

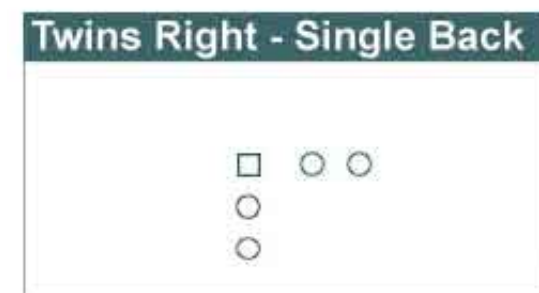
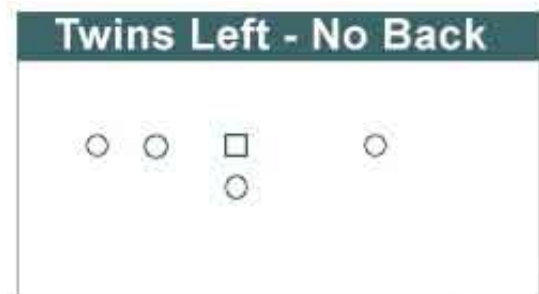
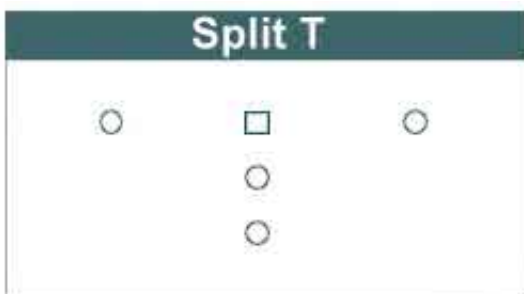


## ***Cascades Flag Football Plays***

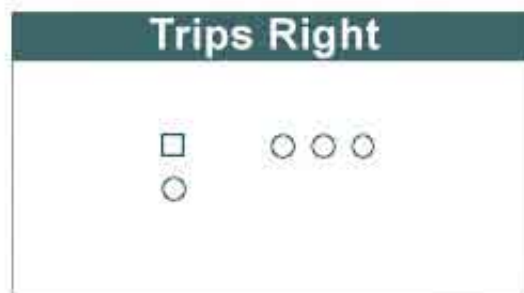


## How to Set and Call a Formation

- In NFL FLAG we work with the understanding that there are three basic formation calls: Split T, Twins and Trips. Variations and adjustments to the formation may be made.
- In our first series of plays we run out of the most basic formation, the Split T, where one receiver is on either side of the ball, split out approximately 10-12 yards from the center, with a single running back set behind the quarterback. This is a balanced formation in NFL FLAG with no strong side, therefore we will not have a call side (no right or left). The formation when set looks like the letter “T.”
- The first call made when setting a play will be the formation.



*In this diagram, two receivers go to the call side of the formation. There is the option to have a single back or no backs.*

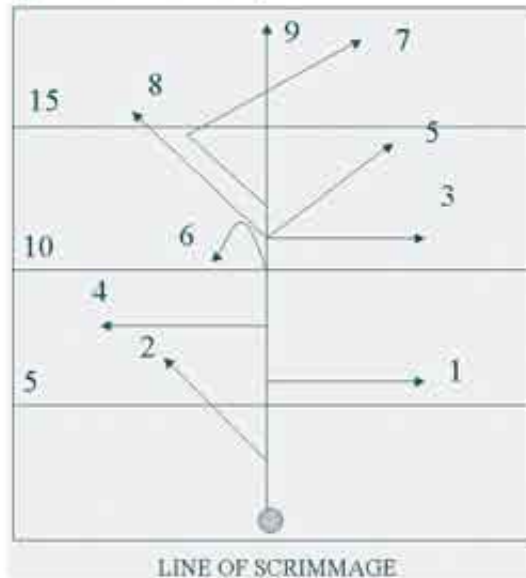


*In this diagram, three receivers go to the call side of the formation. This is a no back formation.*

# Passing Tree

Passing Tree - Routes / Number

- Slant - 2
- Drag / In - 4
- Curl-6
- Post- 8
- Quick Out- 1
- Deep Out- 3
- Flag- 5
- Post Corner - 7
- Fly - 9



The Passing Tree is a numbered system used for the passing routes.

The passing tree system is designed so that all even-numbered routes (2,4,6,8) are run towards the middle of the field and all odd-numbered routes (1,3,5,7,9) are be run towards the sideline.

These routes are used for all positions on the field.

The running back has extra routes that are always be referred to by name.

Since the ball is always placed in the middle of the field, the center faces the dilemma, and all of the center's routes should be based on the play design.

## ***Passing Tree Receiver Route Definitions***

**Quick Out:** This is a 5-8 yard route forward then the receiver cuts out towards the sideline then looks for the ball.

**Slant:** This is a 3-5 yard route forward then the receiver breaks towards the middle of the field on a 45 degree angle and looks for the ball.

**Deep Out:** This is a 10-15 yard route. It should be run exactly like the quick out only deeper.

**Drag/In:** This is a 5-8 yard route forward then the receiver breaks into the middle of the field on a 90 degree angle and looks for the ball.

**Flag:** This is a 10-15 yard route forward then the receiver breaks at a 45 degree angle towards the sideline and looks for the ball.

**Curl:** This is a 5-8 yard route forward then the receiver stops and turns to the ball.

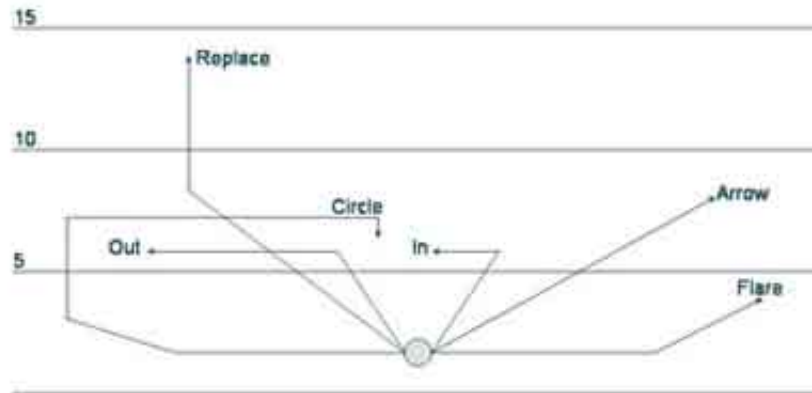
**Post Corner:** This is a 12-20 yard route forward then the receiver cuts on a 45 degree angle to the middle of the field for a few steps then the receiver cuts on a 45 degree angle towards the sideline and then looks for the ball.

**Post:** This is a 12-20 yard route forward then the receiver breaks on a 45 degree angle towards the middle of the field and looks for the ball.

**Fly:** This route is run straight up the field with the receiver looking for the ball after he gets past about 15 yards.

*\* For younger participants the passing routes can be reduced by half.*

## Passing Tree Running Back Routes



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While your backs may run any of the assigned routes on the primary passing tree, these routes have been designed as a high-percentage second option to complete a pass.

These routes will not be numbered. You will always refer to them by name.

**Replace:** This is a 8-15 yard route where the running back angles forward on a 45 degree angle and then goes straight up the field and looks for the ball.

**Arrow:** This route the running back drives on a 45 degree angle towards the sideline and looks back for the ball.

**Circle:** This route starts toward the sideline and then circles back to in front of the QB.

**Out/In:** This route starts straight up the field then the running back breaks “out” or “in” depending on the play.

### Secondary Routes

**Replace:** Exactly what the route is called. Your secondary or safety receiver should drive to and replace the area where your receivers were aligned. Works well in the case when receivers clear out one side of the field.

**Arrow:** A route in which the receiver drives on a 45 degree angle, always toward the side line. The receiver should always look over the outside shoulder for the pass.

**Stop:** Look for open space. Turn to the quarterback with your back to the defender. This should be a pass to the chest.

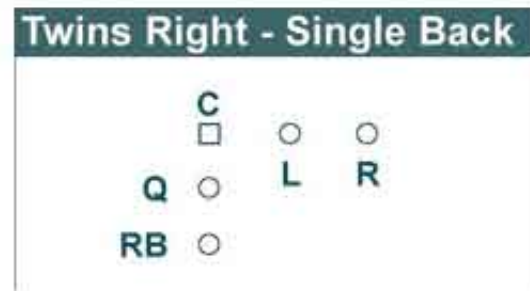
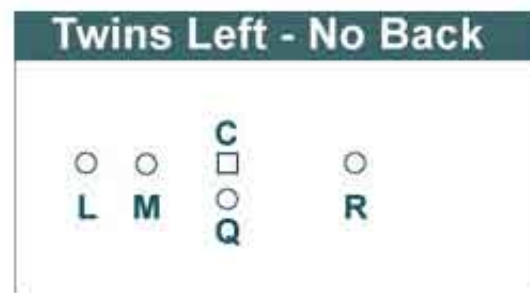
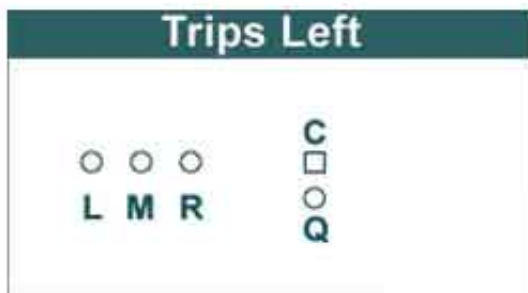
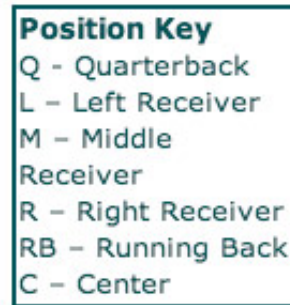
**Flare:** Rounded off pattern in the backfield with the completion coming near or at the line of scrimmage. Usually executed by a running back being used as a second or third option. A pass option for a quarterback when his main options have been shut down.

# How to Call a Play

Now that you've read your passing tree and understand the pass routes available, there are two options you have in play calling. The simple option is to use positions attached to route names. The more advanced option is to use the passing tree numeric system.

There will be a few constants when calling plays.

1. You will always call the formation first, including the alignment (left or right, if necessary). You'll call an alignment in an unbalanced formation (anything but a Split T. See examples below).
2. You will always call your receiver pass routes from left to right (then your Halfback (H) route, followed by the Center route)

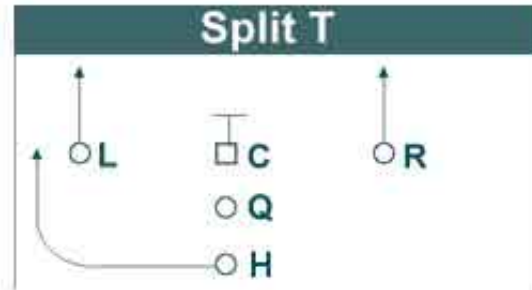


Three receivers go to the call side of the formation – This is a no back formation.

Two receivers go to the call side of the formation – There is the option to have a single back or no backs.

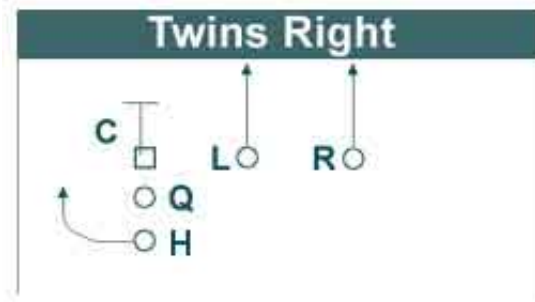
## Plays Examples - 1

Based on the passing tree routes, and using our formula of calling your receiver routes from left to right followed by the running back route then the center route, the following play would be called:



Split T – Left Fly – Right Fly – H Flare Left – Center Stop

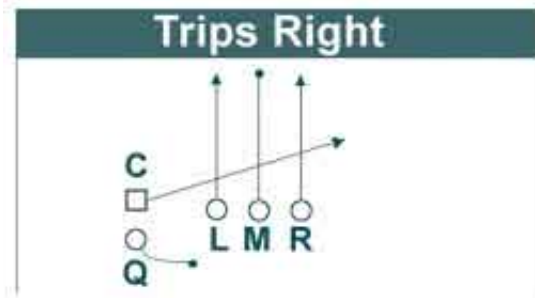
If we stick with our formula, the same play in a different formation will look like this:



Twins Right – Single Back – Left Fly – Right Fly – H Flare Left – Center Stop

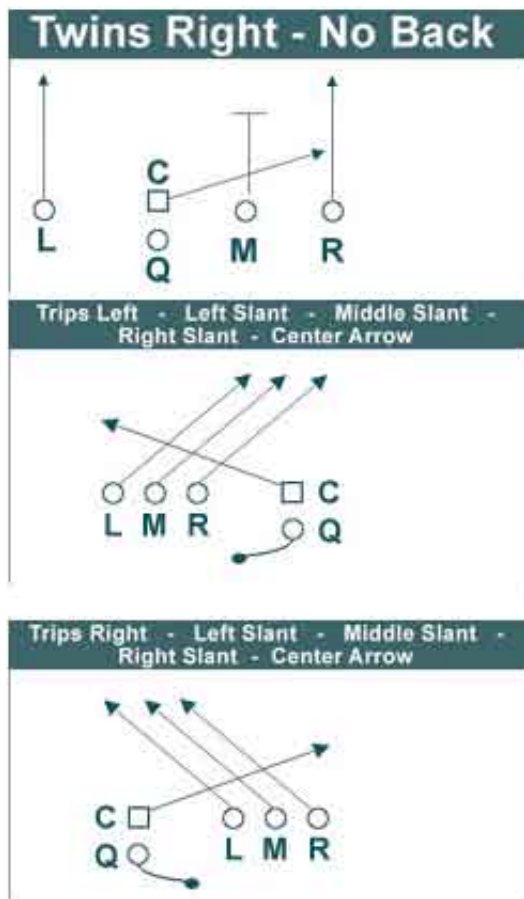
## Plays Examples - 2

If we move to a three receiver set with no running back, (a Trips formation or Twins with a single receiver split opposite the call side), we now have a middle, or M receiver. Our play call formula remains the same – the play call is your receivers from left to right followed by the center call (since there is no running back in these formations there are no running back calls).



Trips Right – Left Fly – Middle Fly – Right Fly – Center Arrow

If we stick with our formula, the same play in a different formation will look like this:



Twins Right – No Back – Left Fly – Middle Stop – Right Fly – Center Arrow

If you are using the numeric play calling system from the passing tree we would call these plays:

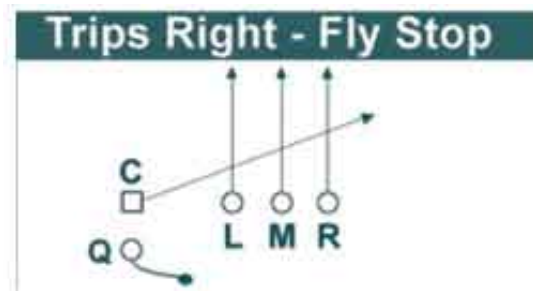
**Trips Left – 222- Center Arrow or  
Trips Right – 222 – Center Arrow**

The goal of this play is to isolate your center for an easy completion. This play works well in a man-to-man cover situation with one safety and one rusher, where you are able to run all the defenders out of the area you want your center to go. The key to this play is to have your center delay for a count of two to three seconds to allow your other receivers the chance to cross the centers face at a deep angle (hopefully drawing the safety into the coverage) and take their defenders at full speed away from the play. Once the rusher is focused on the quarterback, the center can then release to the play side and should find himself/ herself wide open.

1 – Quick Out, 2 – Slant, 3 – Deep Out, 4 – Drag/In, 5 – Flag, 6 – Curl, 7 – Post Corner, 8 – Post, 9 – Fly

## Advanced Play Calling

If you want a more advanced system to call plays, you can use the actual numbers attached to the routes on the passing tree to call your receiver routes (refer to passing tree for routes and the numbers associated with them). You are still calling your receiver routes from left to right. Instead of designating the receiver and the route he/ she will run, you call out a sequence of numbers that tells the receiver which route to run.



Now this play would be called:  
Trips Right – 999 – Center Arrow

Instead of:

Trips Right – Left Fly – Middle Fly – Right Fly – Center Arrow

The key to using this numeric system is to ensure that each receiver knows their position within the formation.

- The first number is the left receiver
- The second number is the middle receiver
- The third number is the right receiver

Important Reminders:

- You will continue to call the routes (without using numbers) for the running back (when necessary), and the center.
- If you are using a two-receiver formation, then the play call should only be two digits rather than three.