

# Grimes Parks & Recreation Department

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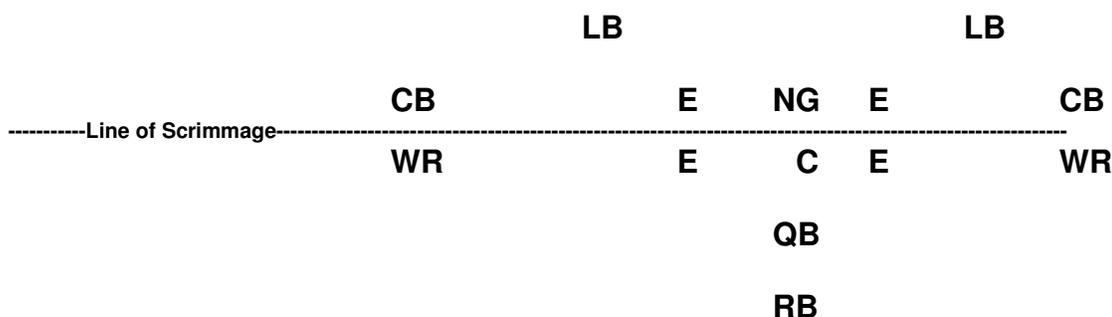
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CITY OF  
**GRIMES**



## Grimes Rec Flag Football League 7v7 Sample Playbook

All Players are eligible to receive a pass.



### BASIC RUNNING PLAYS-

\***Dive**- Left/Right- usually in between the Center/End.

\***Quick Pitch/Toss**- Left/Right- QB tosses ball out wide. RB follows WR block.

\***Reverse**- QB hands ball off to RB who then hands ball off to WR coming back the other way.

\***QB Keeper**- Fake Dive and QB runs around the end with the ball.

### PASSING PLAYS-

\***Quick Out**- This is a 5-8 yard timing route. The quarterback should throw the ball before the receiver reaches the sideline and steps out of bounds. The receiver needs to cut quickly towards the sideline and should use a head or shoulder fake to create separation from the defender. The receiver has to run the pattern the same way every time. He can not maneuver to beat the defensive back, because this will disrupt the quarterback's timing and could result in an interception.

\***Slant**- The receiver should run 5-8 yards forward then make a sharp cut towards the middle of the field (on a 45 degree angle). The quarterback needs to throw the ball in front of the receiver and should throw the ball as soon as the receiver makes his / her cut.

\***Drag/Square In**- Drive out approximately 5 – 7 yards then drag on a 45 –90 degree angle to the opposite side of the field from where you originally lined up. It is similar to the quick out except the receiver is breaking towards the middle of the field.

\***Flag**- Drive up the field approximately 8 yards, look over outside shoulder to show defender a fake, then drive and continue sprinting to the deep flag. This is an out route.

\***Curl**- The receiver should run approximately 5-8 yards down the field then curl in towards the quarterback. The receiver will use his back to shield the defender from the ball. The quarterback needs to throw the ball into the chest of the receiver.

\***Post Corner**- This is a deeper out route run at 12-20 yards. The quarterback should look at the receiver when he makes a cut towards the middle of the field. This route attempts to freeze the defender in the middle of the field and allow for the receiver to make a quick (45 degree) move towards the corner of the end zone.

\***Fly**- The fly route should be used to make the defense respect your ability to throw the ball deep and stretch the playing field. The receiver running the route should be fast and the quarterback should make sure the defensive back isn't playing deep on that side.

**Grimes Parks and Rec Office ~ 410 SE Main St. in Grimes**