

Flag Football Positions

this defense is man-to-man.
Can also play zone defense, in which case the linebackers become safeties (+ they back up a bit).

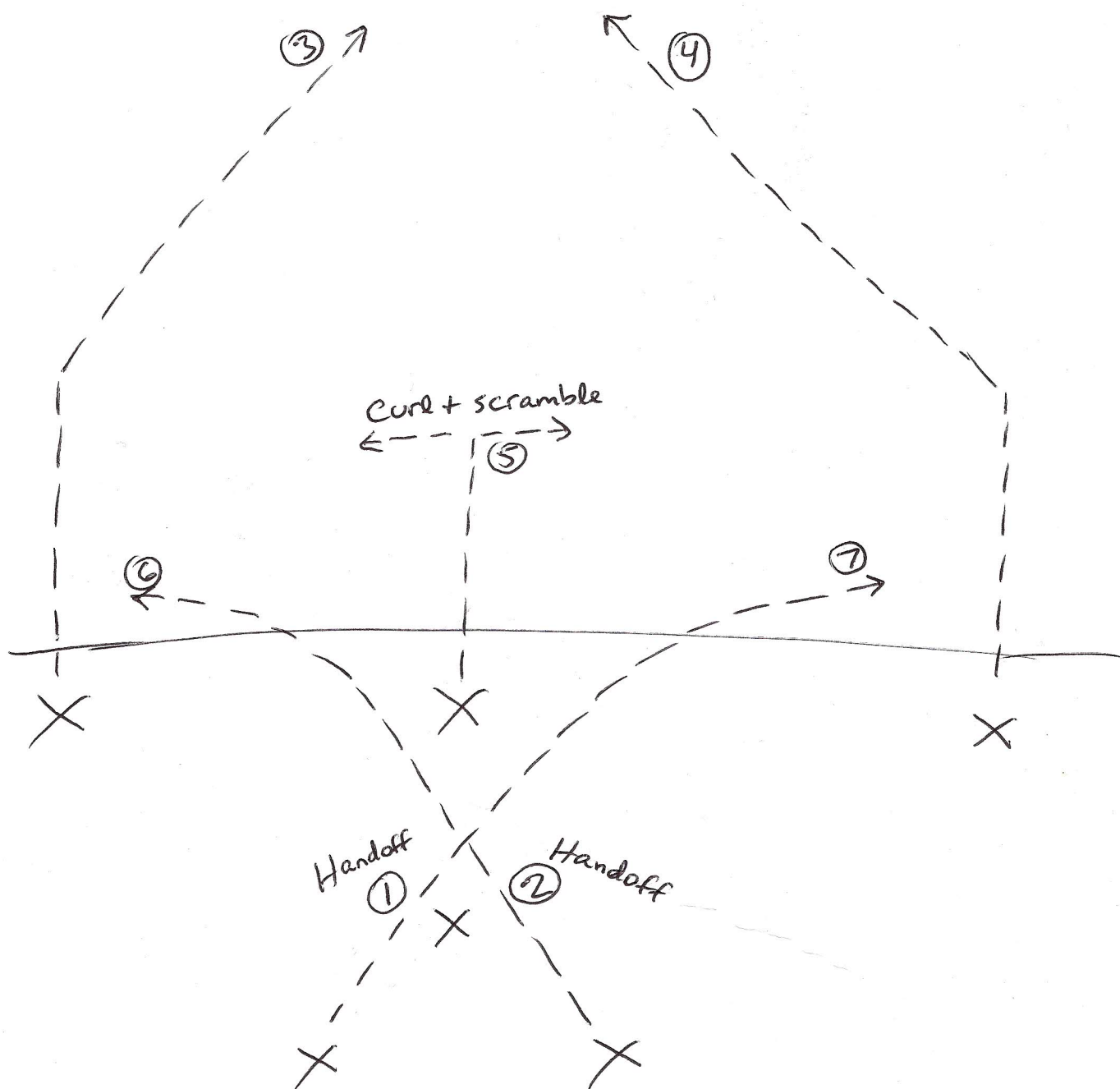


Can also add a slot left or slot right
(between the center and wide receiver)

FLAG FOOTBALL PLAY

Double Post

(7 options)



FLAG FOOTBALL PLAY

Reverse Sweep
(8 options)

