

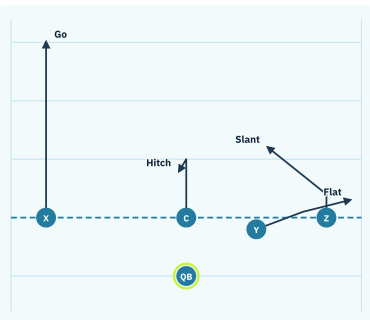
5V5 FLAG FOOTBALL PLAYS



Original plays by BreakAway. Not any league's official playbook. Check your ruleset for run plays, laterals and the rush.

1 Slant-flat

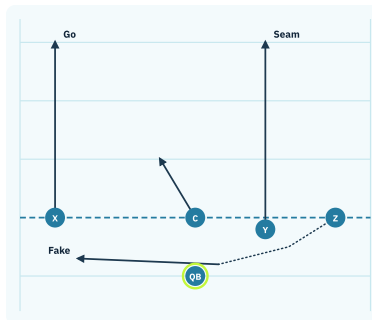
Quick game



Watch the defender nearest the flat. If she widens with the flat route, throw the slant.

2 Jet fake seam

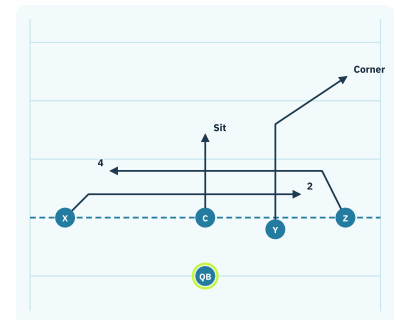
Quick game



Fake to the motion player and look straight at the seam.

3 Mesh

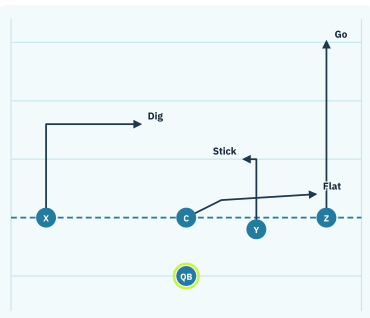
Vs man



Find the crosser who has a step on her defender and hit her in stride.

4 Stick

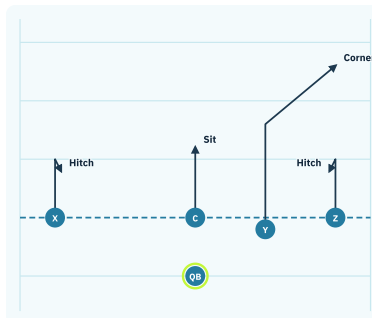
Vs zone



Throw the stick if the underneath defender drops away from her.

5 Smash

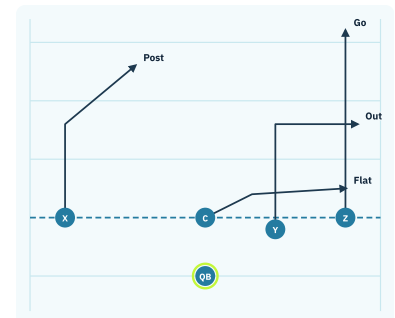
Vs zone



Watch the cornerback. If she sinks with the corner route, throw the hitch.

6 Flood

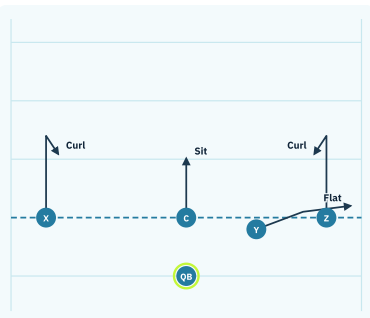
Vs zone



Deep if the deep defender stays inside.

7 Curl-flat

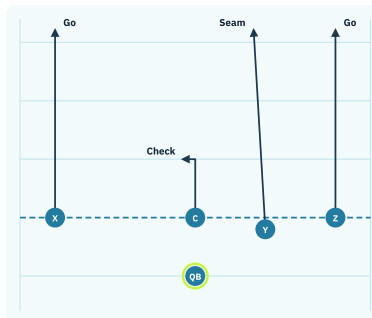
Vs zone



Throw the curl if the flat defender chases the flat route.

8 Verticals

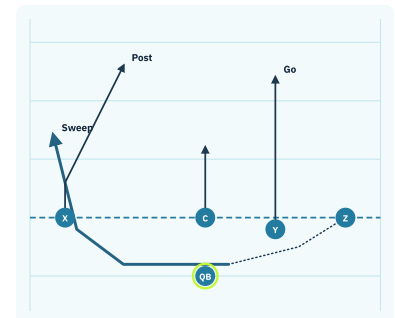
Vs zone



Throw the seam if the middle of the field is open.

9 Jet sweep

Run - check your rules



Hand the ball off as the motion passes the quarterback. Do not wait for her.



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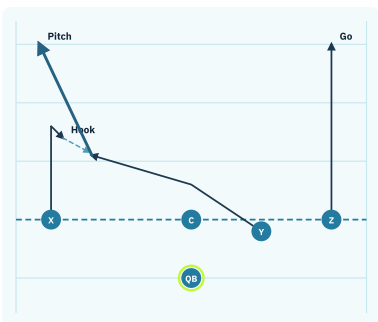
5V5 FLAG FOOTBALL PLAYS

Continued



10 Hook and lateral

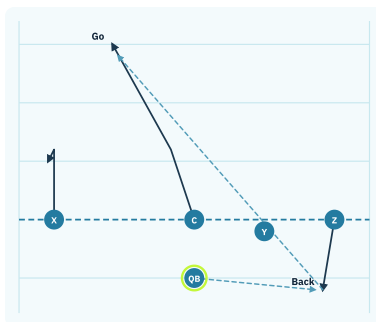
Trick · check your rules



Throw the hook on time, as the receiver turns around.

11 Double pass

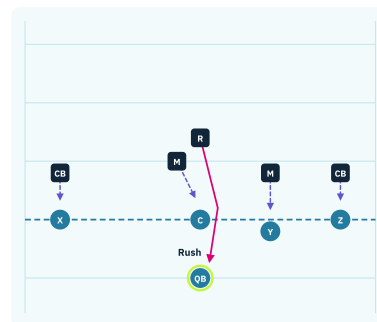
Trick · check your rules



The first throw must be backward or flat. A forward first throw makes the second one illegal.

12 Man with one rusher

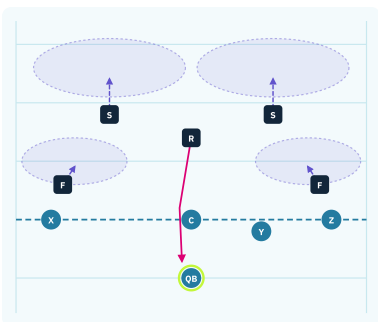
Defense · check your rules



Every defender says her receiver's number out loud before the snap.

13 Two-deep zone

Defense · check your rules



Deep defenders: stay deeper than the deepest receiver in your half.



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WRISTBAND CARDS



Cut on the dashed lines and slide one into each player's wristband. The numbers match the playbook.

5V5 • BREAKAWAY

- | | |
|-----------------|------------------------|
| 1 Slant-flat | 8 Verticals |
| 2 Jet fake seam | 9 Jet sweep |
| 3 Mesh | 10 Hook and lateral |
| 4 Stick | 11 Double pass |
| 5 Smash | 12 Man with one rusher |
| 6 Flood | 13 Two-deep zone |
| 7 Curl-flat | |

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