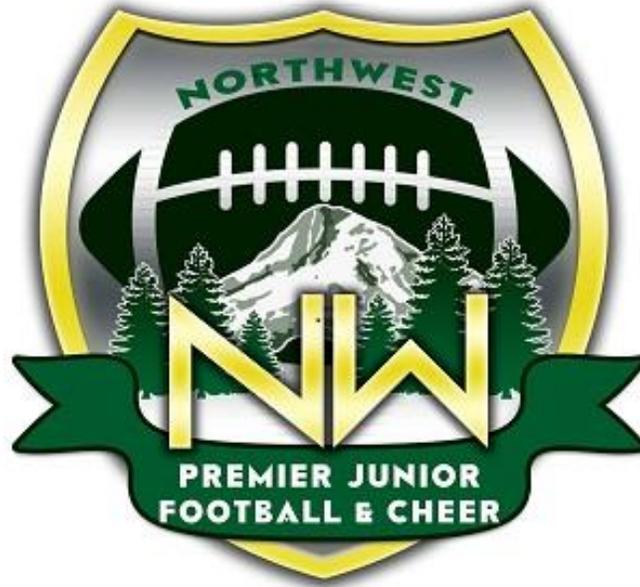# NW Premier Flag Football
# Sophomore
3rd/4th Grade
Division Playbook
5 on 5

<u>RULES</u>

1. (4) Downs to pick up (1) first down (YELLOW CONE) or score.

2. BLUE CONES are NO RUN ZONES. No RUN plays inside the BLUE CONES. Except for FRESHMEN who may use running plays anywhere on the field.

3. NO BLOCKING OR SCREENING defenders

4. (2) 20 MINUTE HALVES; RUNNING CLOCK. 5 MINUTE HALFTIME

5. (1) 60 SECOND TIMEOUT (2ND HALF ONLY)

6. 25 SECOND PLAY CLOCK

7. PLAYERS MUST BE SUBSTITUTED AT LEAST EVERY (4) PLAYS

8. BALL CARRIER CANNOT HURDLE OR JUMP; FEET MUST STAY GROUNDED AT ALL TIMES.

9. NO CHARGING

10. NO FLAG GUARDING

11. QUARTERBACK HAS (5) SECONDS TO RELEASE THE BALL

QUICK TIPS

1. Rotate players at every position; encourage the kids to try all positions.
2. Don't try to modify plays during game, it will only confuse the kids. **WE DON'T WANT THEM THINKING TOO MUCH. Keep it Simple (K.I.S.)**
3. Pick a few plays to practice and stay with them in the game; the more they are familiar with a play; the better they will execute.
4. We've given you a lot of options in this playbook but, figure out what the kids are most comfortable with and "stick with it".
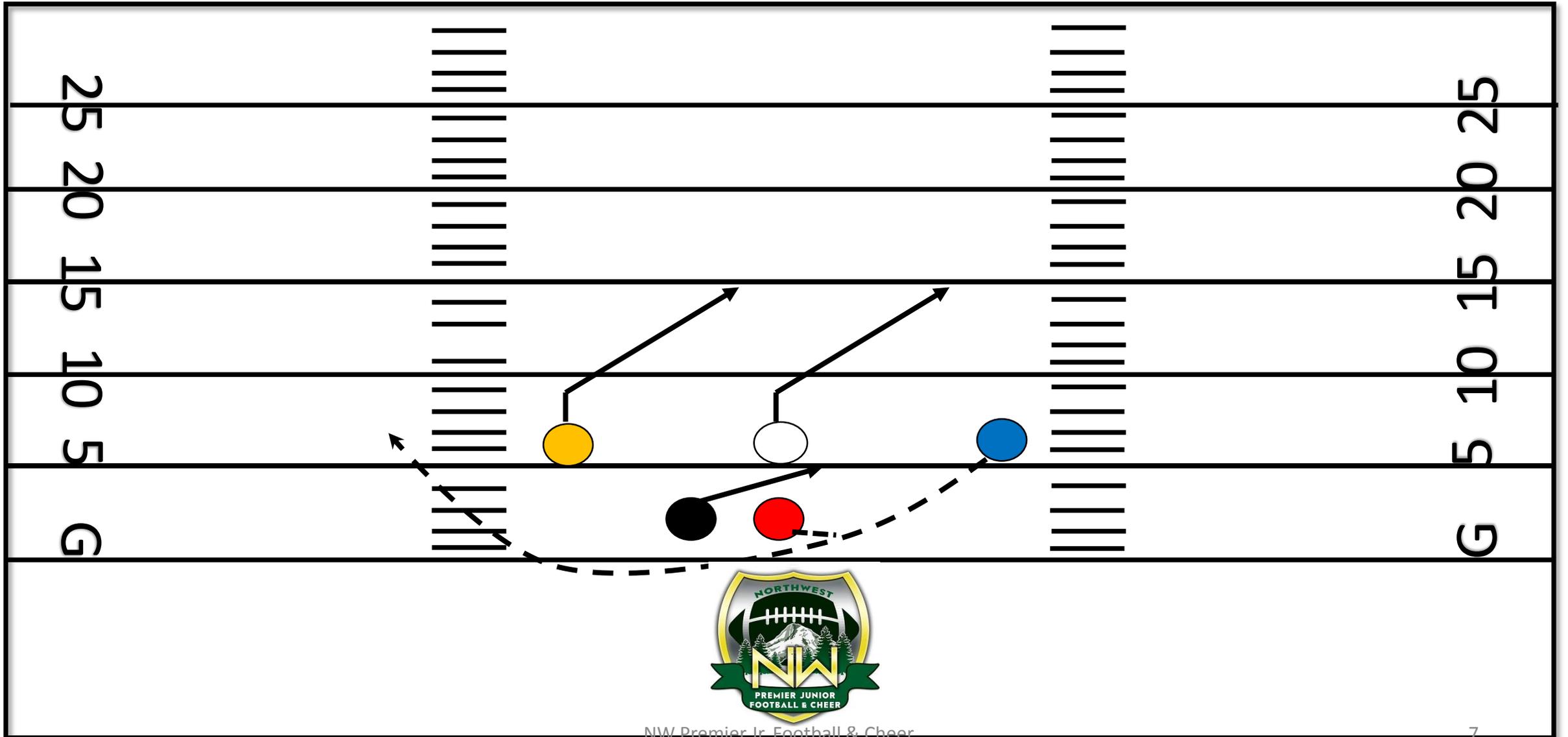5. **HAVE FUN; WE WANT THIS TO BE AN AWESOME EXPERIENCE FOR NOT ON THE KIDS BUT, YOU AS WELL.**
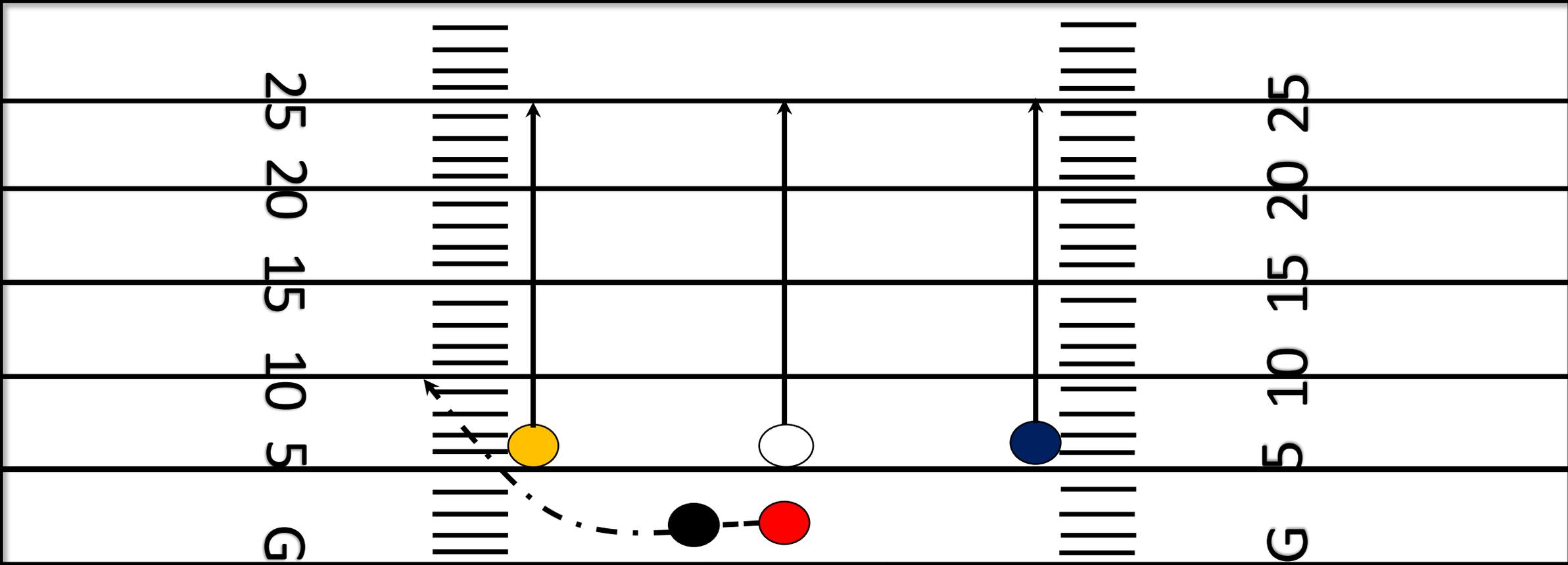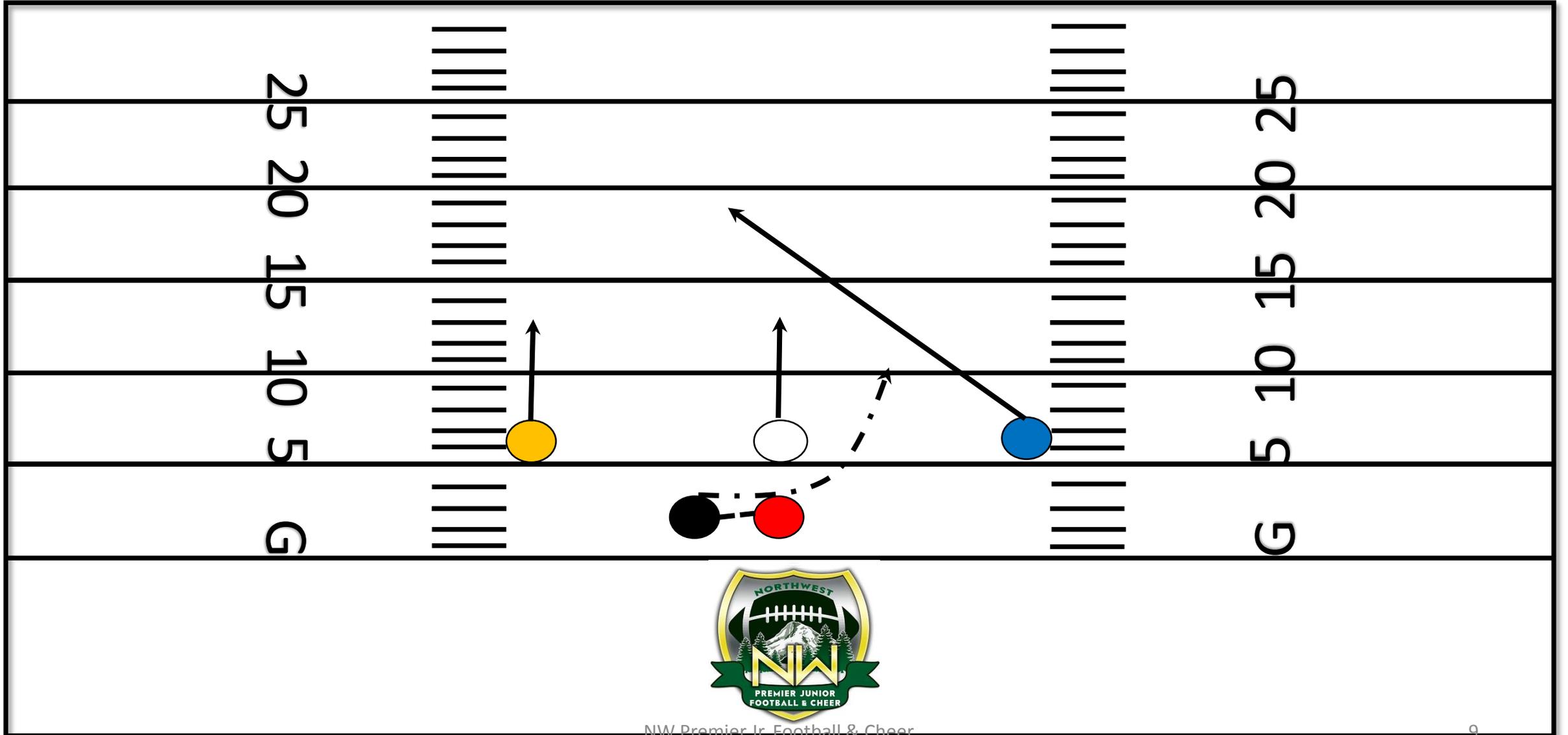
BLACK PITCH LFT
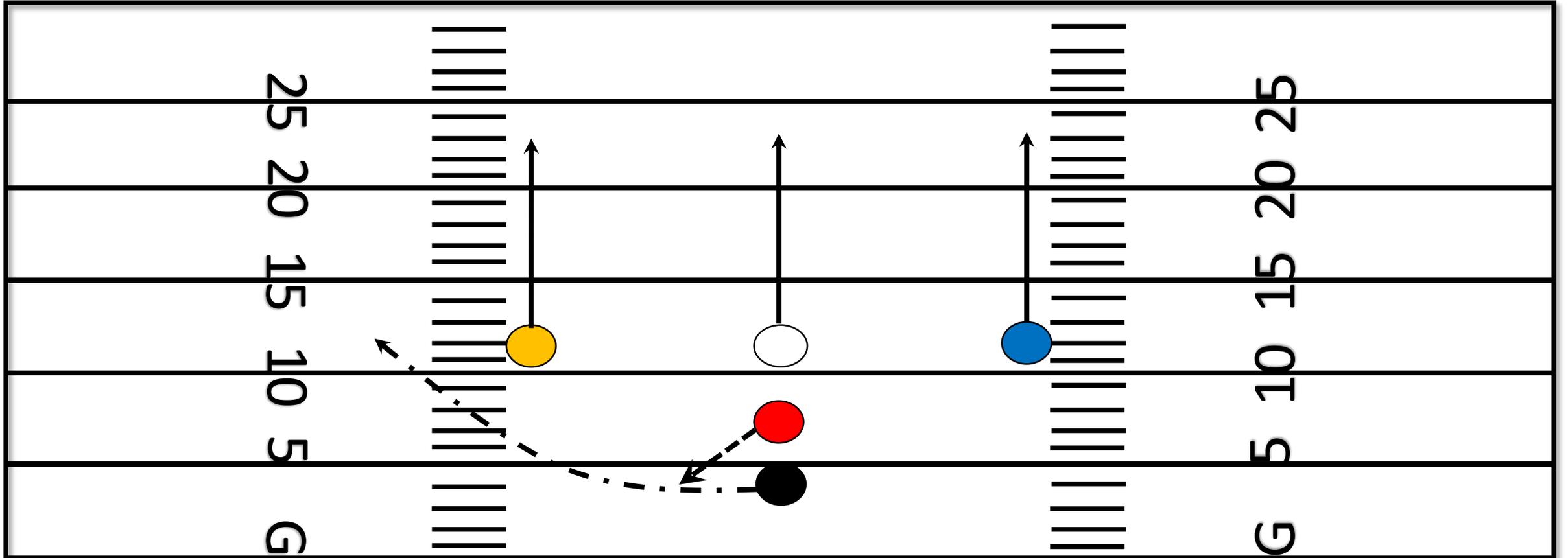
BLACK PITCH RIGHT
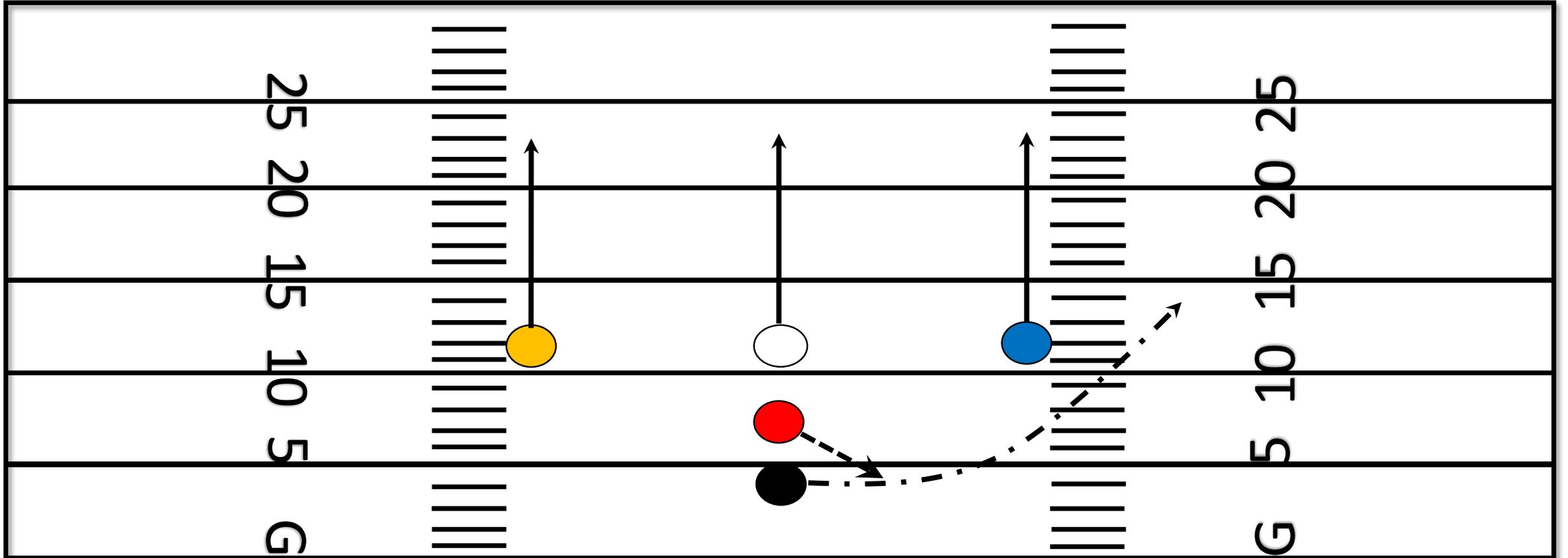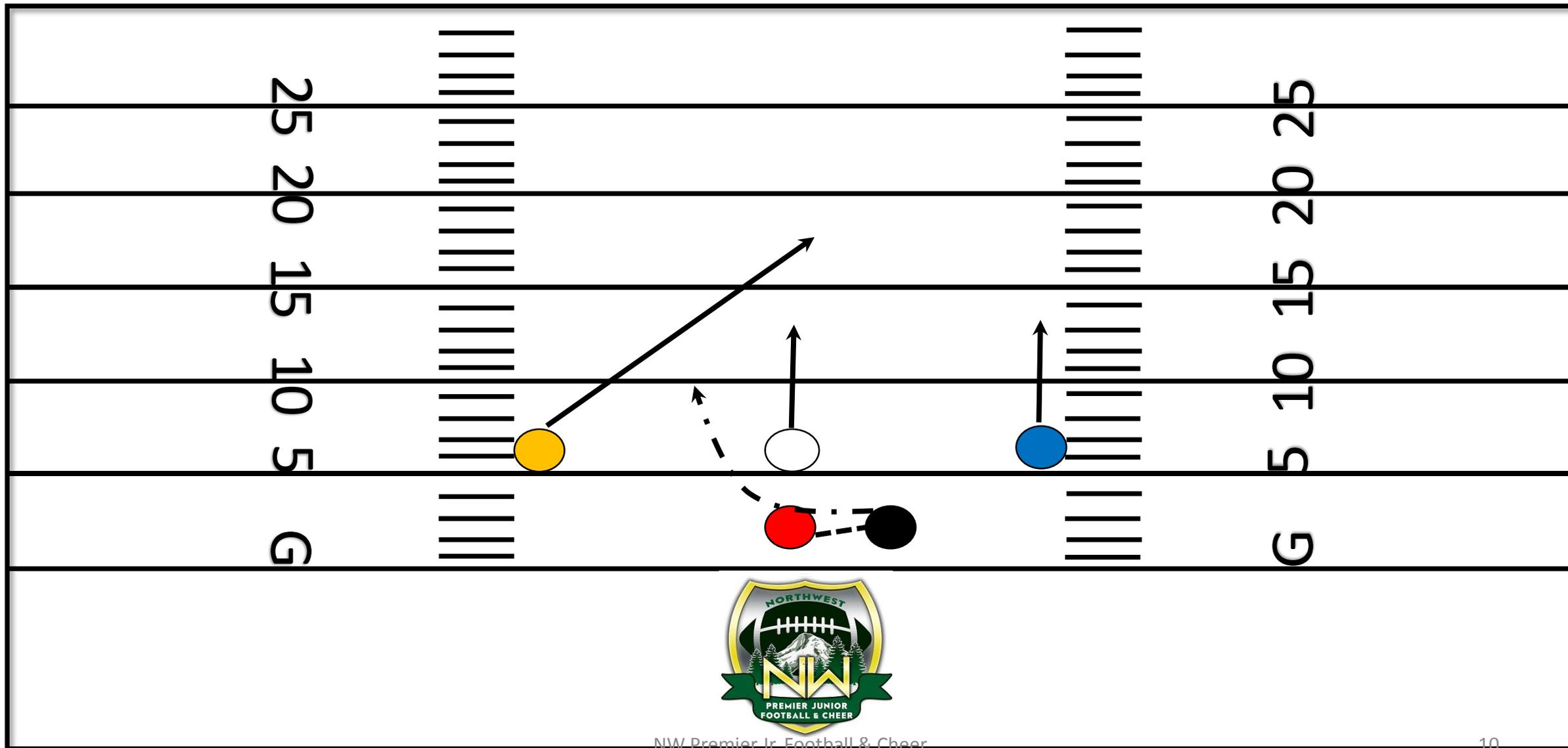
GOLD REVERSE
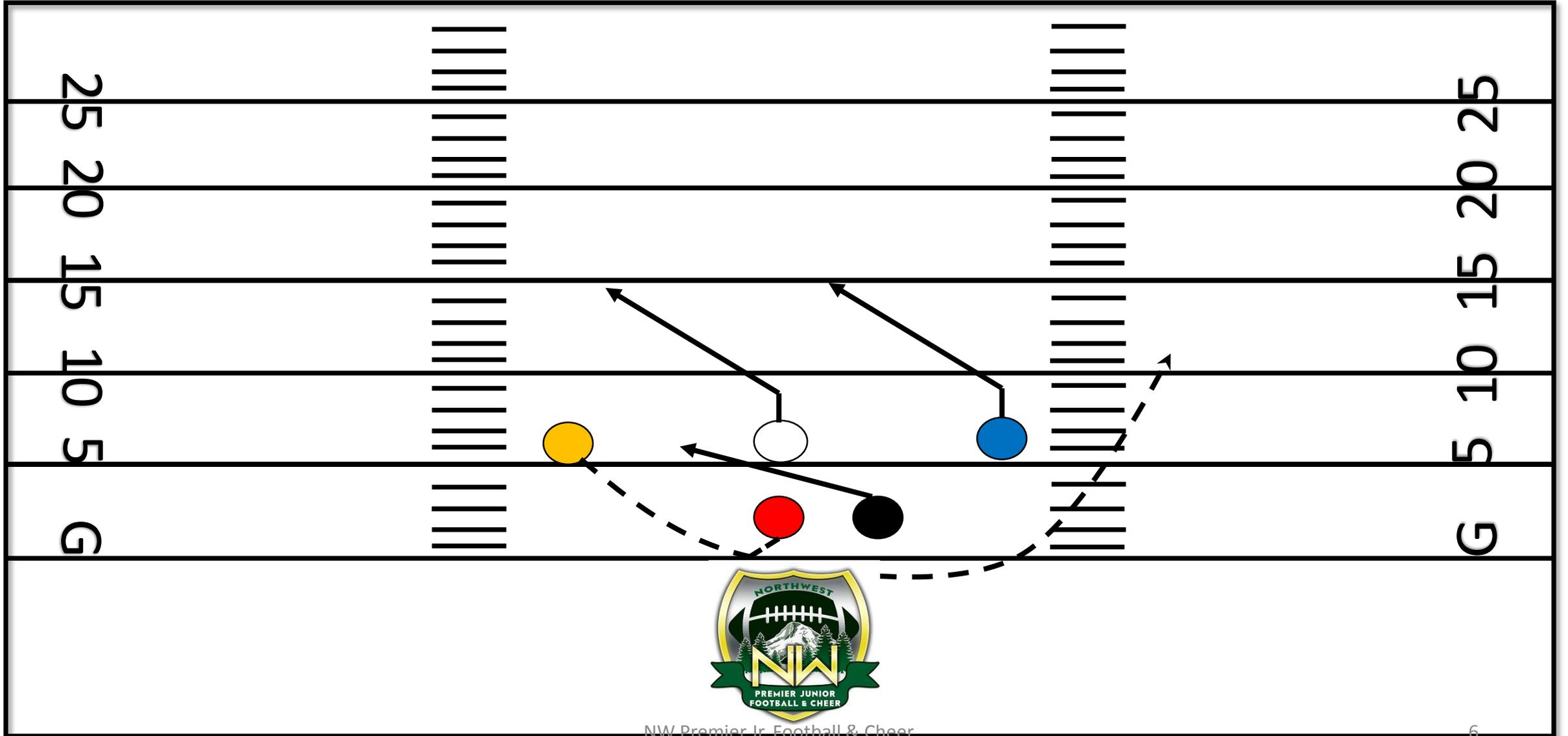
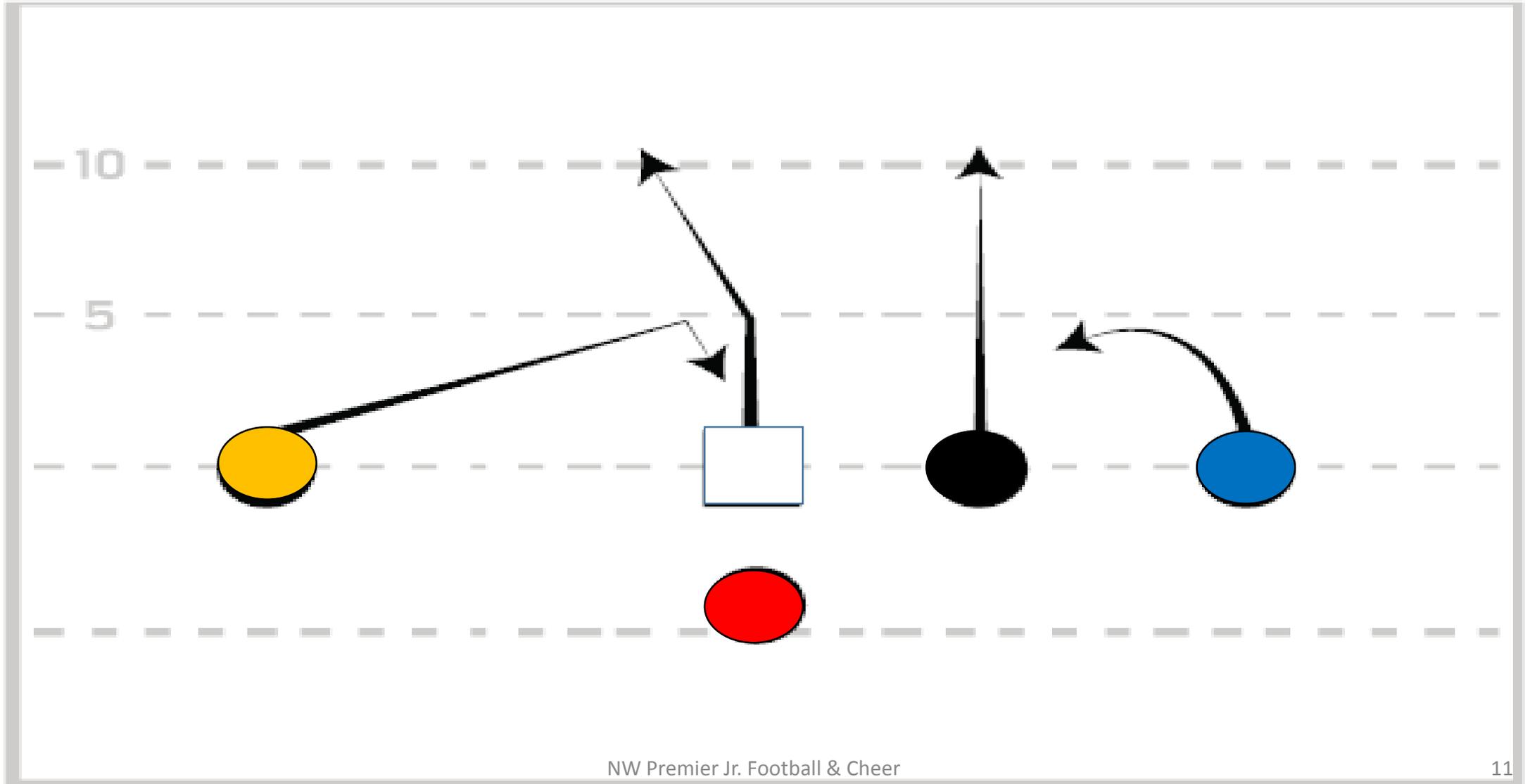# BLUE REVERSE
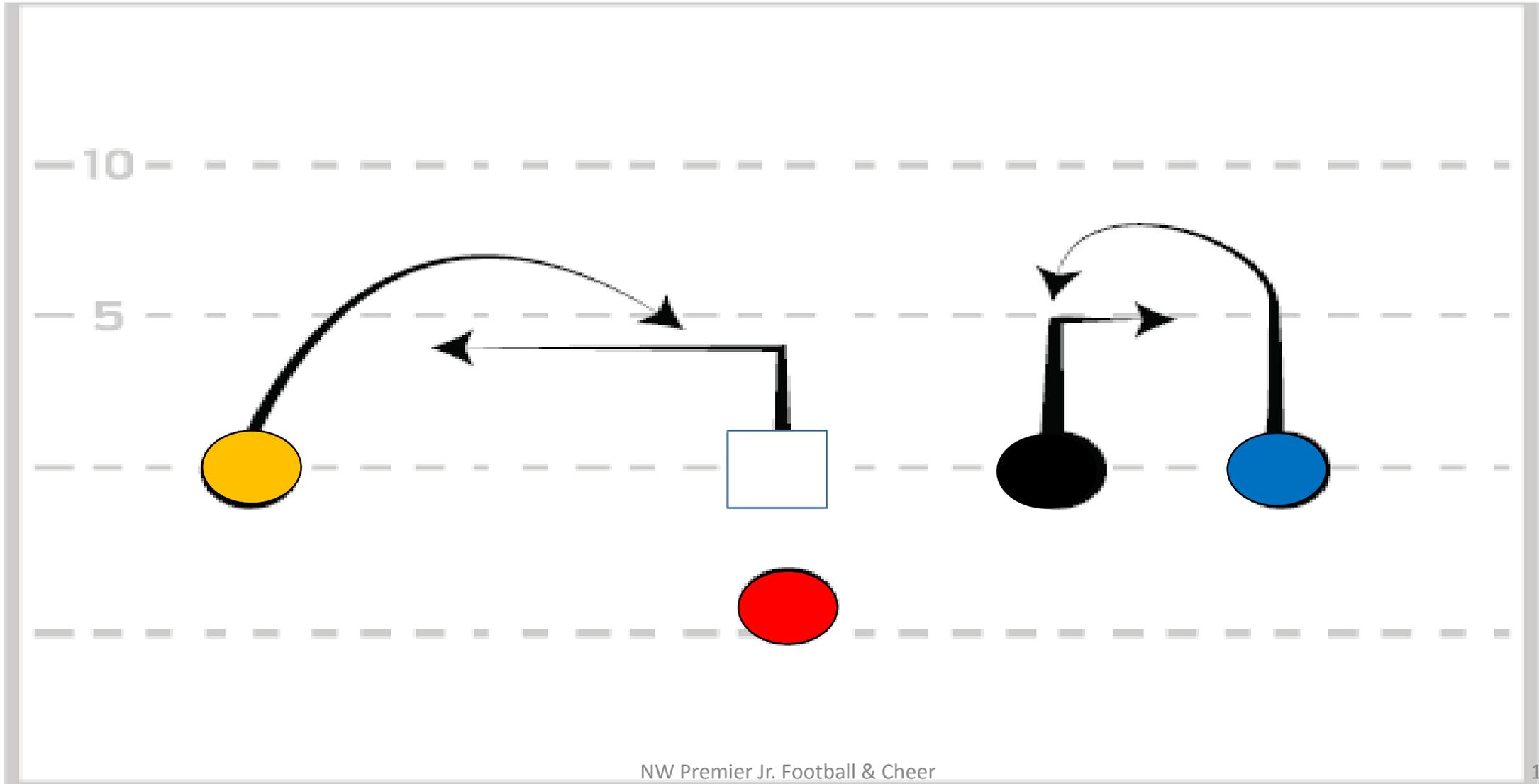
BLACK PITCH LEFT

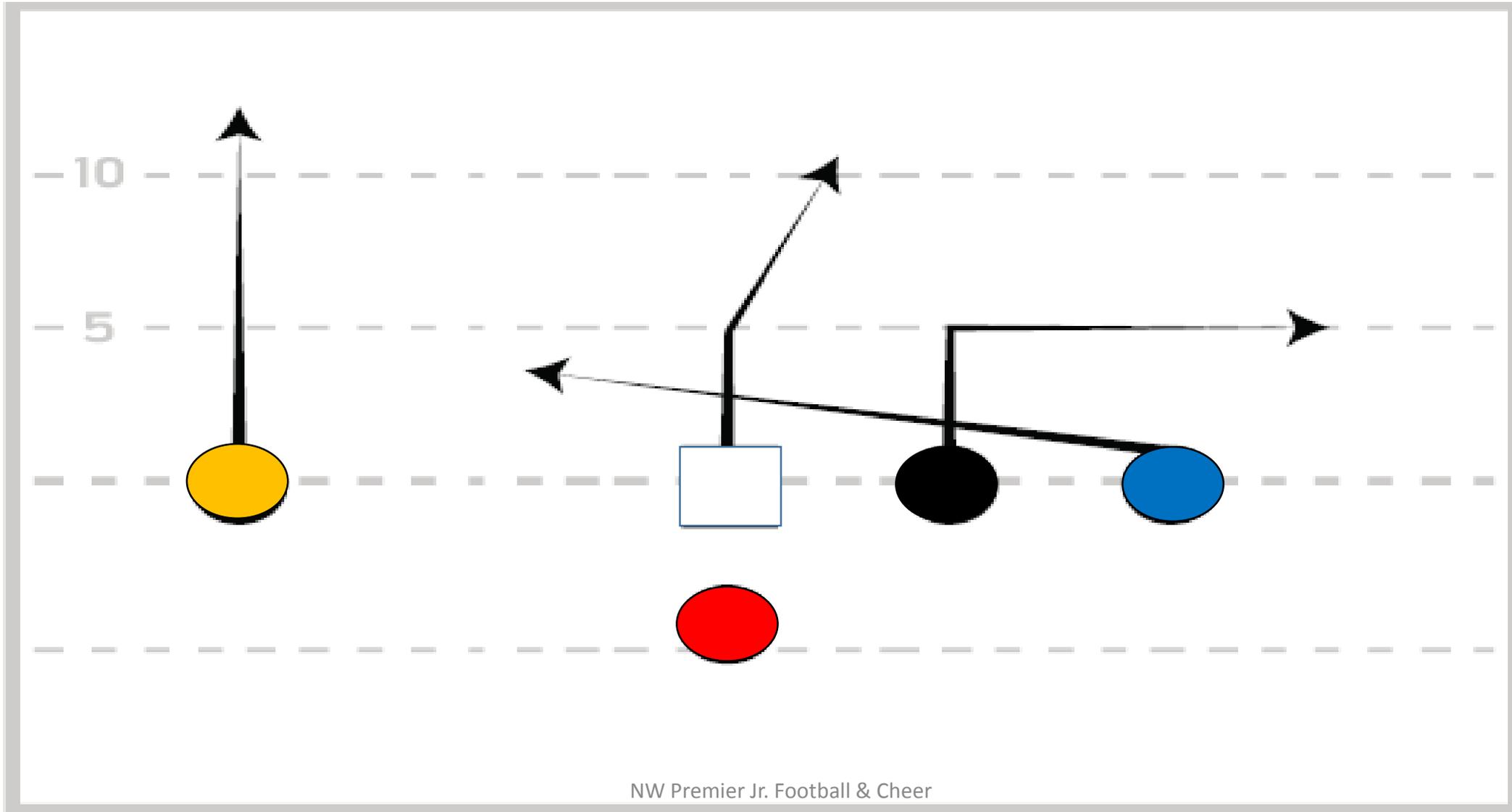# BLACK RUN RIGHT

BLACK RUN LEFT

SPREAD RT SLANT POST GO HOOK

BEGINNER

SPREAD RT HOOK FLAT FLAT CURL
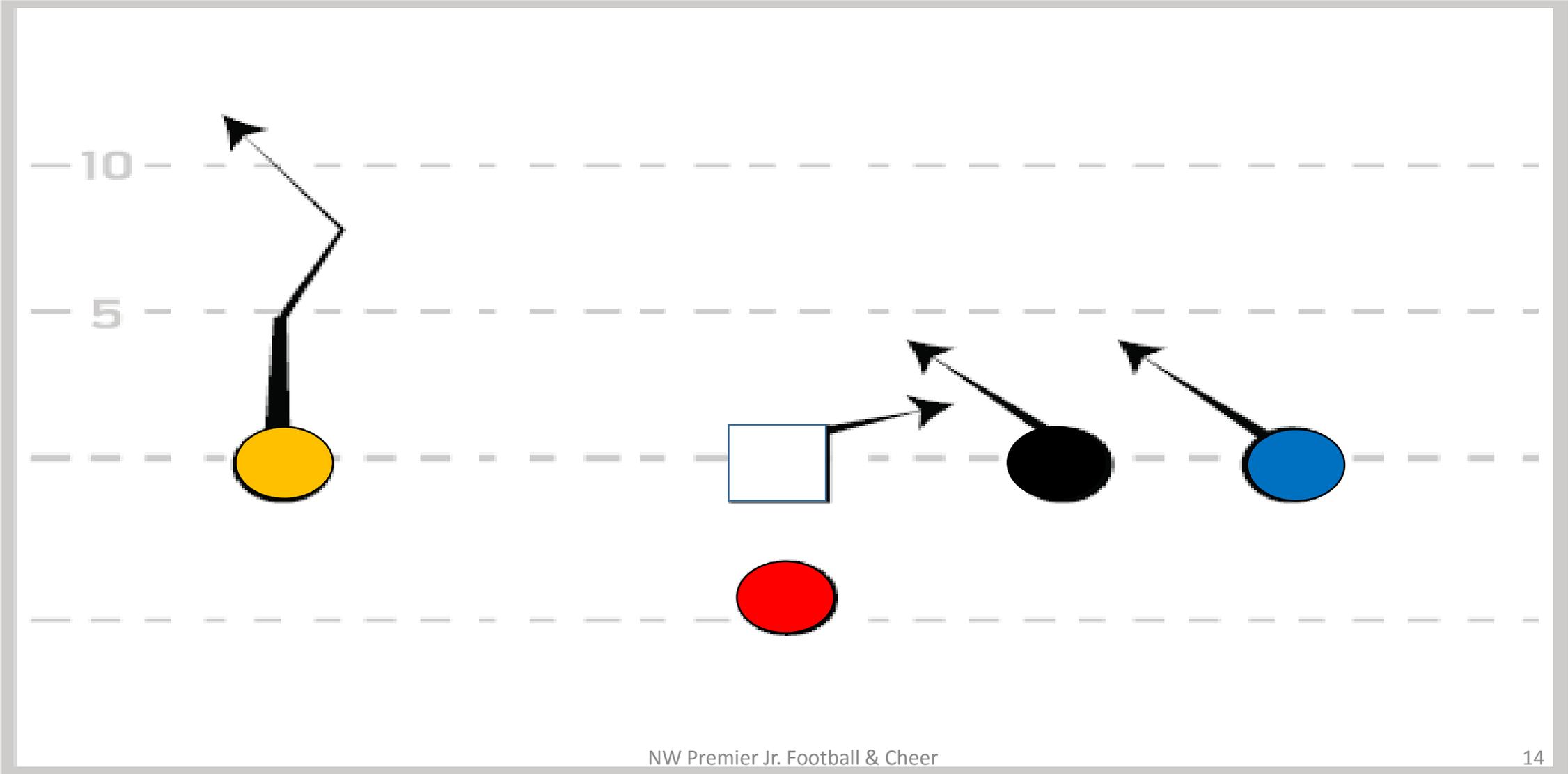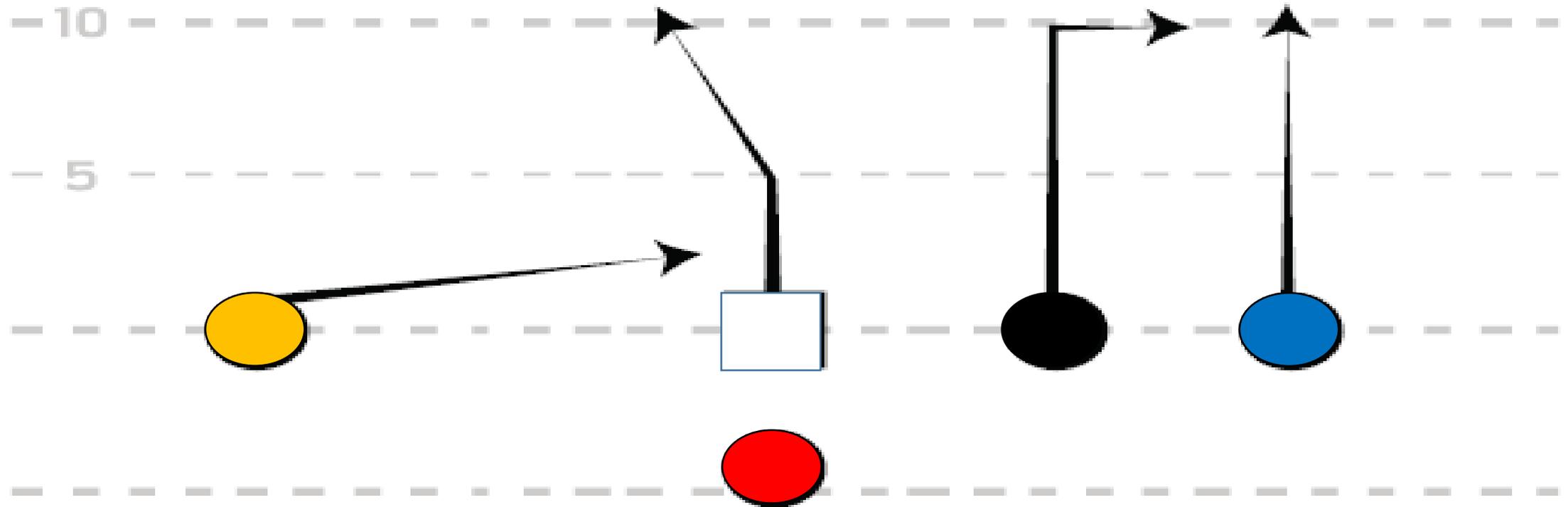
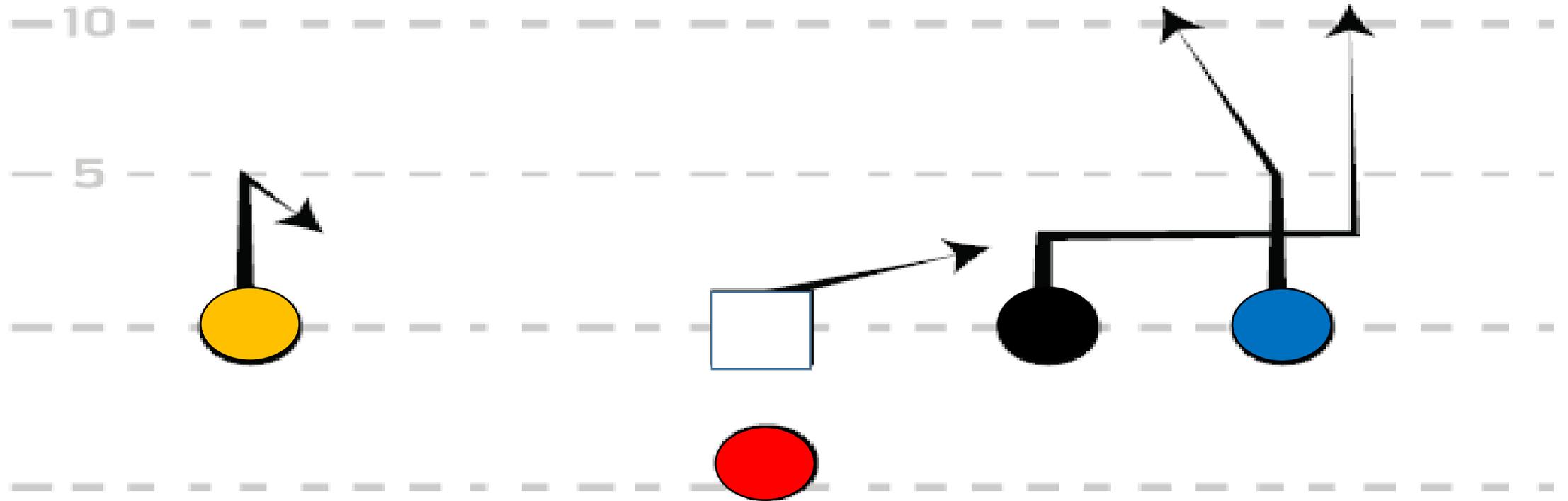# SPREAD RT GO CORNER FLAT SLANT

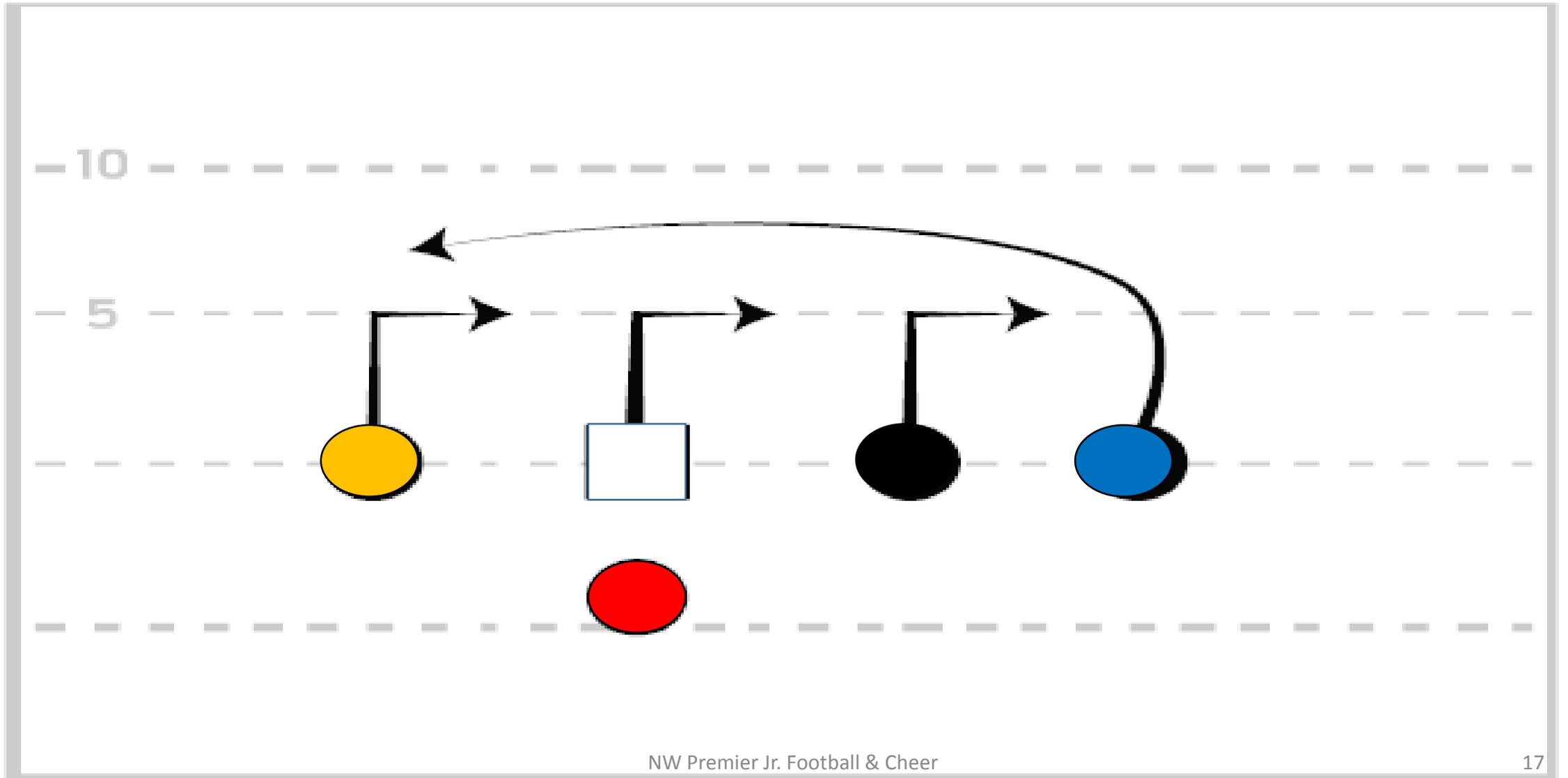# SPREAD RT CORNER ARROW SLANT SLANT
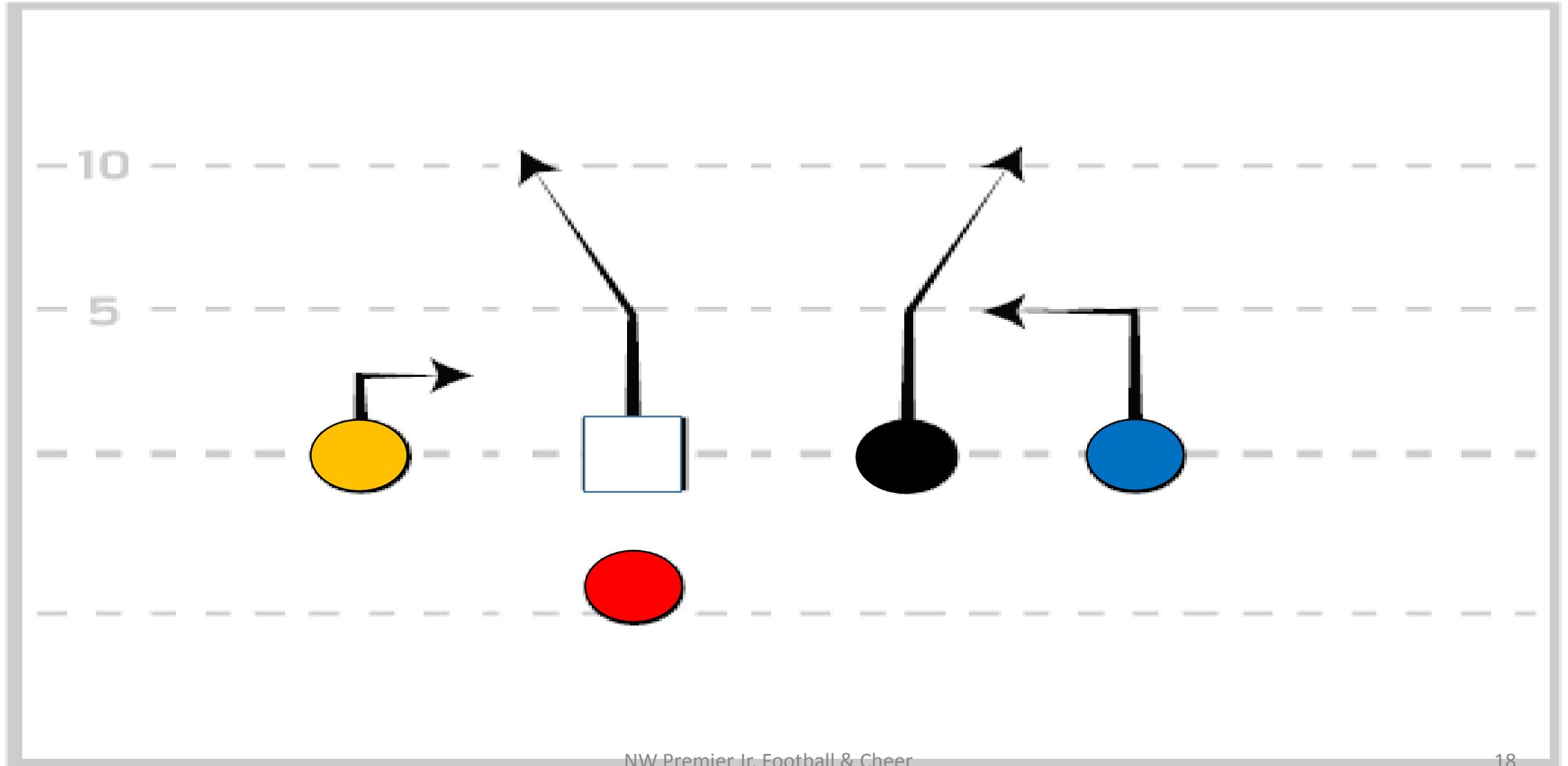
SPREAD RT SLANT CORNER OUT GO

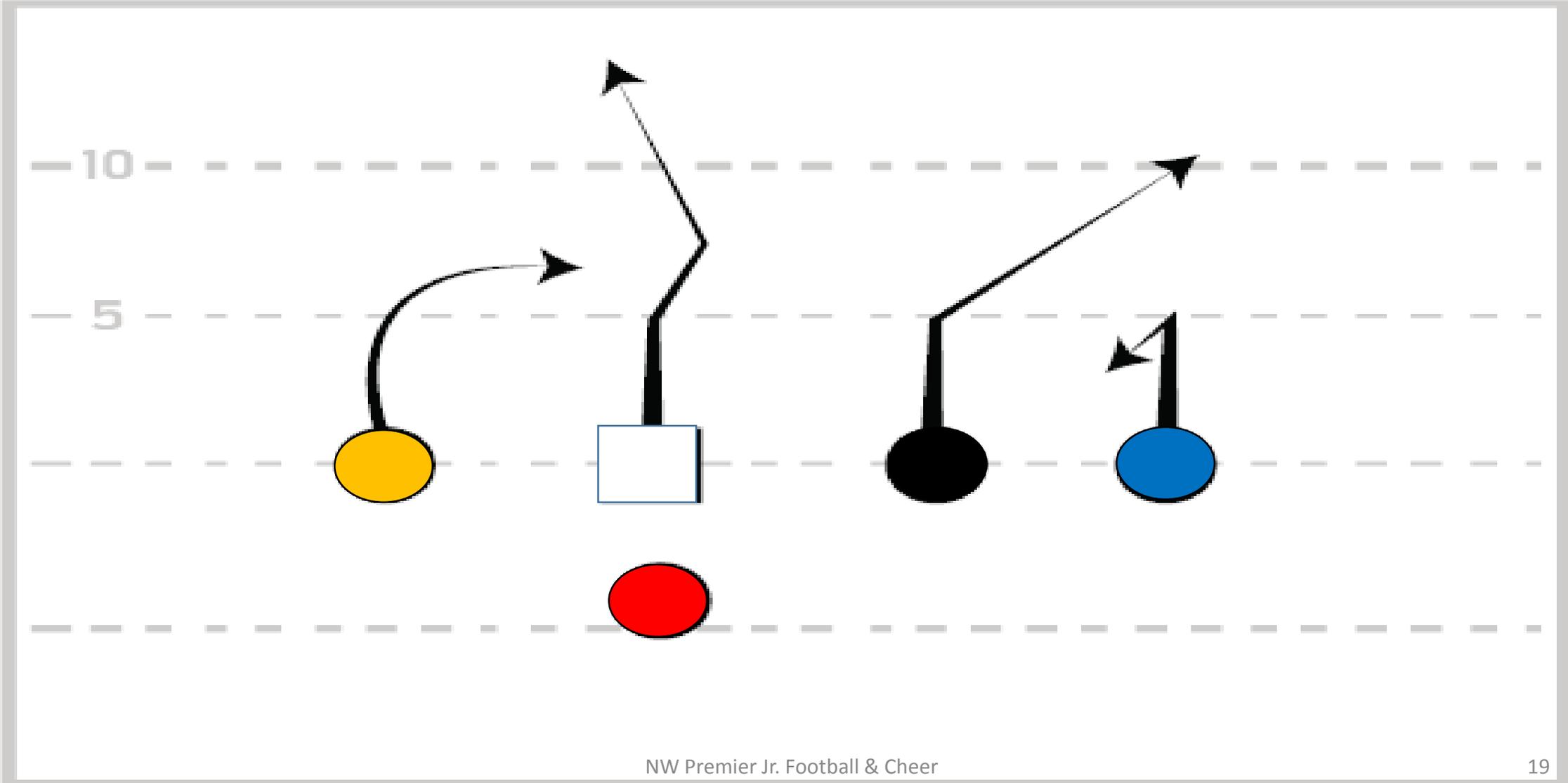# SPREAD RT HITCH ARROW OUT n UP POST

SPREAD RT DRAG DRAG OUT IN

SPREAD RT DRAG CORNER CORNER IN

SPREAD RT HOOK CORNER CORNER HITCH

SPREAD LFT HOOK GO POST SLANT