

COACHING USA FLAG 7'S

USA Flag 7's uses the 5's rules with 2 more players a side. The field stays 25 x 70 yards. Midfield is the only first down. With 7 players, spacing matters more than speed. Teach routes that stay apart.

You don't need to know football. Most new coaches are parents who said yes. This guide gets you through your first practice and your first game.

WHO

Coaches of USA Flag 7's teams, youth to adult.

AGES

All ages, youth to adult

LEVEL

Youth (13 and under), junior (14 to 17) and adult

FORMAT

7v7

YOUR FIRST PRACTICE: 60 MINUTES

0:00

10 min

Warm-up: Dynamic warm-up

Agility and a breakdown-and-pull rep at full speed.

Drills: 5-10-5 shuttle, Breakdown and pull

10:00

20 min

Skill stations: Position groups

Quarterbacks on the move, receivers on route depth, defenders on zone drops and contain.

Drills: Rollout throws, Route tree walk-through, Zone drops, Contain rush

30:00

15 min

Team period: Team period

Run the week's concepts against the defense's coverages. Quarterbacks call the coverage before each snap.

45:00

10 min

Scrimmage: Scrimmage

Two-minute drill from midfield, then red zone.

55:00

5 min

Cooldown: Cooldown

Stretch and a short stats review.

Full plan with coaching points: breakawaydata.com/coaching-flag-football/practice-plans/13-14-year-olds/



Game day:

stat it free in the BreakAway app

Scan, or visit breakawaydata.com/stats

POSITIONS IN 7V7

Carry 10 to 14 players. Plan substitutions by series so every player gets real snaps on offense and defense.

OFFENSE

Center

Snaps, then becomes a receiver underneath. A center who catches well turns every blitz into a free completion.

Quarterback

Reads the coverage before the snap, makes the call at the line and gets the ball out on time.

Running back

Handoffs, pitches and the check-down route. On pass plays she reads the rush and leaks out to the open side.

Wide receivers (2)

The outside threats. Their depth and speed move the safeties and open the middle.

Slot receivers (2)

Line up inside the wideouts and run the quick, option and crossing routes that move the chains.

DEFENSE

Rusher or rushers

Pressure the passer within the rules of your ruleset. Even a rush that never gets there speeds up the throw.

Cornerbacks (2)

Match the wide receivers. Teach outside leverage first: push routes back toward help.

Linebackers (2)

Drop into the short middle, wall off crossing routes and pull the flag on runs and short catches.

Safeties (1 or 2)

Deep help. Read the quarterback's eyes, break on the throw and finish with a sure flag pull.

WHAT TO TEACH FIRST

1. Flag pulling

Take the angle that cuts the runner off, not the one that chases her. Break down, near hand to the near flag, finish through it.

2. Route basics

Depth and timing. A 5-yard out is 5 yards every time. Receivers who run the same route twice the same way get the ball.

3. Snap and handoff

Add the fake: the quarterback shows the handoff and keeps it to throw. Fakes only work if the real handoff is clean.

4. No-contact habits

No screening on routes, no lowered shoulders, no stiff arms, hands off your own flags. Penalties here cost a down, so they cost drives.



10 RULES THAT CHANGE HOW YOU COACH (1 OF 2)

In our words, with the rulebook section to check. Your league can change some of these, so confirm before the first game.

1. Seven to start, four at the least

The rule: 7 to start, with at least 7 on the roster. After an injury, a team may drop to 4. Never fewer.

You need at least seven players to start, and an injury can drop you to four, never fewer. Carry a bench.

USA Flag 7's R1-2-1, R1-2-3



Watch how to stat it:
breakawaydata.com/breakaway-u/set-up-roster

2. Same field as 5v5

The rule: 25 x 70 yards, the same as the 5v5 book. That is a 50-yard field plus two 10-yard end zones. Smaller fields are allowed. Seven a side on a 25 x 70 yard field means the field is crowded. Teach receivers to space out: two receivers in one spot cover each other.

USA Flag 7's R1-7-1



Watch how to stat it:
breakawaydata.com/breakaway-u/yardage-and-the-line-of-scrimmage

3. Midfield is the only first down

The rule: 4 plays to cross midfield, then 4 to score. Midfield is the only first down.

Four plays to cross it, four to score. Plan your series in sets of four.

USA Flag 7's R1-1-2a



Watch how to stat it:
breakawaydata.com/breakaway-u/move-the-ball

4. Turnovers restart at the 5

The rule: The other team starts at its own 5. That is true for every change of possession except an interception.

Every change of possession except an interception puts the new offense at its own 5. Your opening play from the 5 matters.

USA Flag 7's R1-1-2b, c, e



Watch how to stat it:
breakawaydata.com/breakaway-u/4th-down-turnover-on-downs

5. Pass only near the goal line

The rule: Just 1: the 5 yards before the goal line. Every play there must be a pass, even after a handoff. Leagues may drop it for beginners.

Every snap in the 5 yards before the goal line is a pass play. Build goal-line passes that use all five receivers.

USA Flag 7's R1-7-2, R4-2-3



Watch how to stat it:
breakawaydata.com/breakaway-u/record-a-rush

6. Two signaled blitzers

The rule: Up to 2 blitzers, each 7 or more yards back with a hand raised. Anyone may rush after a handoff. The 7-second clock ends only on a handoff or pass. A sack is pulling the quarterback's flag behind the line.

Up to two blitzers line up 7 or more yards off with a hand raised. With more receivers to cover, most teams rush one and drop the rest.

USA Flag 7's R1-3-2; R4-5-1 to 6; R4-3-3



Watch how to stat it:
breakawaydata.com/breakaway-u/record-a-sack



10 RULES THAT CHANGE HOW YOU COACH (2 OF 2)

7. The quarterback runs only after a handback

The rule: Any number of handoffs and backward passes, all behind the line. The quarterback can't run unless the ball comes back to them. No center sneak. Throwing the ball away on purpose is a foul.

Use as many handoffs and backward passes as you like behind the line. The quarterback can run once the ball comes back to her. No center sneaks.

USA Flag 7's R1-3-1b; R4-2-2; R4-3-1



Watch how to stat it:
breakawaydata.com/breakaway-u/record-a-rush

8. Flag guarding includes leaving your feet

The rule: The same moves as the 5v5 book. That means a stiff arm, a dropped head or arm, a jersey over the flags, or leaving your feet. Penalty: 5 yards and the down.

Stiff arms, covering flags with the jersey and jumping to escape a pull all cost 5 yards and a down.

USA Flag 7's R4-2-4; R6-3



Watch how to stat it:
breakawaydata.com/breakaway-u/record-a-penalty

9. No blocking or screening

The rule: No blocking or screening: 10 yards and the down. The rulebook also explains shielding and aiming.

It costs 10 yards and a down. Crowded fields tempt receivers to rub; coach them to run past, not into.

USA Flag 7's R4-2-5; R4-6; R6-3



Watch how to stat it:
breakawaydata.com/breakaway-u/record-a-penalty

10. Pass interference is 10 yards both ways

The rule: On the defense: 10 yards from the line and a first down. On the offense: 10 yards and the down.

Defensive interference gives the offense a first down. Teach defenders to play the ball, not the receiver.

USA Flag 7's R6-4; R6-5



Watch how to stat it:
breakawaydata.com/breakaway-u/record-a-penalty



GAME-DAY CHECKLIST

- ☐ A flag belt and flags for every player, plus spares, in a color that does not match anyone's shorts.
- ☐ Mouth guards, water and a first aid kit.
- ☐ Game balls in the size your ruleset sets for this age.
- ☐ Your roster with jersey numbers, and who starts at quarterback and center.
- ☐ A short play sheet: three or four plays, one for the goal line, one for the try.
- ☐ A quick word with the other coach and the official on the rules you are playing.
- ☐ Someone to stat the game in the BreakAway app. Families follow along, and every player gets a stat card.
- ☐ Your call for every 4th down: go for it, or take the punt your ruleset allows.

FOR YOUR LEVEL

Youth: a coach on the field

In youth games, 1 coach may join the players to call each play. Go quiet once the quarterback starts her count. Junior and adult games keep coaches off the field.

USA Flag 7's R1-1-3

Mouth guards

Required for every player on the field.

USA Flag 7's R1-4-5

THE OFFICIAL RULEBOOK

USA Flag 7's Rulebook (v2026.2)

<https://resources.usafootball.com/assets/usawebsite/usa-flag-7-s-rulebook-2026.2-v2.pdf>

STAT YOUR GAMES FREE IN BREAKAWAY

- Statting is free.
- Start from the closest preset in the app. Change what your league does differently. Save it to your team and stat every game.
- 100,000+ ruleset combinations, so your league's rules fit.
- Every game you stat gets a live game center families can follow from anywhere. You also get a box score and a stat card for every athlete. Team leaderboards, season totals and recaps come with it.

