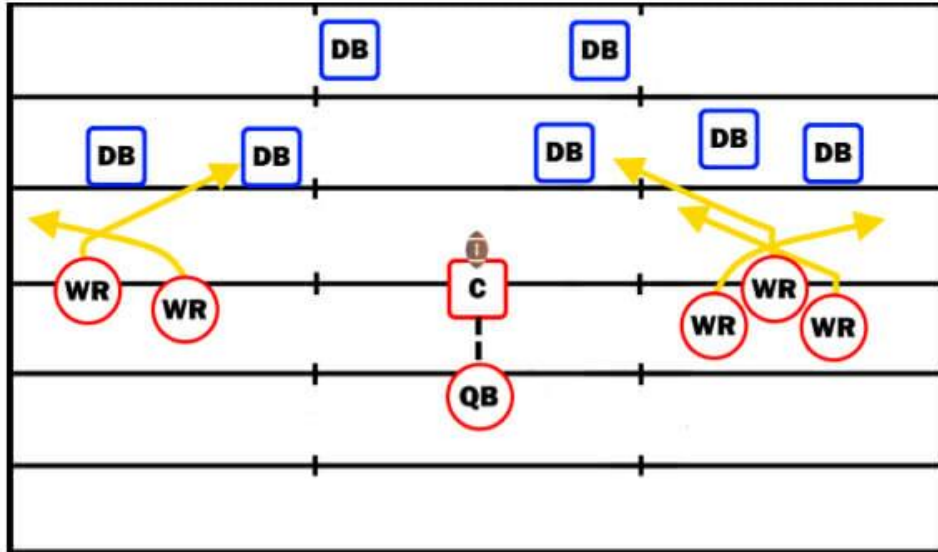
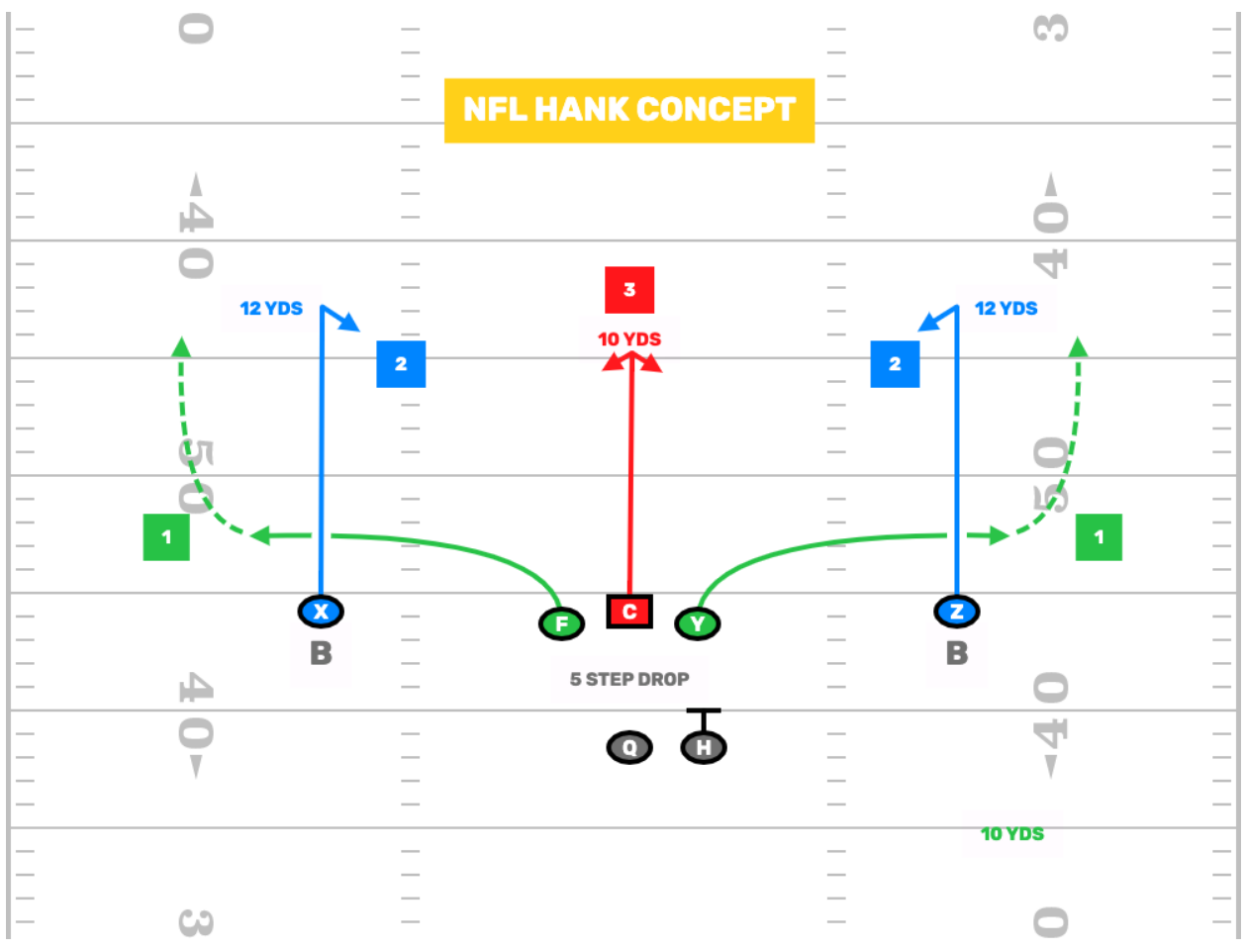
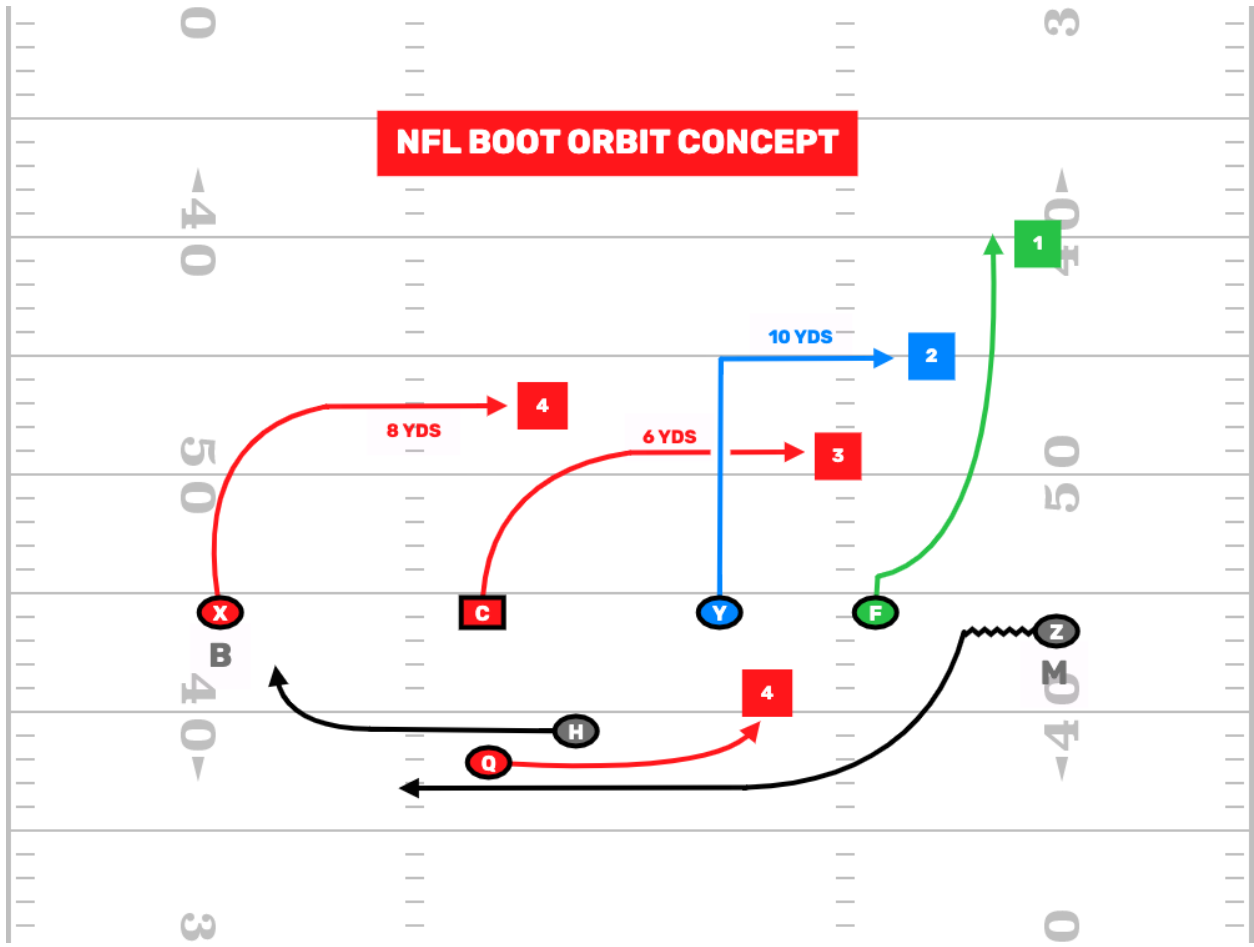


Flag Football Offensive Plays

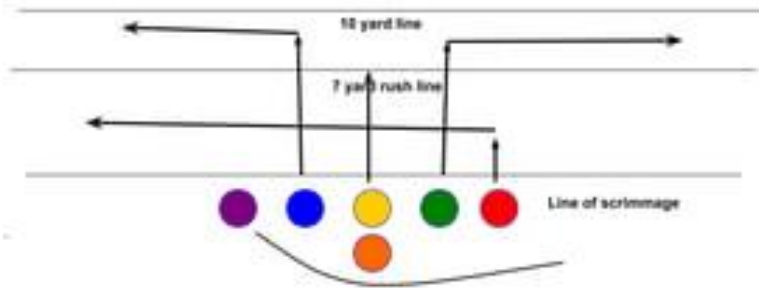


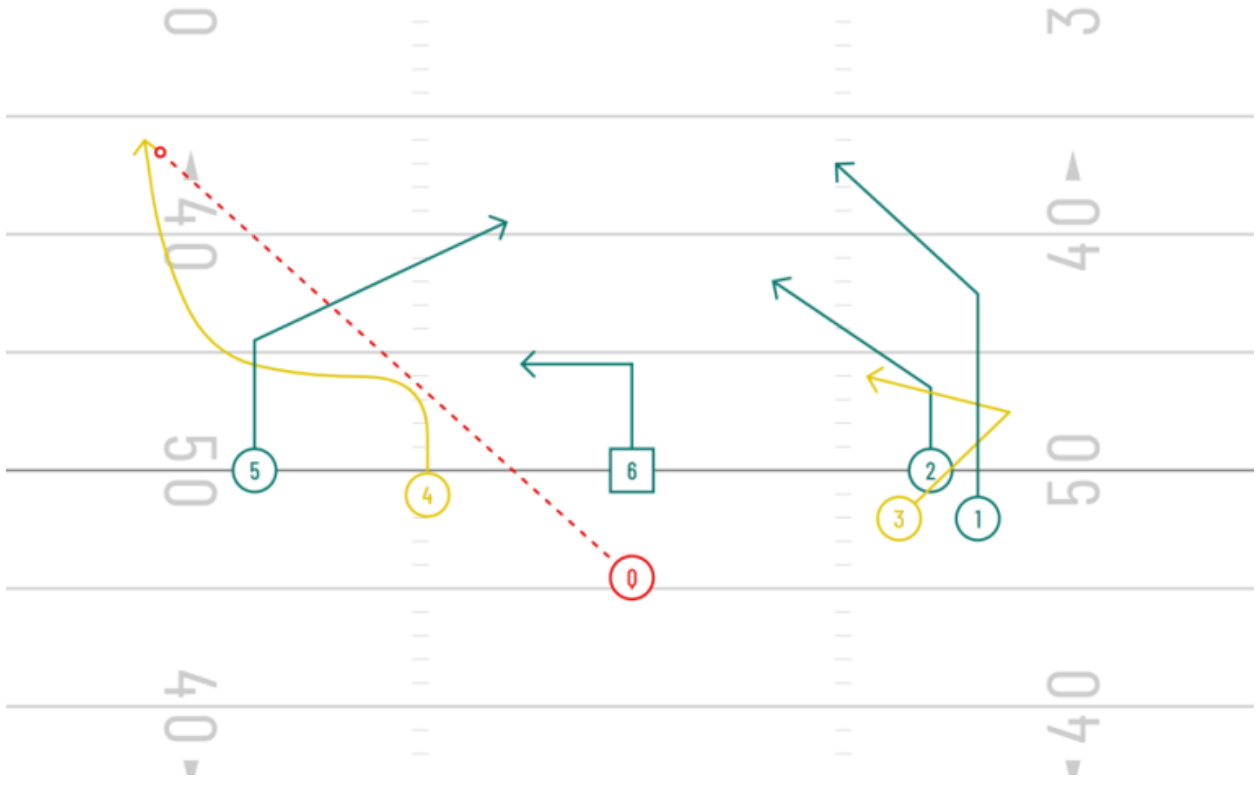
NFL HANK CONCEPT





OFFENSIVE FORMATION: KAMIKAZE PURPLE RUN or PURPLE MOTION FAKE and PASS





Defense

It is best to have 1 rusher who is 7 yards behind the line of scrimmage. Everyone else can play man-to-man coverage.

Here are some zone reads if needed. The players have “zones” where they pick up a player. There will always be gaps in the zone where the offense can exploit the weaknesses. It is a good containment idea where the offense will most likely have to work the ball down the field as opposed to going 1 on 1 with each defender.

