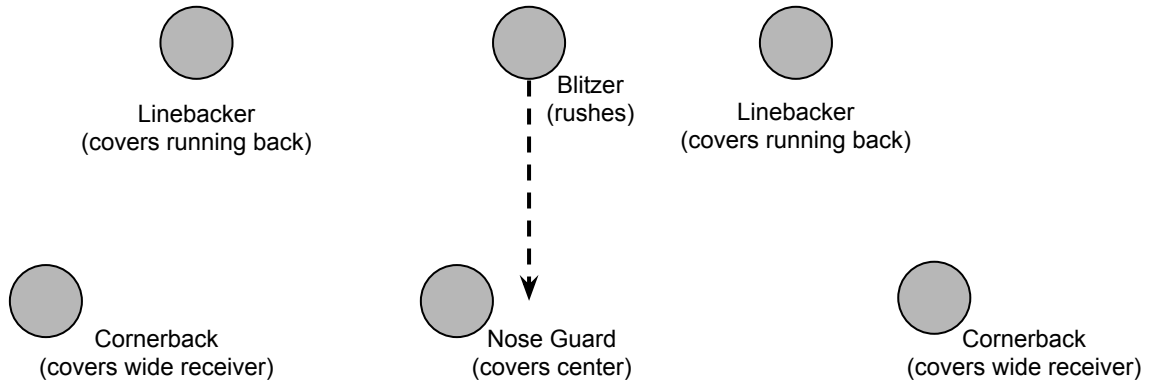


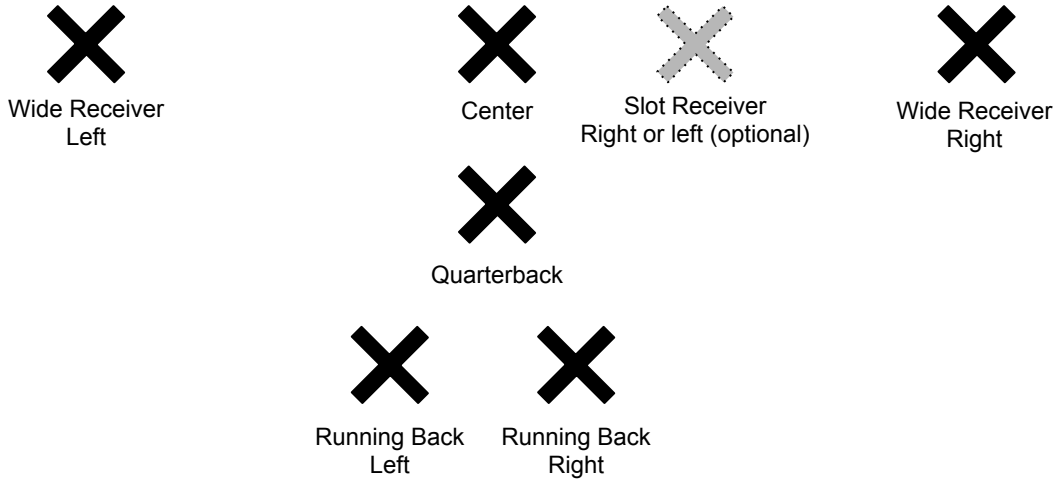
# Flag Football Positions and Plays

**Defense**

This Defense is Man-to-Man. Can also play Zone, in which the linebackers become safeties (and back up a bit)

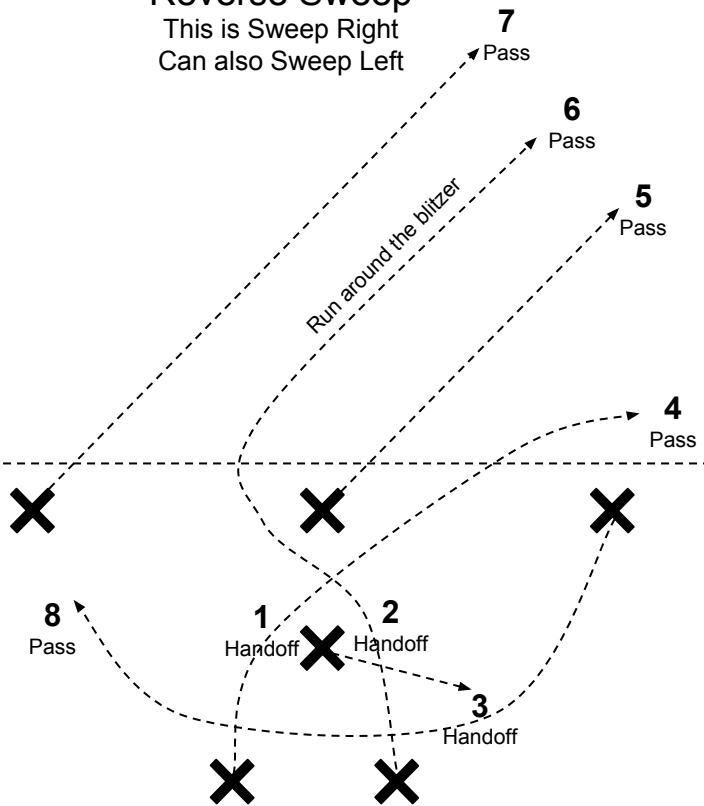


**Offense**



## Reverse Sweep

This is Sweep Right  
Can also Sweep Left



## Double Post Play

