

RFYFA
PLAYBOOK
3rd/4th Grade



Playbook Overview



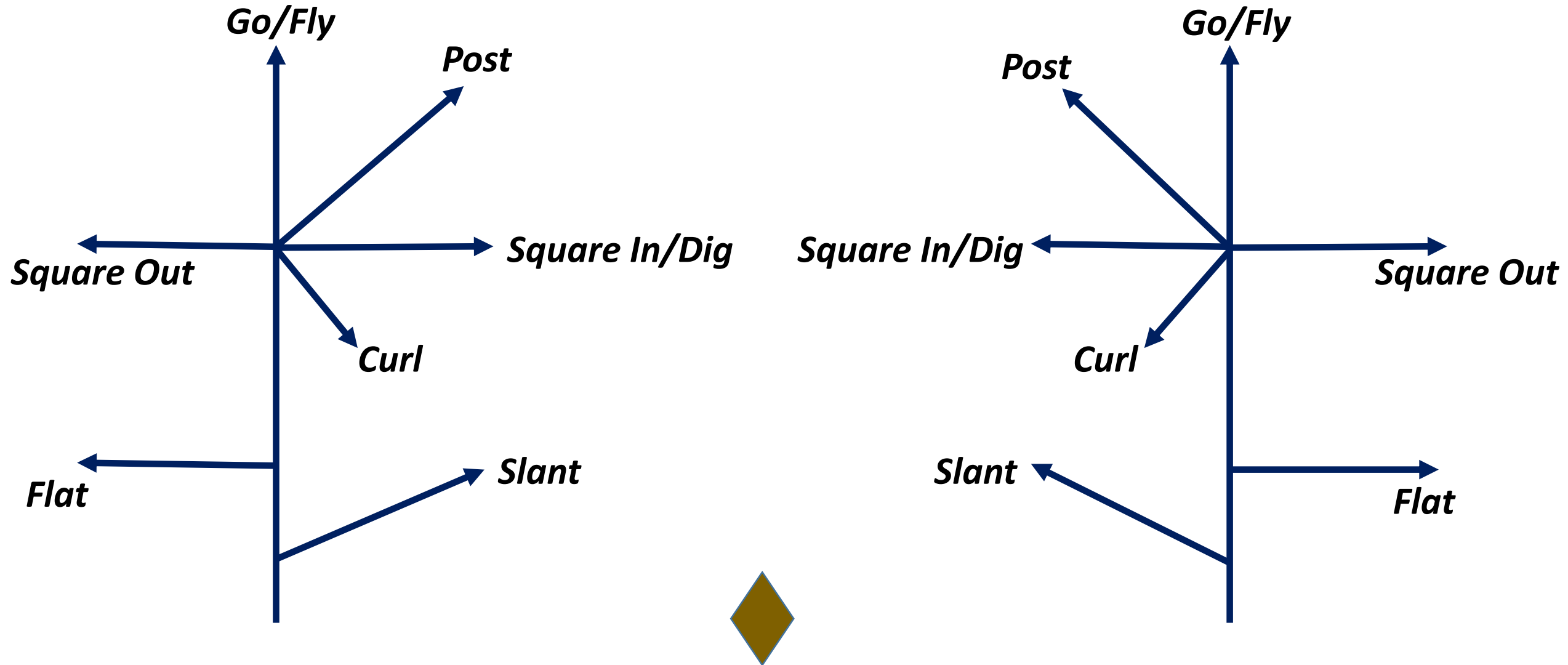
Trips Formation

- Trips means there are two Wide Receivers together on one side of the Center, and the Flanker will line up next to the Wide Receivers nearest to 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

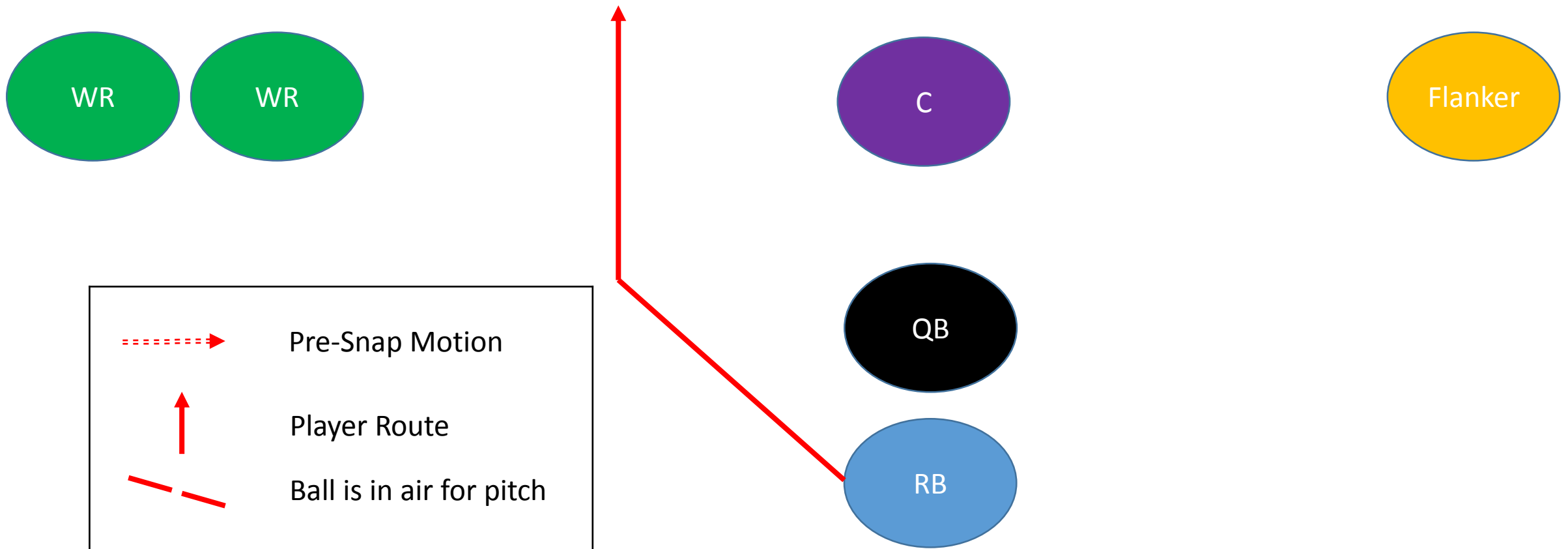
Twins Formation

- Twins means two Wide Receivers will line up together on one side of the Center
- The Flanker will be alone on the opposite side 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

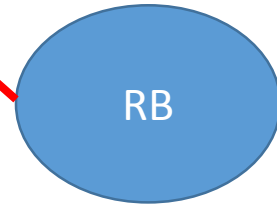
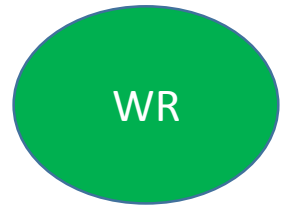
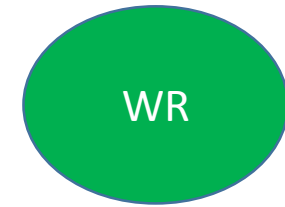
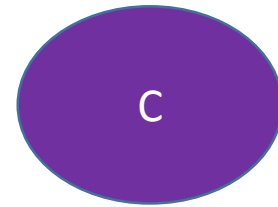
3rd/4th Grade Route Tree






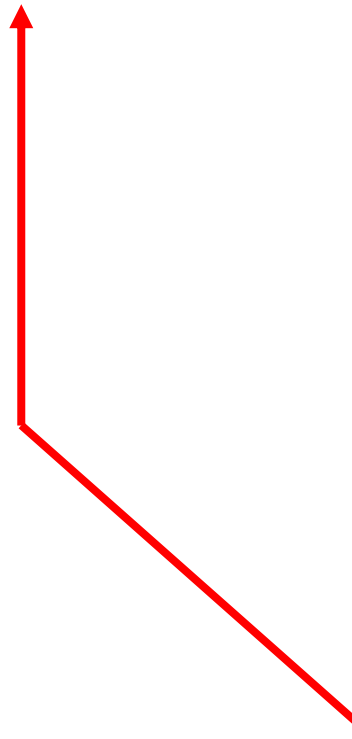
TWINS LEFT, SWEEP LEFT



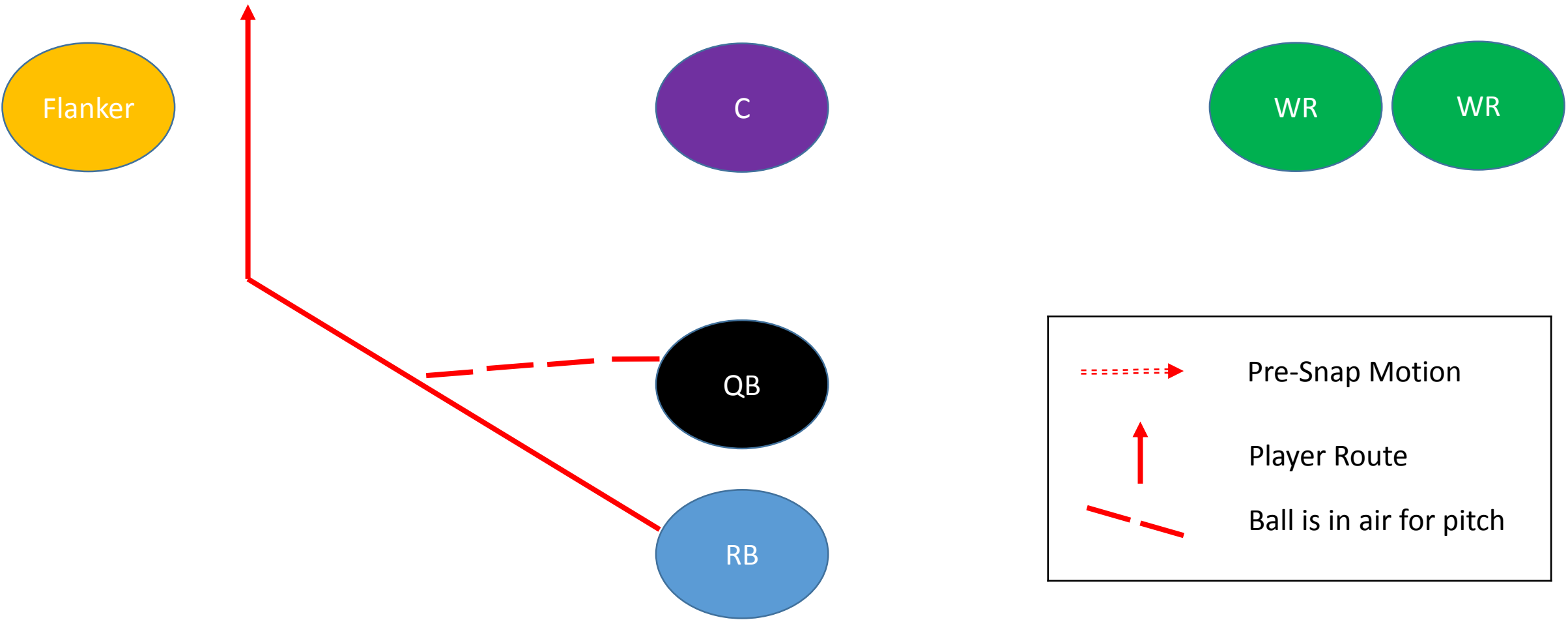
TWINS RIGHT, SWEEP LEFT



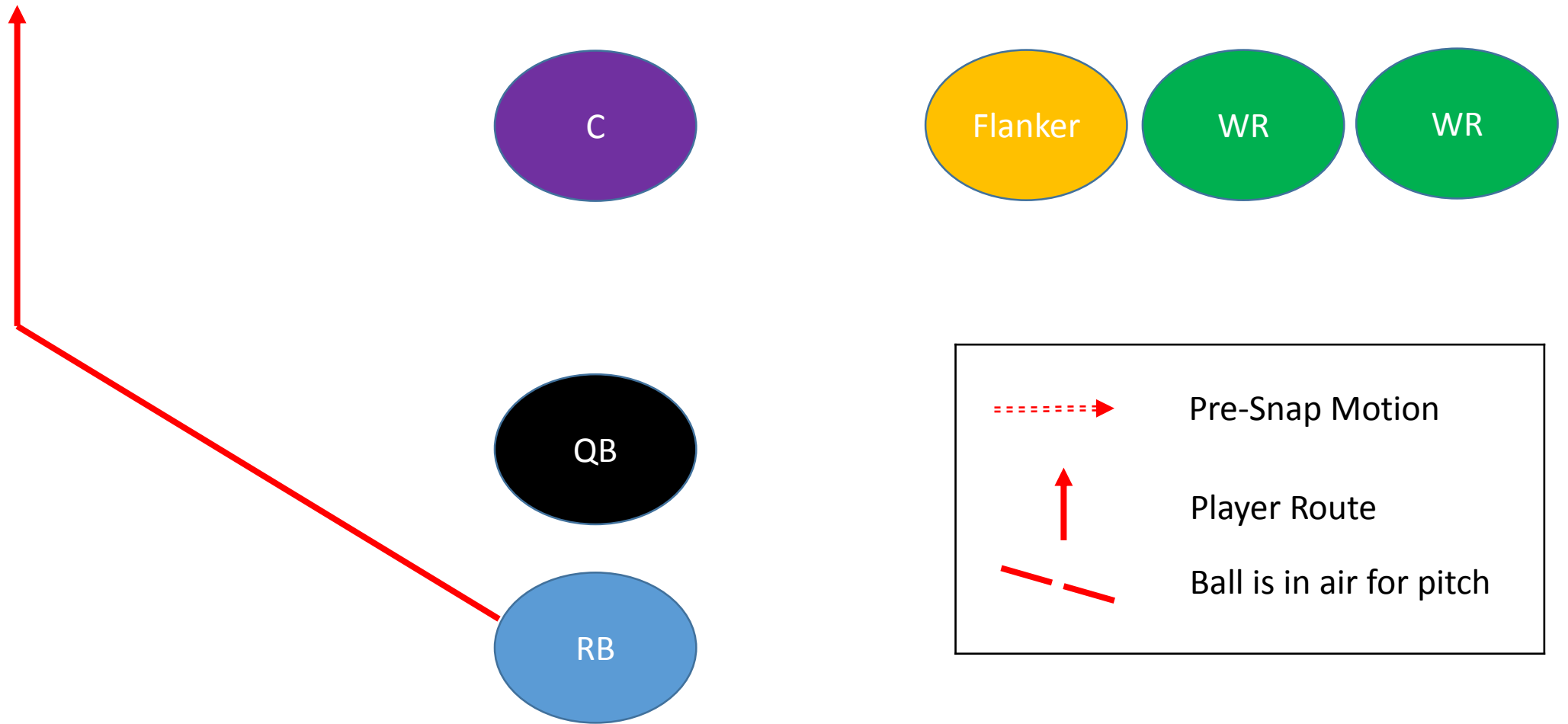
	Pre-Snap Motion
	Player Route
	Ball is in air for pitch



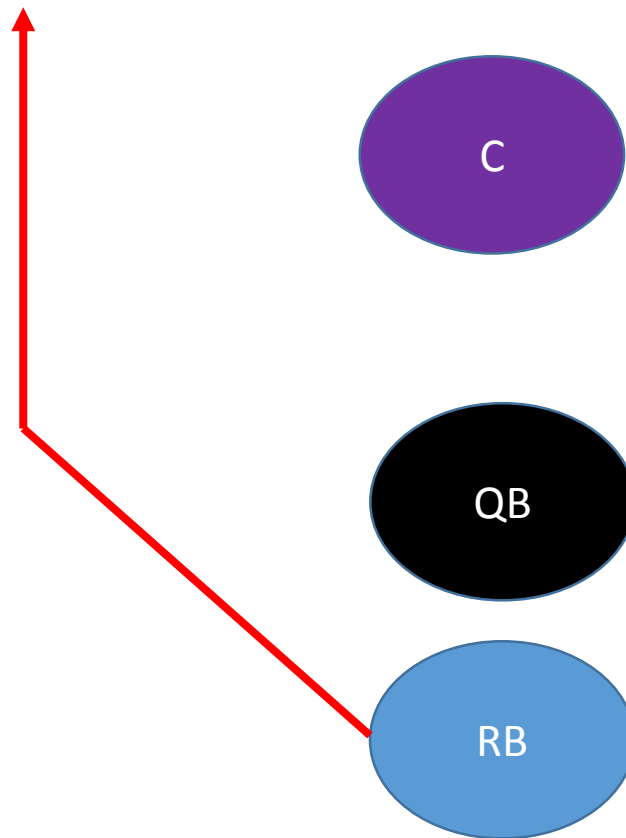
TWINS RIGHT, PITCH LEFT






TRIPS RIGHT, SWEEP LEFT

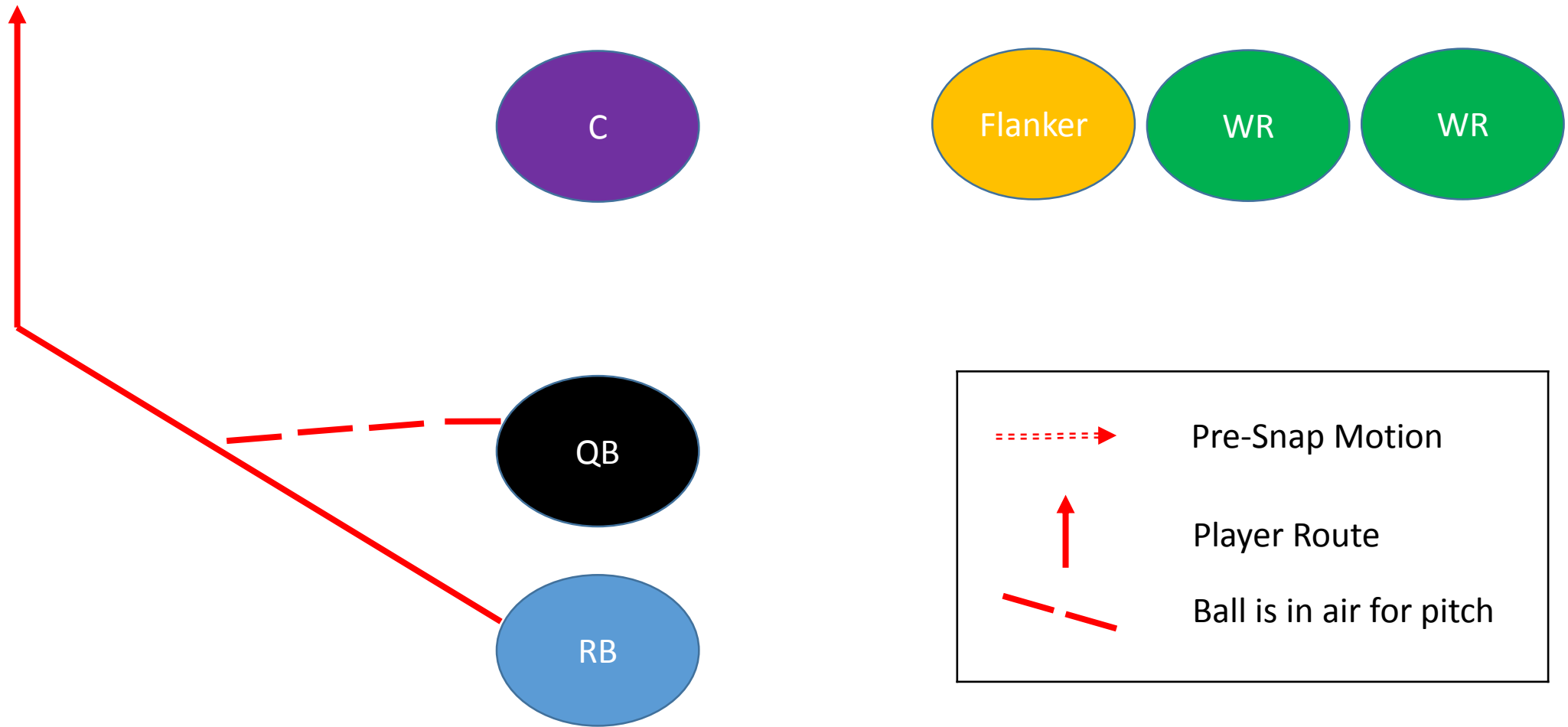


TRIPS LEFT, SWEEP LEFT

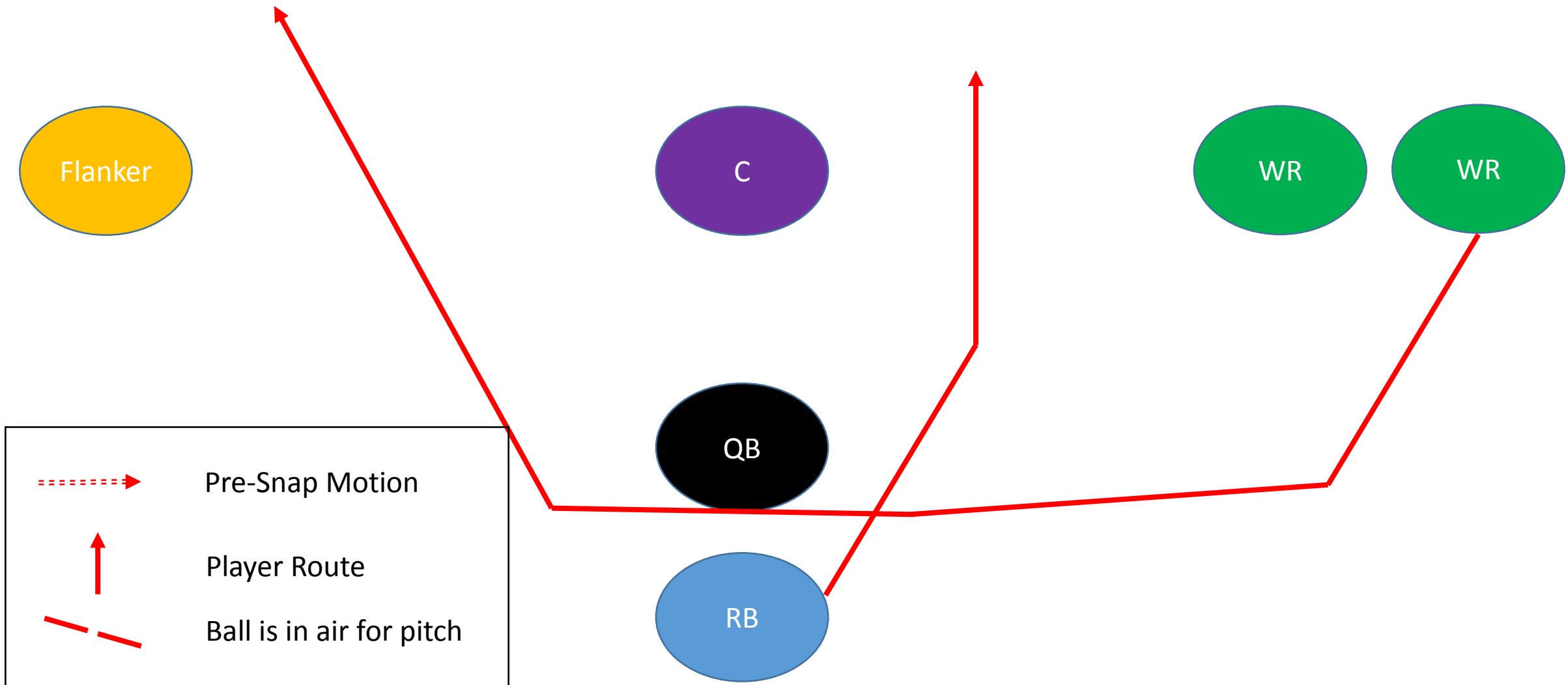


	Pre-Snap Motion
	Player Route
	Ball is in air for pitch

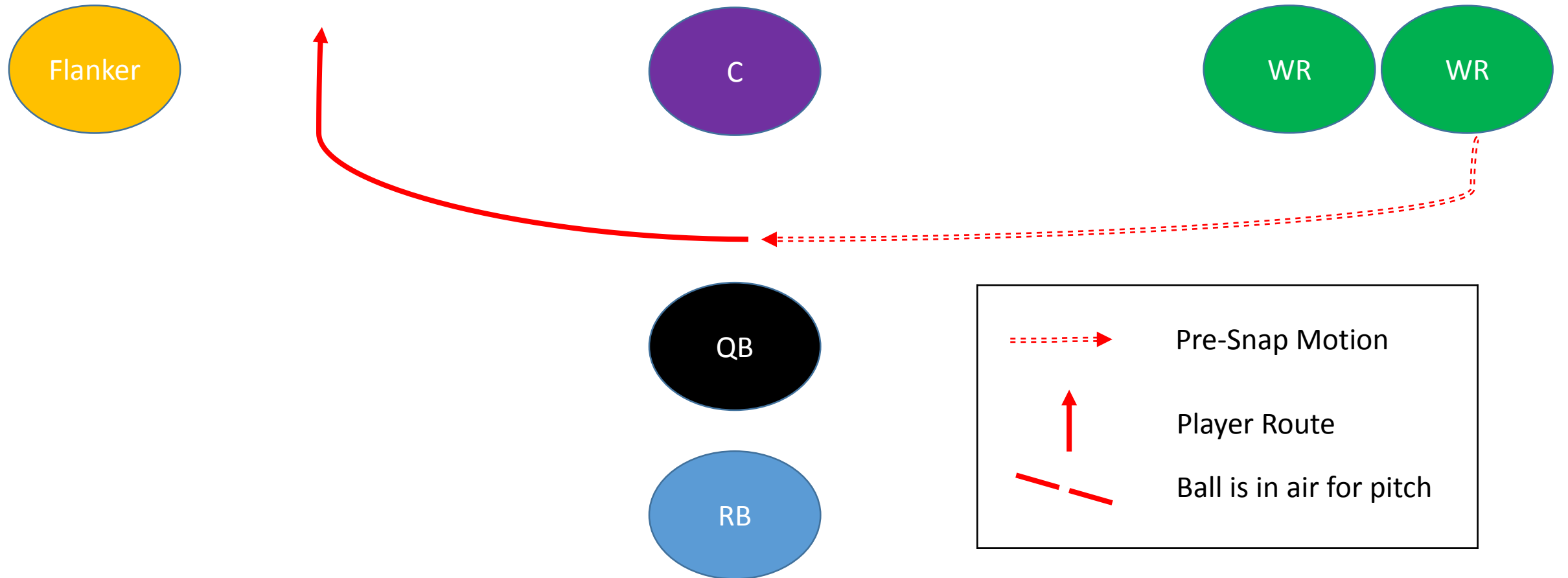
TRIPS RIGHT, PITCH LEFT



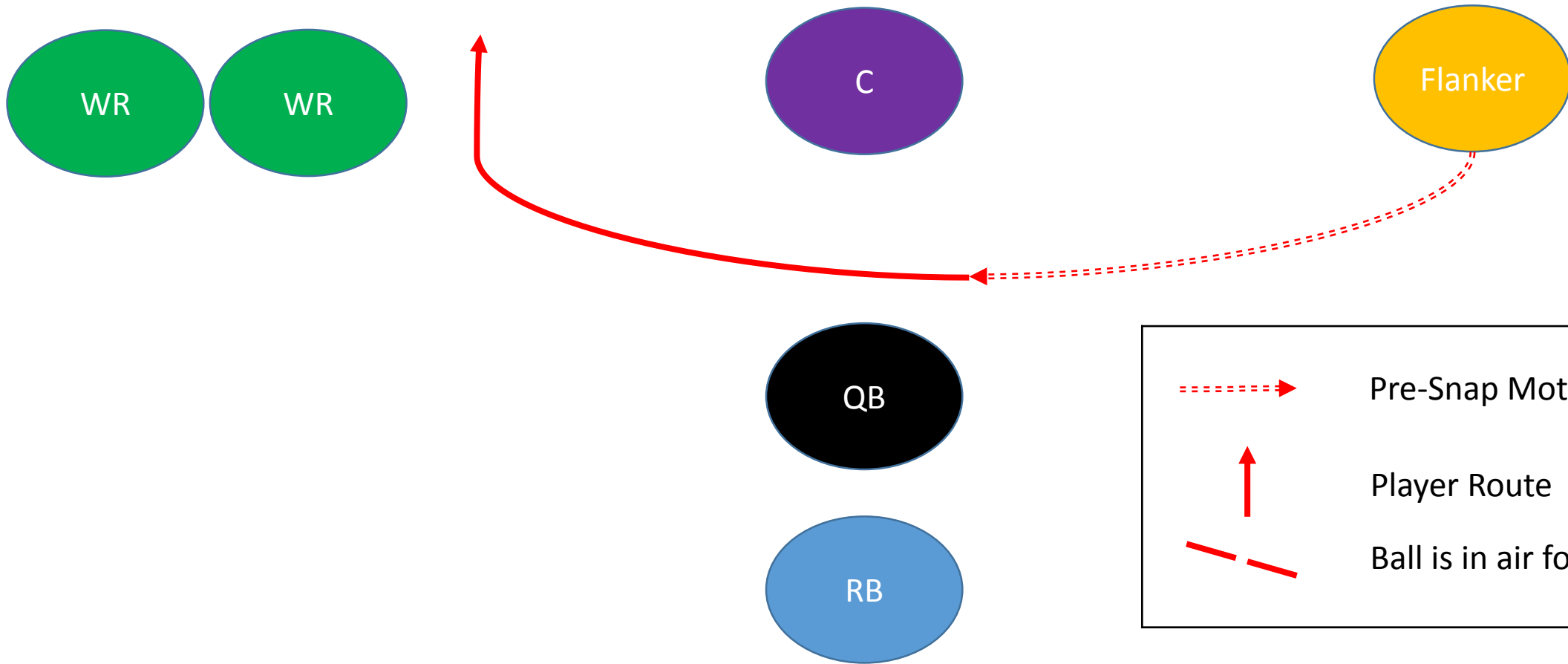
TWINS RIGHT, WR END AROUND



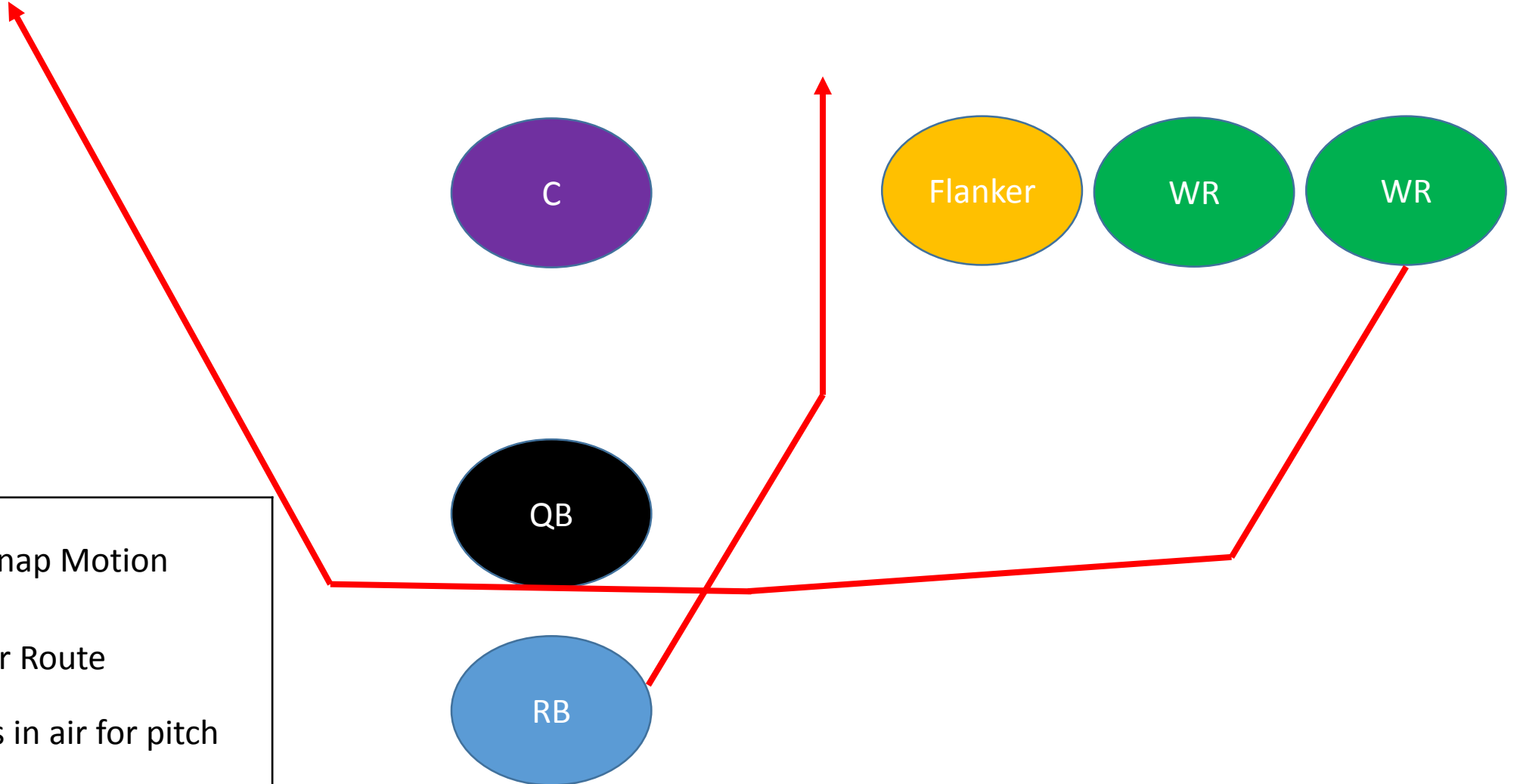
TWINS RIGHT, WR JET SWEEP






TWINS LEFT, FLANKER JET SWEEP

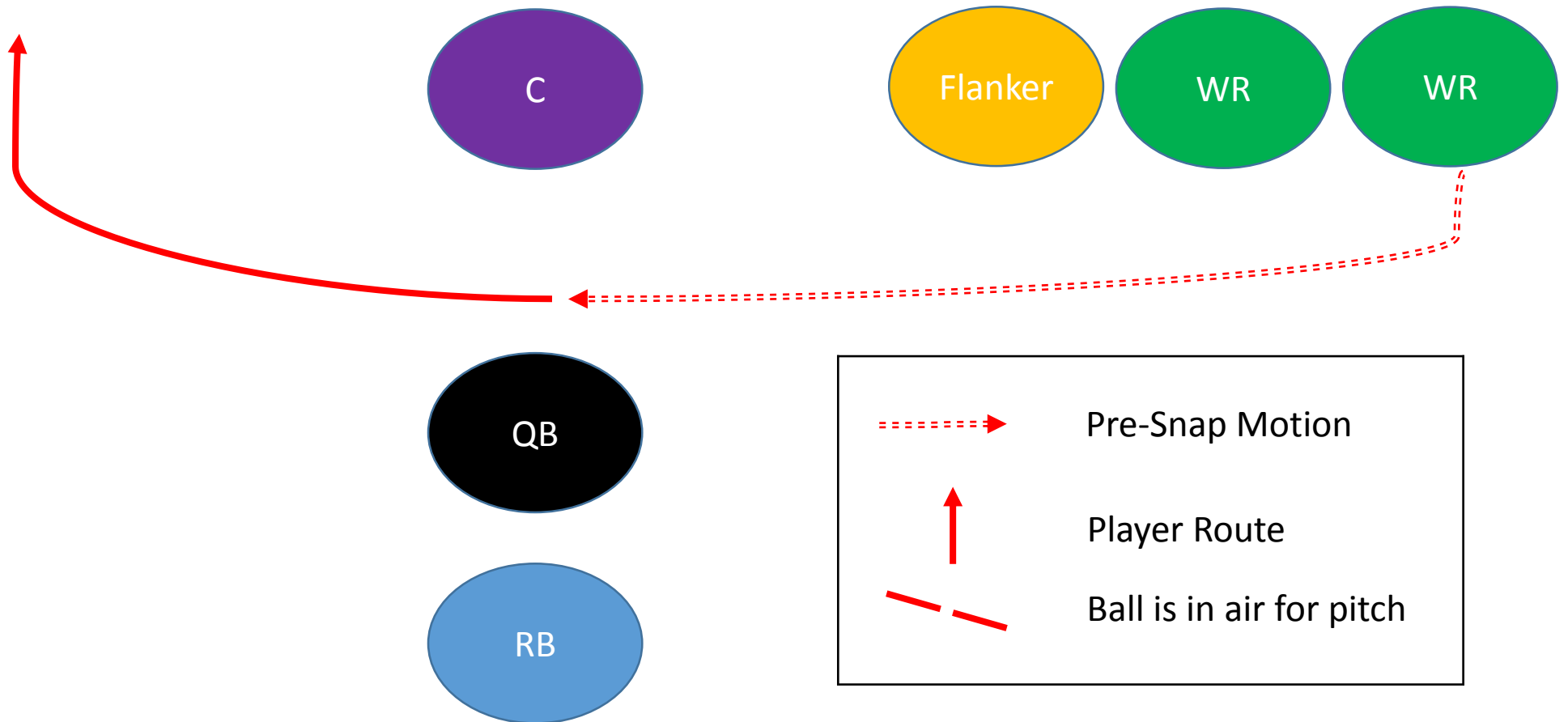


TRIPS RIGHT, WR END AROUND

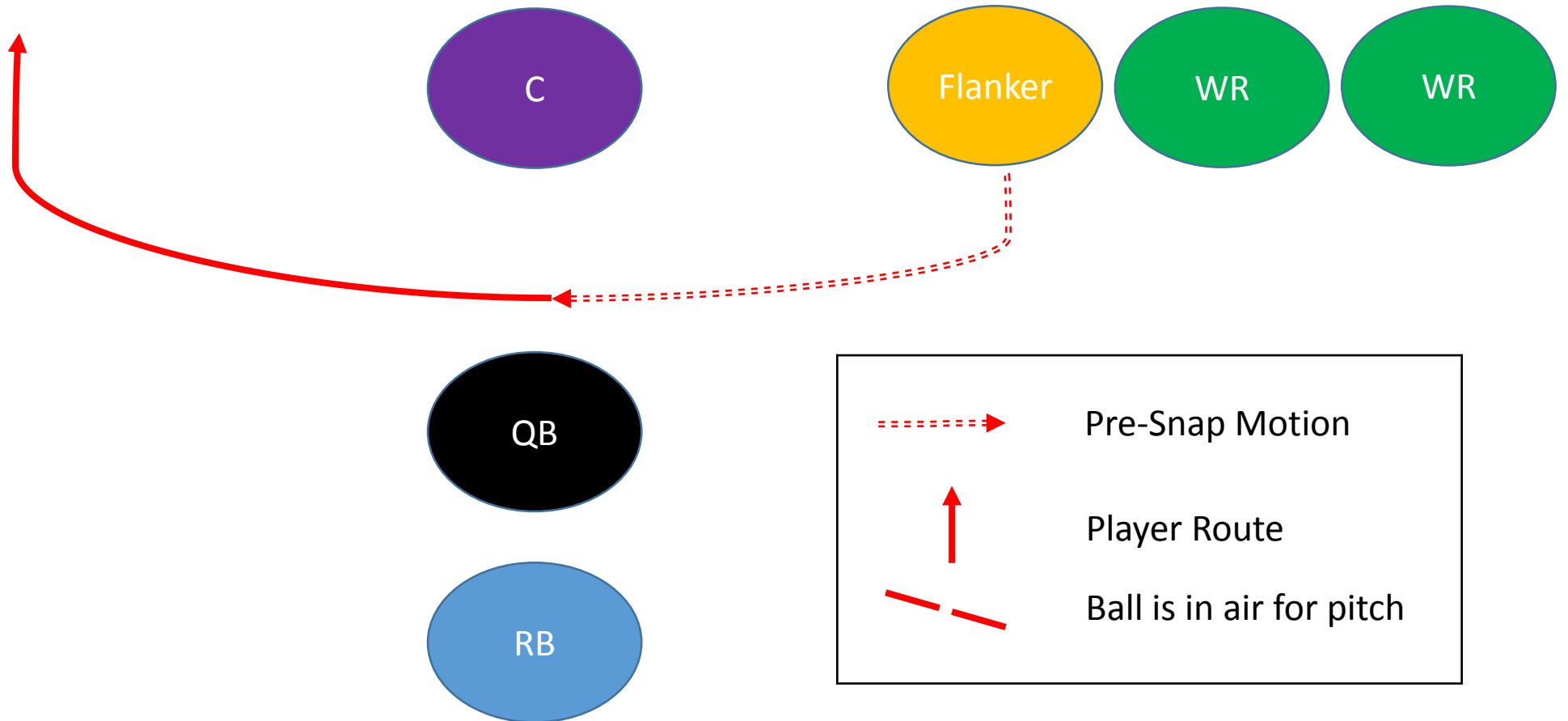


	Pre-Snap Motion
	Player Route
	Ball is in air for pitch

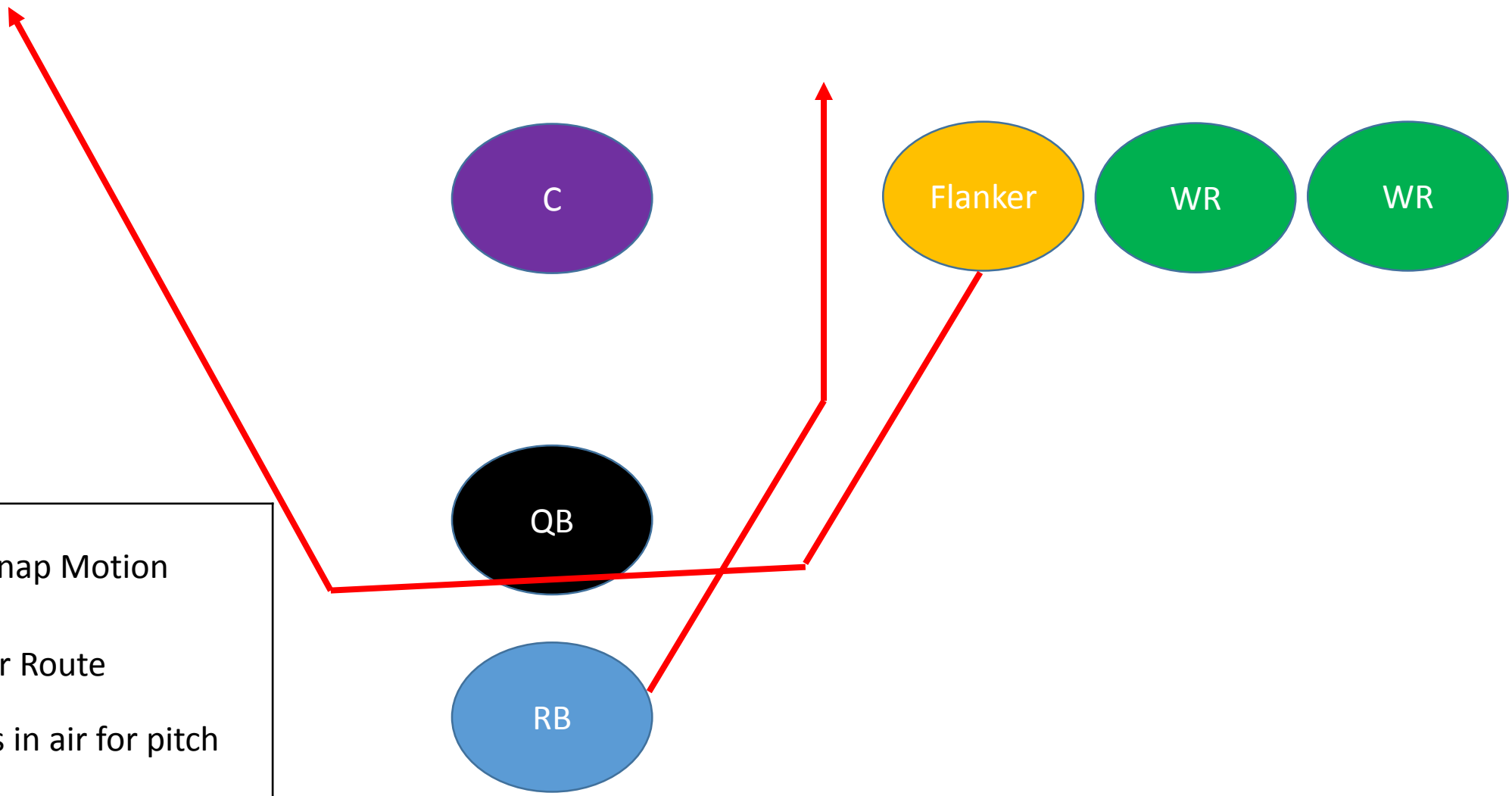
TRIPS RIGHT, OUTSIDE WR JET SWEEP






TRIPS RIGHT, FLANKER JET SWEEP

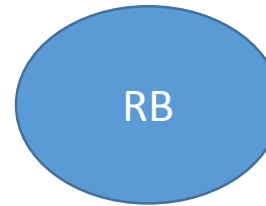
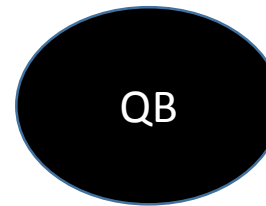
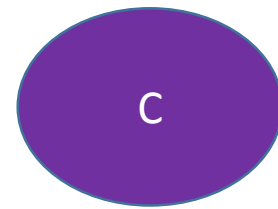
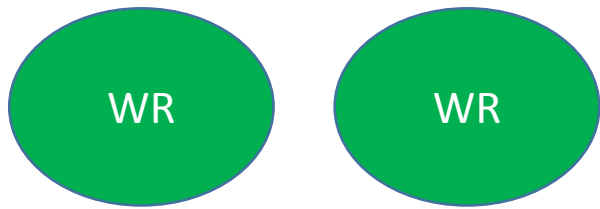





TRIPS RIGHT, FLANKER END AROUND

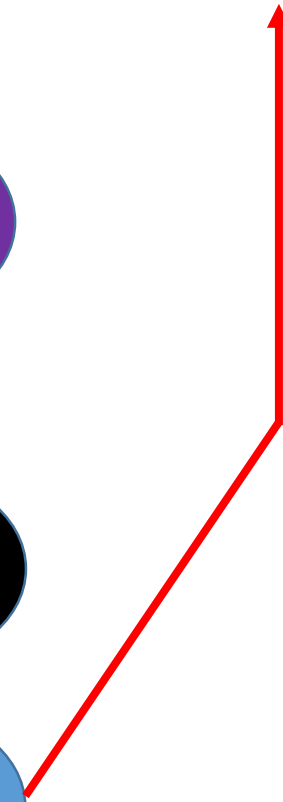


	Pre-Snap Motion
	Player Route
	Ball is in air for pitch

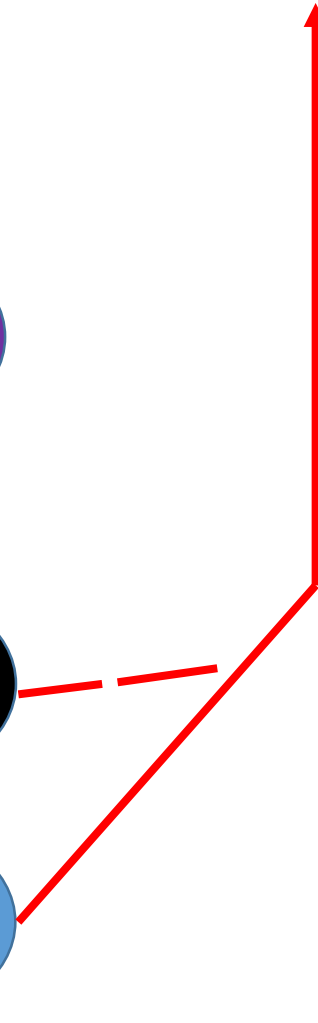
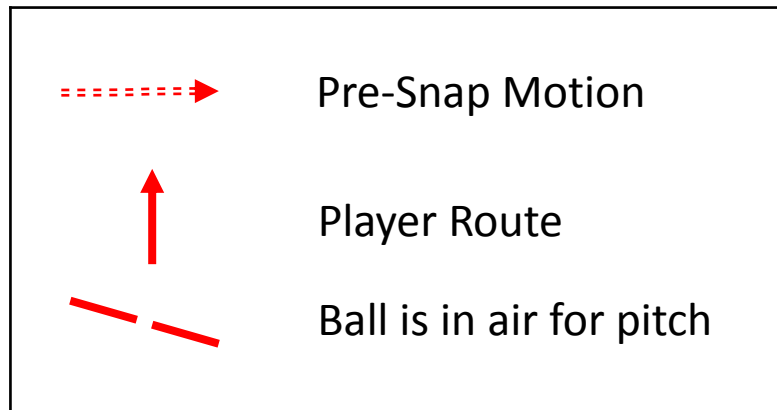
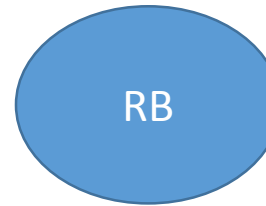
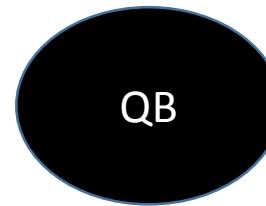
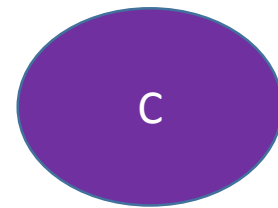
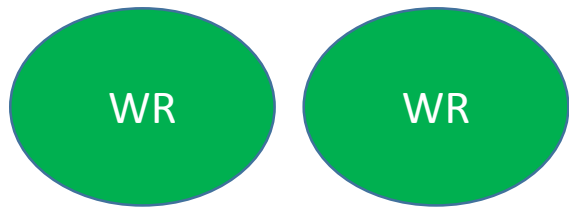
TWINS LEFT, SWEEP RIGHT



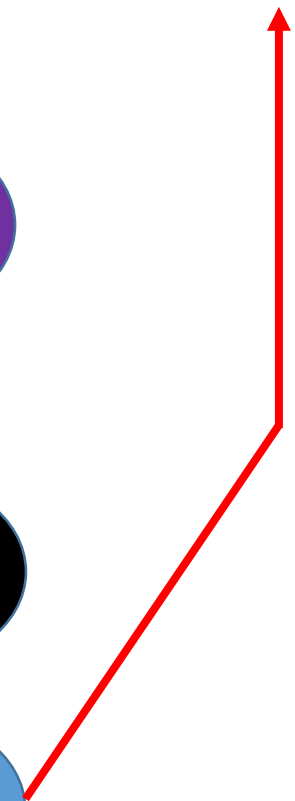
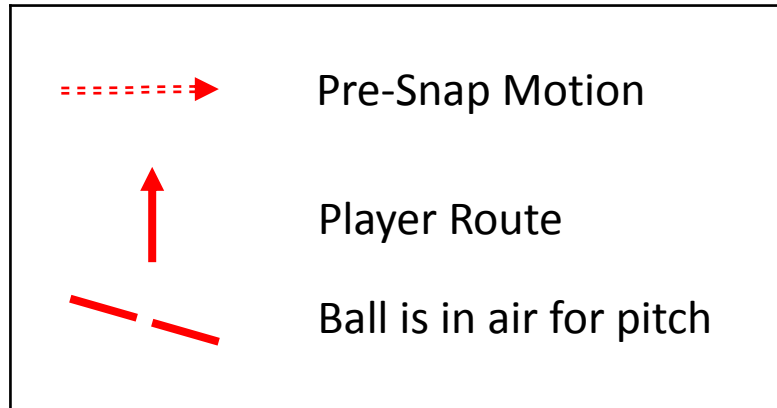
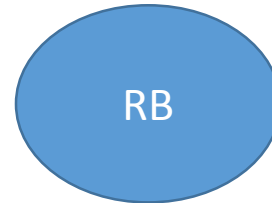
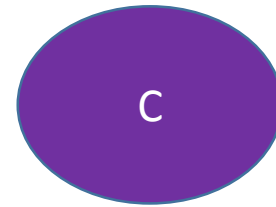
	Pre-Snap Motion
	Player Route
	Ball is in air for pitch



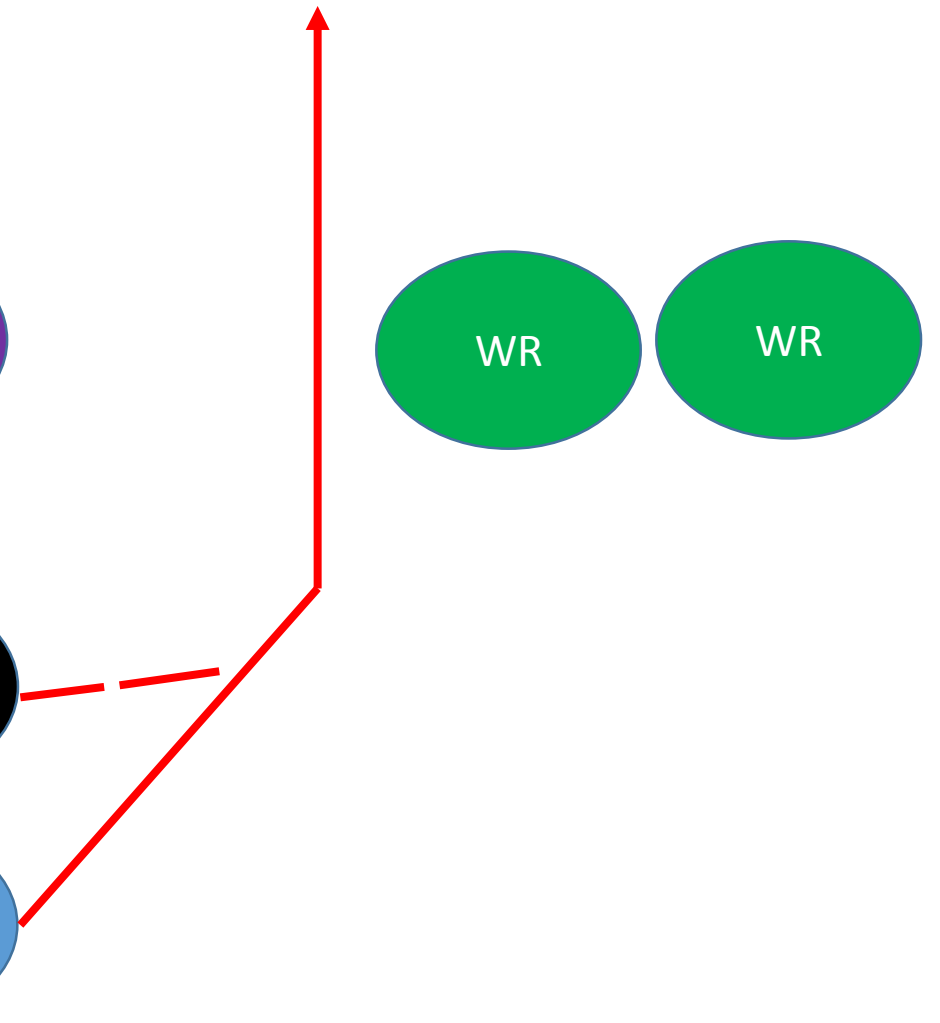
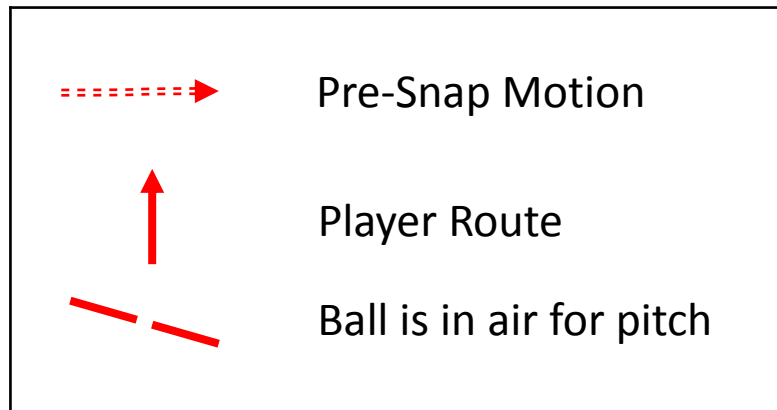
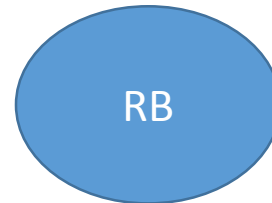
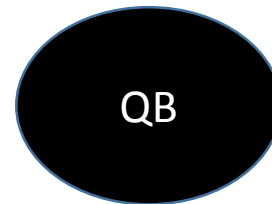
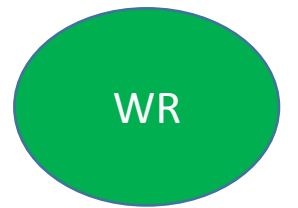
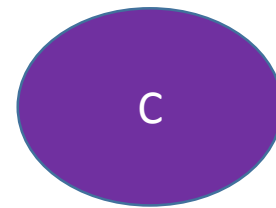
TWINS LEFT, PITCH RIGHT



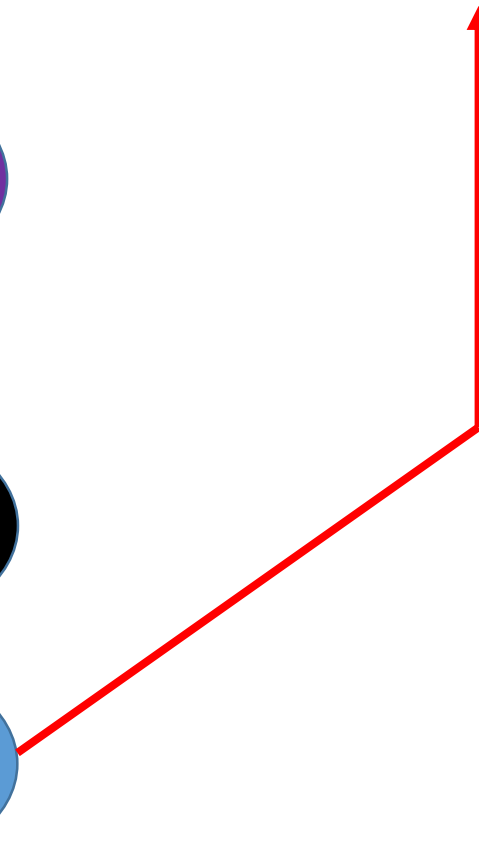
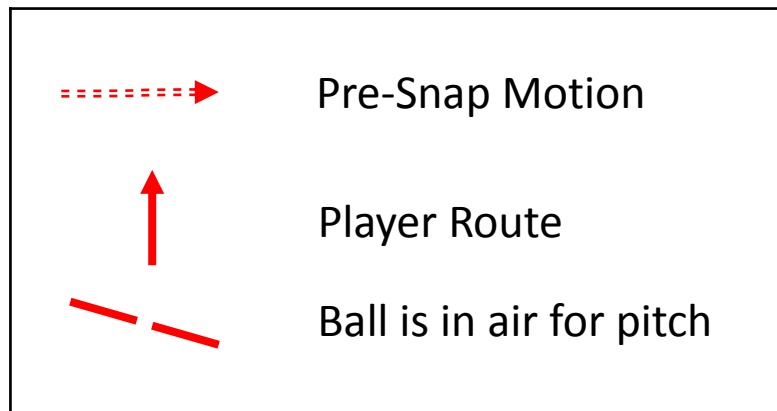
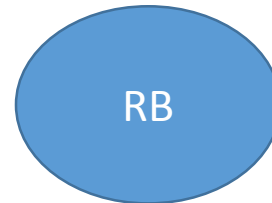
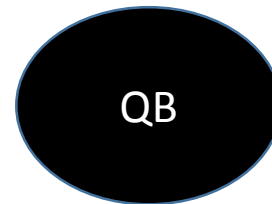
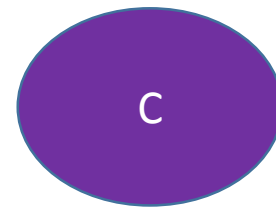
TWINS RIGHT, SWEEP RIGHT



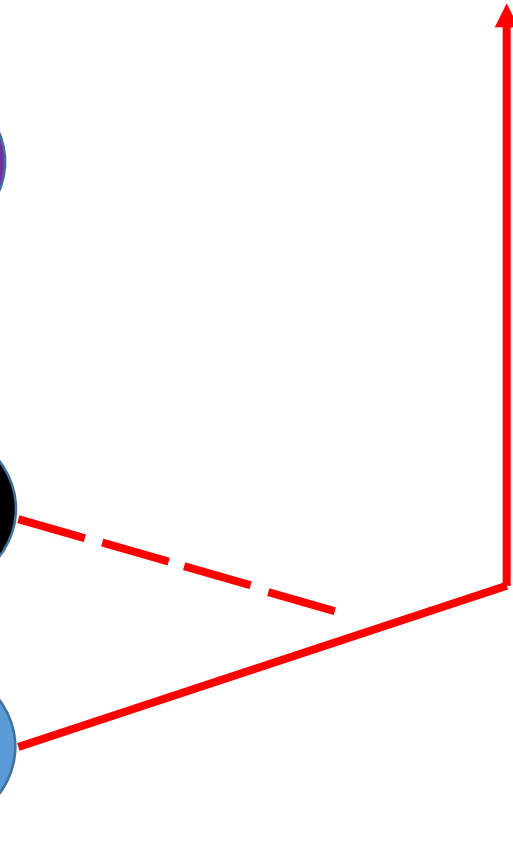
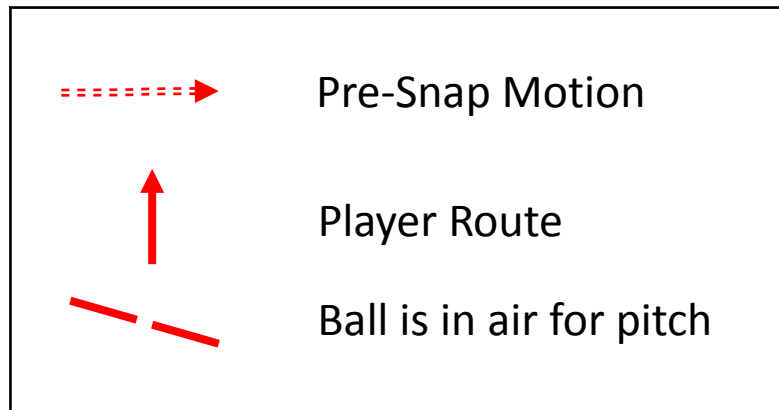
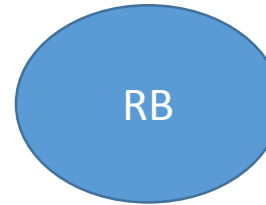
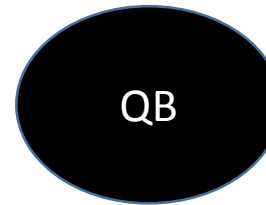
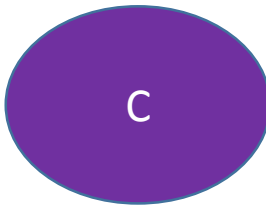
TWINS RIGHT, PITCH RIGHT



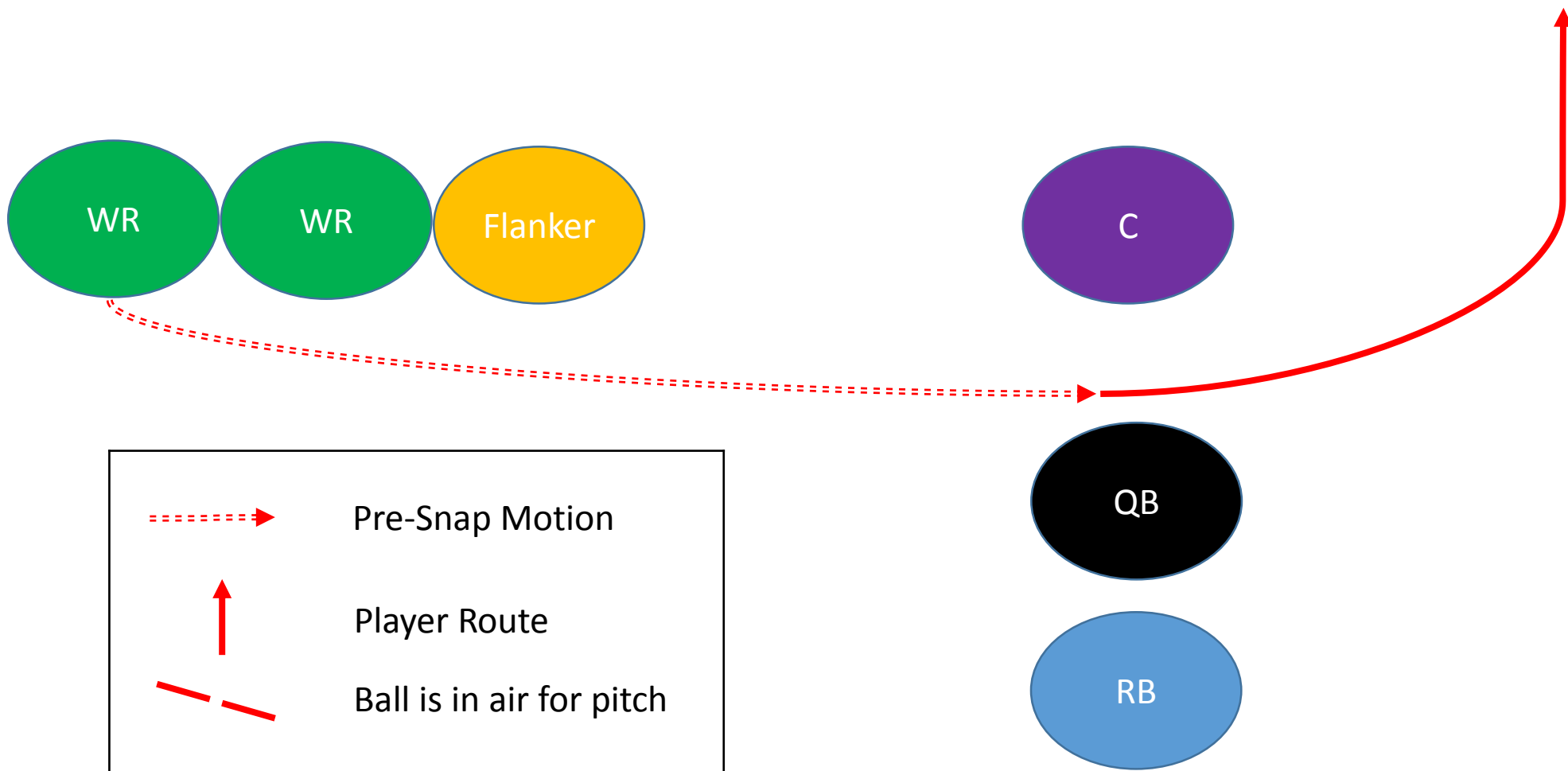
TRIPS LEFT, SWEEP RIGHT



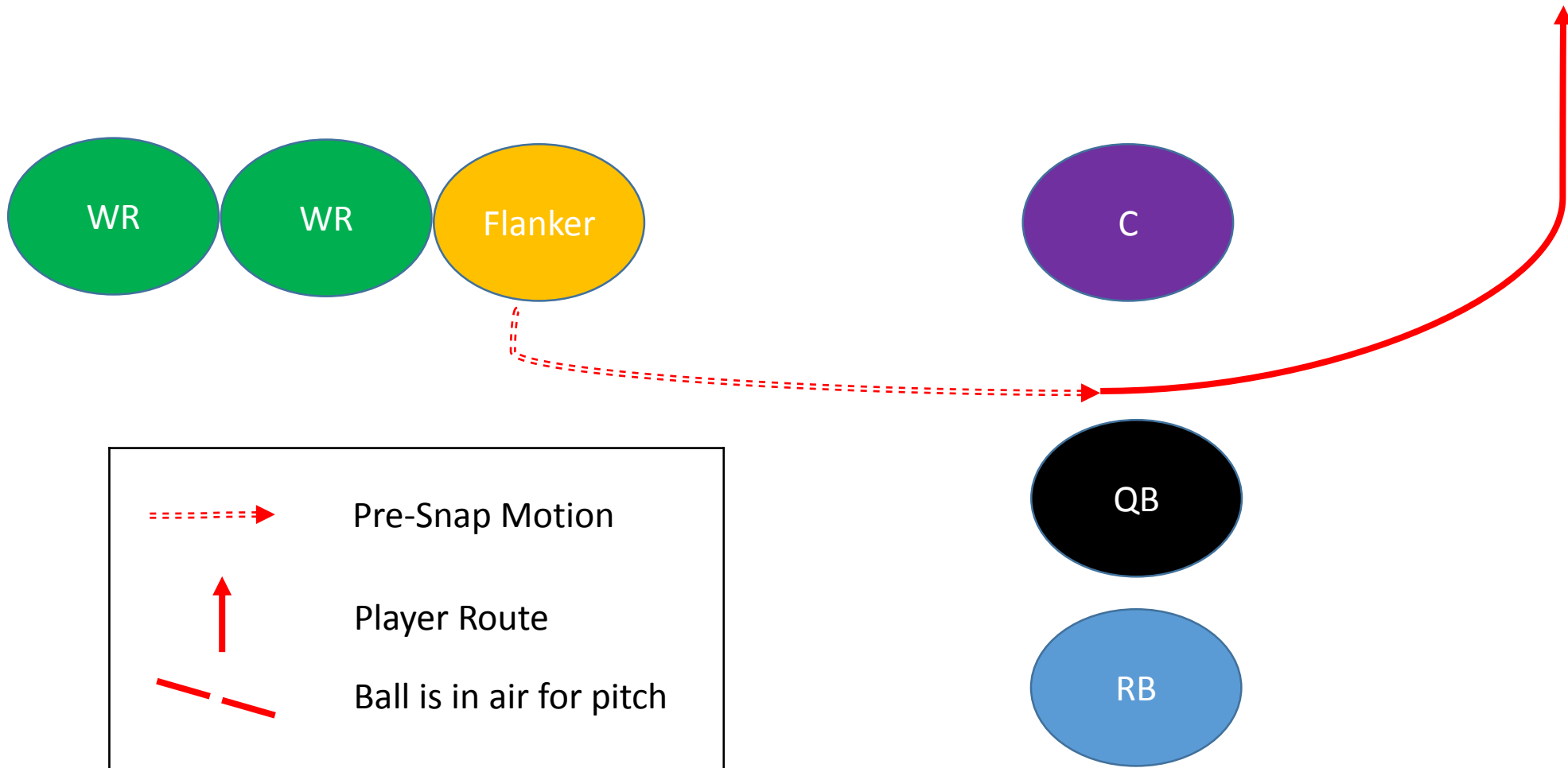
TRIPS LEFT, PITCH RIGHT



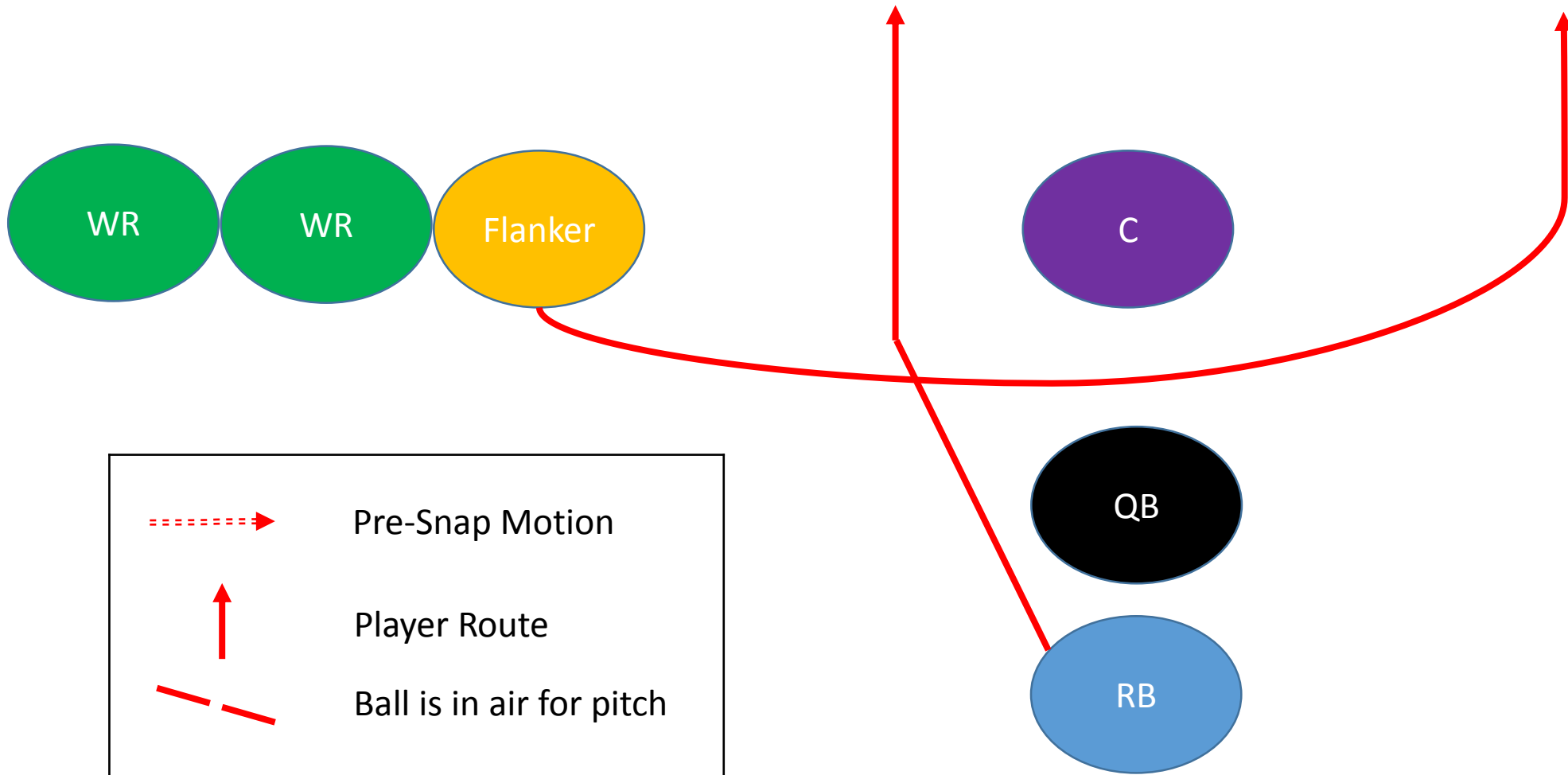
TRIPS LEFT, OUTSIDE WR JET SWEEP



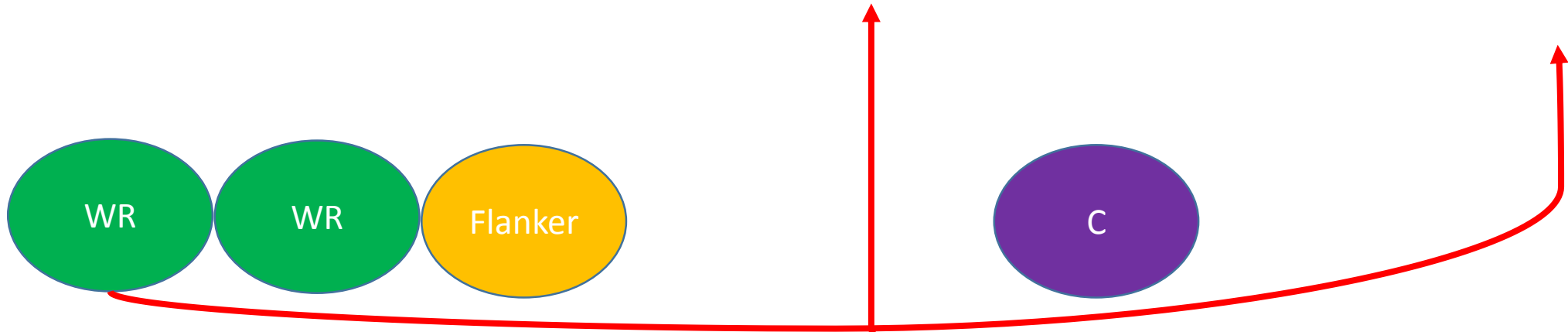
TRIPS LEFT, FLANKER JET SWEEP

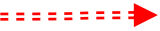




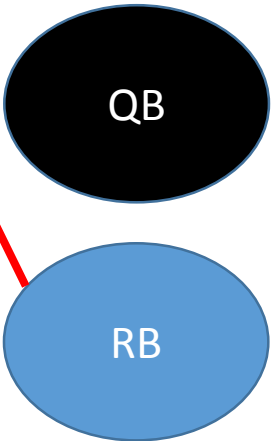
TRIPS LEFT, FLANKER END AROUND



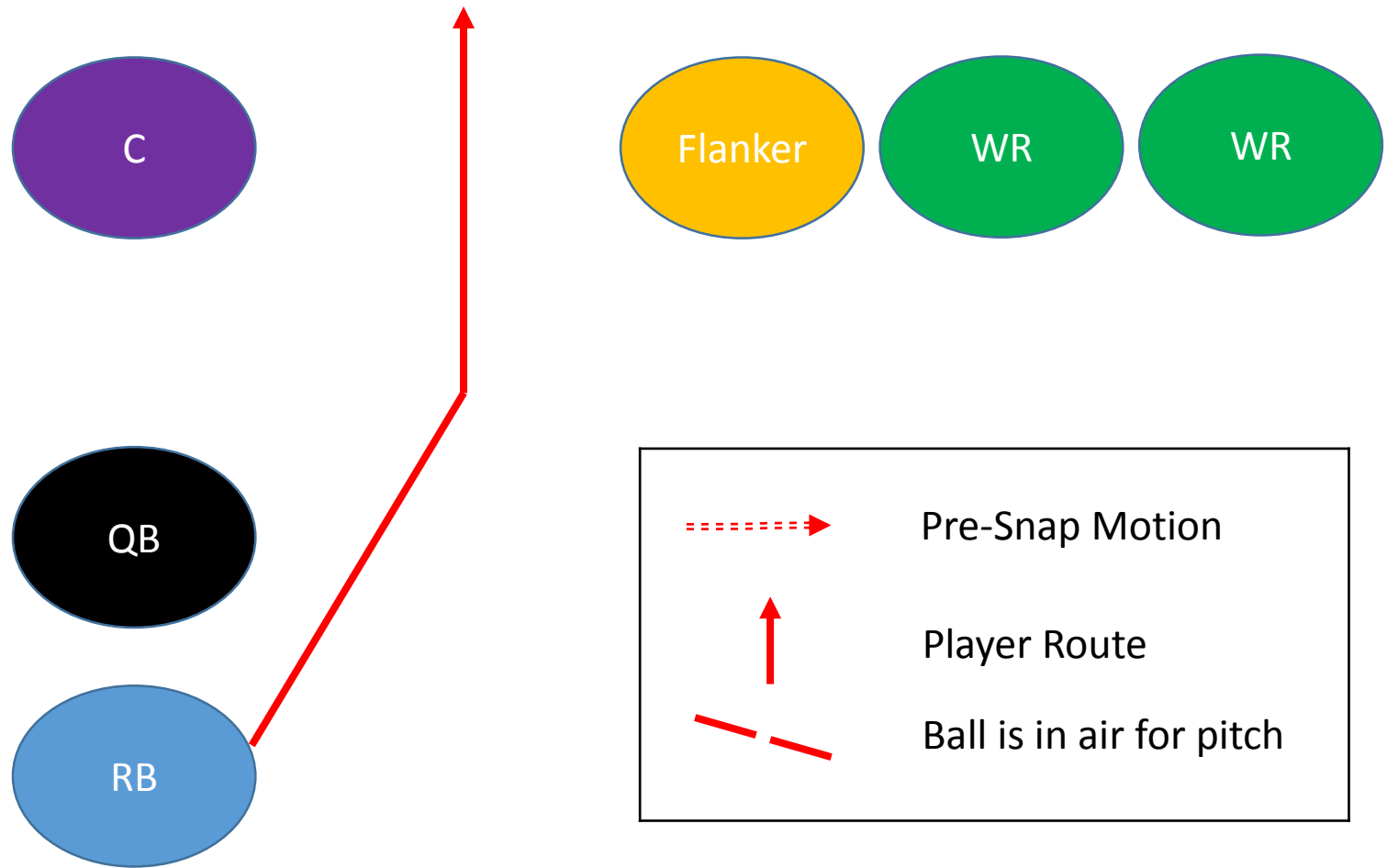
TRIPS LEFT, OUTSIDE WR END AROUND



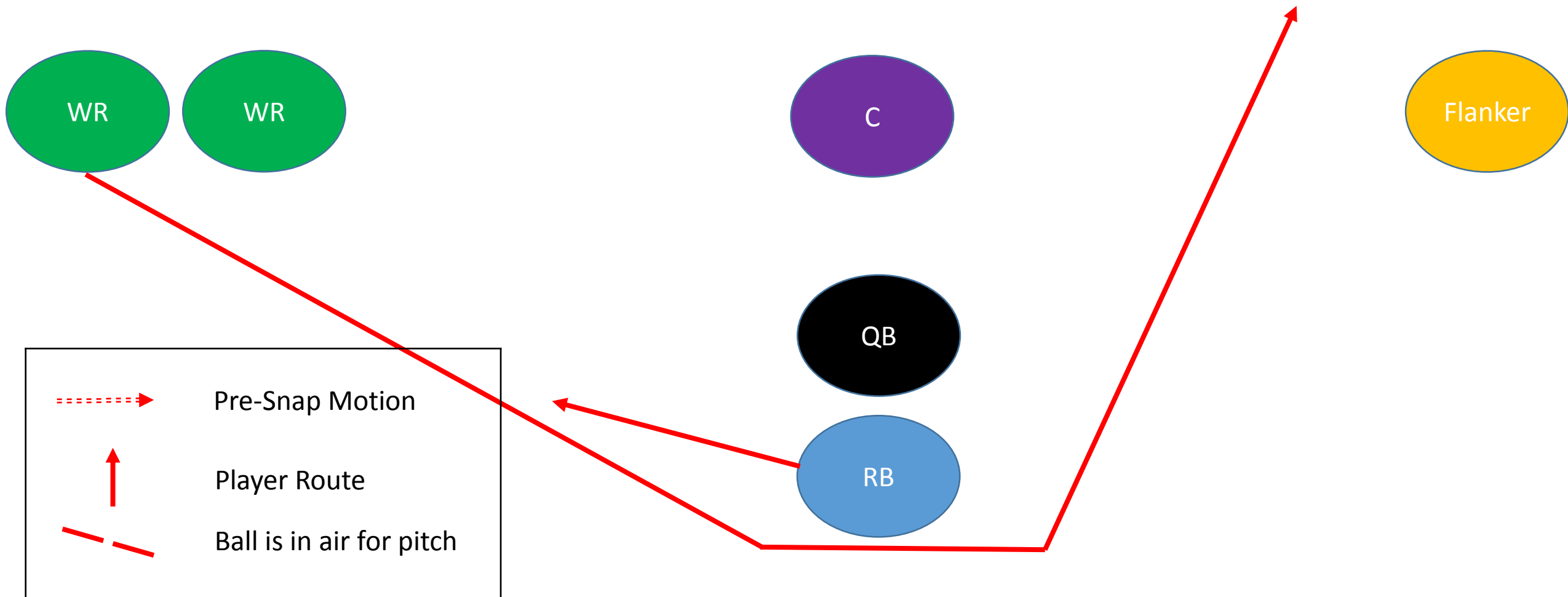
	Pre-Snap Motion
	Player Route
	Ball is in air for pitch



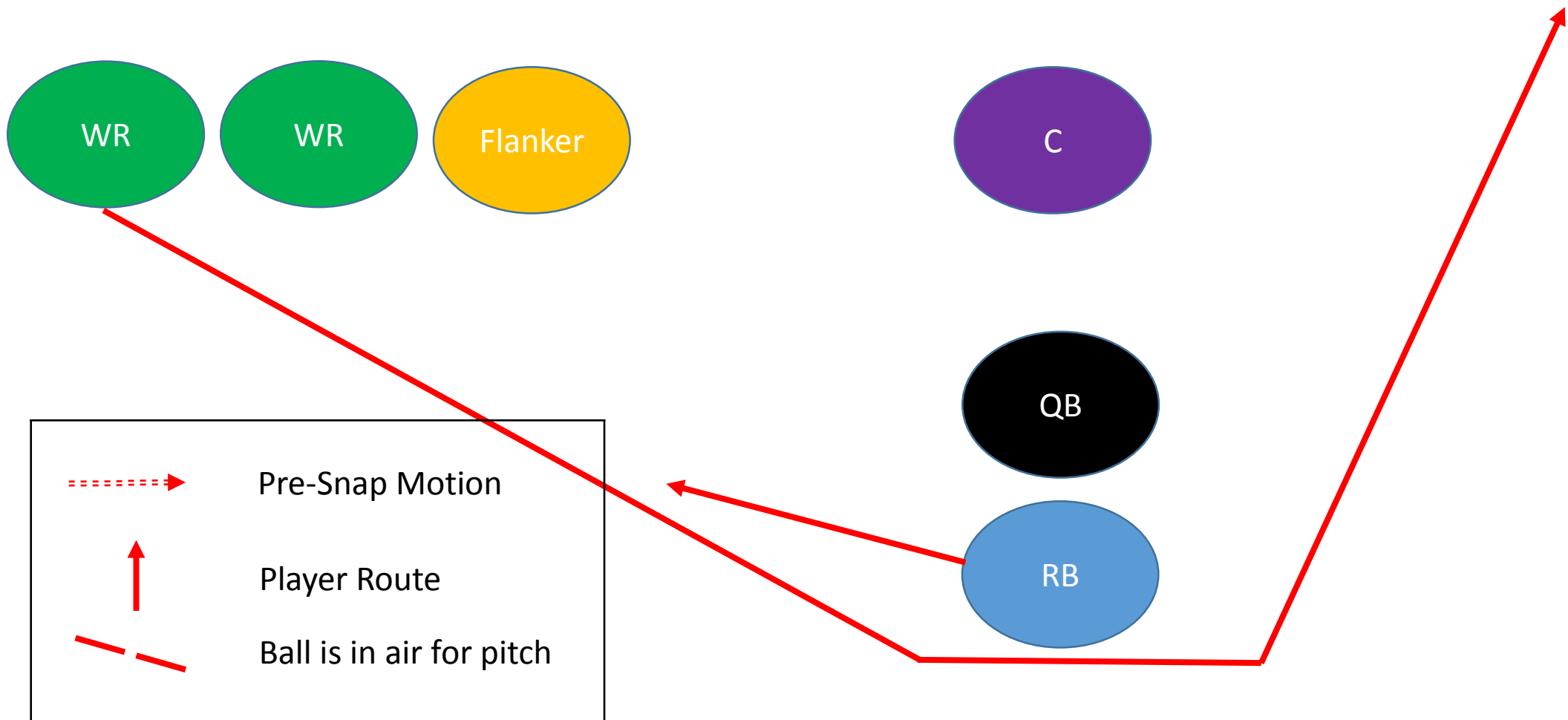
TRIPS RIGHT, SWEEP RIGHT



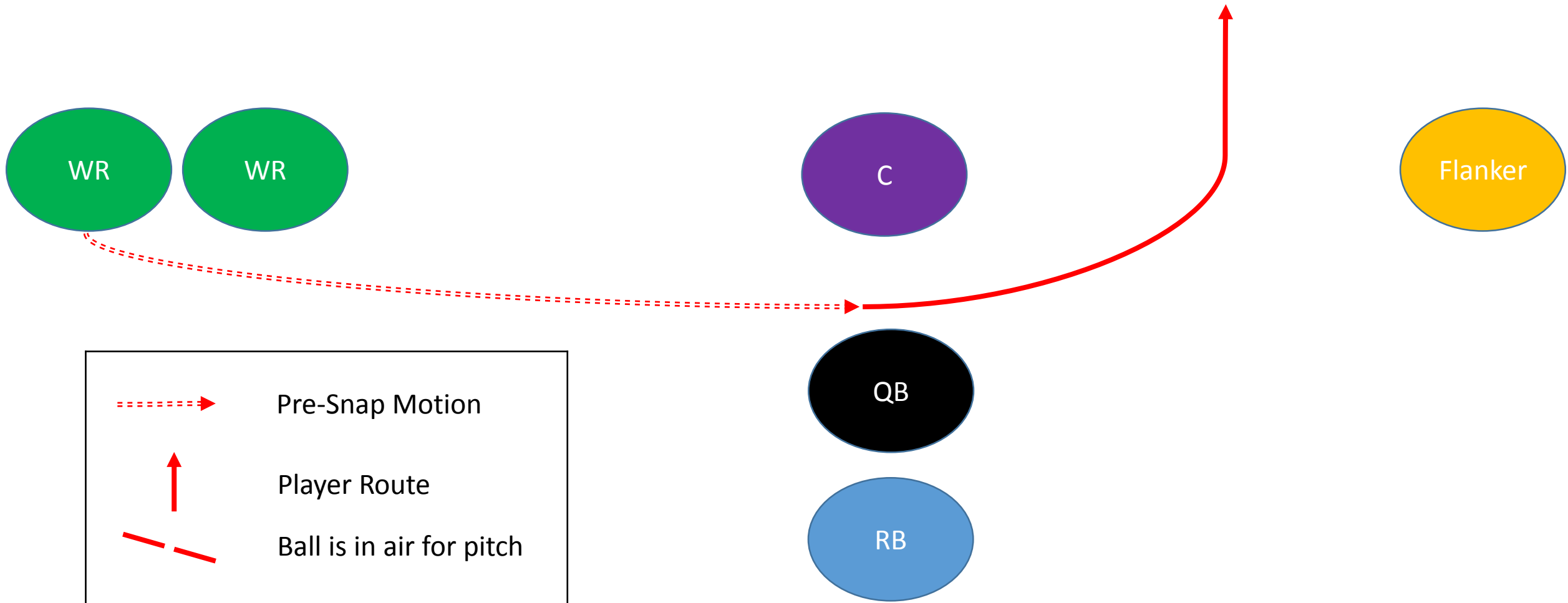
TWINS LEFT, WR REVERSE



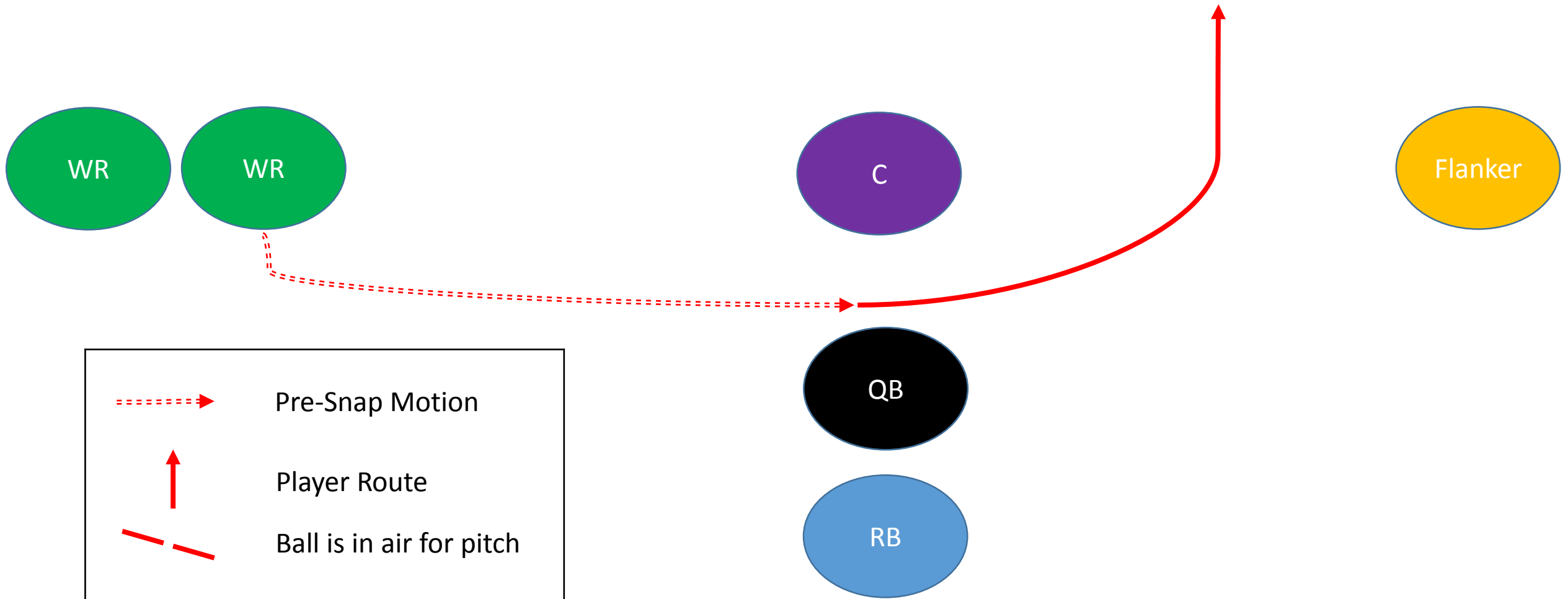
TRIPS LEFT, WR REVERSE



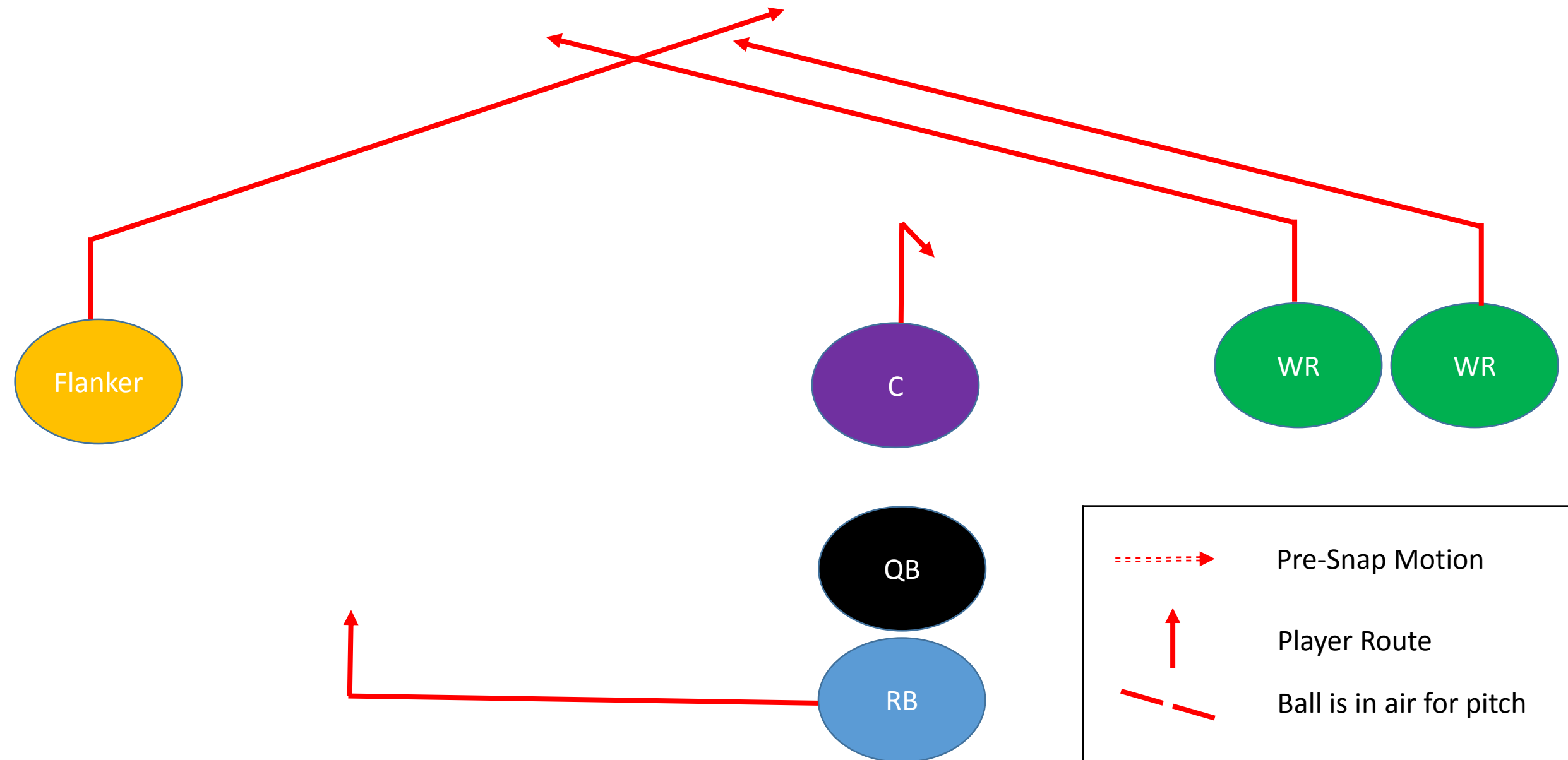
TWINS LEFT, OUTSIDE WR JET SWEEP



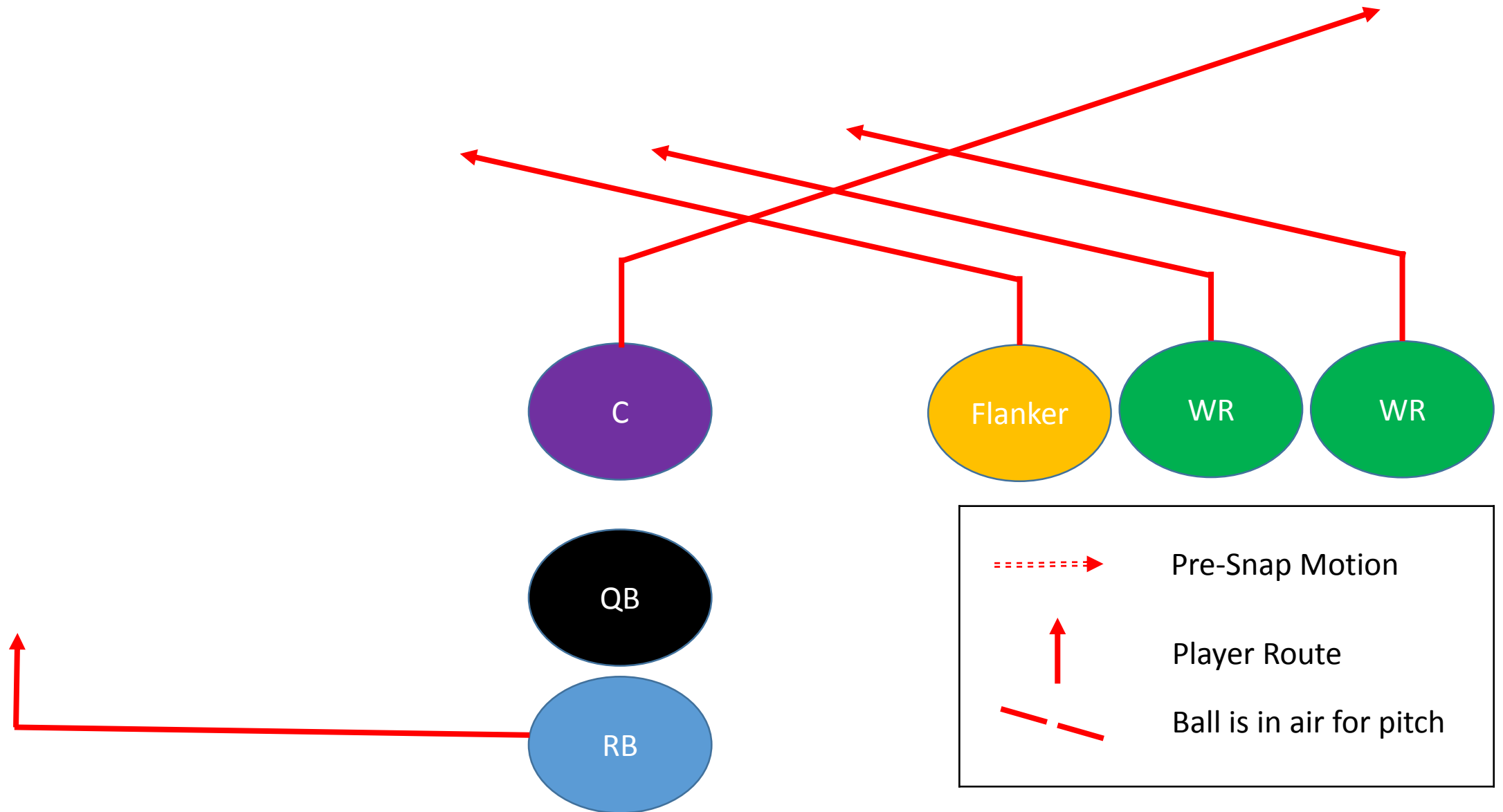
TWINS LEFT, INSIDE WR JET SWEEP



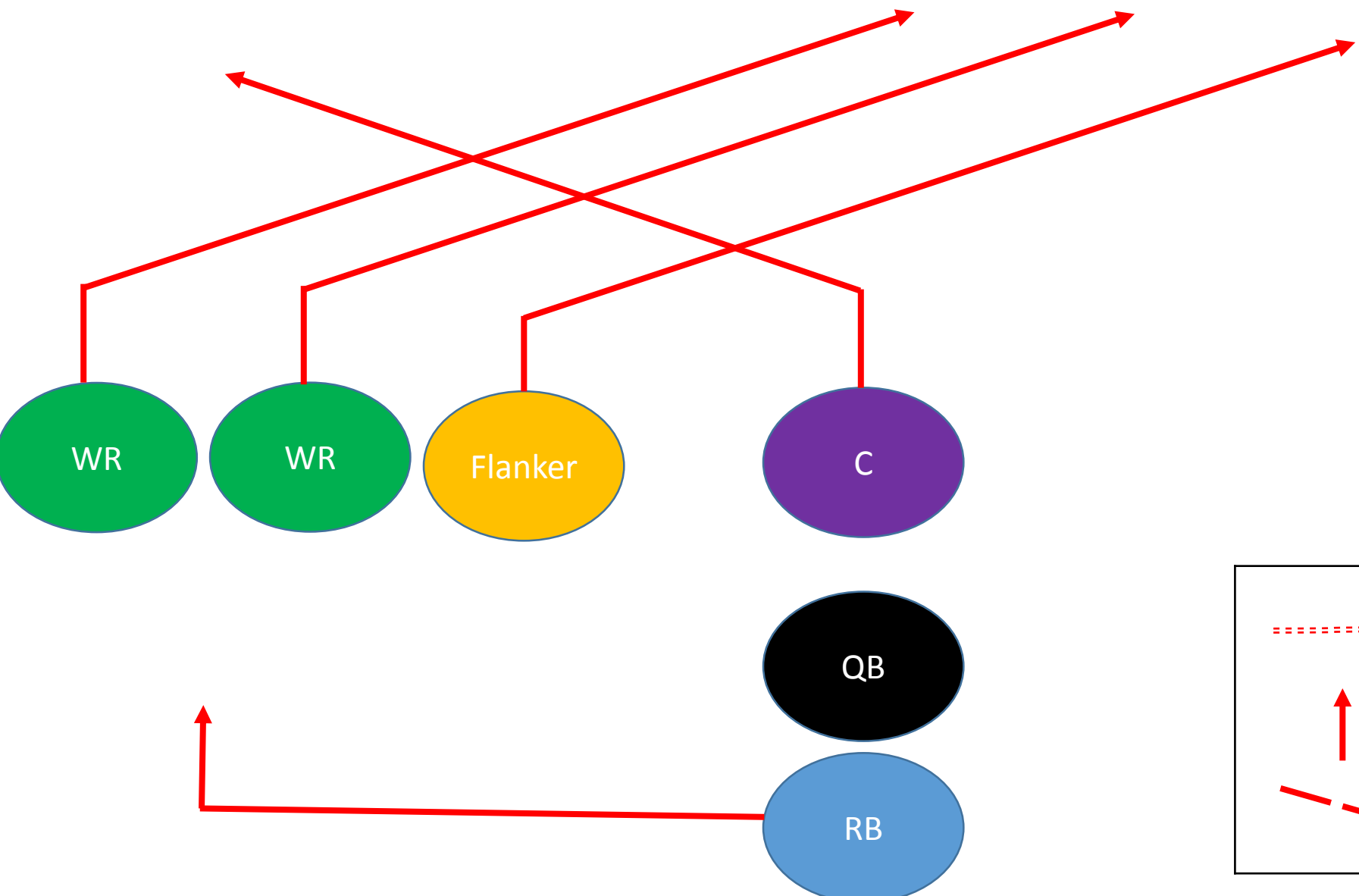
TWINS RIGHT, ALL SLANT






TRIPS RIGHT, ALL SLANT

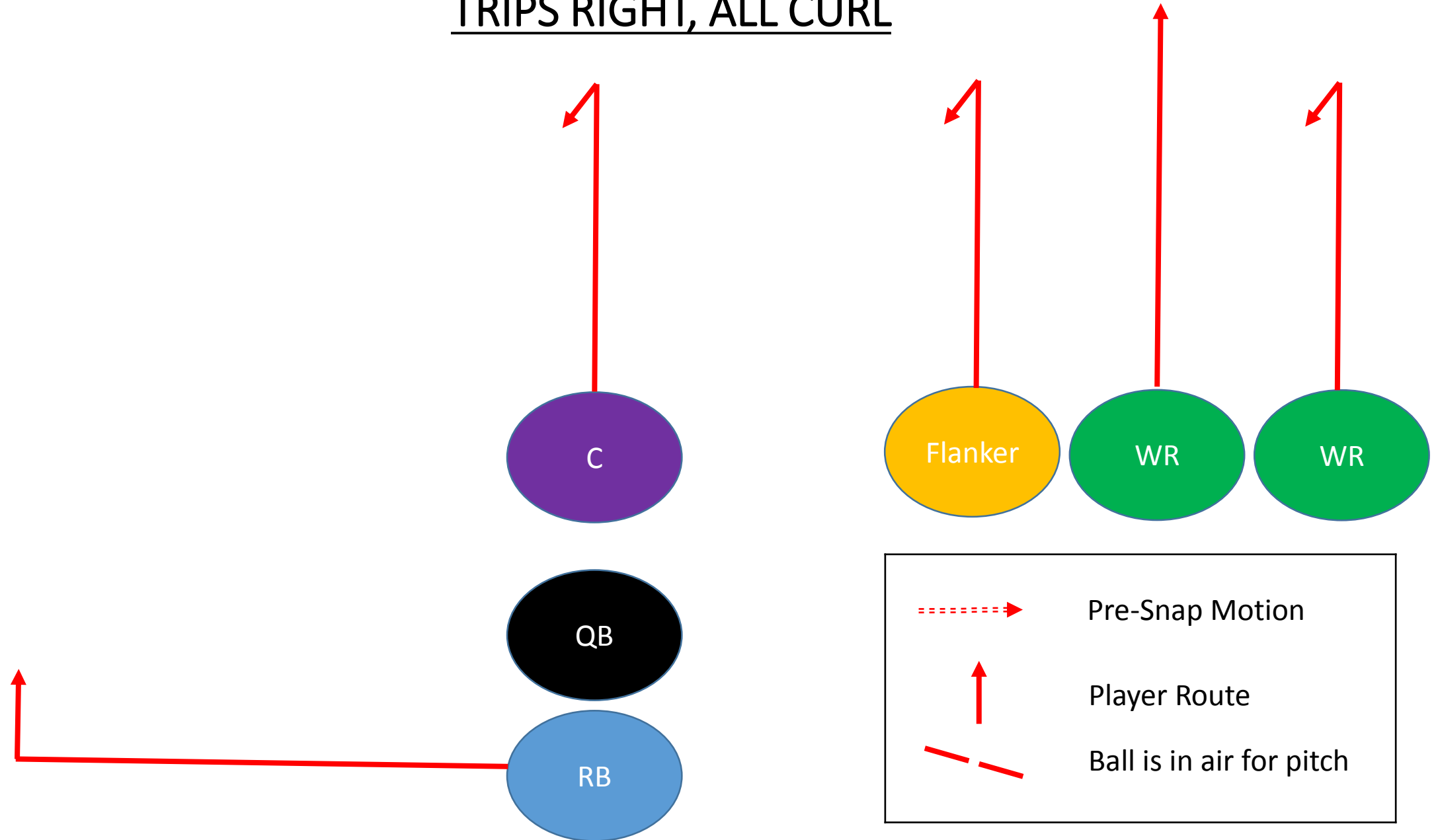


TRIPS LEFT, ALL SLANT

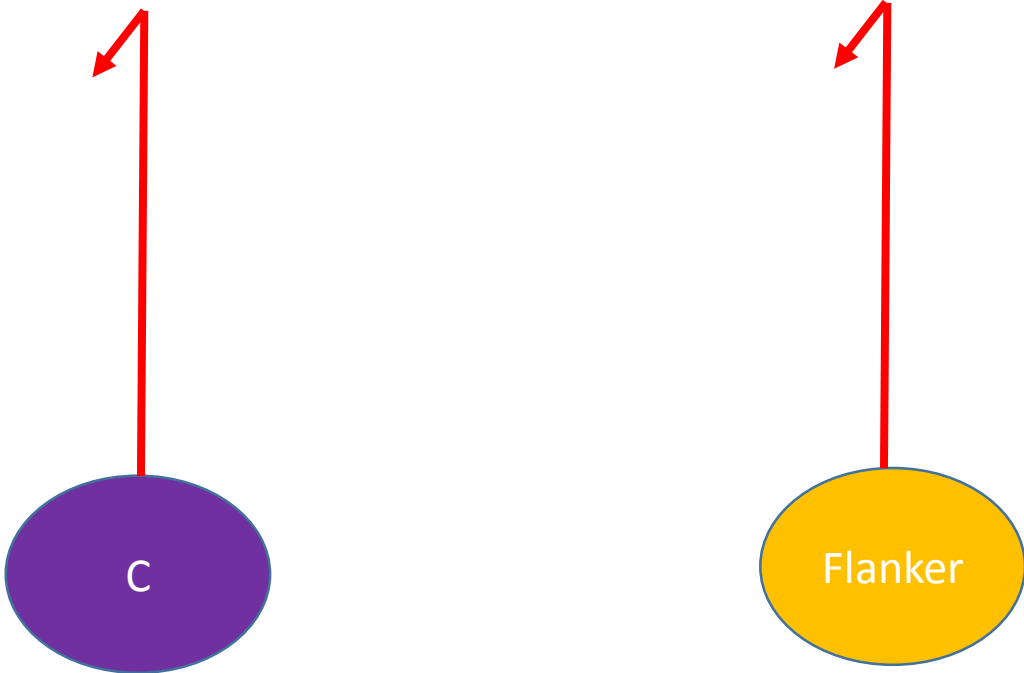
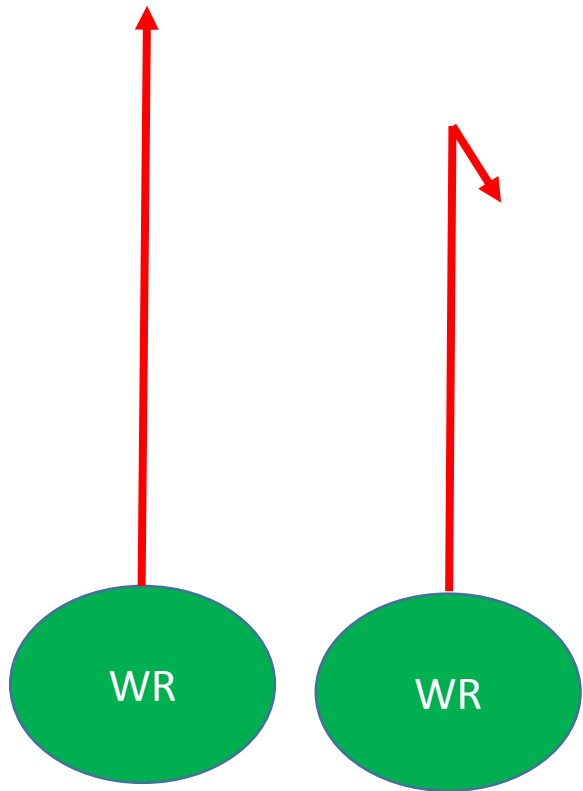





	Pre-Snap Motion
	Player Route
	Ball is in air for pitch

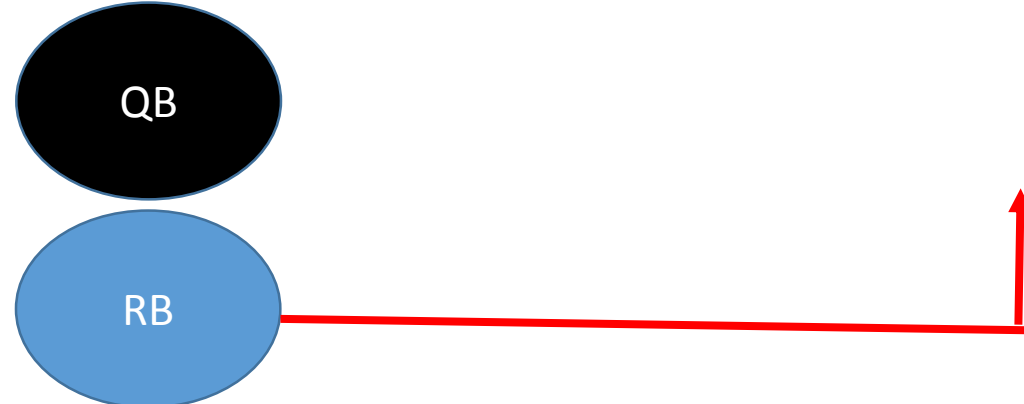
TRIPS RIGHT, ALL CURL



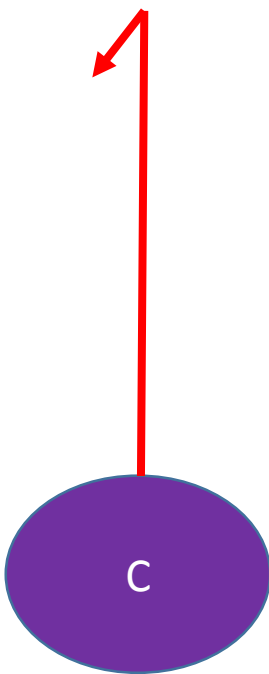
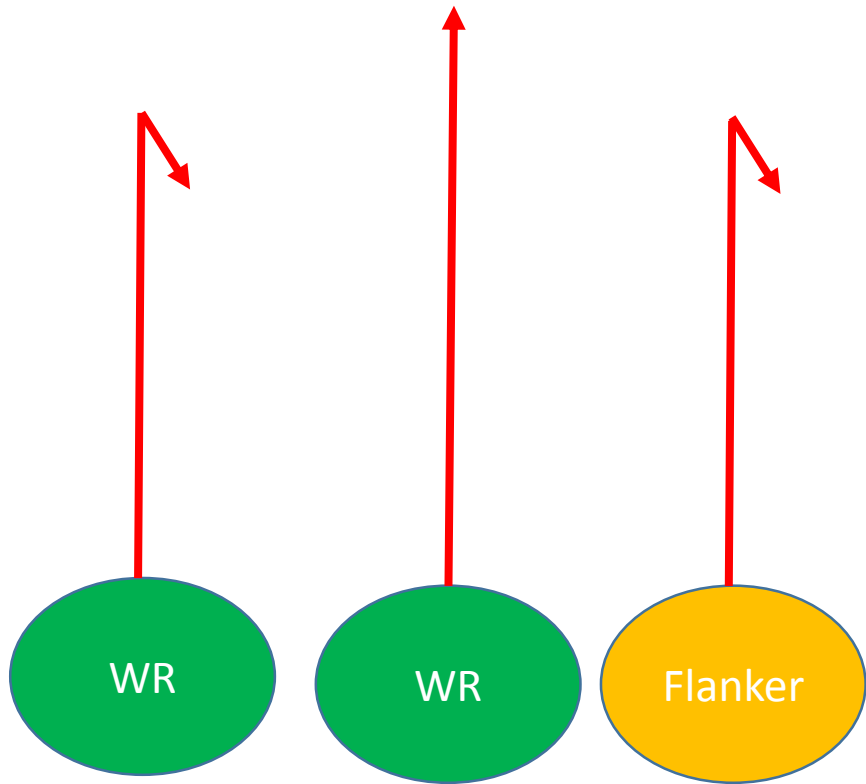
TWINS LEFT, ALL CURL






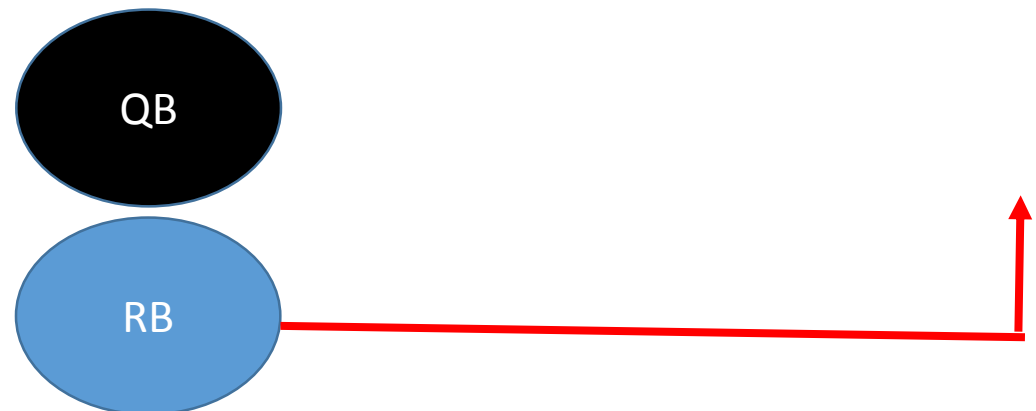
	Pre-Snap Motion
	Player Route
	Ball is in air for pitch



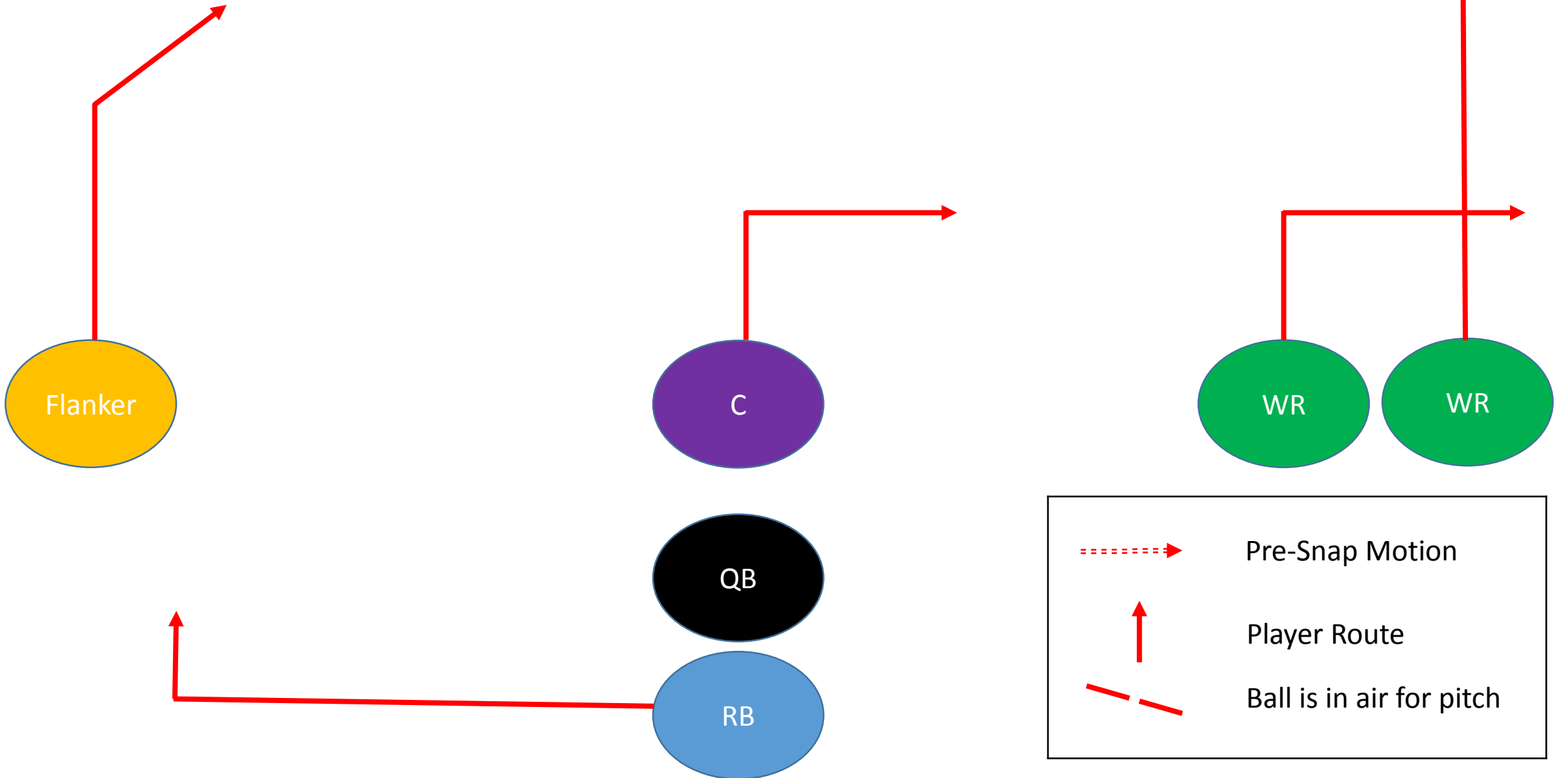
TRIPS LEFT, ALL CURL



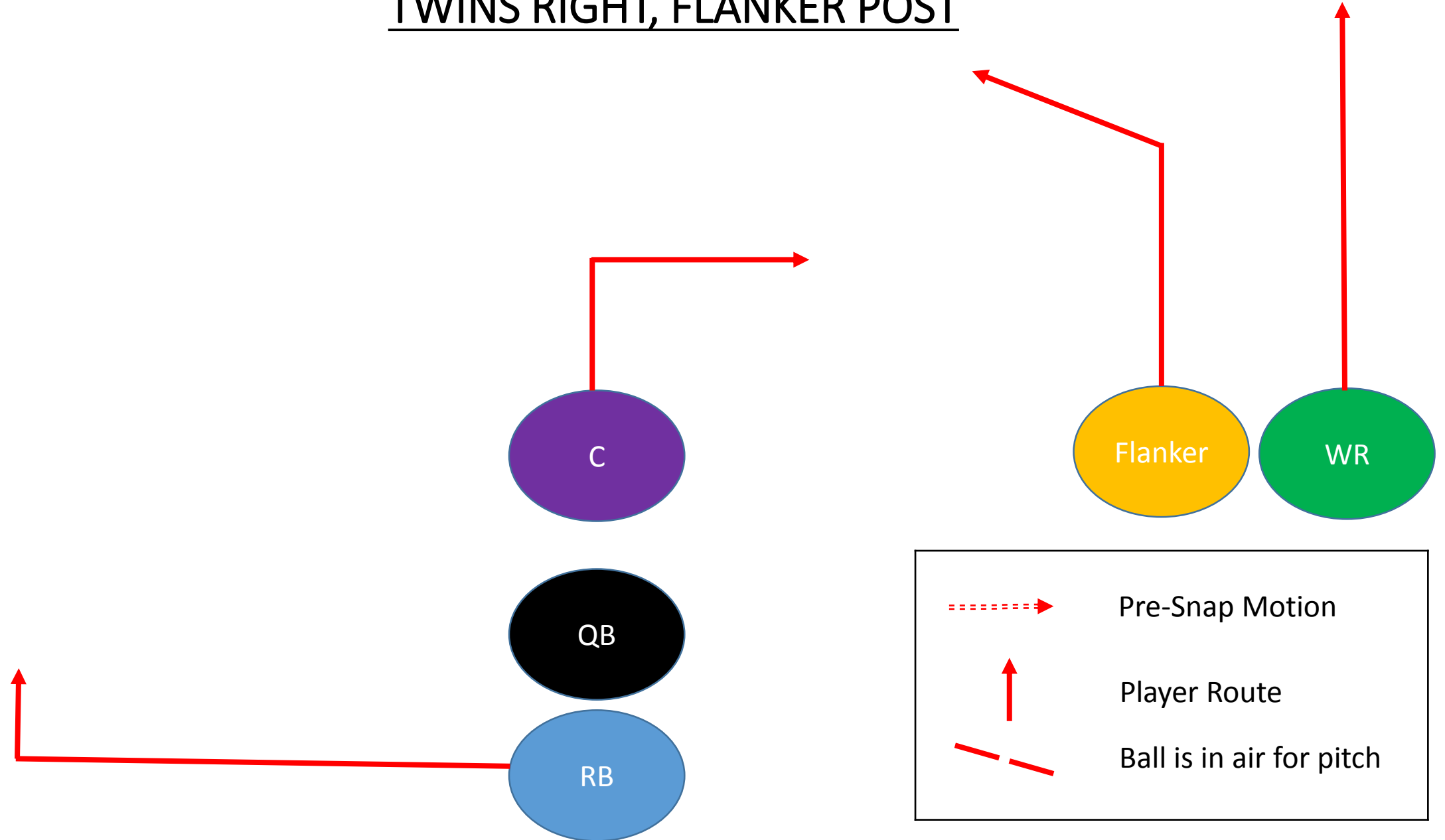
	Pre-Snap Motion
	Player Route
	Ball is in air for pitch



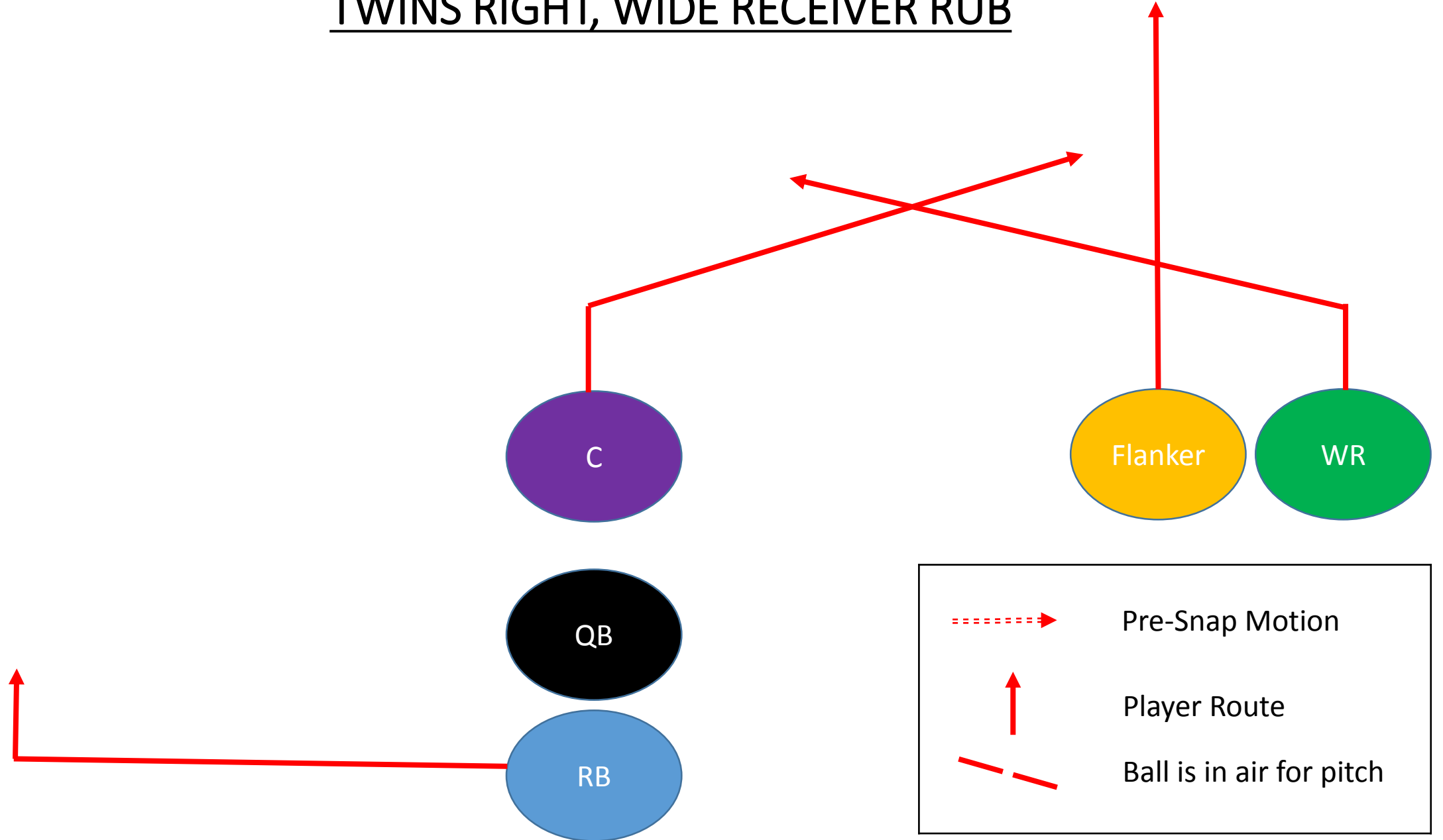
TWINS RIGHT, FLANKER POST



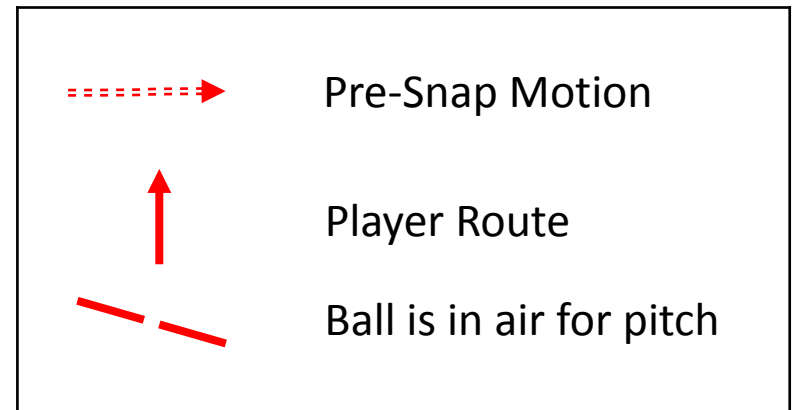
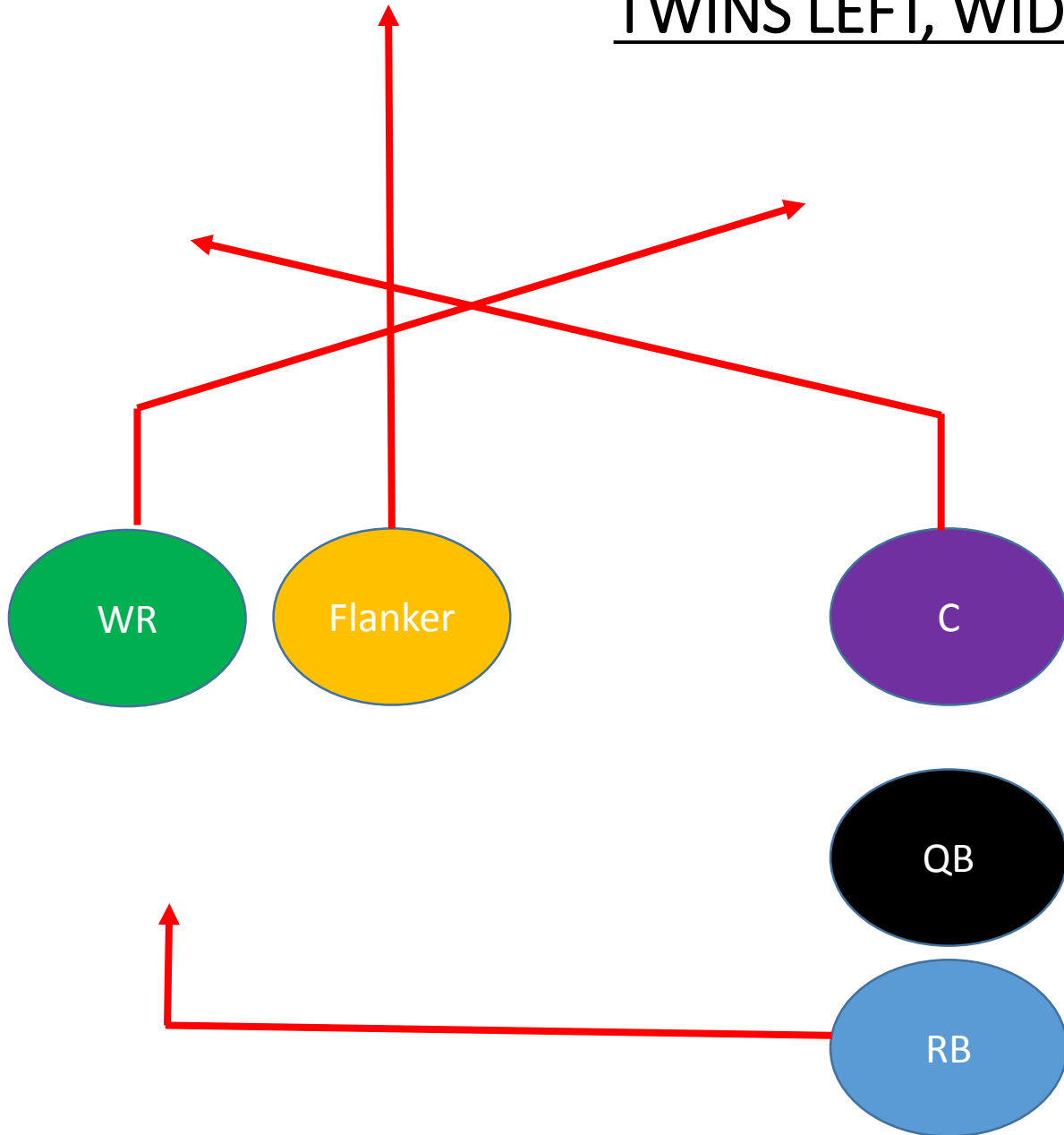
TWINS RIGHT, FLANKER POST



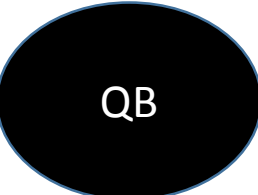
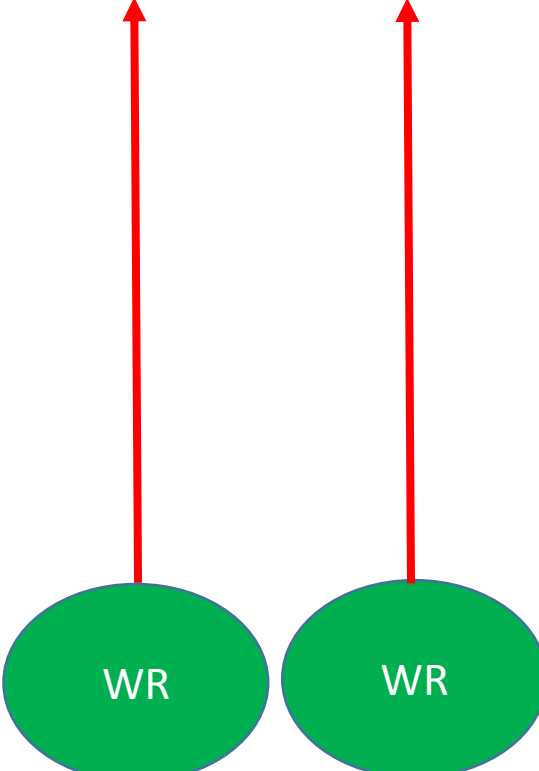
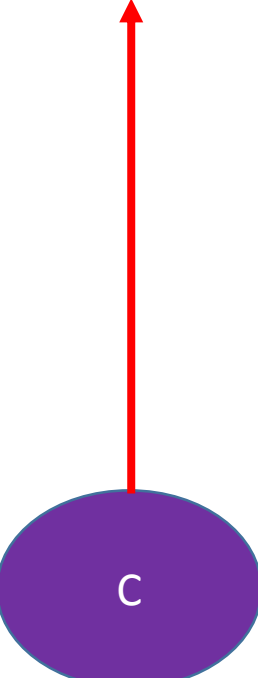
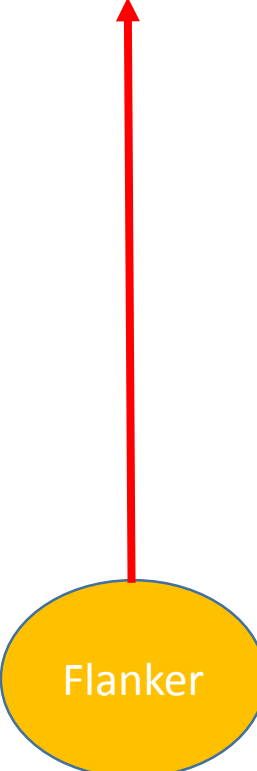
TWINS RIGHT, WIDE RECEIVER RUB






TWINS LEFT, WIDE RECEIVER RUB

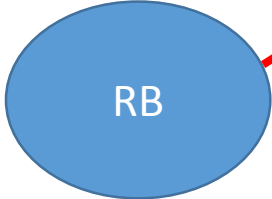
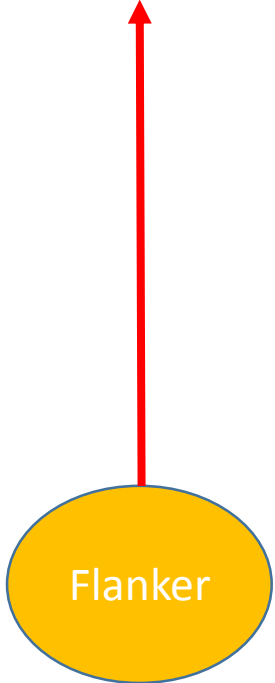
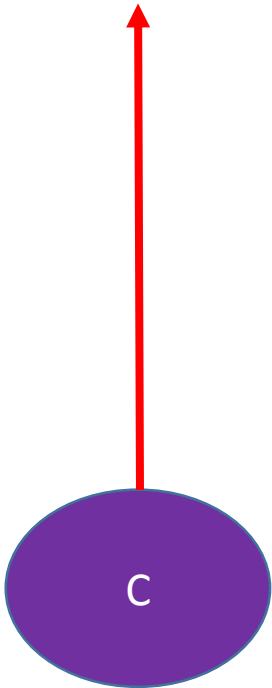
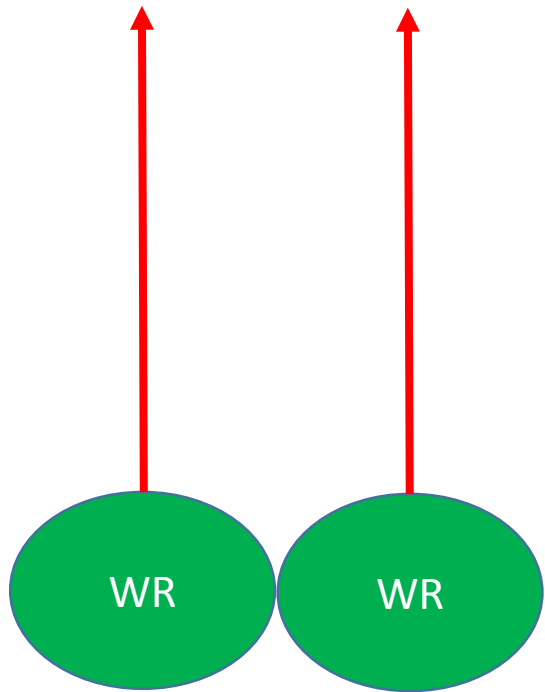


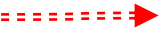


TWINS RIGHT, ALL GO



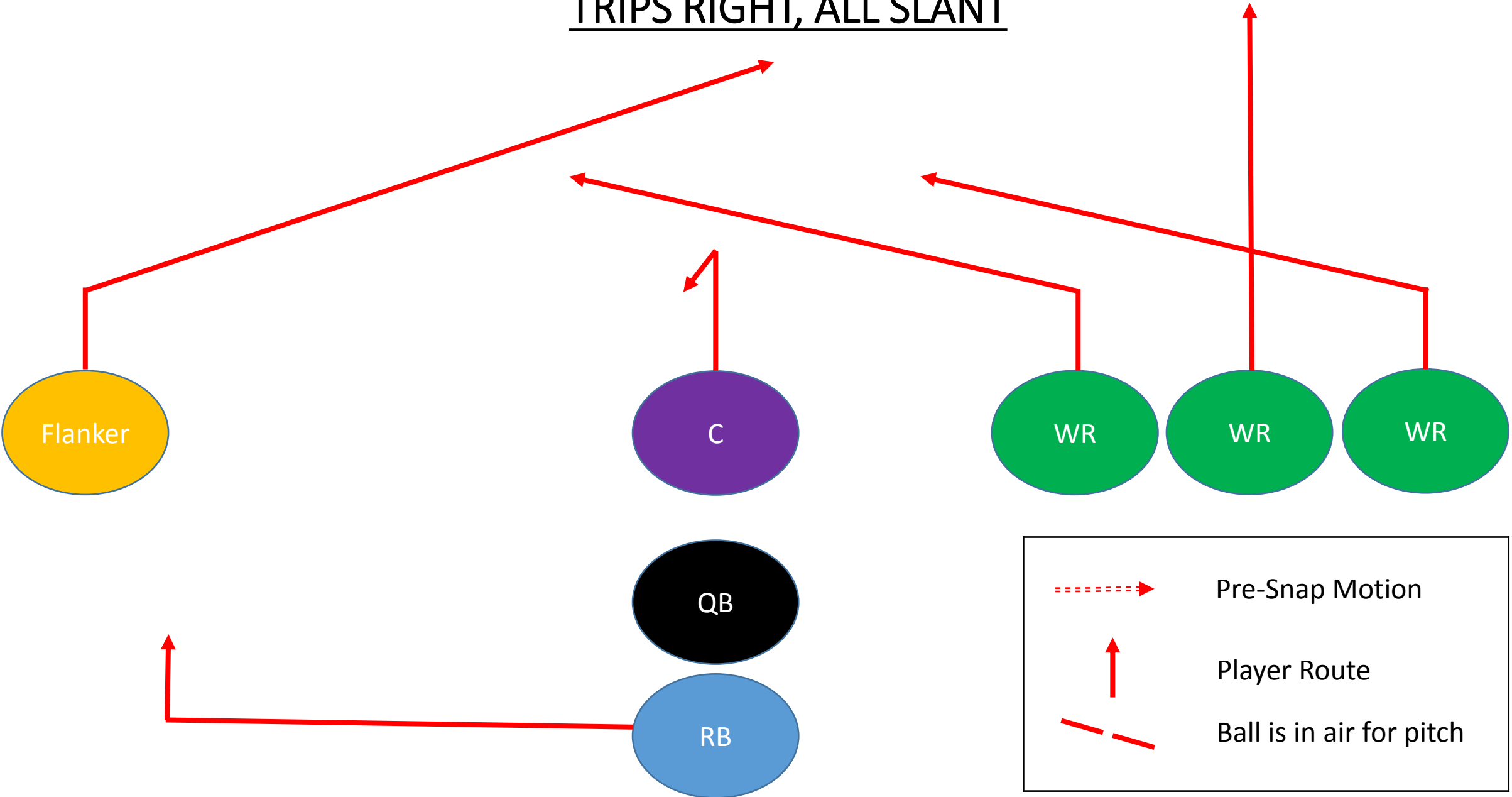
	Pre-Snap Motion
	Player Route
	Ball is in air for pitch

TWINS LEFT, ALL GO

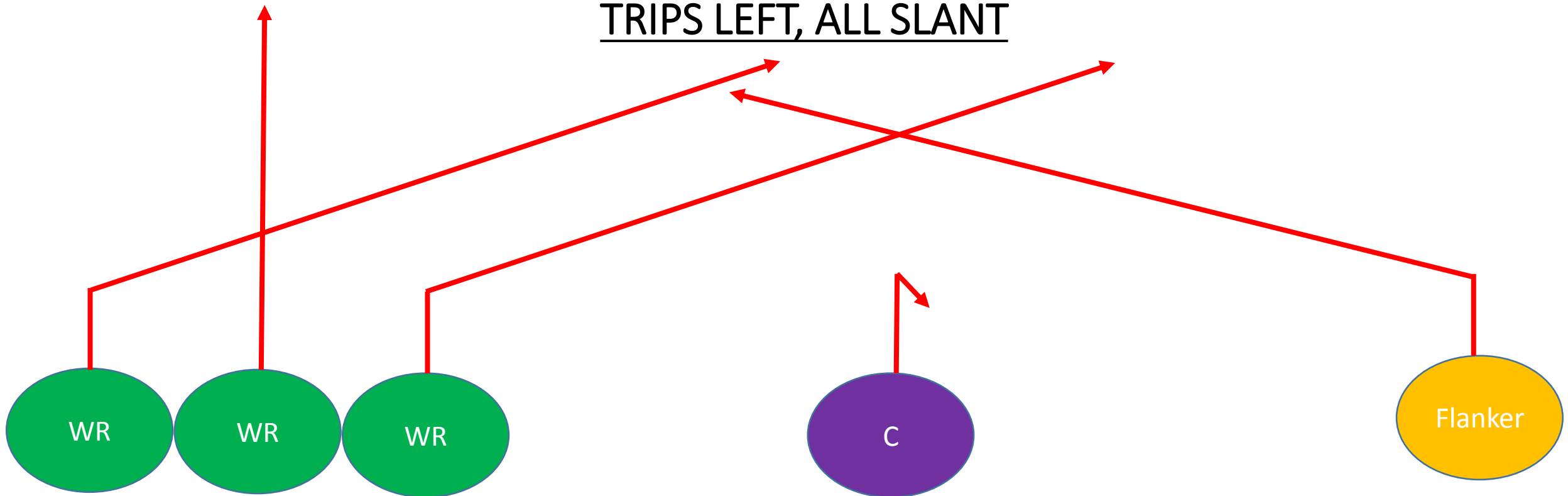


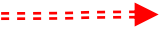

	Pre-Snap Motion
	Player Route
	Ball is in air for pitch

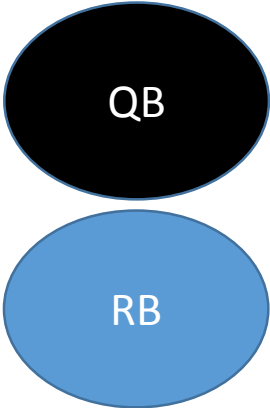
TRIPS RIGHT, ALL SLANT



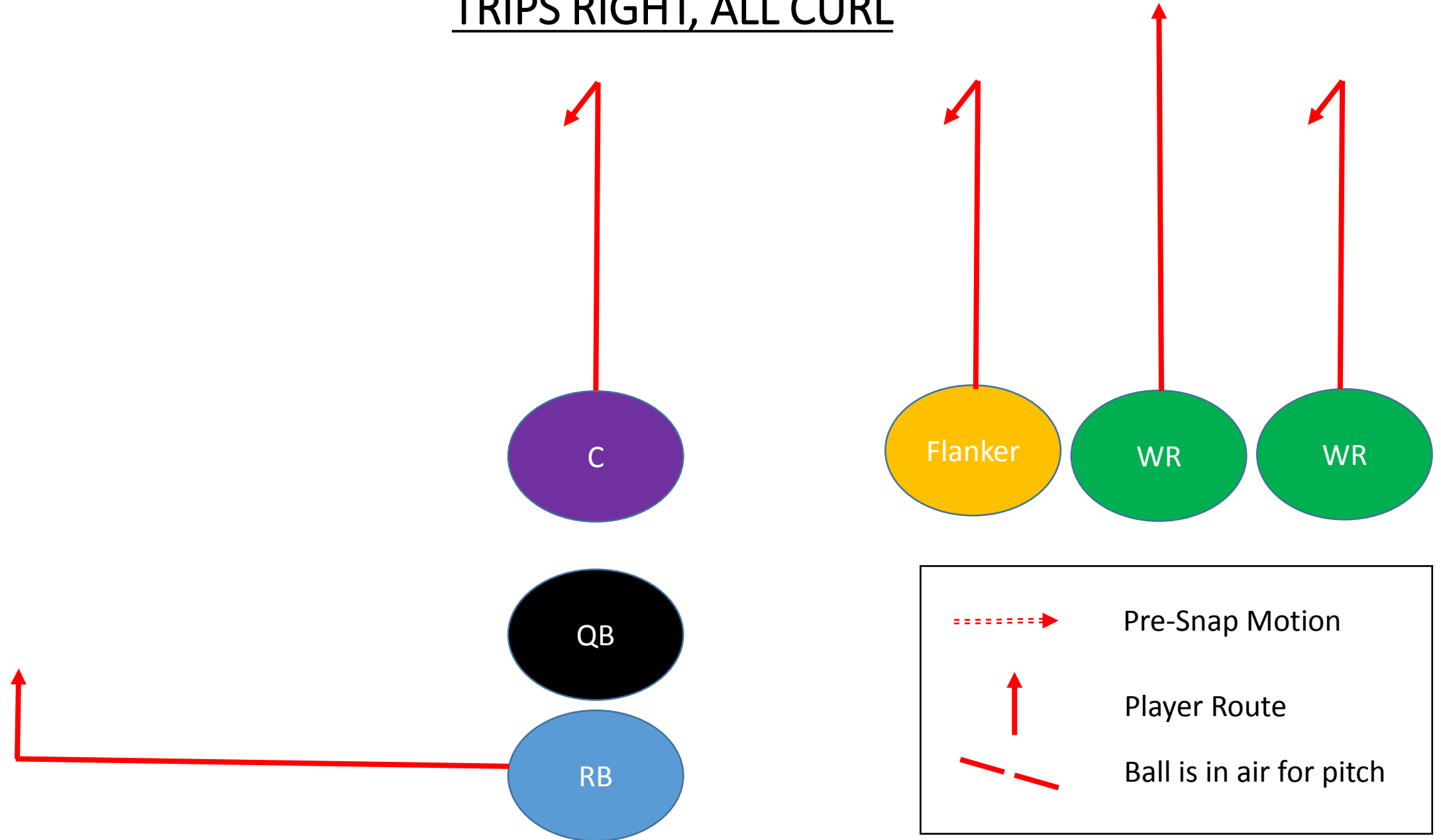
TRIPS LEFT, ALL SLANT



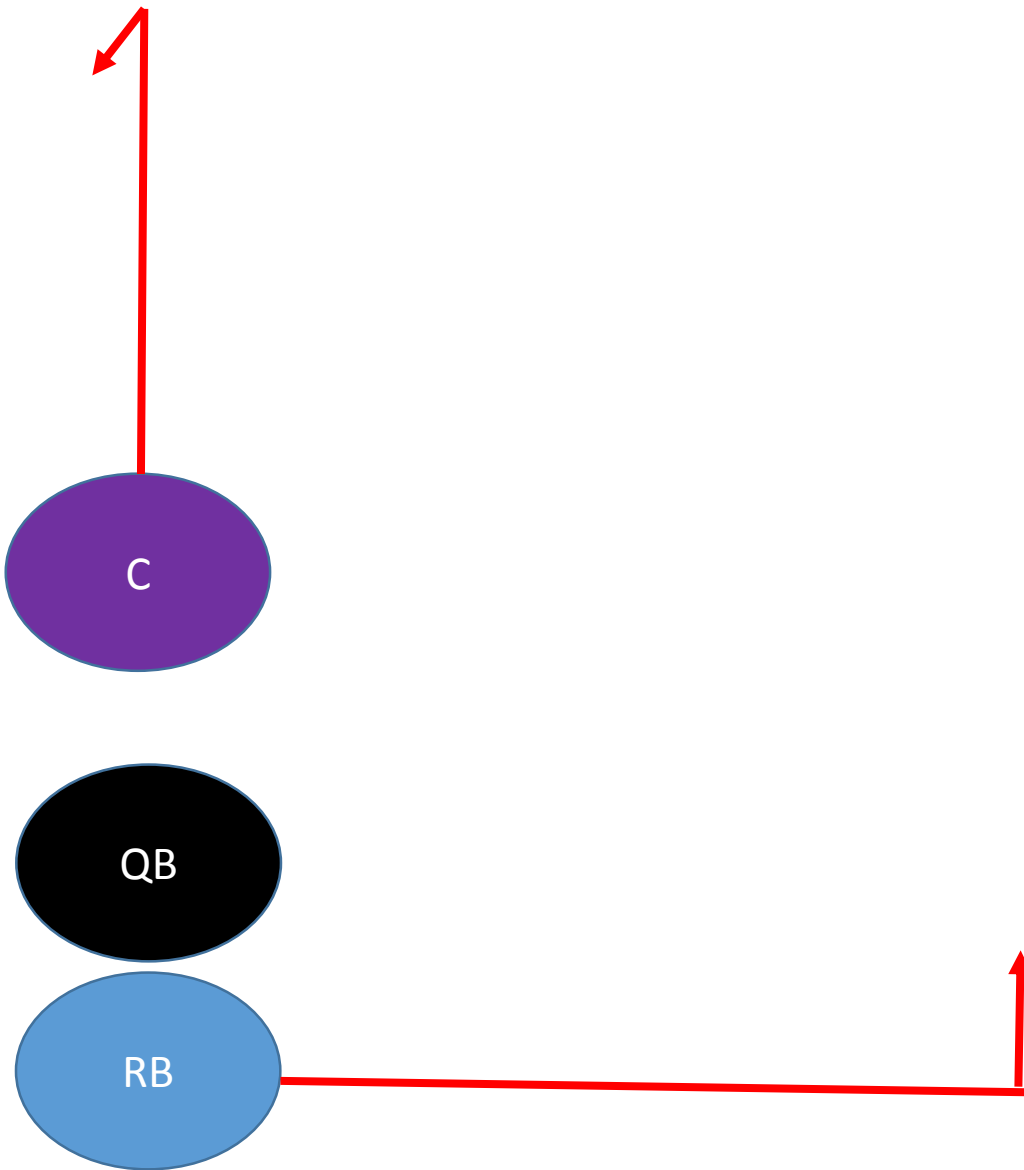
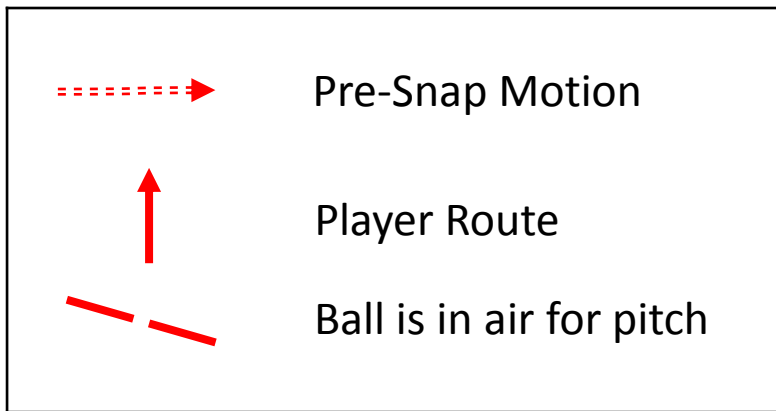
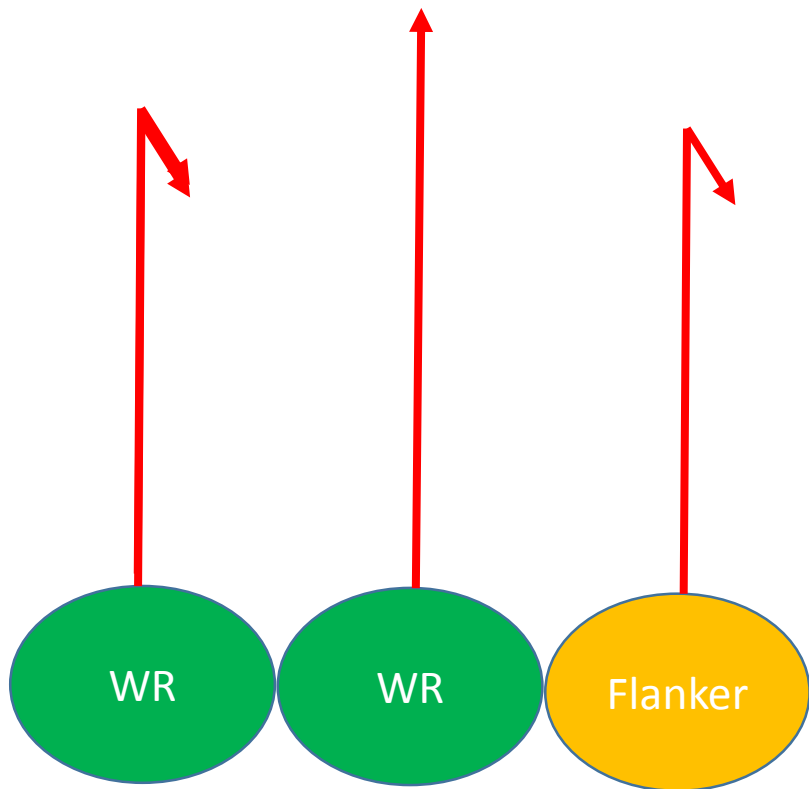
	Pre-Snap Motion
	Player Route
	Ball is in air for pitch



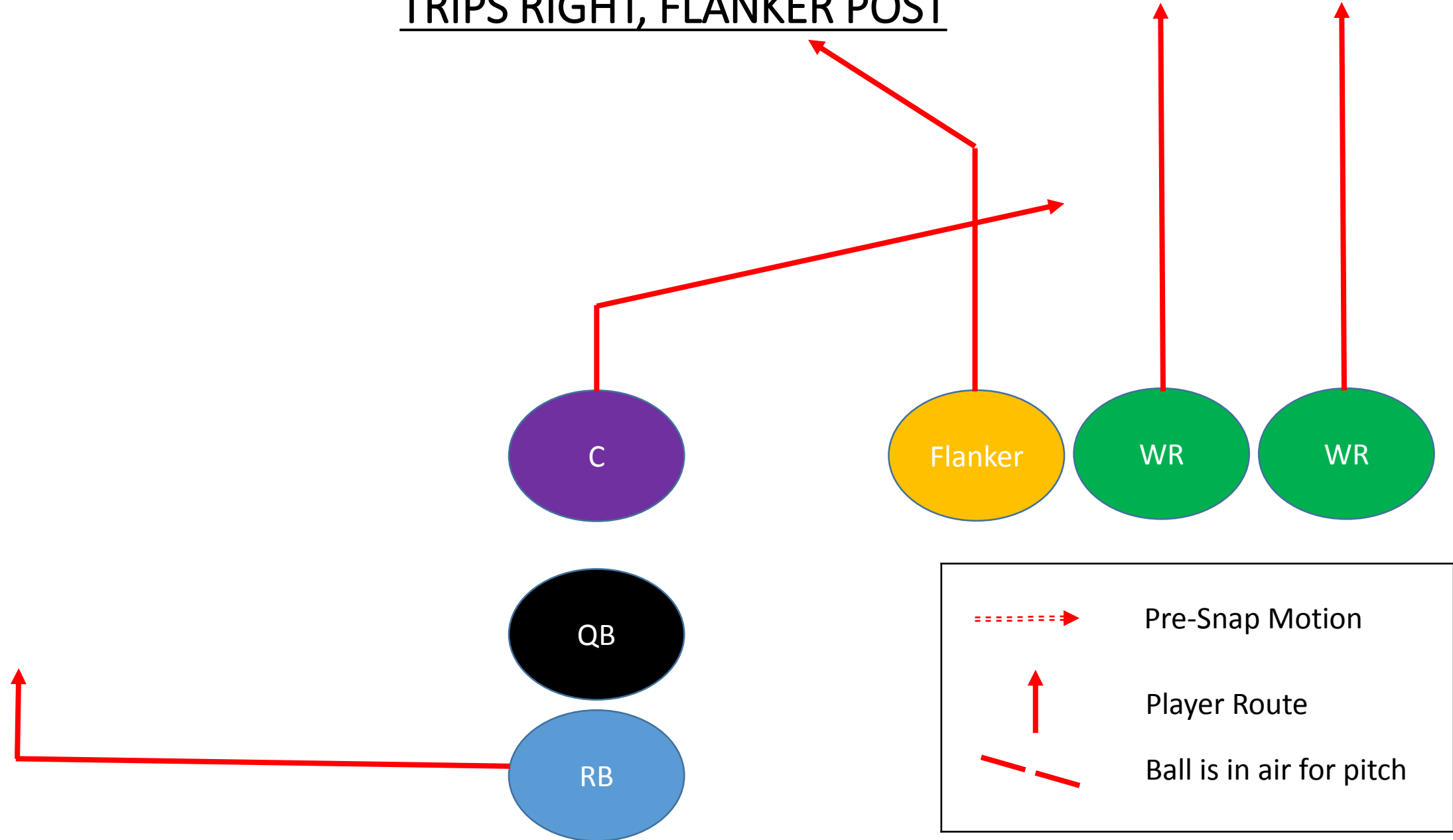
TRIPS RIGHT, ALL CURL



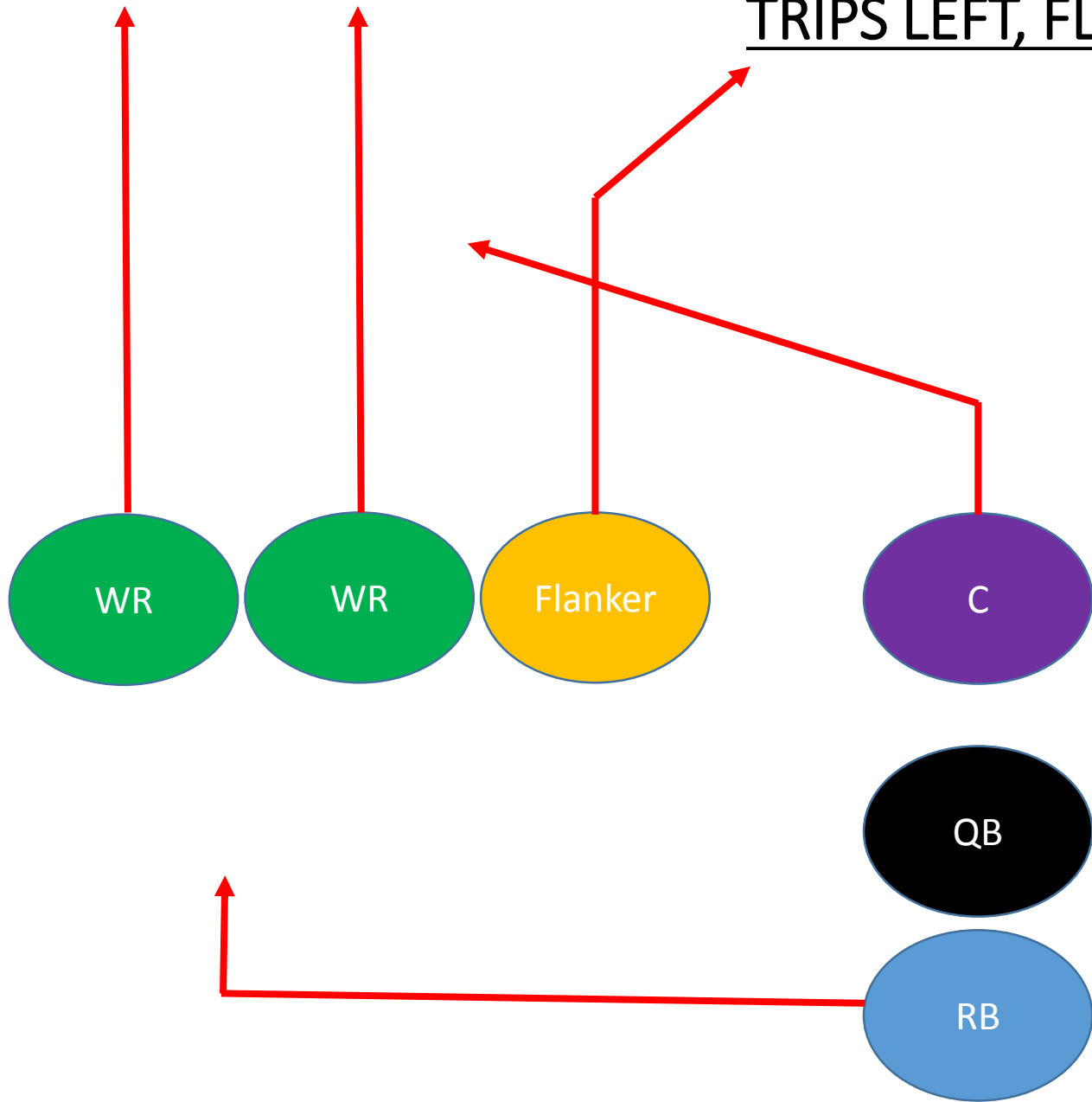
TRIPS LEFT, ALL CURL






TRIPS RIGHT, FLANKER POST

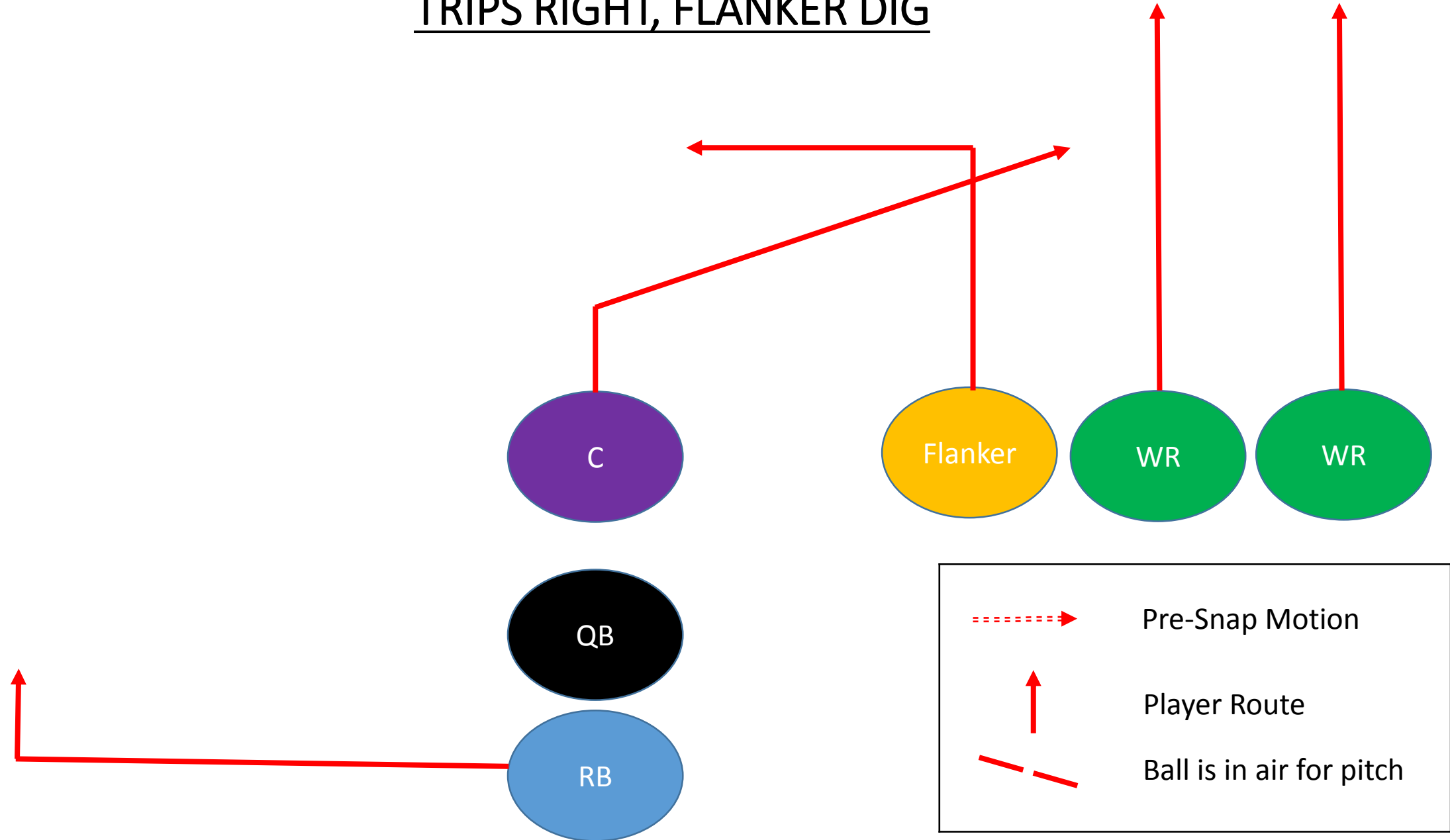


TRIPS LEFT, FLANKER POST

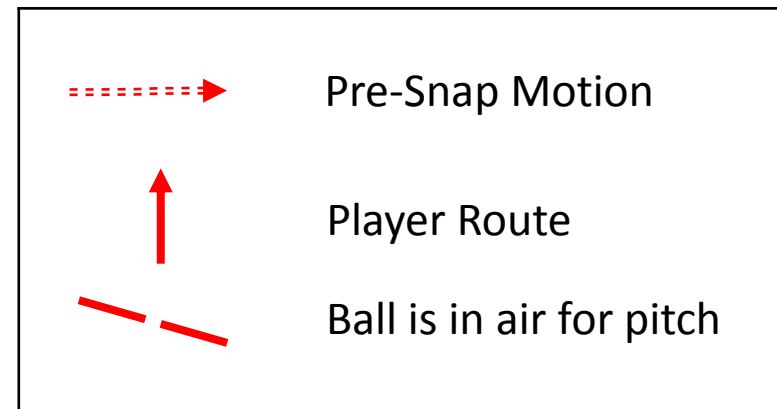
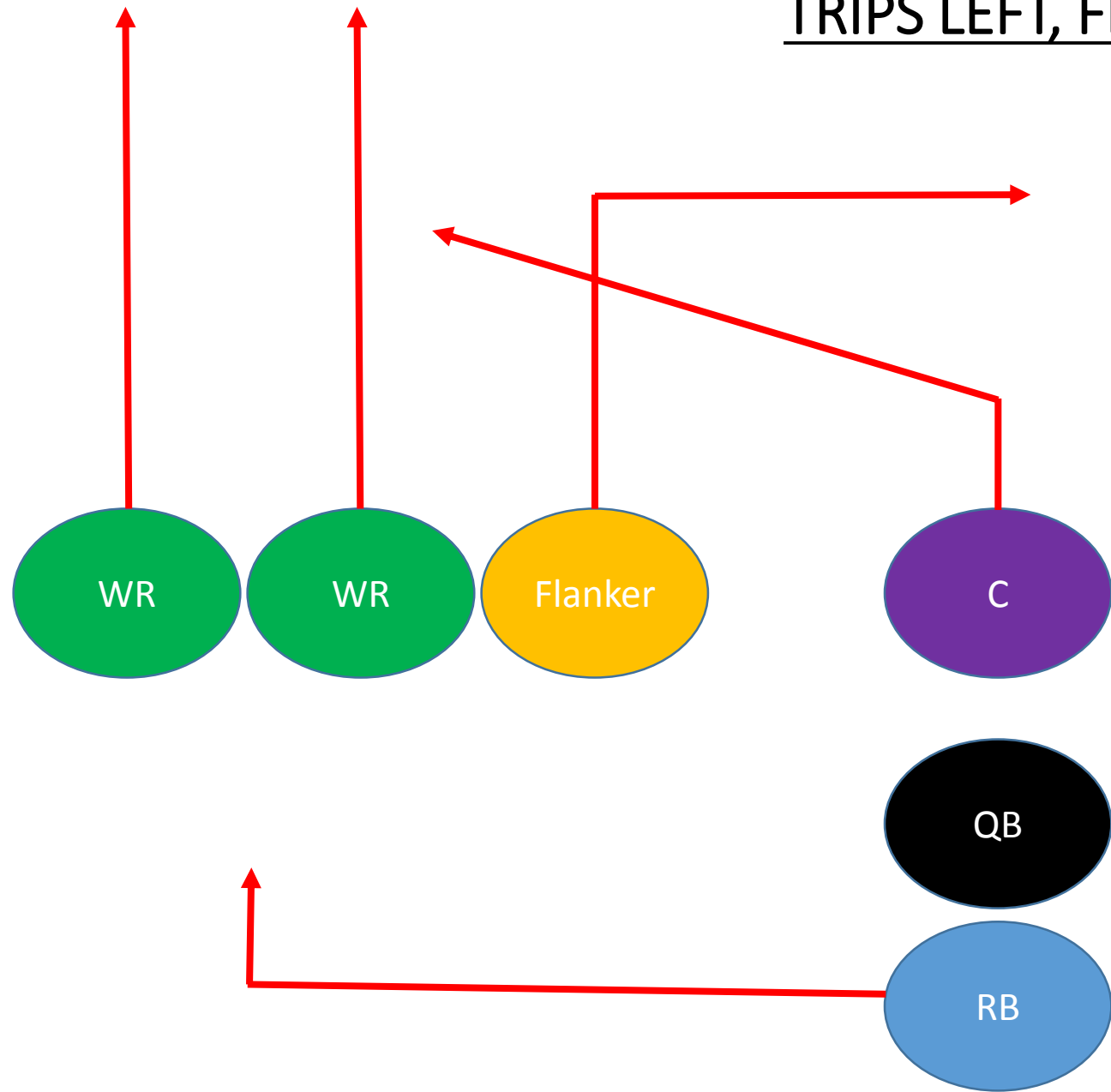


	Pre-Snap Motion
	Player Route
	Ball is in air for pitch

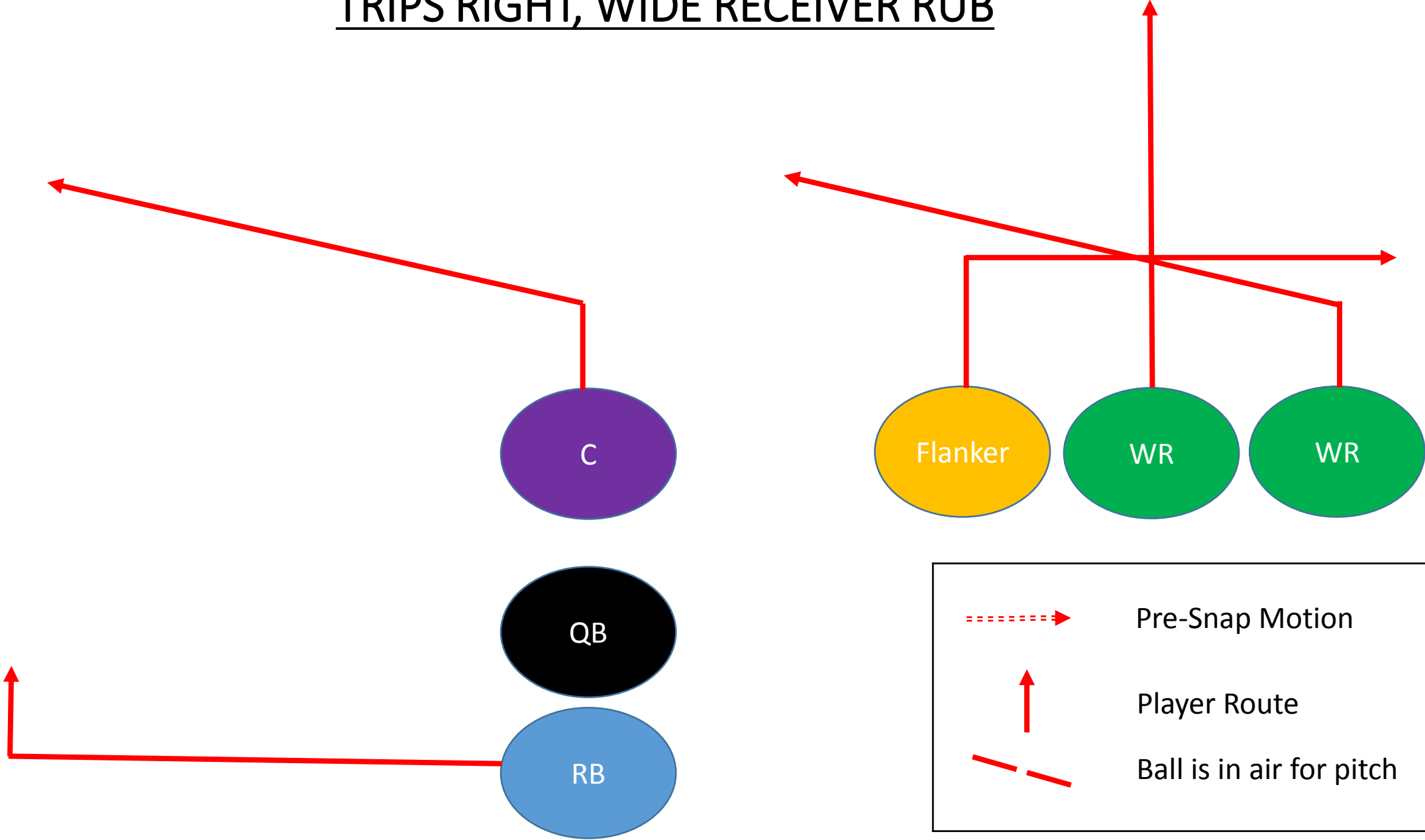
TRIPS RIGHT, FLANKER DIG



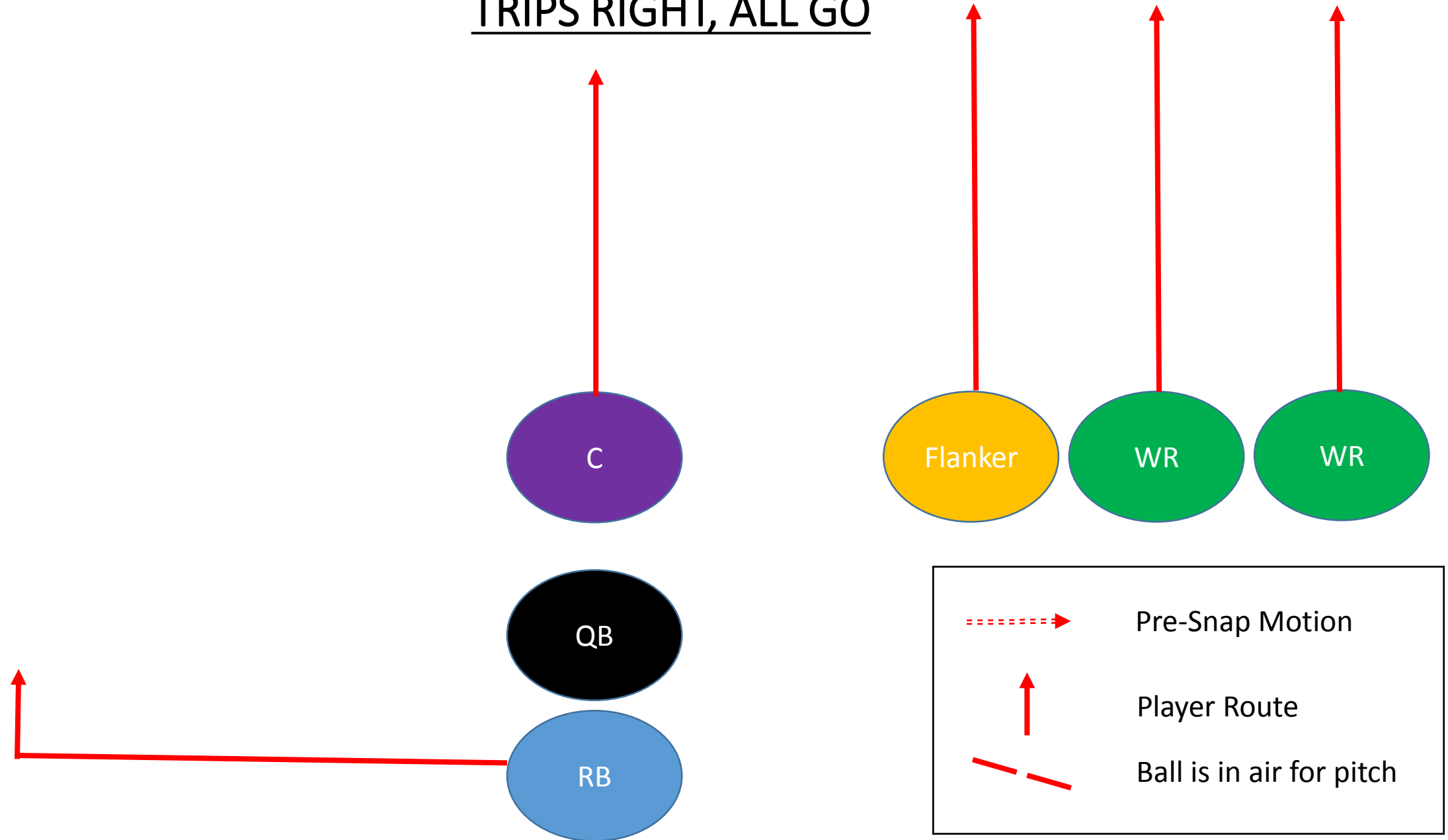
TRIPS LEFT, FLANKER DIG



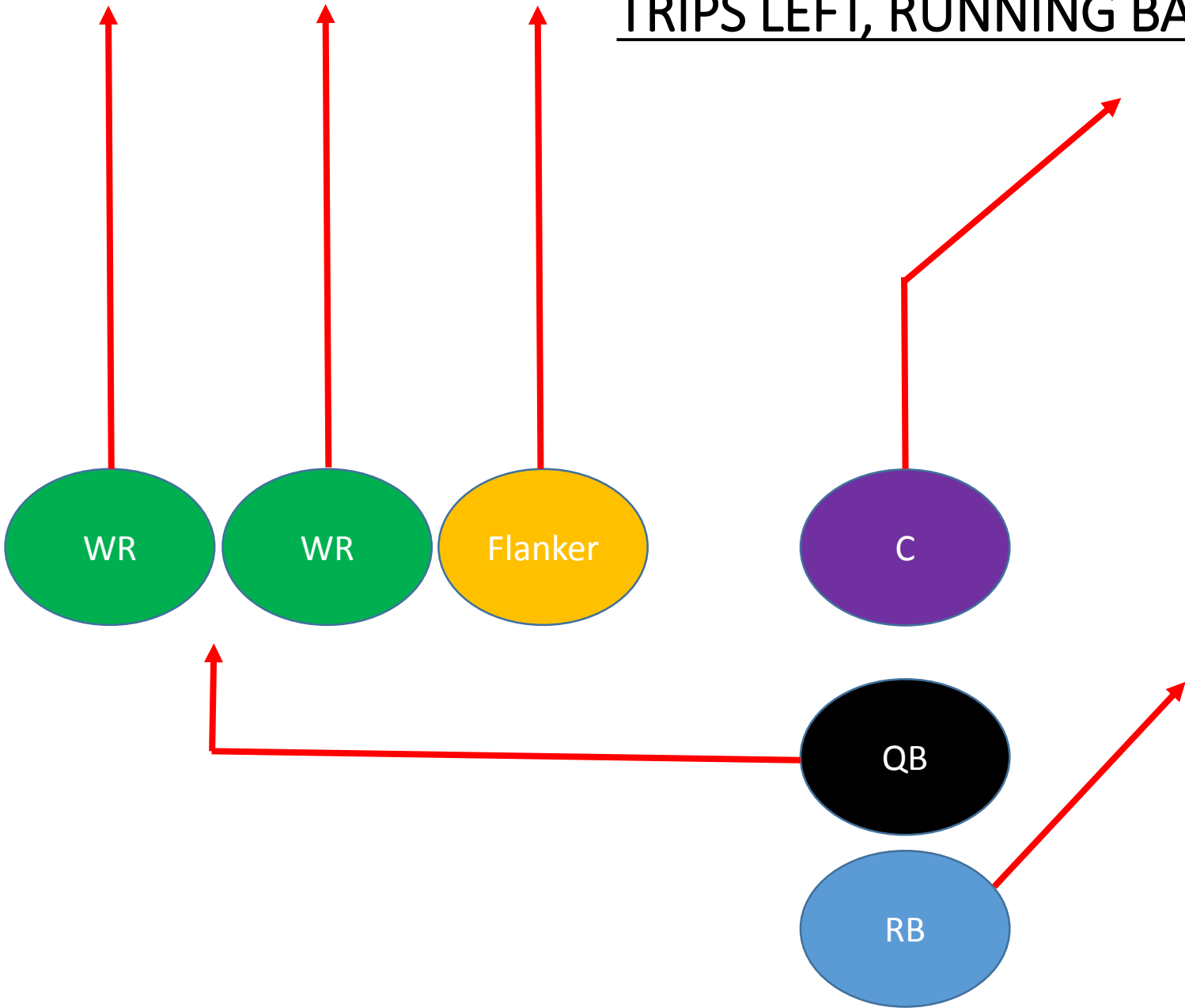
TRIPS RIGHT, WIDE RECEIVER RUB






TRIPS RIGHT, ALL GO

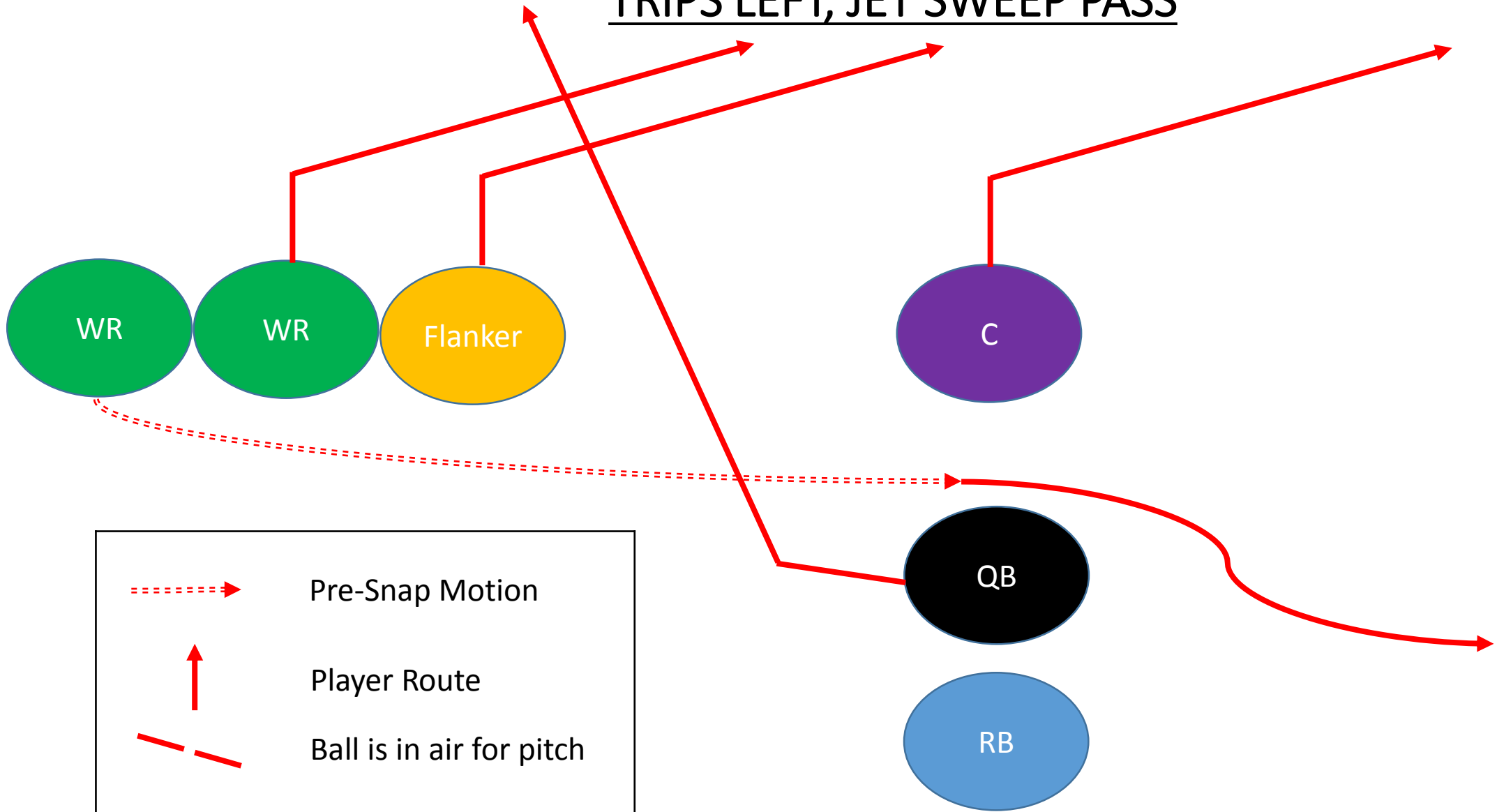


TRIPS LEFT, RUNNING BACK PASS

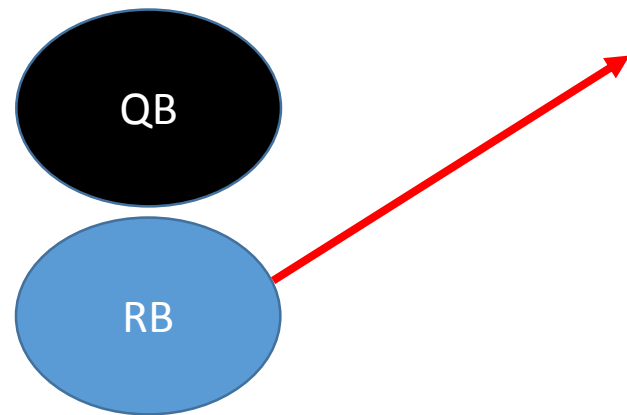
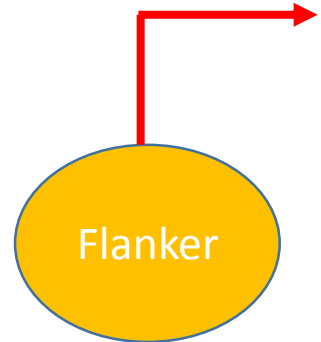
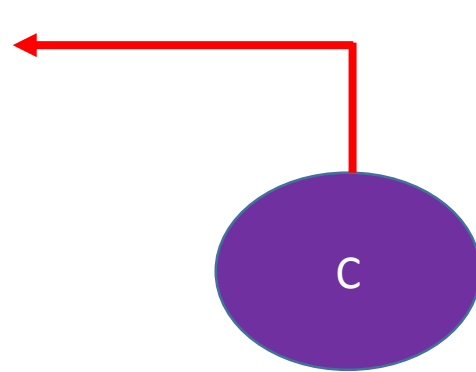
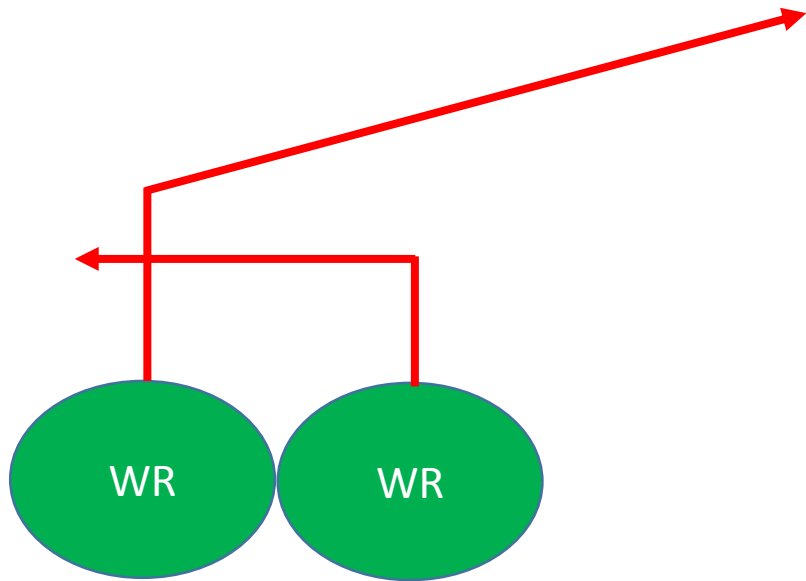





	Pre-Snap Motion
	Player Route
	Ball is in air for pitch

TRIPS LEFT, JET SWEEP PASS

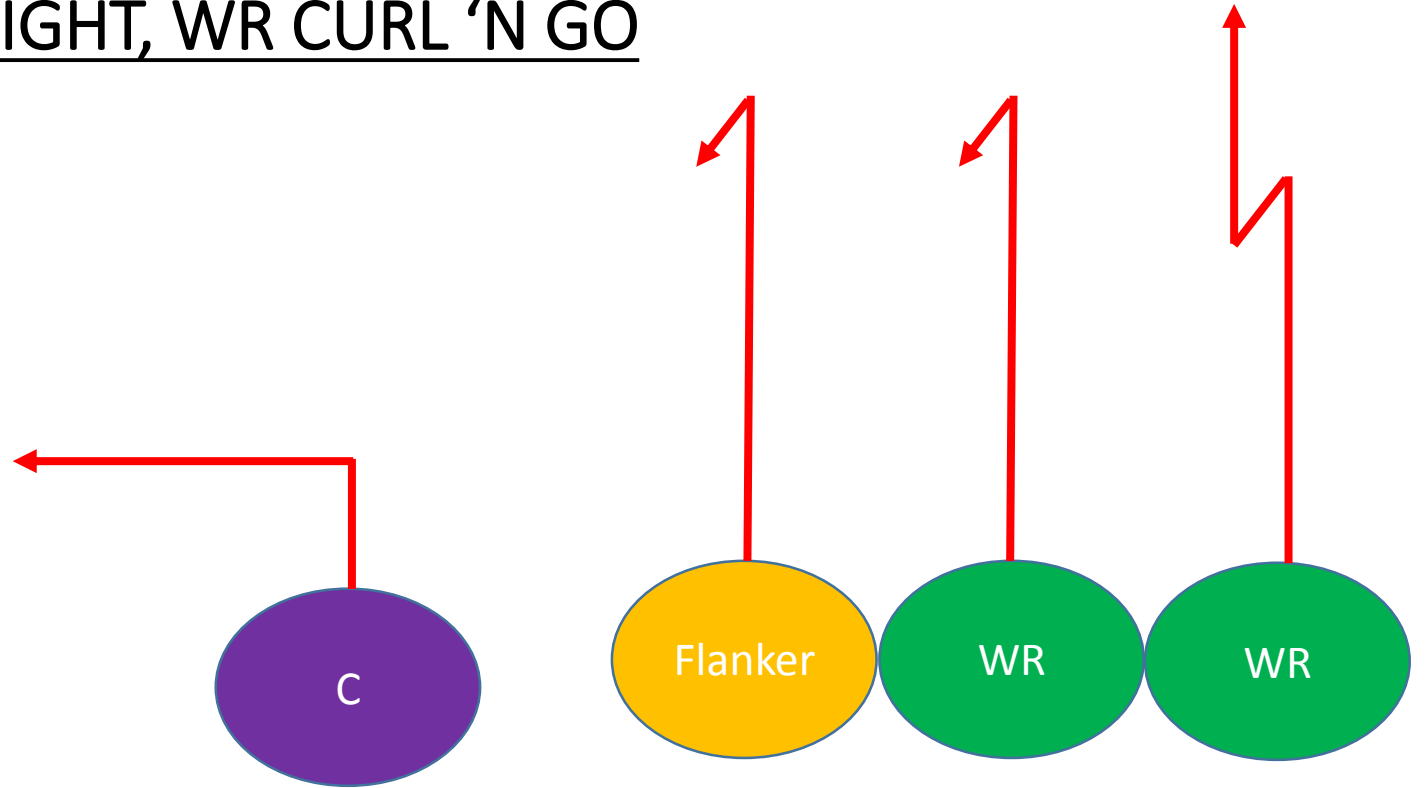


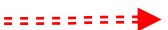


TWINS LEFT, SLANT RUB



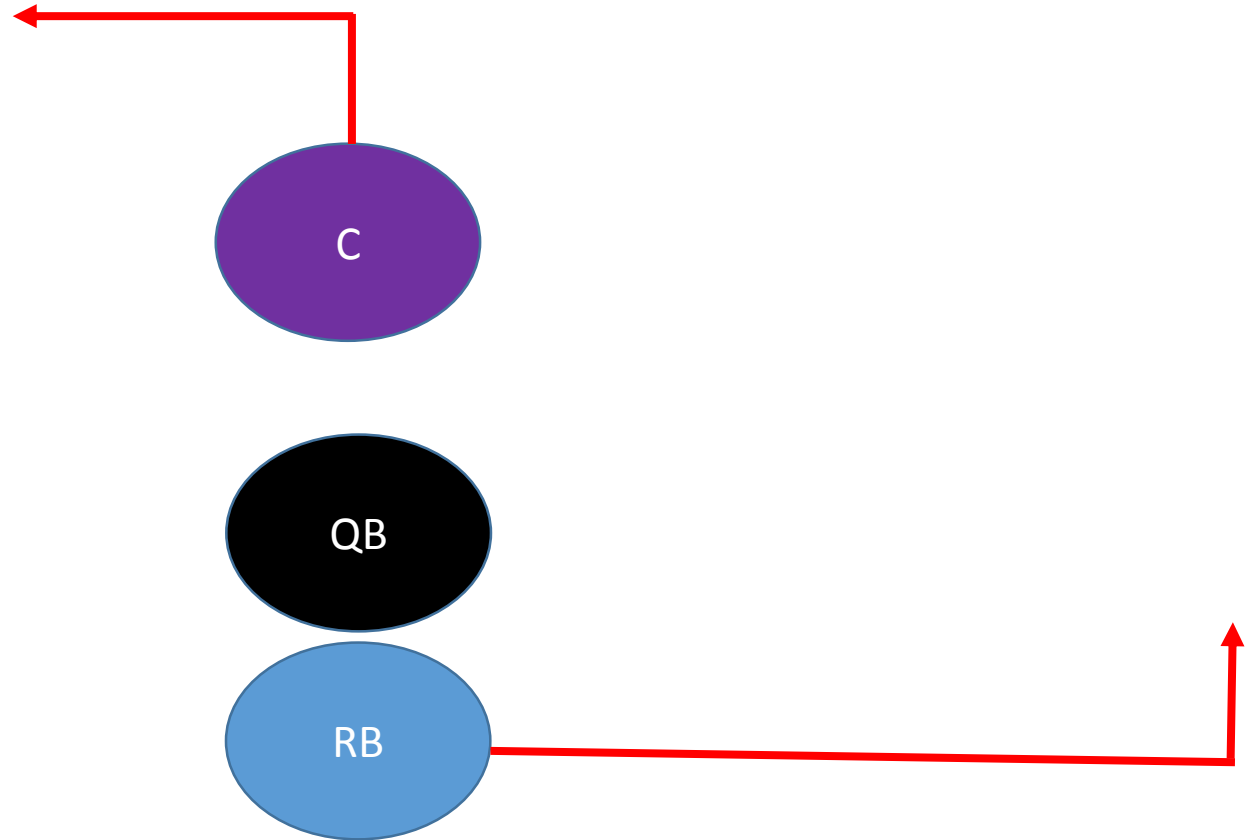
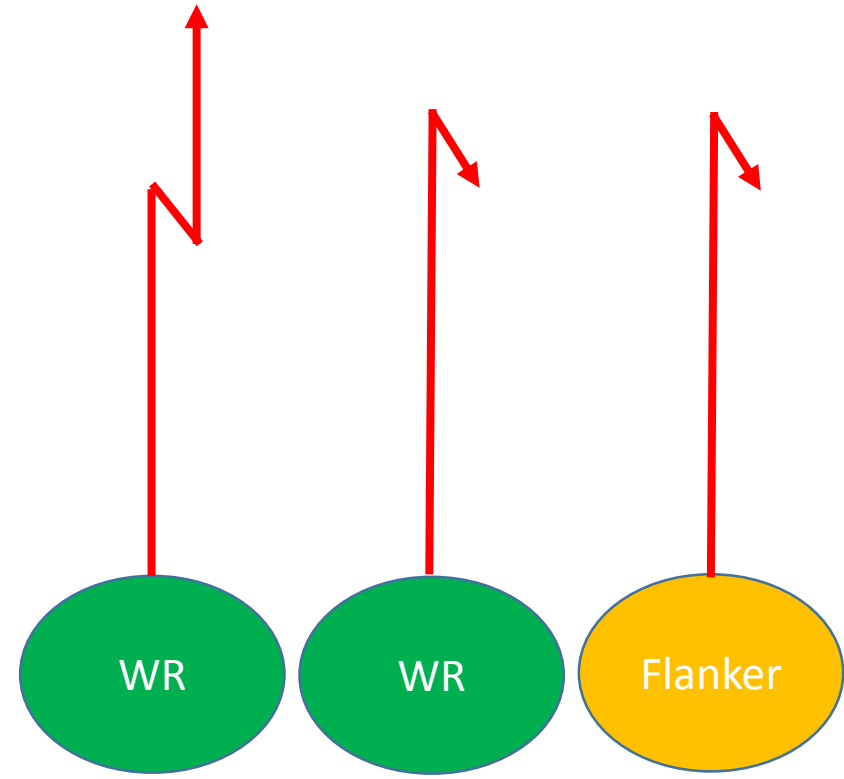
	Pre-Snap Motion
	Player Route
	Ball is in air for pitch

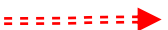


TRIPS RIGHT, WR CURL 'N GO



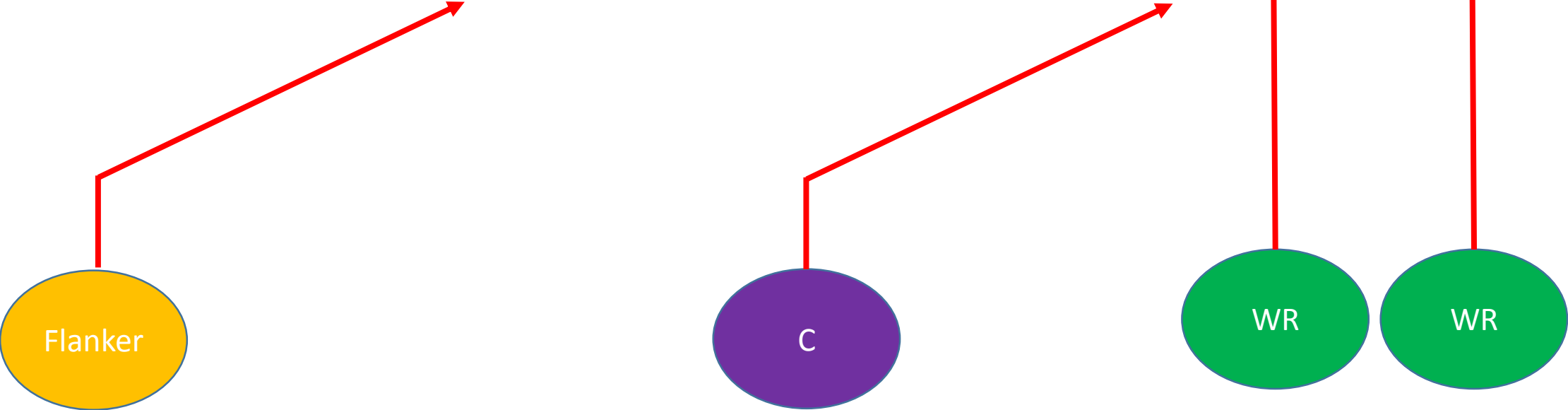
	Pre-Snap Motion
	Player Route
	Ball is in air for pitch



TRIPS LEFT, WR CURL 'N GO

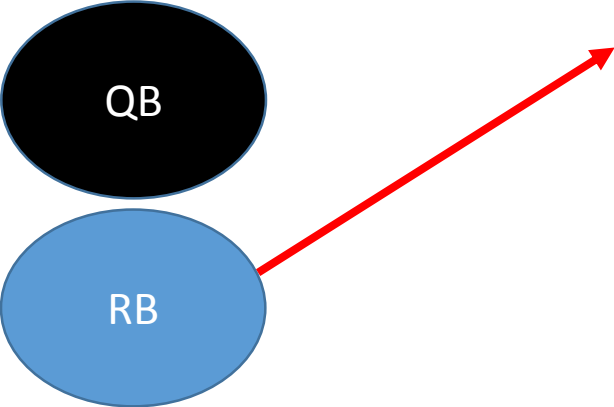


	Pre-Snap Motion
	Player Route
	Ball is in air for pitch

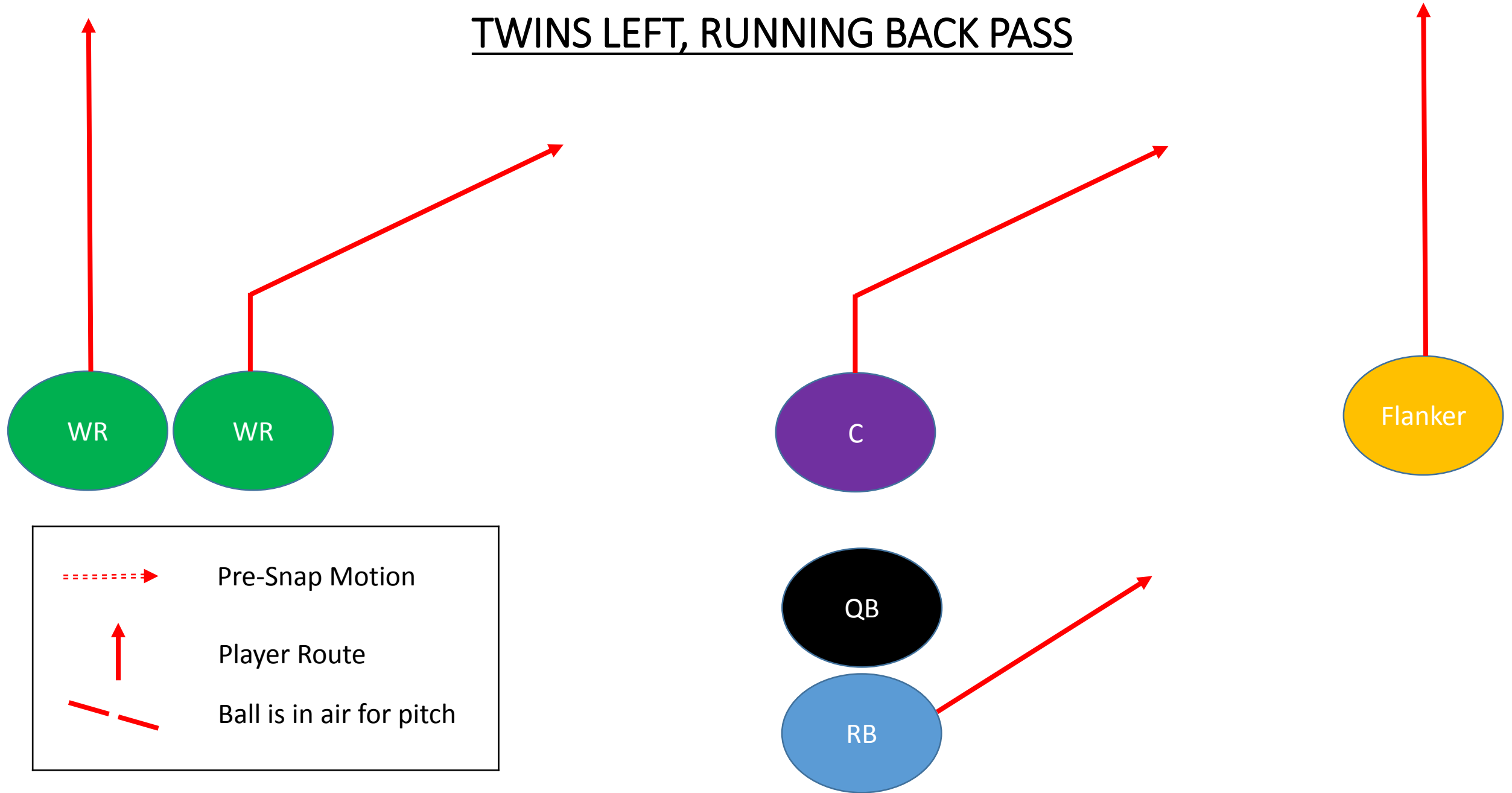
TWINS RIGHT, RUNNING BACK PASS



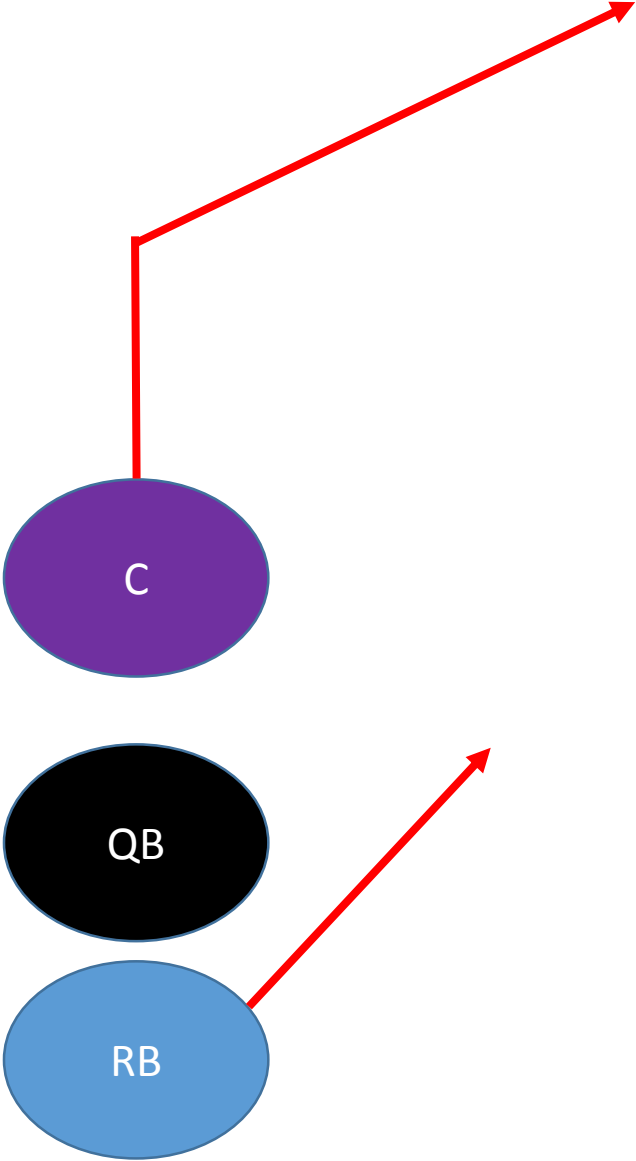
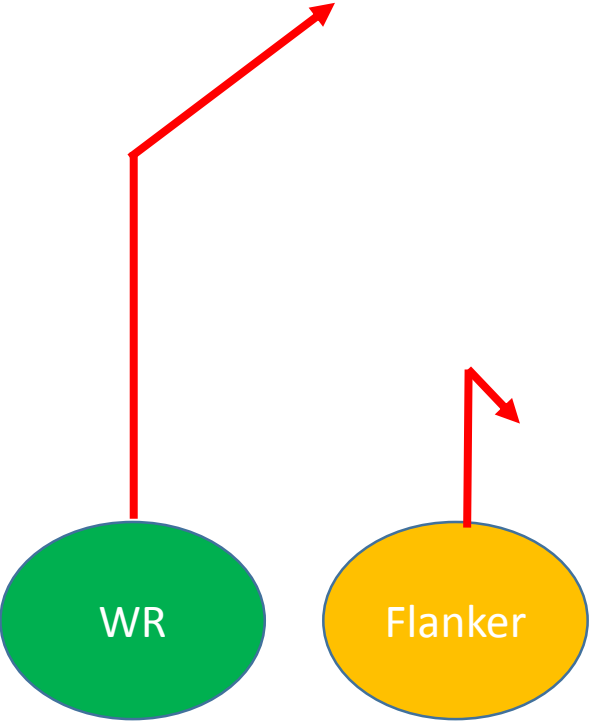
	Pre-Snap Motion
	Player Route
	Ball is in air for pitch






TWINS LEFT, RUNNING BACK PASS

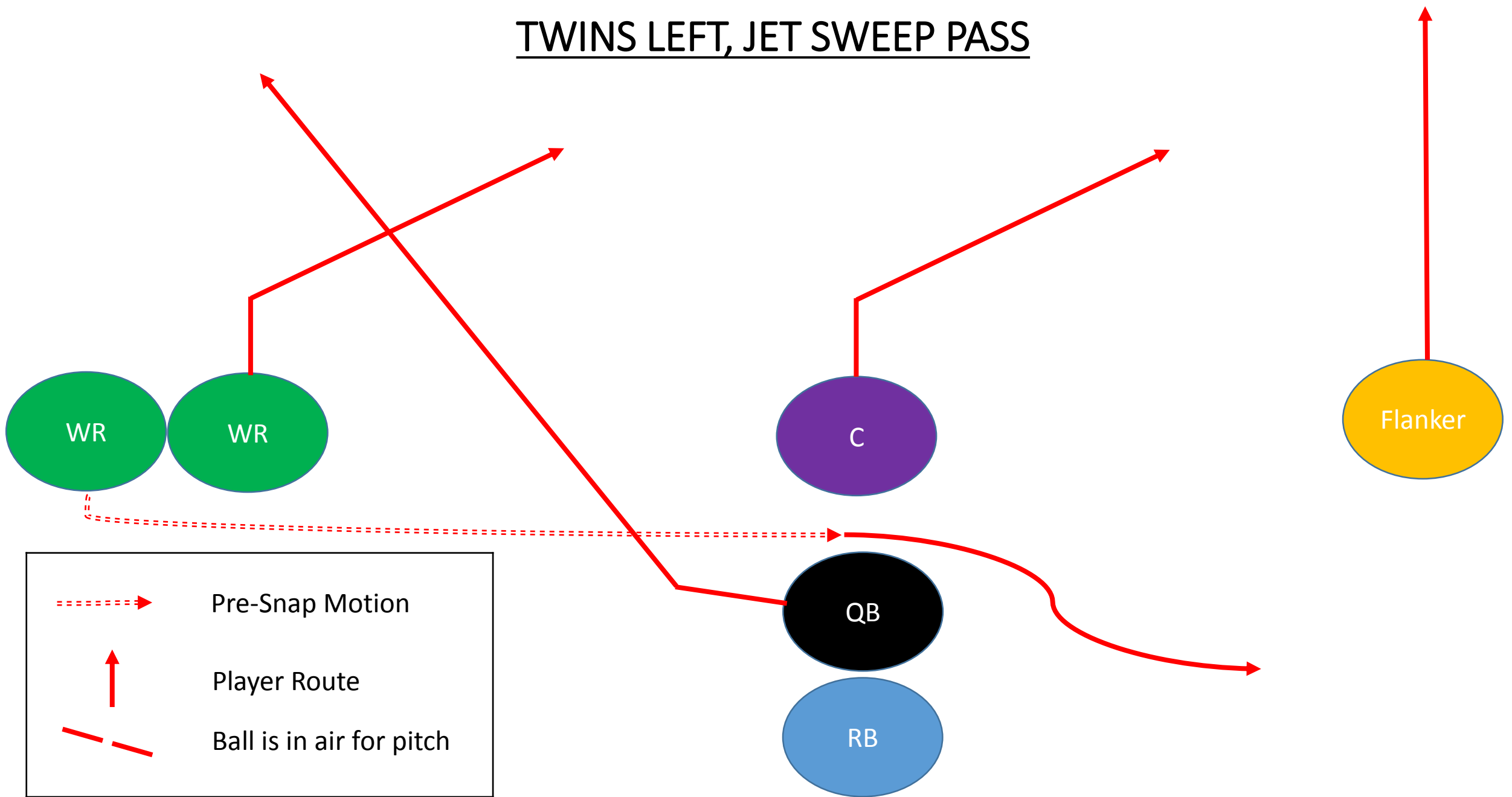


TWINS LEFT, RUNNING BACK PASS

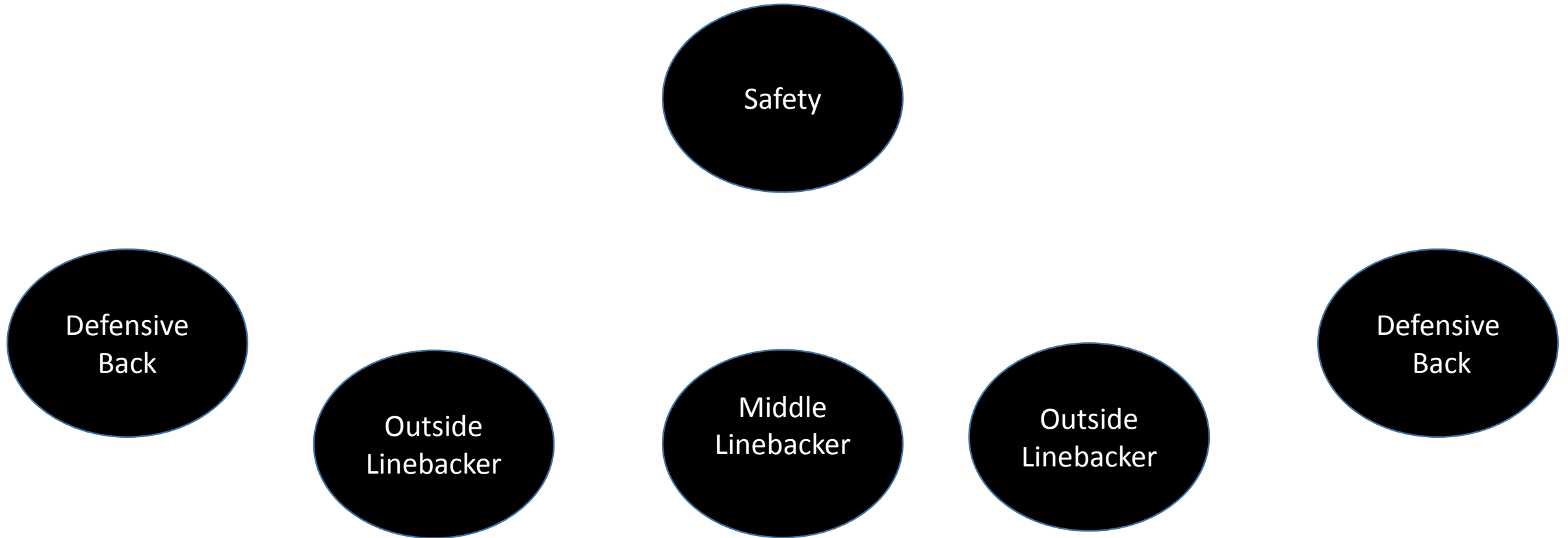


	Pre-Snap Motion
	Player Route
	Ball is in air for pitch

TWINS LEFT, JET SWEEP PASS



Cover 1 Zone Defense



Cover 2 Deep Zone Defense

Free
Safety

Strong
Safety

Defensive
Back

Defensive
Back

Outside
Linebacker

Outside
Linebacker