Flag Football/4-To-Score study guide

Offensive Positions

-Center: Lines up on the line of scrimmage and starts the play by “hiking” the ball to the quarterback. The center then blocks the defensive lineman, giving the QB time to hand off or pass the ball.

-Quarterback: Receives the snap/hike from the center and either hands the ball of or passes the ball. This person is responsible for calling plays and is considered the “field general.”

-Running back: Lines up in the backfield and can either receive a hand-off from the quarterback or go out on a passing route.

-Wide Receiver: This player lines up near the line of scrimmage and runs passing routes to try to get open and catch a pass to advance the ball.

Defensive Positions

-Defensive Lineman- Lines up across from the center on the line of scrimmage and rushes the quarterback. (In Flag Football this player lines 5 yards or 3 big steps from the ball.)

-Linebacker: Player lines up behind the defensive lineman and responsibilities are to cover the QB in case they QB sneak and cover the running back.

-Defensive back: Covers the opponent’s receivers and tries to prevent them from gaining positive yards.

Route Running

Fly route – Receiver runs a straight pattern to the end zone.
**Hitch route** - The receiver begins to run straight, then sharply cuts back inward towards the quarterback.

![Hitch route diagram]

**Hitch and go** - The receiver runs straight, turns sharply back at the quarterback, the quarterback pump fakes to get the defensive back to bite, and the receiver takes off straight towards the end zone.

![Hitch and go diagram]

**In route** - The receiver runs straight for 5 yds, and then turns 90 degrees and runs parallel to the line of scrimmage toward the middle of the field.

![In route diagram]

**Out route** - The receiver runs straight and turns 90 degrees, runs parallel to the line of scrimmage and runs out towards the sideline.

![Out route diagram]
Communication/Organization/Execution

Communication: This is important on offense and defense.

- Defense- Each player should communicate who they are “covering/guarding” on every play
- Offense- Each player needs a responsibility on offense. The QB should make a play call and all players should play their role on that particular play.
- Both teams should communicate the down on each play.

Organization:

- Offense- Players should know their positions.
  - Plays should look organized
- Defense- Players should know who they are covering.
  - Players should know the down and situation.

Execution: Teams should develop the ability to execute their “game plan.”

- Adjustments should be made when a team is not demonstrating success during the game.
  - Change defense, call different plays, change player positions, etc...