

Grimes 49ers Flag Football

Offensive Plans

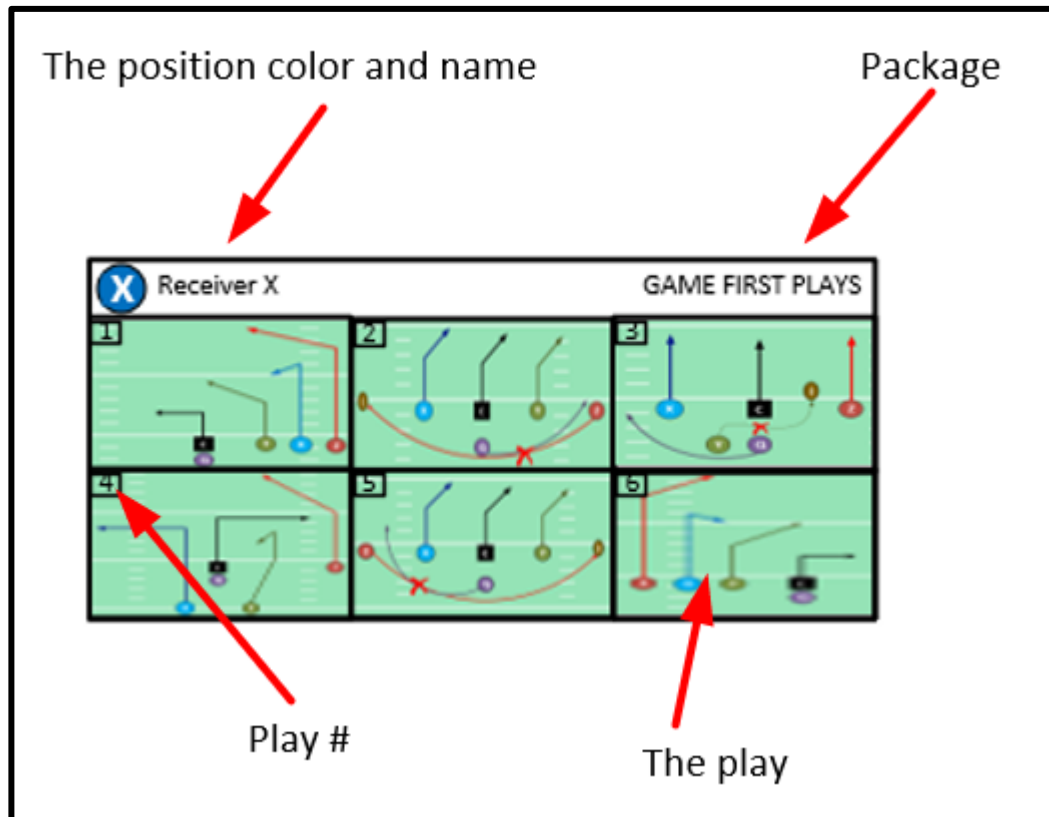
The offensive skills we are teaching are:

1. The arrows on the play card show players the areas to run to. The idea is to have players stay in a specific area (near the line of scrimmage, midfield, downfield, etc.) and then try to get free. This gives the QB options. We are avoiding everyone running downfield for a long pass.
2. Everyone has a job, even if a player does not have the ball:
 - a. Fool the defenders. Do not give up on the play if you do not have the ball. We ask the players to “Act” like they are expecting the ball to keep the defenders away from the ball carrier.
 - b. In flag football, a player can “get in the way” of other players. In other words, make the defenders go around to slow down the defenders.
3. Learn to see what is happening on the field and help your teammates. Everyone is needed, no matter what play is called or what position the player is assigned. If all five players do not work together, we cannot succeed.

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How to read a wrist card:


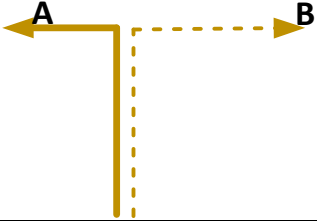
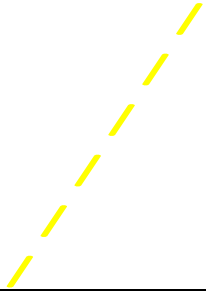



- Position Color & Name: Players are assigned a position at the start of every possession. The player knows their position by the position color and name at the top right. The color corresponds to the color in the play.
- Package: We will have about 6 packages planned for every game. More details below.
- Play #: This is used in the huddle or as an audible. The players look for the number on the card and then look for their color on the play to know what to do.
 - NOTE: The plays change between games and packages. **No memorization is needed.** #1 is different for every card the player receives.
- The play: Diagrams of what the player should do. Each player and their route is color-coded.
 - "X" means a handoff

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Symbols

| | |
|---|---|
|  | Hand-off |
|  | <p>Option A – Solid Line Option B – Dotted line</p> <p>The option is called in the huddle.</p> |
|  | Specifies a pass. If it is a pass play an this line is missing, then it is QB's choice where to throw the ball. |
|  | Added to some running play to clarify which play should be running with the ball. |

Packages

We plan to have a total of 6 cards for each game. They will include:

- “Game Start”: The first 6 “scripted” plays to help us understand the team we are playing against.
- R1, R2: These are run-heavy packages. They will have some passing plays but will have more run plays.
- P1, P2: These are pass-heavy packages. They will have some running plays but will have more run plays.

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- G1: Along with Game Start, it will have an even mix of pass and run plays.

Play Calling:

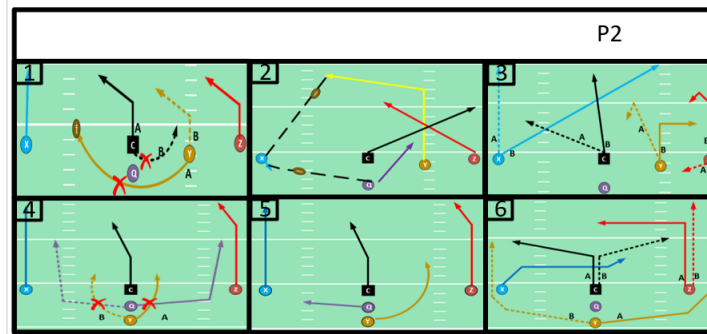
1. To emphasize: Players are **NOT** required or expected to memorize any plays. We are teaching them to be able to read a wrist card and understand what is being asked of them.
2. The first set of plays we will run in every game are shown on the wrist card as “GAME START.” These are the first 6 plays we will run, in order. The goals are:
 - a. Test the other team.
 - b. See which formation may confuse the other team.
 - c. Allow us to score quickly in a “hurry offense”.
3. From the first one or two possessions of the game we will decide if we should have more run or pass plays or keep an even mix.

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4. Except for the first one or two possessions of the game, calls will be made in the huddle using the number in the upper left corner of each play. There may be options also available for a play. This will also be called in the huddle.

EXAMPLE: For P2, below, the call in the huddle will be “1B”. This means we will run the “B” version of #1. This means the QB will hand the ball off to C, and C will try to run up the field slightly to the right of midfield.



5. We are still working with the players to ensure the system is easy to use. We are working towards letting the team call plays on the field so they can:
 - a. Take ownership of the team. We want them to learn to observe and then articulate what is working and not working with coaches and other players. This will allow them to think and make changes as needed.
 - b. Allow every player a chance to be a team leader as a QB.
 - c. Have more fun. They seem to get more enjoyment on the few occasions they have been allowed to choose a play