less, it has three more plays to score a touchdown.
- If the offense does not succeed the defense becomes offense and starts its drive from its own 5-yard line.
- All possession changes, except interceptions, start on the offense's 5-yard line.
- To start the play, the ball must be snapped between the legs of the snapper.
- Quarterback cannot run with the ball past the line of scrimmage.

HOW PASSING AND RECEIVING WORK

- All players are eligible to receive passes (including the quarterback if the ball has been handed off behind the line of scrimmage).
- Only defensive players starting seven yards behind the line of scrimmage can rush the passer.
- The quarterback has seven seconds to throw the ball.



KNOW THE SCORE!

After scoring a touchdown, the team that scored attempts a convert. These short plays are a great way to add to your team's score. A safety is scored by the defense when the defense pulls the flag of an offensive player in the end zone of the offensive team. Below is a list of the number of points awarded for the different scoring plays.

TOUCHDOWN: 6 POINTS!!
CONVERT FROM 5 YARD LINE: 1 POINT!
CONVERT FROM 12 YARD LINE: 2 POINTS!
SAFETY: 2 POINTS!

FIELD DIAGRAM

