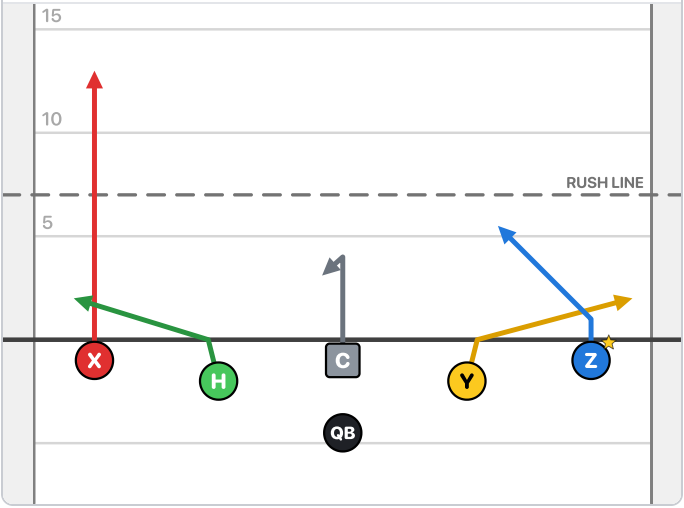
5 Simple 6v6 Flag Football Plays

6v6 Flag · 5 plays

Five plays for a 6v6 offense: a quick Slant-Flat, a three-level Flood, Mesh against man coverage, a Bunch Snag against zone and a running back sweep. 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.

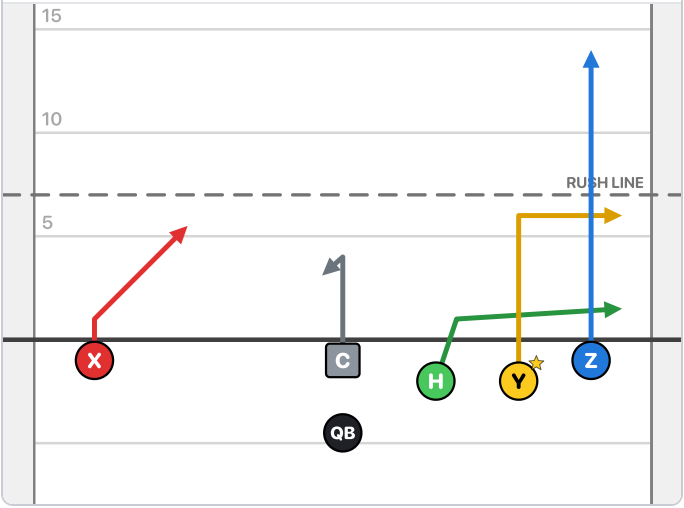
1 Slant-Flat

Spread



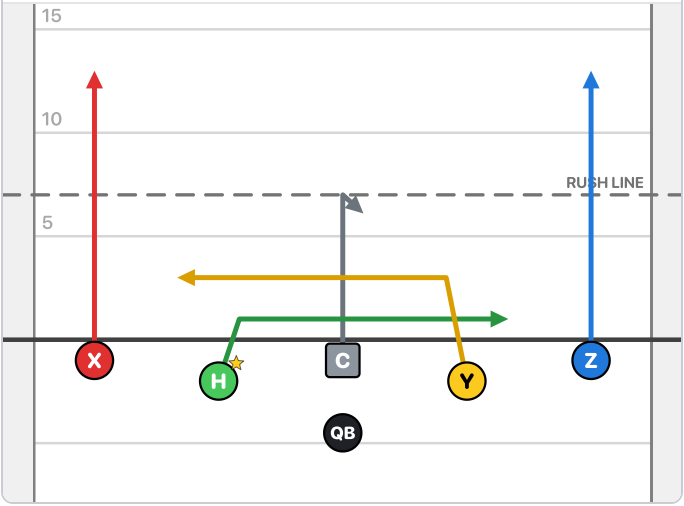
2 Flood

Trips Right



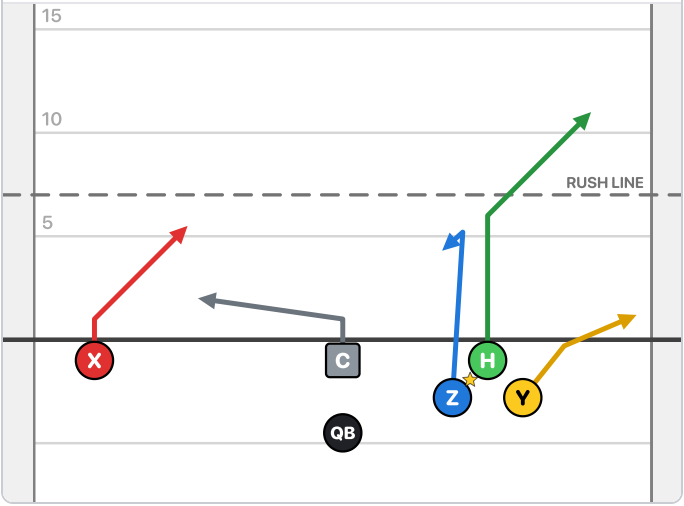
3 Mesh

Spread



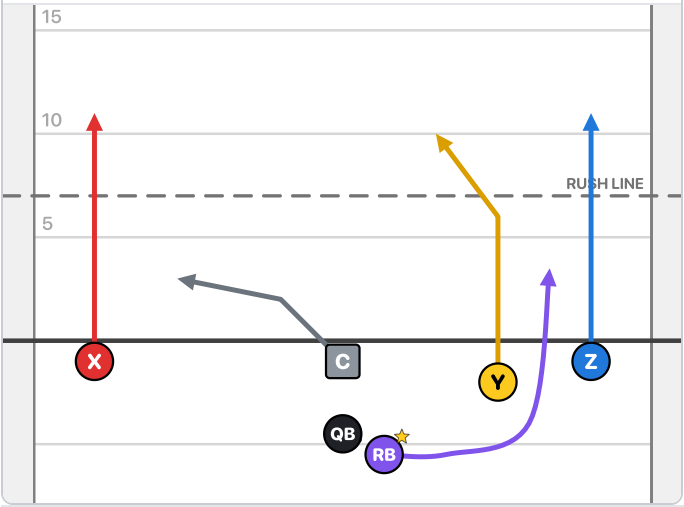
4 Bunch Snag

Bunch Right



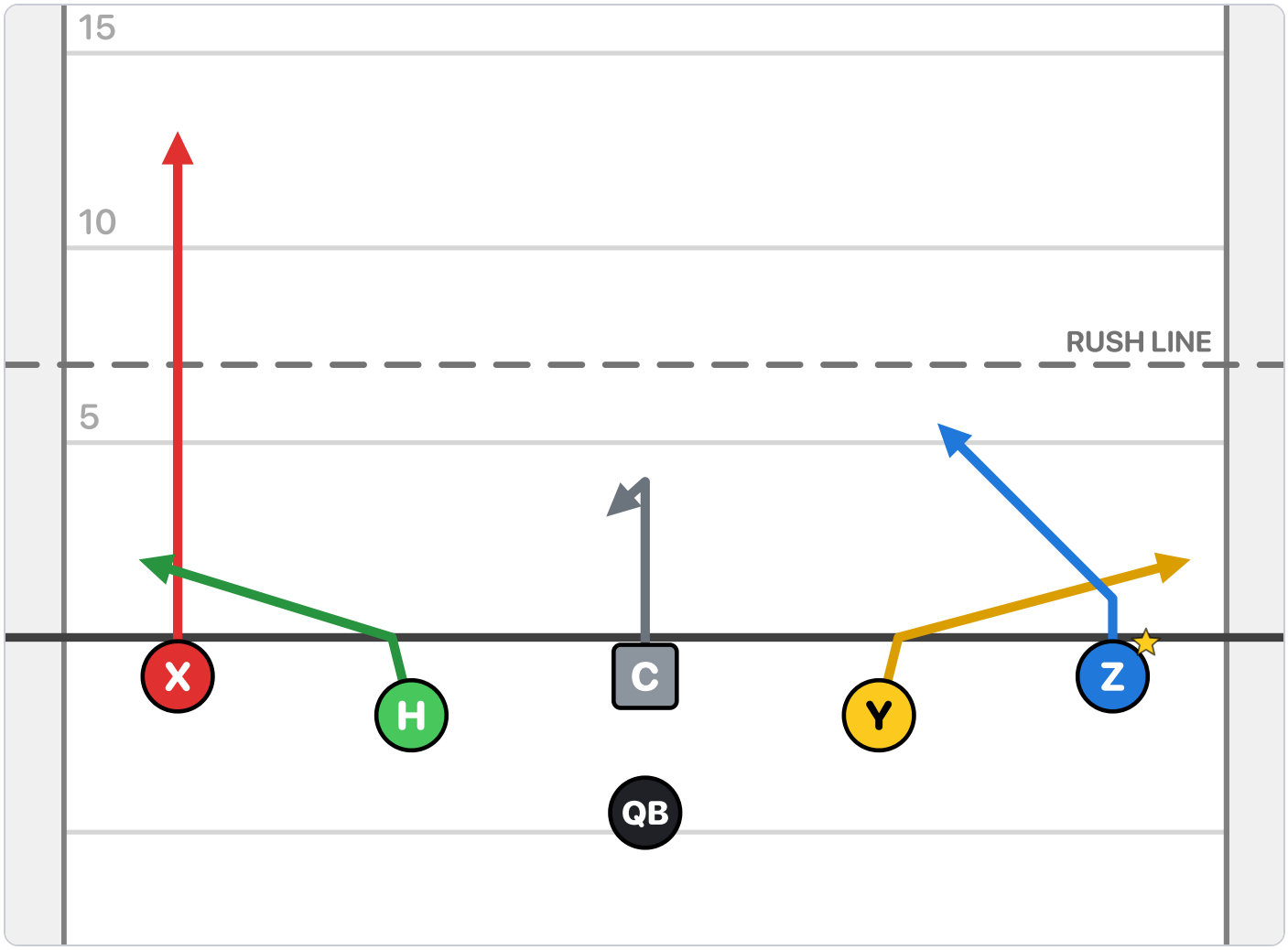
5 RB Sweep

Twins RB



1 Slant-Flat

6v6 Flag · Spread · Watch it run



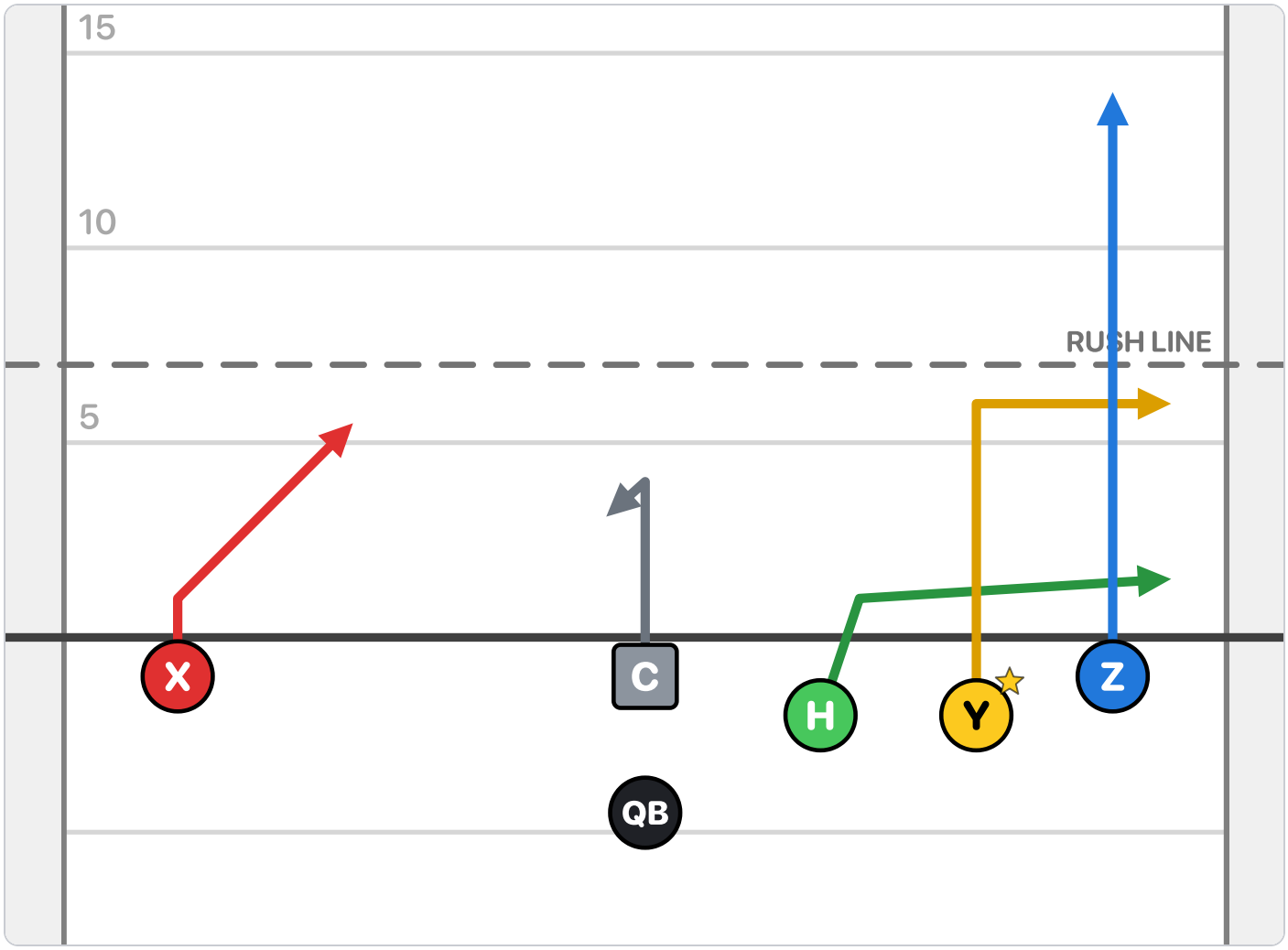
COACHING POINTS

Read the defender between Z and Y. If he follows Y to the flat, throw Z the slant; if he jumps the slant, throw the flat. H runs a flat on the left as the backside option, and C sits at 4 yards as the outlet.

YOUR NOTES

2 Flood

6v6 Flag · Trips Right · Watch it run



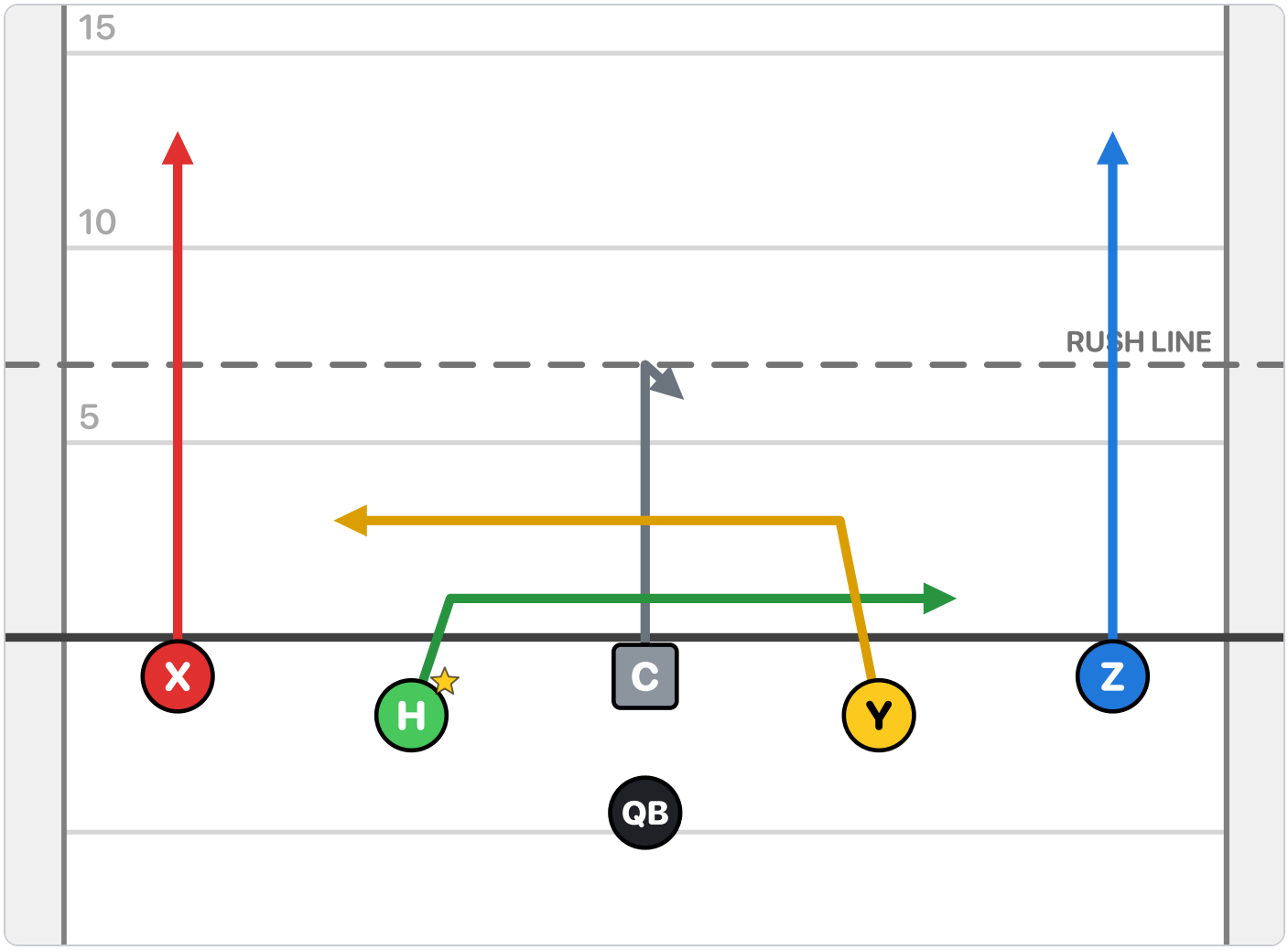
COACHING POINTS

Three receivers, three levels on the right. Z runs the deep defender off, Y runs an out at about 6 yards, H runs to the flat. Look at Y first, then H. X runs a backside slant and C sits in the middle.

YOUR NOTES

3 Mesh

6v6 Flag · Spread · Watch it run



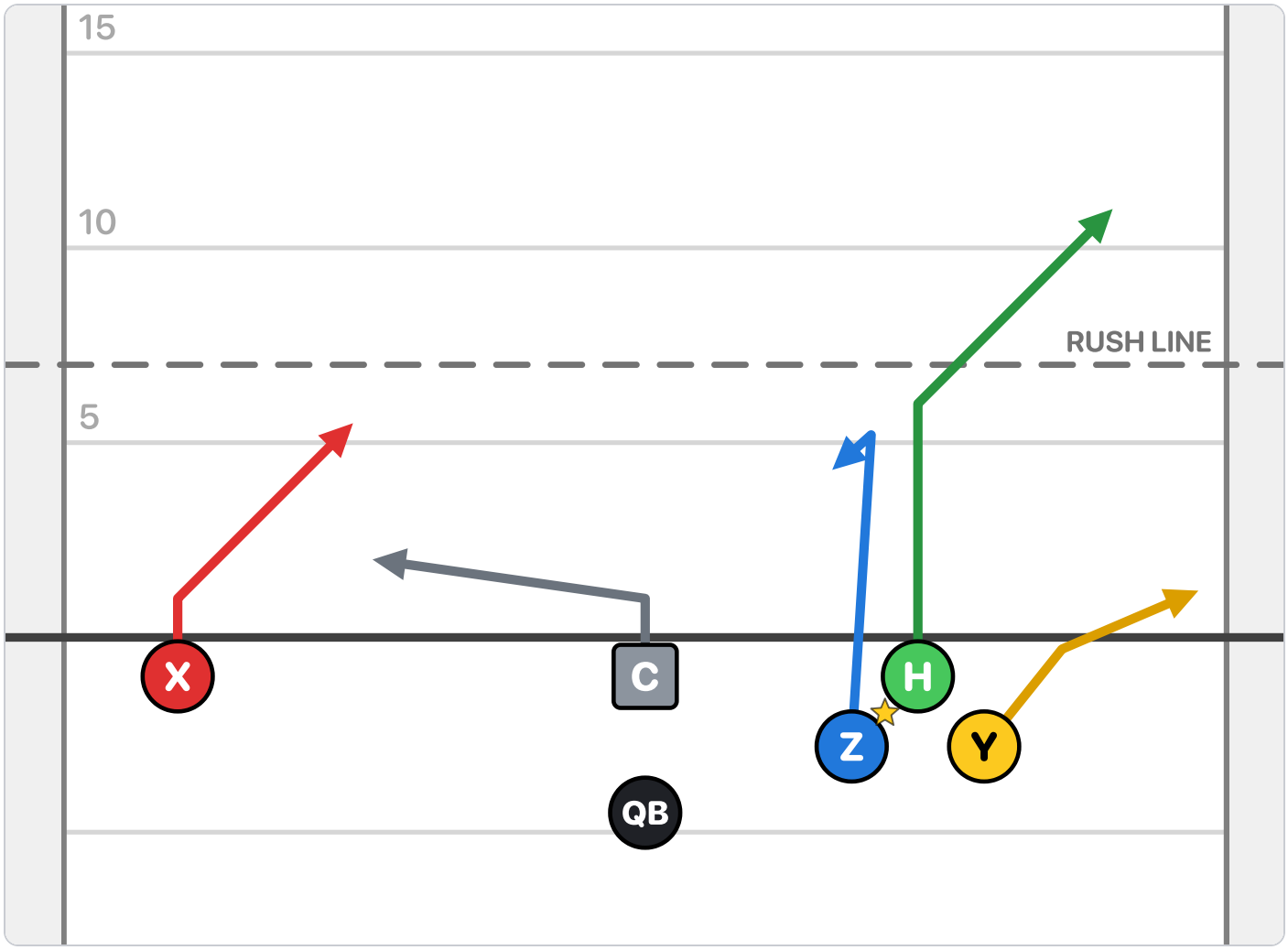
COACHING POINTS

H and Y cross underneath, H at about 1 yard and Y at about 3, so they pass close without colliding. Against man, one of them comes free as they cross. X and Z clear deep, and C sits at 7.

YOUR NOTES

4 Bunch Snag

6v6 Flag · Bunch Right · Watch it run



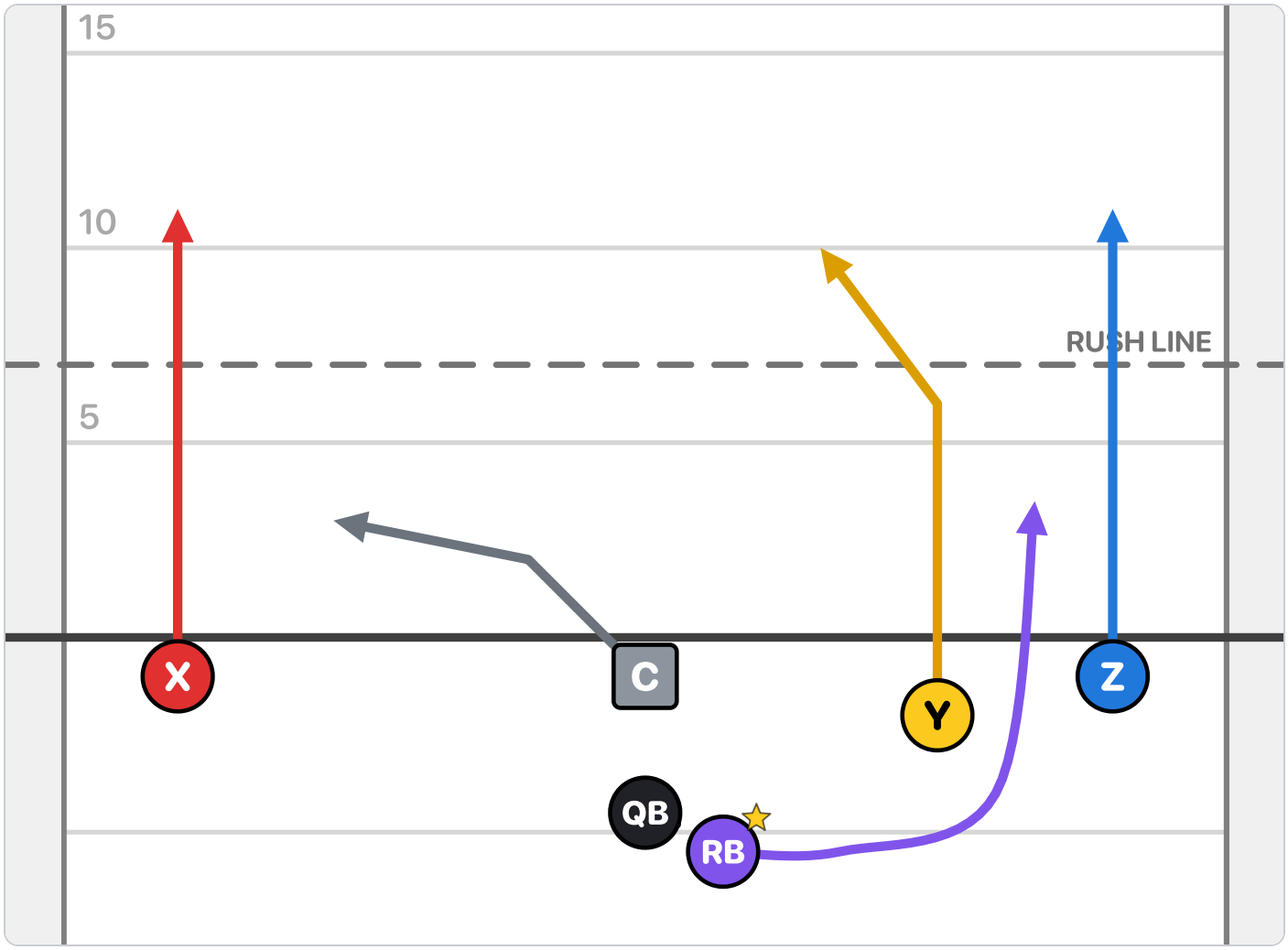
COACHING POINTS

A triangle on the right: H runs a corner, Y runs to the flat and Z sits at about 5 yards in the window between them. Read the flat defender: if he widens with Y, throw Z the snag; if he sits, throw Y. X runs a backside slant and C drags left.

YOUR NOTES

5 RB Sweep

6v6 Flag · Twins RB · Watch it run



COACHING POINTS

The quarterback turns and hands the ball to the running back, who sweeps right and turns upfield in the lane between Y and Z. Y takes his defender deep and inside, Z takes his straight down the sideline. X and C run away from the play to pull defenders with them.

YOUR NOTES