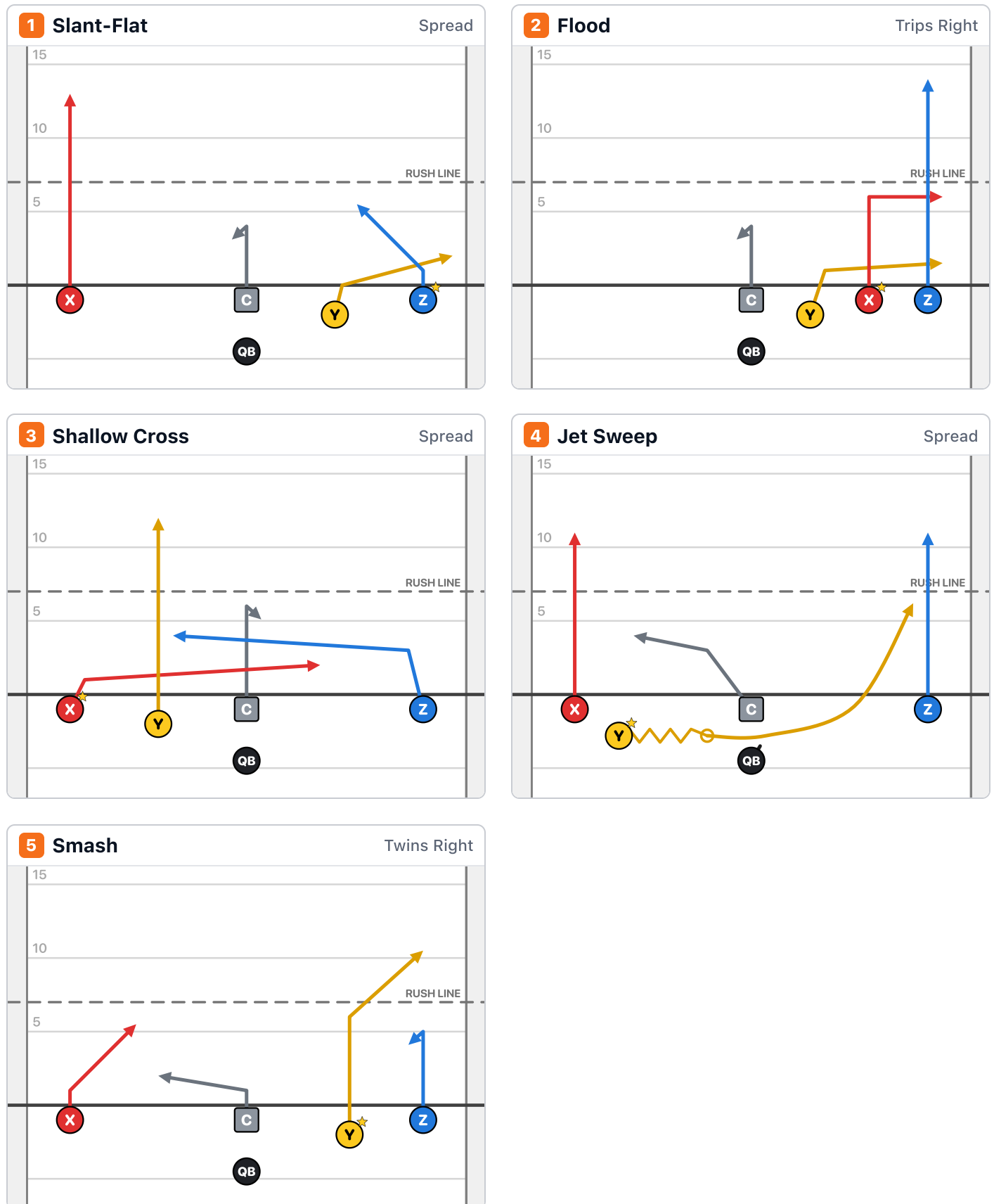


5 Simple 5v5 Flag Football Plays

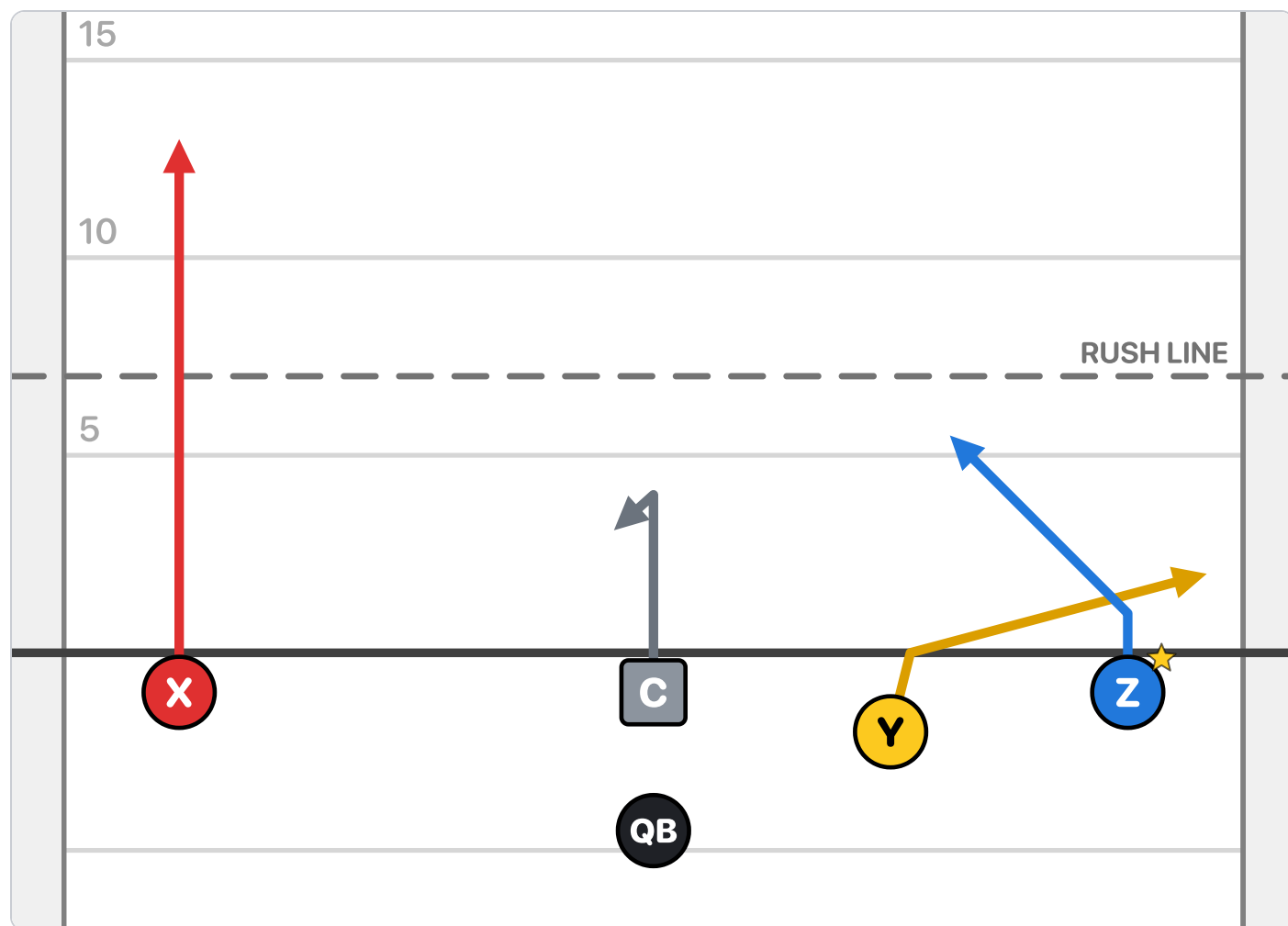
5v5 Flag · 5 plays

Five plays that cover the quick game, a flood, a crossing route, a sweep and a red-zone play. Page 1 is the whole set on one sheet; each play then gets its own page with coaching points and room for notes. Watch every play animated: [open the team link](#).



1 Slant-Flat

5v5 Flag · Spread · [Watch it run](#)



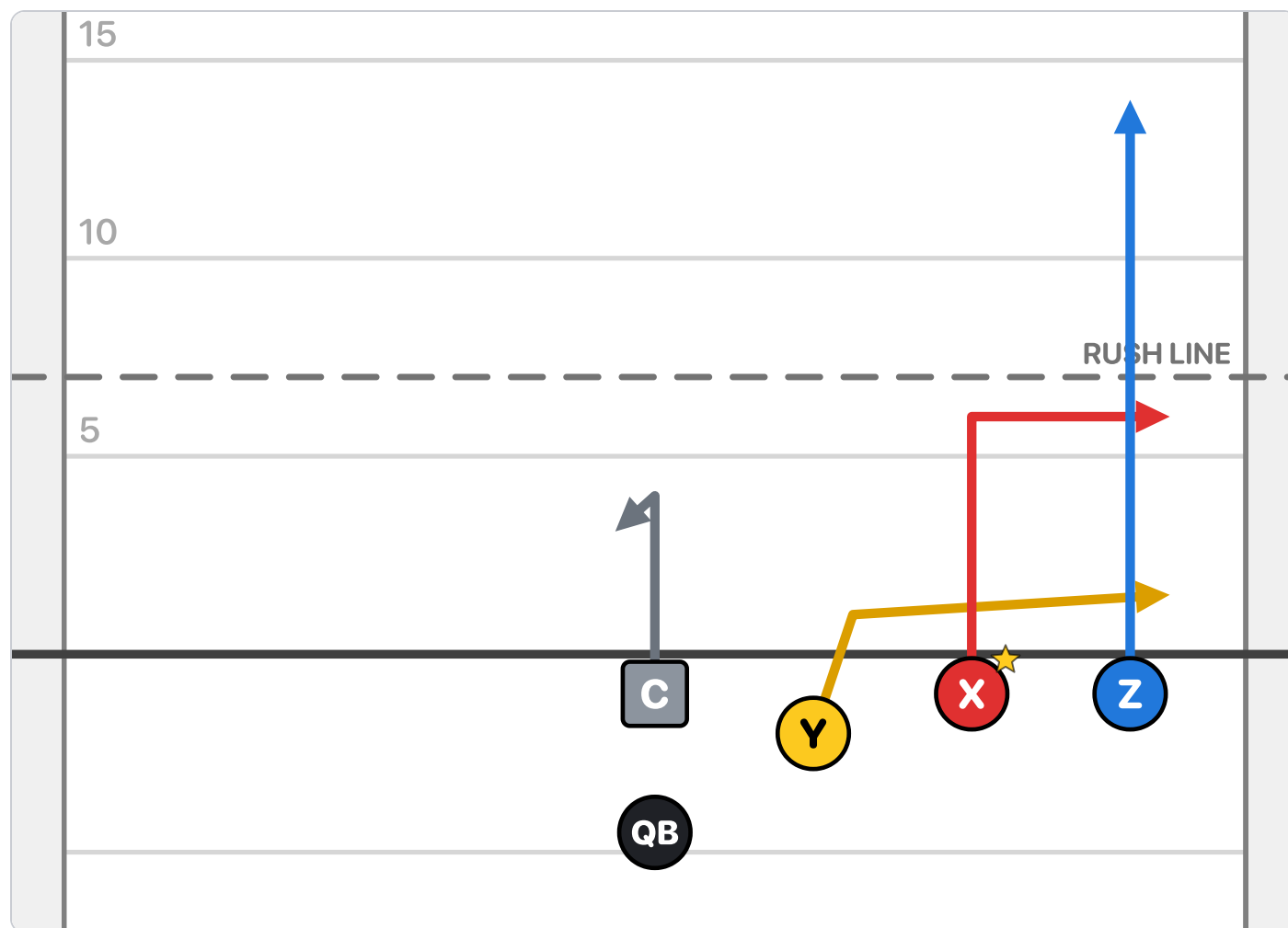
COACHING POINTS

Read the defender between Z and Y. If he follows Y to the flat, throw the slant. If he jumps the slant, throw the flat. C sits at 4 yards as the outlet.

YOUR NOTES

2 Flood

5v5 Flag · Trips Right · [Watch it run](#)



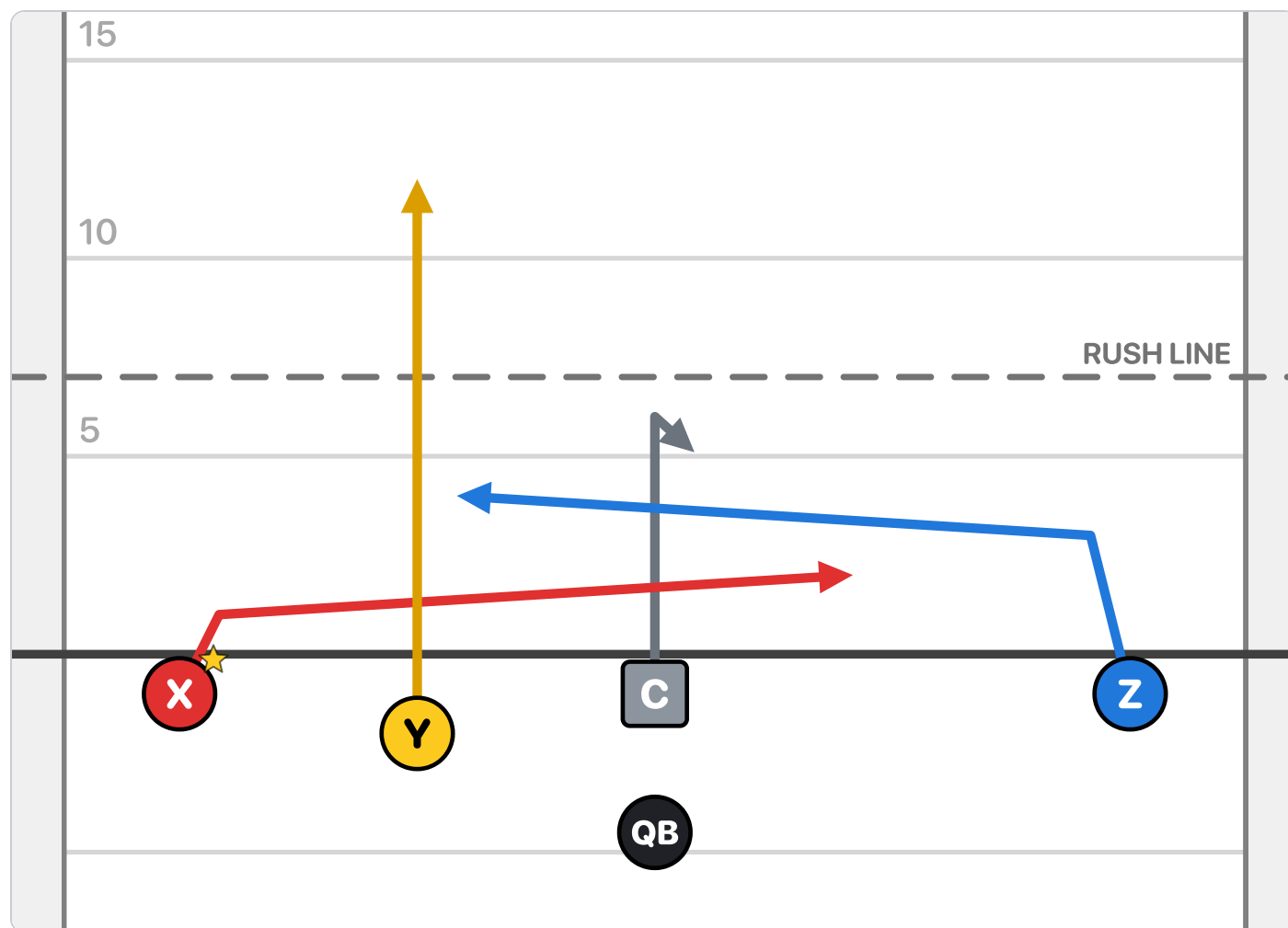
COACHING POINTS

Three receivers, three levels on one side. Z runs the deep defender off. Look at X on the out first, then Y in the flat. C is the outlet in the middle.

YOUR NOTES

3 Shallow Cross

5v5 Flag · Spread · [Watch it run](#)



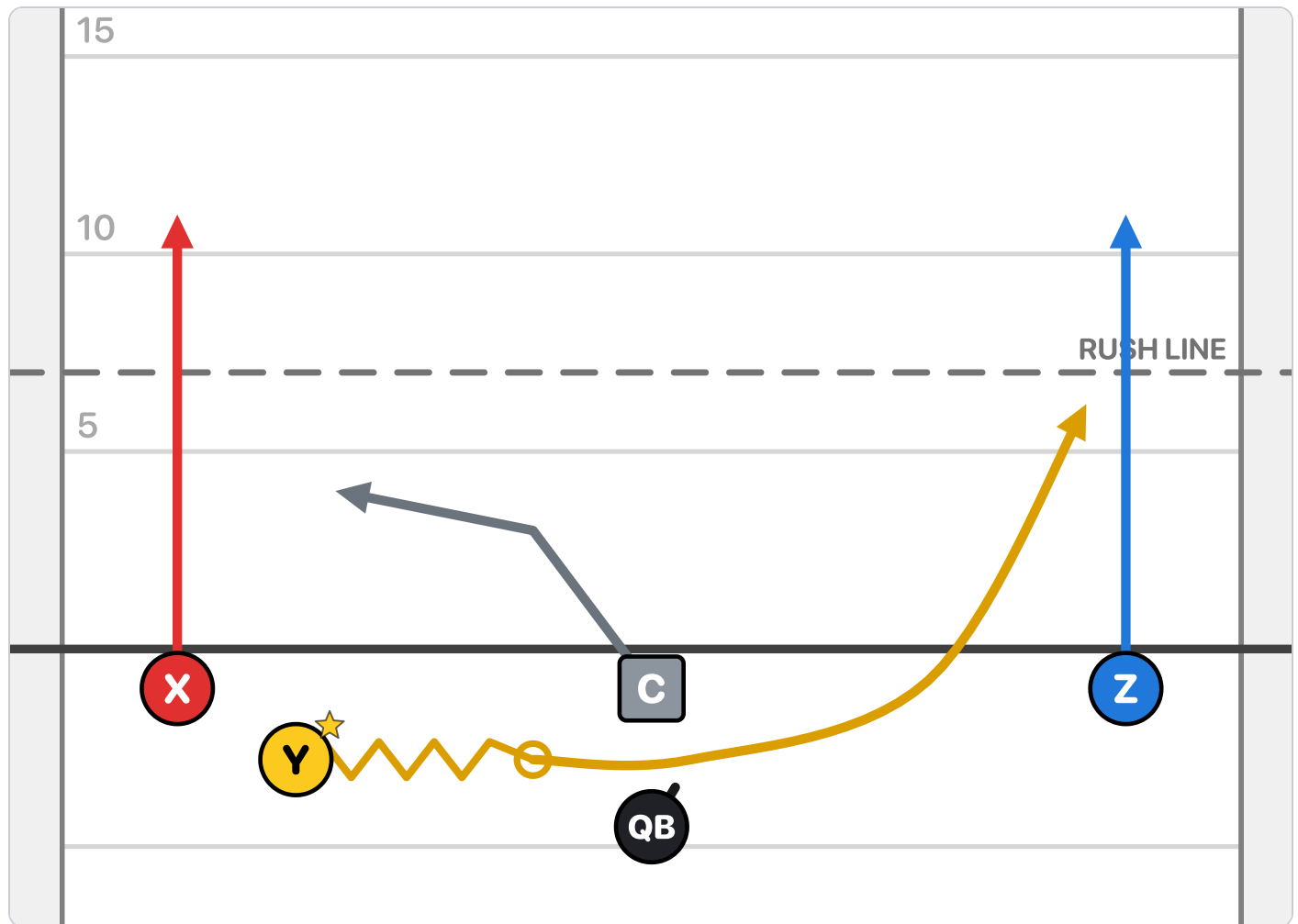
COACHING POINTS

X and Z cross underneath at different depths (X at 2 yards, Z at 4) so they never run into each other. Against man, one of them comes open as they pass. Y clears the deep middle; C sits at 6.

YOUR NOTES

4 Jet Sweep

5v5 Flag · Spread · [Watch it run](#)



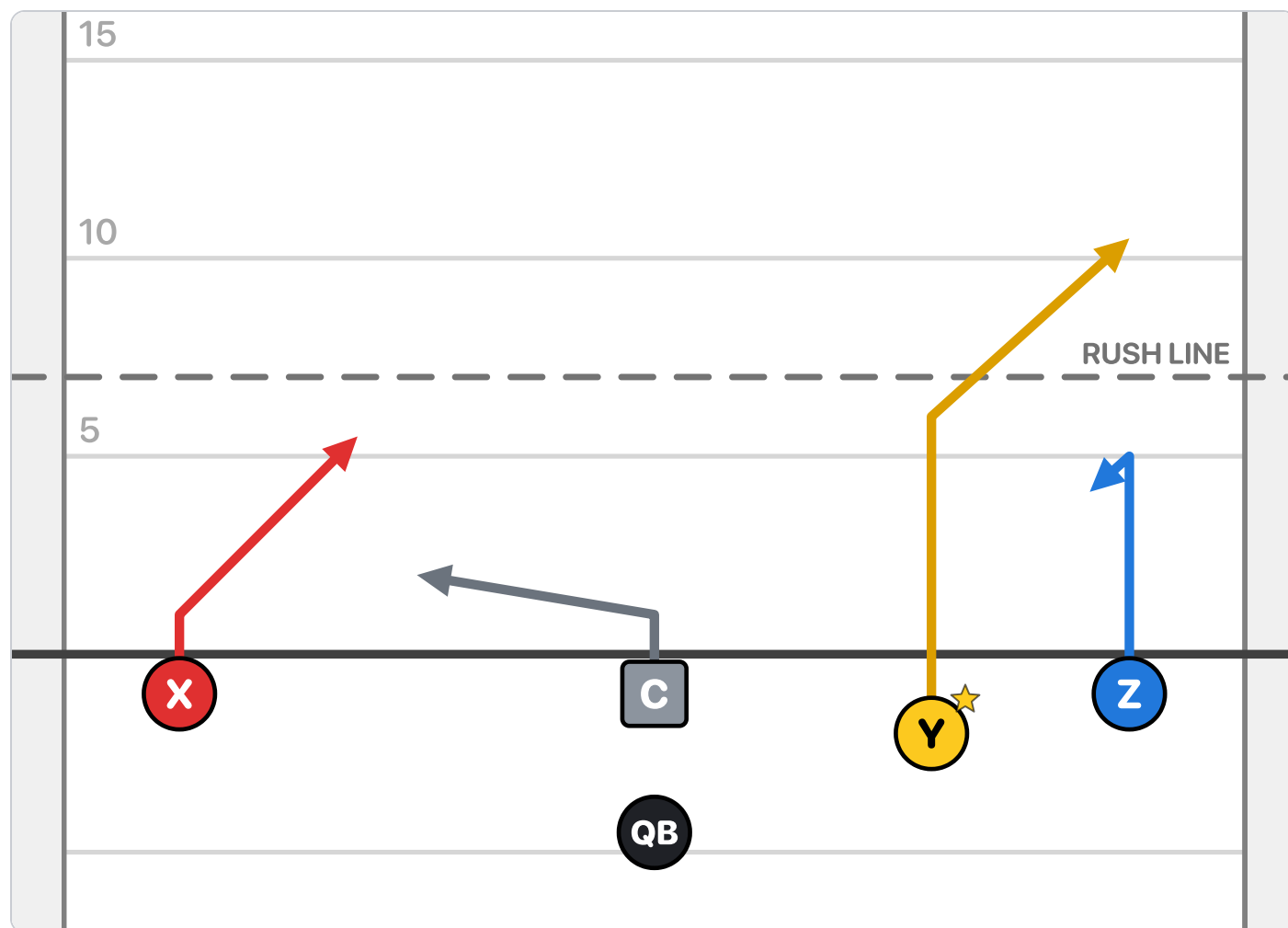
COACHING POINTS

Y goes in motion across the formation. Snap the ball as Y gets to the center, hand it off, and Y bends to the right sideline. Z takes his defender deep, C and X run away from the play to pull defenders with them.

YOUR NOTES

5 Smash

5v5 Flag · Twins Right · [Watch it run](#)



COACHING POINTS

Read the defender over Z. If he drops deep with Y, throw the hitch. If he sits on the hitch, throw the corner over his head. X runs a slant on the back side if that side is open.

YOUR NOTES