

SAMPLE

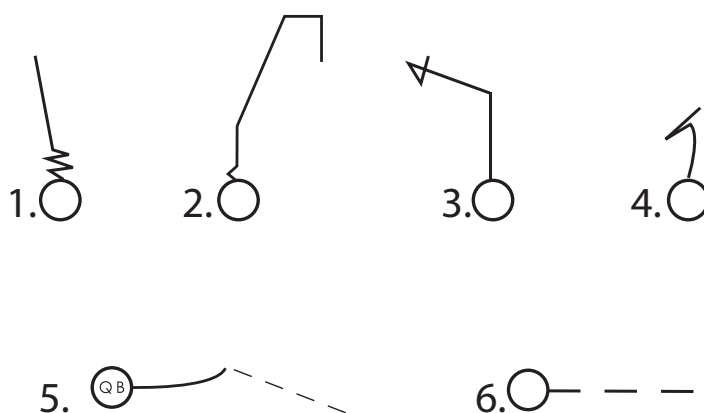
PLAYBOOK



FREE SAMPLE PLAYBOOK

for more plays, go to:
FlagFootballNinja.com

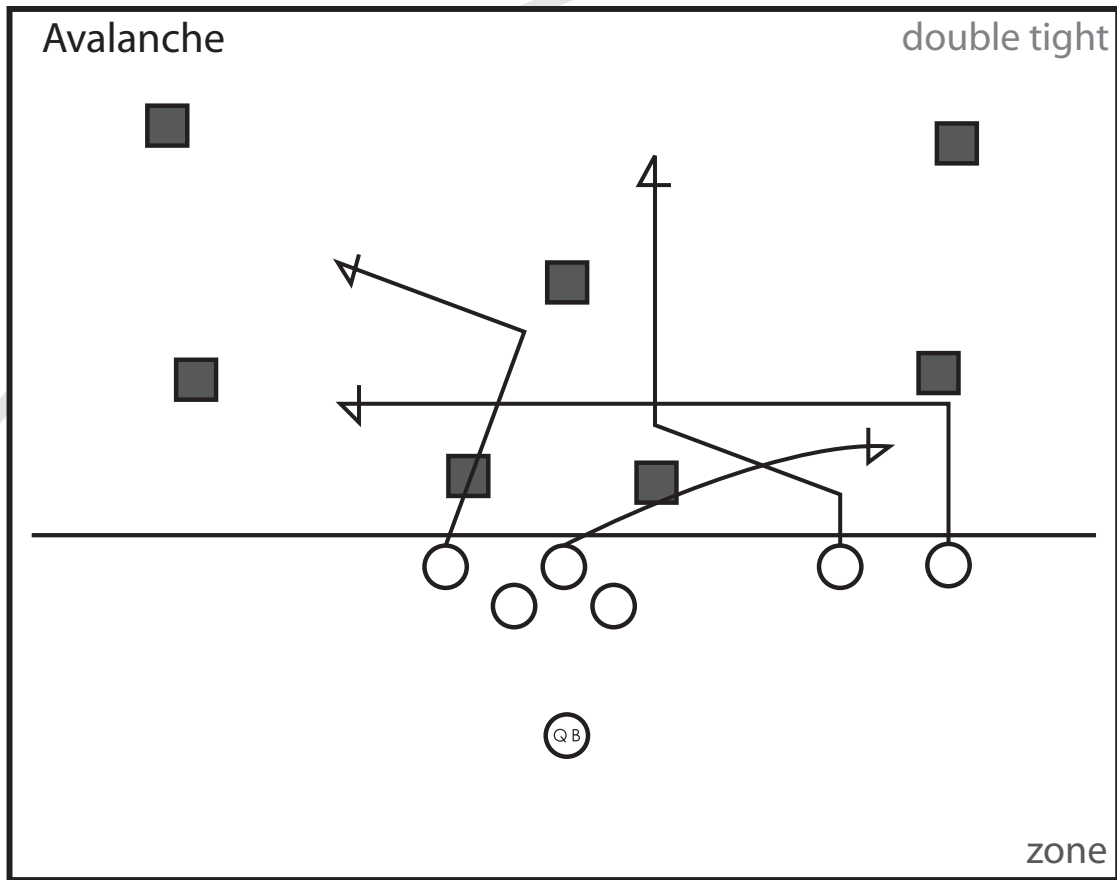
SYMBOL LEGEND



The legend below, together with the play descriptions should remove any confusion about the diagrams. Also, I recommend reading *The Ultimate Strategy Guide* while learning these plays. It can be very helpful.

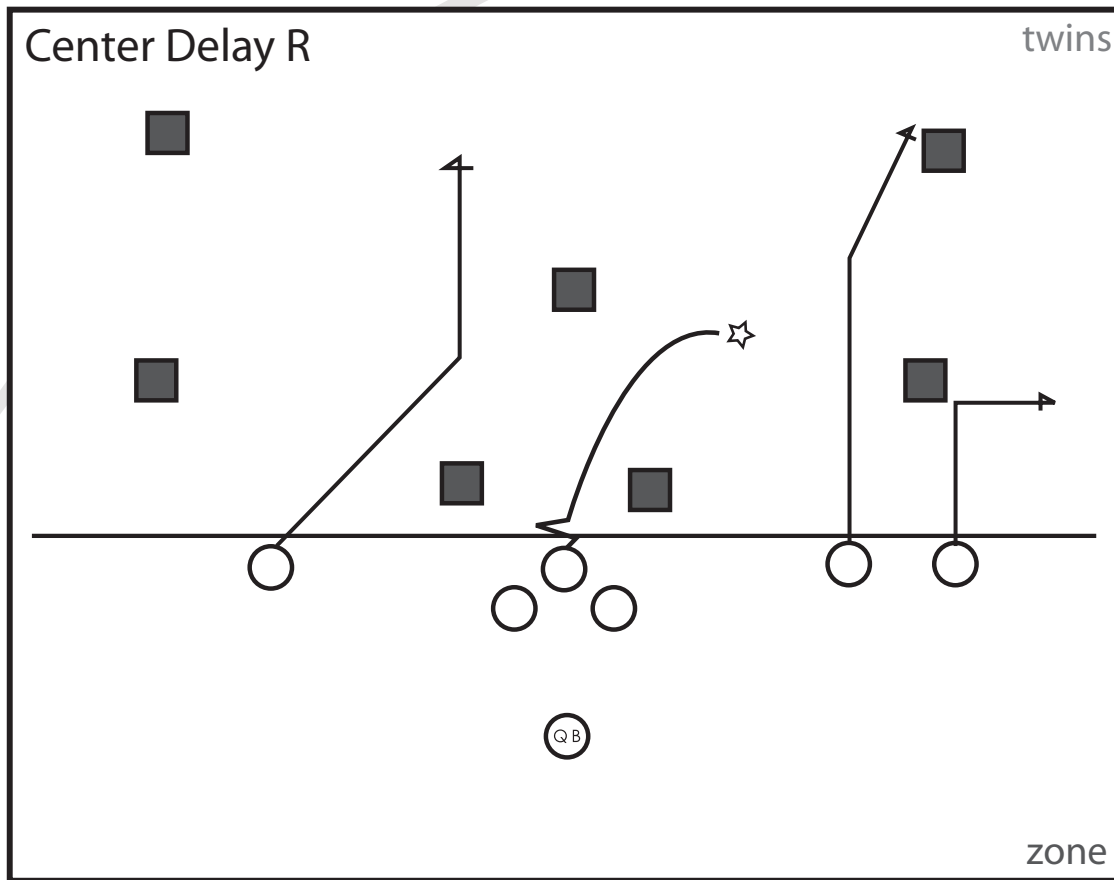
LEGEND

1. A jagged line at the beginning of the route means block and then release. Usually this is for one or two counts.
2. A route with no arrow means stop.
3. A route with an arrow means continue in that direction
4. This symbol means block. Hold it for as long as you can.
5. A dashed line coming from the QB is a pitch or shuffle pass.
6. A dashed line like this from a receiver indicates pre-snap motion.



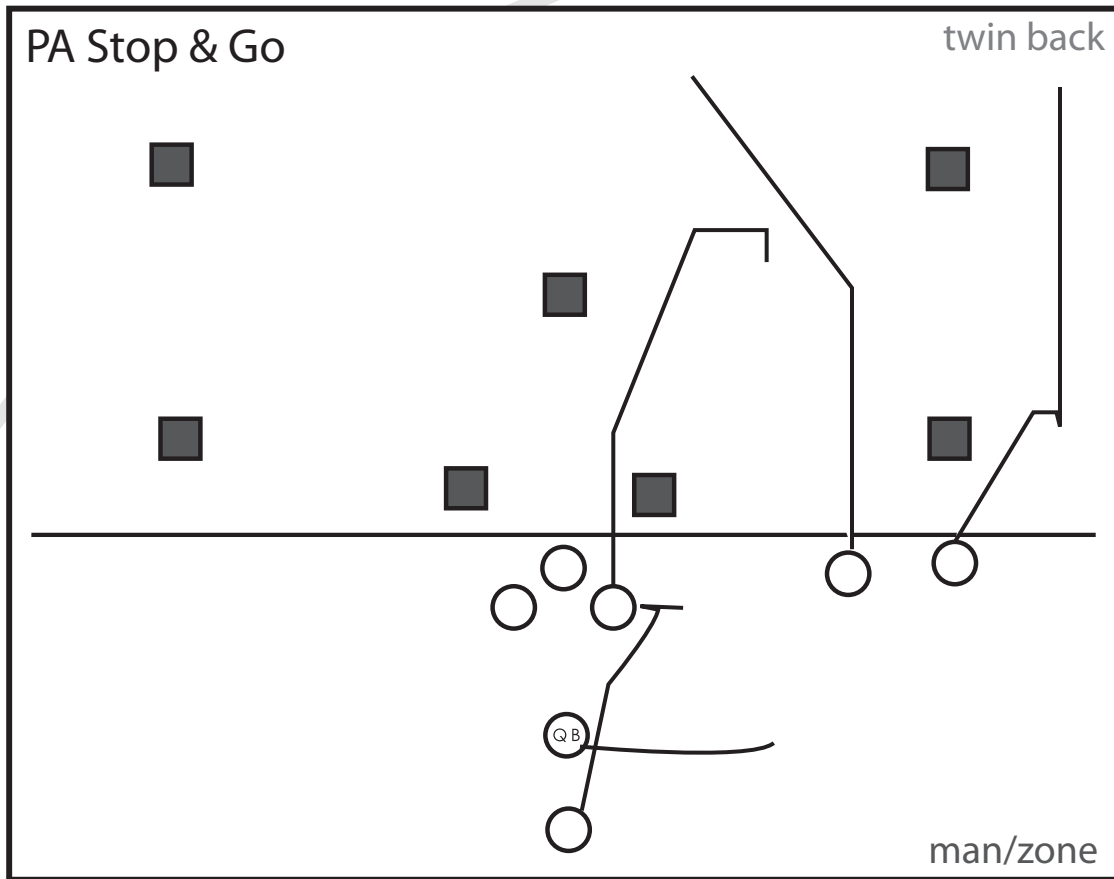
from the PASSING PLAYBOOK

The Avalanche is a bread and butter passing play. The QB should read the middle defender. If he jumps on the left receiver, the right slot receiver runs the slant-fly. He should take two steps and then cross on a shallow slant before bursting deep. He should be open deep down the middle. If the middle defender plays the deep ball, look for the right wideout doing the shallow drag. The Center is the last look. (Note: see **The Ultimate Strategy Guide** for tips on timing and routes)



from the BALANCED PLAYBOOK

Center delay creates a hole for the Center after a block. The Center **MUST** hold his block for 2 counts to clear out the defenders (See **The Ultimate Strategy Guide** for tips on hold routes). Then the QB should hit him soon after he releases. If the middle defender jumps the Center's route, hit the left receiver on the slant fly. Use the blockers as outlet receivers as needed (See **The Guide**).



from the OPTION PLAYBOOK

This play works best after running the dive (see Option Playbook), but will work even without a previous running play. Fake the dive right, then look up at the inside right receiver. You want to lock your eyes on him to pull the deep right defender to the middle of the field. Then fire it down the sideline to the right wideout for a touchdown. Make sure you follow the tips on faking the ball from the Ultimate Strategy Guide to achieve the best result.

Thanks for downloading our free sample playbook. Even using just these three plays can improve your game. But don't sell yourself or your team short. This is just the tip of the ice burg. The **Defensive Handbook**, the **Ultimate Strategy Guide** and our **full offensive playbooks** can transform your team into championship material. Visit our site and take your team to the next level. Thanks again. Good luck.

- Sales Team

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