Flag Football Offensive Plays




OFFINSEE FOAMATION: KCMICAZE PURFLE RUN of PURPLE MONON 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.


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7v7 Flag Football Defense
With as many ways as FirstDown PlayBook is giving you to move the football with your 7 v 7 Flag Football offense this is only due diligence. Check out our Flag Football install today as we fill your 7 v7 Flag Football PlayBook up with defense!
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