



FLAS

Situational Playbook

Offensive Plays

Man To Man

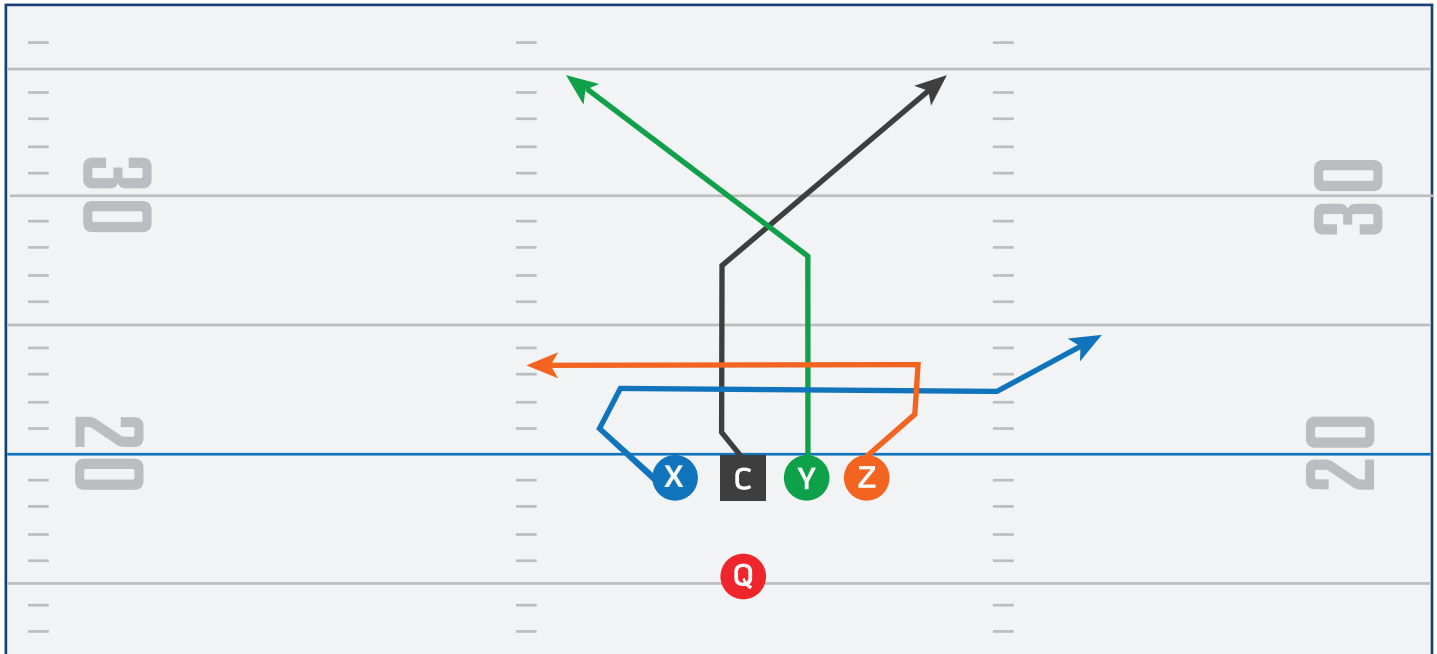
General Coaching Points/Tips

- Bunch and stacked formations will work well against man to man as it will cause confusion on who to guard.
- Rub or pick routes are a good way to free up receivers against a man to man defense.
- If your team as a whole or a specific player has an advantage in their matchup, that can always be a good option for your QB as the defense is not providing help towards that player.
- If your Running Back has an advantage over their defender this could be a good time to hand the ball off, make sure to have the runner go the opposite way of the rusher.
- Reverses can also be a good run option against a man to man defense.

Advanced Coaching Points/Tips

- With all the below plays you can motion to the play. Adding motion will make the defense change their alignment and can cause confusion for them. The easiest way to add motion to any of these plays is to take one offensive player and have them start on the opposite side of the formation and then motion to his place in the play.
- You can also add play action to most plays. On formations with a Running Back adding play action is a very easy addition. At the start of the play you will fake a handoff to the Running Back. This will help to get the defense to take a step forward which could give you the extra step needed to get open. It is harder to add play action on plays without a Running Back, but you can still do it. You will motion a Wide Receiver across the formation. Before he reaches the QB you will snap the ball. The QB will then fake a jet sweep handoff to the Wide Receiver. Once the fake handoff is completed the Wide Receiver will go to run his route, this works best if the receiver is running a shorter route.

Bunch Play 1



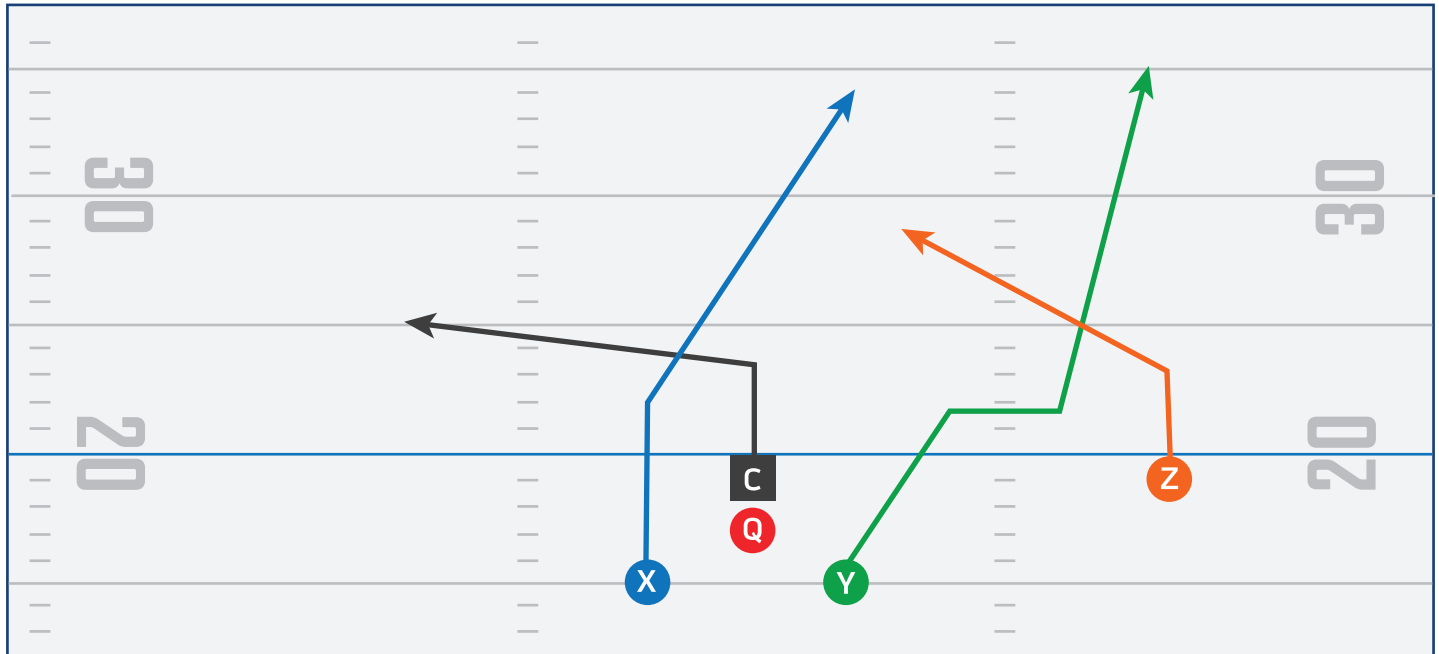
Coaching Points/Tips

- Due to the crossing nature of this play it will be very hard for the defense to stay with their man without switching.
- The two shorter routes (X and Z receivers) will work as a rub route. The offensive players want to cross paths and be within an arm's length of each other. The Z receiver on the rub route should slow down the X receiver's defender which will help him get open.
- While the underneath routes are your main option, the crossing of your two deeper routes also can work the same way.

Game Situation

- Early down call
- 3rd and short
- 1-point conversion play

Double Back Play 2



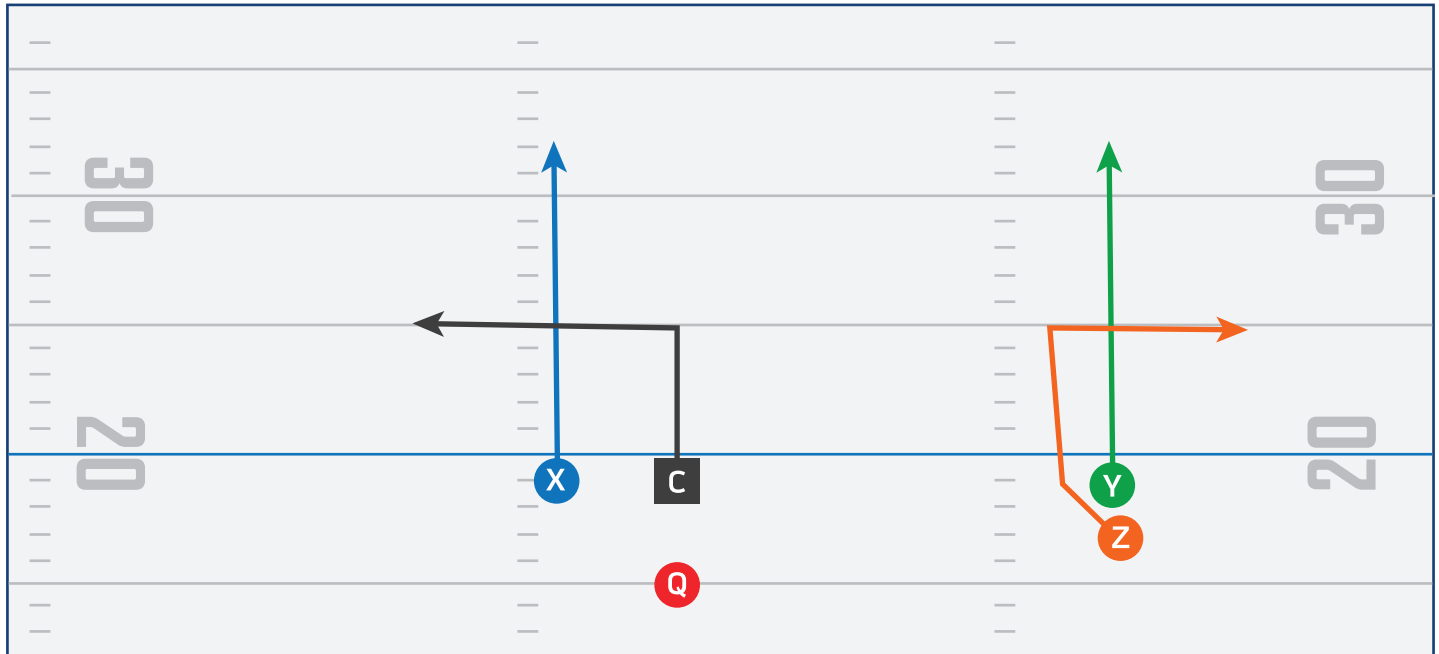
Coaching Points/Tips

- The Y receiver running a double move (out to vertical) is a good route against man. By adding the slant route with the Z receiver this can aid in getting the Y open.
- On the left side you have crossing routes. The crossing routes can cause the defender to alter his path while running with their receiver since they are trying to avoid the other receiver. This should free up one of your receivers on the left side of the formation.

Game Situation

- 2nd and Long
- Shot play

Twins Stack Play 1



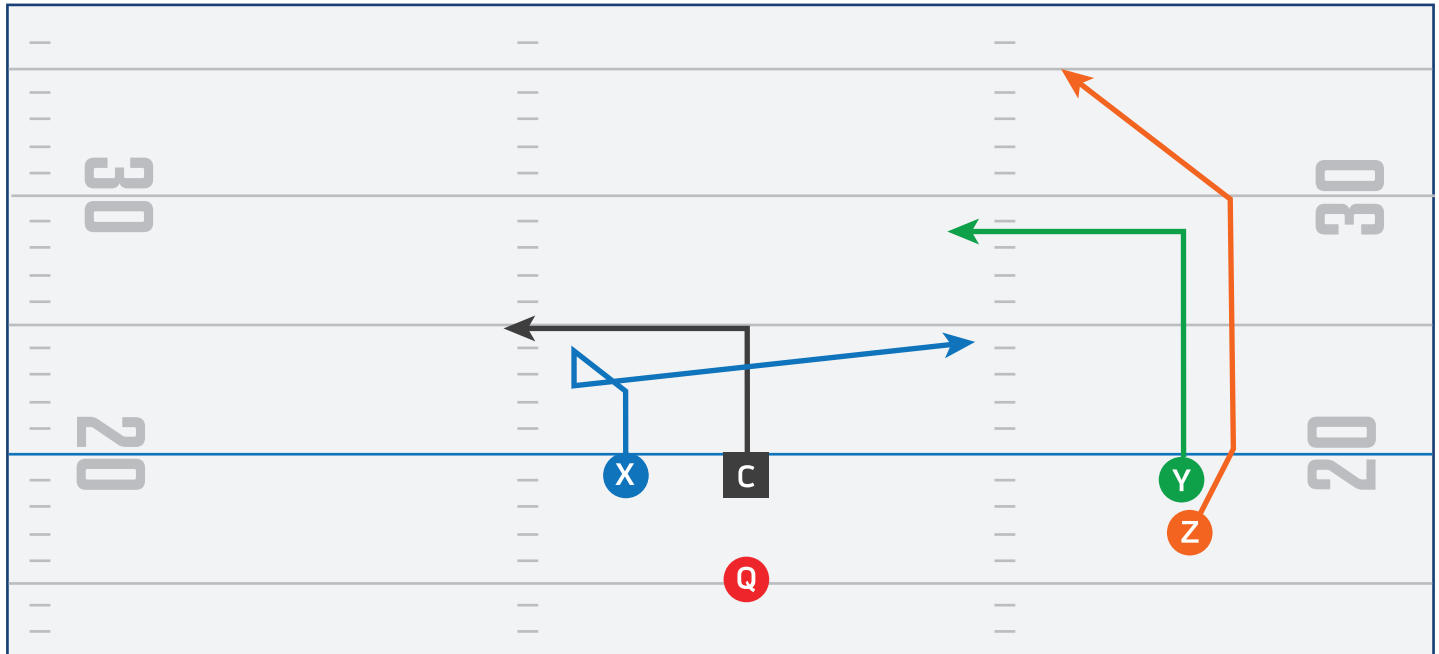
Coaching Points/Tips

- The main read for this play will be the Y and Z receivers.
- With man coverage you will most likely get one defender on the inside of the stack and one on the outside of the stack. When the Z receiver in the stack begins to run inside on the snap that should put the inside defender on the Z receiver. With the defender inside of the Z receiver they will have great leverage to break outside and be open.
- You can roll your QB to the stack side to make for a shorter throw.

Game Situation

- Early down call
- Backed up against your own goal line
- Shot play
- 2-point conversion play

Twins Stack Play 3



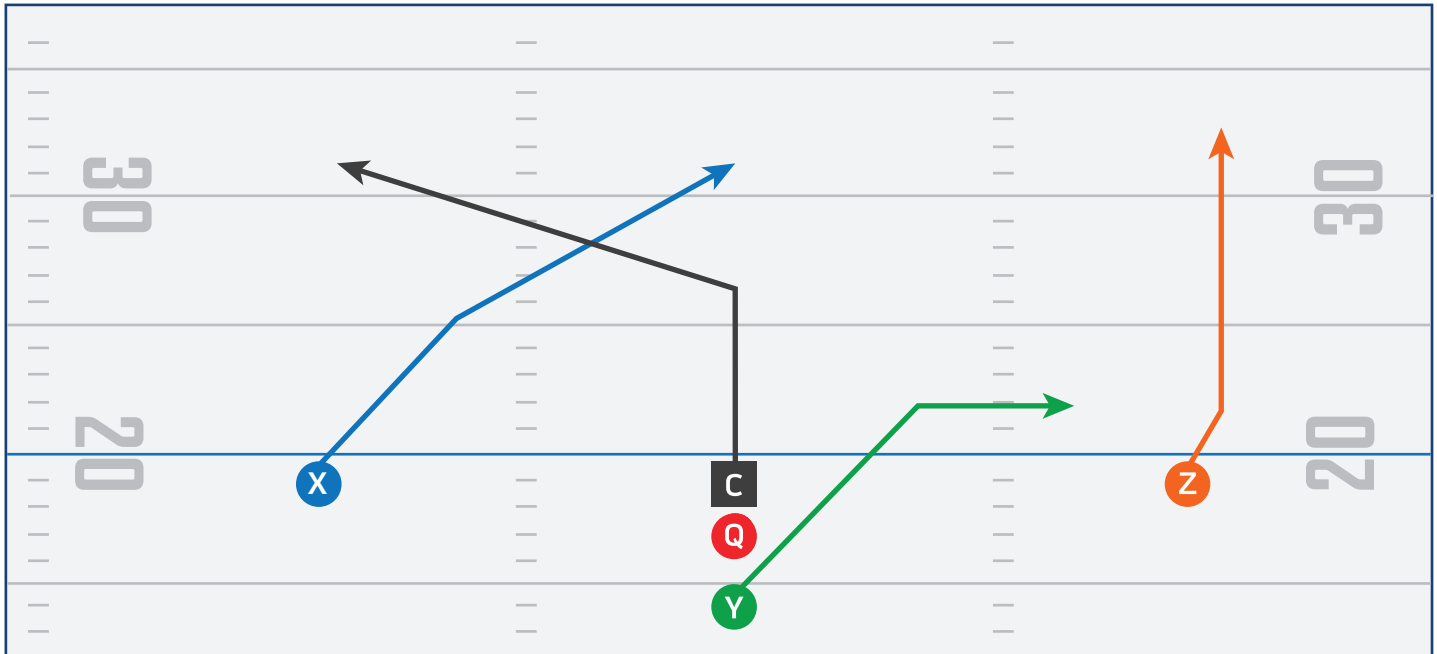
Coaching Points/Tips

- The double move(out to a slant) by the X receiver combined with the out route by the center should cause confusion of the defense due to their close proximity to each other and should help to free one of those two receivers.
- Additionally, you have two in breaking routes out of your twin stack. Assuming one of the two-man defenders aligns outside of that stack one of your receivers should be able to create separation when he makes his cut to be open.

Game Situation

- 3rd and long
- 2-point conversion play

Single Back Play 2



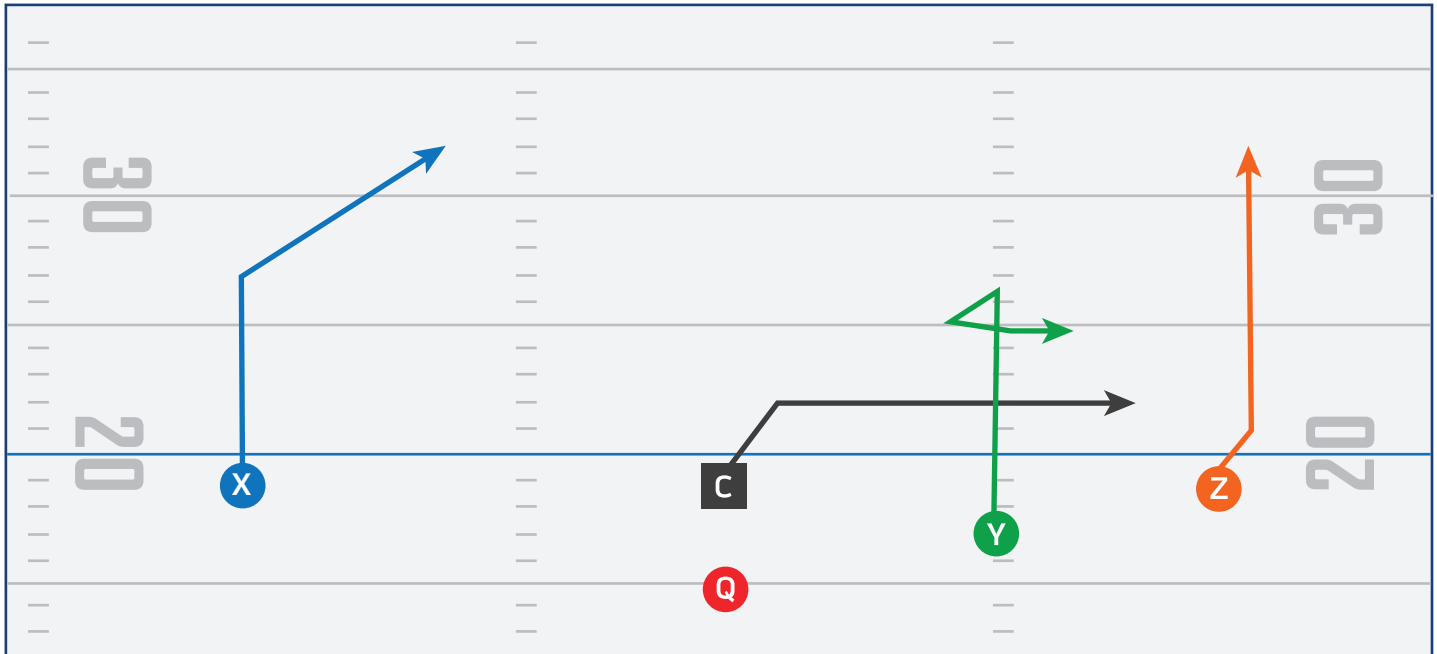
Coaching Points/Tips

- Due to the balanced nature of this formation you should get the team's one deep zone defender directly over the center. With the center running a corner route and your X receiver to the left side of the formation running a post the Safety will need to pick who they are guarding. This should allow the other receiver to be open.
- To the right side of the formation your Y receiver will be running to that flat, while the Z receiver is going vertical. This will force a decision to be made by the short zone defender to that side. If he stays in the flat you will throw the vertical ball to the Z receiver, if he tries to run with the Z vertically you will have an easy pass to the Y in the flat.

Game Situation

- Shot play
- 2nd and long
- 3rd and long

Spread Play 1



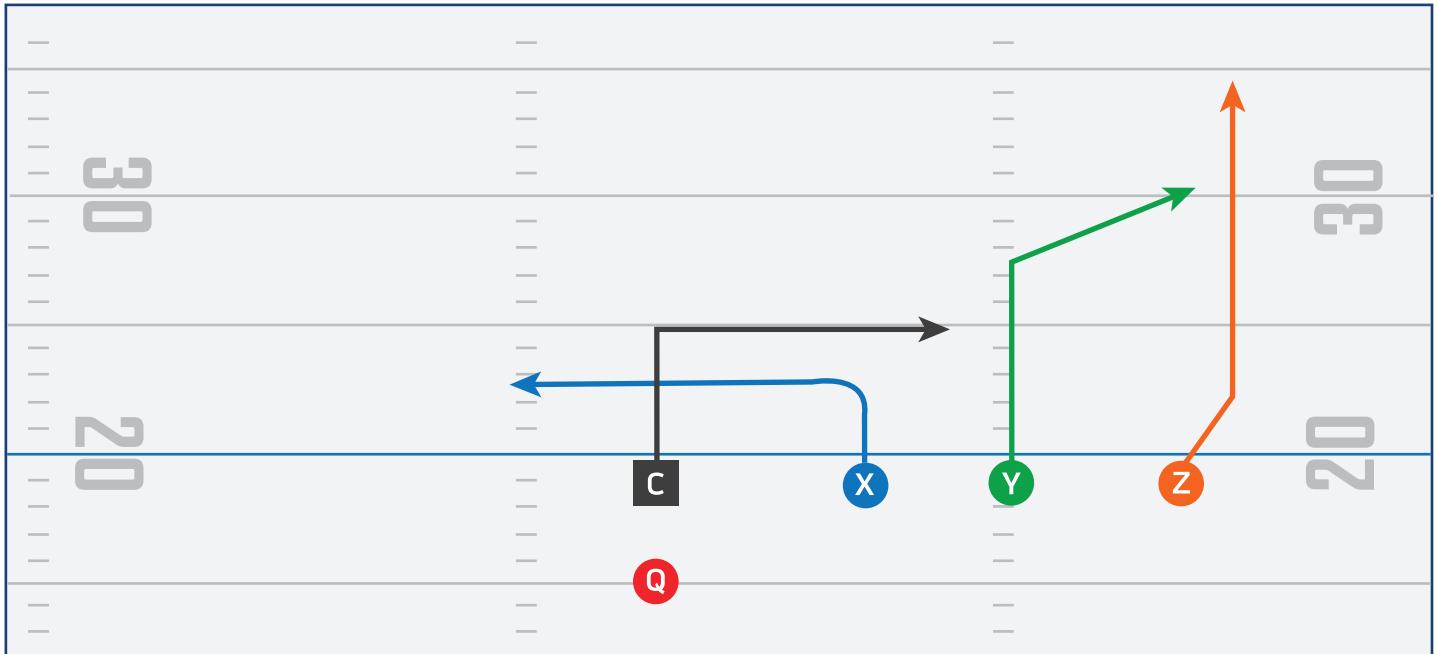
Coaching Points/Tips

- This play is a Flood concept. By overflowing the defense, they are forced to make decisions on whom they will guard. If the single deep defender does not get over the top to play the vertical route by the Z receiver the flat defender has to worry about three options. If the single deep defender can widen to stop the vertical route the flat defender on that side has two receivers, they must pick who to guard.
- While your primary read is going to be to the three receivers going to the right (Z, Y and C) if the deep safety tries to run over to the three-receiver side you can always throw the backside post to the X.
- To make this an easier pass you can roll the Quarterback.

Game Situation

- Early down call
- 3rd and short
- 1-point conversion play

Trips Play 2



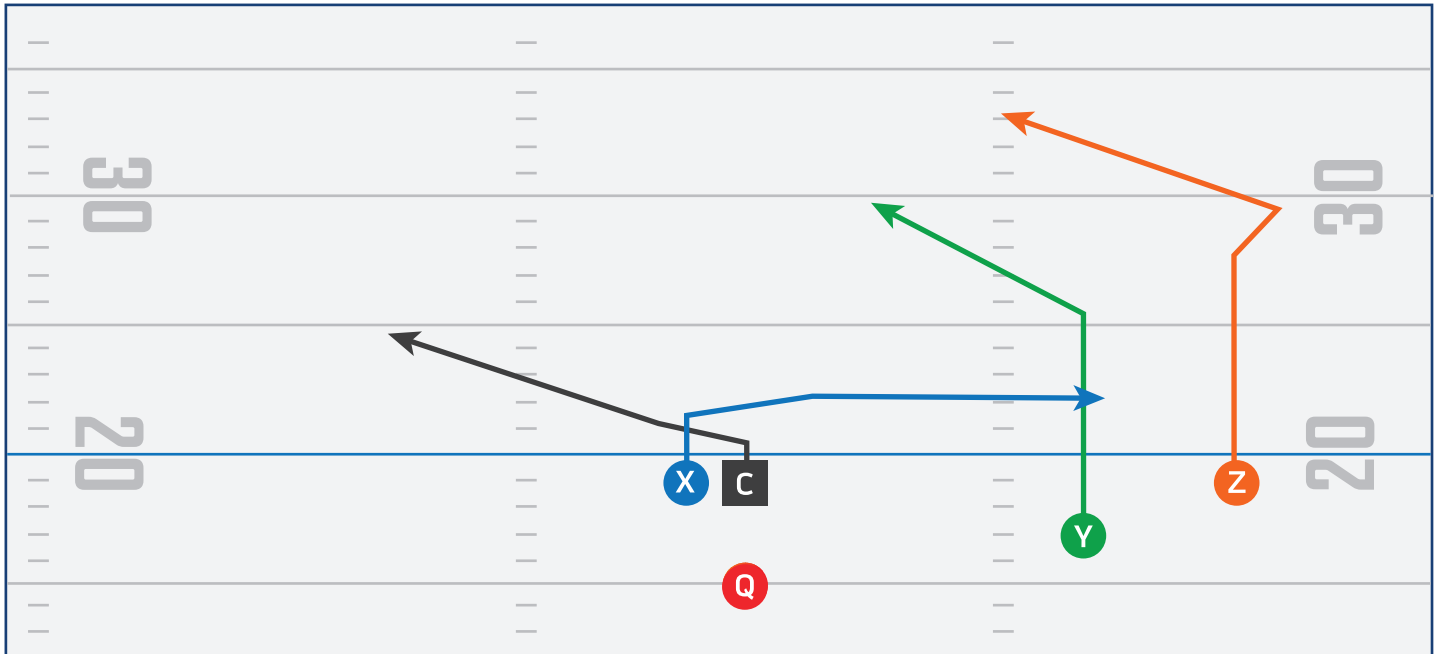
Coaching Points/Tips

- This is another Flood concept. By overflowing the defense, they are forced to make decisions on whom they will guard. If the single deep defender does not get over the top to play the vertical route by the Z receiver the flat defender has to worry about three options. By having the Y receiver run a corner route you're going to create more separation between the Y receiver and the player running the out route (on this play that is the center) which will put more stress on the flat defender to that side.
- To make this an easier pass you can roll the Quarterback.

Game Situation

- Early down call
- 3rd and short
- Redzone
- 2nd and long

Twins Play 1



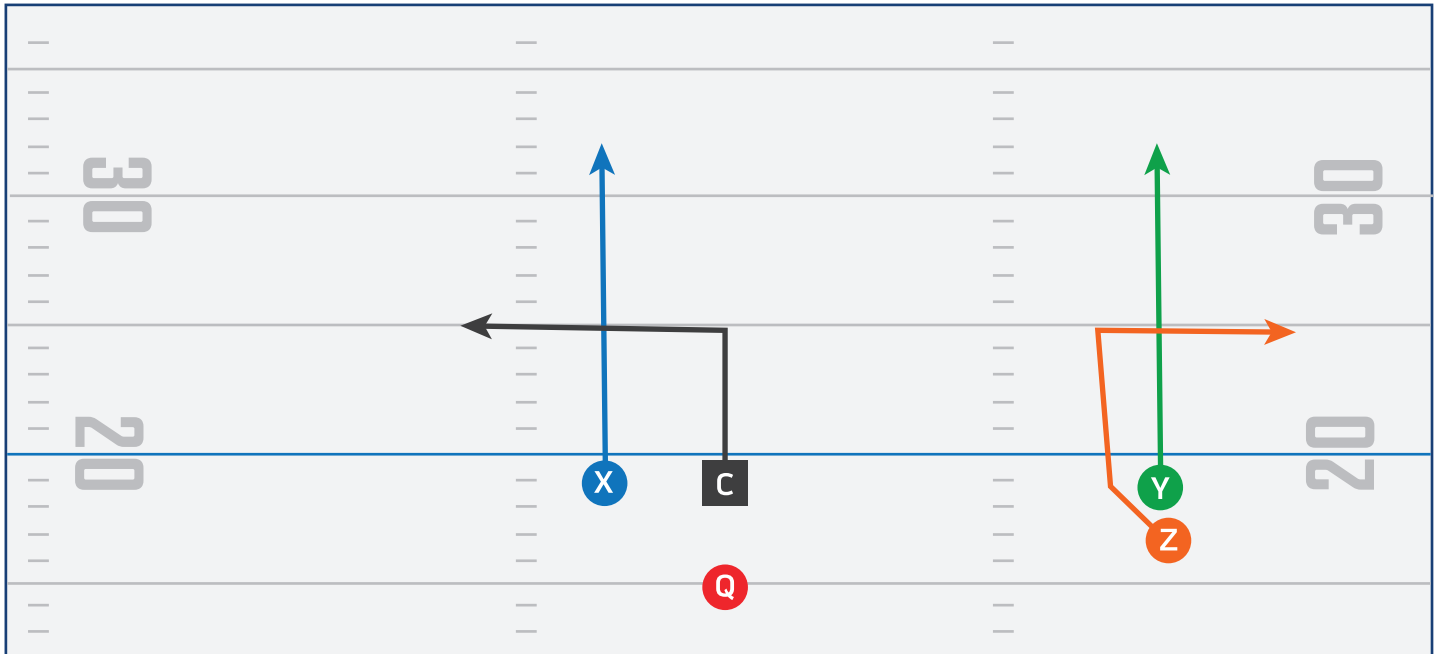
Coaching Points/Tips

- On this play you are going to read how the deep zone defender defends the two post routes (Y and Z receivers). Whichever post he tries to stop you will look to throw to the other receiver.

Game Situation

- Shot play
- Redzone
- 2nd and long
- 3rd and long

Twins Stack Play 1



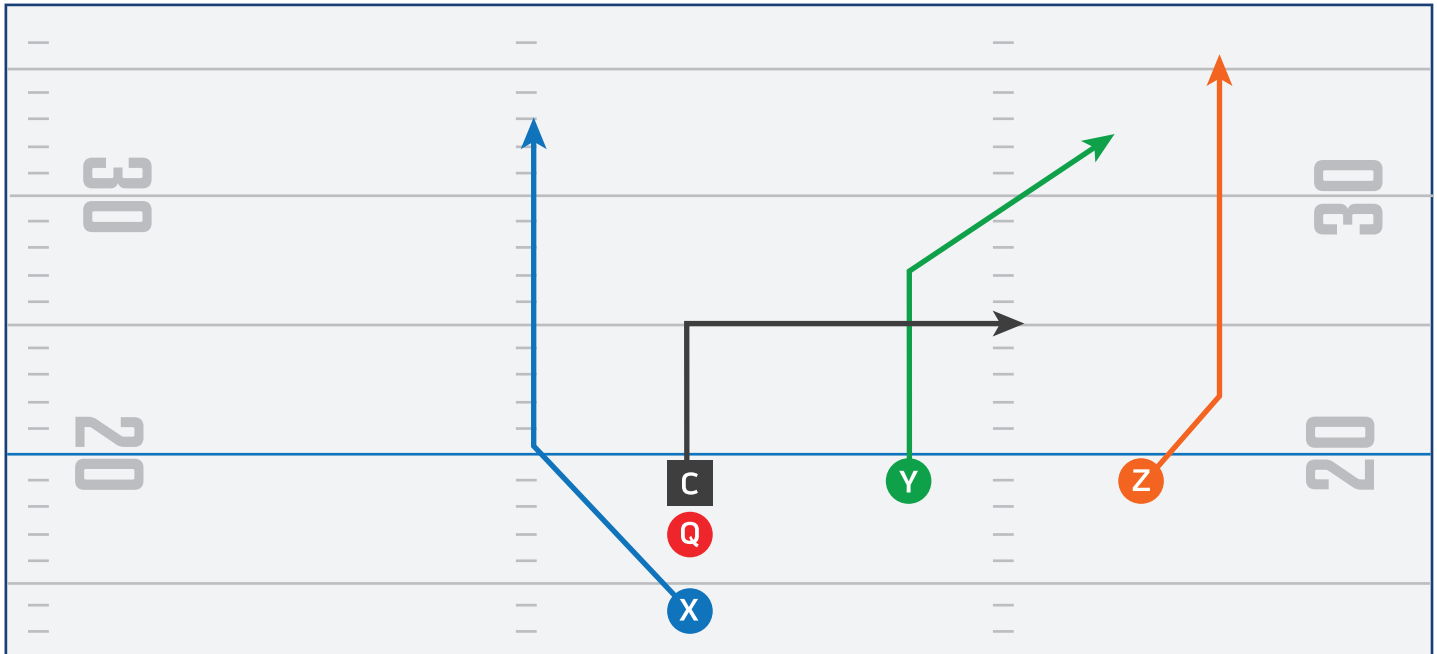
Coaching Points/Tips

- Here you are running a simple vertical and out concept on both sides. With only one deep defender he cannot take away both sides. You will look to the side the deep safety goes away from.
- From there you just need to read the one defender. If the defender tries to get deep you throw the out (C or Z), if the defender sits in the flat you will throw vertical (X or Y).

Game Situation

- Early down call
- Shot play
- Backed up against your own goal line
- 2-point conversion play

Single Set Play 1



Coaching Points/Tips

- This is another Flood concept. By overflowing the defense, they are forced to make decisions on whom they will guard. If the single deep defender does not get over the top to play the vertical route by the Z receiver the flat defender has to worry about two options. By having the Y receiver run a corner route you're going to create more separation between that receiver and the player running the out route (on this play that is the center) which will put more stress on the flat defender to that side.
- To make this an easier pass you can roll the Quarterback.
- While your primary read is the three-receiver side on the right, if the deep defender tries to get over the top of the Flood, the X receiver could be an option going straight down the field.

Game Situation

- Early down call
- 2nd and long
- Redzone
- 2-point conversion play

Cover 2

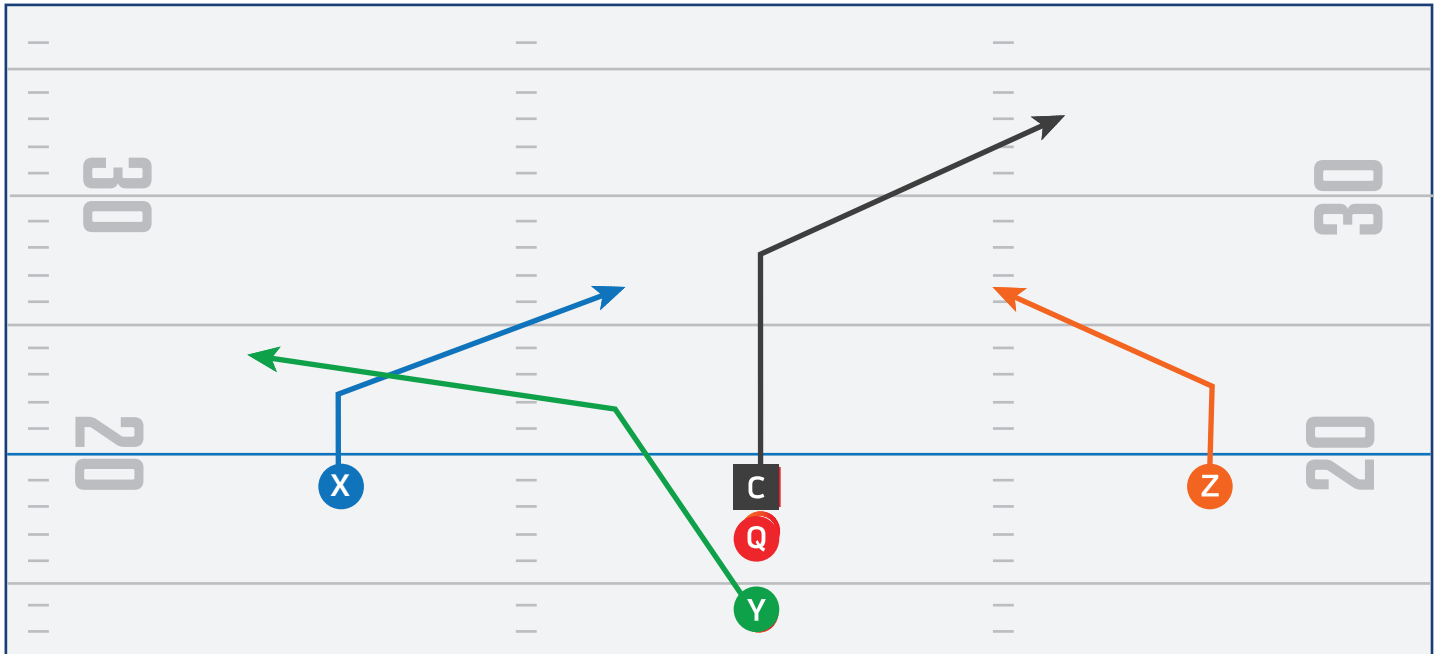
General Coaching Points/Tips

- The soft spots in Cover 2 are in the middle of the field.
- In breaking routes are going to be something you want to focus on.
- With the inside zones being weak in this defense a quick hitting run could be effective.

Advanced Coaching Points/Tips

- With all the below plays you can motion to the play. Adding motion will make the defense change their alignment and can cause confusion for them. The easiest way to add motion to any of these plays is to take one offensive player and have them start on the opposite side of the formation and then motion to his place in the play.
- You can also add play action to most plays. On formations with a Running Back adding play action is a very easy addition. At the start of the play you will fake a handoff to the Running Back. This will help to get the defense to take a step forward which could give you the extra step needed to get open. It is harder to add play action on plays without a Running Back, but you can still do it. You will motion a Wide Receiver across the formation. Before he reaches the QB you will snap the ball. The QB will then fake a jet sweep handoff to the Wide Receiver. Once the fake handoff is completed the Wide Receiver will go to run his route, this works best if the receiver is running a shorter route.

Single Back Play 1



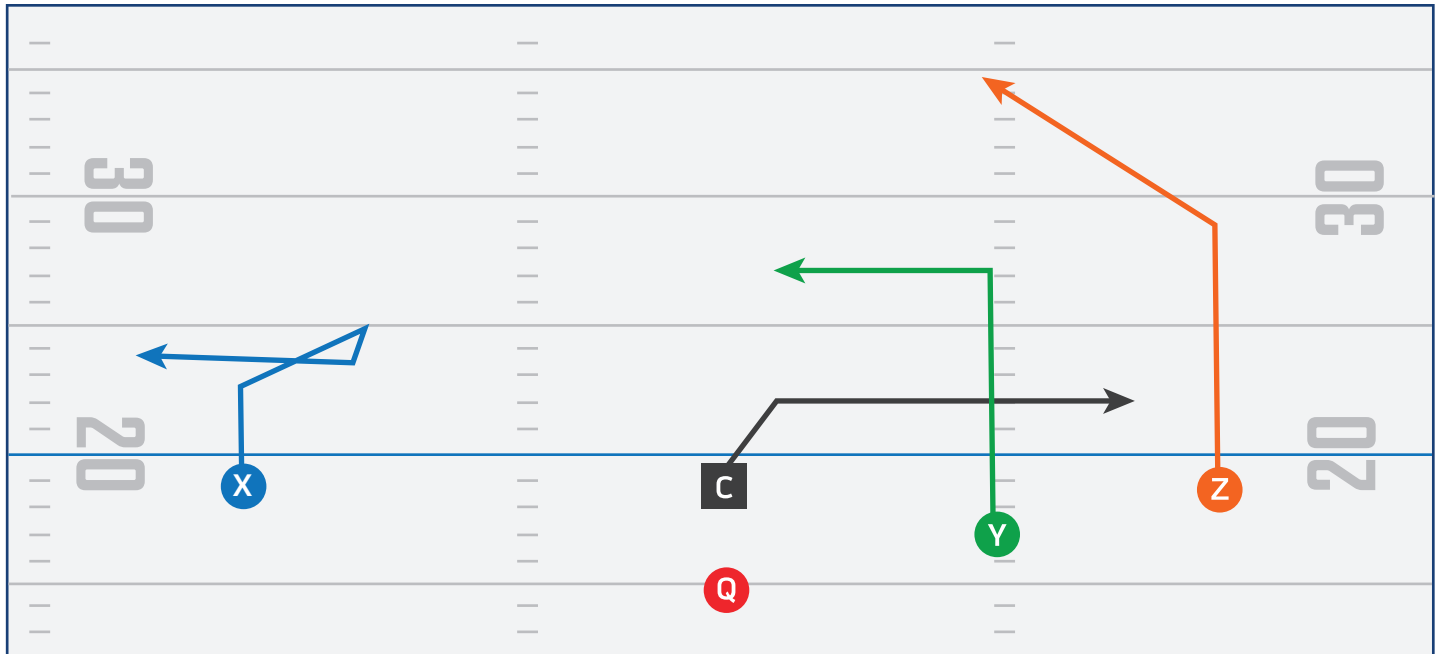
Coaching Points/Tips

- The two slants (X and Z) will be your primary read as they are going into the weak spot of the defense.
- The Y releasing to the left should really help the X receiver get open as that will pull their short defender outside.
- You also may be able to get a quick shot to the center off the snap if the deep safeties are wide.

Game Situation

- Early down call
- 3rd and short
- Redzone
- Backed up against your own goal line
- 1-point conversion play

Spread Play 2



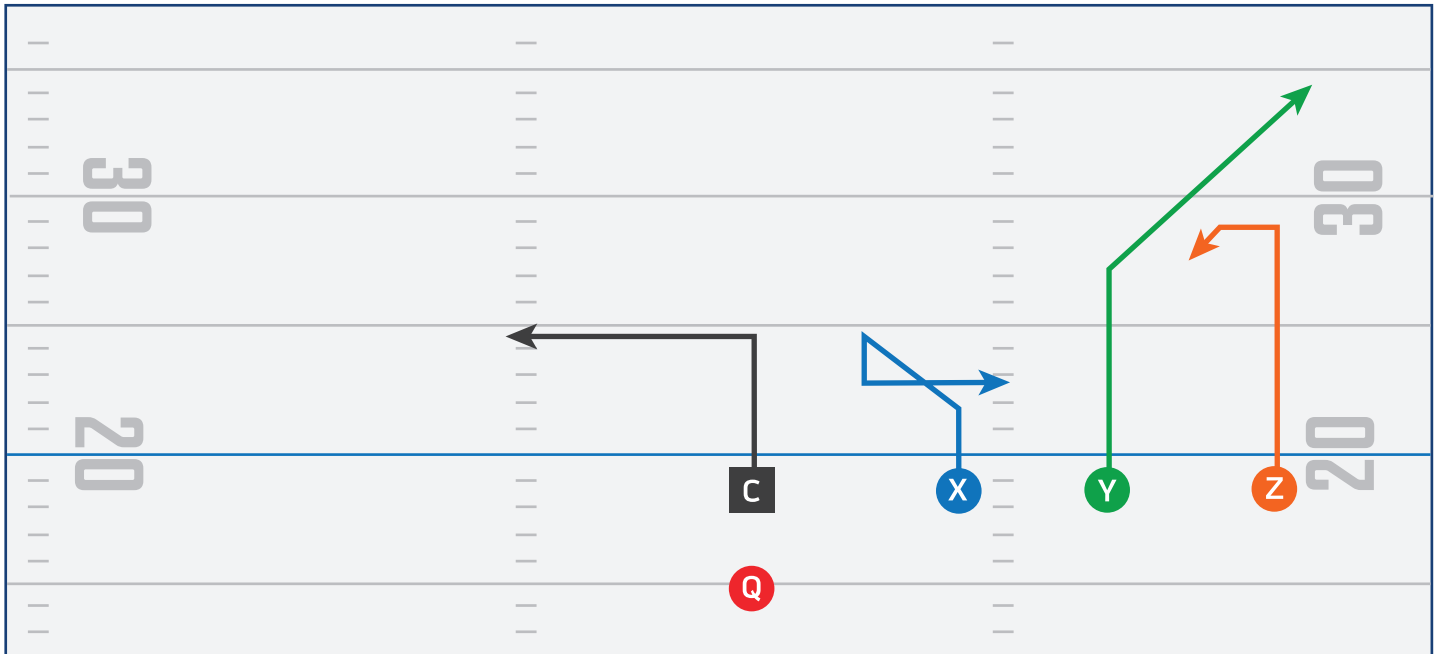
Coaching Points/Tips

- The Y receiver running the “in” route will be open most of the time unless the deep defender on the weakside attacks down on the route. If he does you should have a good look to the Z receiver on the post route.

Game Situation

- Shot play
- Redzone
- 2nd and long
- 3rd and long

Trips Play 3



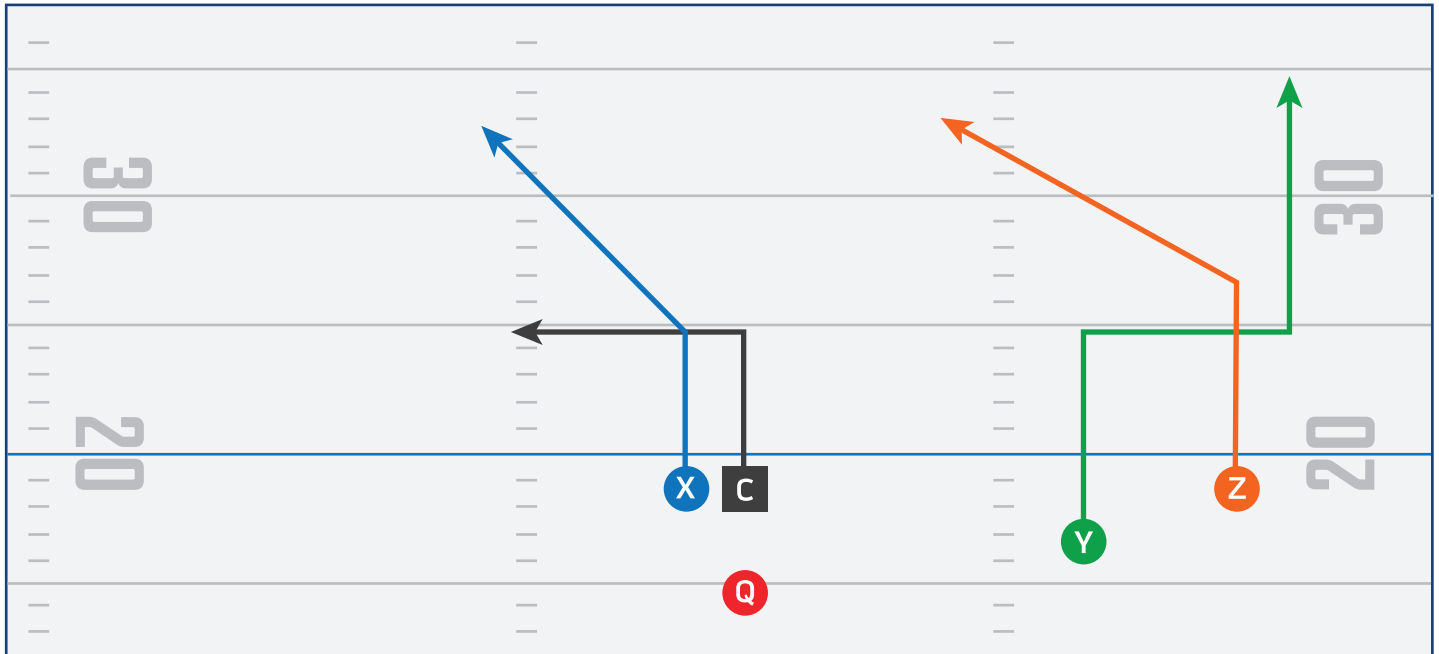
Coaching Points/Tips

- On this play you are going to overload their zone.
- You will read off their flat defender to the right side. If the flat defender stays on the curl route by the Z receiver you will throw to the X receiver. If the flat defender looks to stop the X receiver who is faking the slant and running an out route the Z receiver will be open on the curl.

Game Situation

- Early down call
- 3rd and short
- Redzone
- 1-point conversion play
- 2-point conversion play

Twins Play 3



Coaching Points/Tips

- Your focus on this play will be to the right. The post route by the Z receiver will occupy the deep defender. Your Y receiver running the chair route will sell the out before turning up field. If you can get the flat defender to play the out route when he turns it up and goes vertical, he should be open.
- You can have your QB pump fake the out route to further sell the out.

Game Situation

- Shot play
- 2nd and long
- 3rd and long

Cover 3

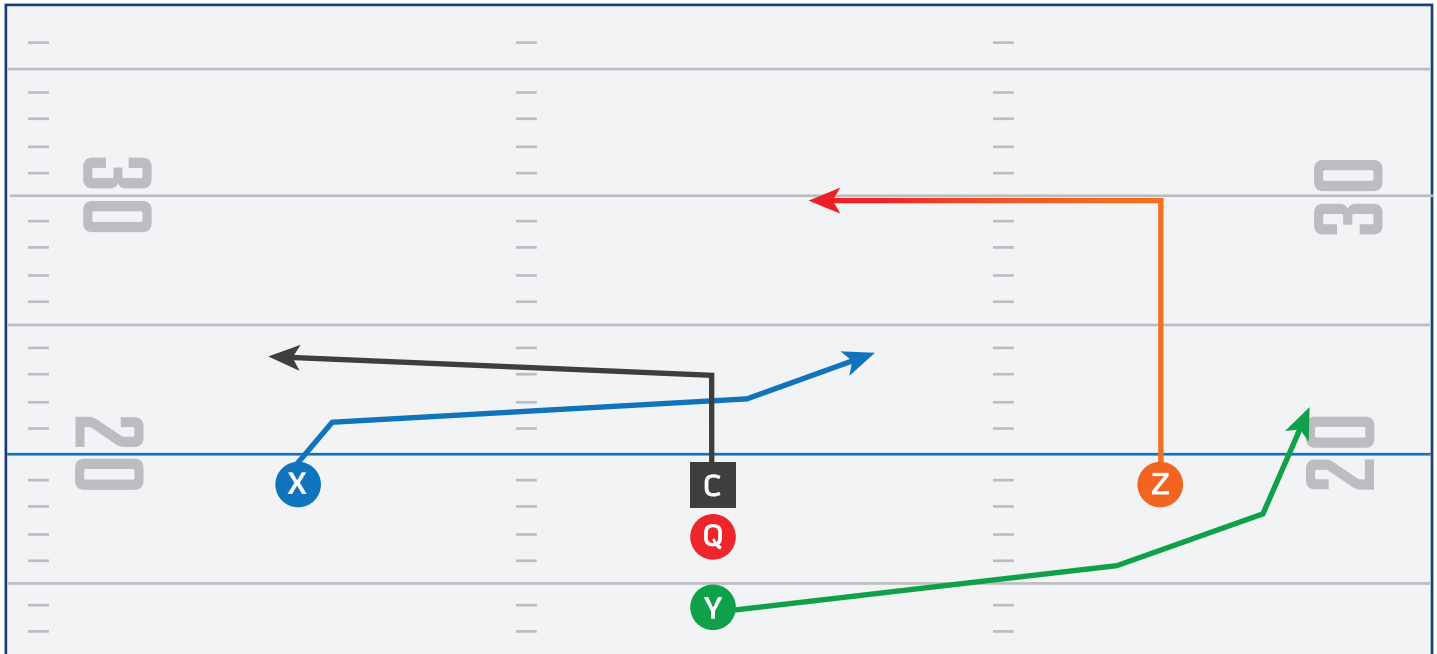
General Coaching Points/Tips

- This defense is a little trickier as they will have more defenders(five) than you have receivers.
- You can attack Cover 3 through short routes or multiple vertical route concepts.
- This could also be a good time to hand the ball off and then let that player pass, as now having the run pass option could cause a defender to leave their zone and open something up.

Advanced Coaching Points/Tips

- With all the below plays you can motion to the play. Adding motion will make the defense change their alignment and can cause confusion for them. The easiest way to add motion to any of these plays is to take one offensive player and have them start on the opposite side of the formation and then motion to his place in the play.
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Single Back Play 3



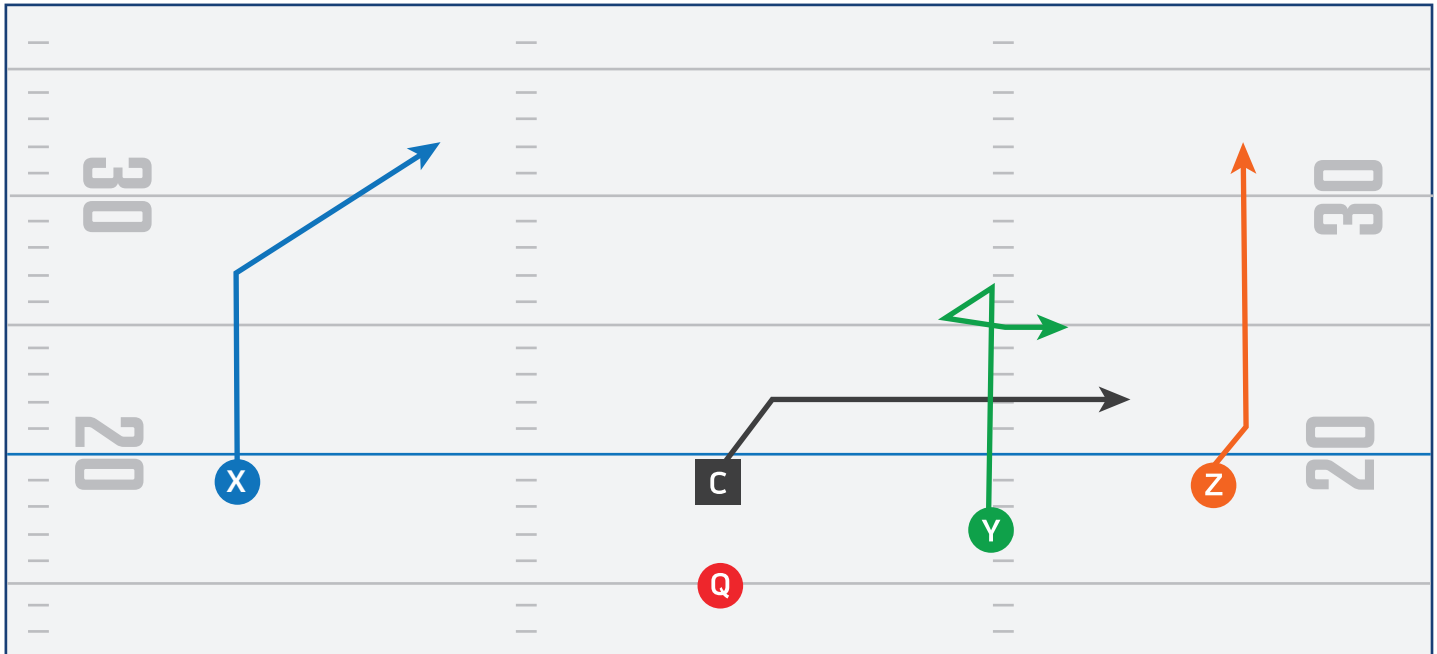
Coaching Points/Tips

- With three receivers running short routes and the defense only having two short defenders you should be able to get a short completion.
- Main options on this play will be the X receiver and the center.

Game Situation

- Early down call
- 3rd and short
- Backed up against your own goal line

Spread Play 1



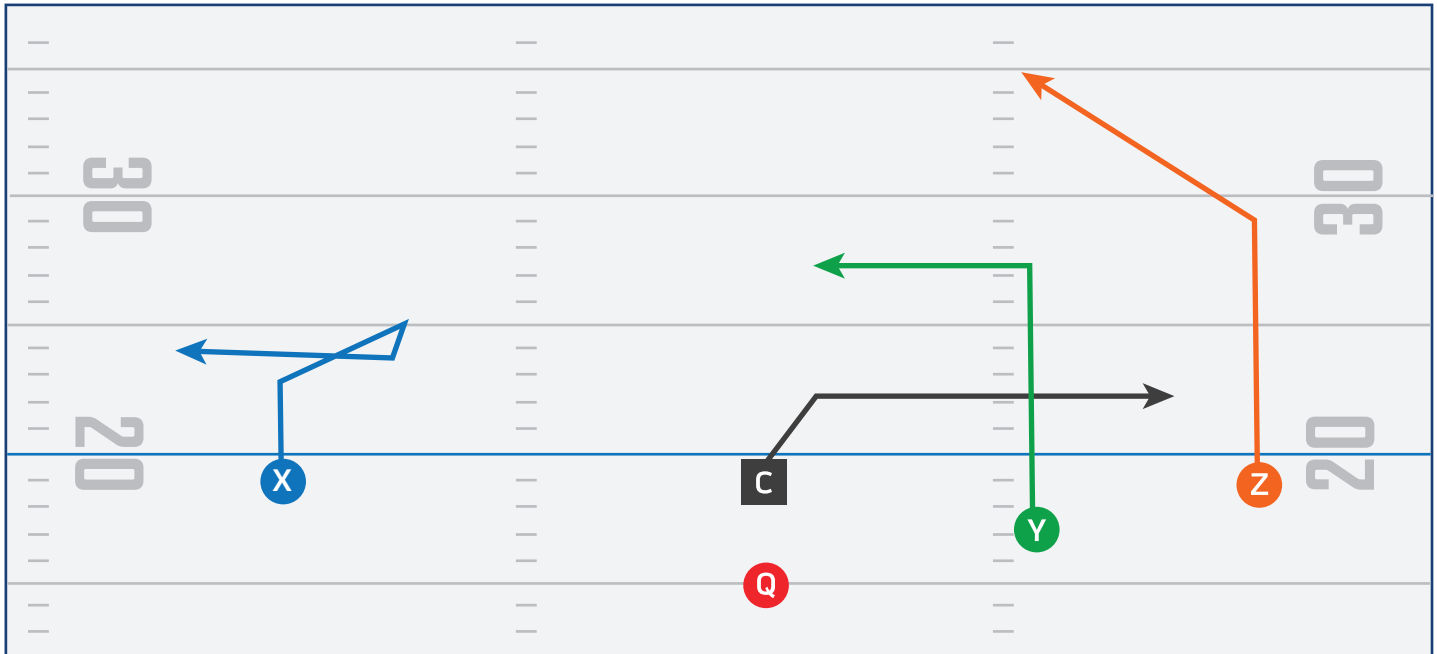
Coaching Points/Tips

- The vertical route by the Z receiver will run off the deep defender and leave one defender defending your two out routes (Y and C). You will work off the flat defender to that side and throw opposite of him..

Game Situation

- Early down call
- 3rd and short
- Redzone
- Backed up against your own goal line
- 1-point conversion play
- 2-point conversion play

Spread Play 2



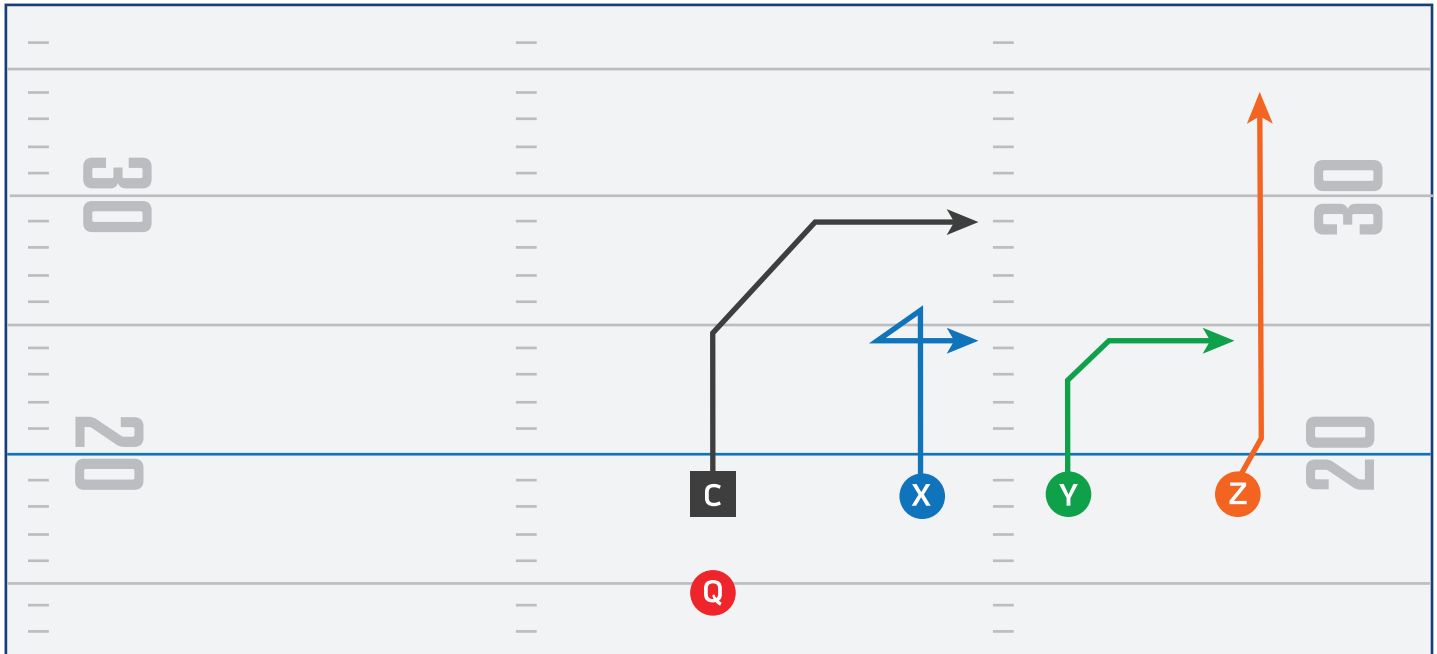
Coaching Points/Tips

- Here you will be trying to throw to either the Y or Z receiver. If the middle deep third defender drives on the Y receivers' route you will look to throw the post route to the Z receiver. If the middle deep third defender looks to help on the post by the Z, the Y receiver will be open.

Game Situation

- Shot play
- 2nd and long
- 3rd and long

Trips Play 1



Coaching Points/Tips

- This Flood concept is designed to overflow an area. You will get more receivers in an area than the Cover 3 has defenders.
- You can roll out to make this an easier pass if needed.

Game Situation

- Early down call
- 3rd and short
- Redzone
- Backed up against your own goal line
- 1-point conversion play
- 2-point conversion play

Cover 4

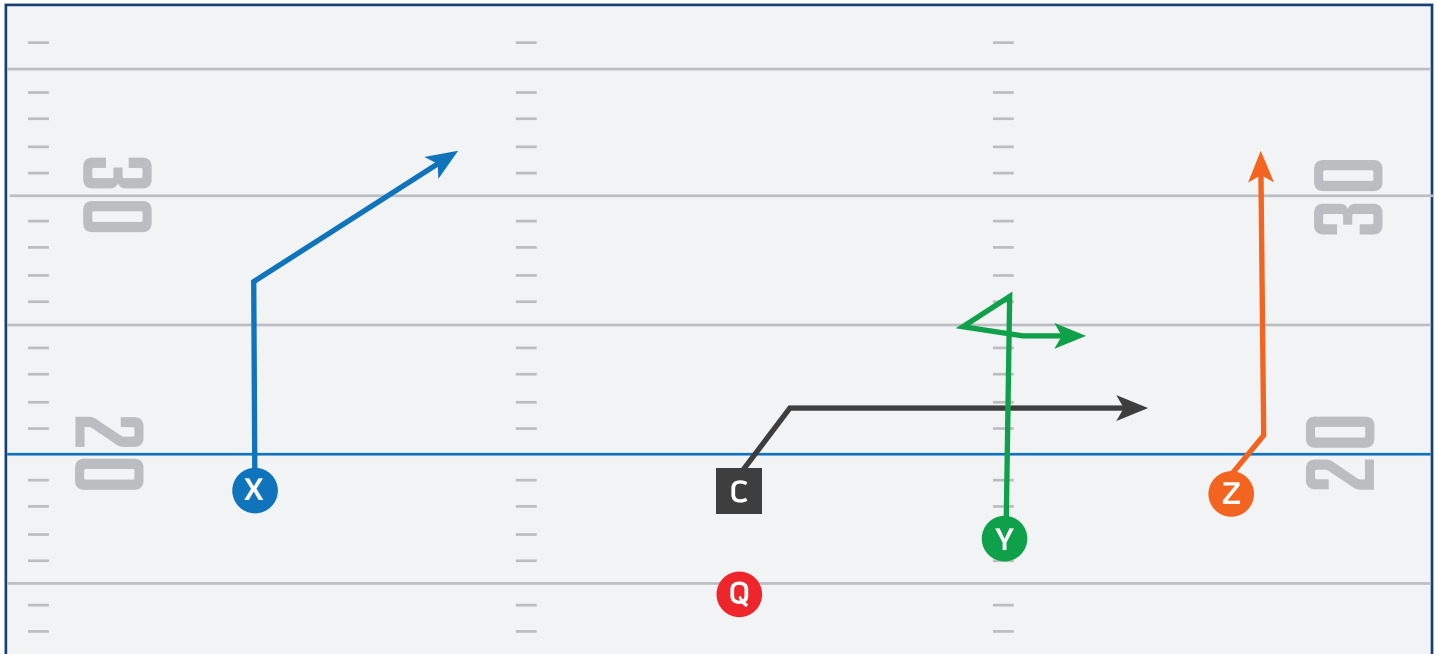
General Coaching Points/Tips

- Crossing routes may be able to pull the defense out of their zones.
- Also running two receivers into a single zone and trying to high low the defender can be an effective strategy.
- If the defense is aligning their 4 deep defenders very deep, a run the opposite direction from the rusher could be an effective way to gain some yards.

Advanced Coaching Points/Tips

- With all the below plays you can motion to the play. Adding motion will make the defense change their alignment and can cause confusion for them. The easiest way to add motion to any of these plays is to take one offensive player and have them start on the opposite side of the formation and then motion to his place in the play.
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Spread Play 1



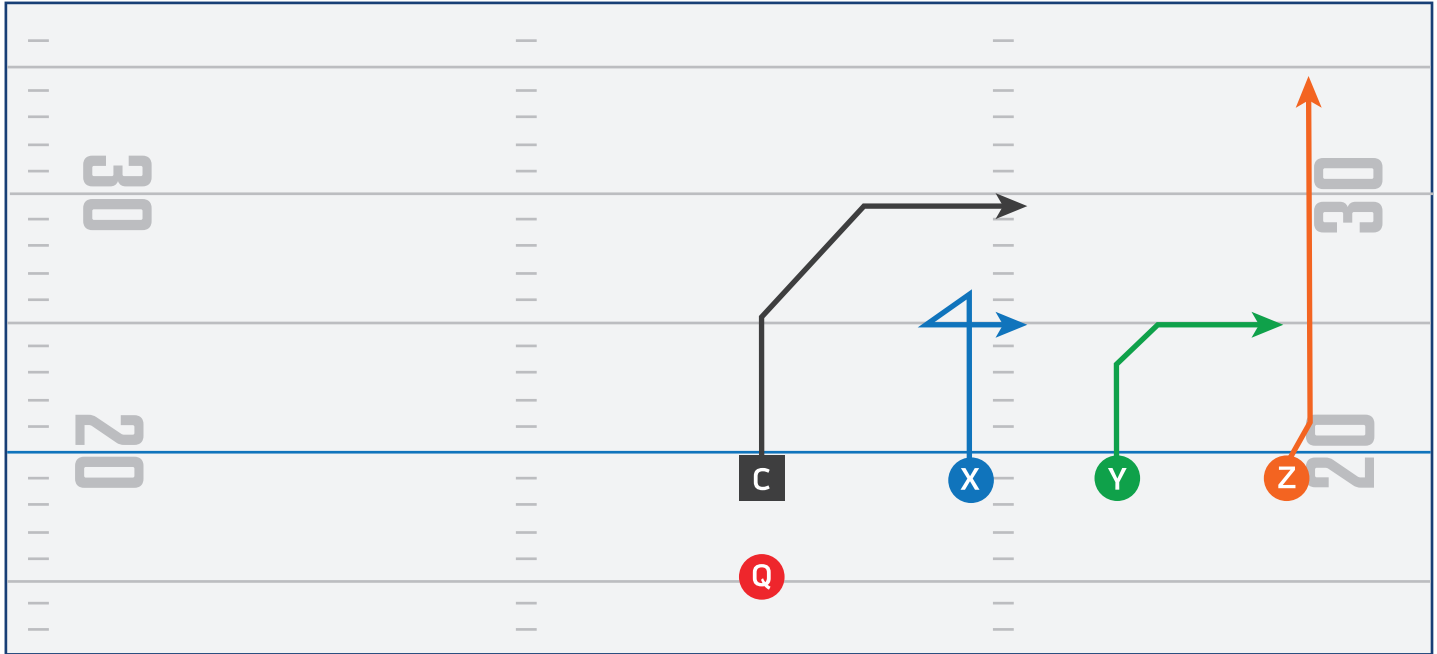
Coaching Points/Tips

- With each defender responsible for a deep quarter we are going to try to overload a zone to free up our receivers.
- If the deep outside defender tries to defend the out by the Y receiver, you could have a quick shot to the vertical receiver.
- You can roll out the QB to make it an easier throw.

Game Situation

- Early down call
- 3rd and short
- Backed up against your own goal line
- 1-point conversion play
- 2-point conversion play

Trips Play 1



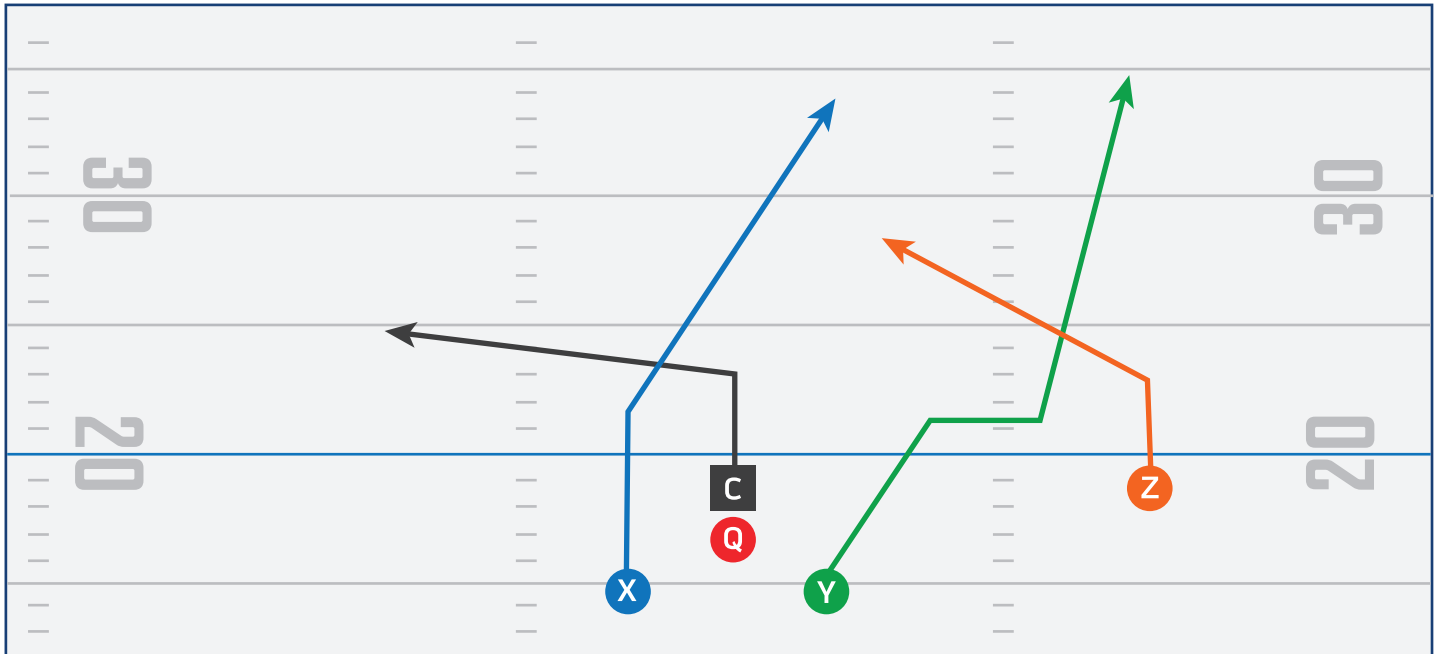
Coaching Points/Tips

- With each defender responsible for a deep quarter we are going to try to overload a zone to free up our receivers.
- As the outside defender on the weak side of the formation will be leaning towards the outside when the center breaks opposite, he should be open, if the deep middle defenders try to play the outs by the X and the Y receivers.
- You can roll out the QB to make it an easier throw.

Game Situation

- Early down call
- 3rd and short
- Backed up against your own goal line
- 1-point conversion play
- 2-point conversion play

Double Back Play 2



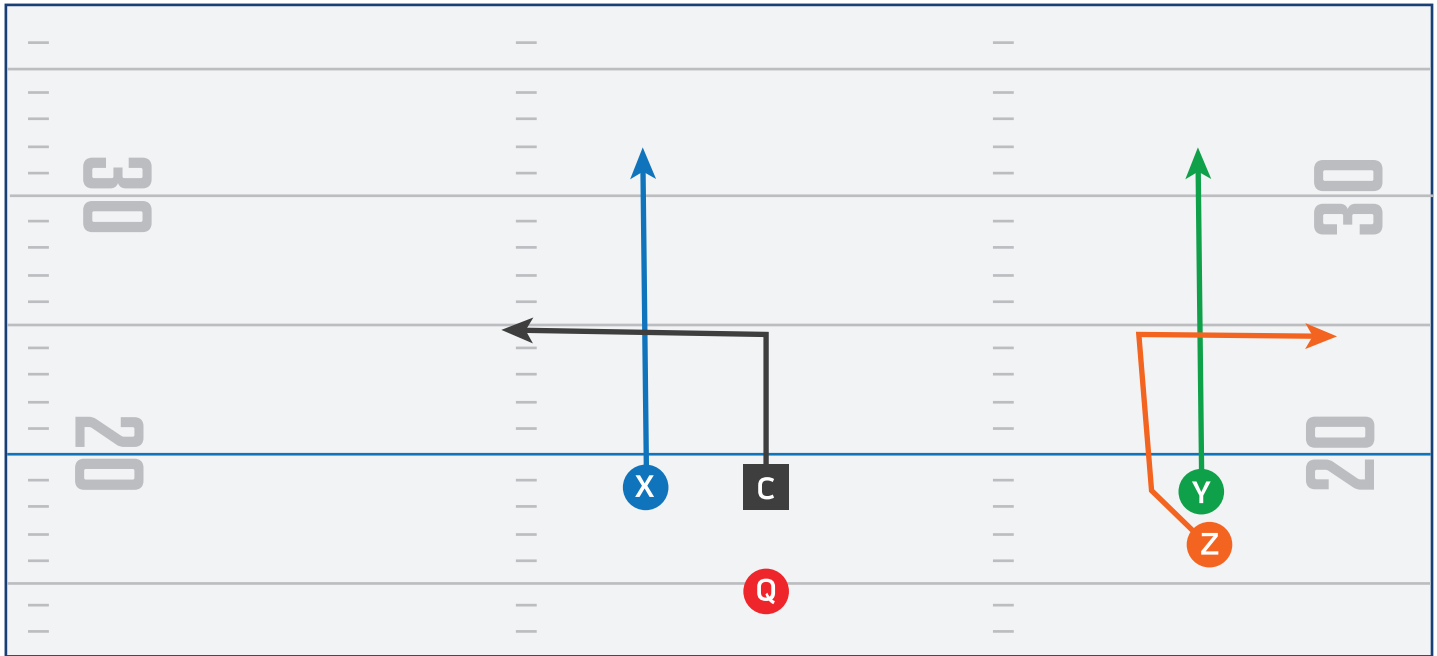
Coaching Points/Tips

- Here we will cross receivers on both sides of the formation. If the defense is slow on passing off a route to the next defender or tries to chase across their zone you will end up with a free receiver.

Game Situation

- Shot play
- Redzone
- Backed up against your own goal line
- 1-point conversion play
- 2-point conversion play

Twins Stack Play 1



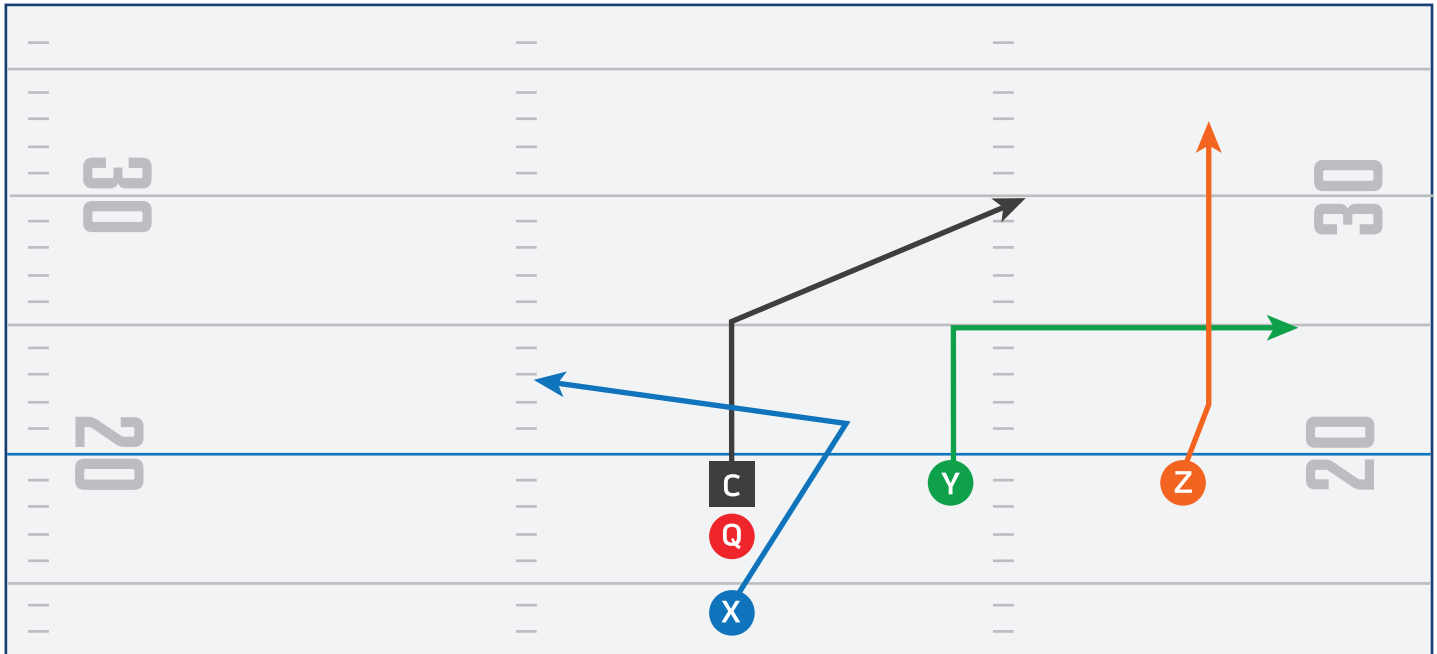
Coaching Points/Tips

- On the Vertical and Out combo, we are trying to minimize the effect of the inside deep quarter defenders. The outside quarter defenders must choose to defend the out (C and Z) or the vertical (X and Y). The QB will have a high low read to make on that defender.

Game Situation

- Early down call
- 3rd and short
- Redzone
- Backed up against your own goal line

Single Set Play 2



Coaching Points/Tips

- On the Vertical and Out combo, we are trying to minimize the effect of the inside deep quarter defenders. The outside quarter defenders must choose to defend the out (Y) or the vertical (Z). We will also have a corner route by the center that will open if they are able to defend the Vertical and Out combo.

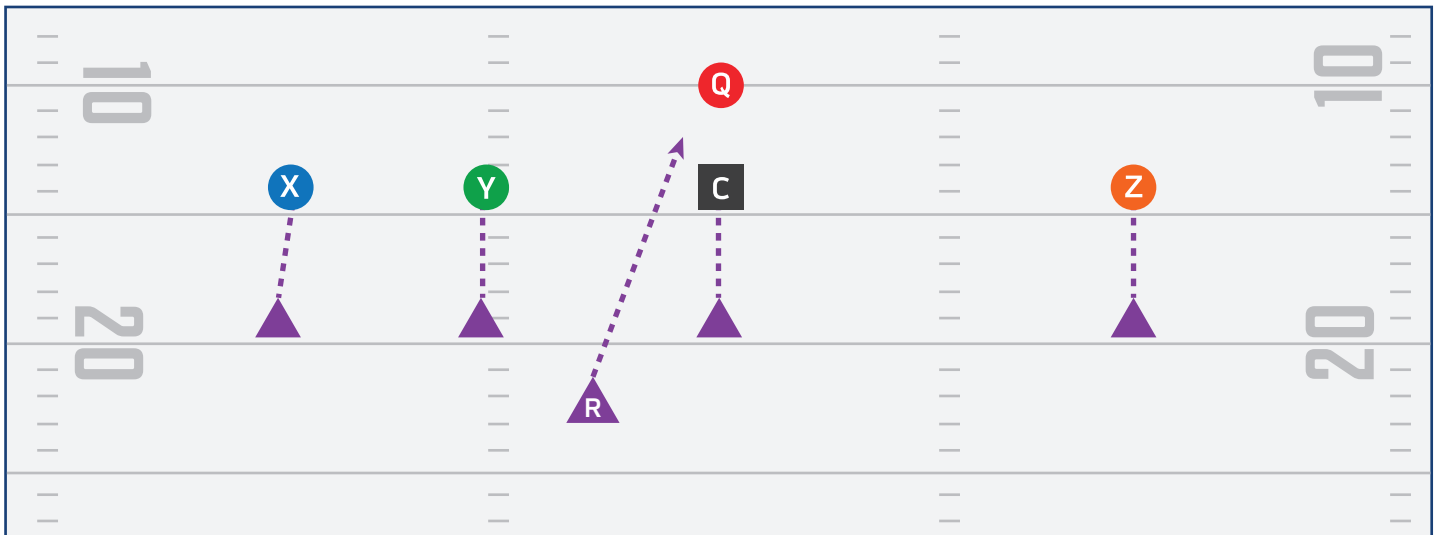
Game Situation

- Early down call
- 3rd and short
- Redzone
- 2-point conversion play



Situational Playbook
Defensive Plays

NFL Flag Man



Coaching Points/Tips

- Rusher should try to force the QB to his non-throwing hand
- All defensive players are responsible for a specific player on offense.

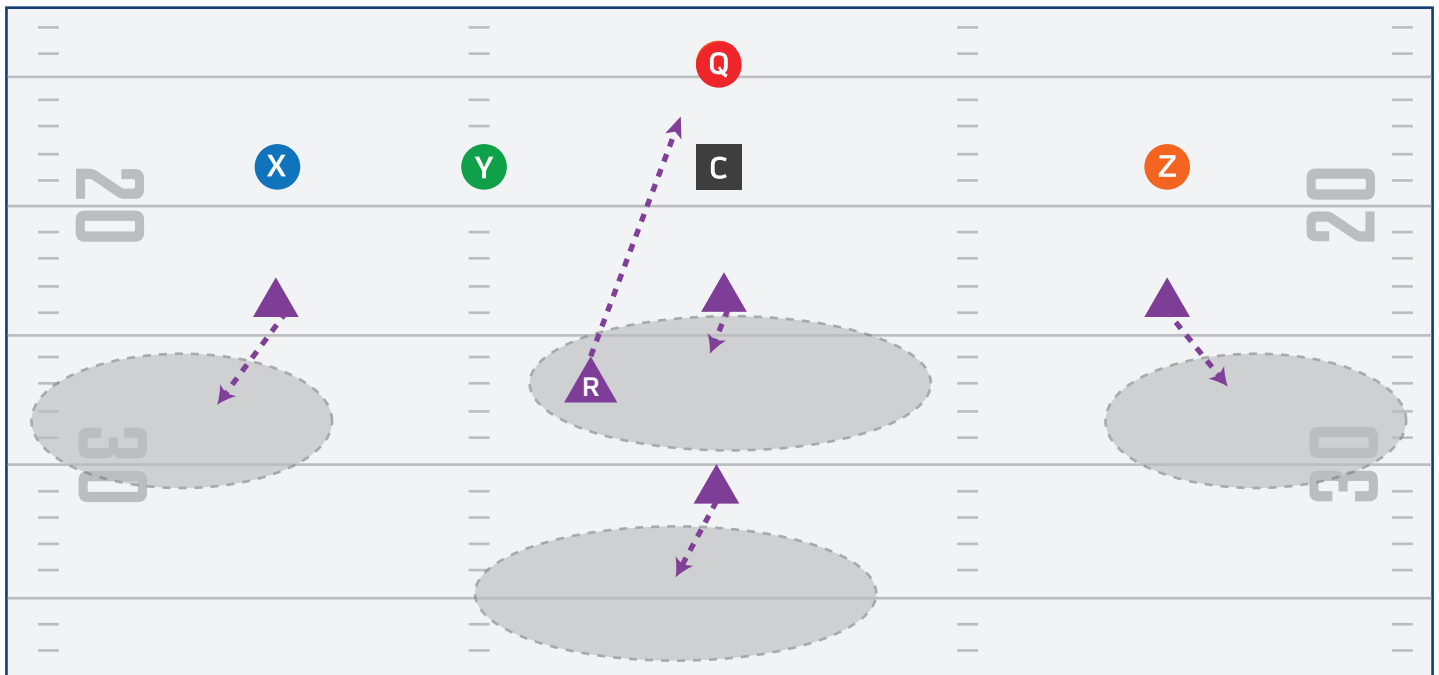
When to Use

- When you feel that you matchup well one on one vs the offense

When NOT to Use

- When the offense is in the Red Zone or when the offense is in a bunch formation

NFL Flag Cover 1



Coaching Points/Tips

- Rusher should try to force the QB to his non-throwing hand
- Linebacker needs to control the middle and watch for the run
- Safety needs to cover everything deep

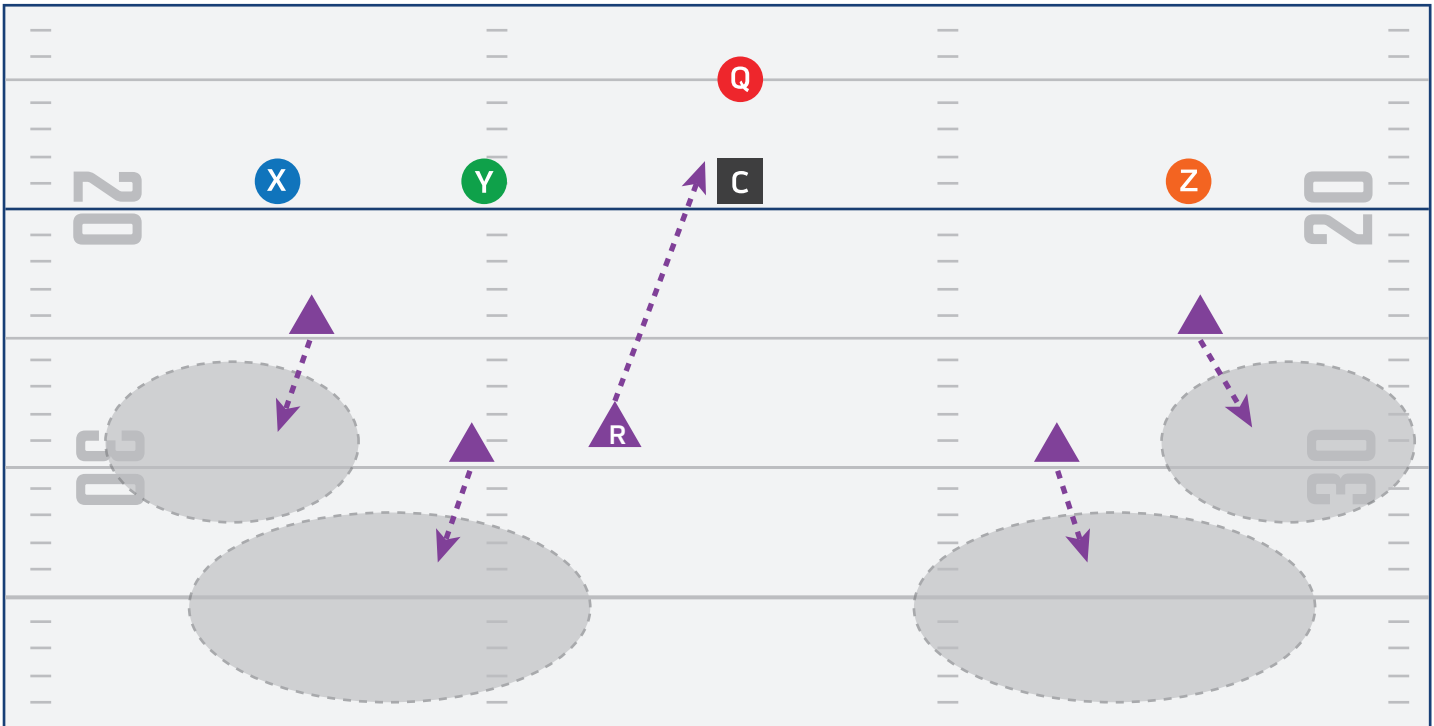
When to Use

- Most standard Defense that should be used most of the time

When NOT to Use

- When the offense only needs a yard or two to gain a first down or when multiple players are continuously going deep

NFL Flag Cover 2



Coaching Points/Tips

- Rusher should try to force the QB to his non-throwing hand
- Safeties need to be able to come up quick and pull flags

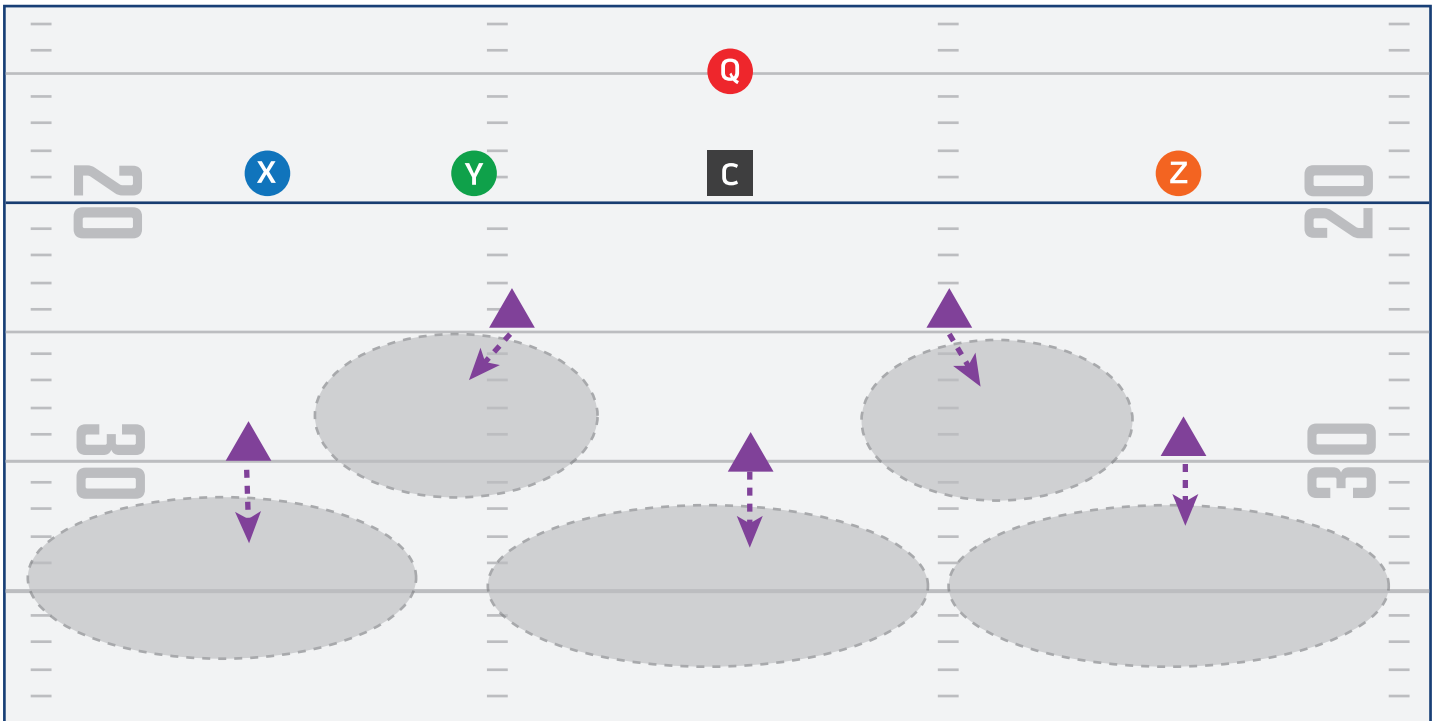
When to Use

- When the offense likes to go deep often or when you have very good flag pullers

When NOT to Use

- When the offense keeps beating you in the middle of the field

NFL Flag Cover 3



Coaching Points/Tips

- Linebackers need to float around the entire middle of the defense
- Safeties need to come up and fill the gaps

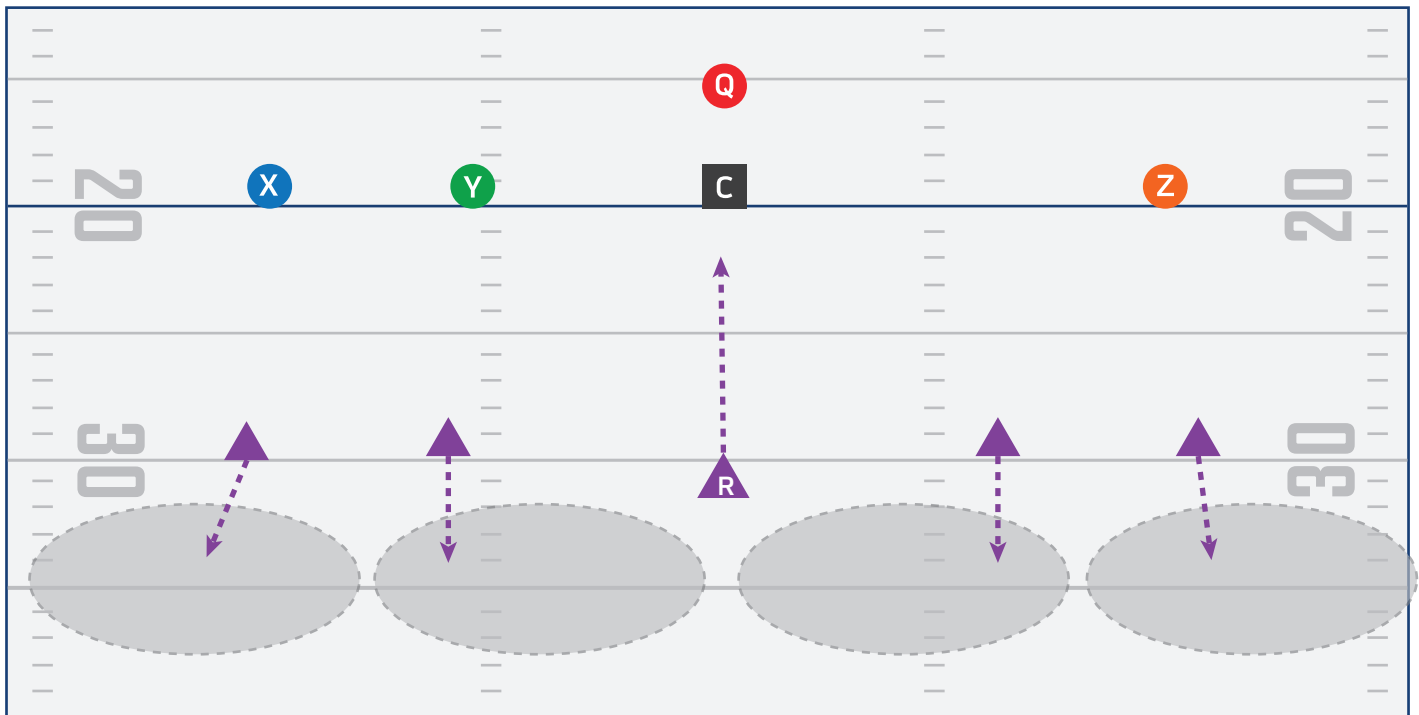
When to Use

- When your rusher is missing flag pulls or not as fast

When NOT to Use

- If the QB is taking a long time to release the ball

NFL Flag Cover 4



Coaching Points/Tips

- Rusher should try to force the QB to his non-throwing hand
- Defensive Backs need to stay in zones and not follow crossing routes

When to Use

- When the offense is in the Red Zone

When NOT to Use

- When the offense is outside of the Red Zone