

RFYFA
PLAYBOOK
1st/2nd Grade



Playbook Overview



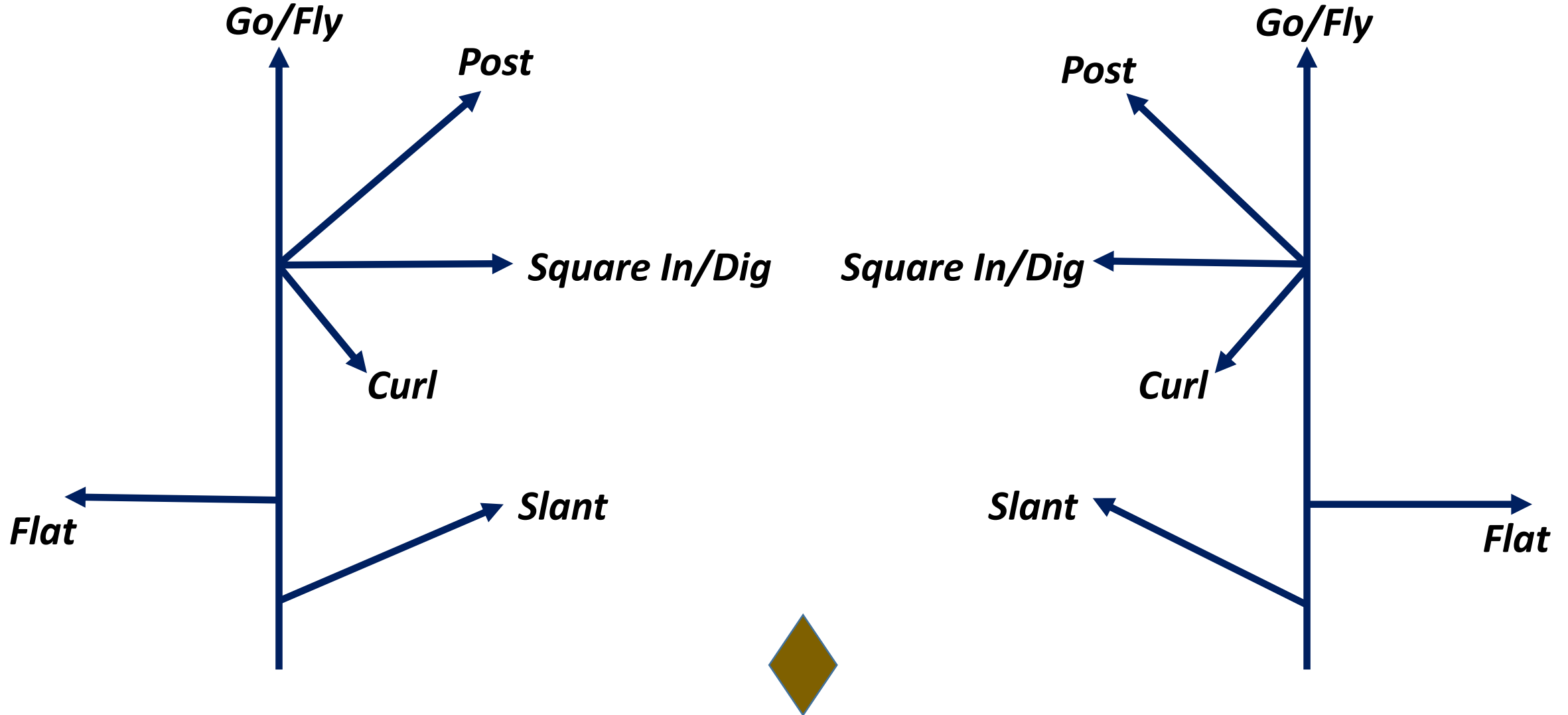
Balanced Formation

- Balanced means the Wide Receiver will line up to the right of the Center and the Flanker will line up to the left of the Center
- The Running Back will line up directly behind the Quarterback
- QB will be in shotgun formation
- On running plays all other players should run a “Go” route or “run off” the defenders in their part of the field

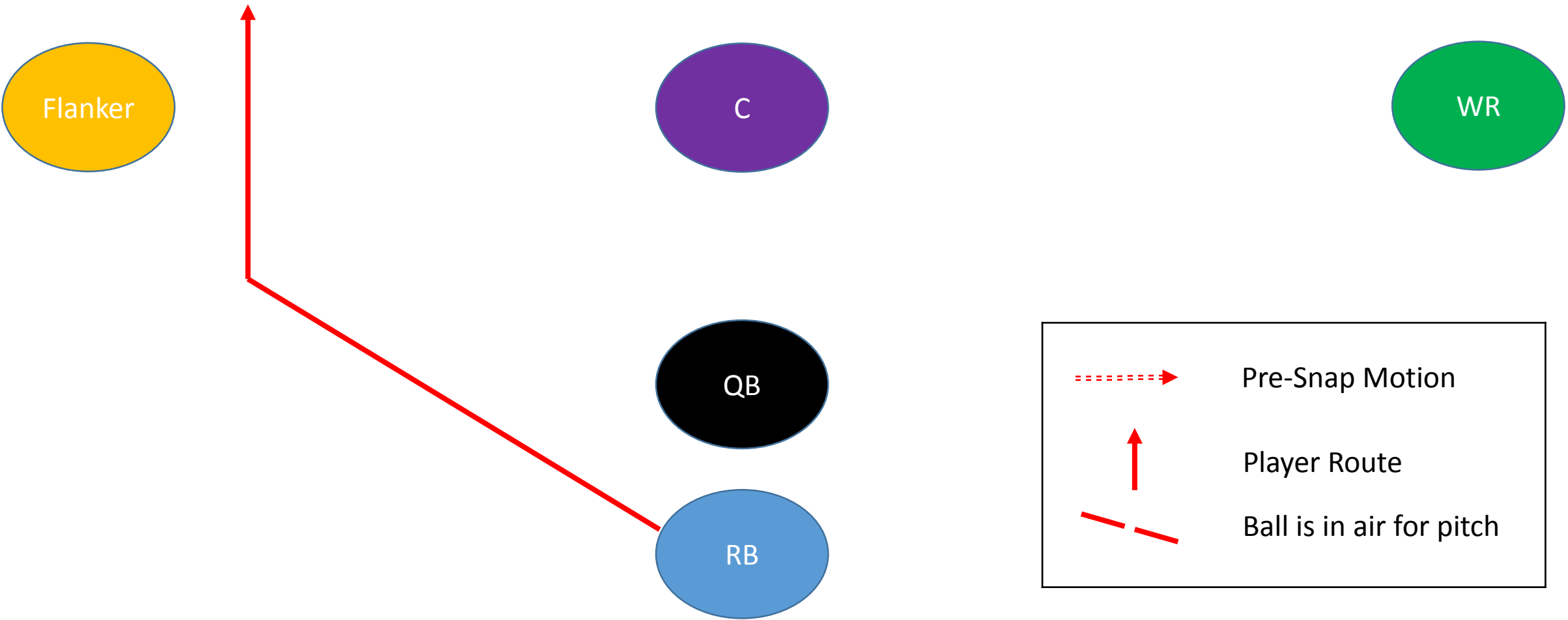
Twins Formation

- Twins means the Wide Receiver and Flanker will line up together on one side of the Center
- The Wide Receiver will be the player closest to the sideline
- The Flanker will be the player between the Wide Receiver and the Center
- The Running Back will line up directly behind the Quarterback
- QB will be in shotgun formation
- On running plays all other players should run a “Go” route or “run off” the defenders in their part of the field

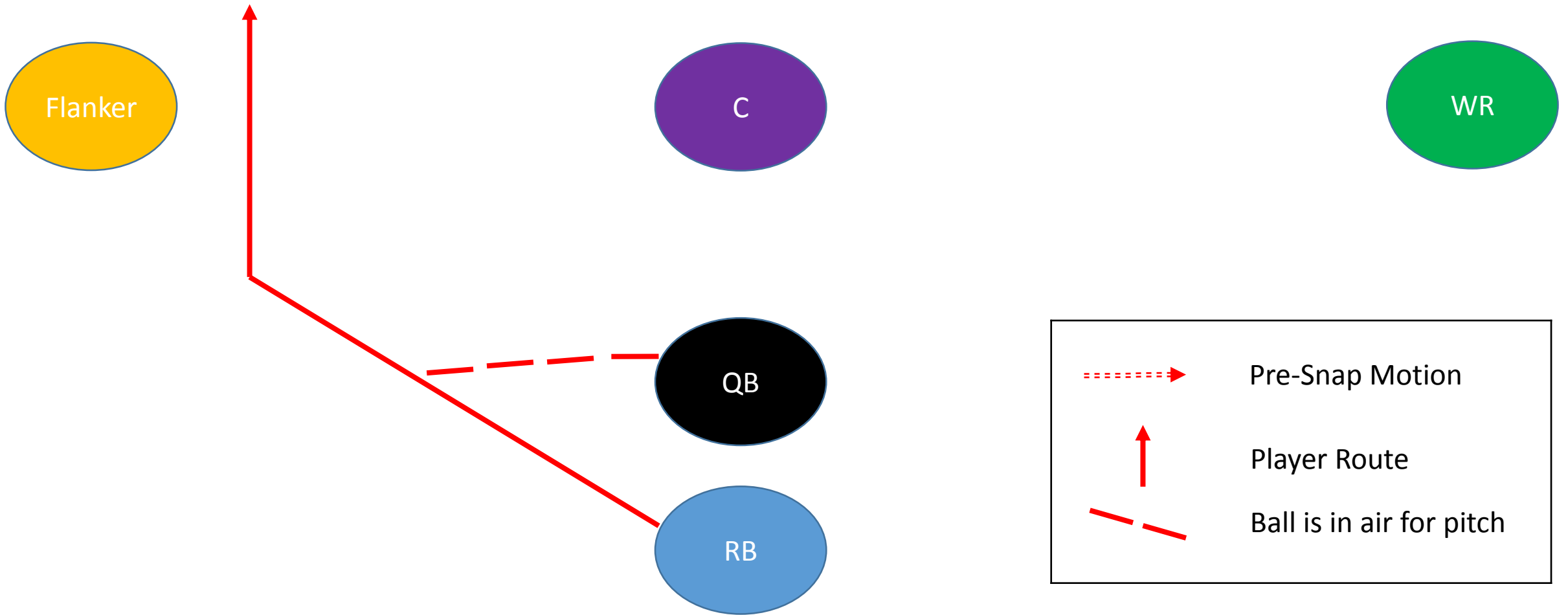
1st/2nd Grade Route Tree



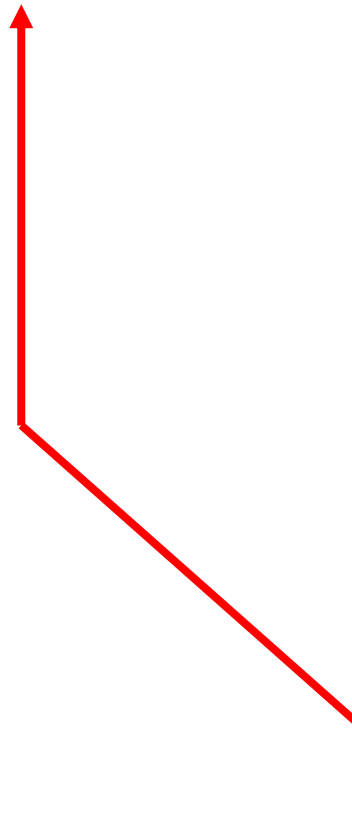
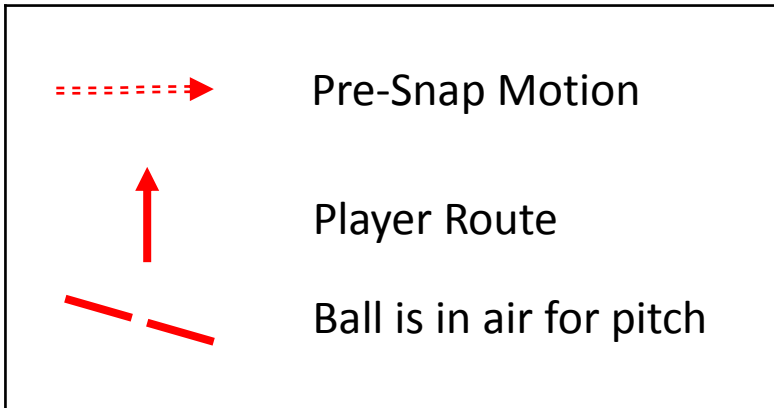
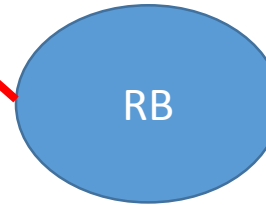
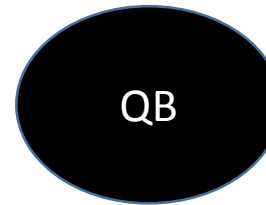
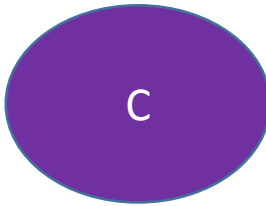
BALANCED, SWEEP LEFT



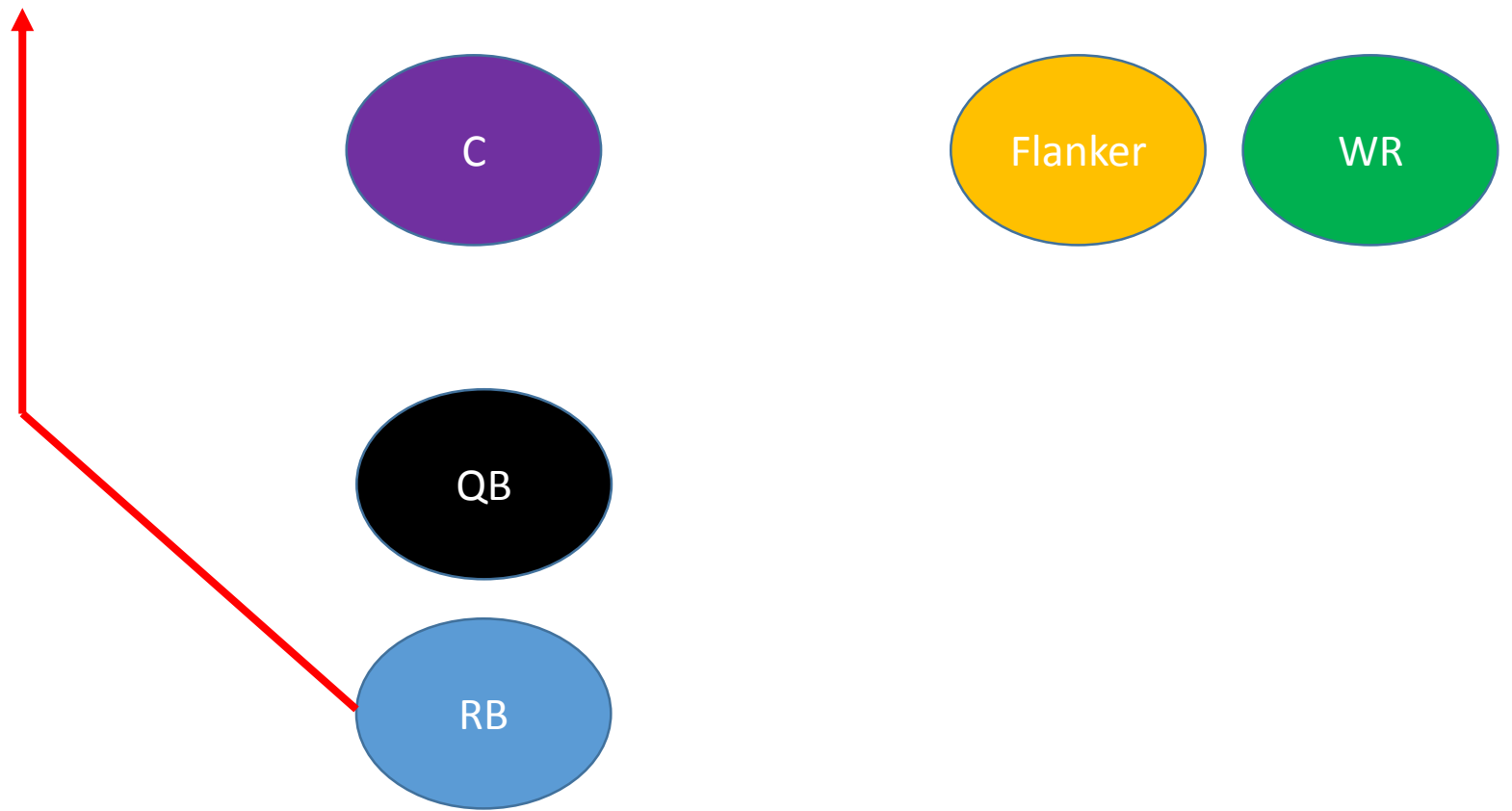
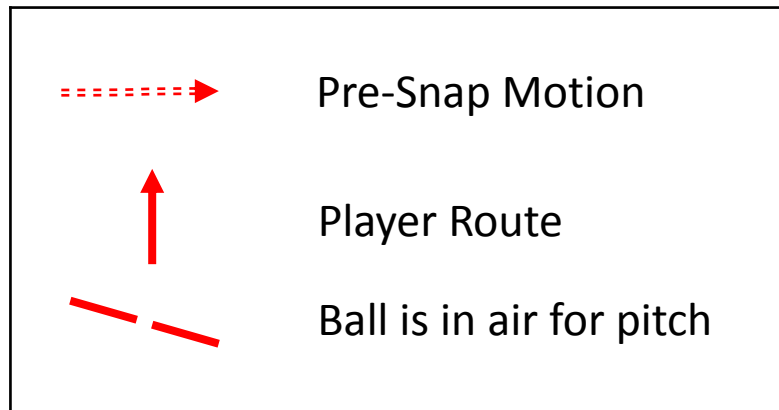
BALANCED, PITCH LEFT



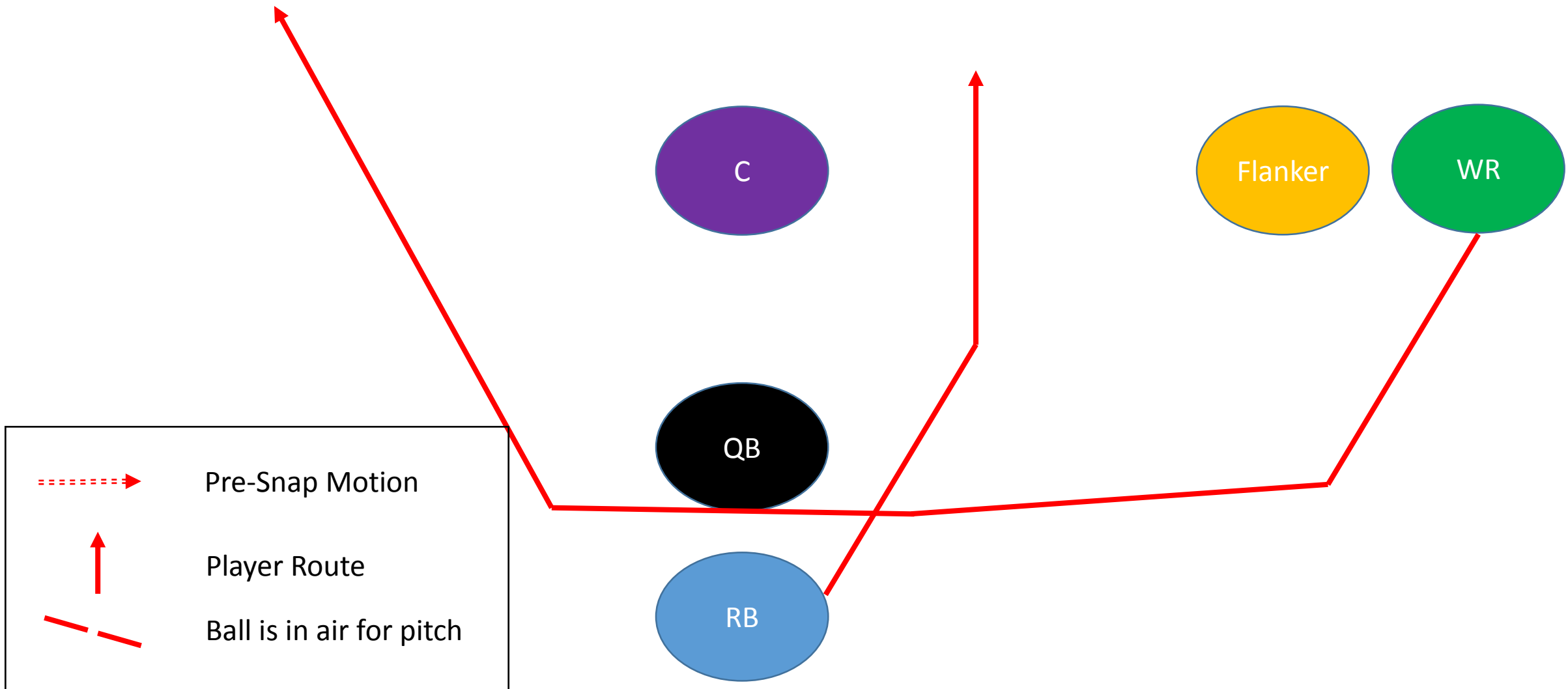
TWINS LEFT, SWEEP LEFT



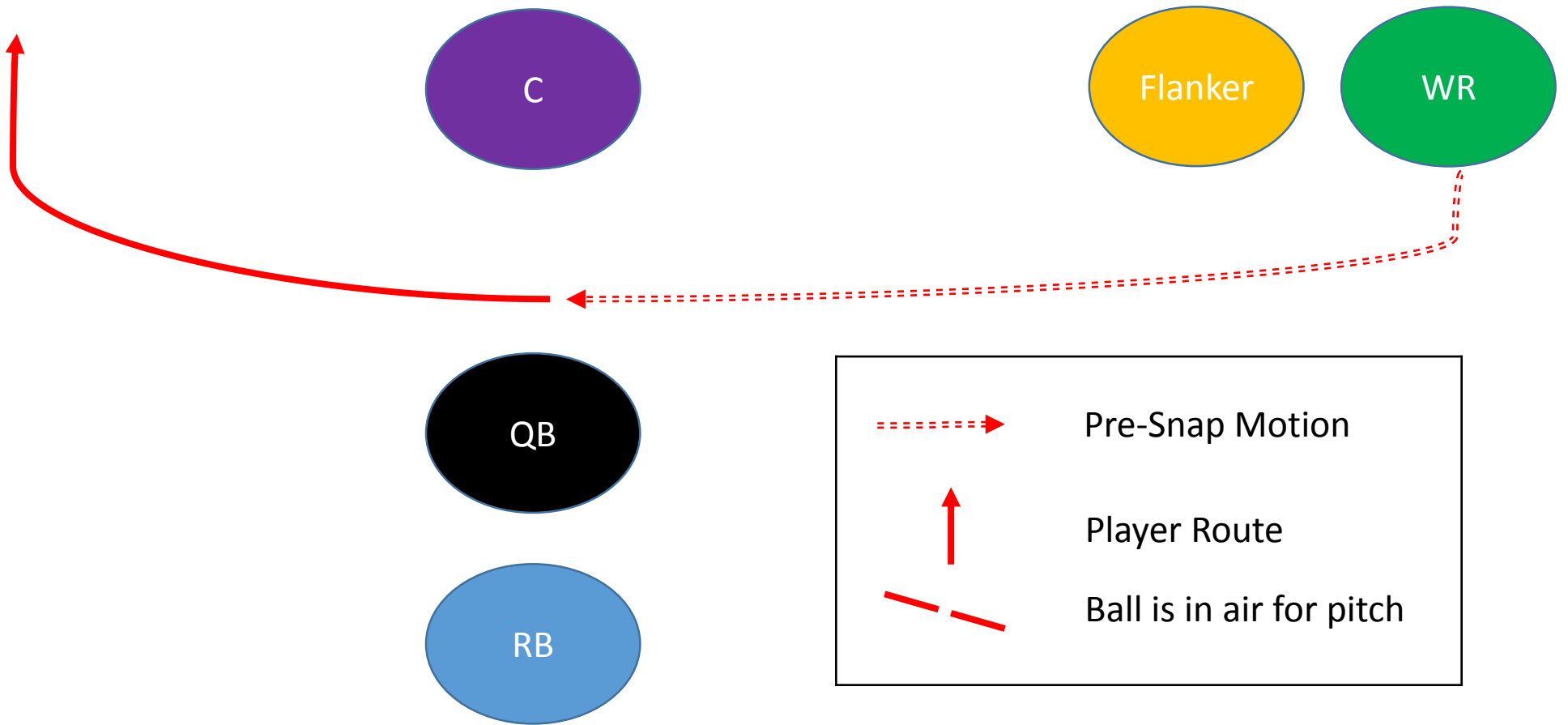
TWINS RIGHT, SWEEP LEFT



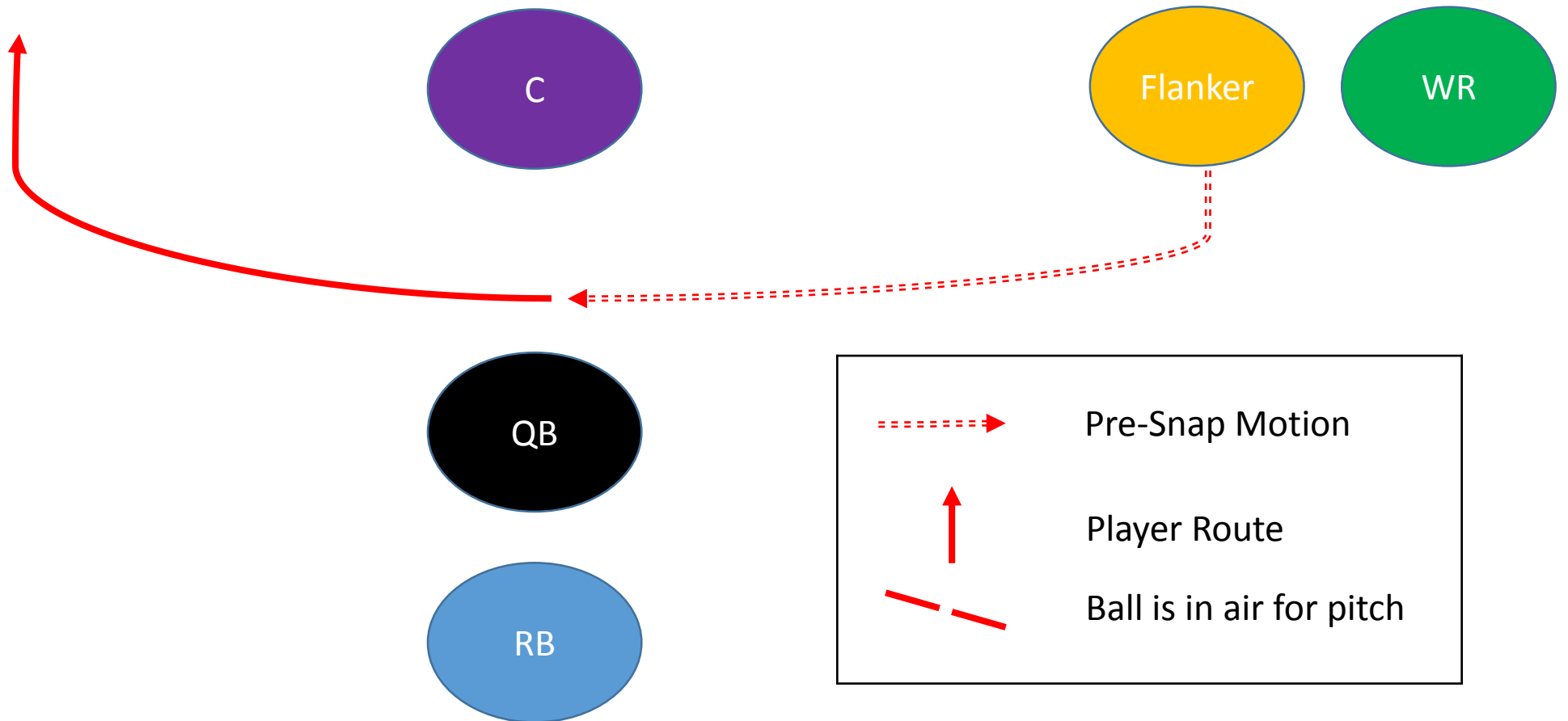
TWINS RIGHT, WR END AROUND



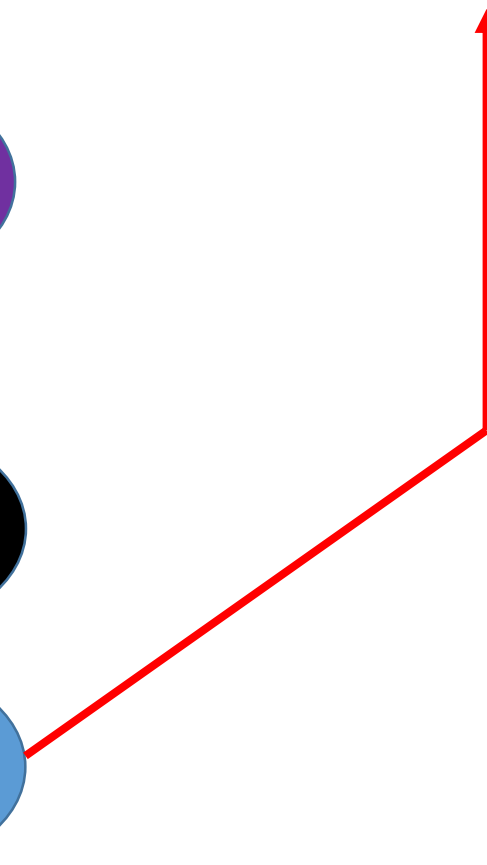
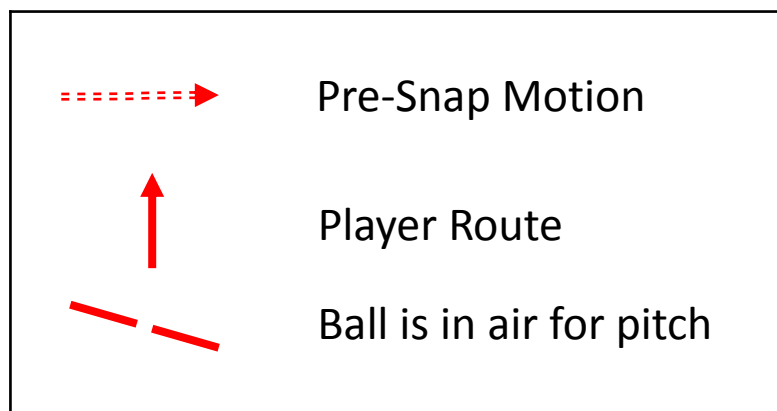
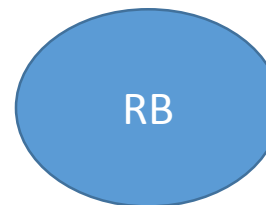
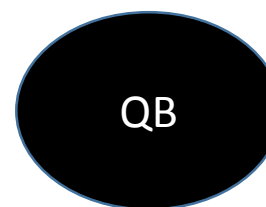
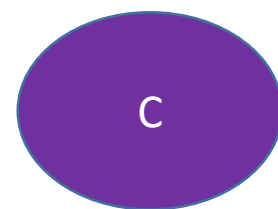
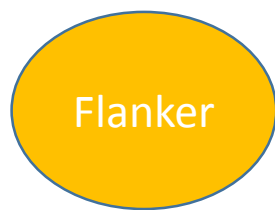
TWINS RIGHT, WR JET SWEEP



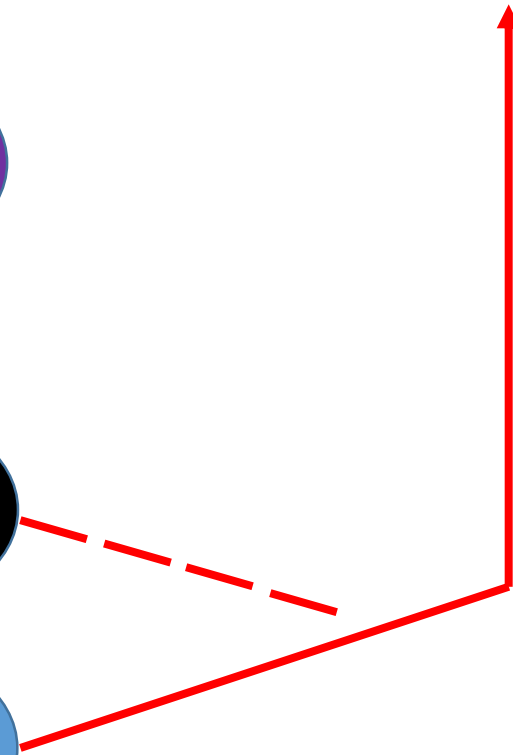
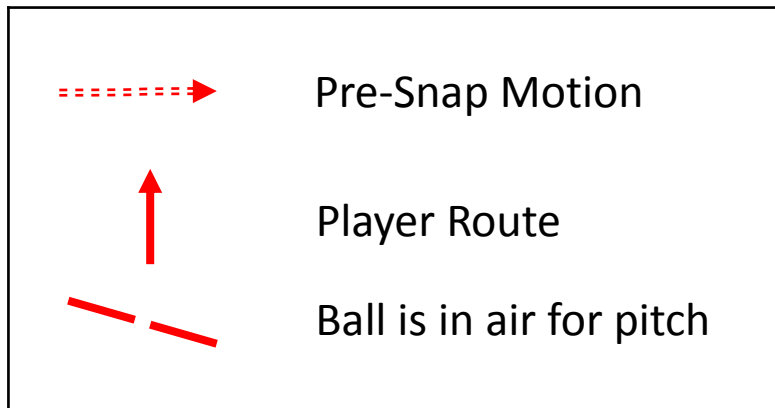
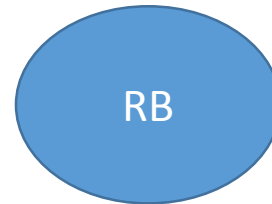
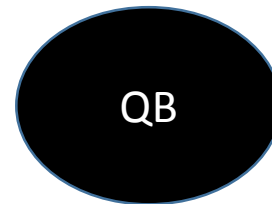
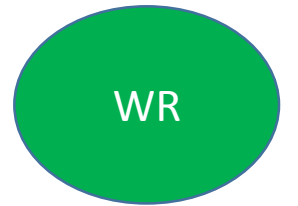
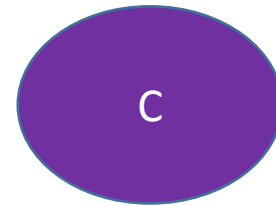
TWINS RIGHT, FLANKER JET SWEEP



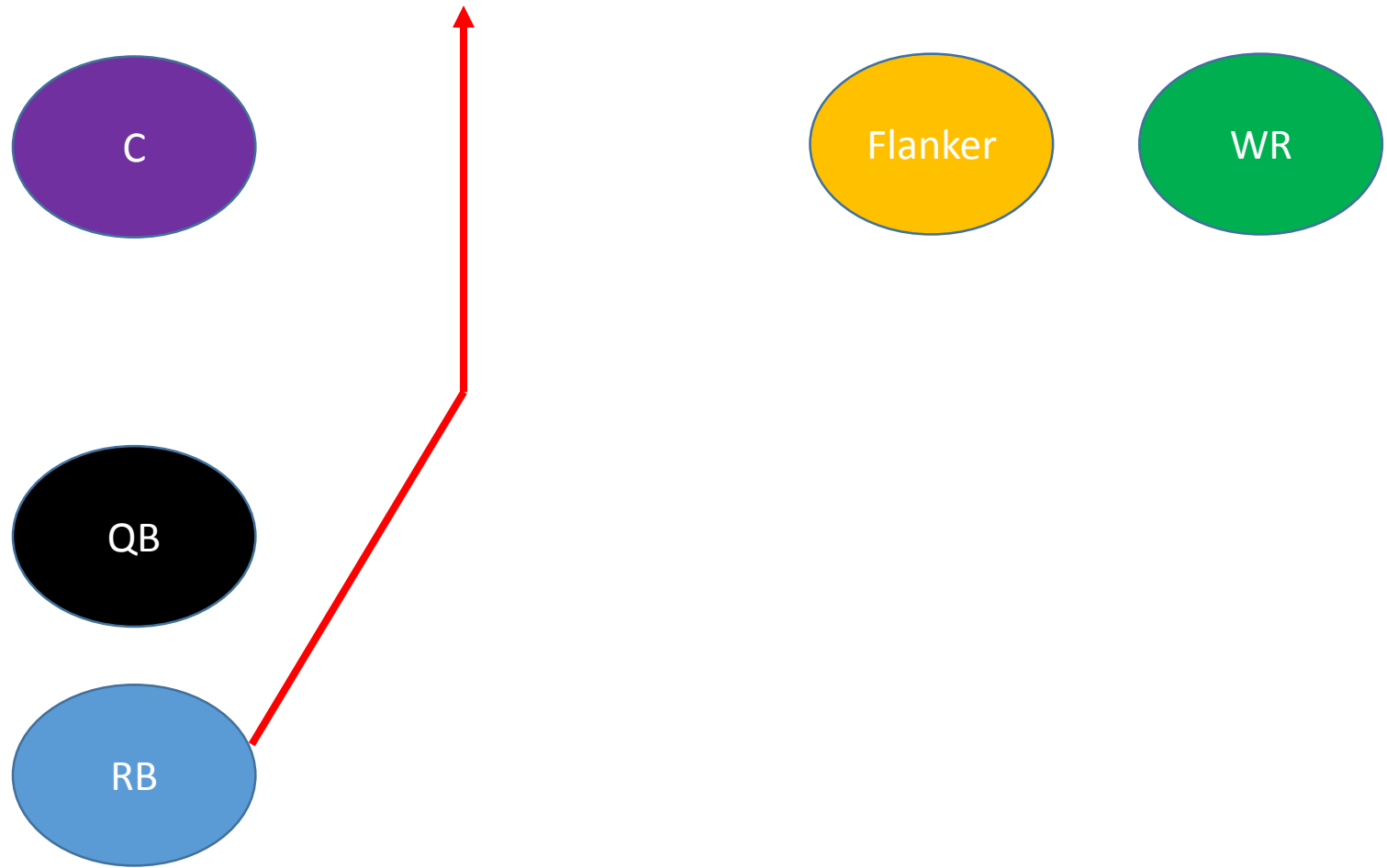
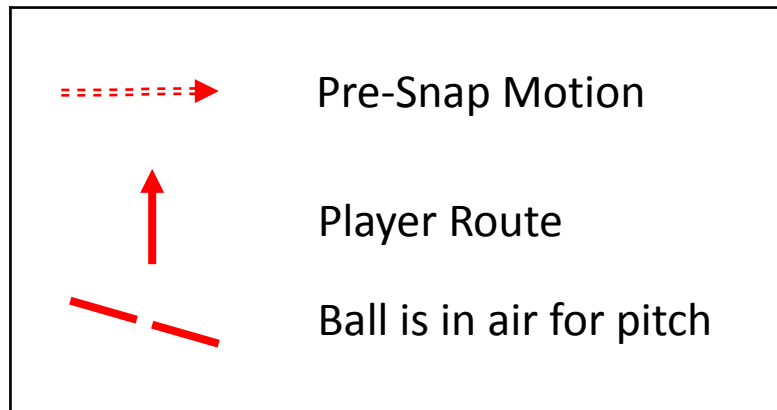
BALANCED, SWEEP RIGHT



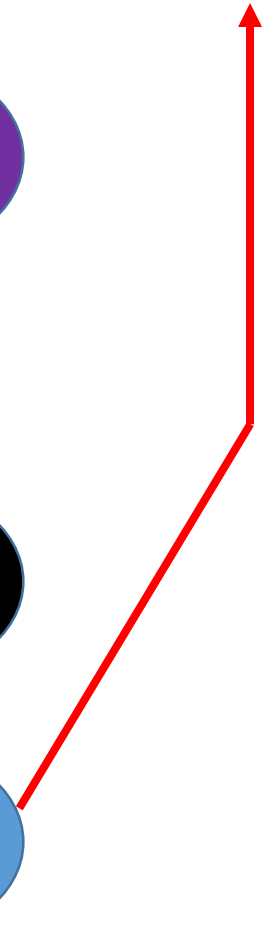
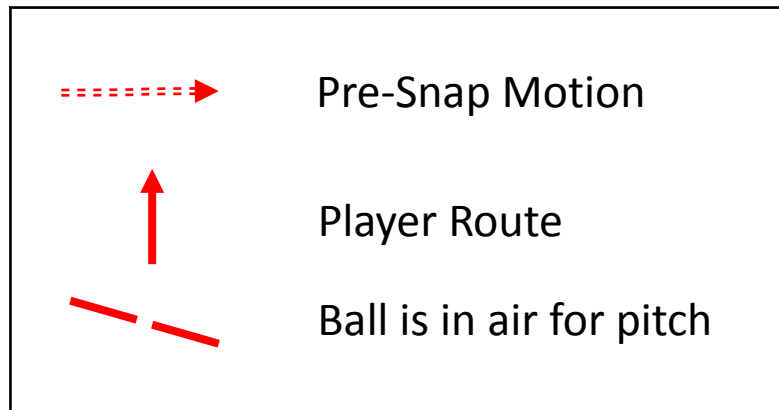
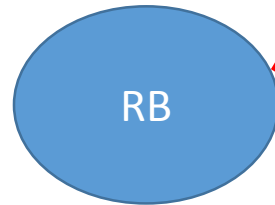
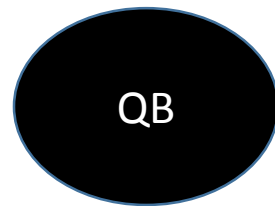
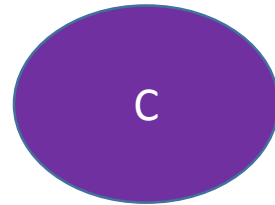
BALANCED, PITCH RIGHT



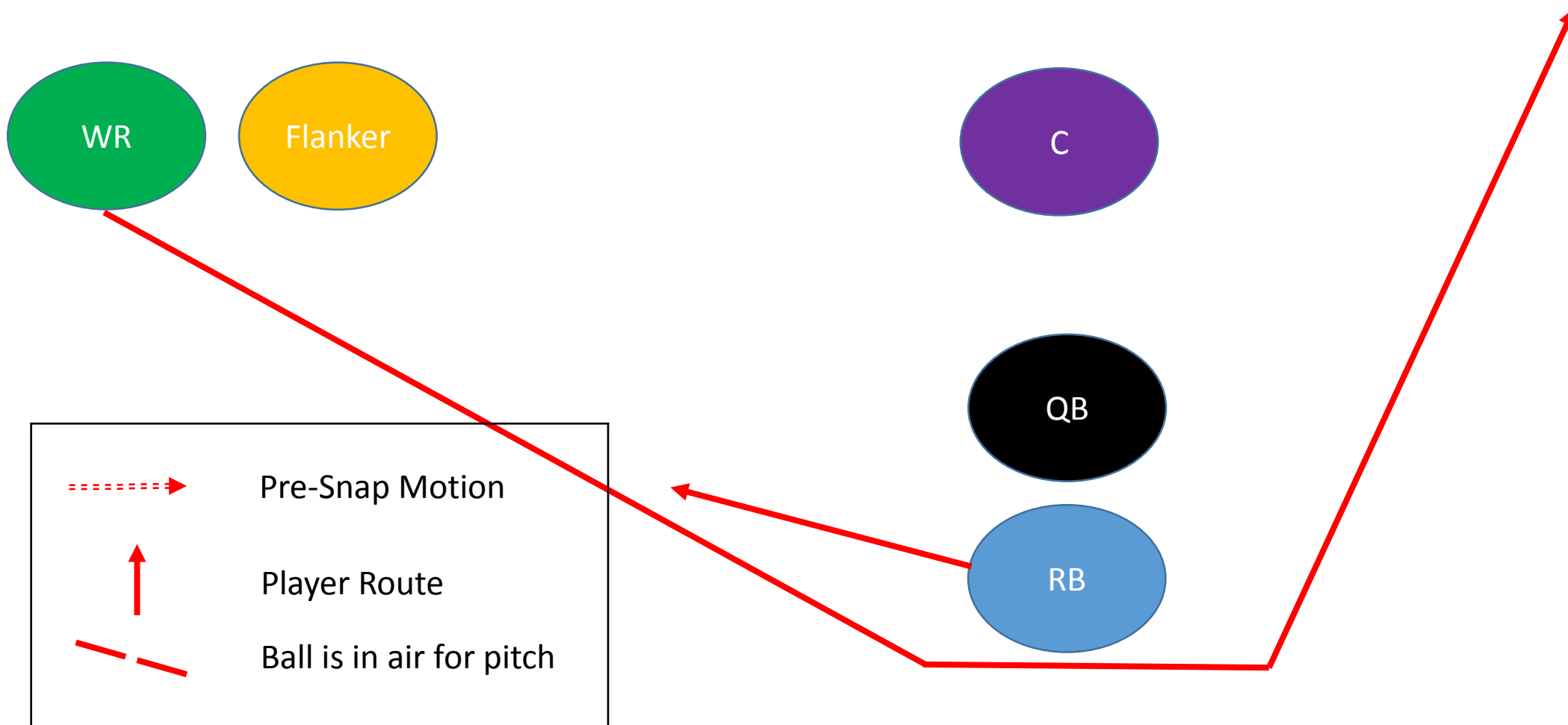
TWINS RIGHT, SWEEP RIGHT



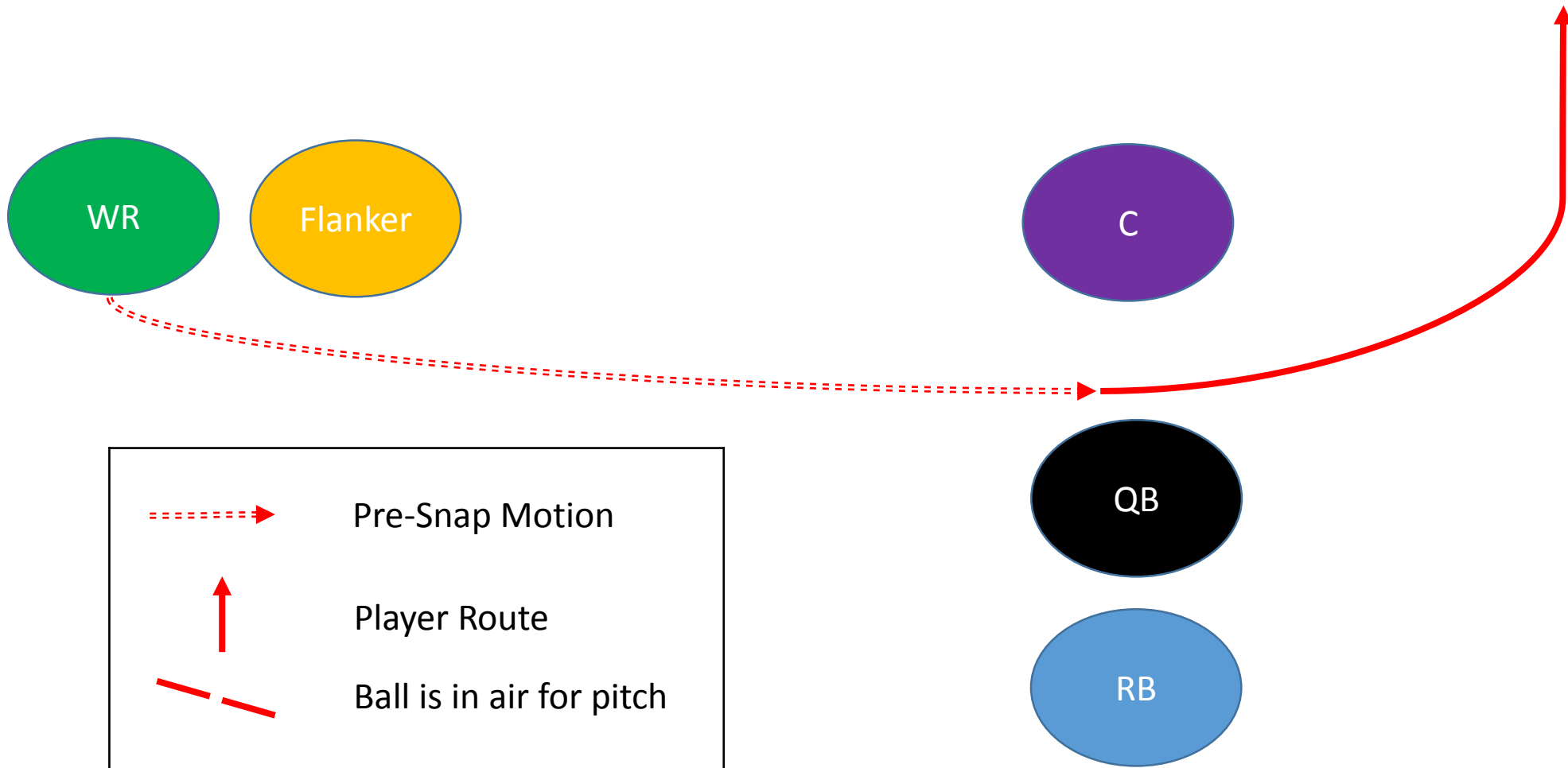
TWINS LEFT, SWEEP RIGHT



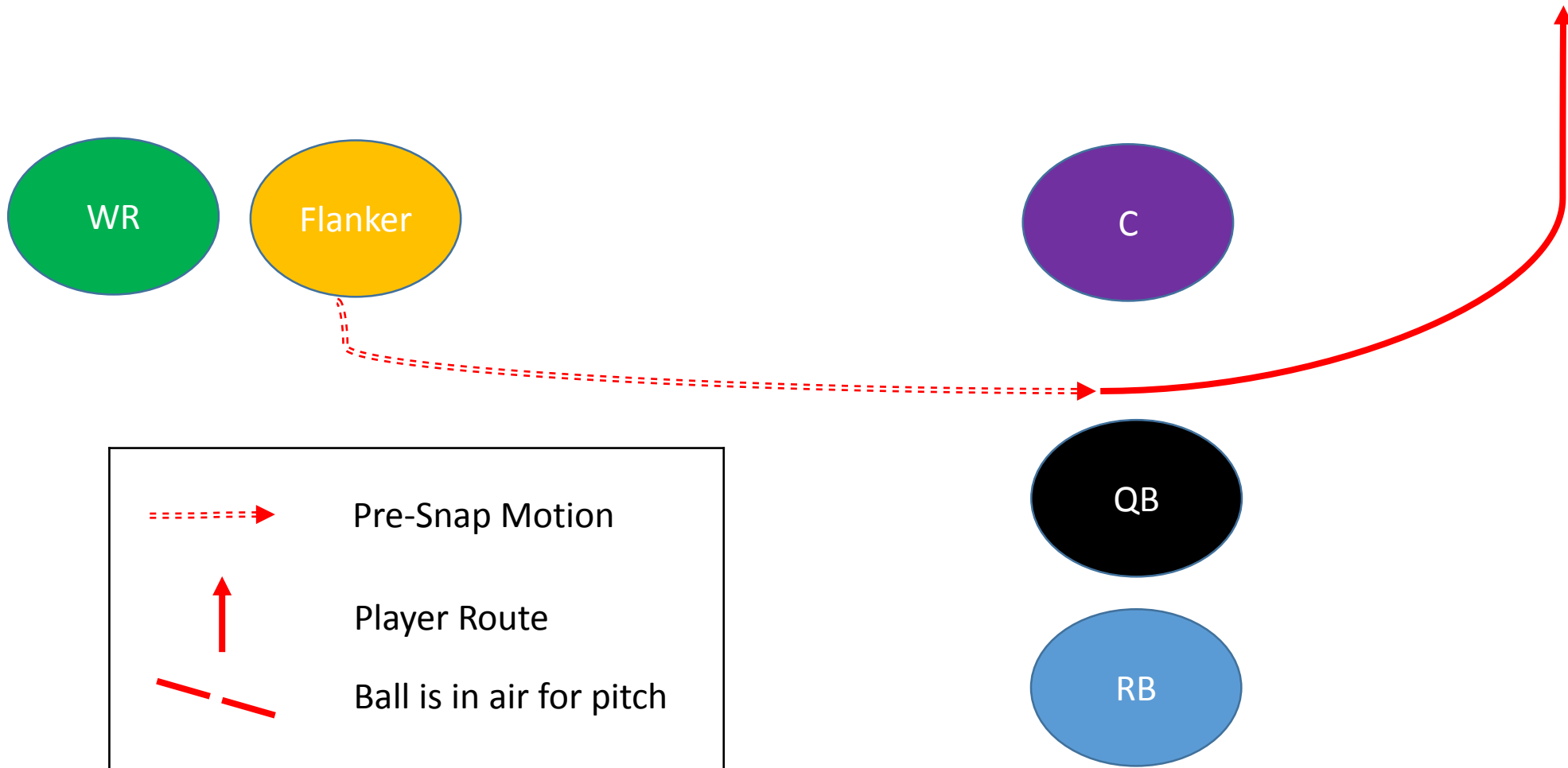
TWINS LEFT, WR REVERSE



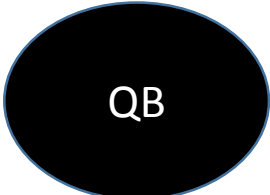
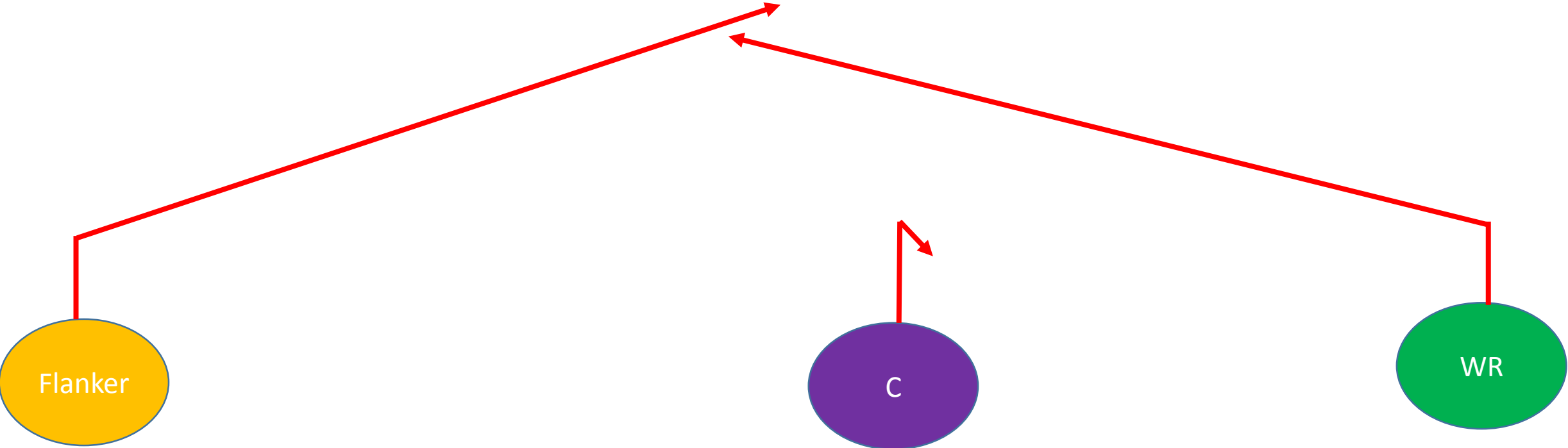
TWINS LEFT, WR JET SWEEP






TWINS LEFT, FLANKER JET SWEEP



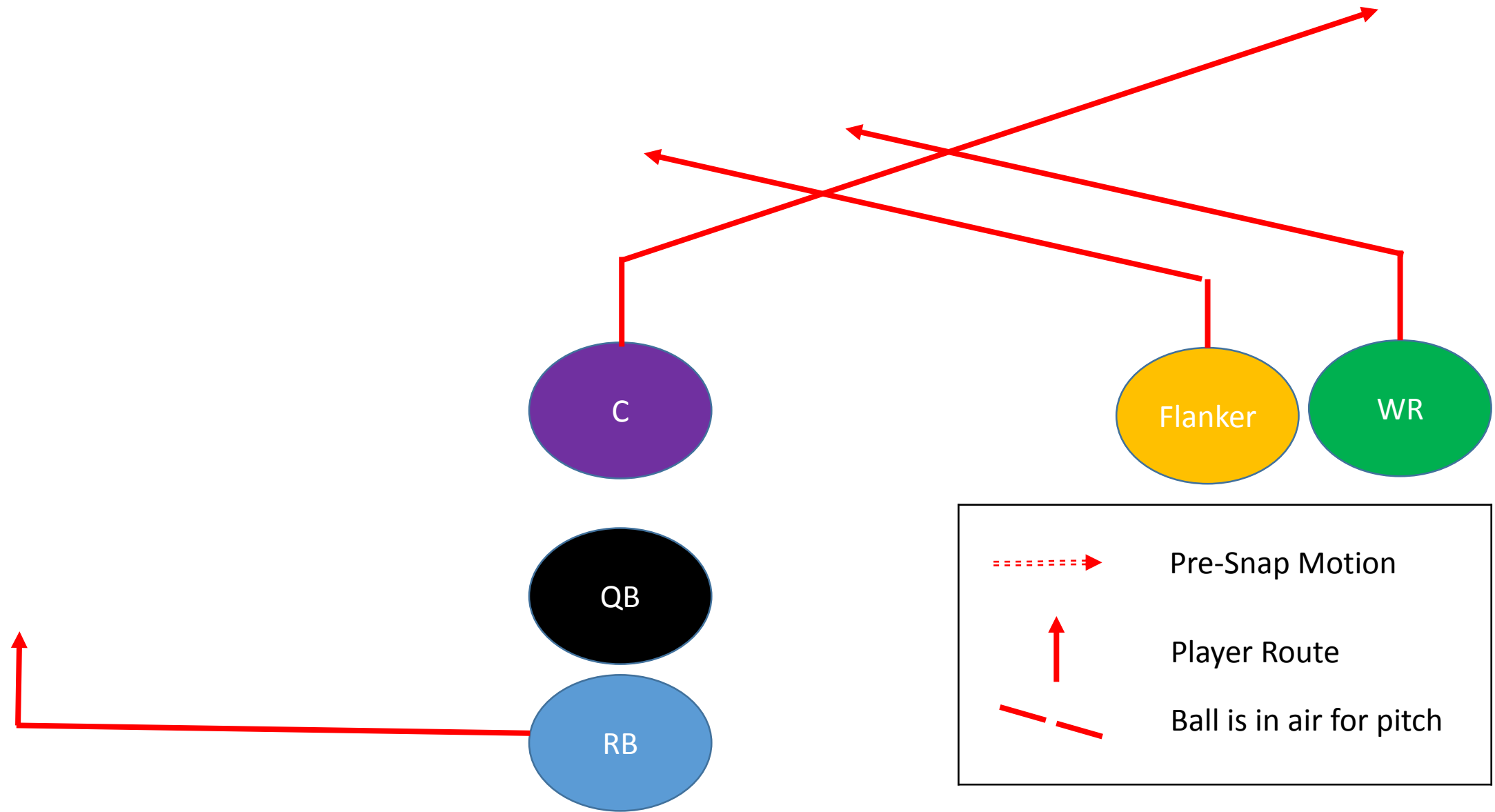
BALANCED, ALL SLANT



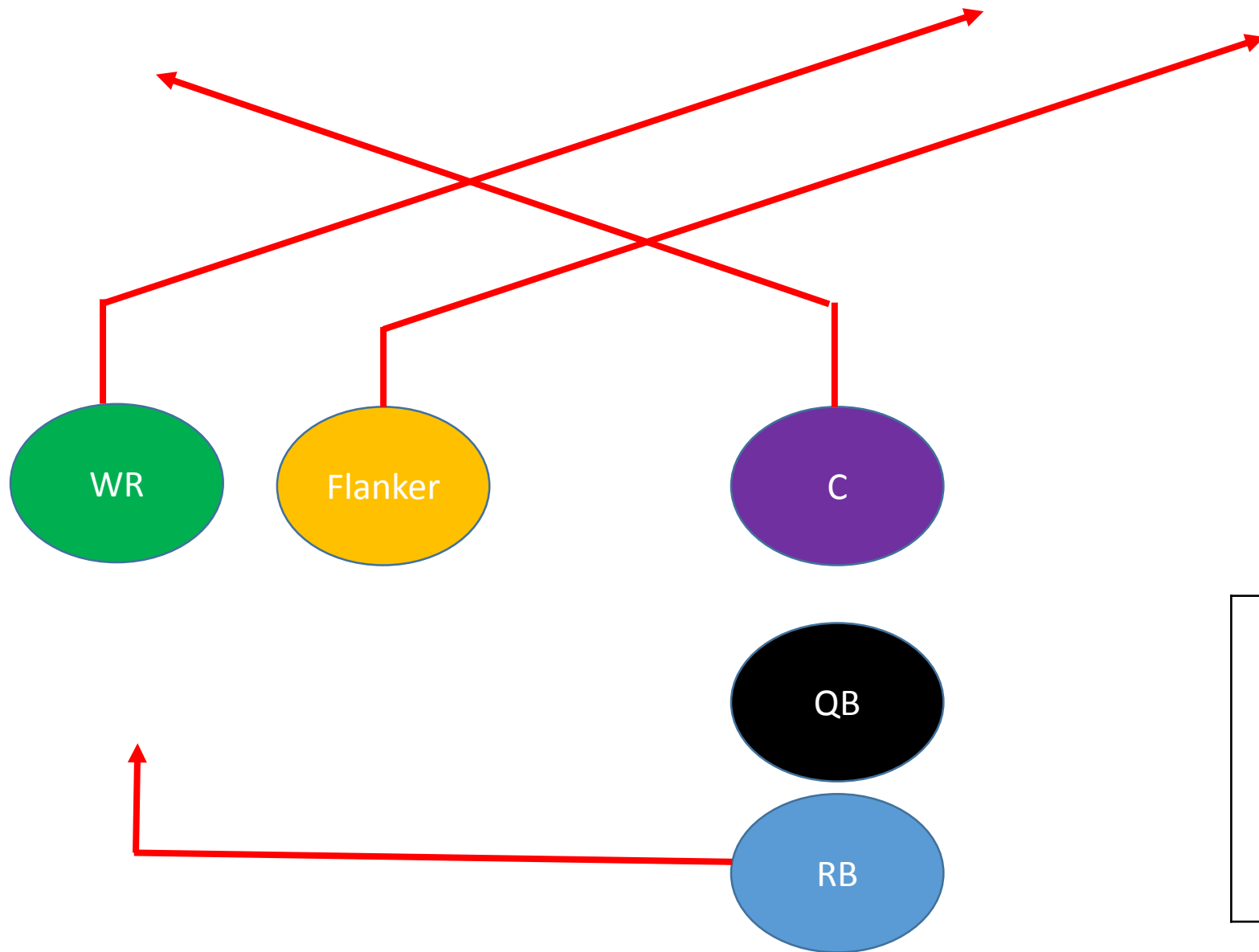
	Pre-Snap Motion
	Player Route
	Ball is in air for pitch






TWINS RIGHT, ALL SLANT

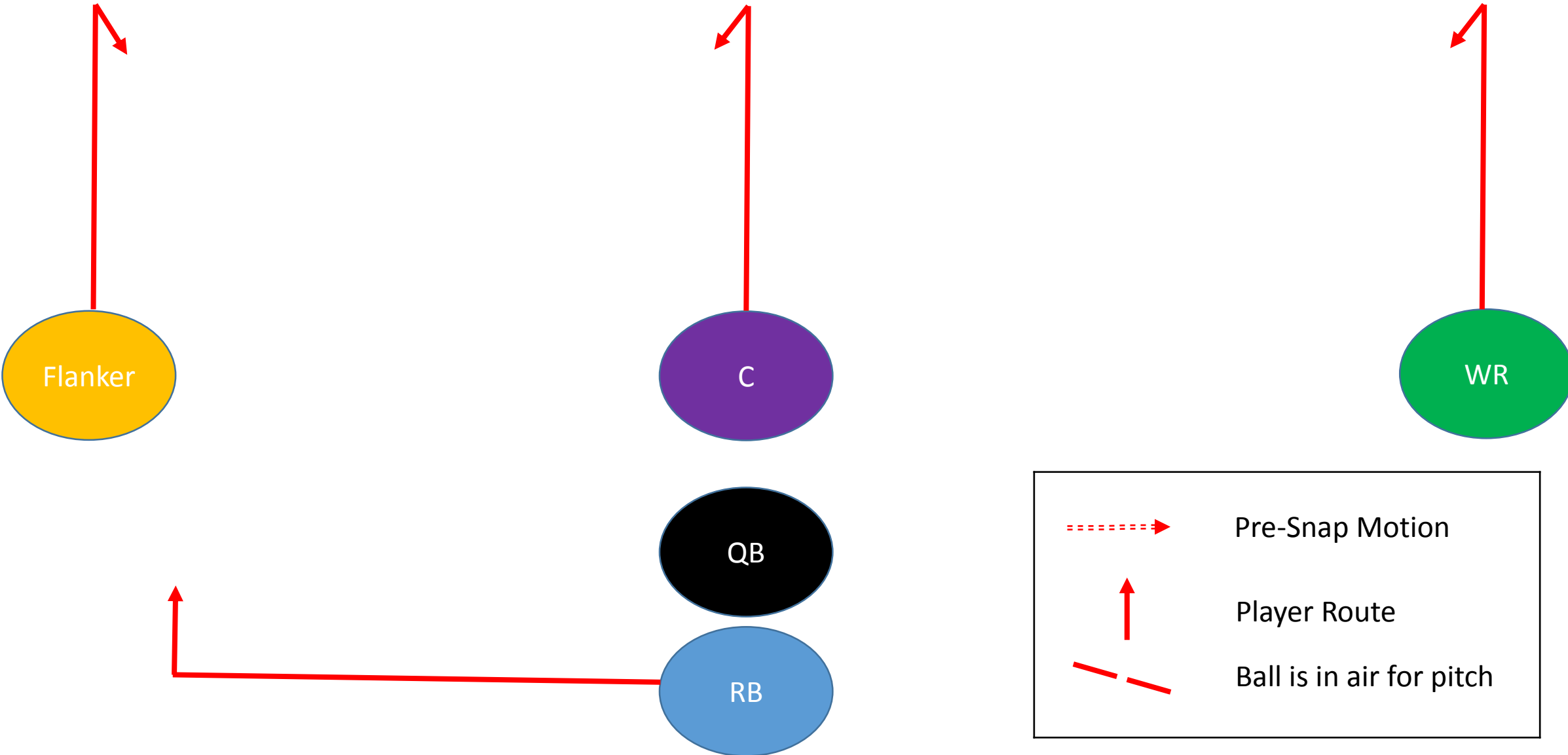


TWINS LEFT, ALL SLANT

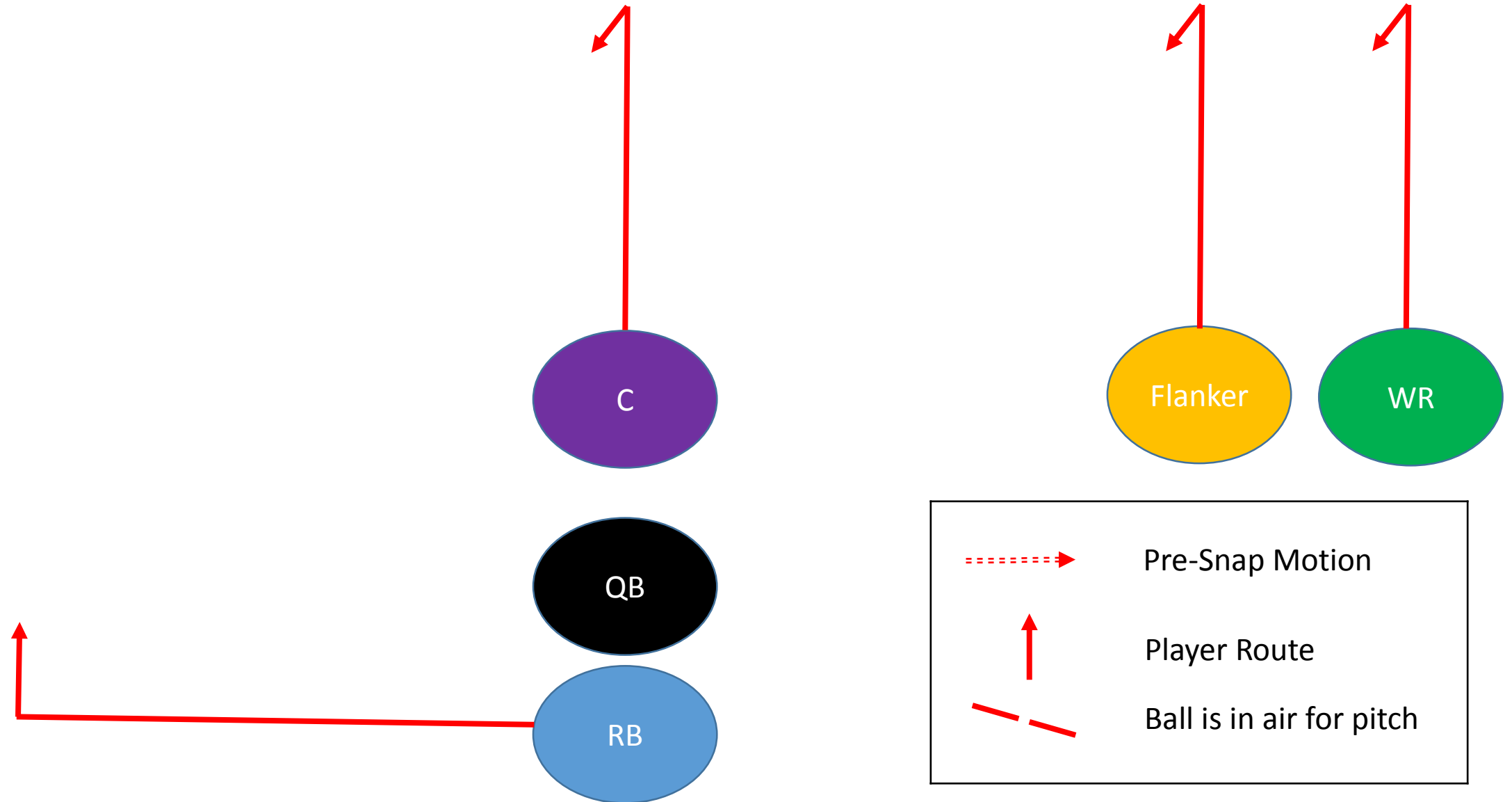


	Pre-Snap Motion
	Player Route
	Ball is in air for pitch

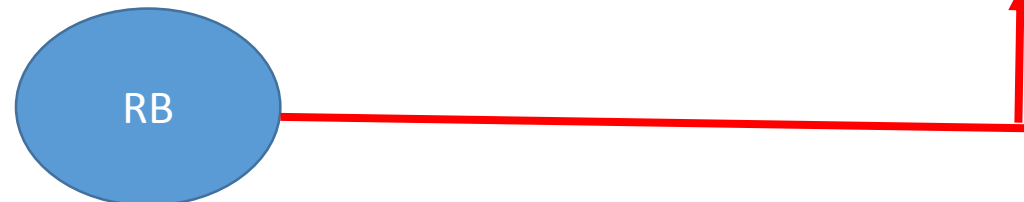
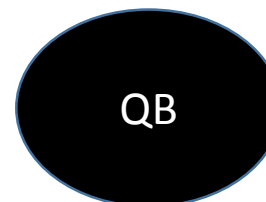
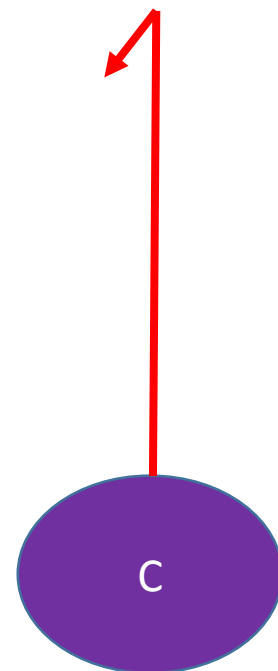
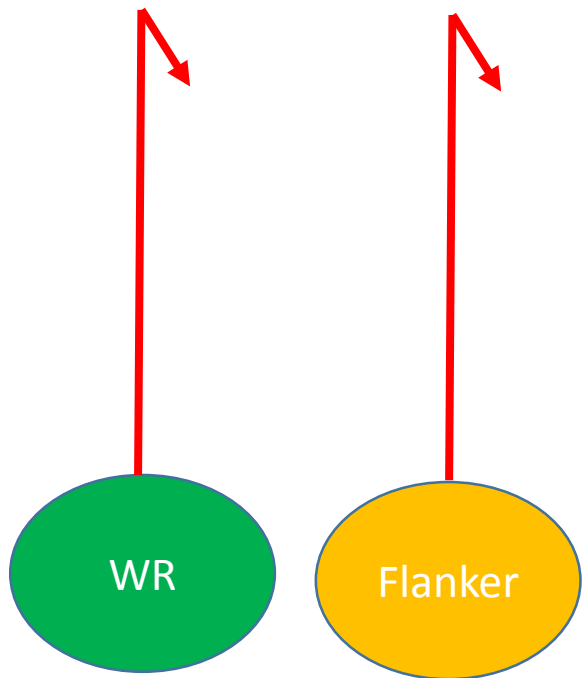
BALANCED, ALL CURL

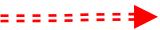




TWINS RIGHT, ALL CURL

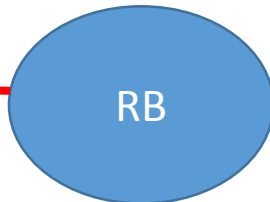
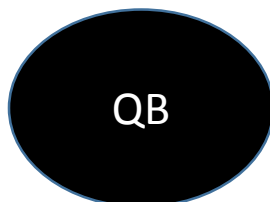
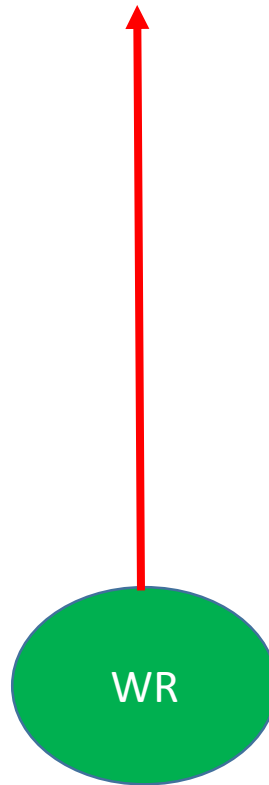
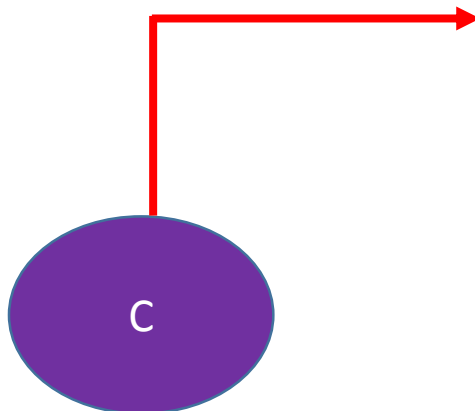
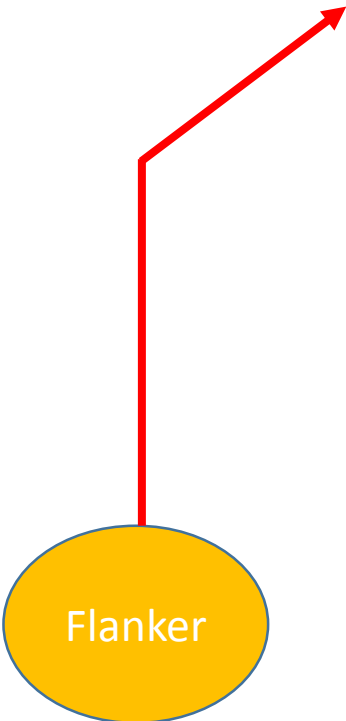


TWINS LEFT, ALL CURL



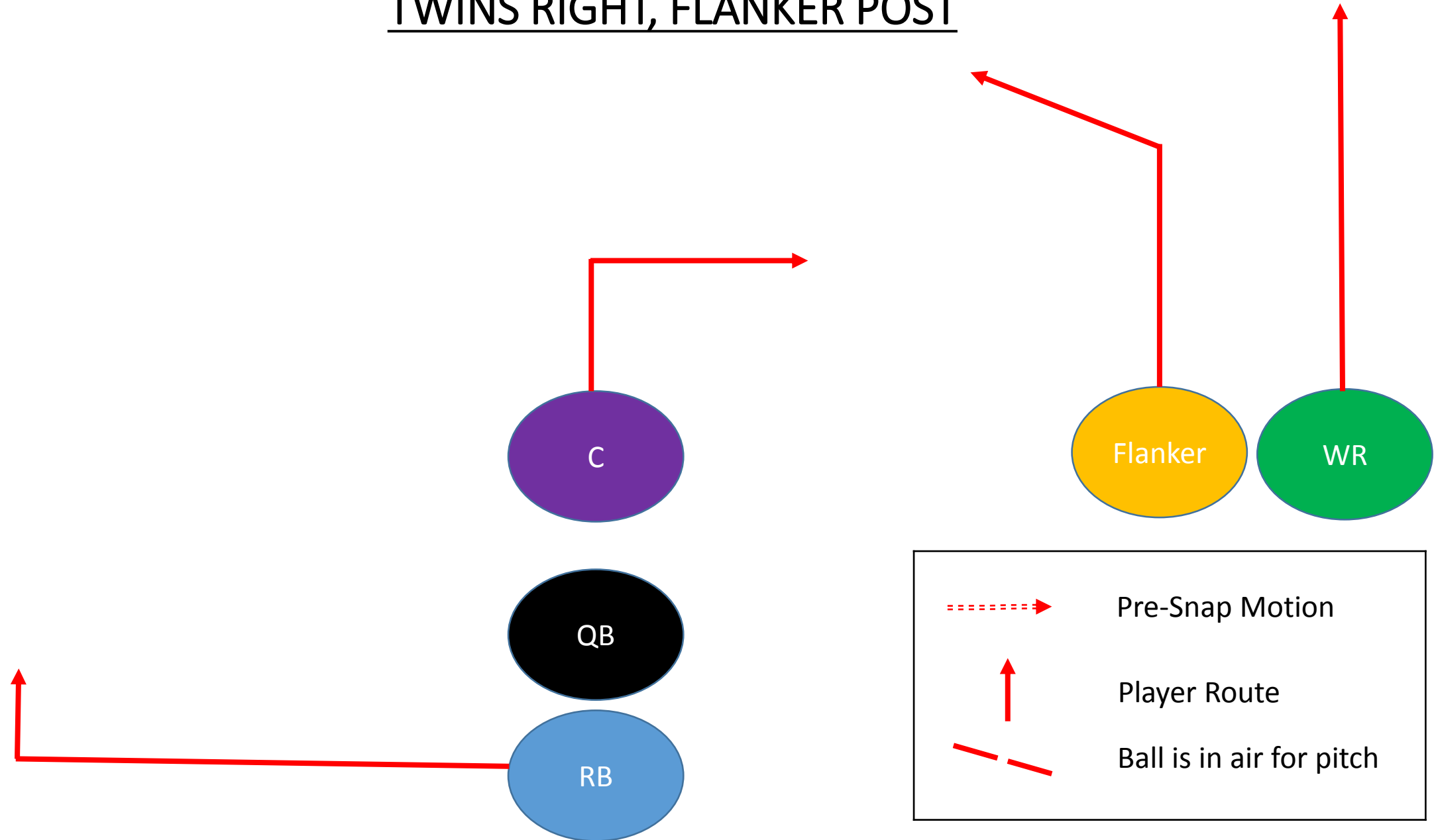
	Pre-Snap Motion
	Player Route
	Ball is in air for pitch

BALANCED, FLANKER POST

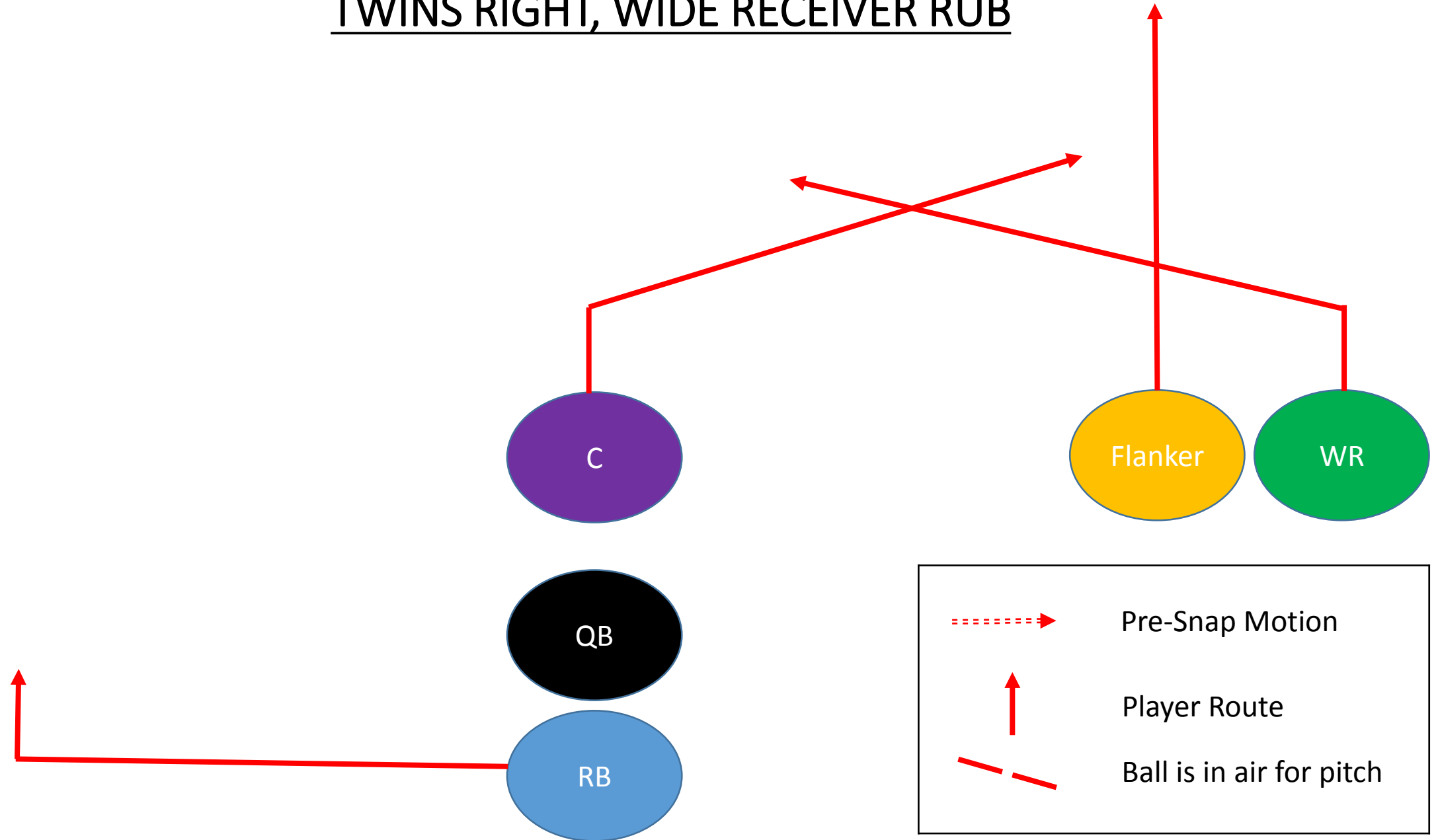


	Pre-Snap Motion
	Player Route
	Ball is in air for pitch

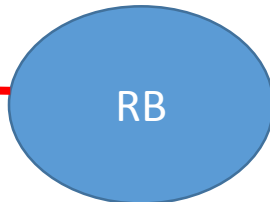
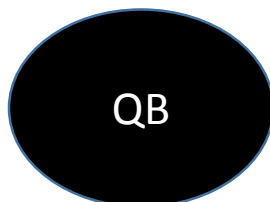
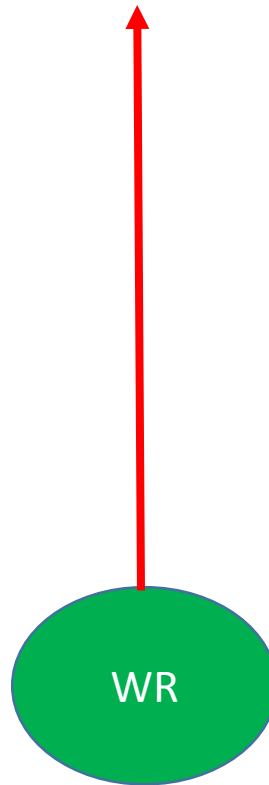
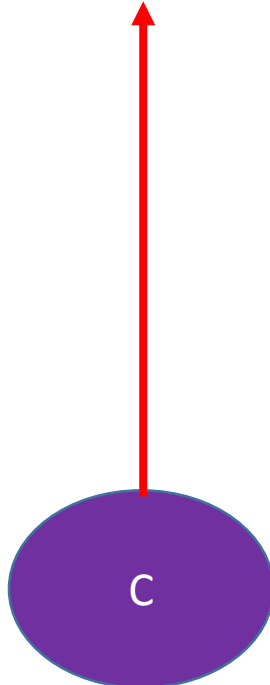
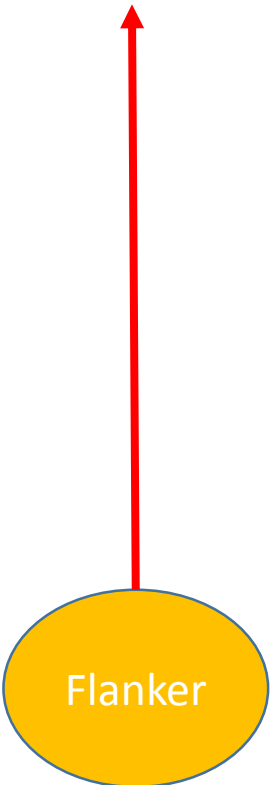
TWINS RIGHT, FLANKER POST



TWINS RIGHT, WIDE RECEIVER RUB

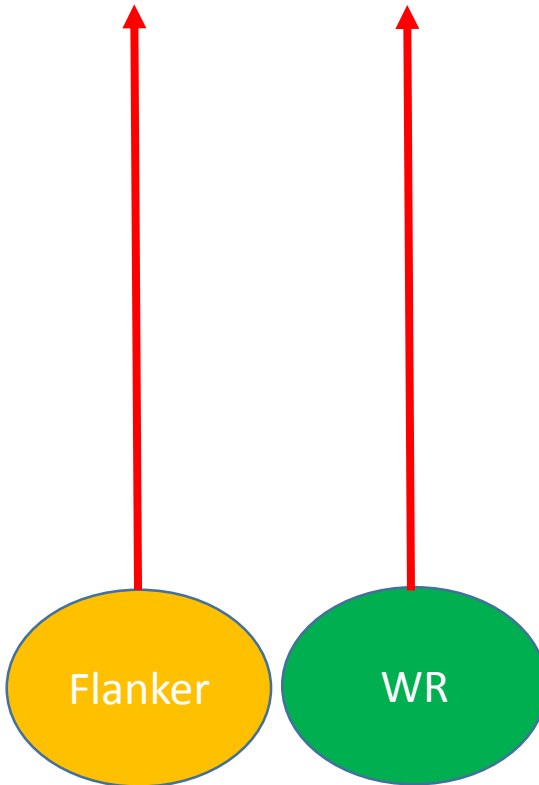
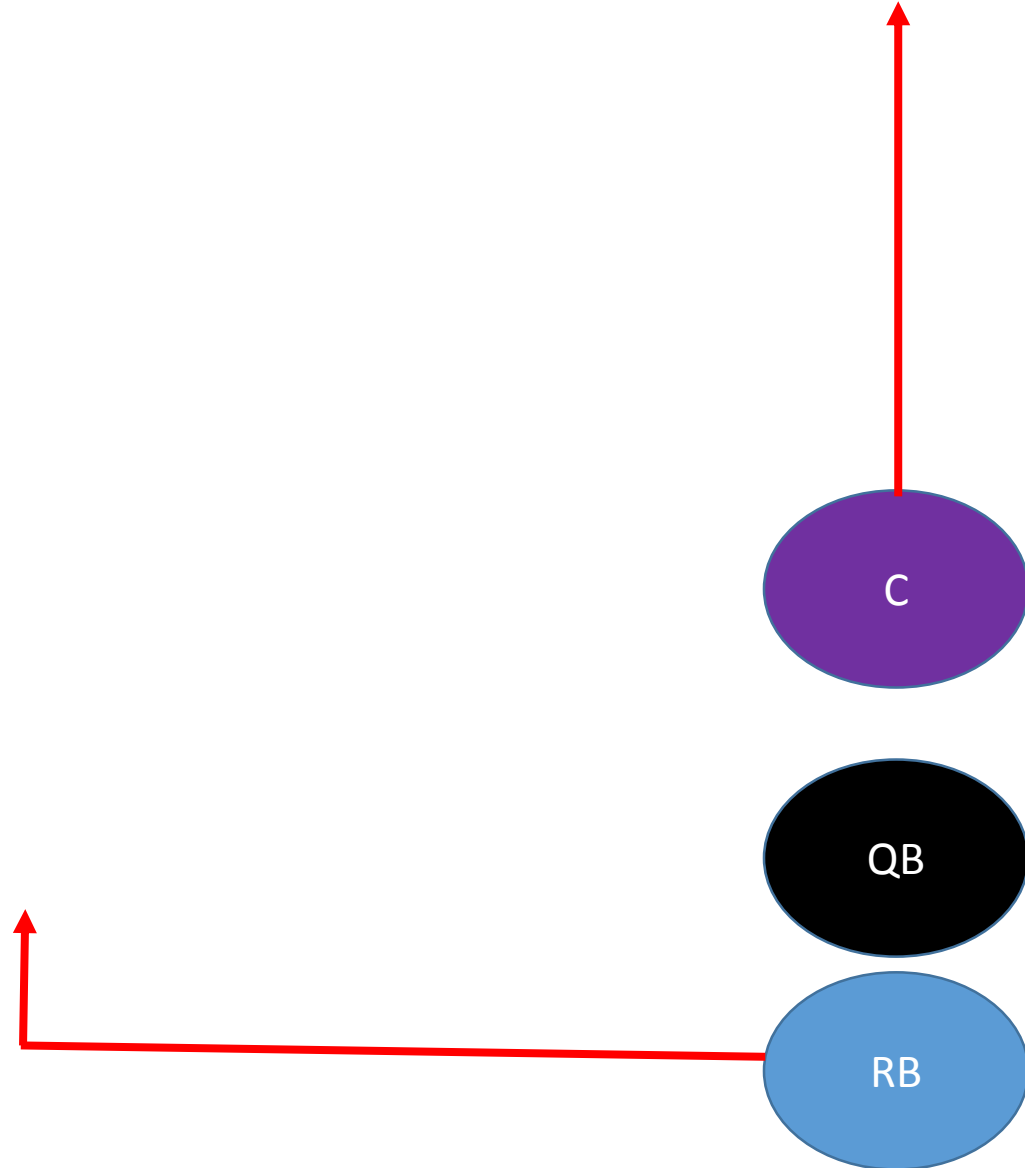





BALANCED, ALL GO



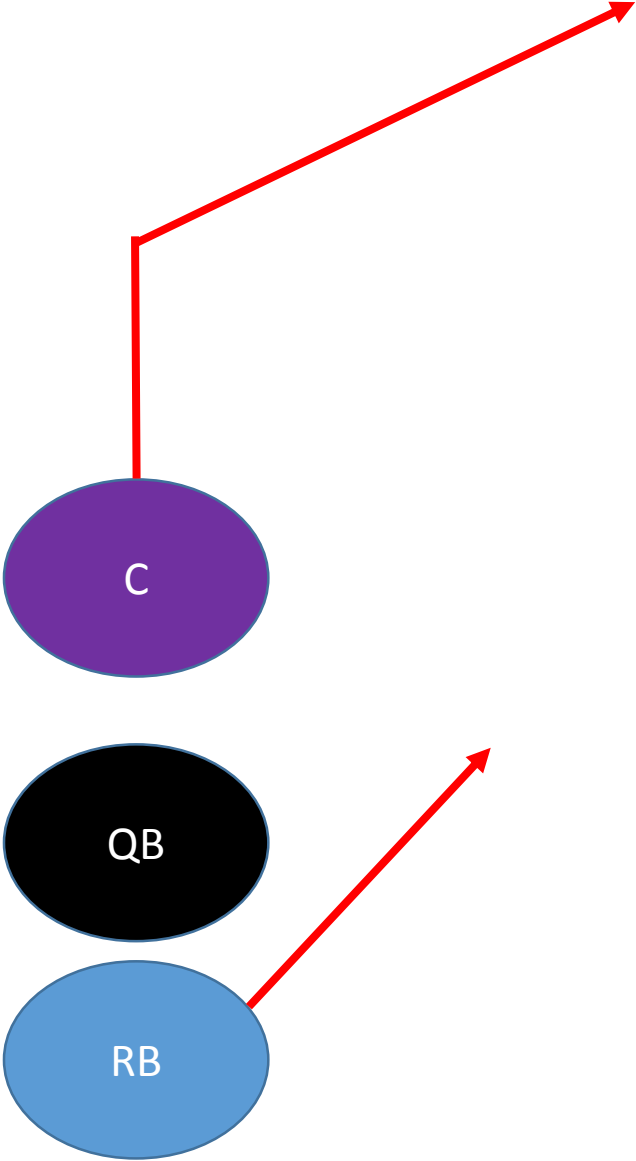
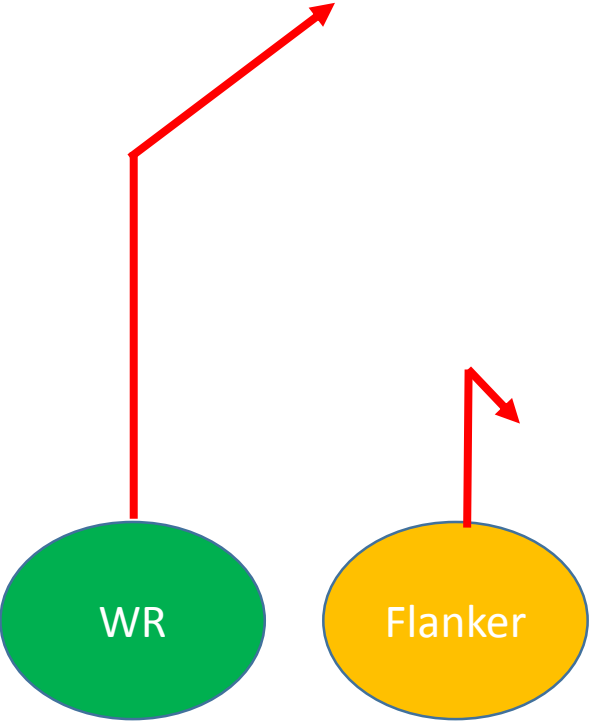
	Pre-Snap Motion
	Player Route
	Ball is in air for pitch




TWINS RIGHT, ALL GO



	Pre-Snap Motion
	Player Route
	Ball is in air for pitch

TWINS LEFT, RUNNING BACK PASS



	Pre-Snap Motion
	Player Route
	Ball is in air for pitch

Cover 1 Zone Defense

