

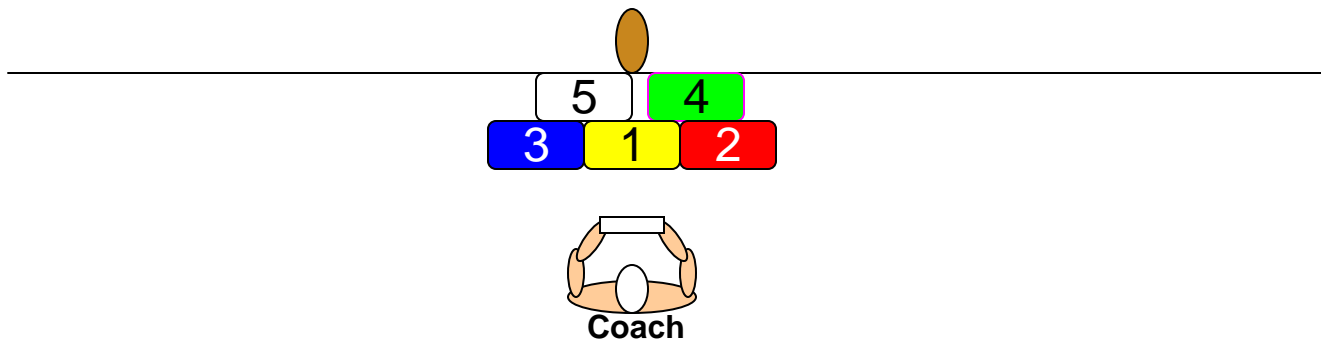


KWAA Cardinals Flag Football 2007 Playbook

www.coachward.com

Cardinals Defense

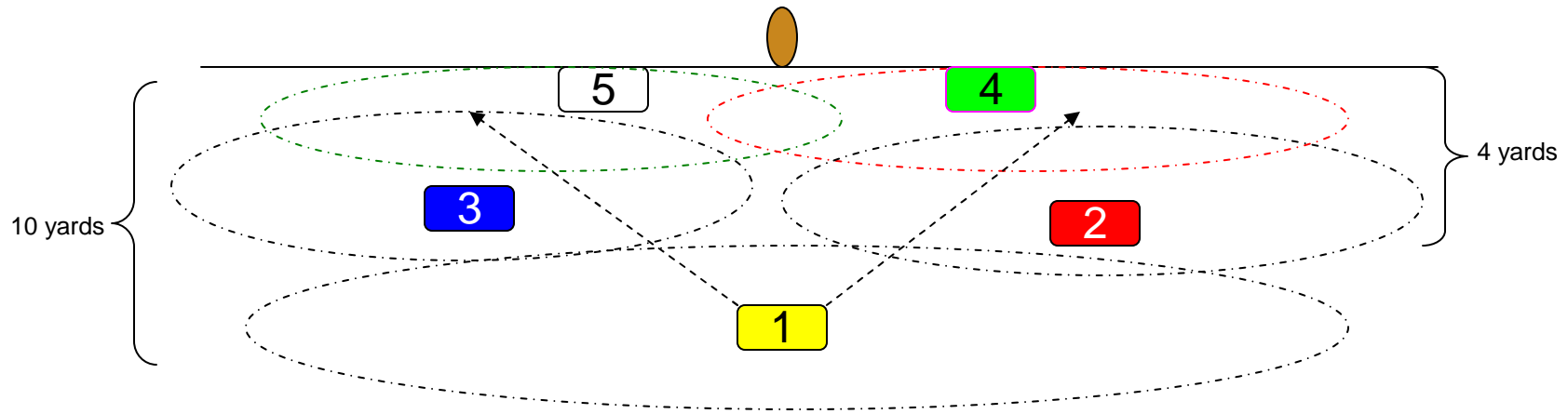
The Huddle



Alignment:

- Players all face the coach standing upright with backs to the offense.
- Coach will call the defensive play.
- Players break and get setup.

Monster Defense



Alignment:

- * Regardless of where the offense lines-up this defense always lines up the same way.
- * The idea is to cover as much of the field as possible, with minimal confusion on assignments.
- * Defense is designed to cover the field of play, not the players on the field. This is a bit weird, but works since players on offense can not initiate contact to block.
- * Player 1 must be 10 yards directly in front of the ball
- * Players 2 and 3 must be 4 yards from lie of scrimmage

Action:

Defense players are to shuffle and cover offensive players in their areas. They need to stay in their base coverage areas until:

- The ball crosses the line of scrimmage... or...
- The ball has been passed

Once the ball has crossed the line of scrimmage, defense collapses to the ball or uses proper pursuit angles.

Keys:

- 1 = Monster who runs all over the field and chases whoever has the ball.
- 3 and 2 = Primary defender on sweeps and outside plays.
- 4 and 5 = Watch for handoff plays up the middle. Once ball is handed off... attach!

How We Blitz

Alignment:

Whoever is called to blitz must start 10 yards from the line of scrimmage. Player 1 is always 10 yards in front of the ball, so he can always be a threat to blitz. Blitzer has no area coverage to worry about. Blitzer must be sure QB no longer has the ball before chasing any other players.

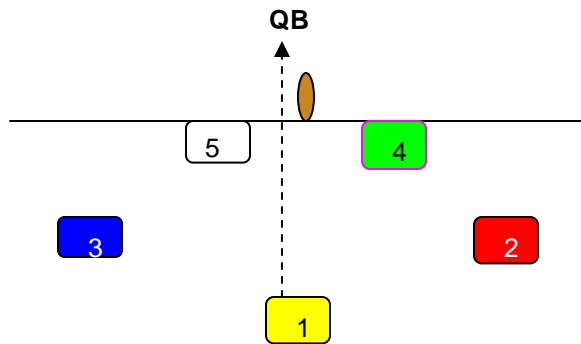
Action:

If 1 is the player to blitz:

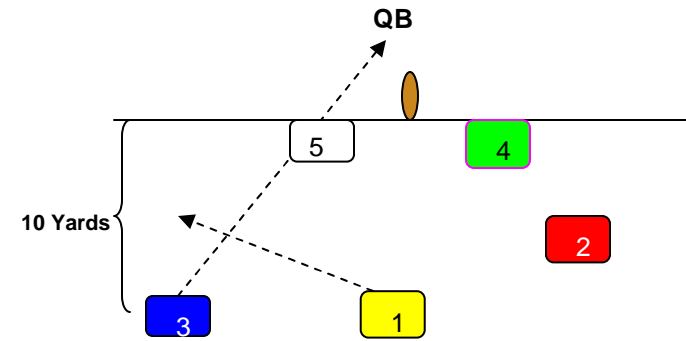
- He attacks across the line, seeking out the quarterback.

If 1 is NOT the player to blitz:

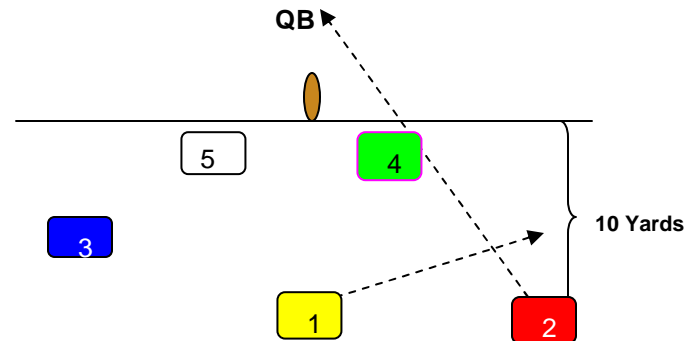
- when the ball is snapped, he will run to area position of the player who is to blitz.



Monster 1 Blitz

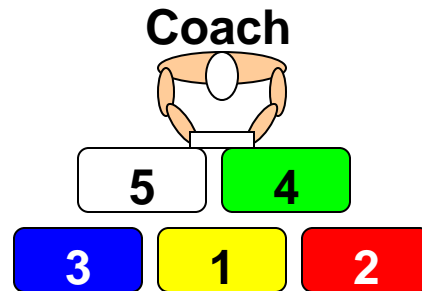


Monster 3 Blitz



Monster 2 Blitz

Cardinals Offense



The Huddle

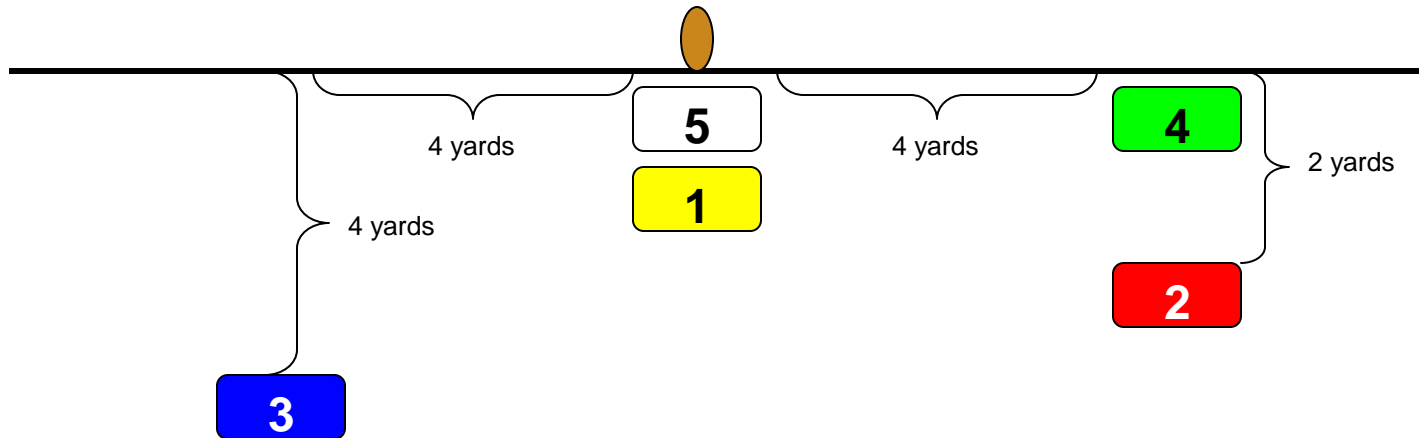
Alignment:

Players all face the coach standing upright in the huddle.

- 5 and 3 = break huddle to left
- 4 and 2 = break huddle to the right
- 1 = Breaks huddle follows player 0 to the ball.

All plays must be called, players set, and ball snapped within **30 seconds**, so this huddle needs to break fast.

Our Base Offensive Formation

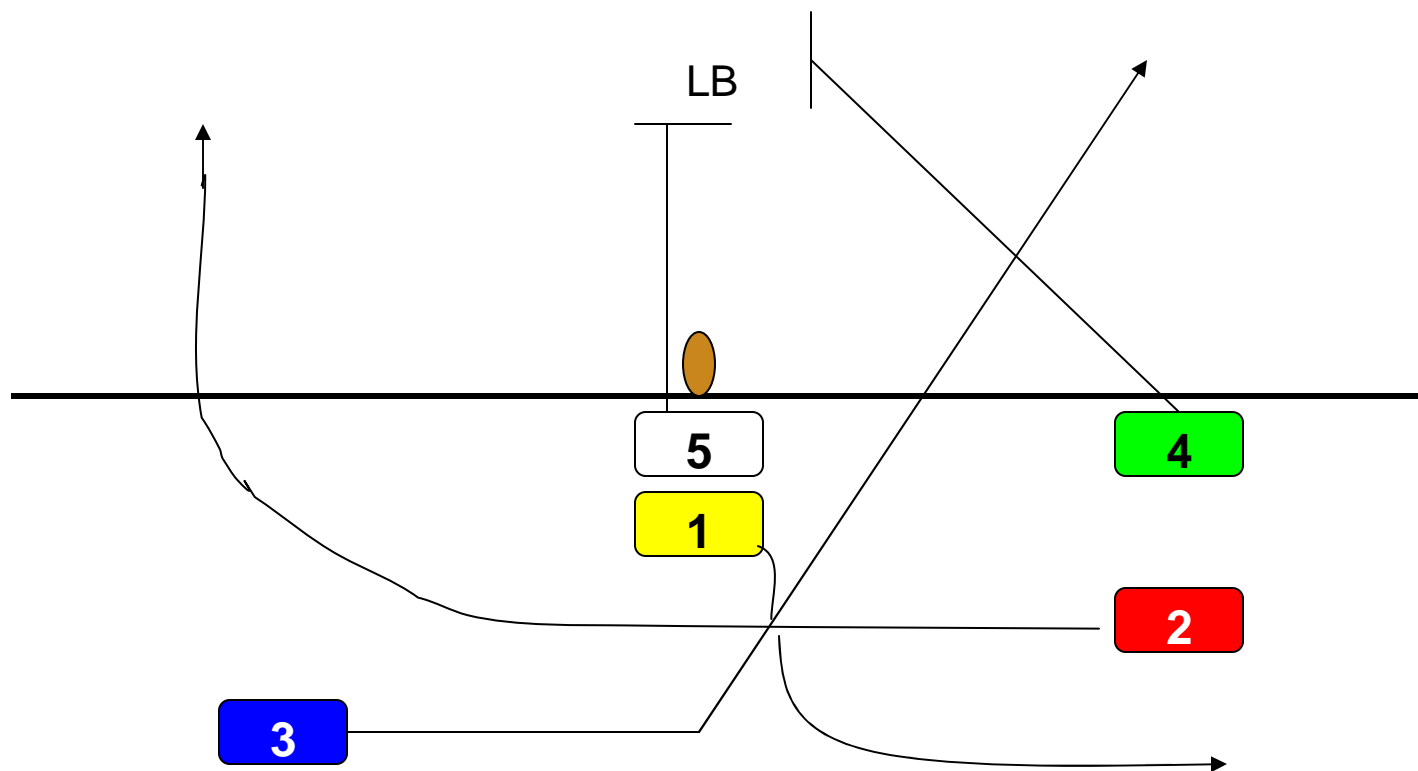


Until the team can handle more, this will be our single offensive formation.

It is critical each team member understand this numbering system, where each number is to setup, how to get into a proper stance and to do this quickly on the field, without asking "where do I go?".

Players will initially be given a single position number to learn. Once they have mastered that position, they can learn a second position, and maybe a third.

“Cross” Action



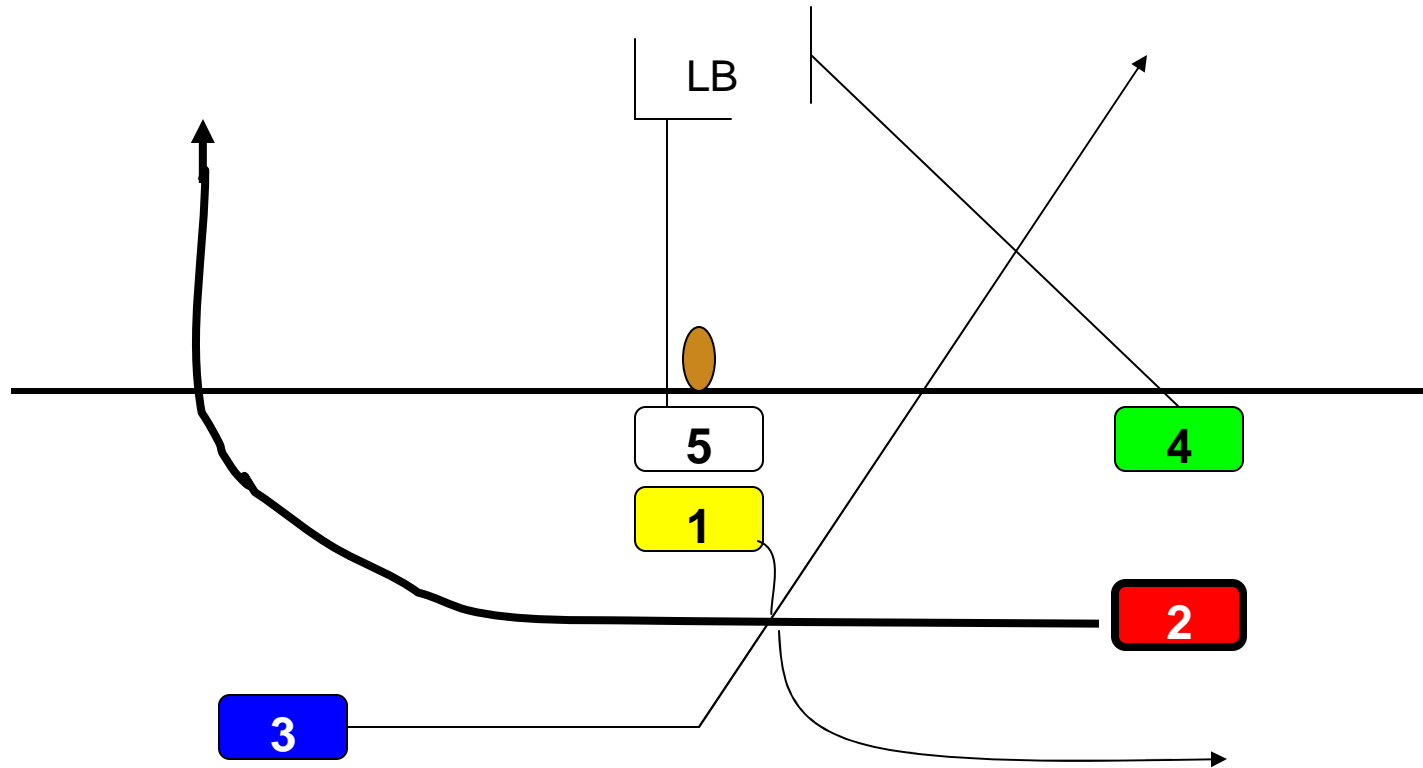
Action:

- 1 = Opens at 45 degree. Keeps back to defense.
- 2 = Sprint to left past 1, then cuts up the field
- 3 = Sprint to right 3 steps, then cuts up the field
- 4 = Pick block the center area
- 5 = Pick block the center area

Keys to watch:

- Alignment must be exact... every time!
- Snap must be fast and consistent
- 2 must not bow out. Runs straight down line
- 3 must not creep in. Takes only three steps before the cut.

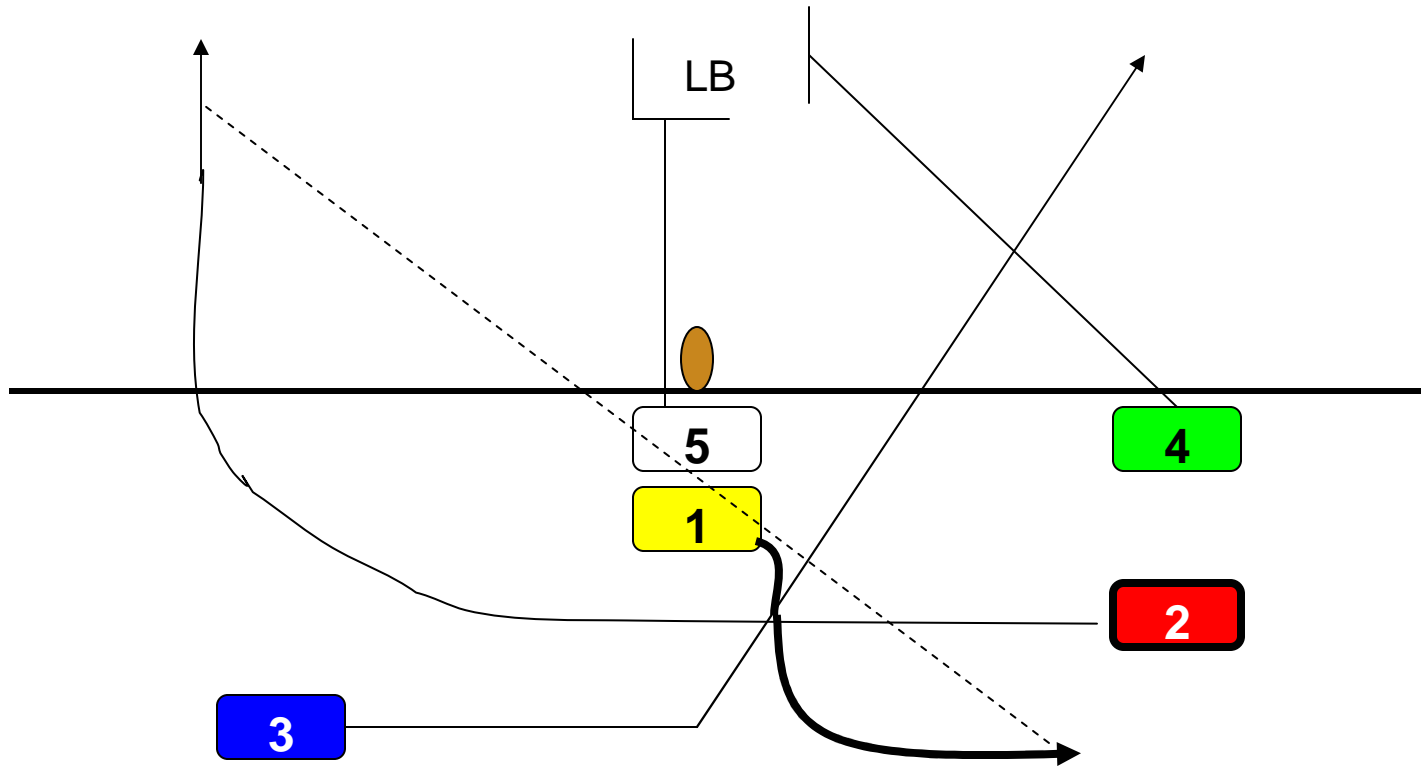
“Cross” 2 Sweep



Action:

- 1 = Hands ball off to 2, then carries out fakes
- 2 = Gets handoff from 1, cuts up field. Take it wide if you can.
- 3 = Carry out the fake acting like he has the ball

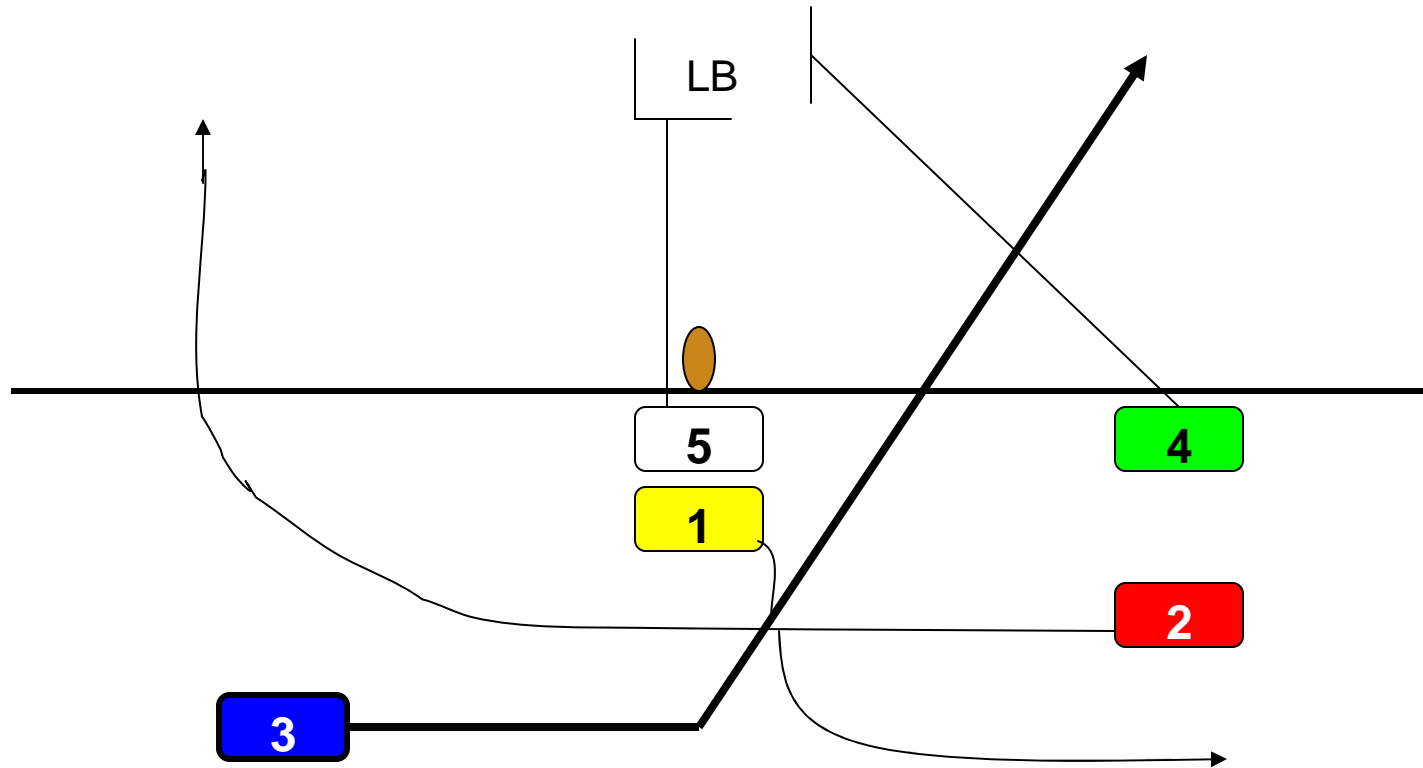
“Cross” 2 Sweep Pass



Action:

- 1 = Fakes handoff to 2, takes 4 steps, passes back to 2
- 2 = Passes 1 with fake handoff. Runs past defense to open space. Catches pass.
- 3 = Carry out the fake acting like he has the ball, pick block blitzing LB if possible.

“Cross” 3 Power



Action:

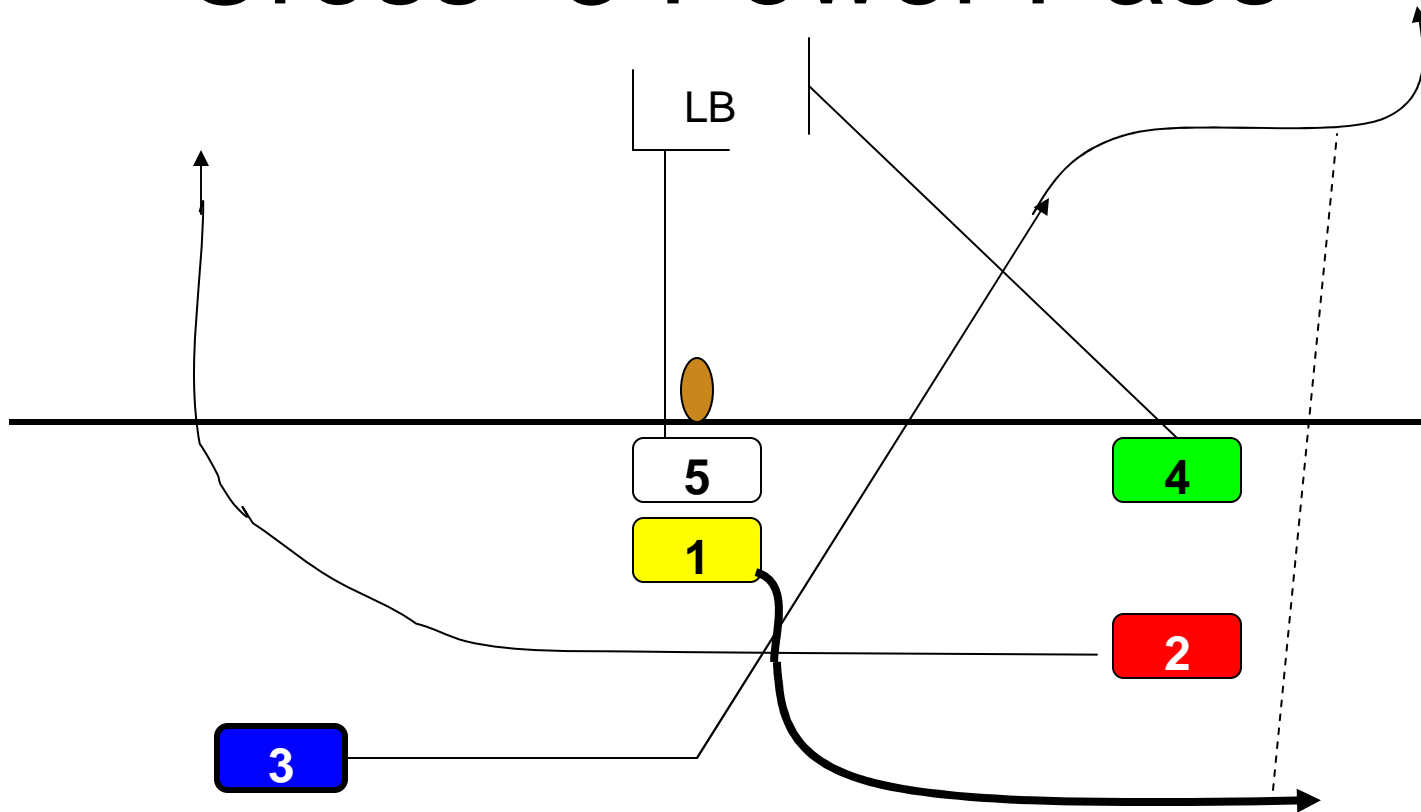
1 = Fakes Handoff to 2, Gives to 3, then continues with fake rollout action

2 = Fake handoff from 1, runs up field acting like he has the ball.

3 = Gets handoff from 1, cuts up field. Run to daylight.

Key: 4 must be quick and seal middle backer, 3 runs behind 4.

“Cross” 3 Power Pass



Action:

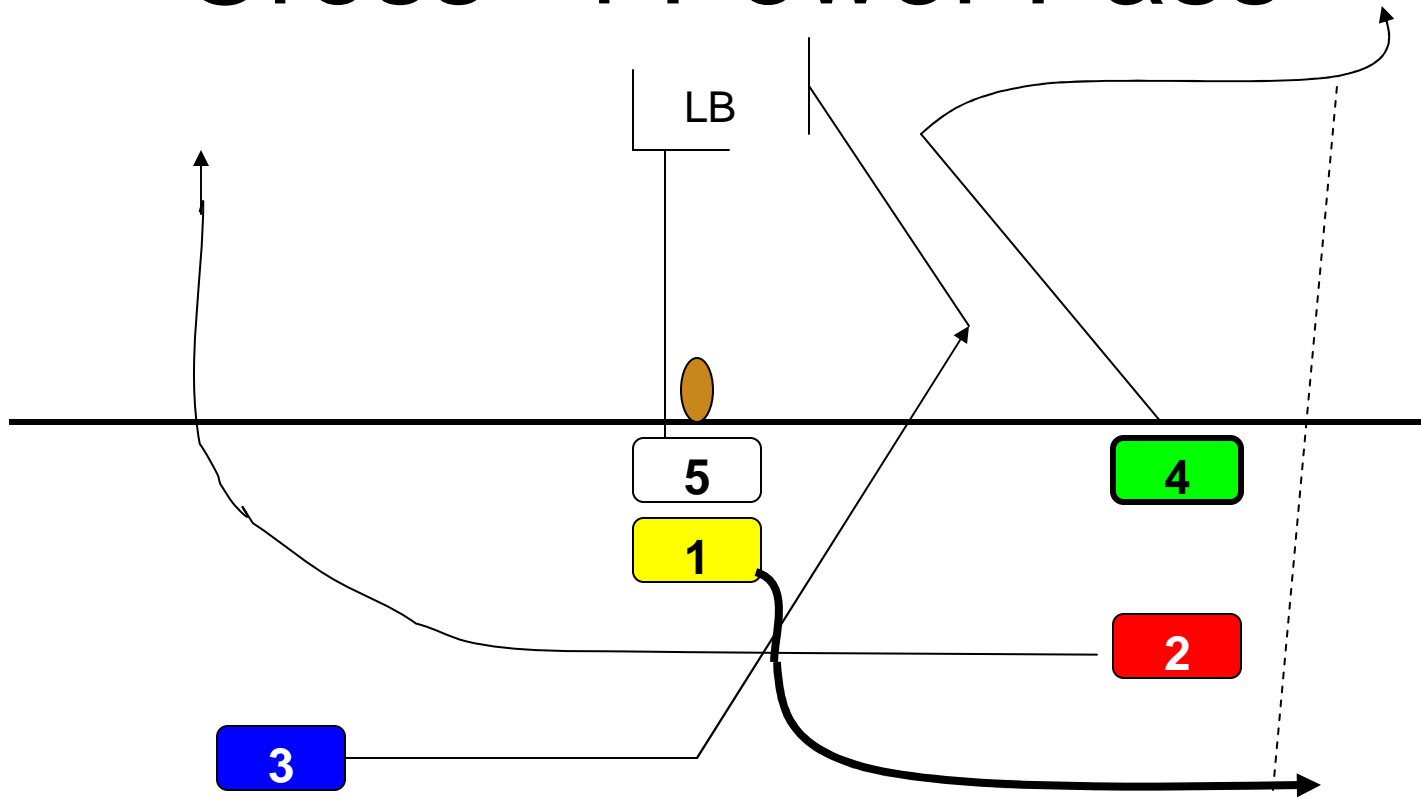
1 = Fakes Handoff to 2, Fakes to 3, then continues with rollout. Passes to 3.

2 = Fake handoff from 1, runs up field acting like he has the ball.

3 = Fake handoff from 1, cuts up field. Run to open area in flat. Catches pass.

Key: 4 must be quick and seal middle backer, 3 runs behind 4. then catches pass.

“Cross” 4 Power Pass



Action:

1 = Fakes Handoff to 2, Fakes to 3, then continues with rollout. Passes to 3.

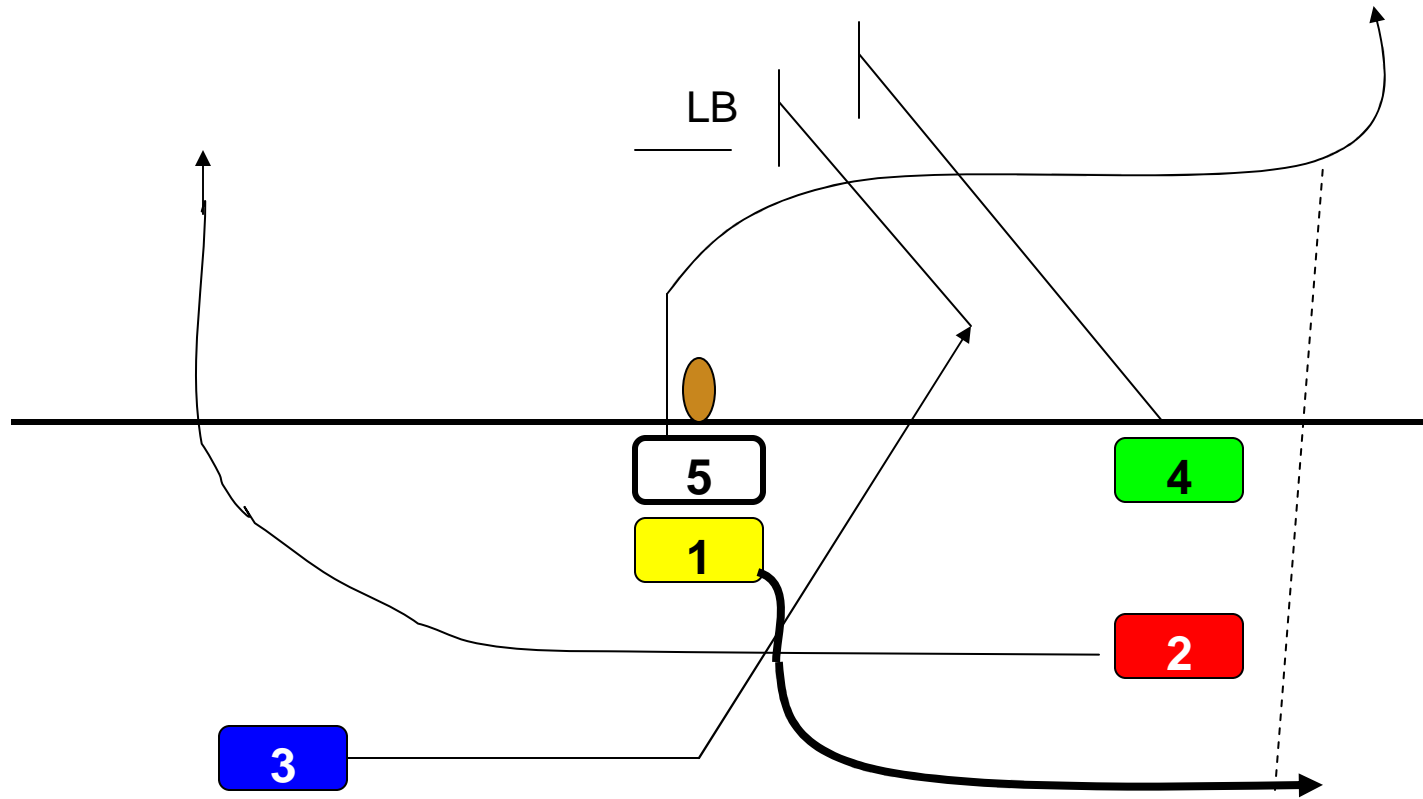
2 = Fake handoff from 1, runs up field acting like he has the ball.

3 = Fake handoff from 1, cuts up field. Pick blocks the middle LB

4 = Takes 3 steps toward the center LB, then cuts out to open flat area. Catches pass.

Key: 3 must not run to flat. Stays in center area.

“Cross” 5 Power Pass



Action:

1 = Fakes Handoff to 2, Fakes to 3, then continues with rollout. Passes to 3.

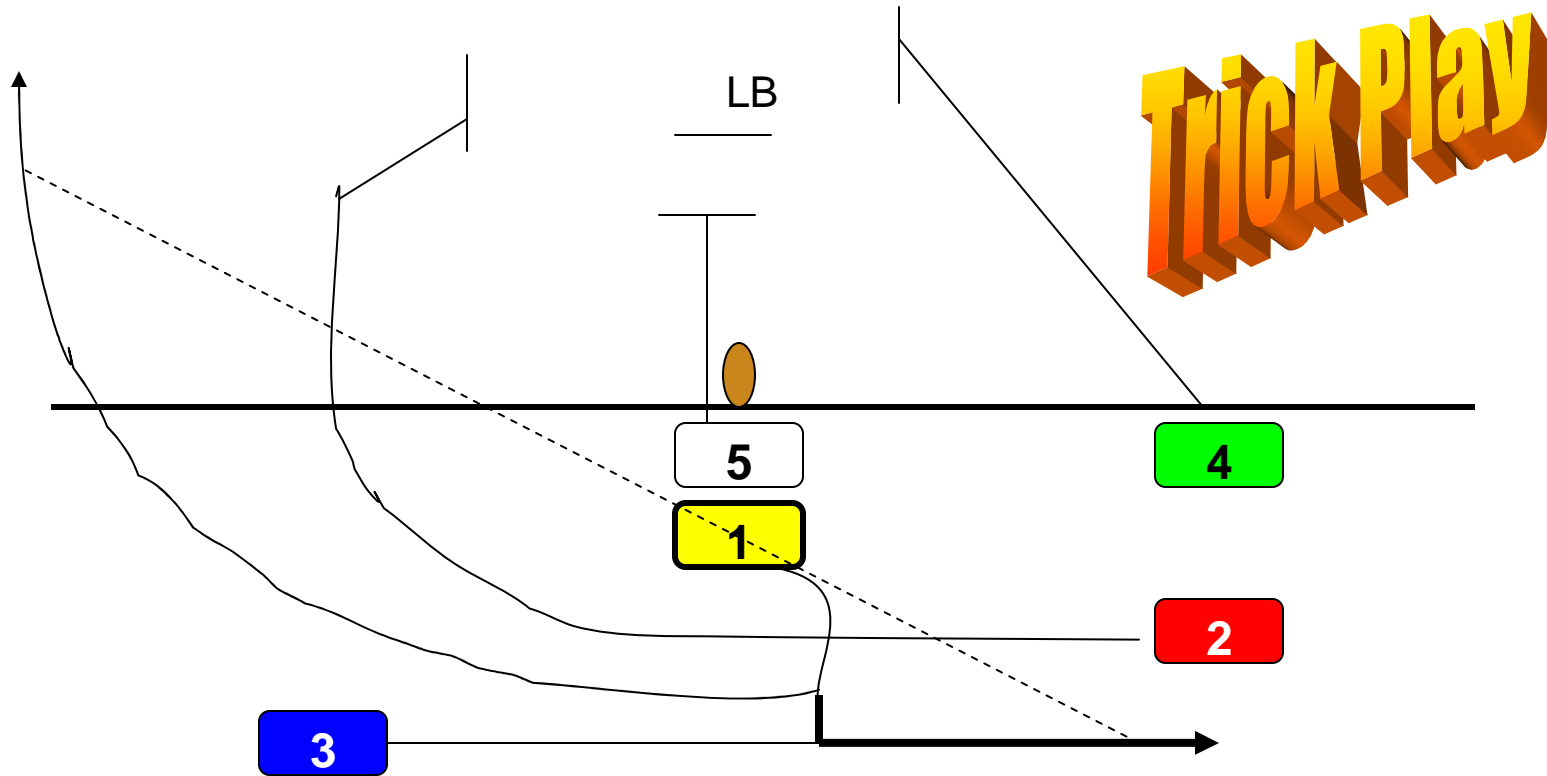
2 = Fake handoff from 1, runs up field acting like he has the ball.

3 = Fake handoff from 1, cuts up field. Pick blocks the middle LB

5 = Takes 1 step toward the center LB, then cuts out to open flat area. Catches pass.

Key: 3 and 4 must not run to flat. Stays in center area and pick block.

“Cross” QB Throwback Pass



Action:

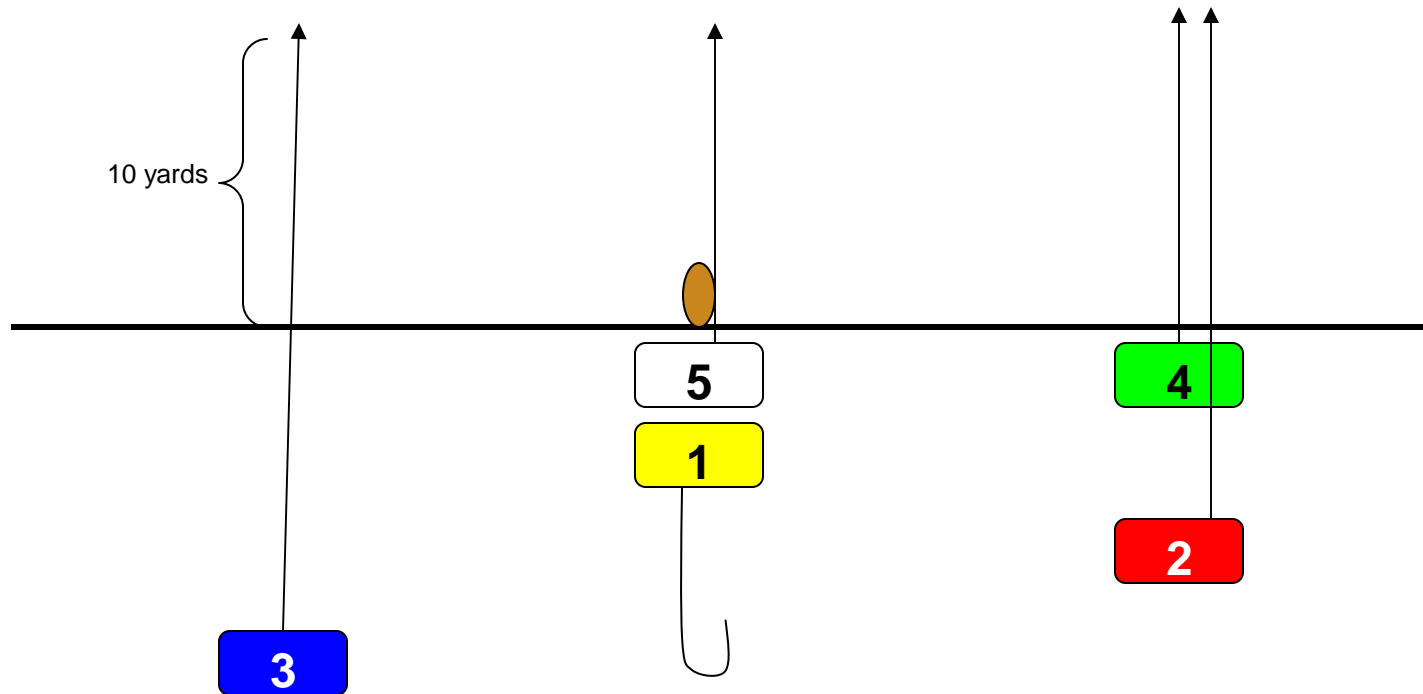
1 = Fakes Handoff to 2, Gives to 3, then runs away up field to open flat. Catches pass.

2 = Fake handoff from 1, runs up field acting like he has the ball. Pick block LB.

3 = Gets handoff from 1, Runs 3 steps. Throws back to 1.

Key: Bad play against the blitz. No time to throw,

“Fly” Action

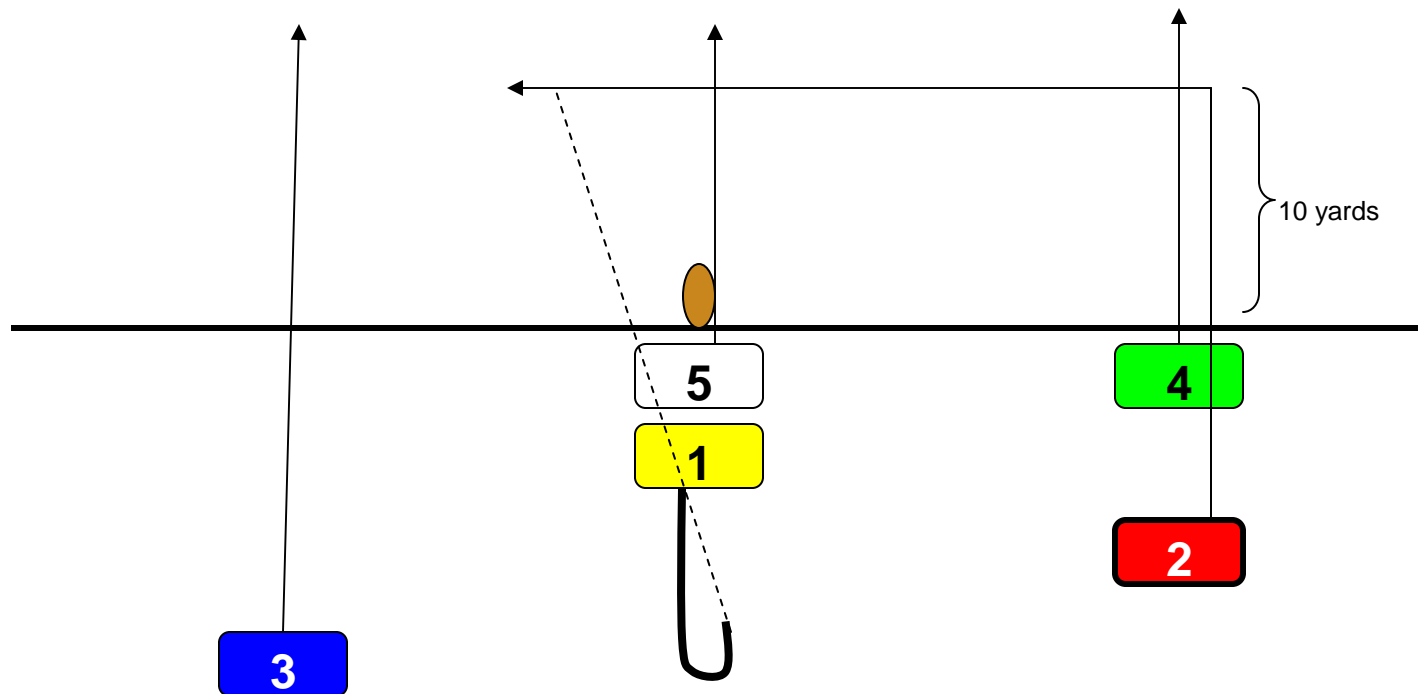


Action:

All players run 10 yards straight down field

QB = Drops straight back 5 steps

“Fly” 2 Middle



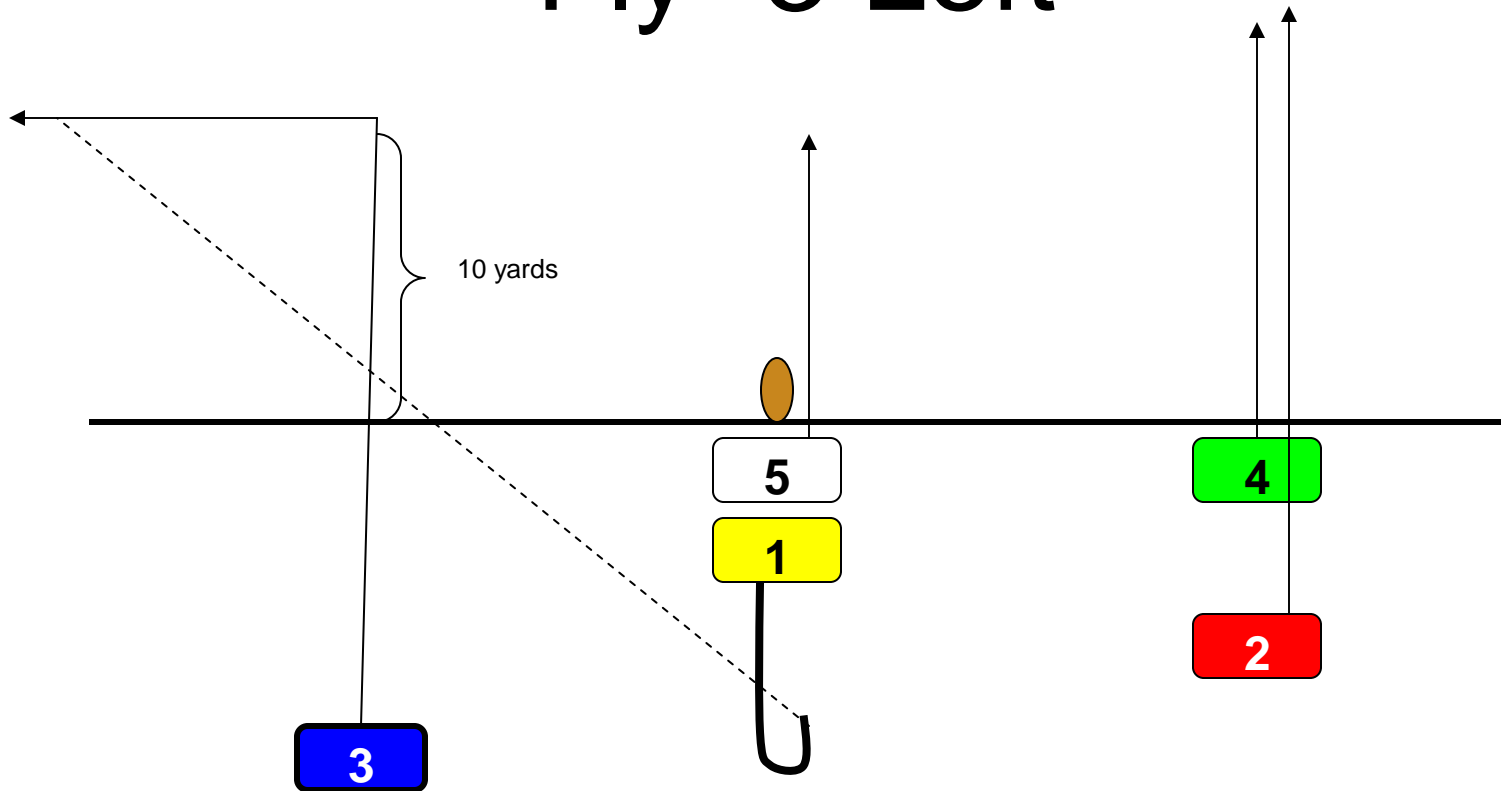
Action:

All players run 10 yards straight down field

QB = Drops straight back 5 steps

2 = Runs across the middle of the field, looking for the pass. Catches pass in center of field

“Fly” 3 Left



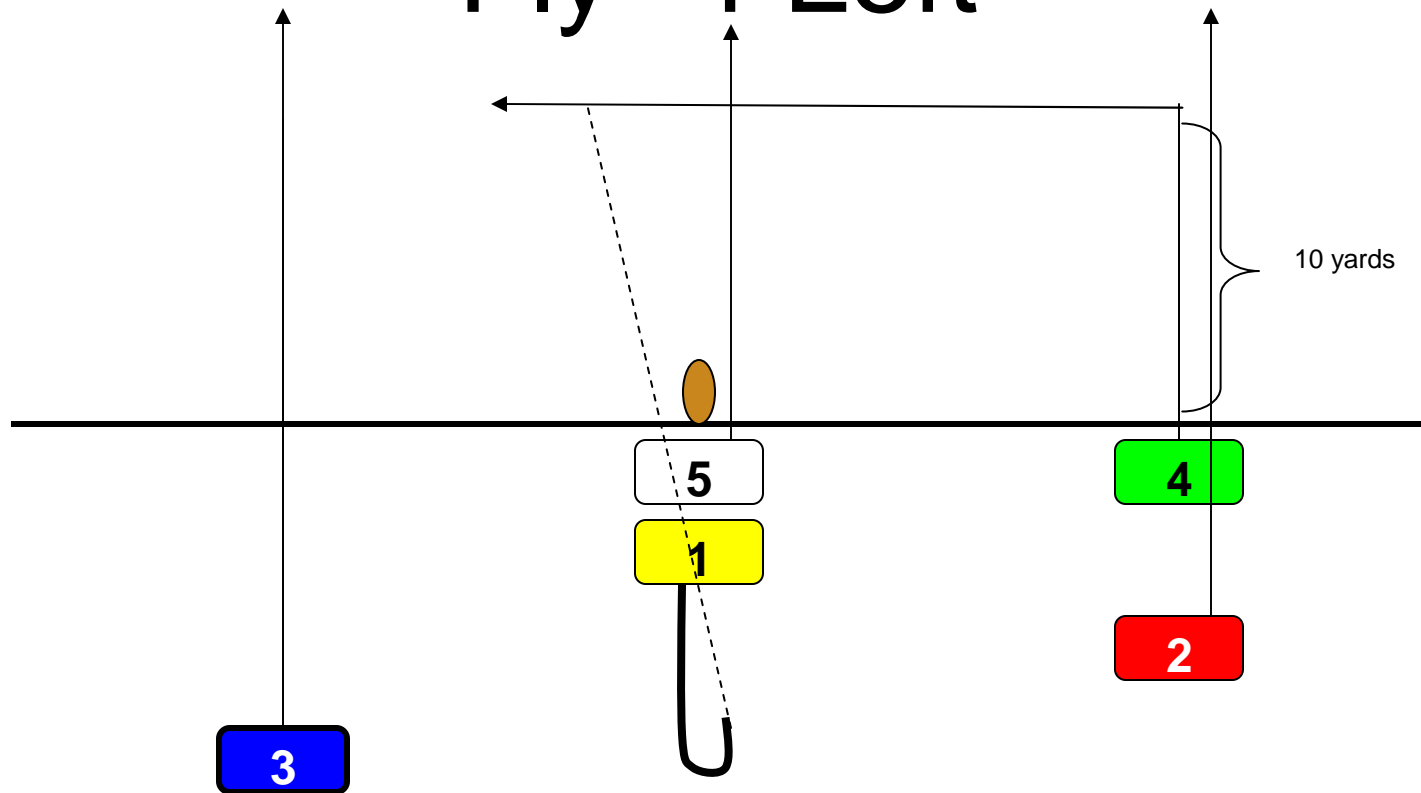
Action:

All players run 10 yards straight down field

QB = Drops straight back 5 steps

3 = Runs to left side of field, looking for the pass.

“Fly” 4 Left



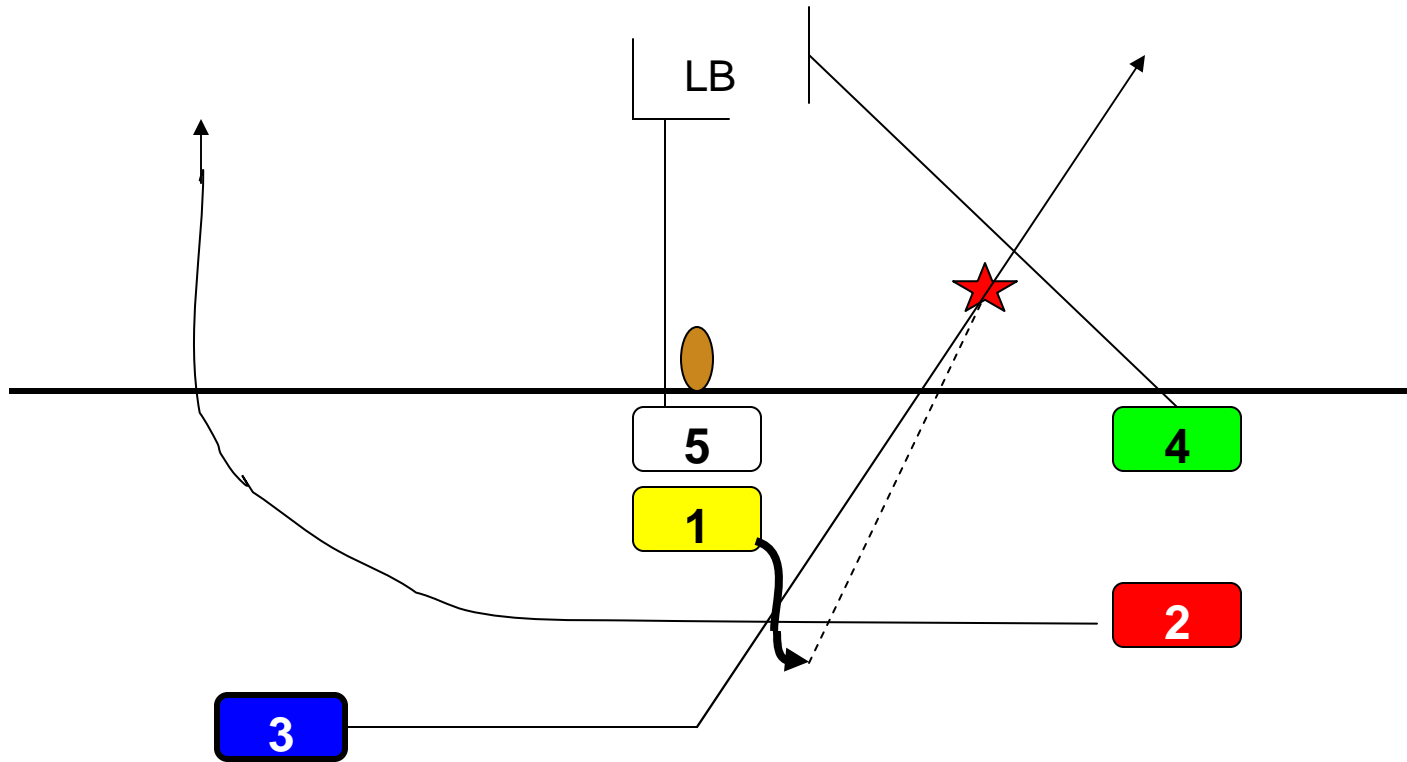
Action:

All players run 10 yards straight down field

QB = Drops straight back 5 steps

4 = Runs to left side of field, looking for the pass.

“Cross” 3 Quicky Pass

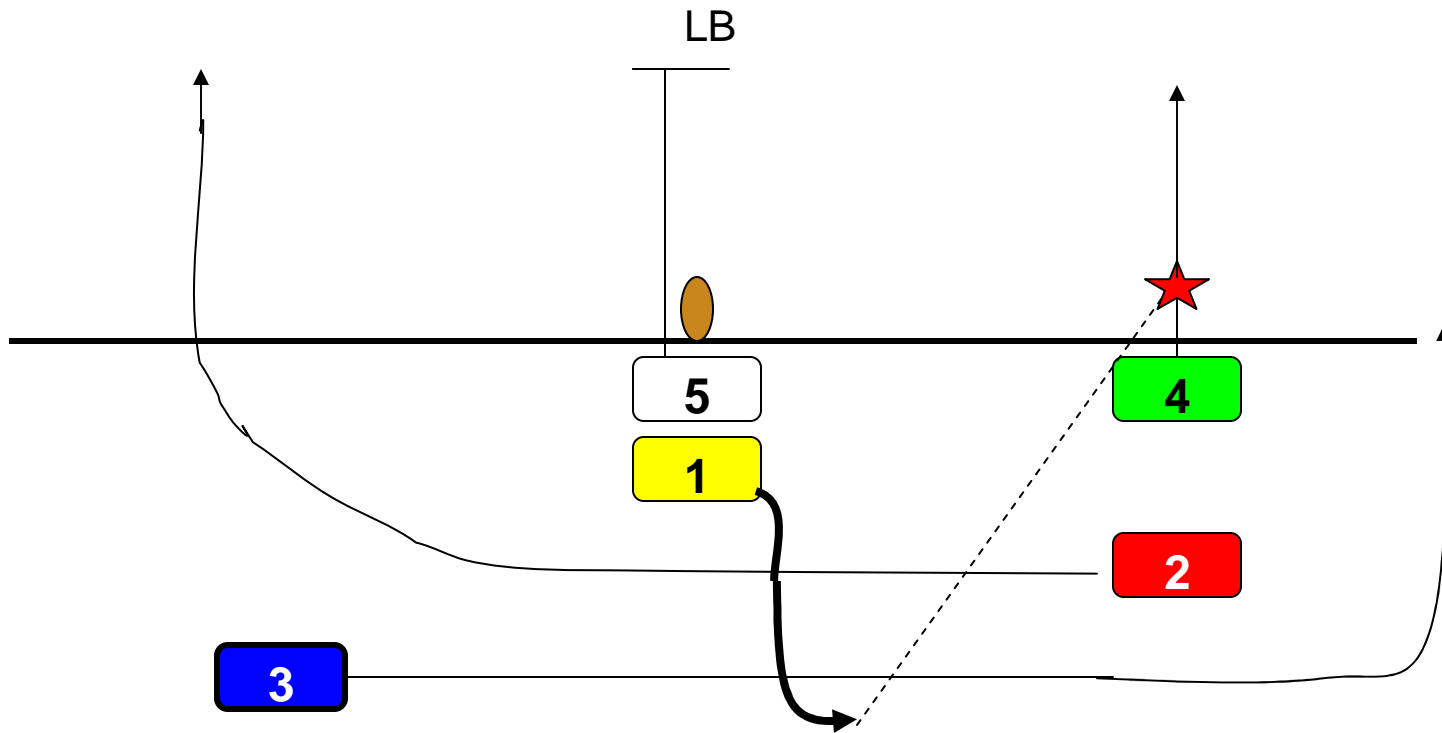


Action:

1 = Fakes Handoff to 2, Lets three run to right side. Passes to 3.

Key: Pass is caught 1 yard past the line of scrimmage

“Cross” 4 Quicky Pass

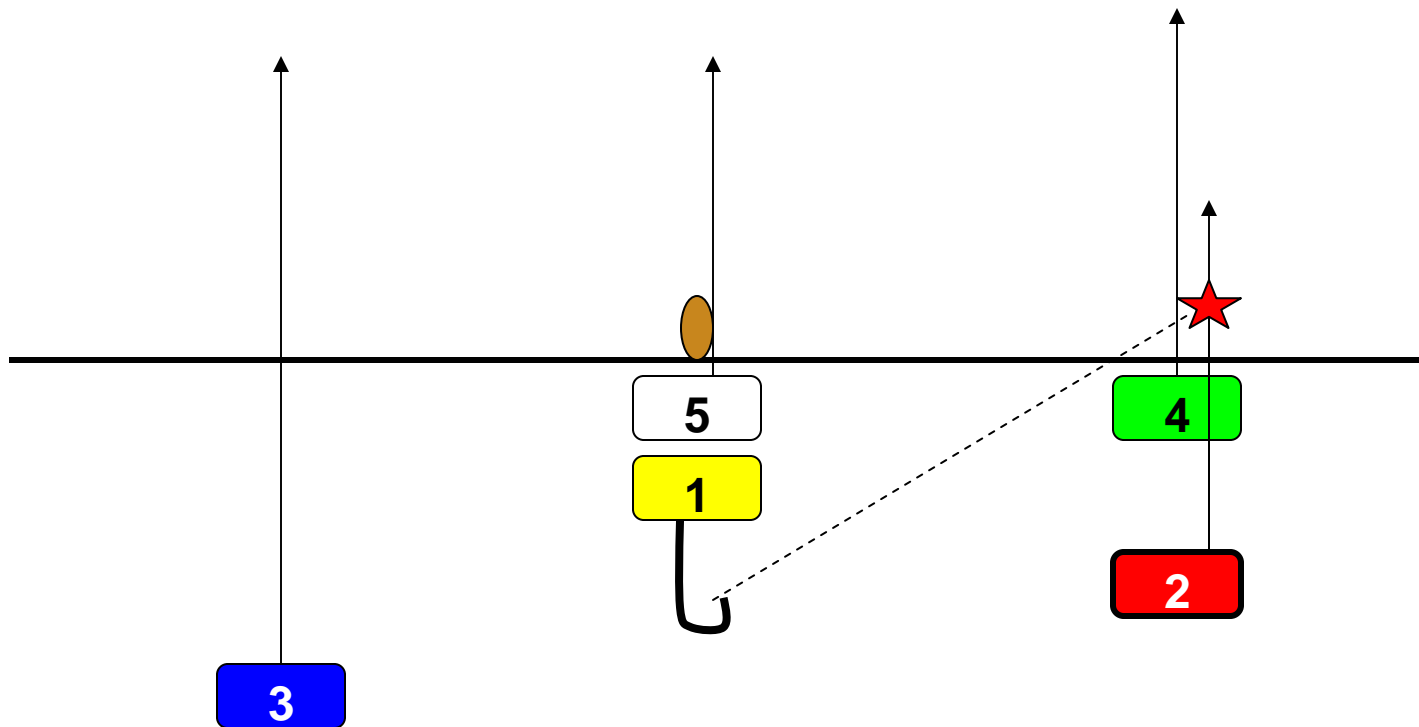


Action:

1 = Fakes Handoff to 2, Lets three run to right side. Passes to 3.

Key: Pass takes place 1 yard in front of the line of scrimmage

“Fly” 2 Quicky Pass



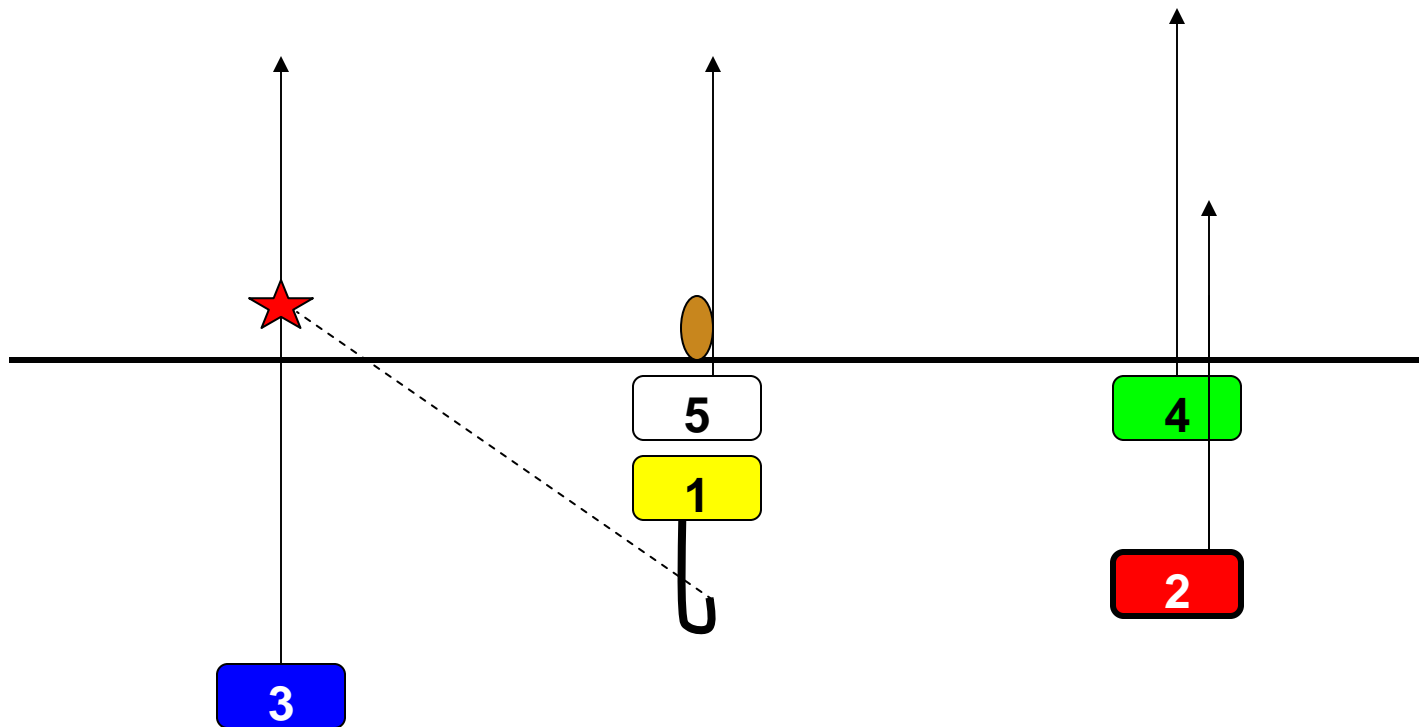
Action:

All players run 10 yards straight down field

QB = Drops straight back 2 steps

Key: Pass takes place 1 yard in front of the line of scrimmage

“Fly” 3 Quicky Pass



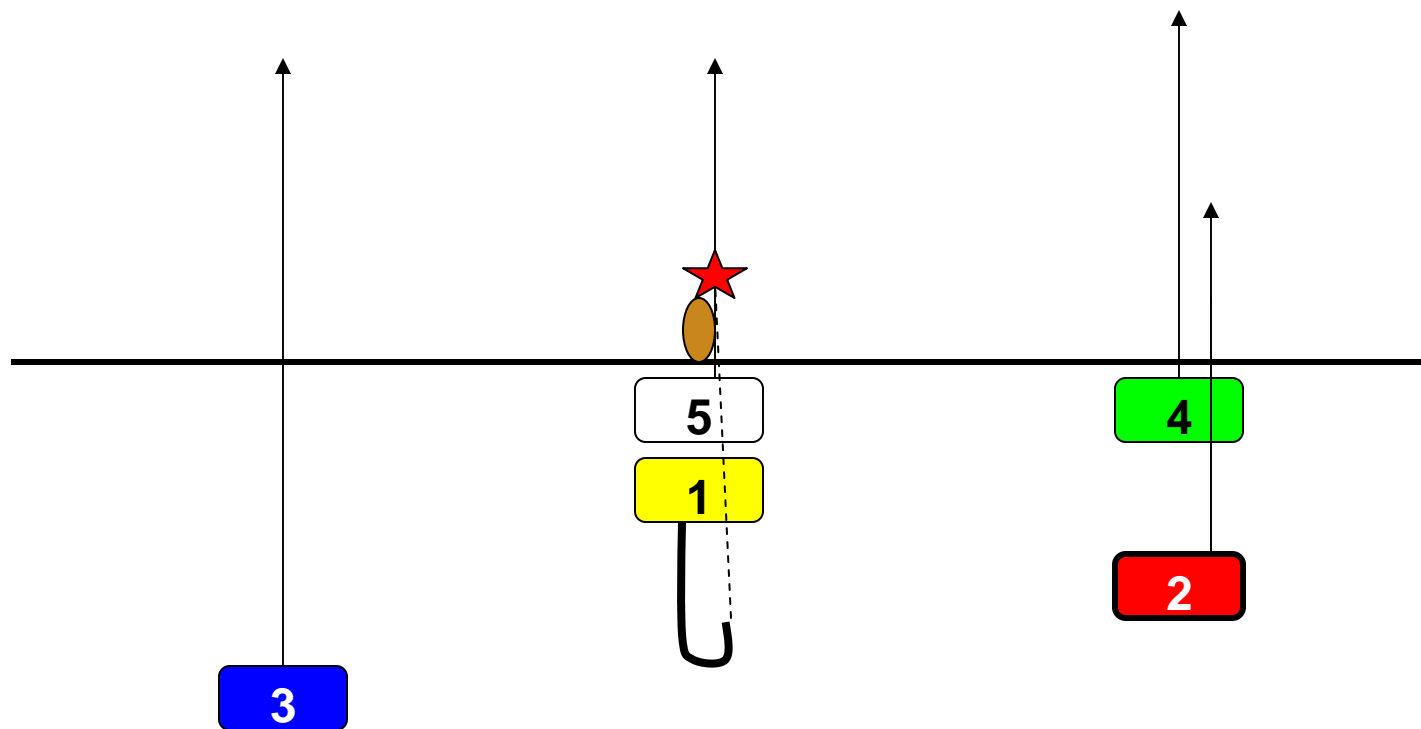
Action:

All players run 10 yards straight down field

QB = Drops straight back 2 steps

Key: Pass takes place 1 yard in front of the line of scrimmage

“Fly” 5 Quicky Pass



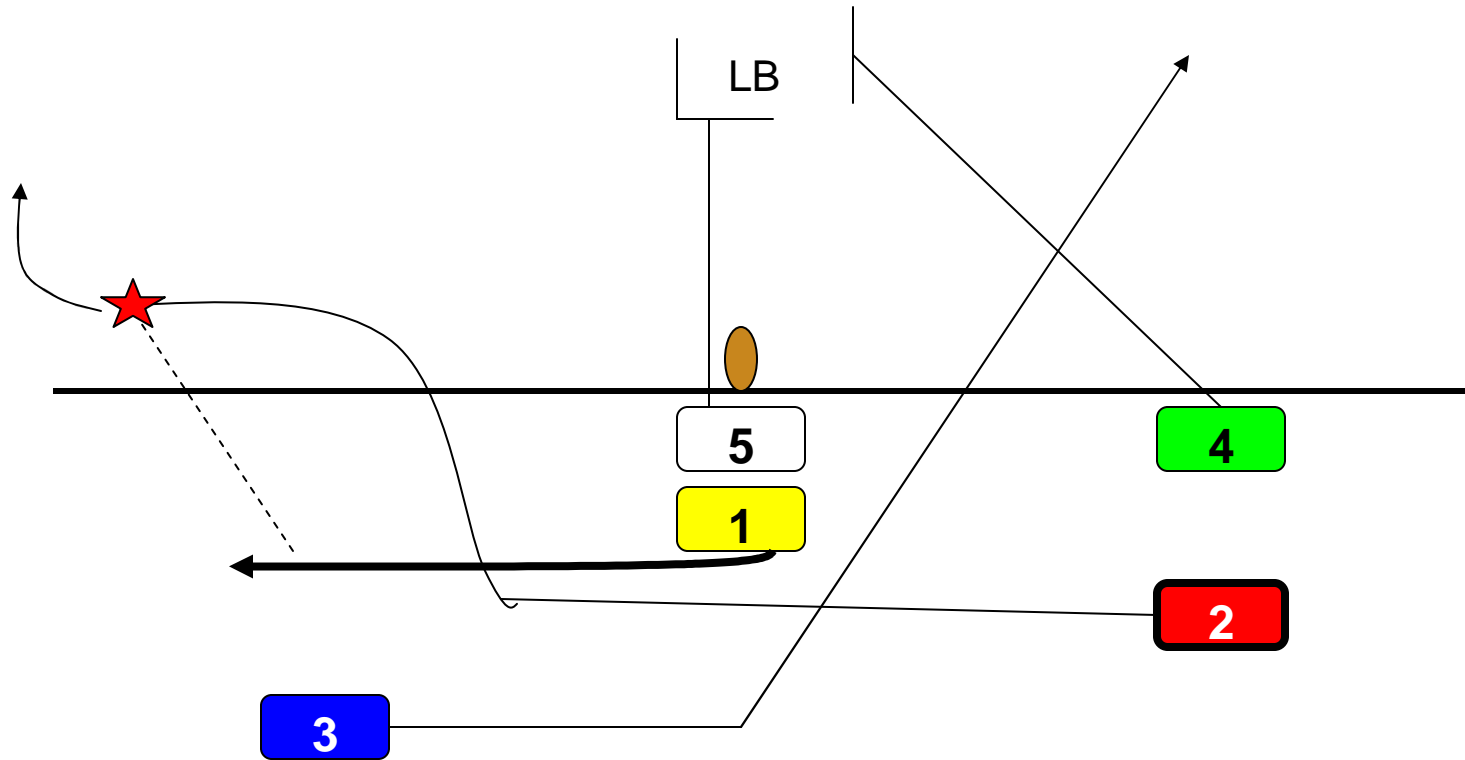
Action:

All players run 10 yards straight down field

QB = Drops straight back 2 steps

Key: Pass is caught 1 yard past the line of scrimmage

“Cross” 2 Sprint Pass



Action:

Normal Cross action. After 1 fakes to 3, 1 sprints down the line to left.

2 sprints down the line 1 yard past the line of scrimmage

Key: Pass is caught 1 yard past the line of scrimmage