

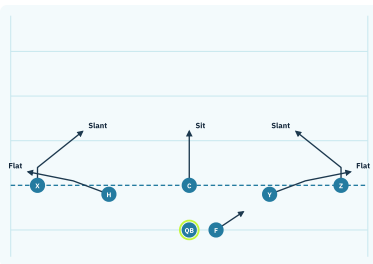
7V7 FLAG FOOTBALL PLAYS



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

1 Slant-flat

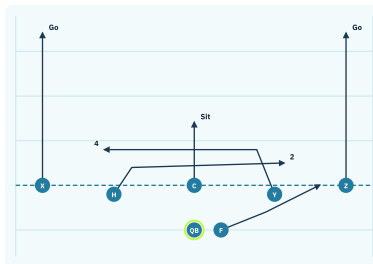
Quick game



Pick the side with fewer defenders before the snap.

2 Mesh

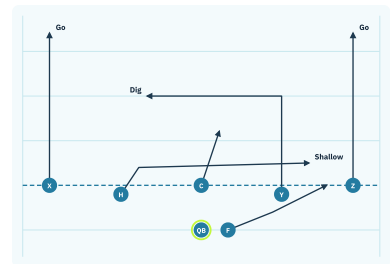
Vs man



Throw to the crosser who wins.

3 Drive

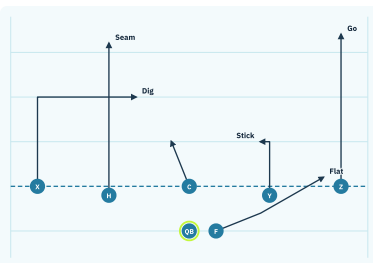
Vs man



Watch the middle defender. If she comes up on the shallow, throw the dig behind her.

4 Stick

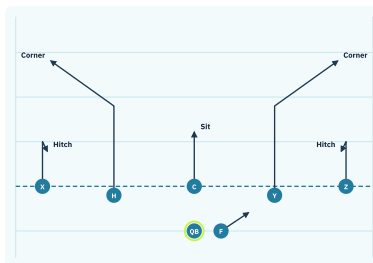
Vs zone



Stick if the hook defender drops.

5 Smash

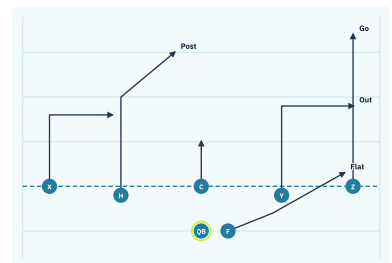
Vs zone



Read the cornerback on the better side.

6 Flood

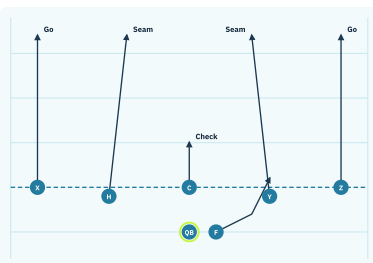
Vs zone



Go if the deep third defender stays in the middle.

7 Four verticals

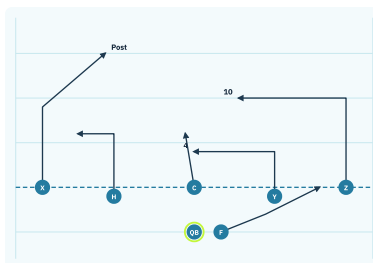
Vs zone



Run the seam up the middle if the safety picks a side.

8 Levels

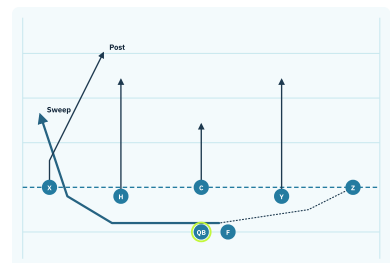
Vs zone



Low in at 4 if the hook defender drops.

9 Jet sweep

Run - check your rules



Snap when the motion player is two steps from the quarterback.



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Scan, or visit breakawaydata.com/stats

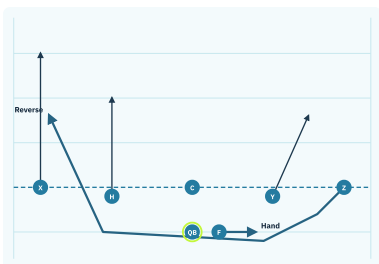
7V7 FLAG FOOTBALL PLAYS

Continued



10 Reverse

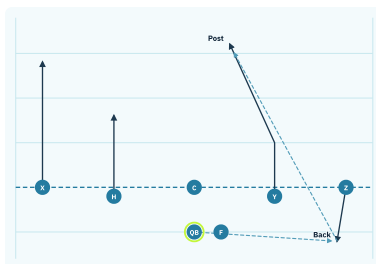
Run · check your rules



Hand off to the back going right. She sells it for three steps.

11 Double pass

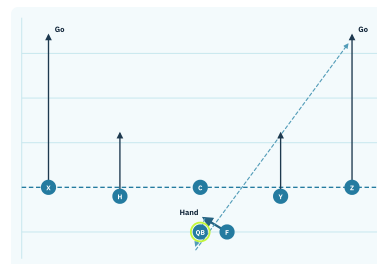
Trick · check your rules



The first throw is backward or flat, never forward.

12 Flea flicker

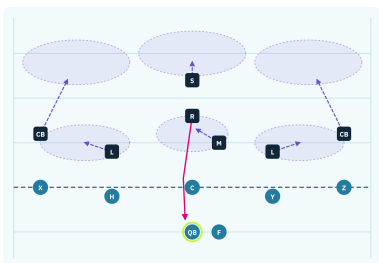
Trick · check your rules



Sell the handoff for two steps.

13 Three-deep zone

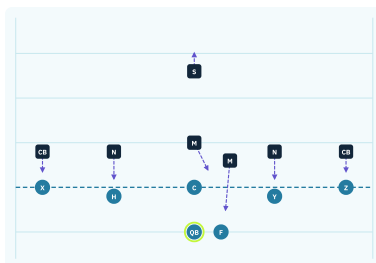
Defense · check your rules



Deep thirds: nothing gets behind you.

14 Man with a free safety

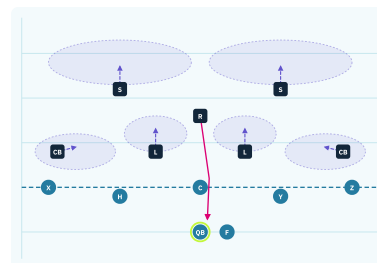
Defense · check your rules



Call out your receiver's number before the snap.

15 Two-deep zone

Defense · check your rules



Safeties: deeper than the deepest receiver in your half.



WRISTBAND CARDS



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

7V7 • BREAKAWAY

- | | |
|------------------|---------------------------|
| 1 Slant-flat | 9 Jet sweep |
| 2 Mesh | 10 Reverse |
| 3 Drive | 11 Double pass |
| 4 Stick | 12 Flea flicker |
| 5 Smash | 13 Three-deep zone |
| 6 Flood | 14 Man with a free safety |
| 7 Four verticals | 15 Two-deep zone |
| 8 Levels | |

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