

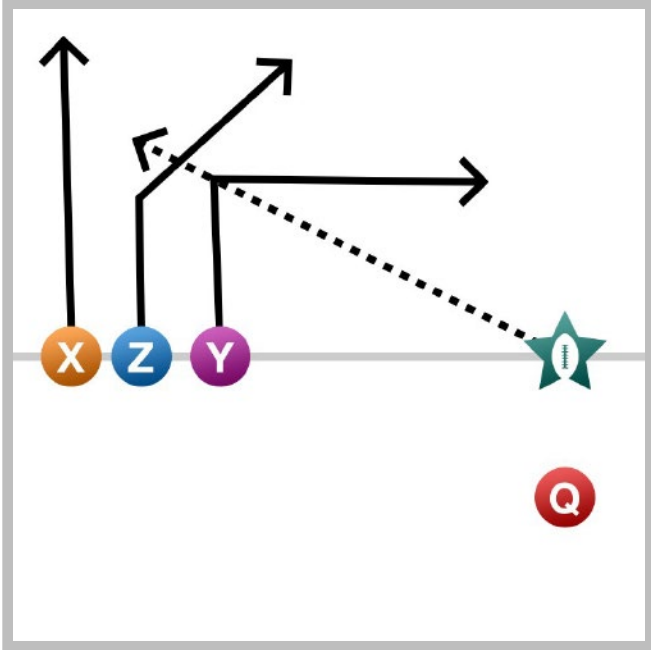
NEW JERSEY
FLAG FOOTBALL
LEAGUE



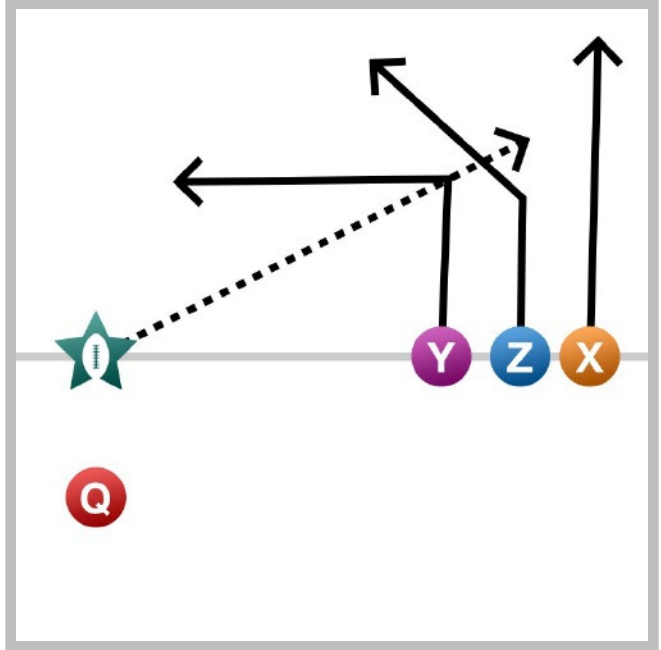
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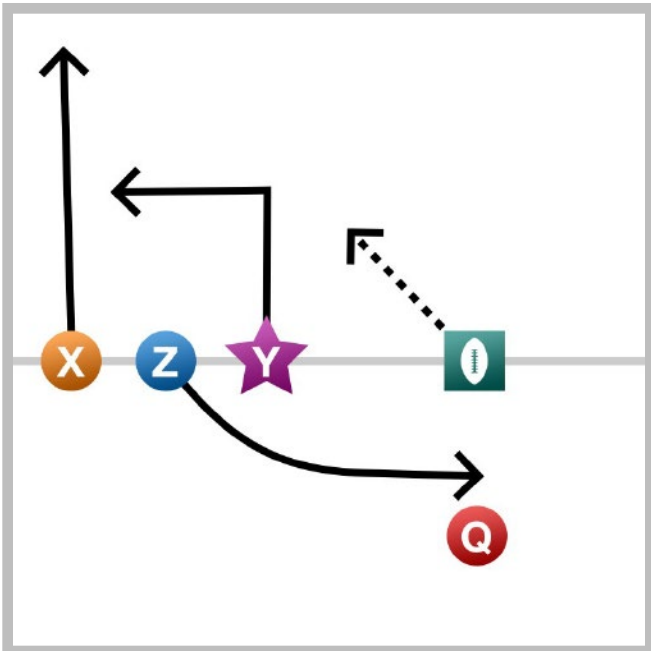
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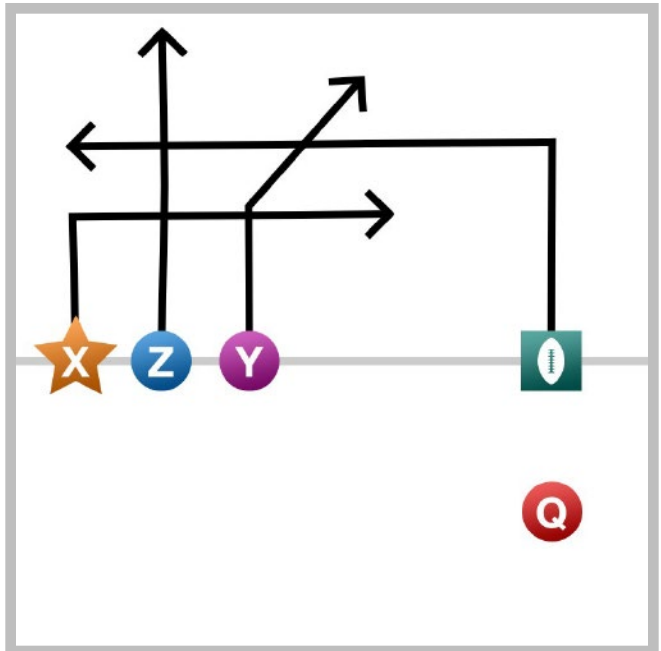
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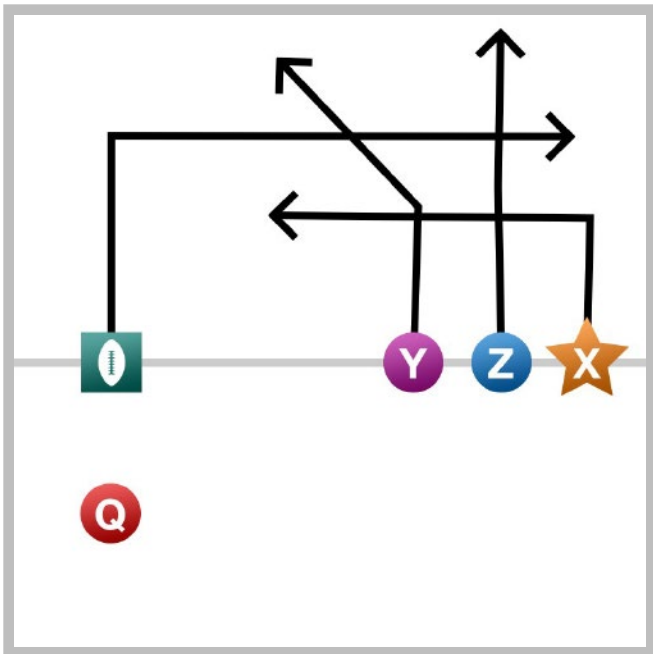
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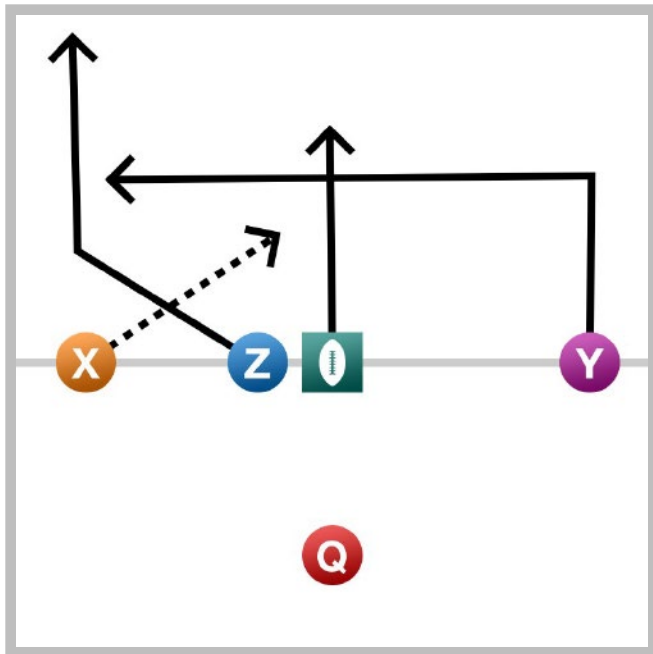
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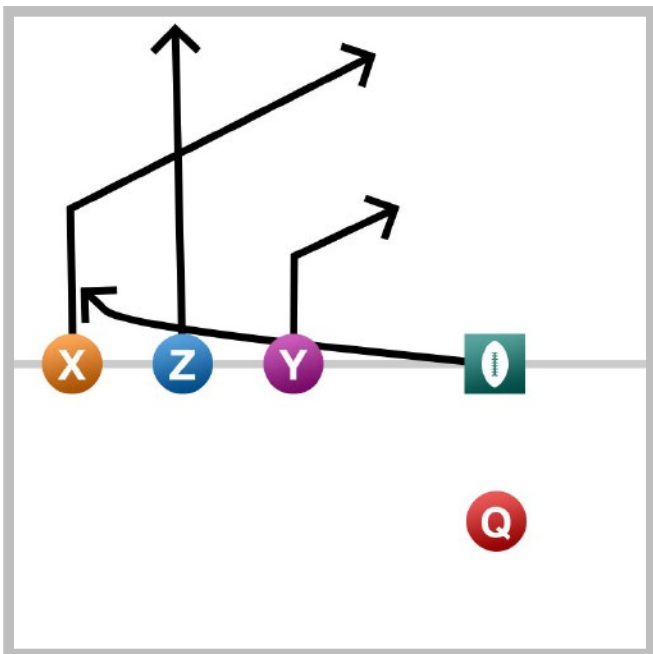
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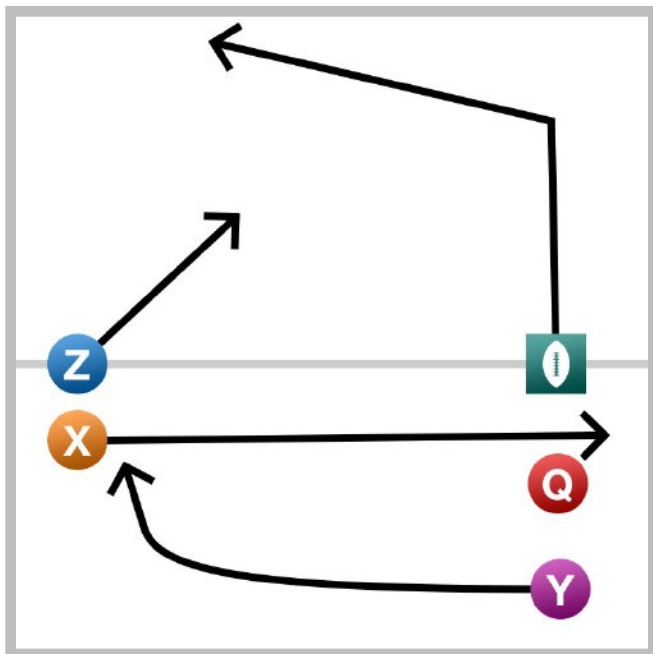
6



7



8



1

Blue is a trips formation series. On this play we will send out X, Y, and Z on routes to clear our space for the center to release. The center will release on a two second delay. If the rusher comes in to fast, either roll out or bring Y around for a fake hand off instead of running his route to buy a little extra time.

2

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3

Z comes across for a hand off option. If the rush comes from the right side this should be a fake hand off with a first read of Y running an Out route. The Center will delay and then fill in the middle zone between the deep streak route from X and the short Out from Y.

4

On this play we will set up two primary short options by using both Z to run a deep Streak and Y to run a deep Post route. This clears the way for two crossing routes with X running a 5 yard In and the Center running a 7 yard Out.

5

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6

The Z receiver will angle towards the sideline and then take it upfield into a streak. The X will delay and then run a slant. Should be open. The center will streak up the field allowing for the Y receiver to run a 5-7 yard In route.

7

On this option we look at sending Z on a streak. Look for the pass to X when he runs a post off of the Z route. Y runs a skinny post. The center will run a wheel from this position looking for a short to medium pass down the sideline.

8

On this play we fake the hand off to X. Y runs a wheel route. Z runs a slant and the Center runs a corner route. This opens up many options on the left side. A variation is to fake to X and then hand off to Y on a dive up the middle.