

RFYFA
PLAYBOOK
5th/6th Grade



Playbook Overview



Trips Formation

- Trips means there are three Wide Receivers together on one side of the Center
- The Flanker will line up on the opposite side of the center as the trips receivers
- 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

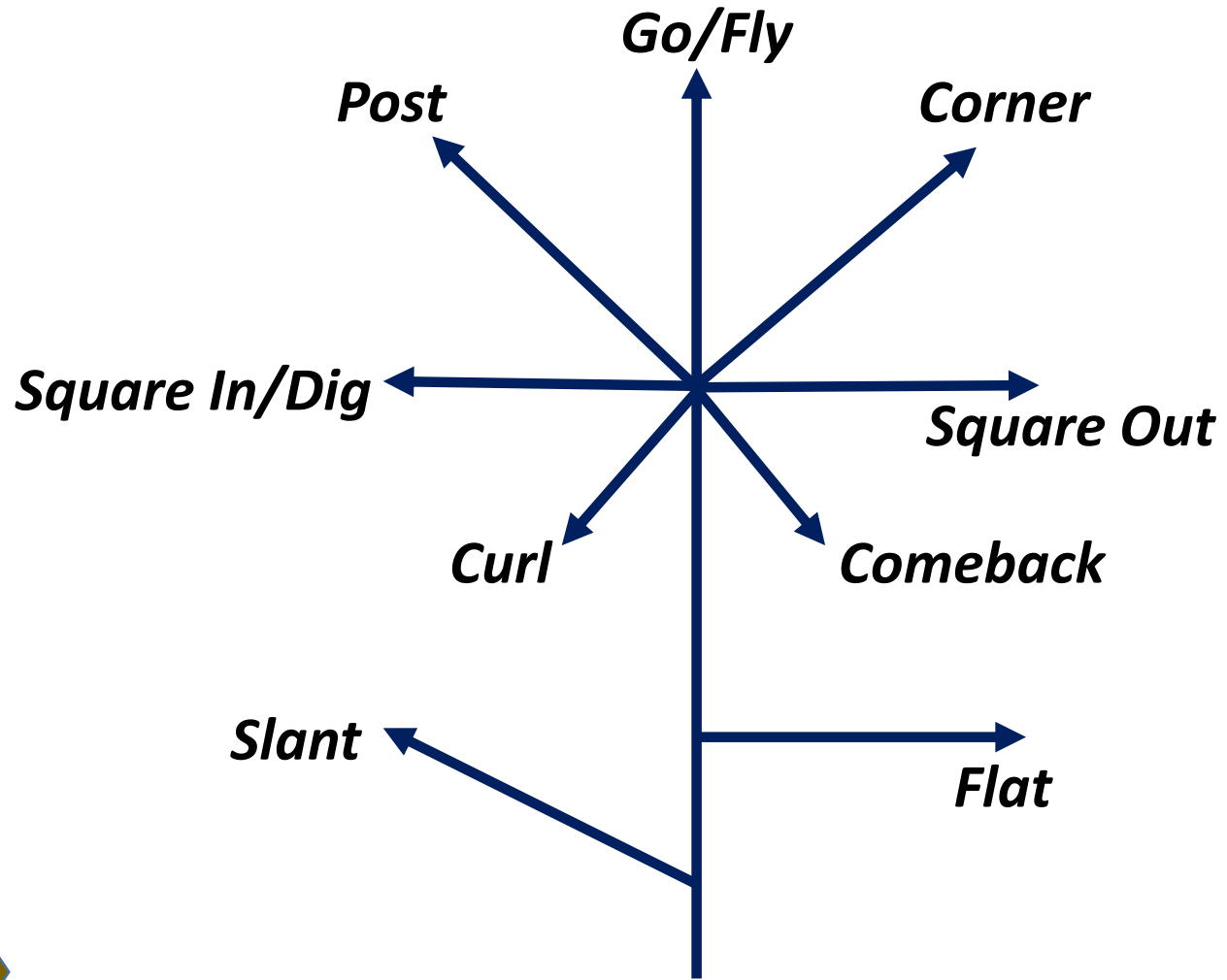
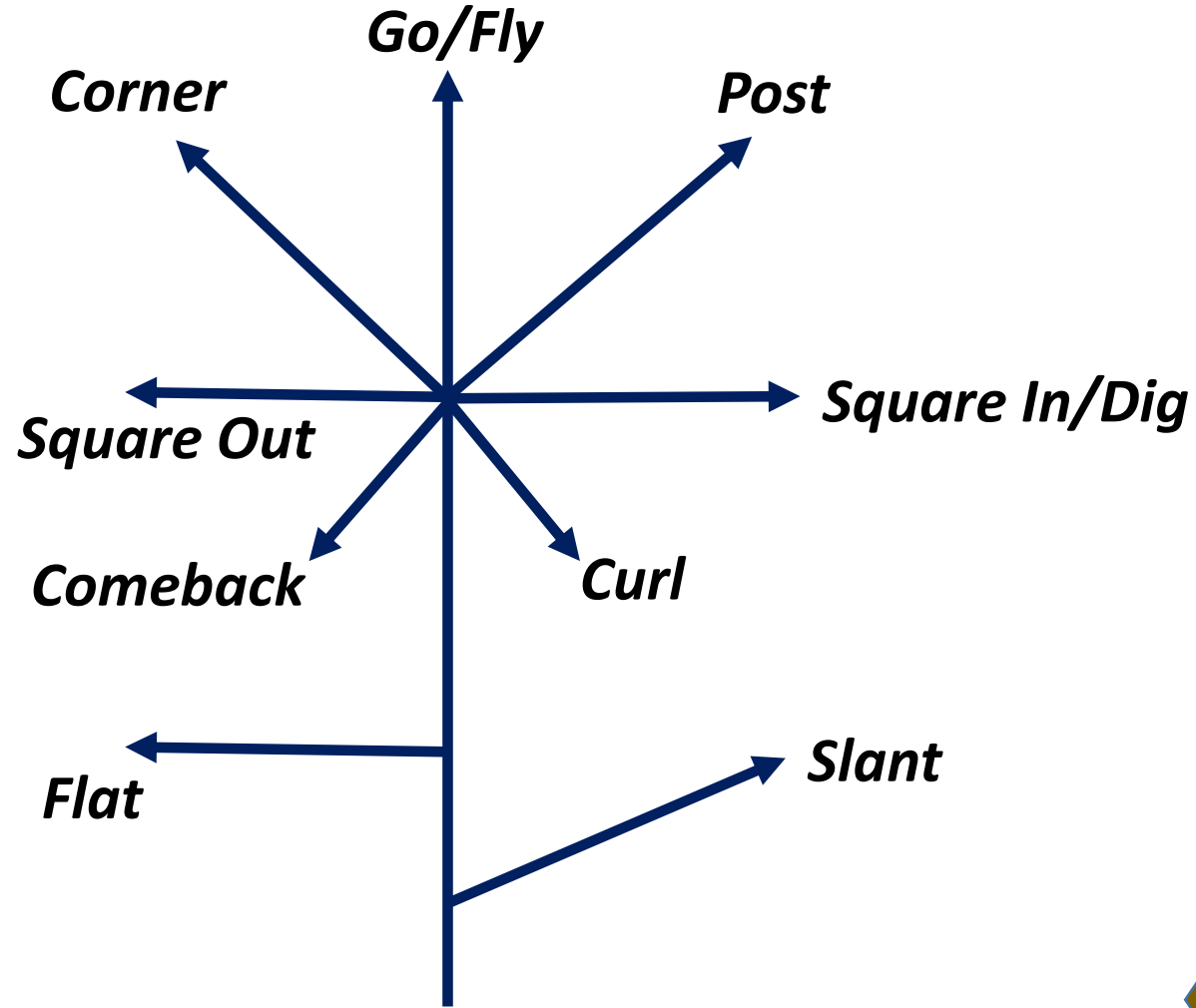
Doubles Formation

- Doubles means there are two Wide Receivers together on the left side of the Center
- The Flanker and the third Wide Receiver will line up together on the right 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 “run off” defenders

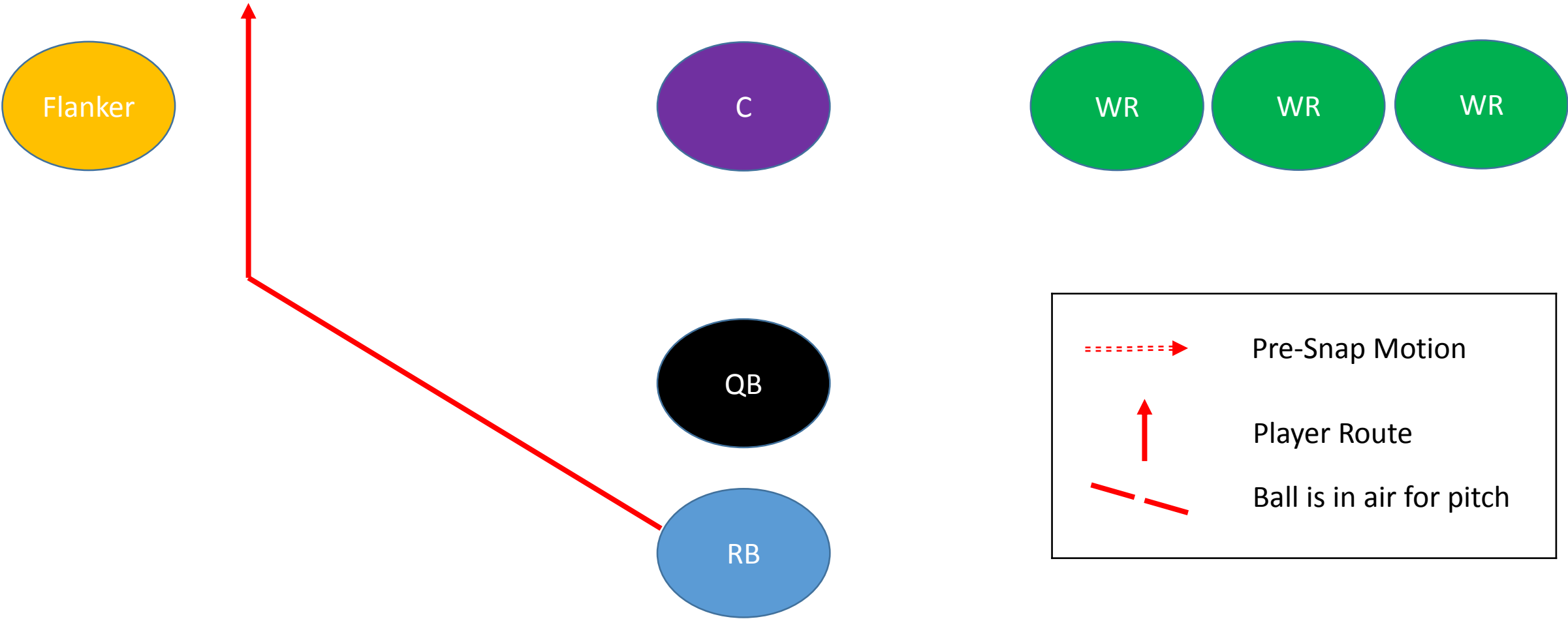
Empty Formation

- Empty means there are three Wide Receivers together on the left side of the Center
- The Flanker and the Running Back line up together on the right side of the Center
- 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

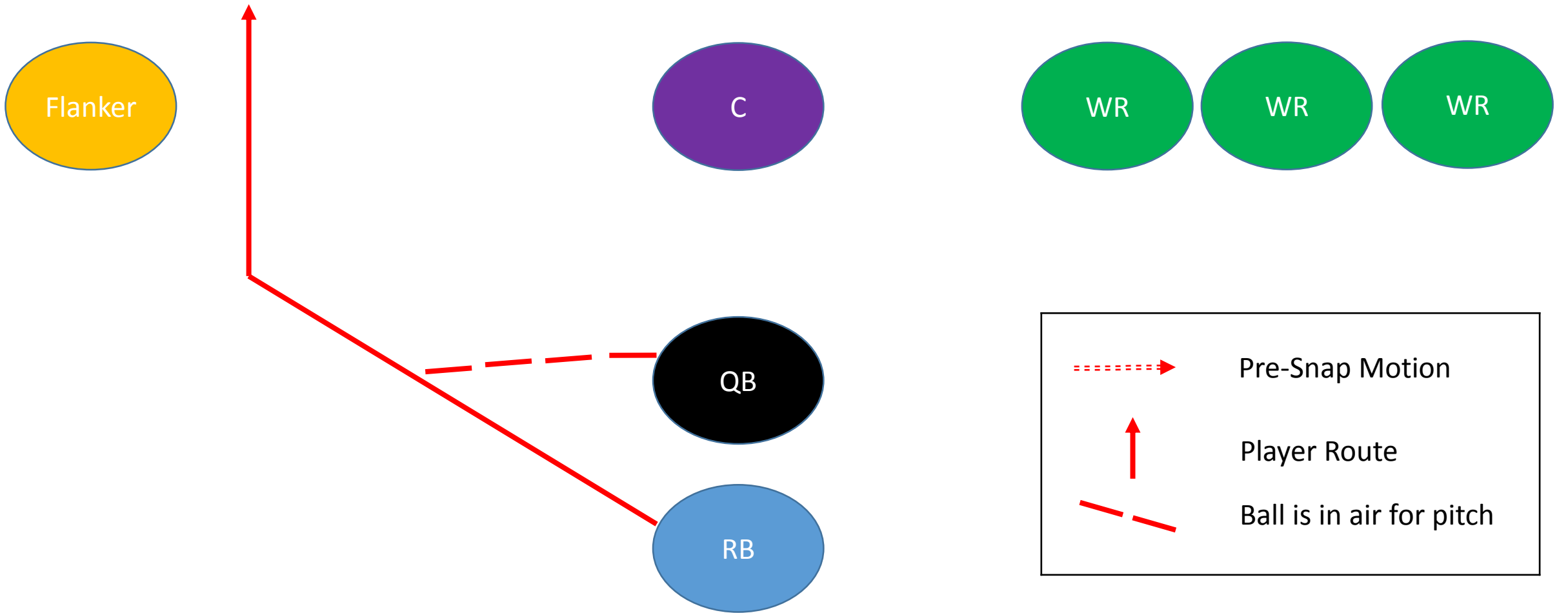
5th/6th Grade Route Tree



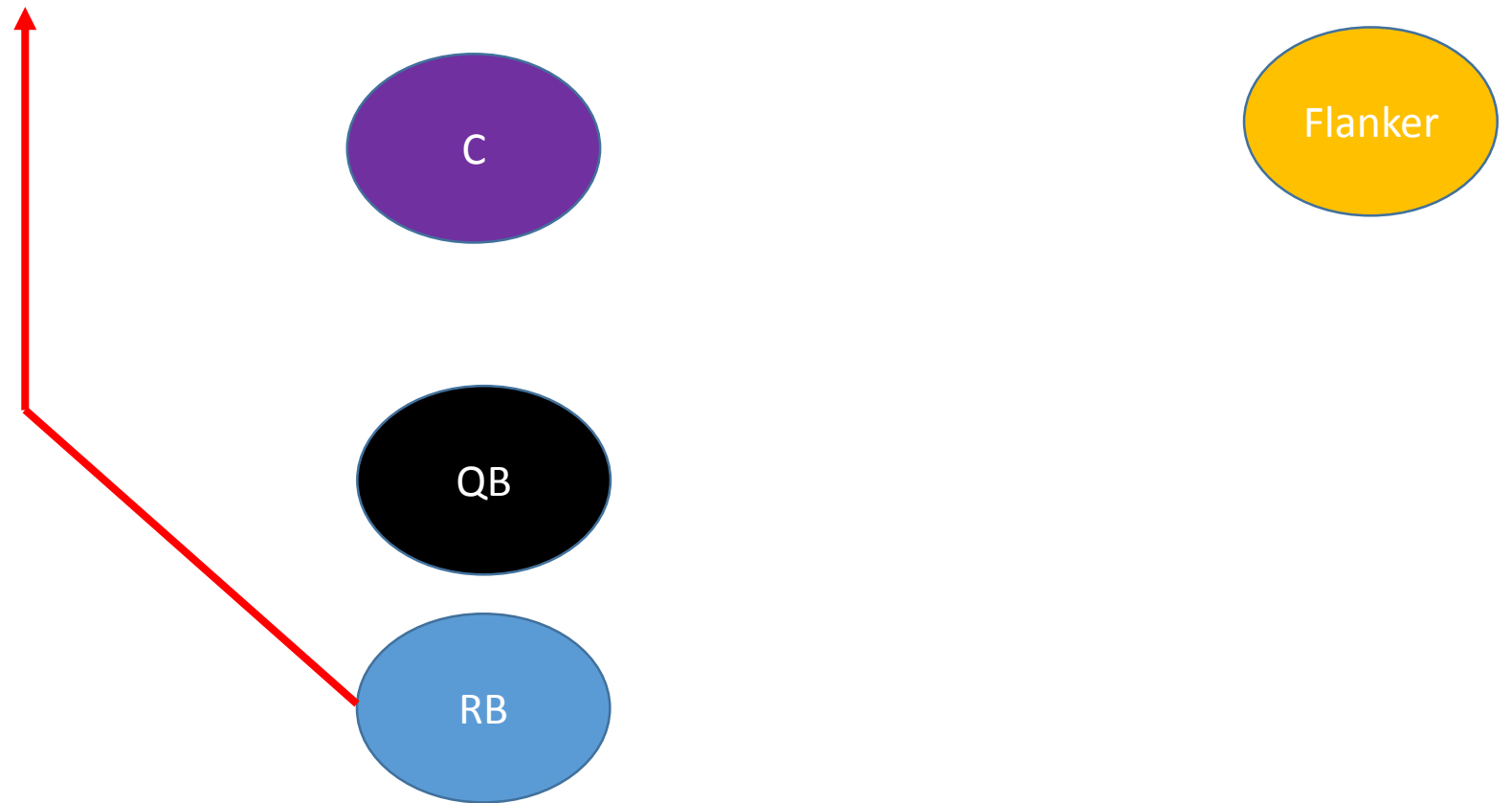
TRIPS RIGHT, SWEEP LEFT






TRIPS RIGHT, PITCH LEFT

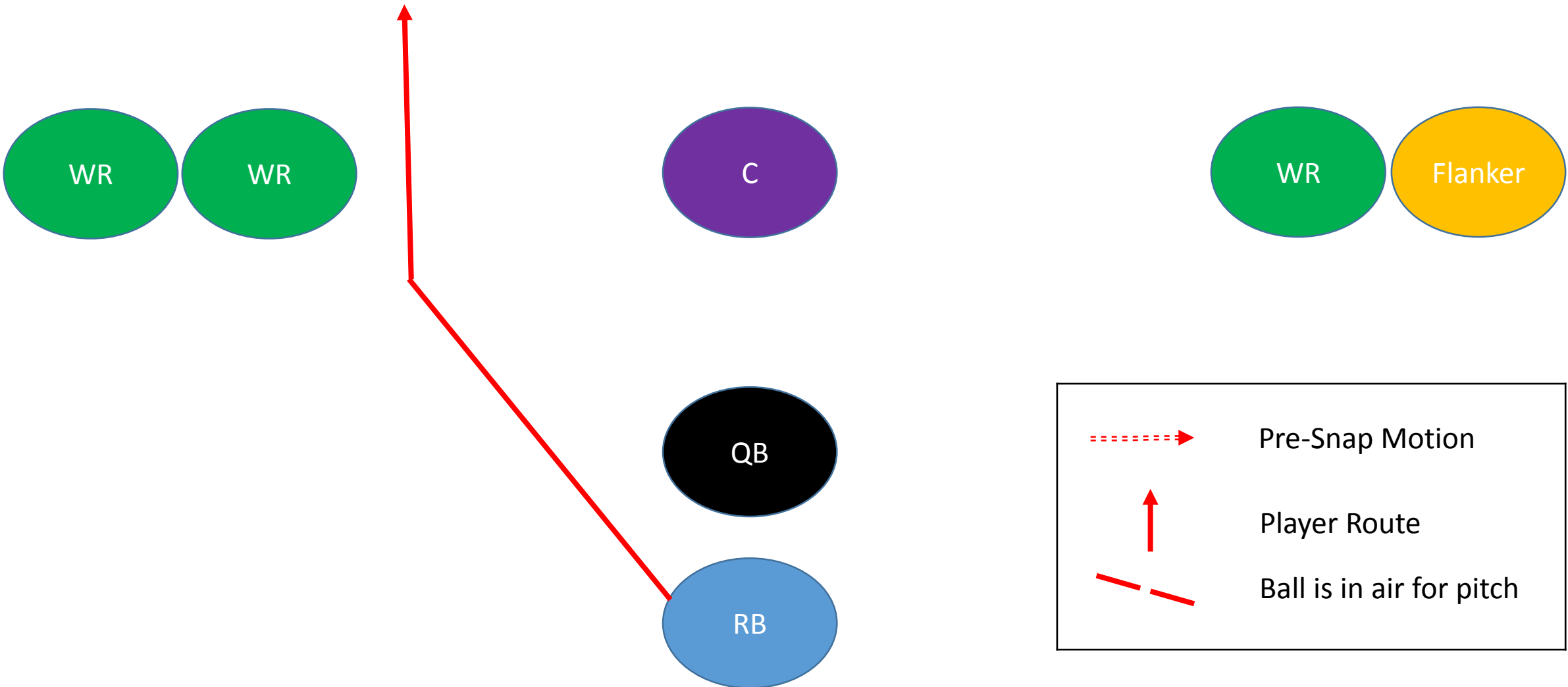


TRIPS LEFT, SWEEP LEFT

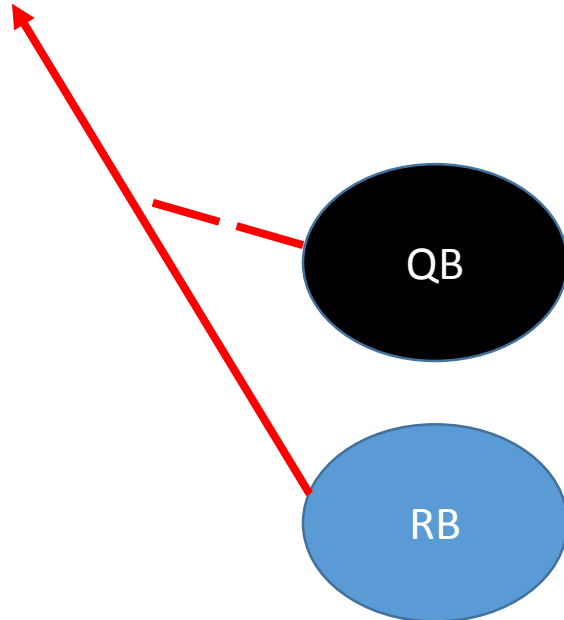
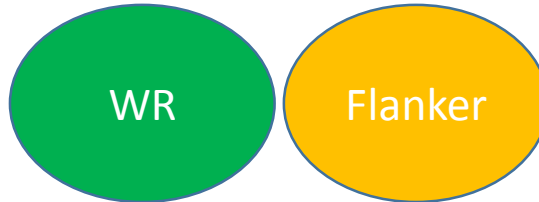
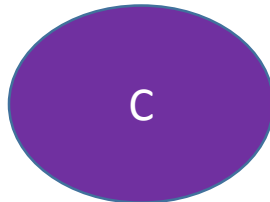
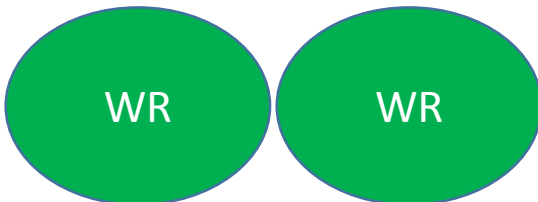





	Pre-Snap Motion
	Player Route
	Ball is in air for pitch

DOUBLES, SWEEP LEFT

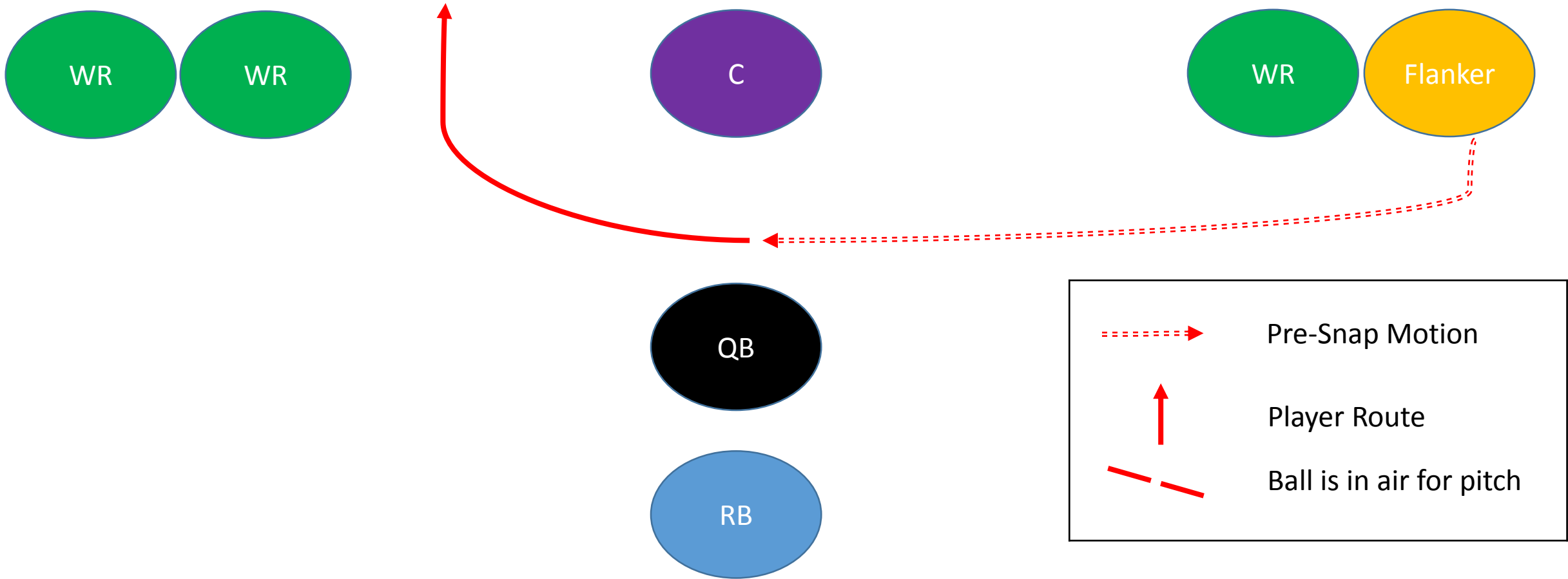


DOUBLES, PITCH LEFT

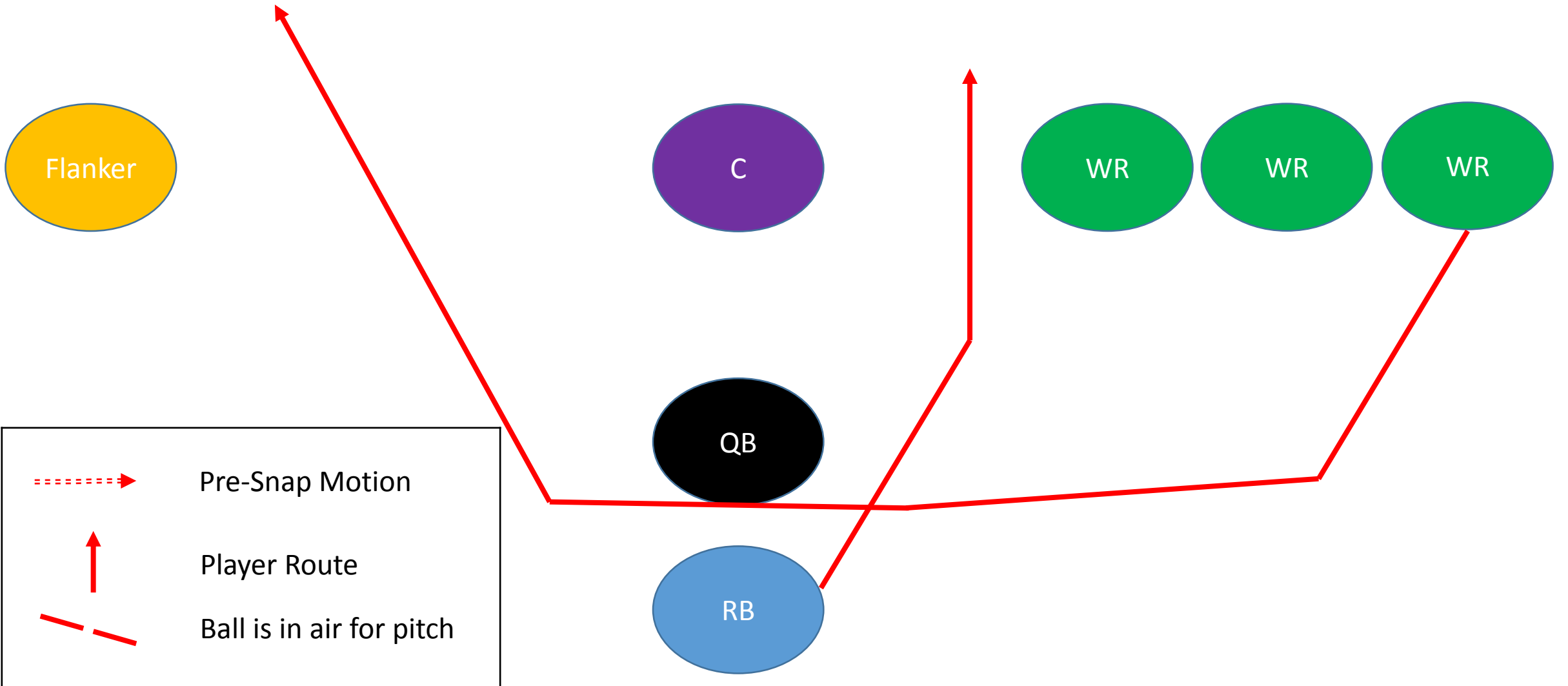


	Pre-Snap Motion
	Player Route
	Ball is in air for pitch

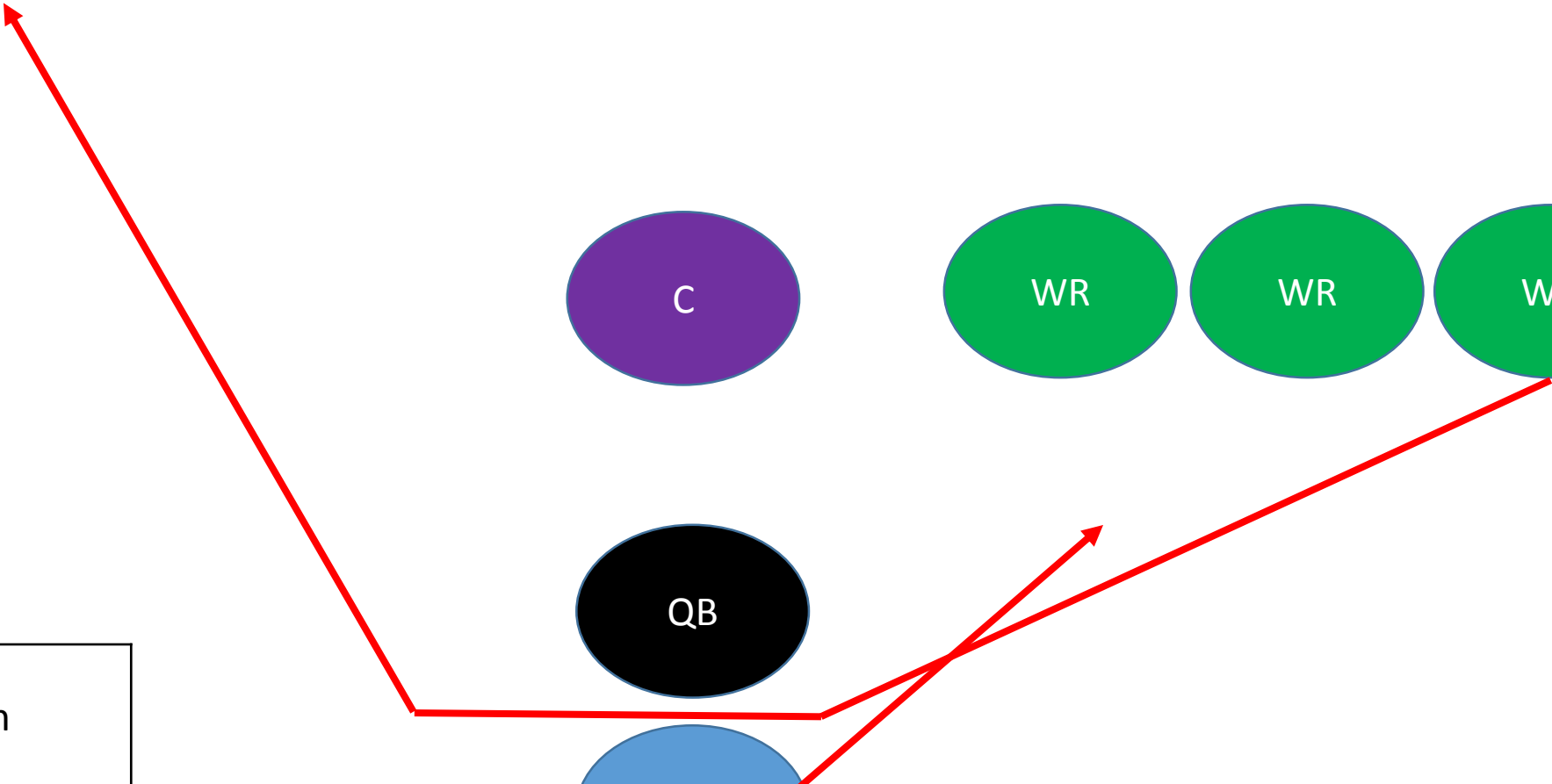
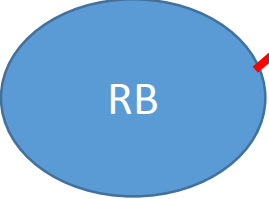
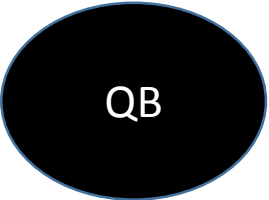
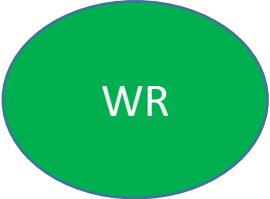
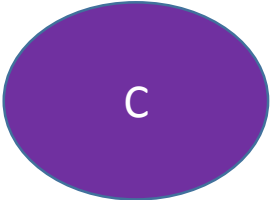
DOUBLES, FLANKER JET SWEEP



TRIPS RIGHT, OUTSIDE WR END AROUND

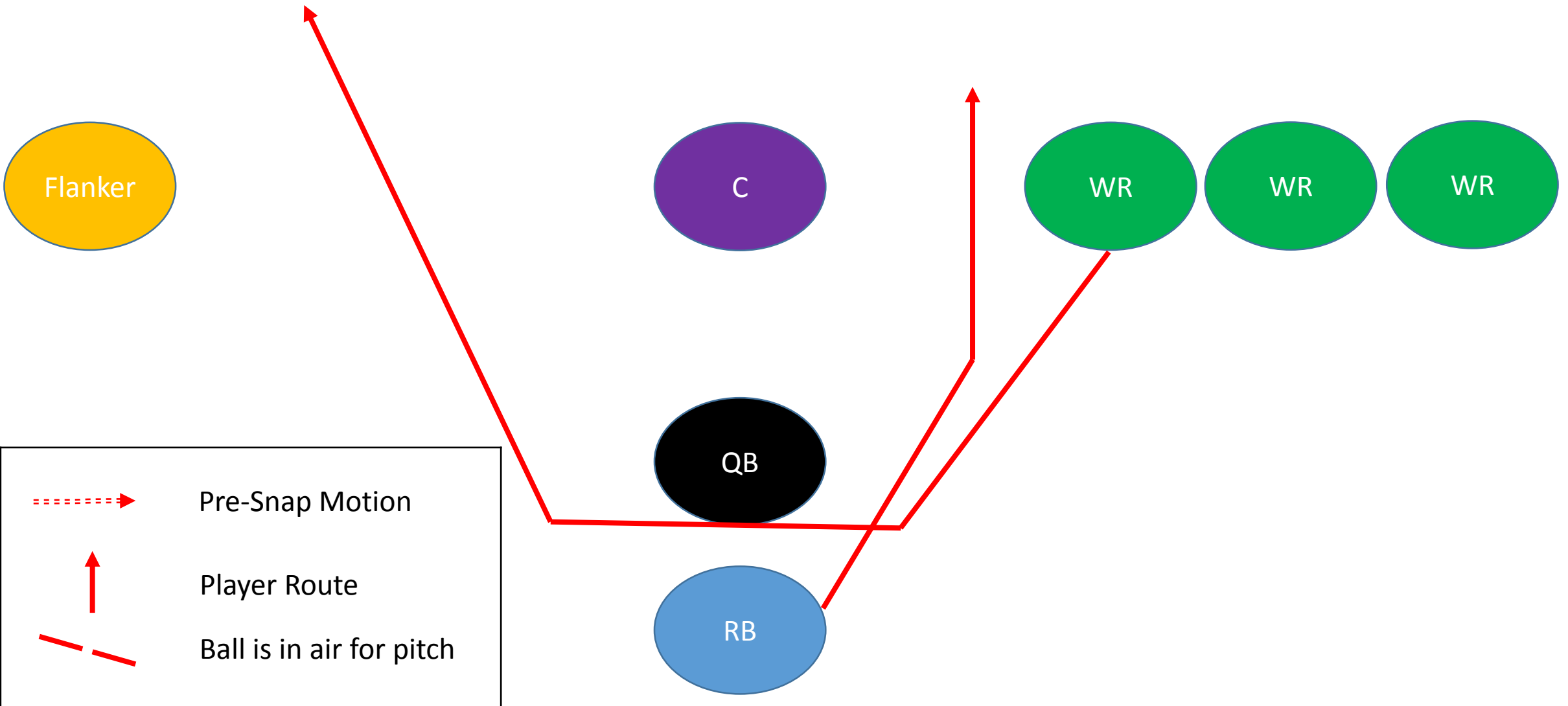


TRIPS RIGHT, OUTSIDE WR REVERSE

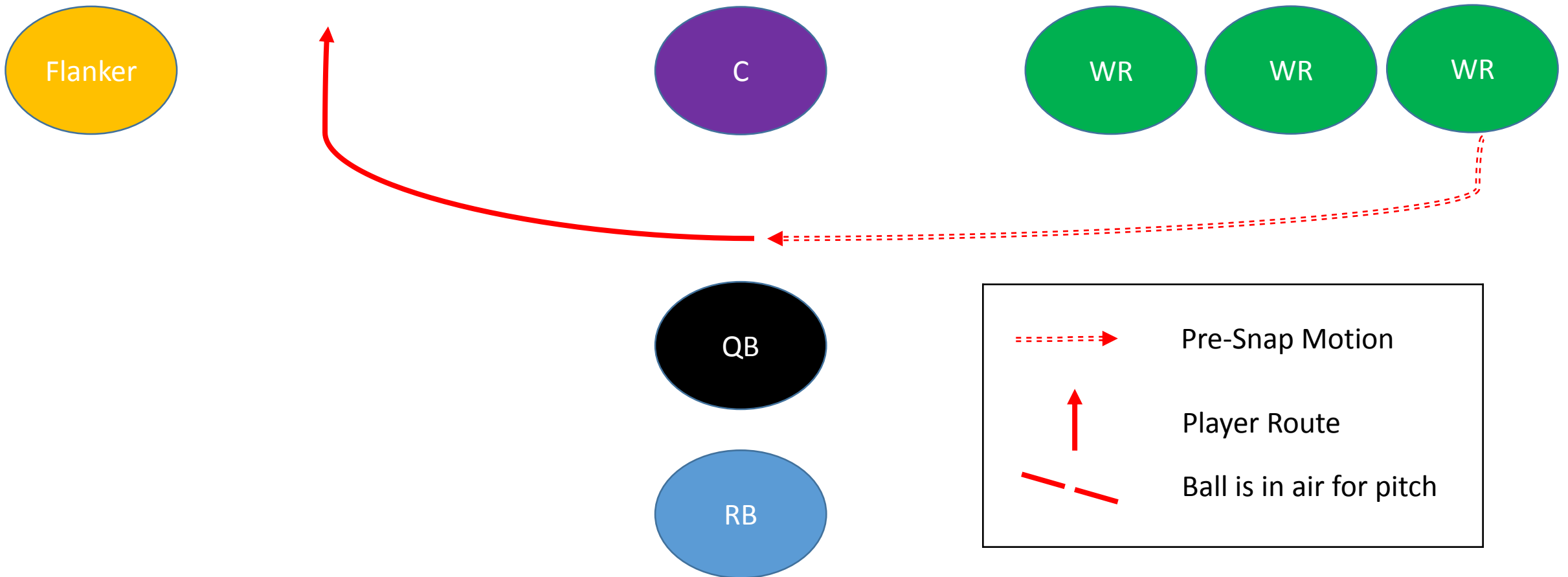


	Pre-Snap Motion
	Player Route
	Ball is in air for pitch

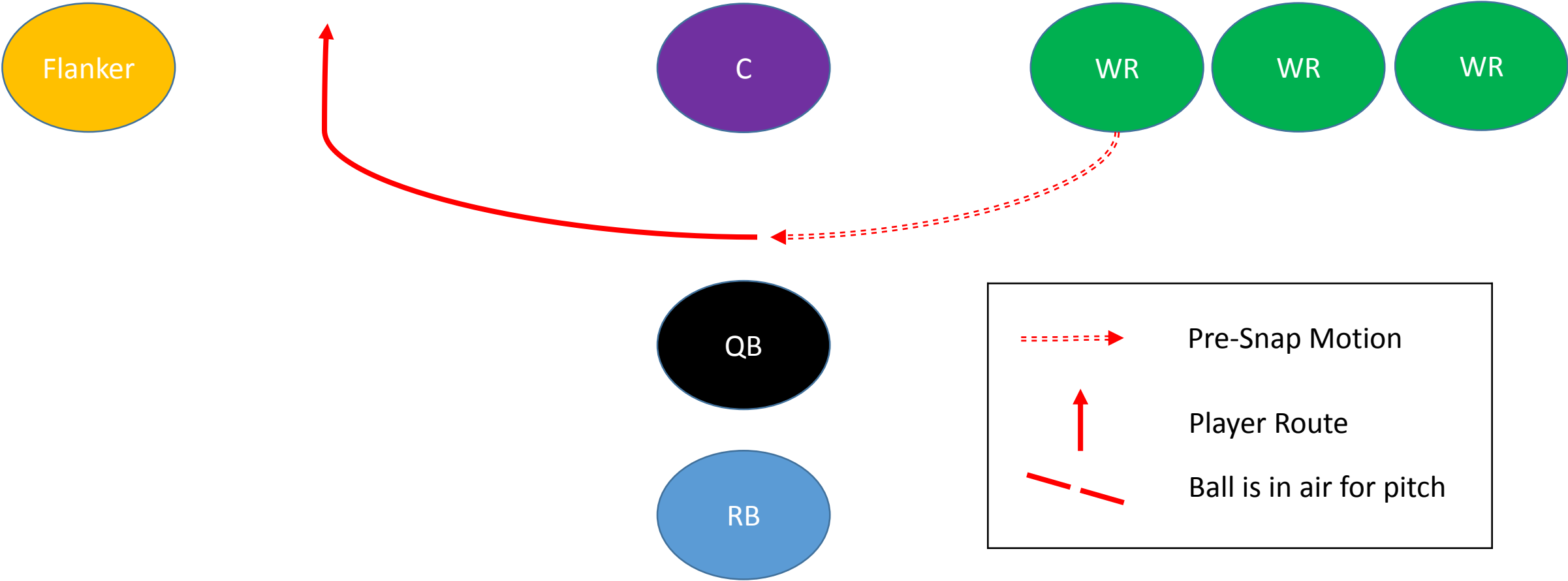
TRIPS RIGHT, INSIDE WR END AROUND



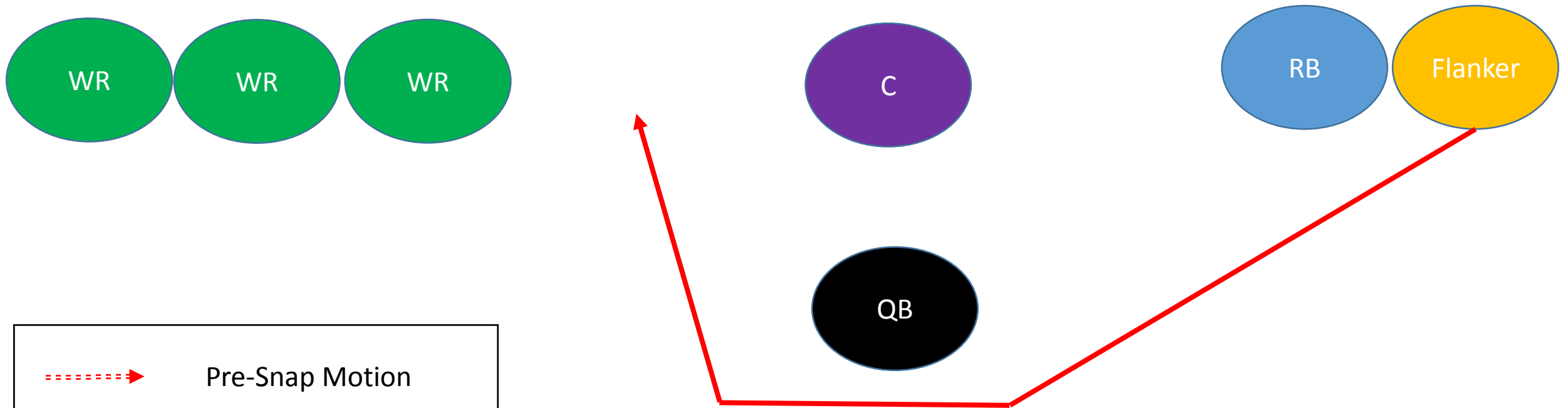
TRIPS RIGHT, OUTSIDE WR JET SWEEP



TRIPS RIGHT, INSIDE WR JET SWEEP



EMPTY, FLANKER END AROUND



Pre-Snap Motion

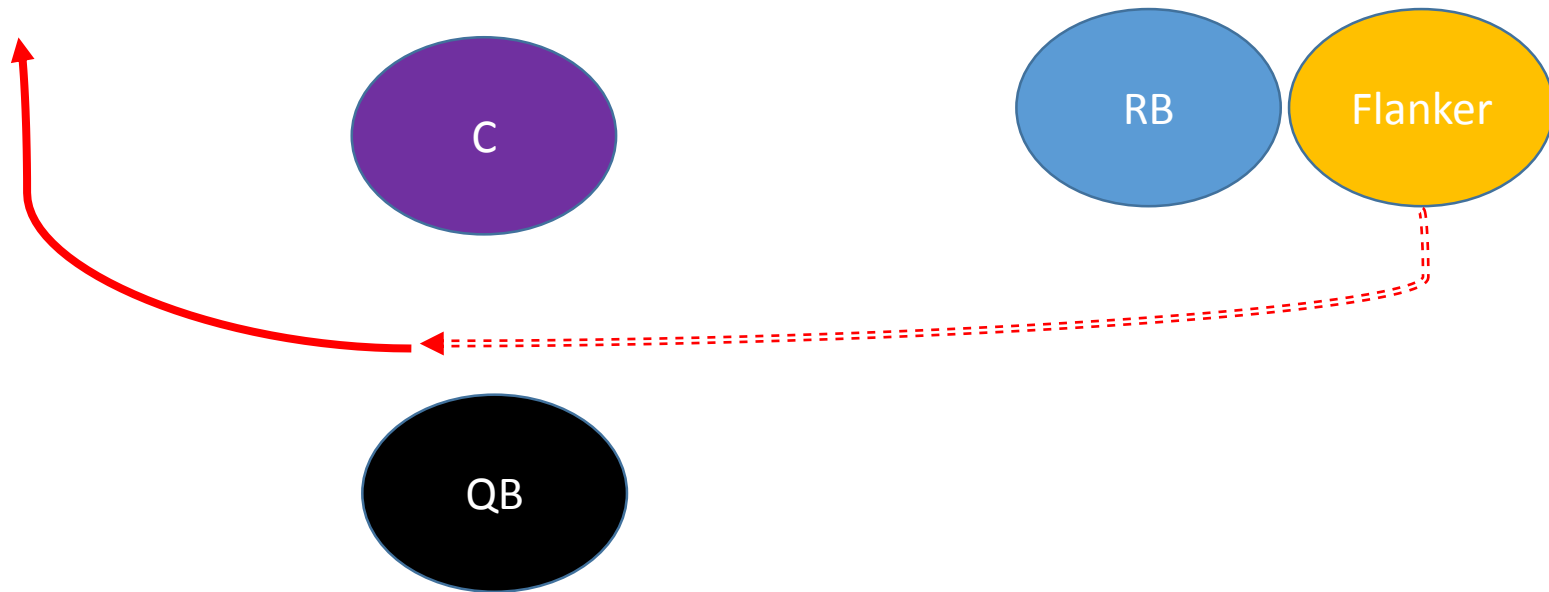


Player Route



Ball is in air for pitch

EMPTY, FLANKER JET SWEEP



Pre-Snap Motion

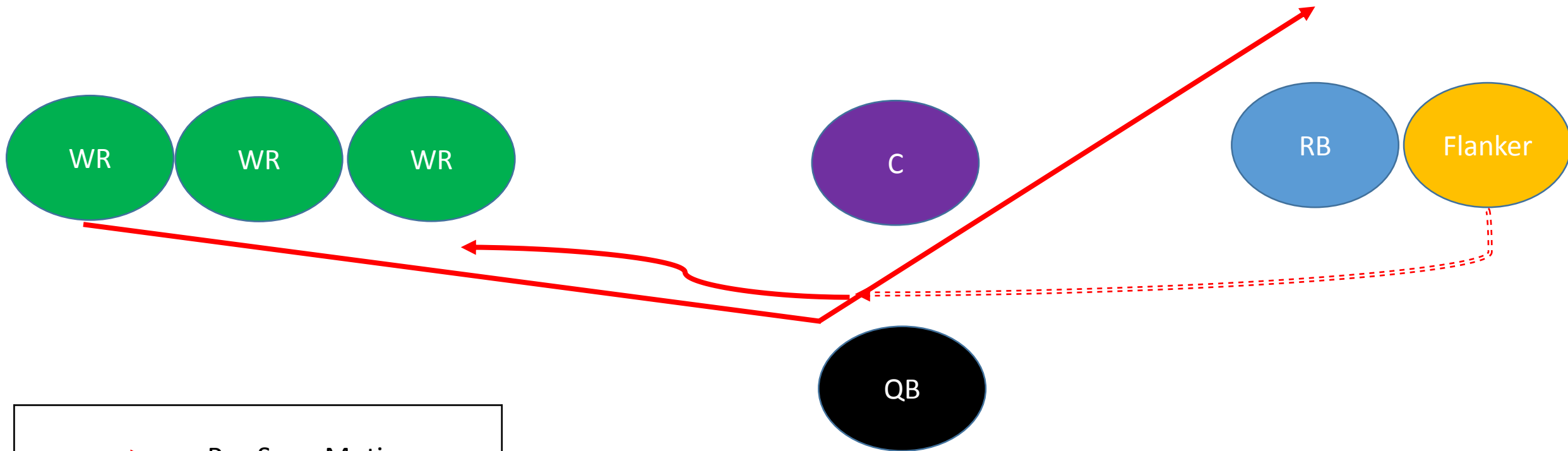


Player Route



Ball is in air for pitch

EMPTY, FLANKER JET SWEEP REVERSE



Pre-Snap Motion

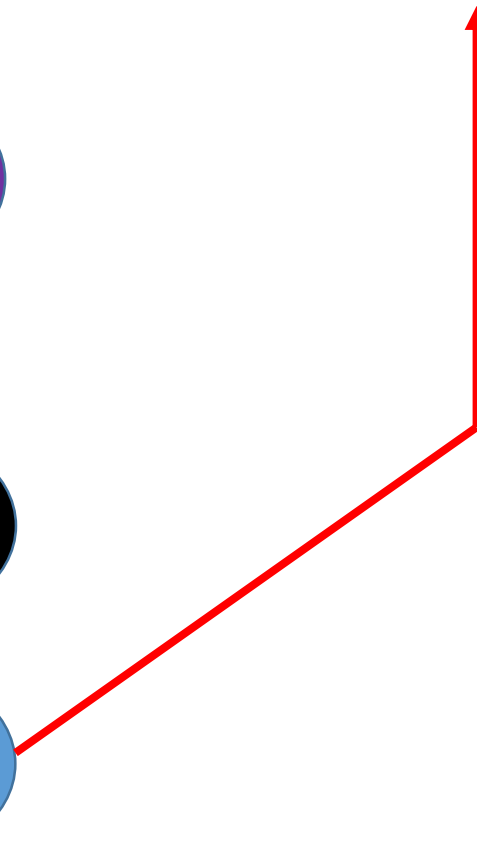
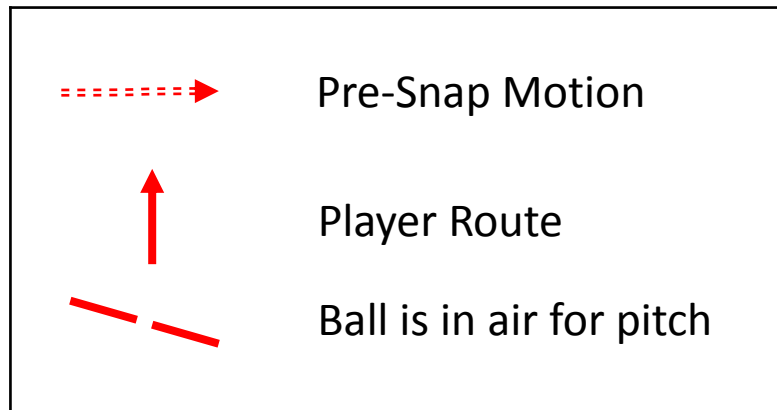
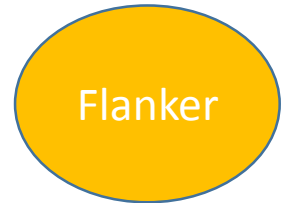
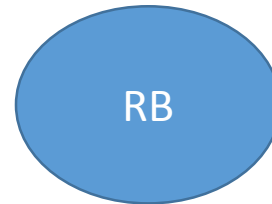
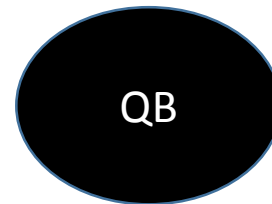
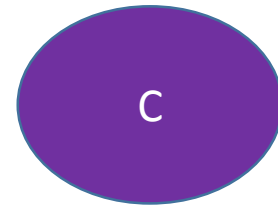


Player Route

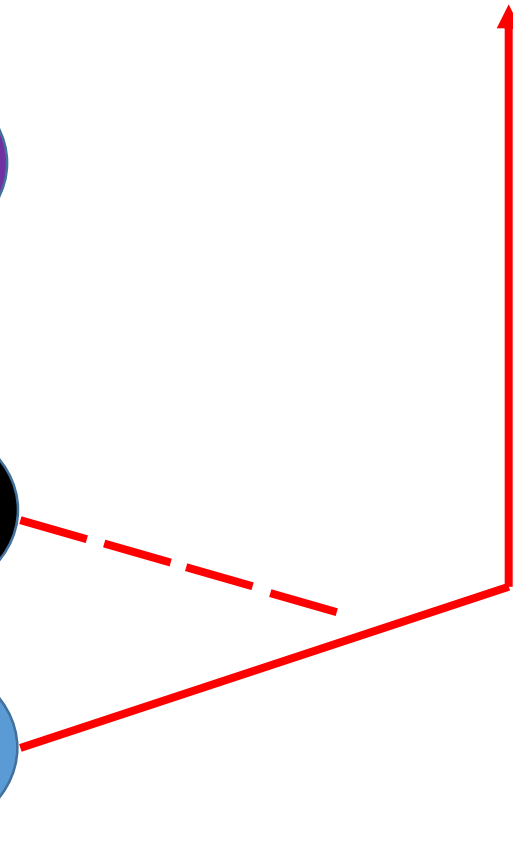
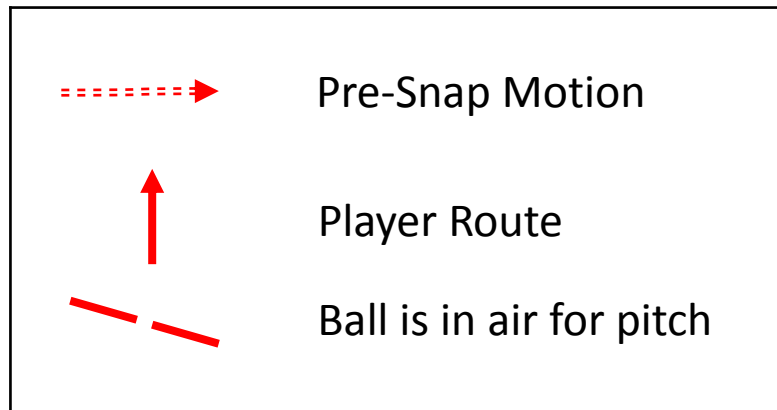
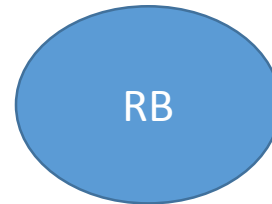
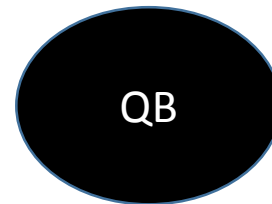
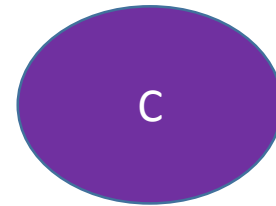


Ball is in air for pitch

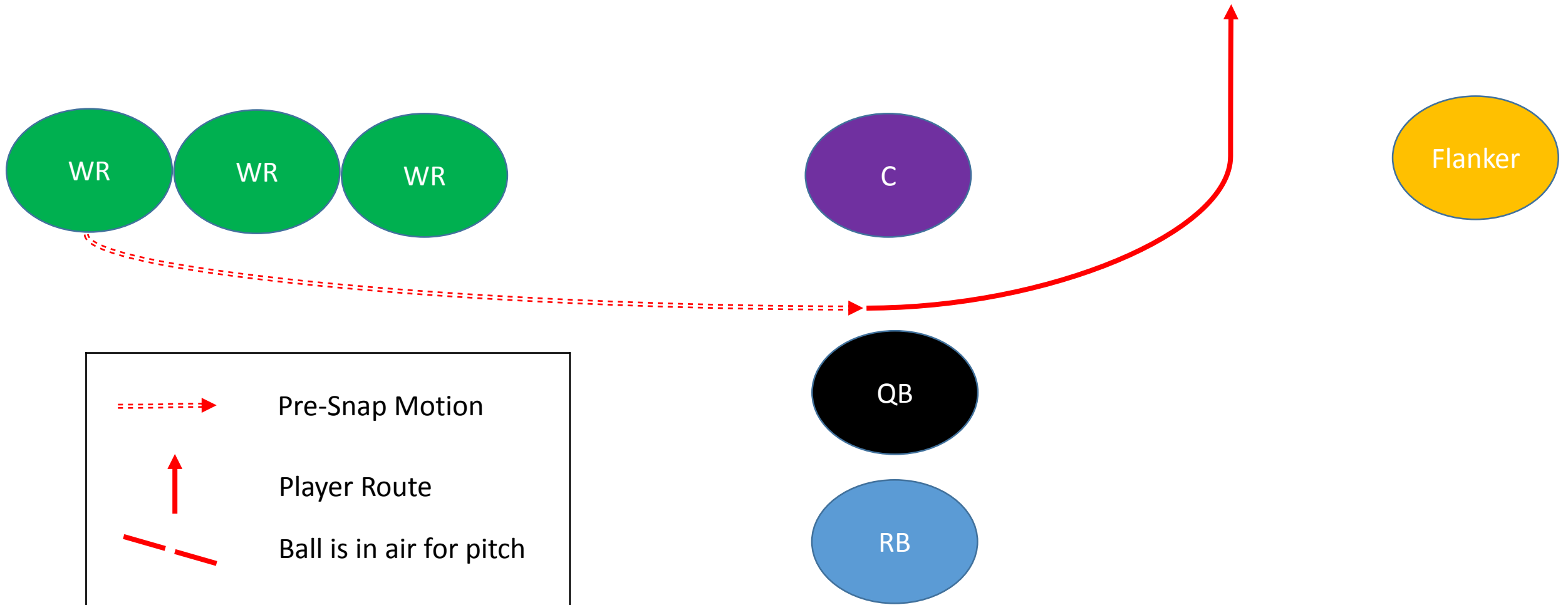
TRIPS LEFT, SWEEP RIGHT



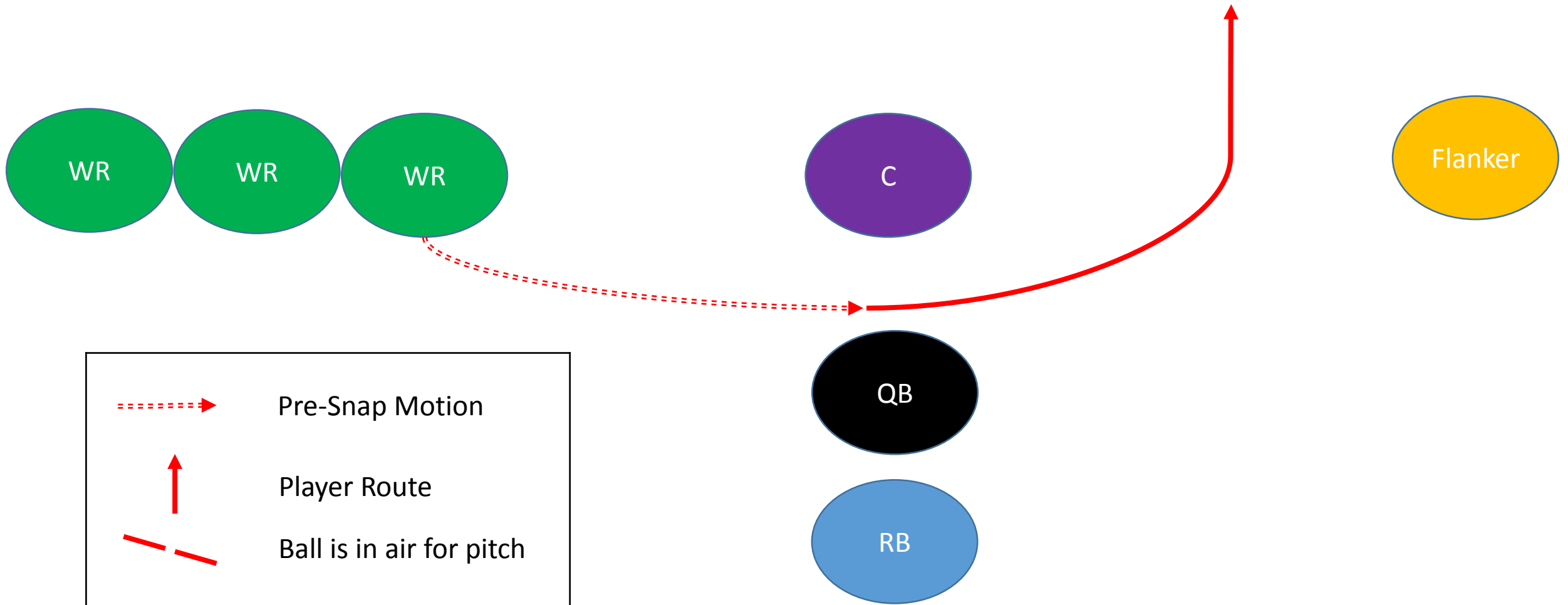
TRIPS LEFT, PITCH RIGHT



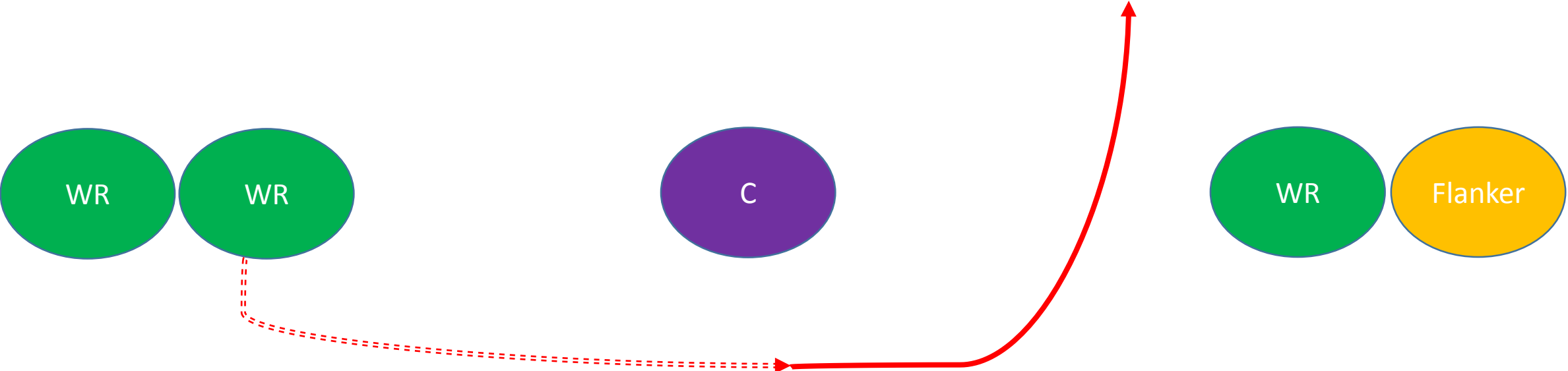
TRIPS LEFT, JET SWEEP






TRIPS LEFT, INSIDE WR JET SWEEP

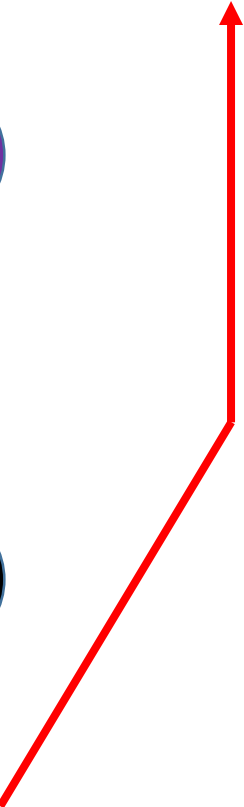
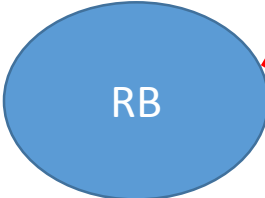
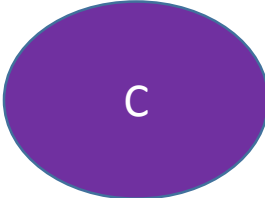





DOUBLES, WR JET SWEEP



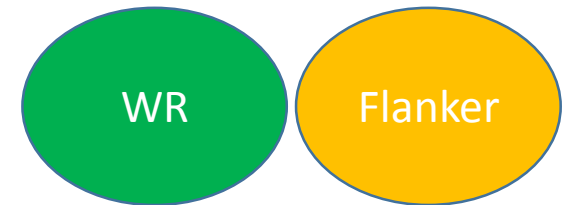
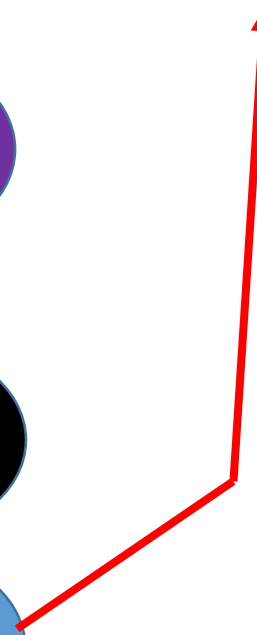
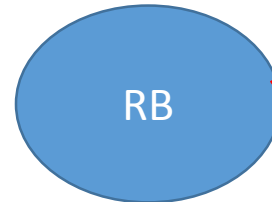
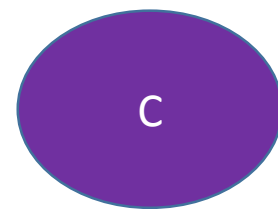
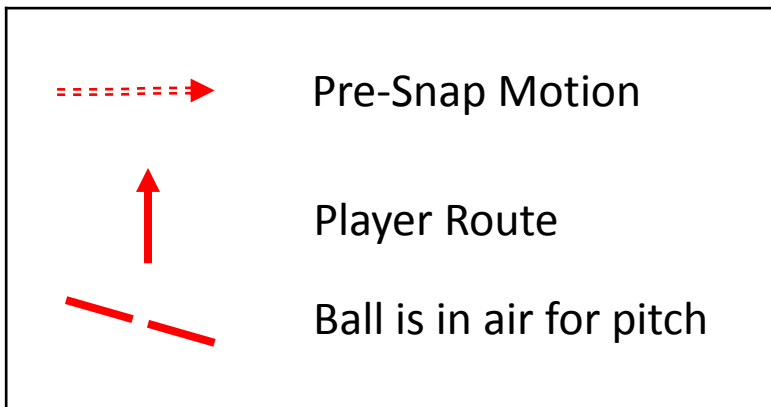
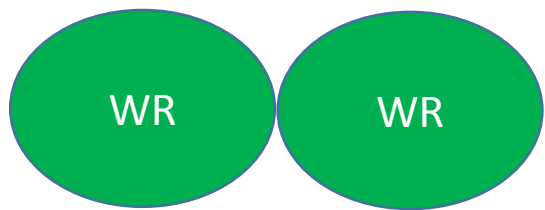
	Pre-Snap Motion
	Player Route
	Ball is in air for pitch

TRIPS RIGHT, SWEEP RIGHT

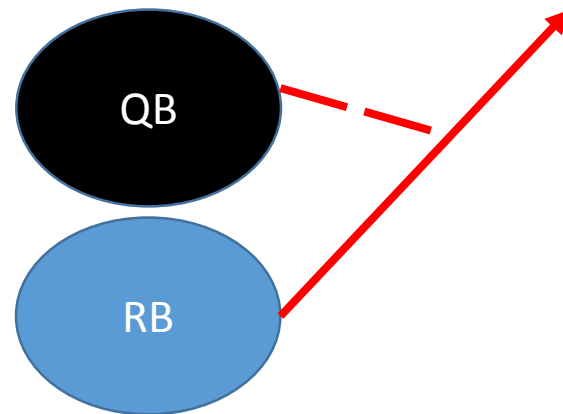
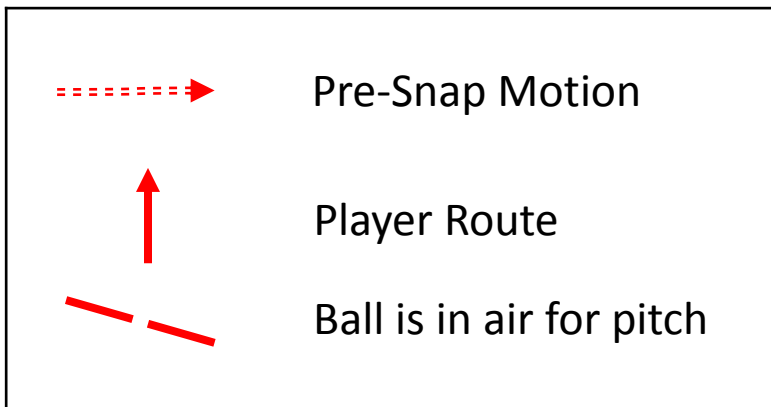
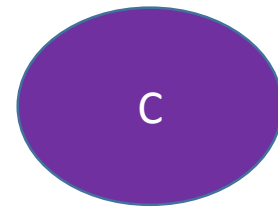
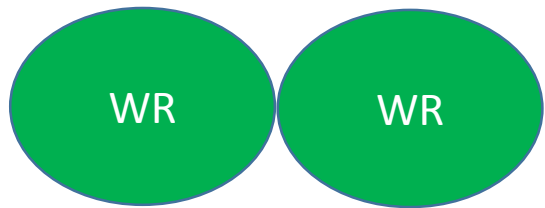


	Pre-Snap Motion
	Player Route
	Ball is in air for pitch

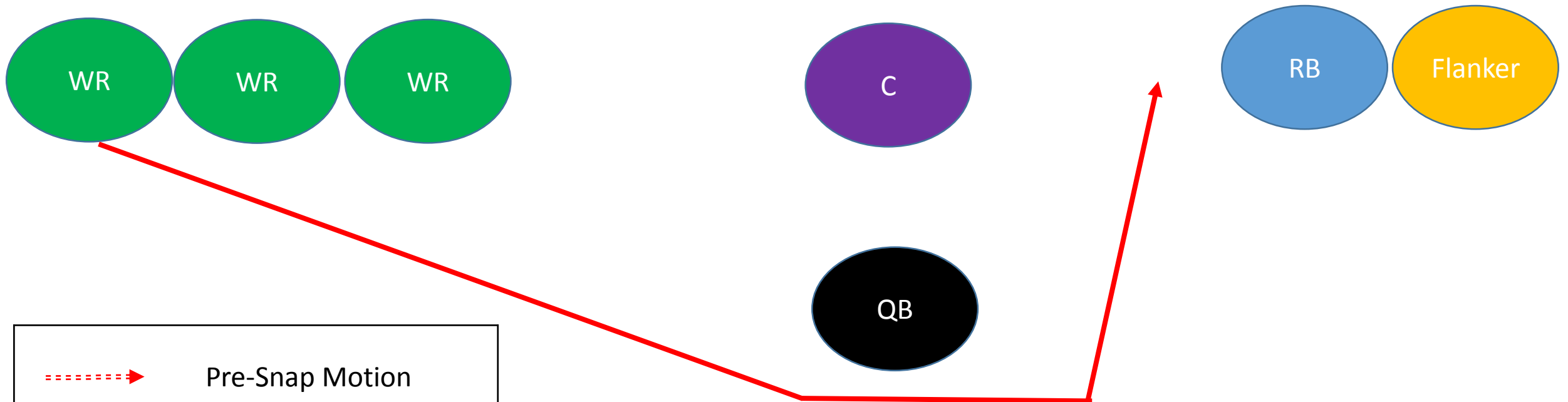
DOUBLES, SWEEP RIGHT



DOUBLES, PITCH RIGHT



EMPTY, WIDE RECEIVER END AROUND



Pre-Snap Motion

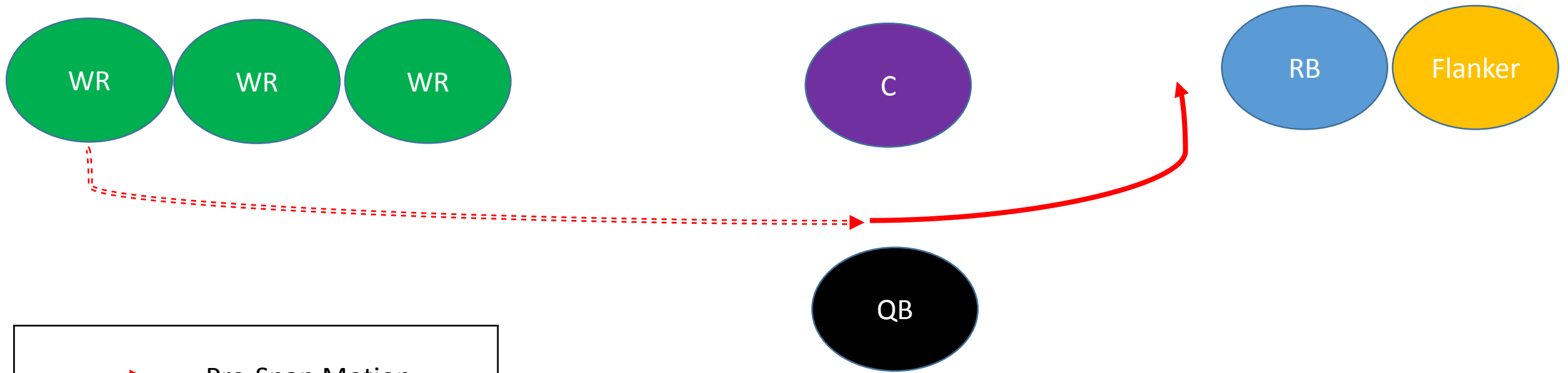


Player Route



Ball is in air for pitch

EMPTY, WIDE RECEIVER JET SWEEP



Pre-Snap Motion

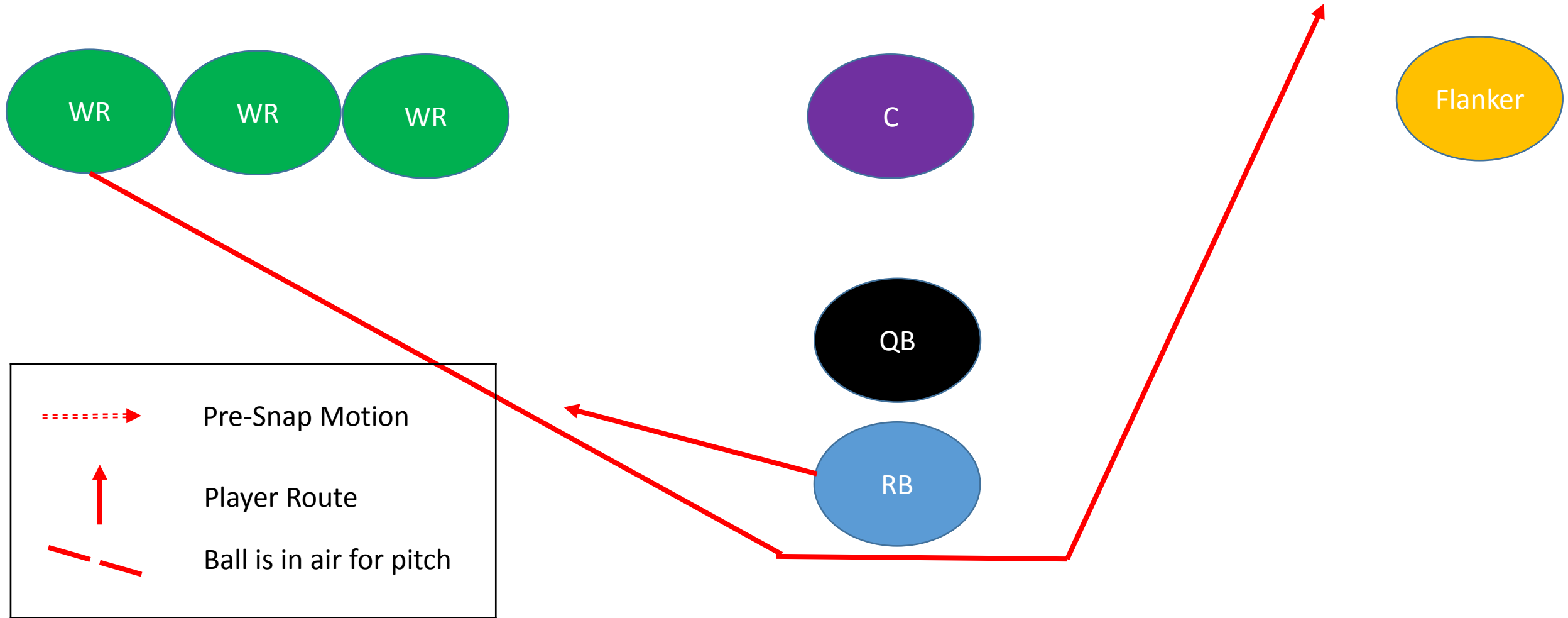


Player Route

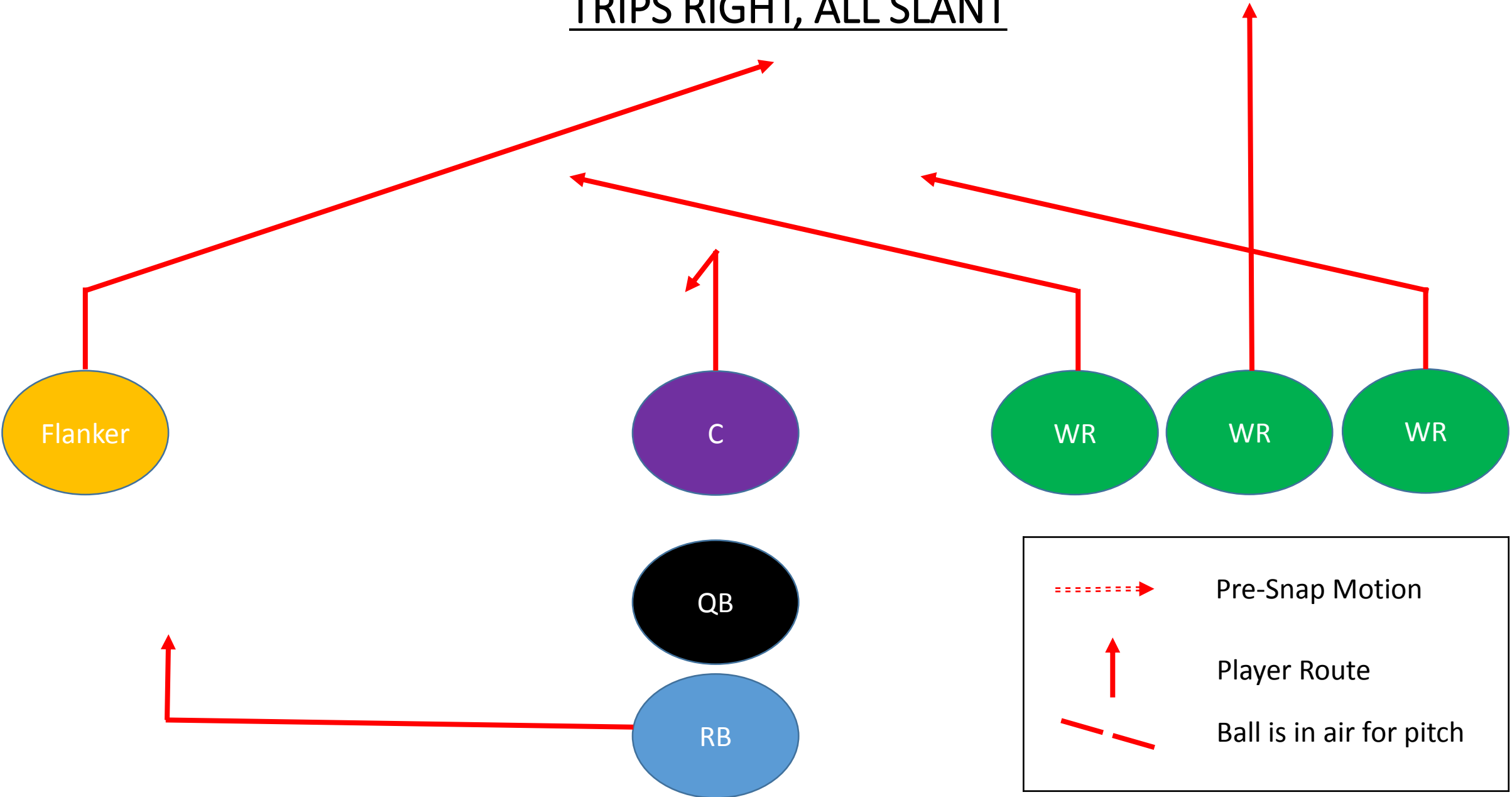


Ball is in air for pitch

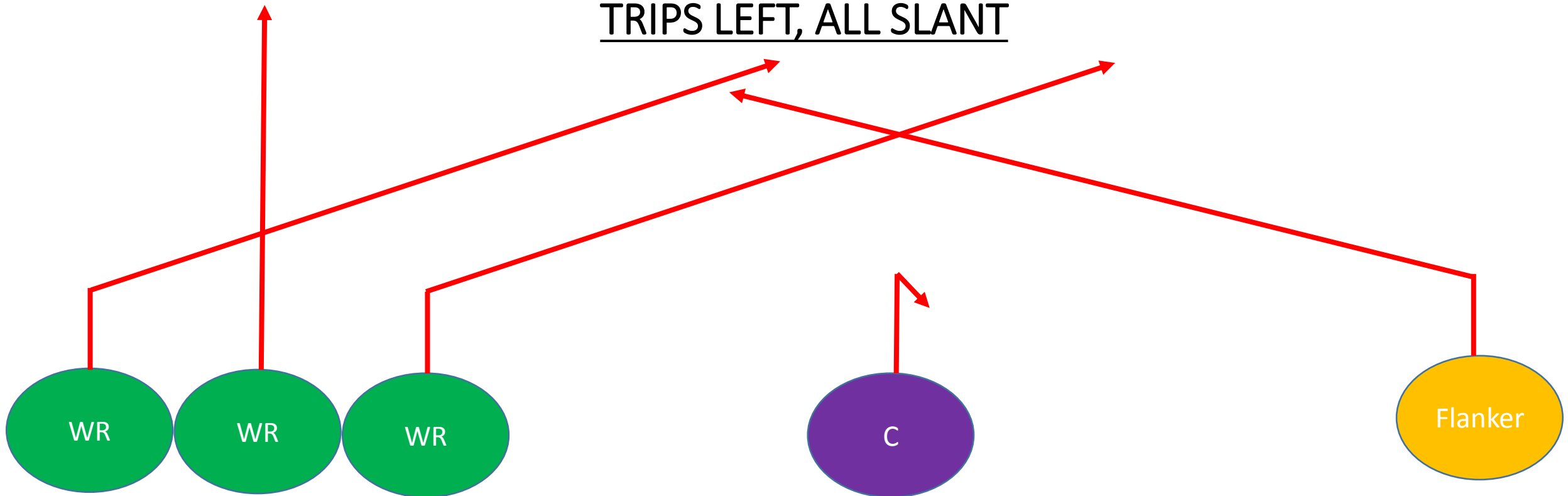
TRIPS LEFT, OUTSIDE WR REVERSE

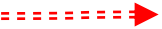




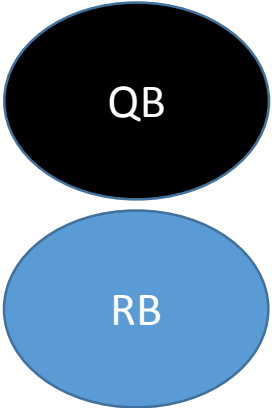
TRIPS RIGHT, ALL SLANT



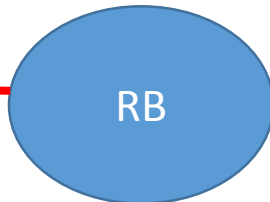
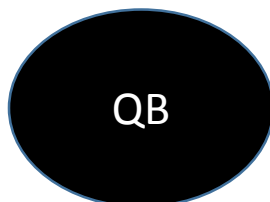
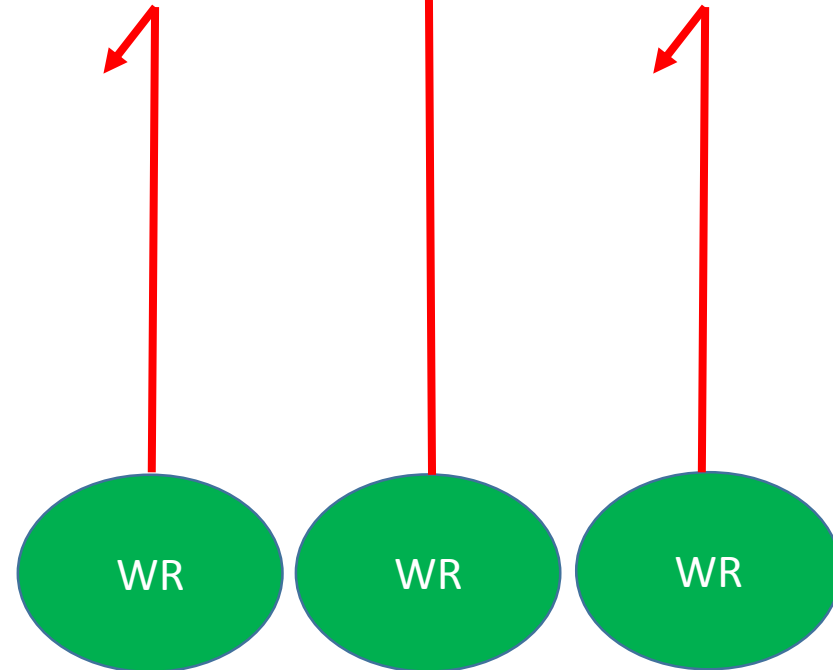
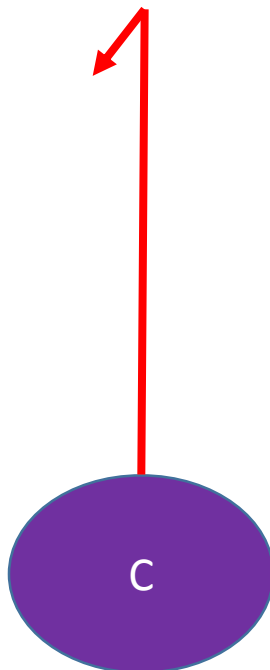
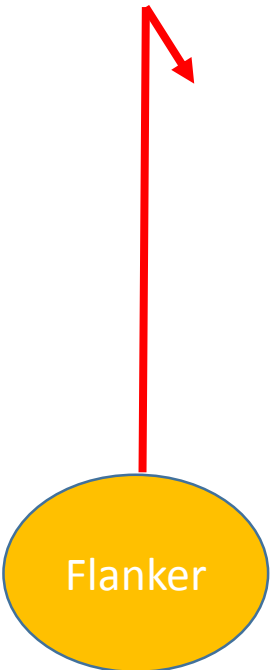
TRIPS LEFT, ALL SLANT



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

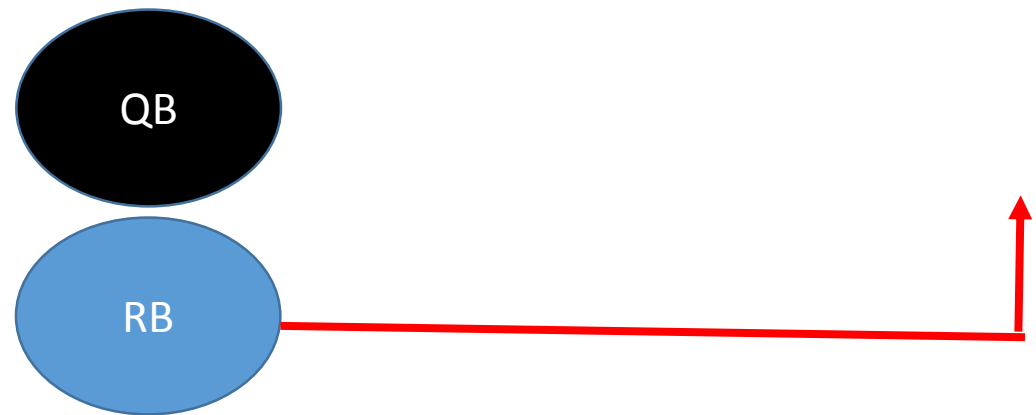
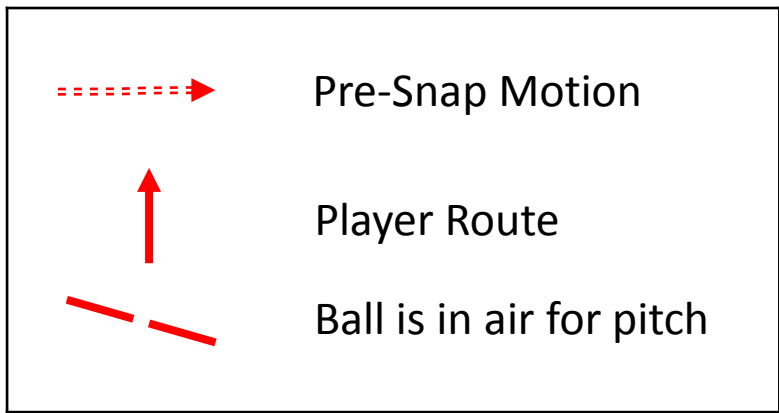
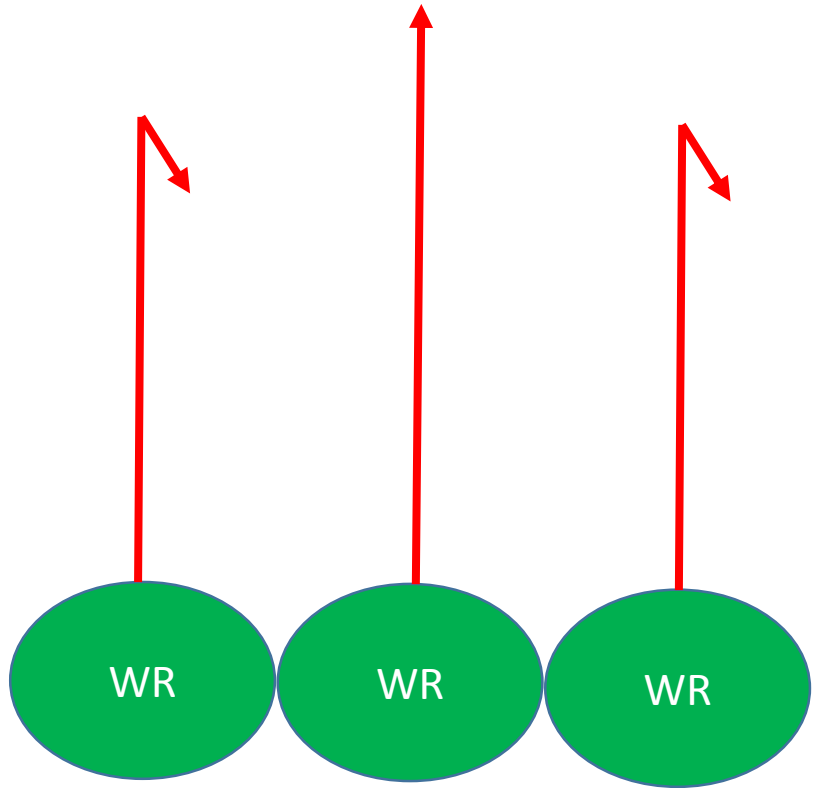


TRIPS RIGHT, ALL CURL

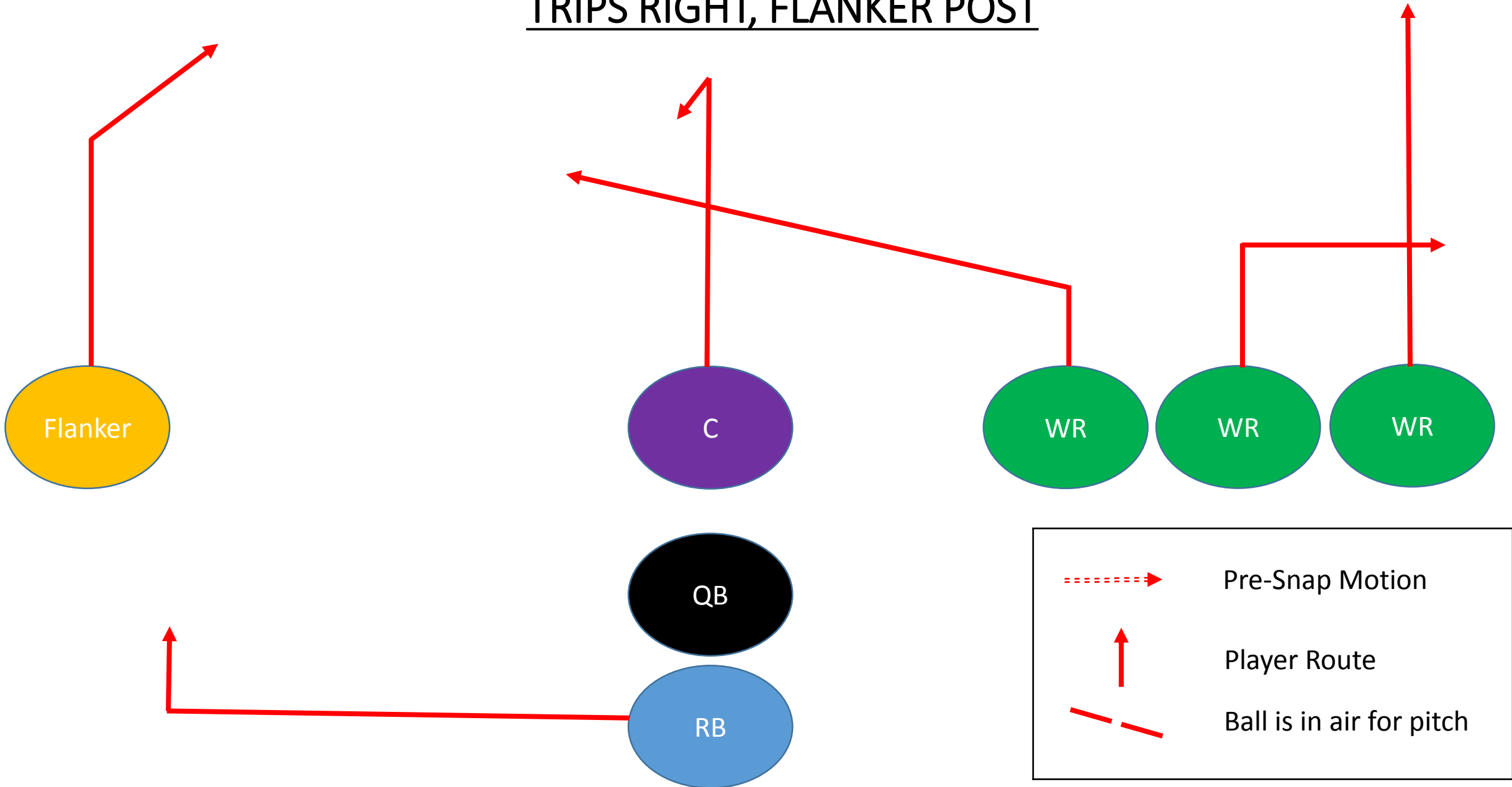


	Pre-Snap Motion
	Player Route
	Ball is in air for pitch

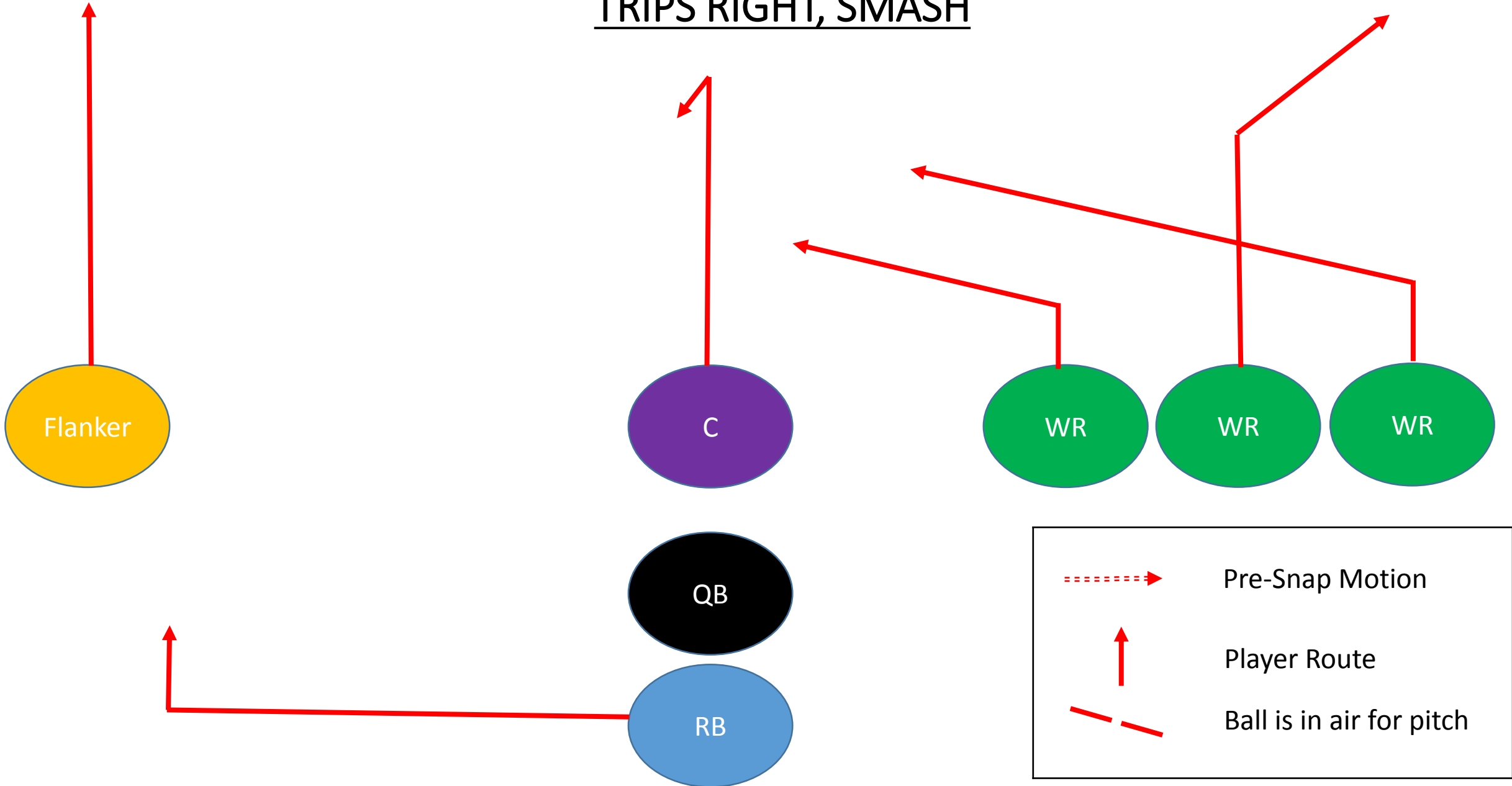
TRIPS LEFT, ALL CURL



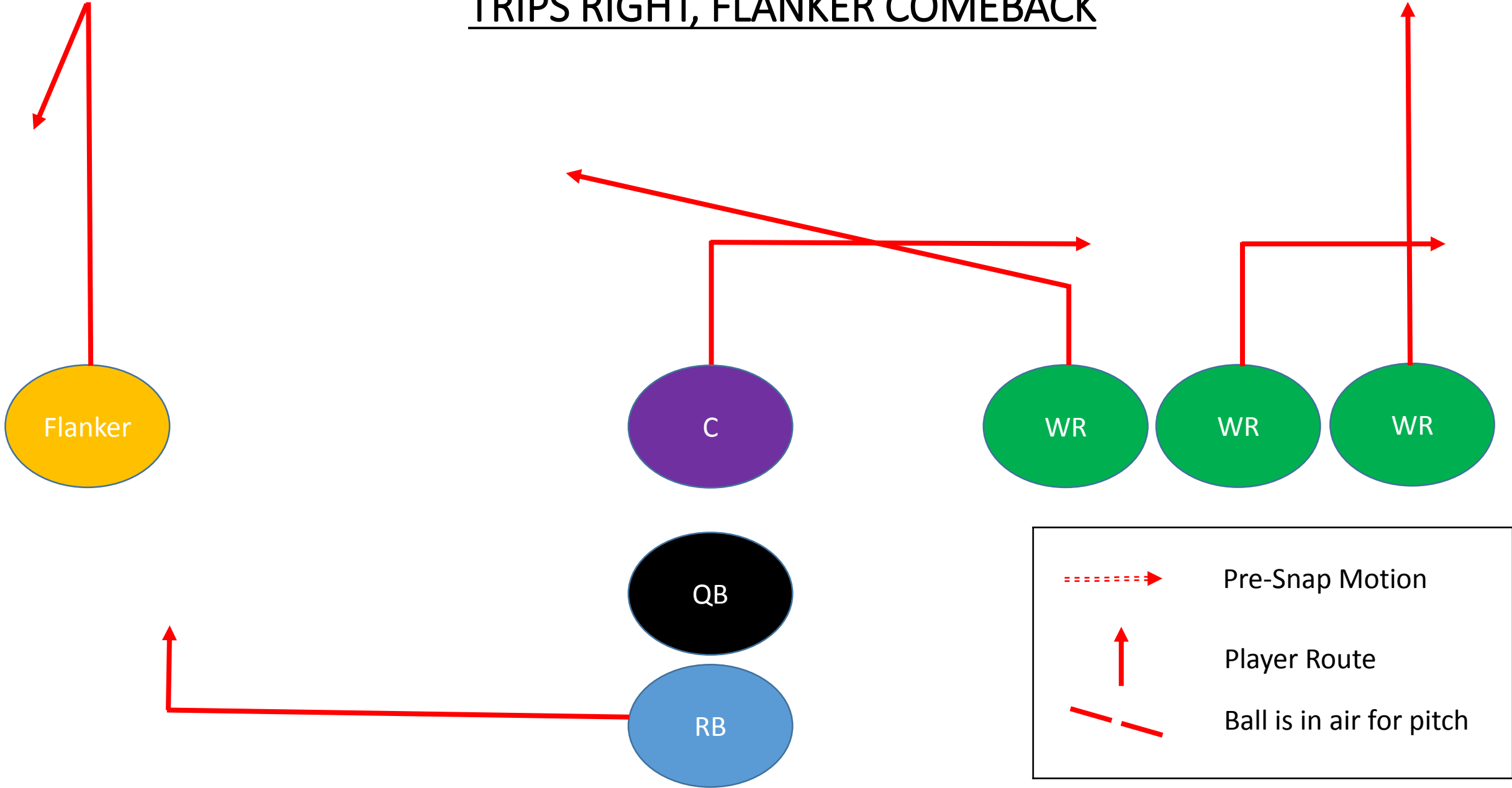
TRIPS RIGHT, FLANKER POST



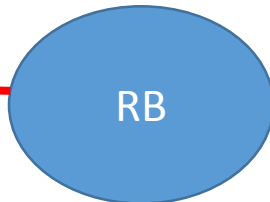
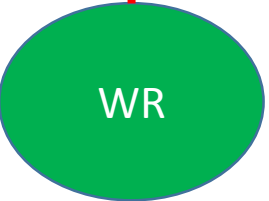
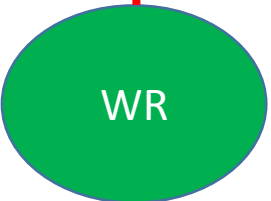
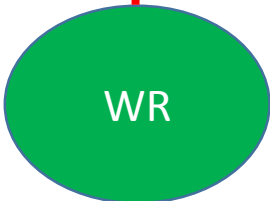
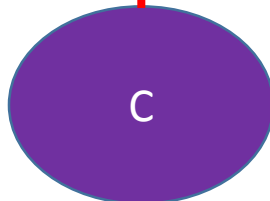
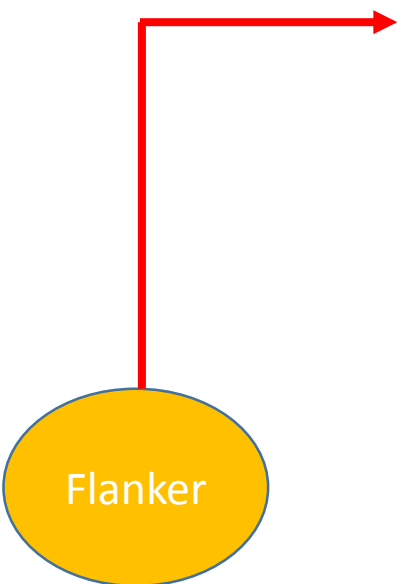
TRIPS RIGHT, SMASH



TRIPS RIGHT, FLANKER COMEBACK

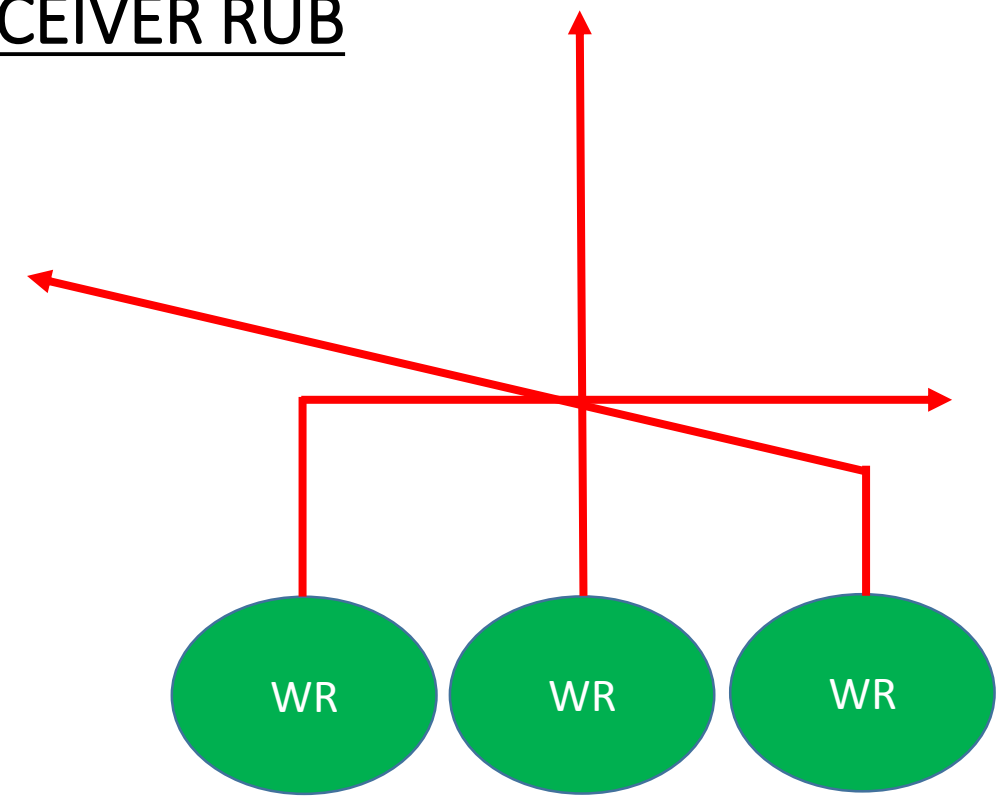
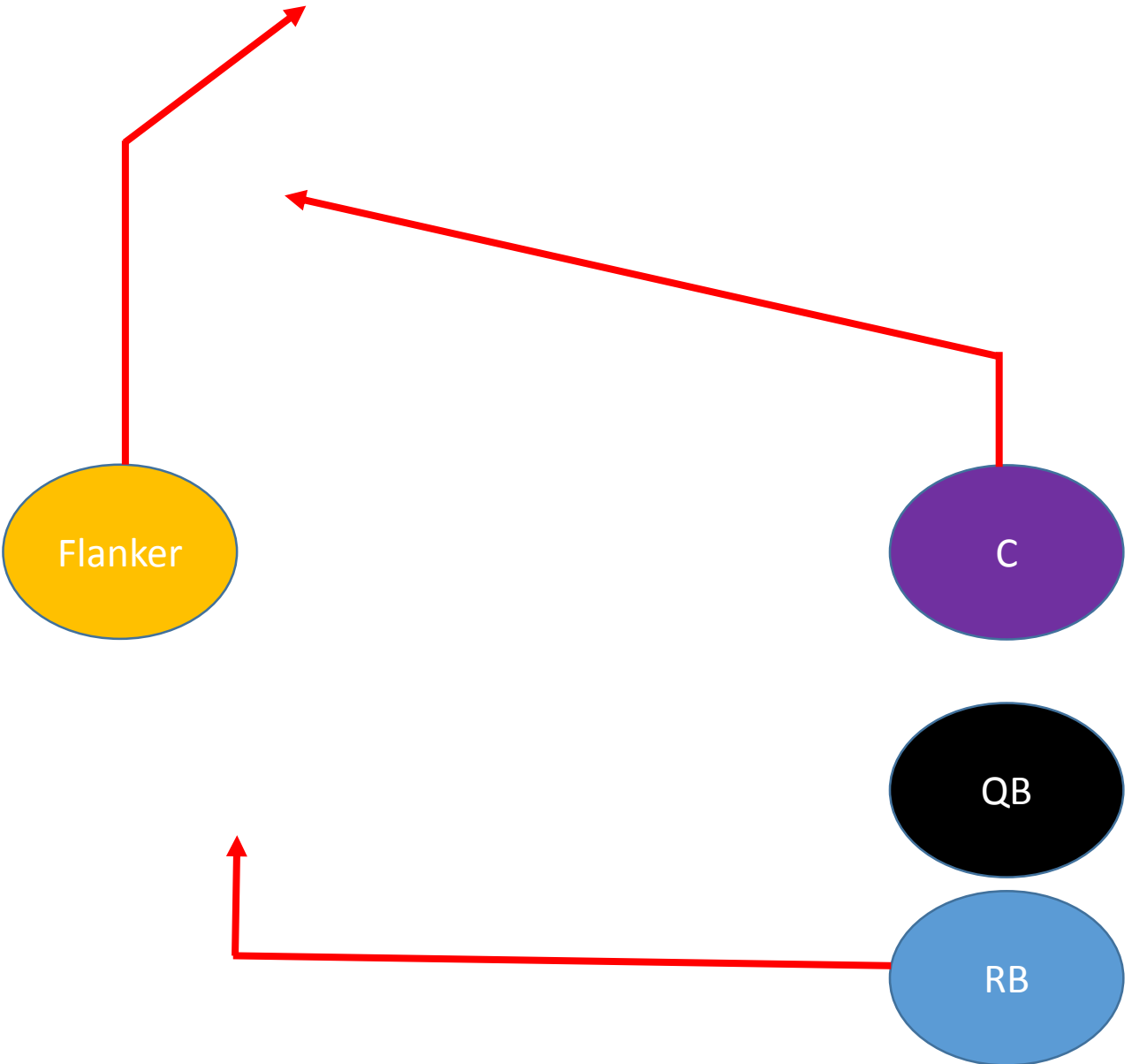





TRIPS RIGHT, FLANKER DIG



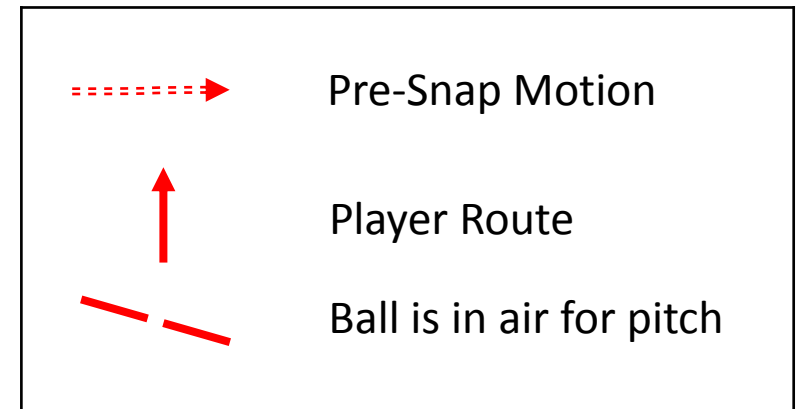
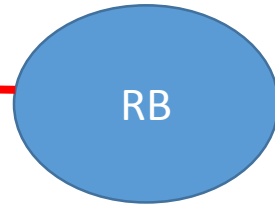
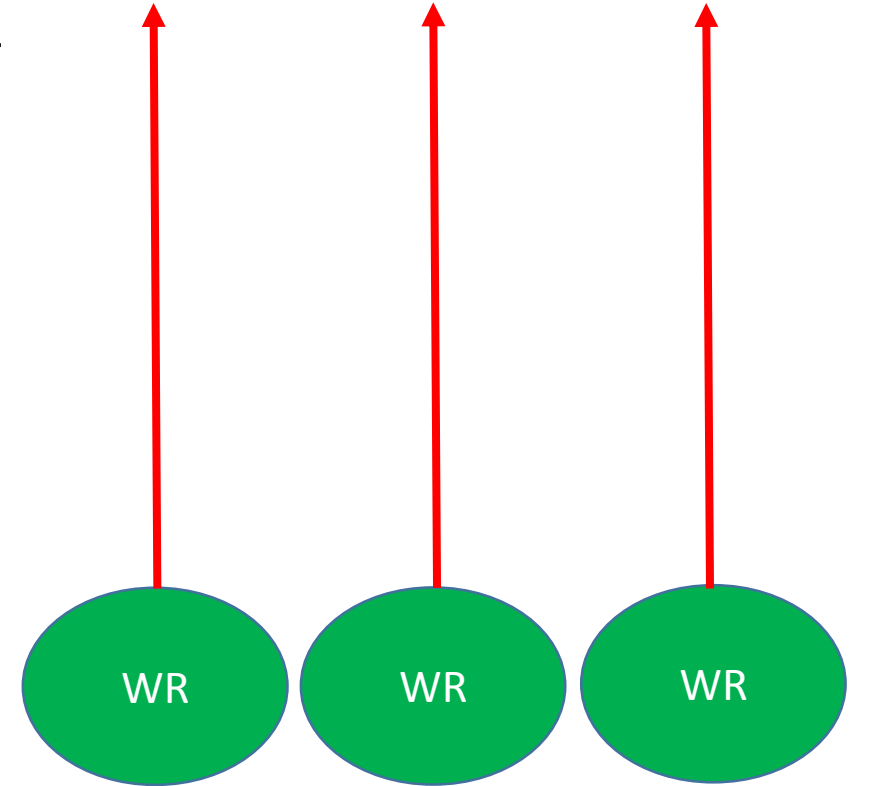
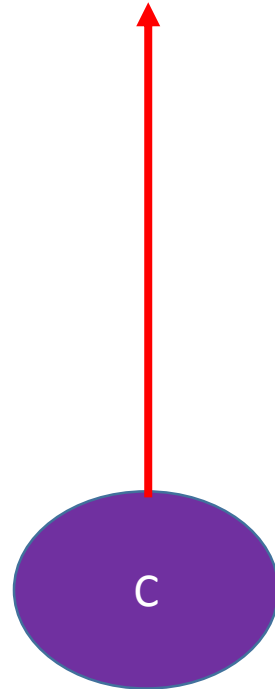
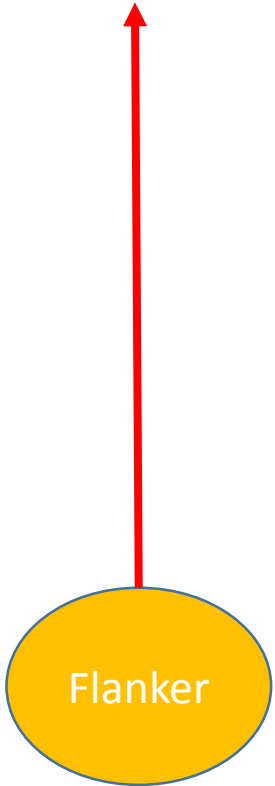
	Pre-Snap Motion
	Player Route
	Ball is in air for pitch

TRIPS RIGHT, WIDE RECEIVER RUB

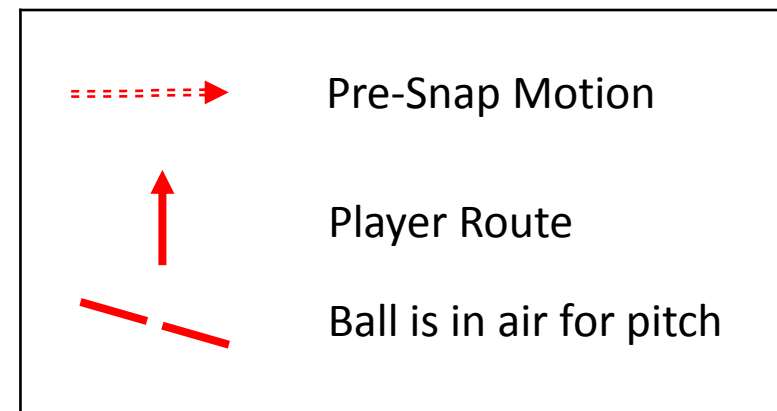
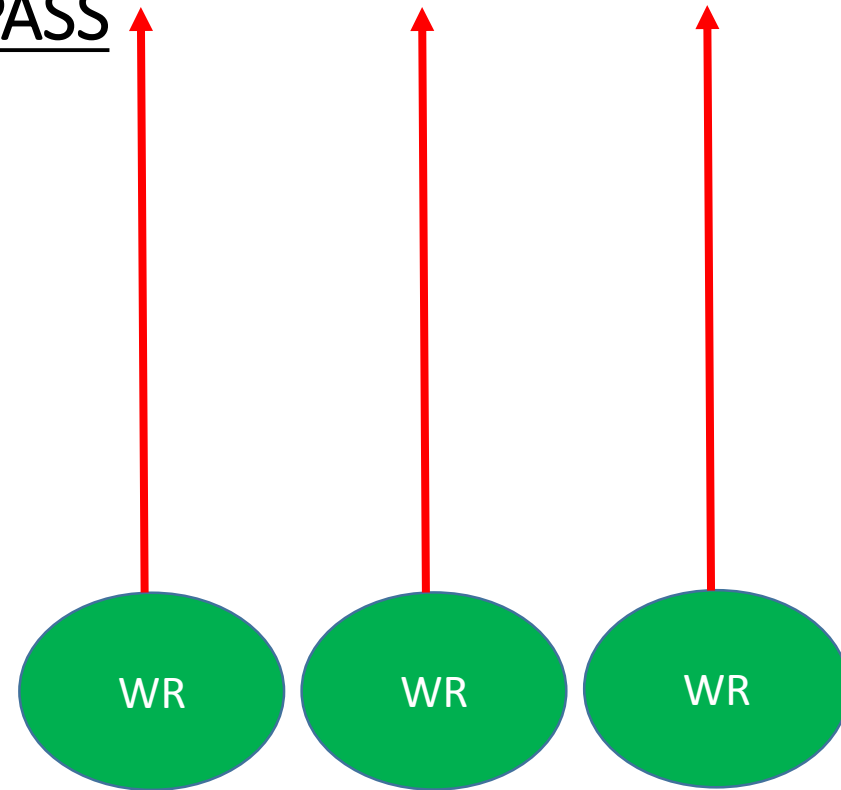
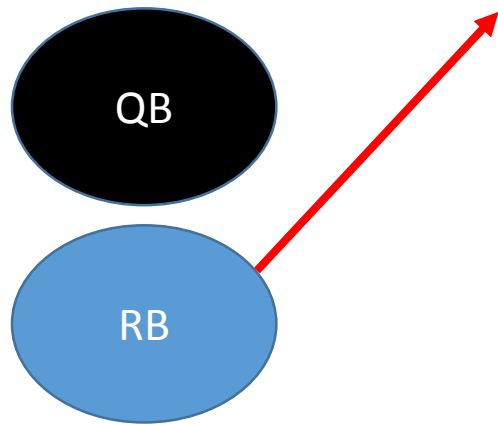
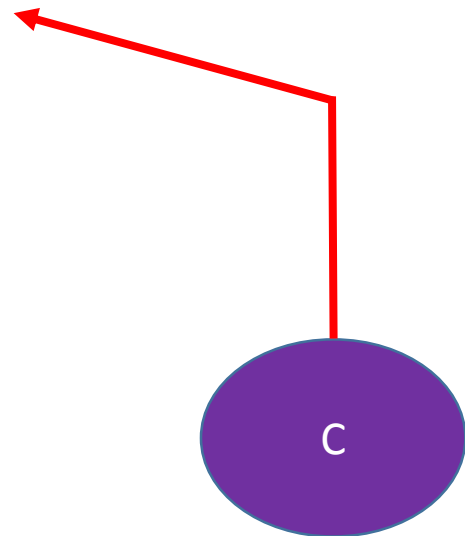
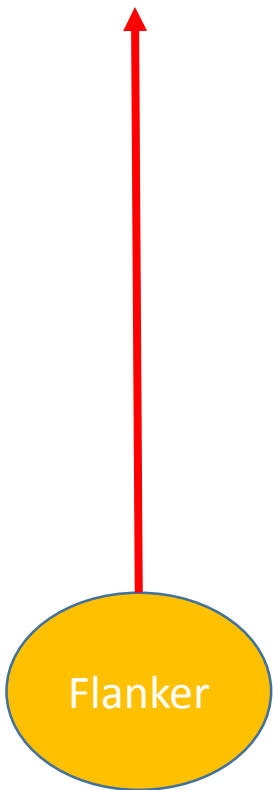


	Pre-Snap Motion
	Player Route
	Ball is in air for pitch

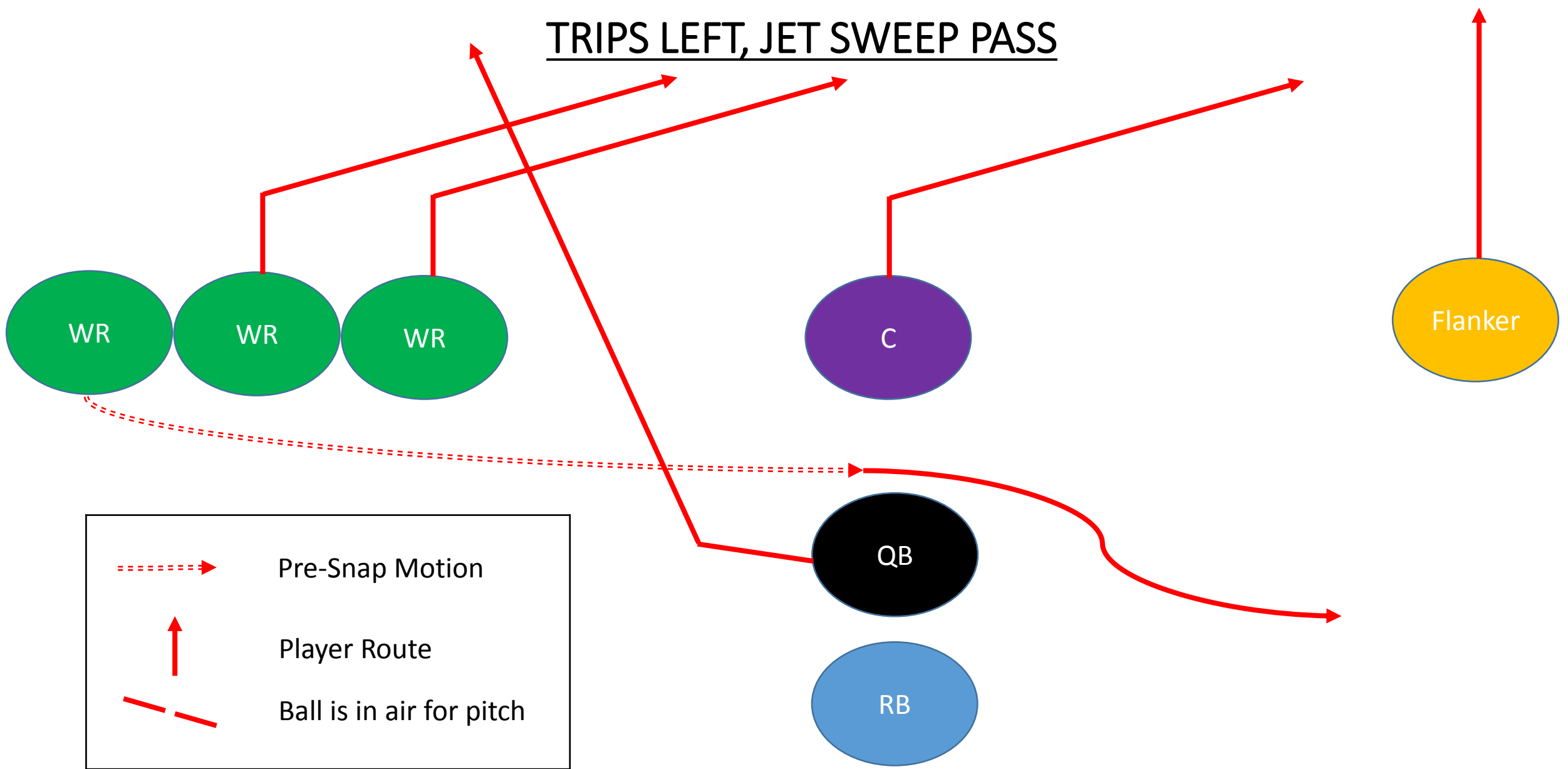
TRIPS RIGHT, ALL GO



TRIPS RIGHT, RUNNING BACK PASS



TRIPS LEFT, JET SWEEP PASS



Pre-Snap Motion

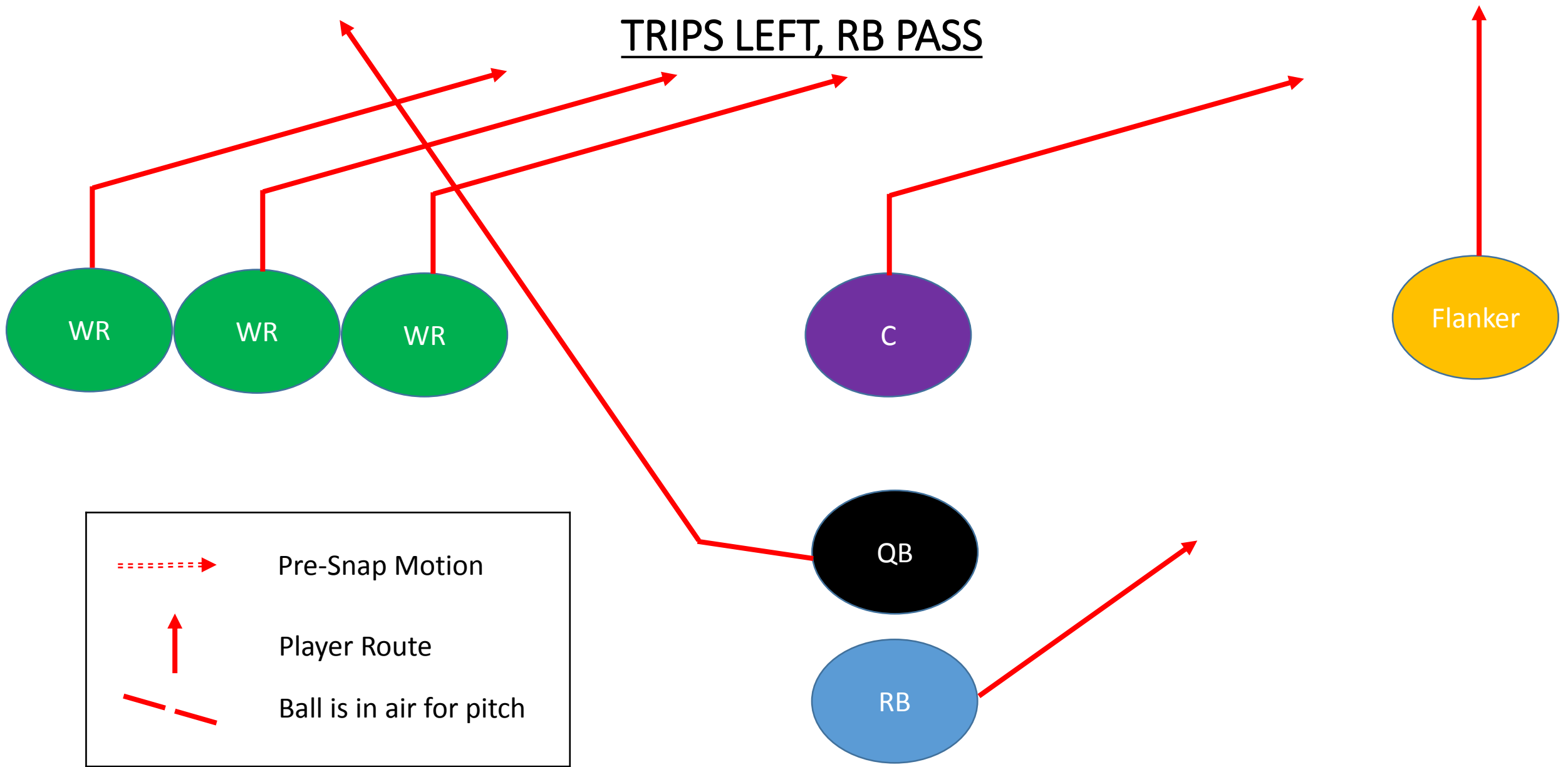


Player Route

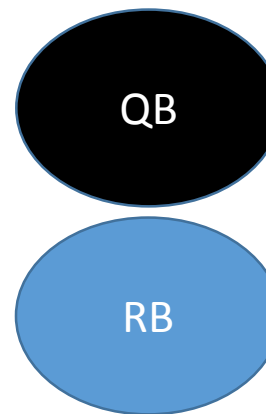
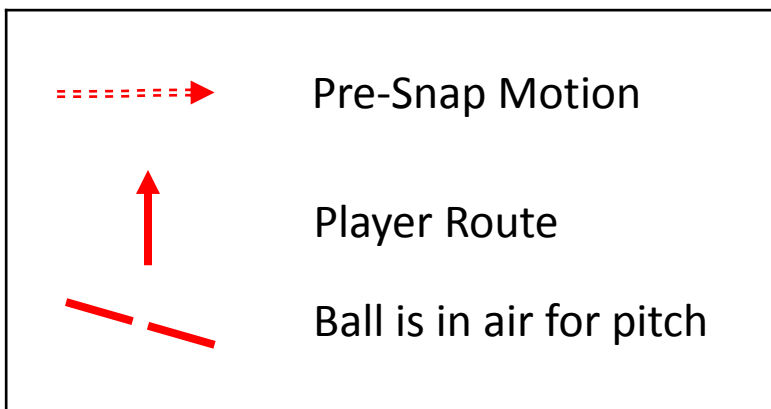
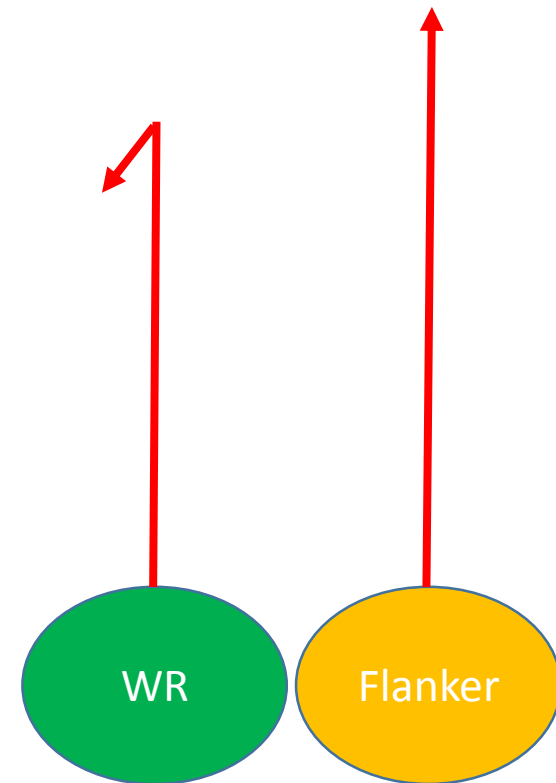
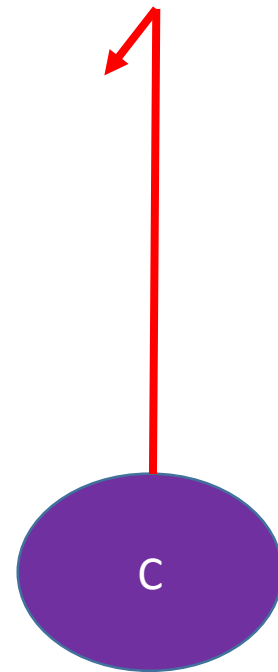
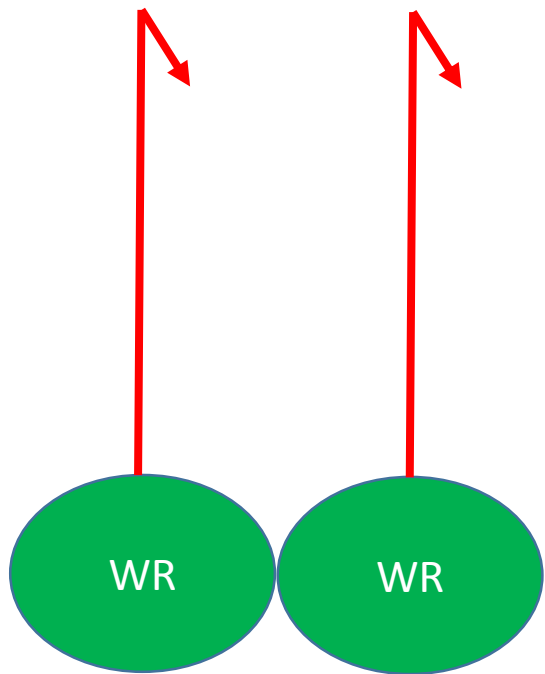


Ball is in air for pitch

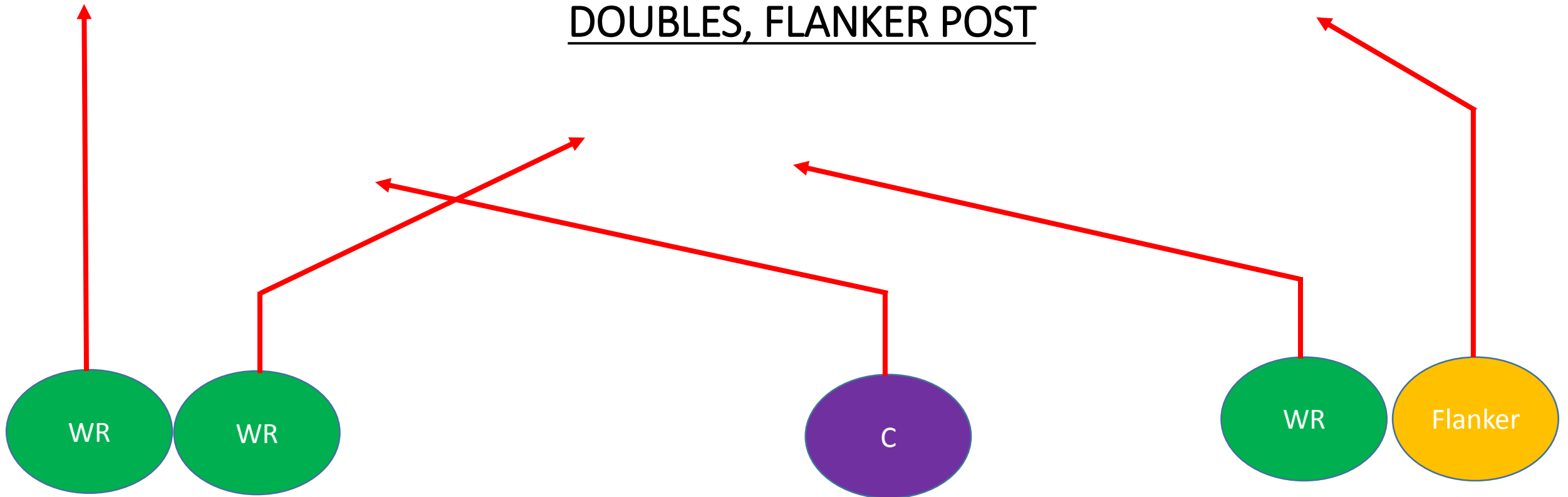
TRIPS LEFT, RB PASS

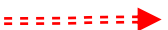




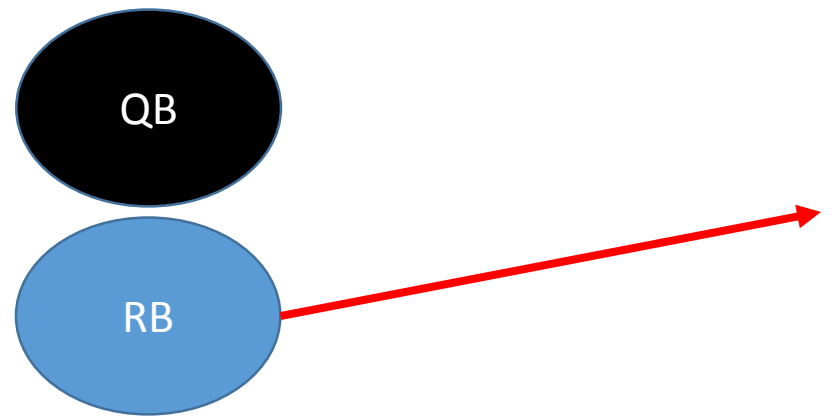
DOUBLES, ALL CURL



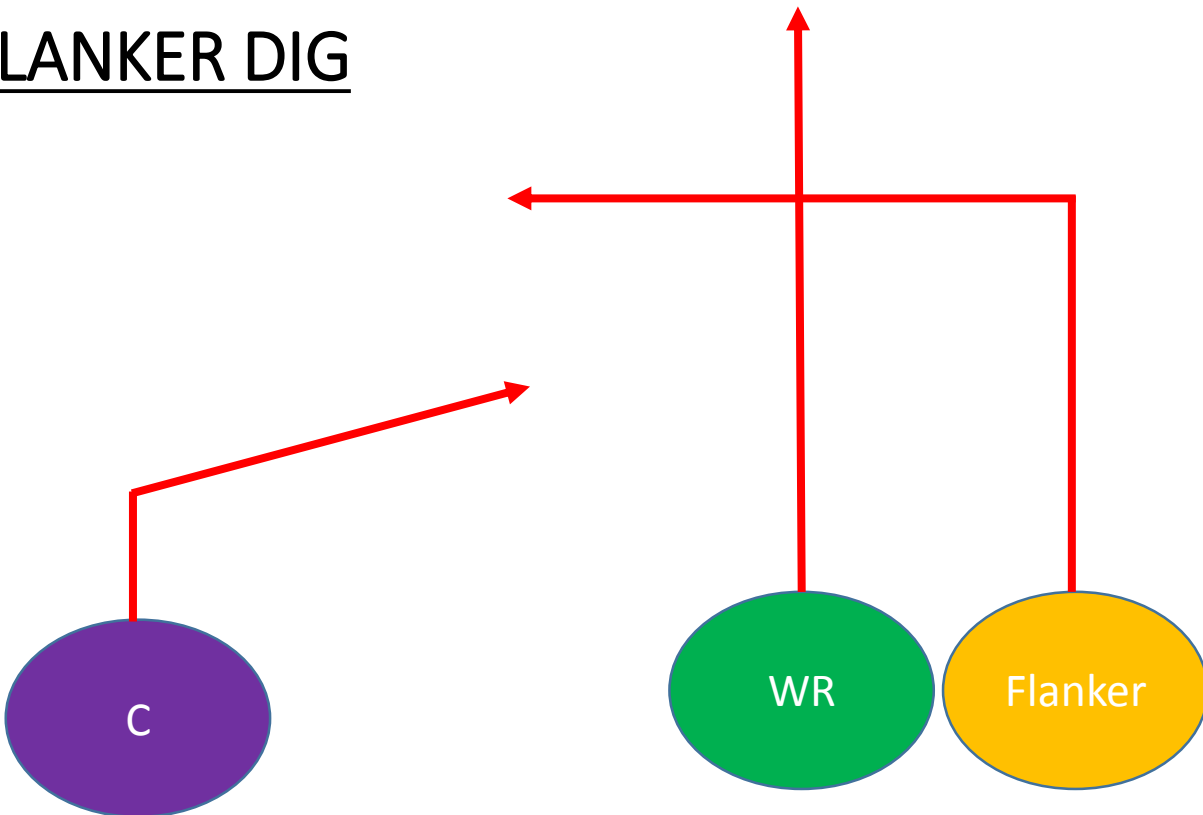
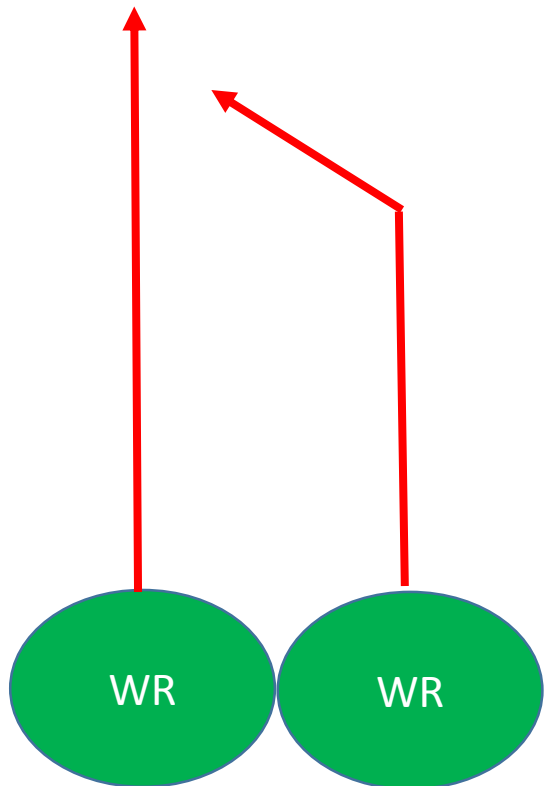
DOUBLES, FLANKER POST






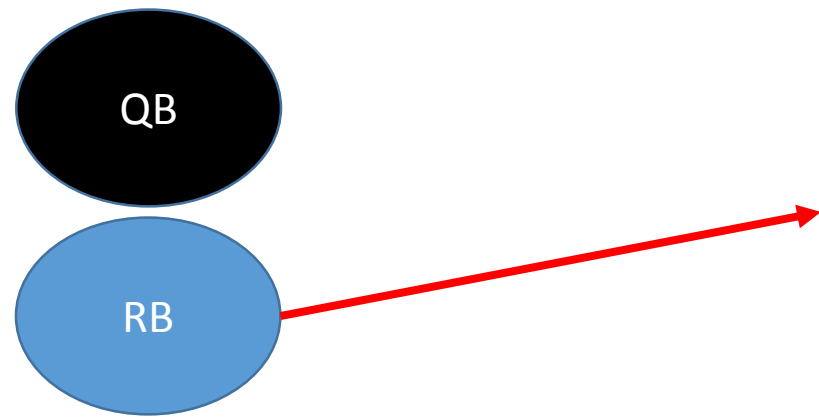
	Pre-Snap Motion
	Player Route
	Ball is in air for pitch



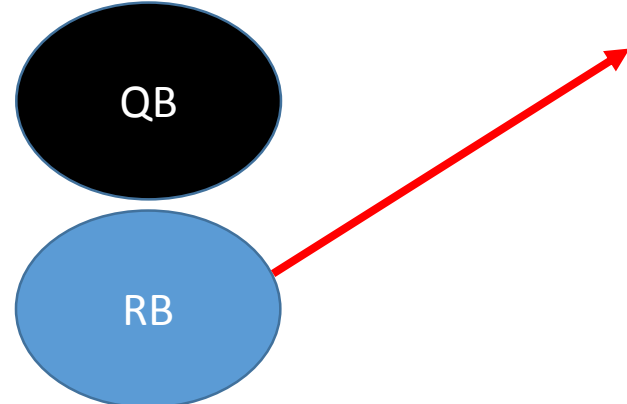
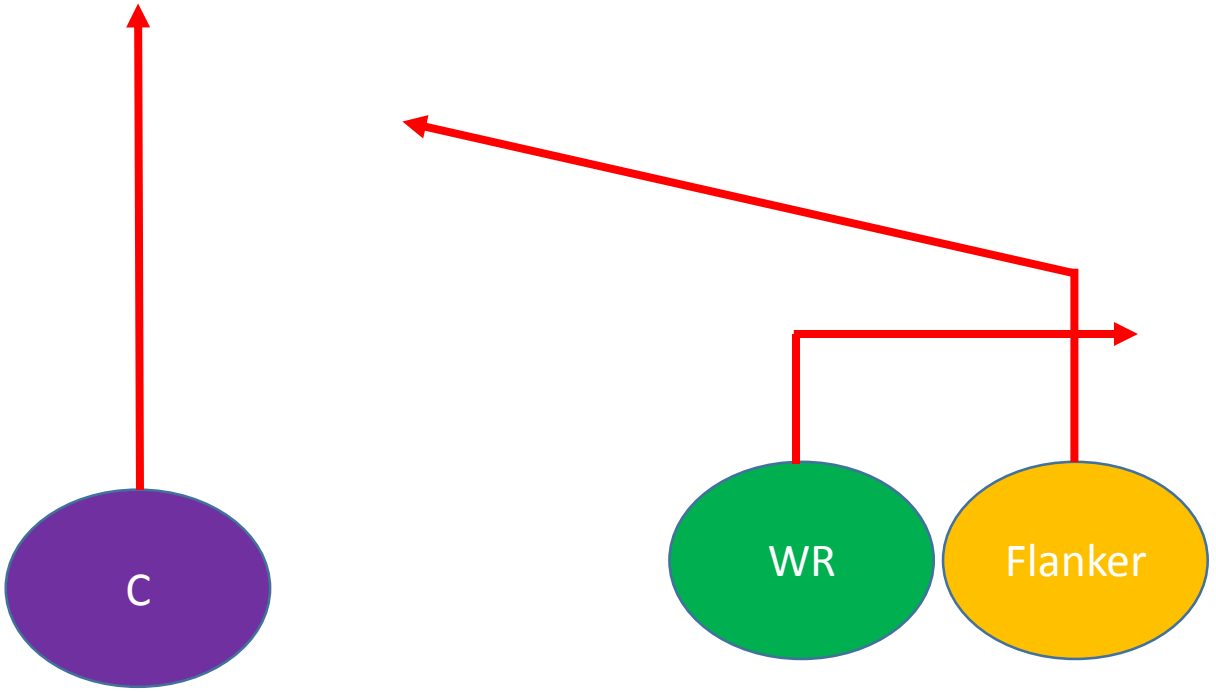
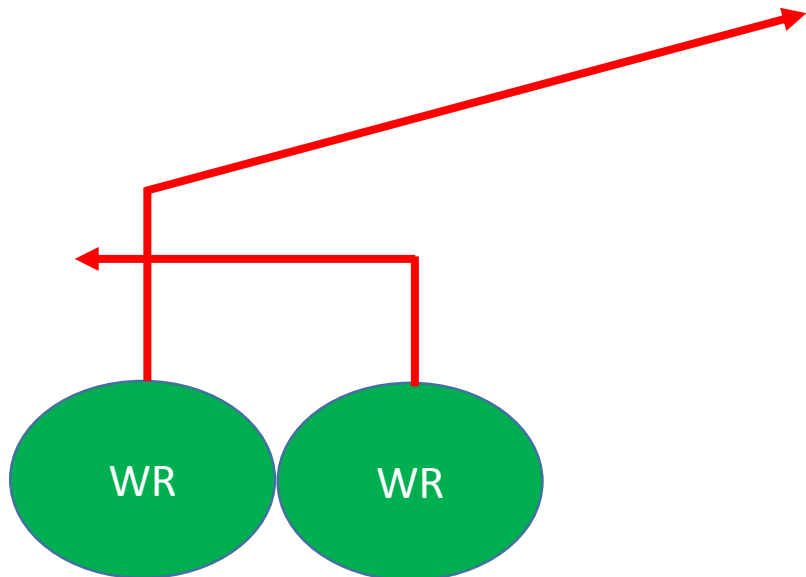
DOUBLES, FLANKER DIG

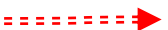




	Pre-Snap Motion
	Player Route
	Ball is in air for pitch

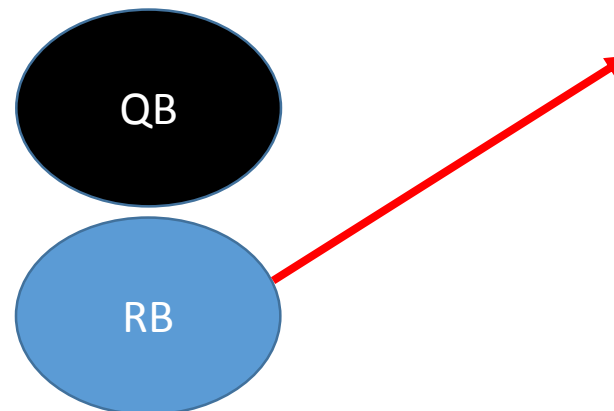
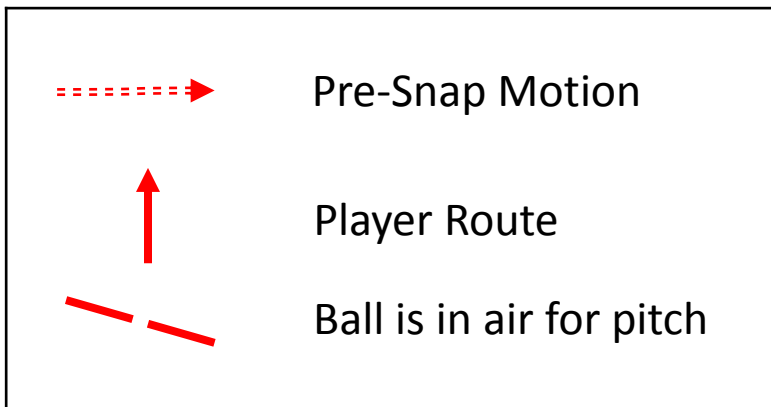
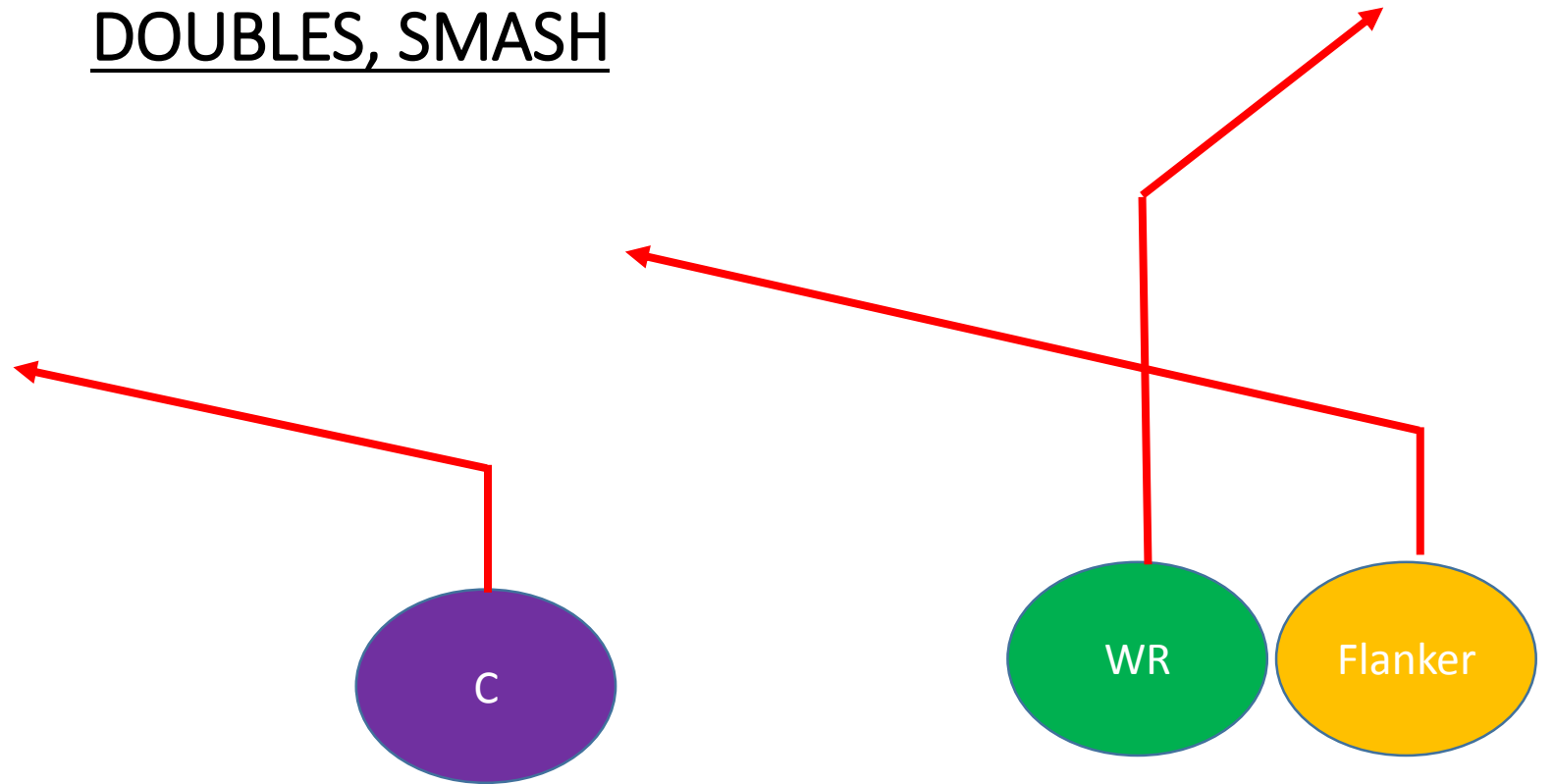
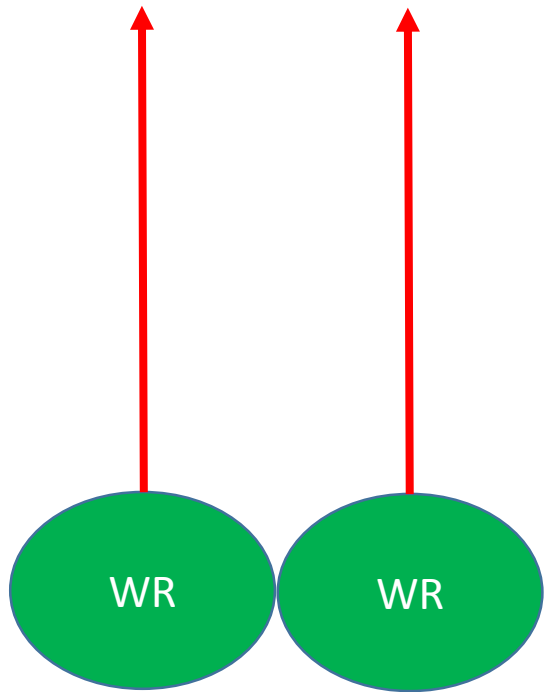


DOUBLES, SLANT RUB

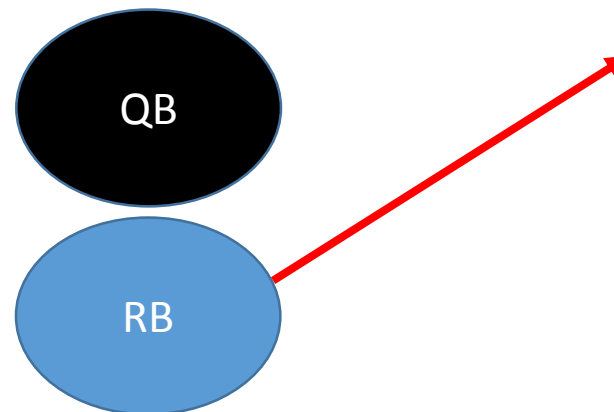
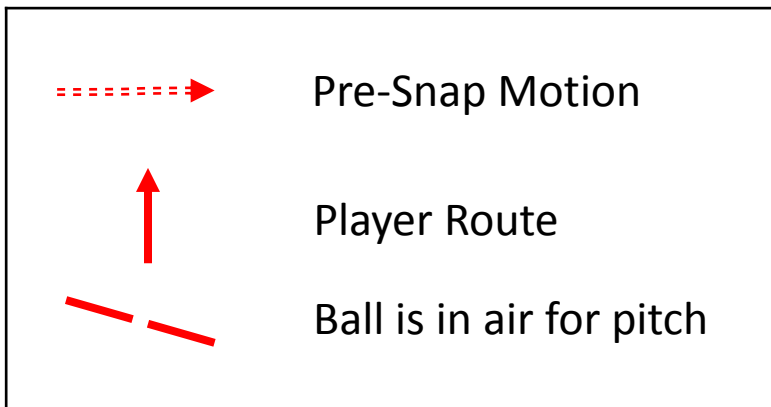
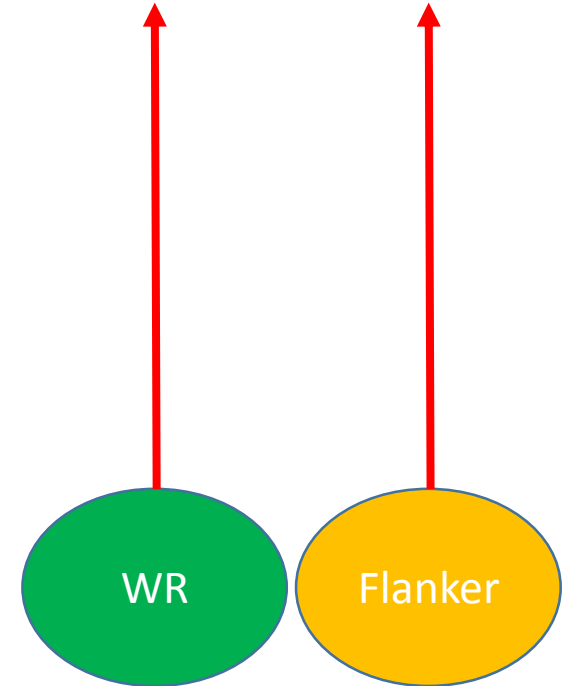
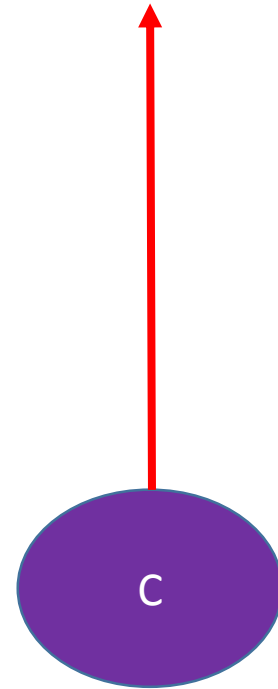
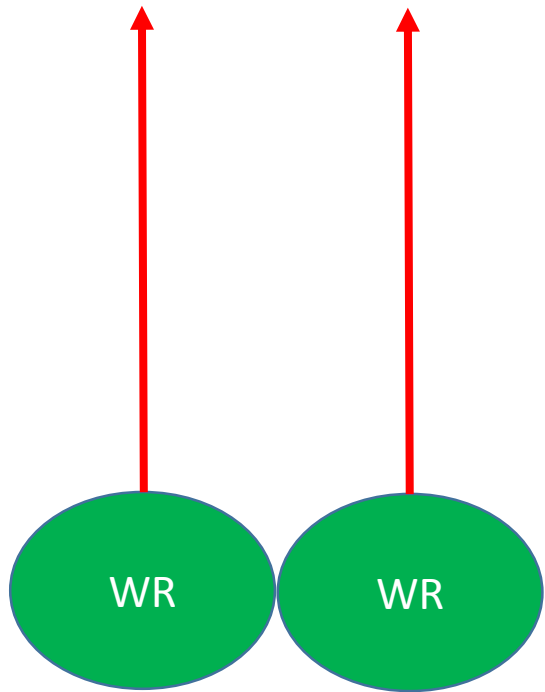


	Pre-Snap Motion
	Player Route
	Ball is in air for pitch

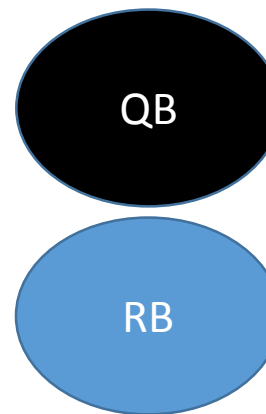
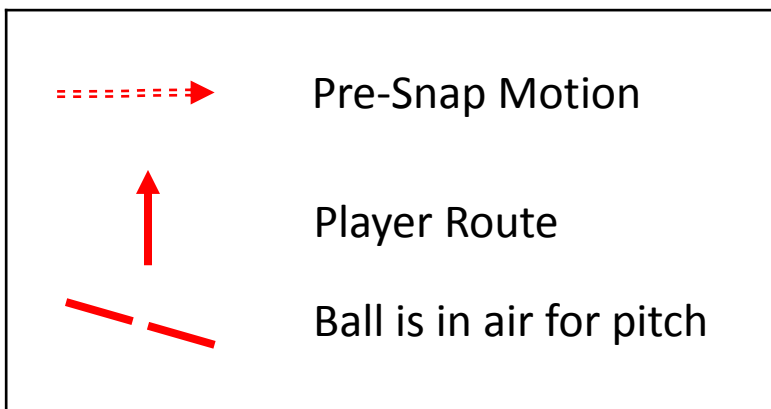
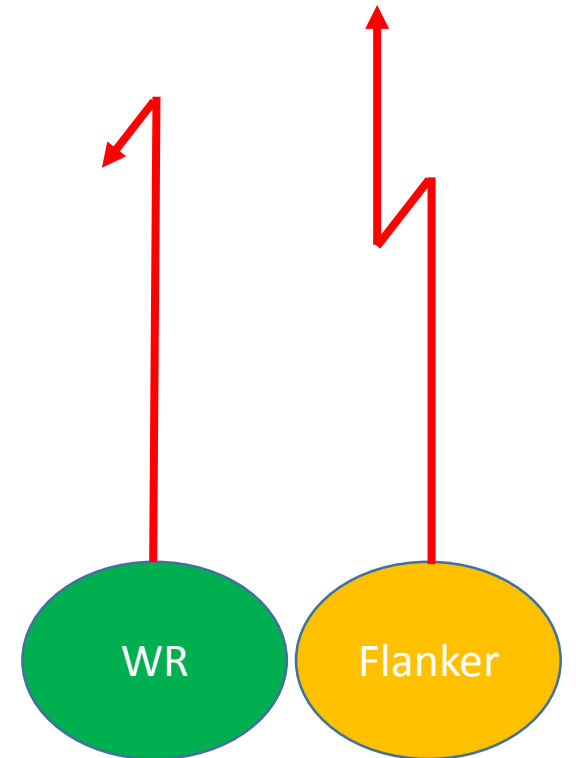
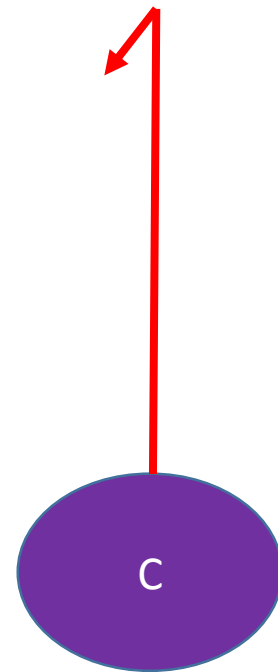
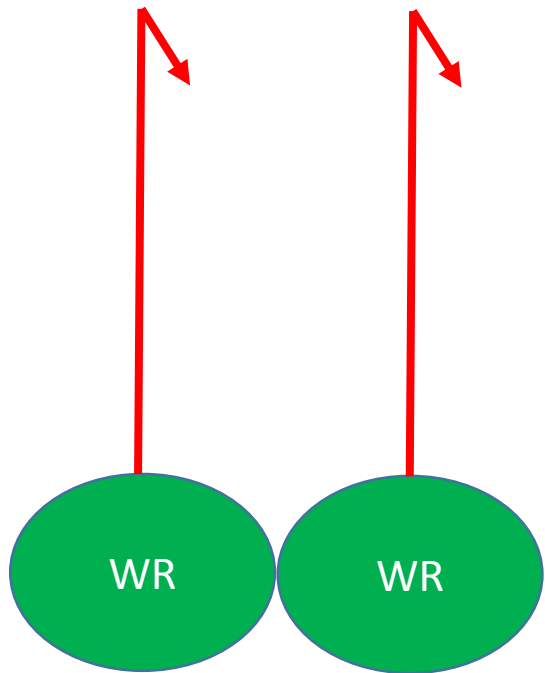
DOUBLES, SMASH



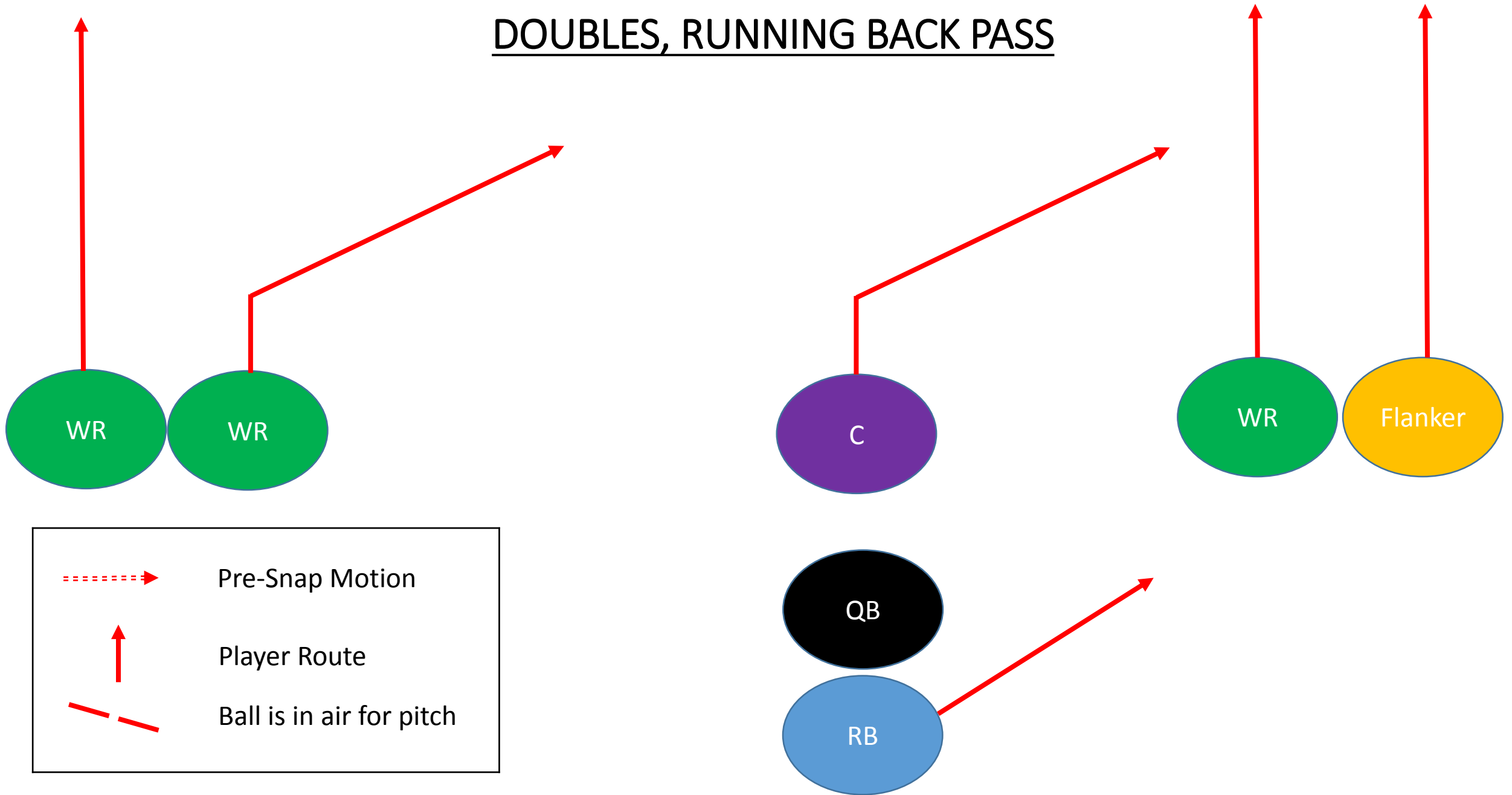
DOUBLES, ALL GO



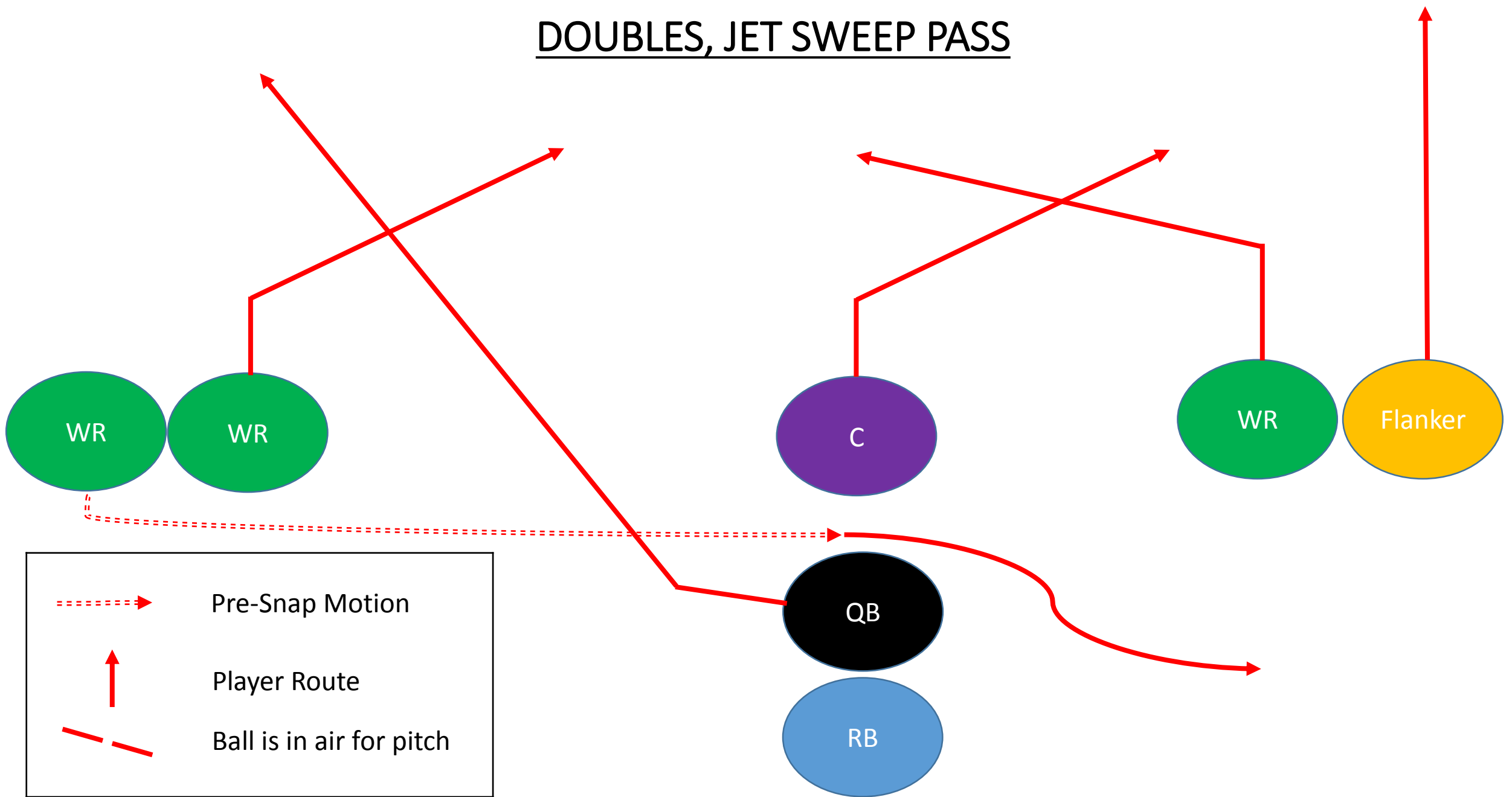
DOUBLES, FLANKER CURL 'N GO



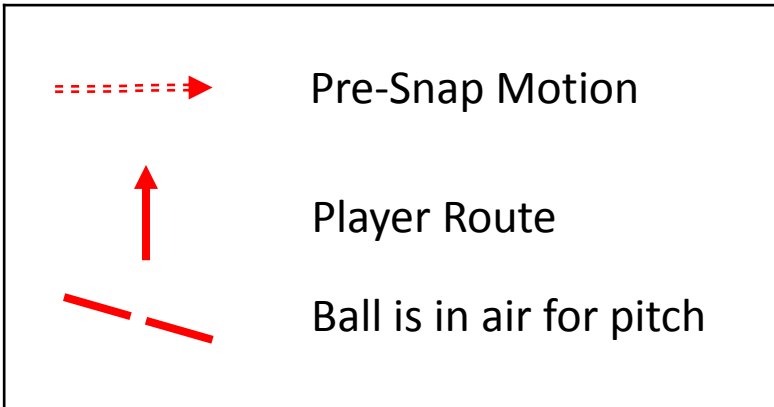
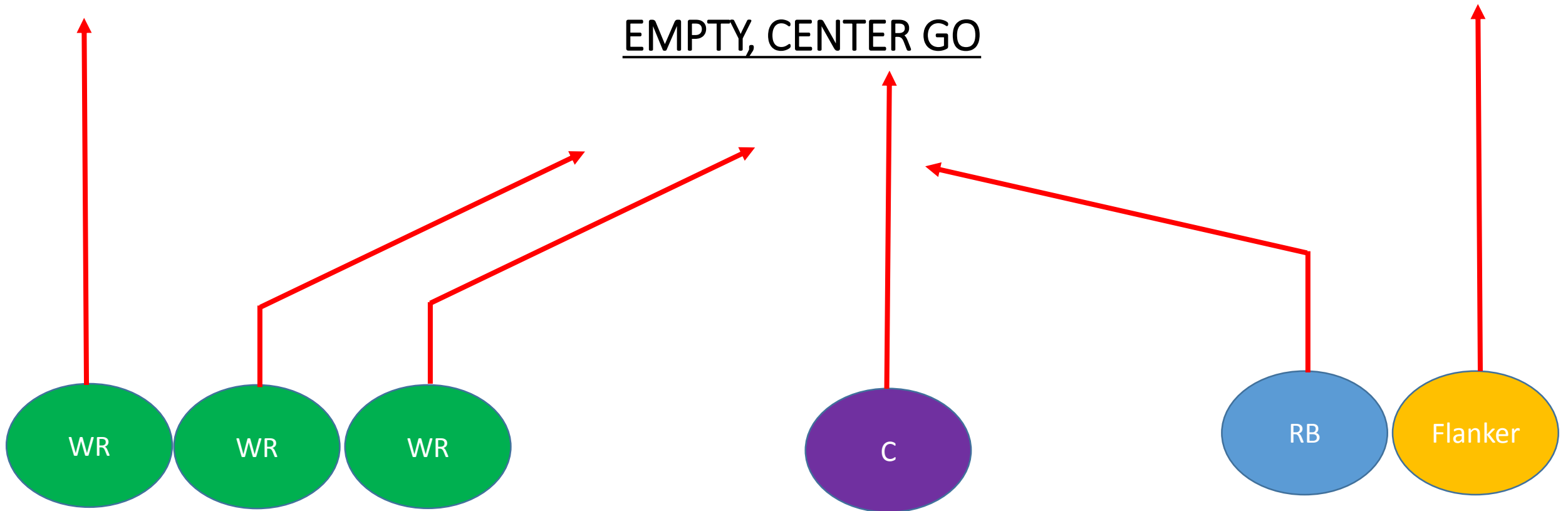
DOUBLES, RUNNING BACK PASS

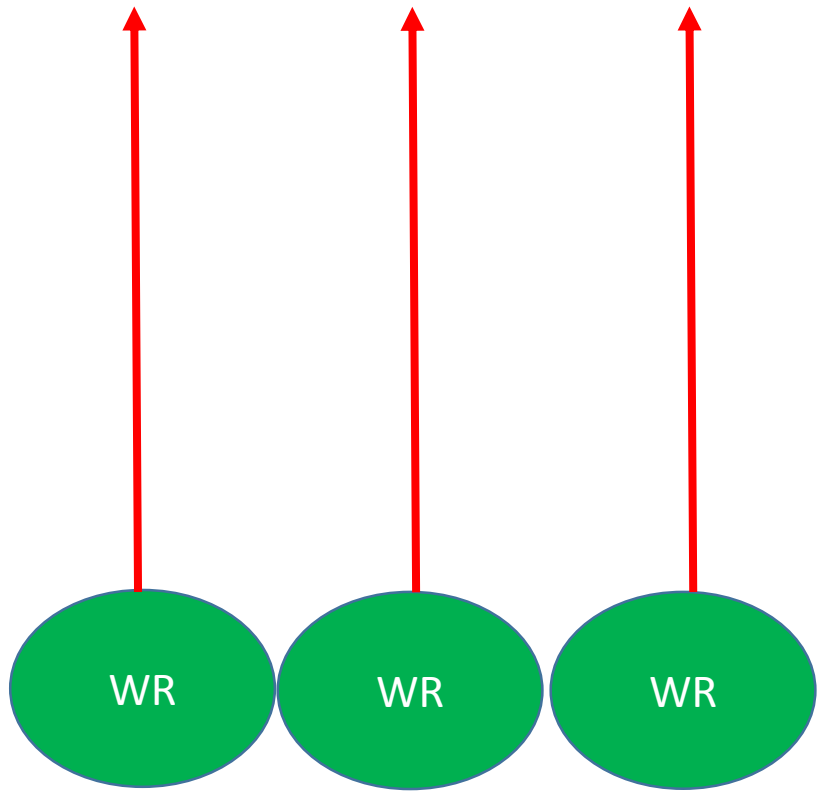


DOUBLES, JET SWEEP PASS

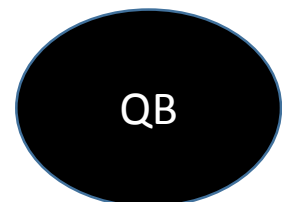
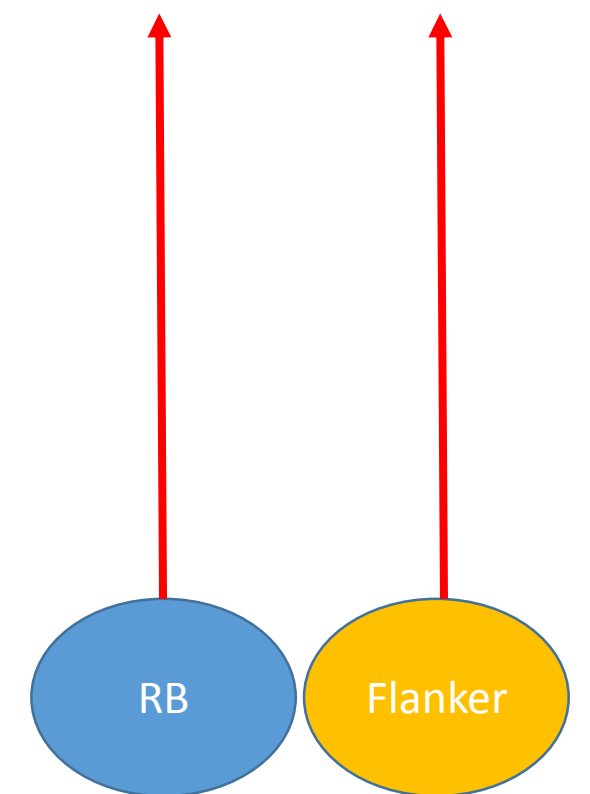
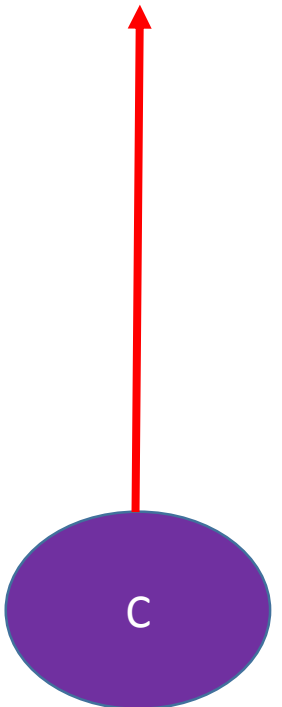


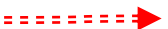


EMPTY, CENTER GO



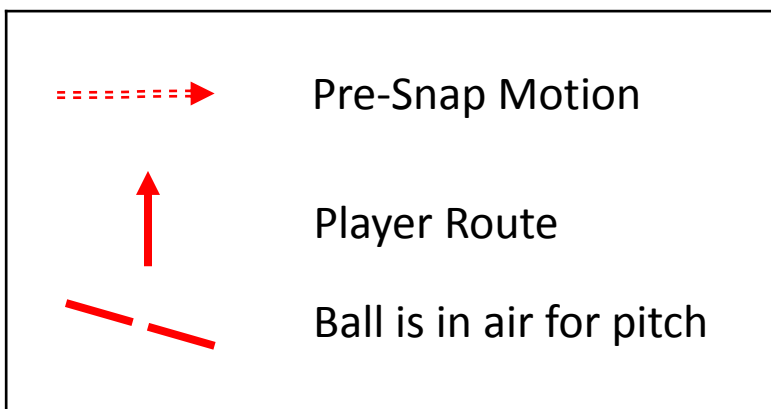
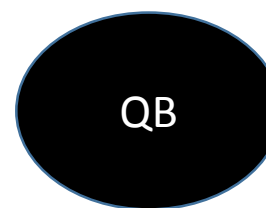
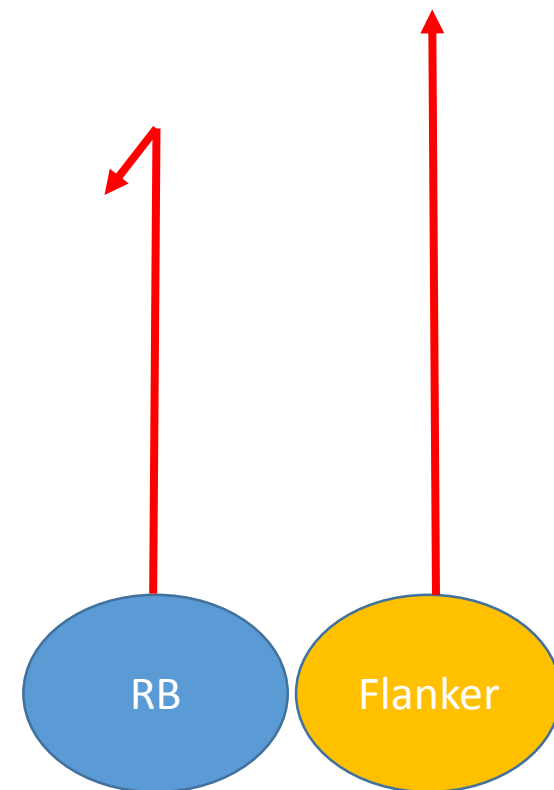
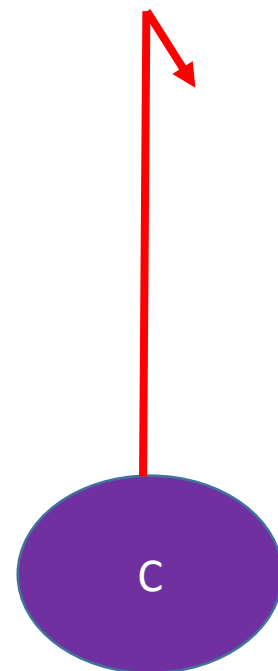
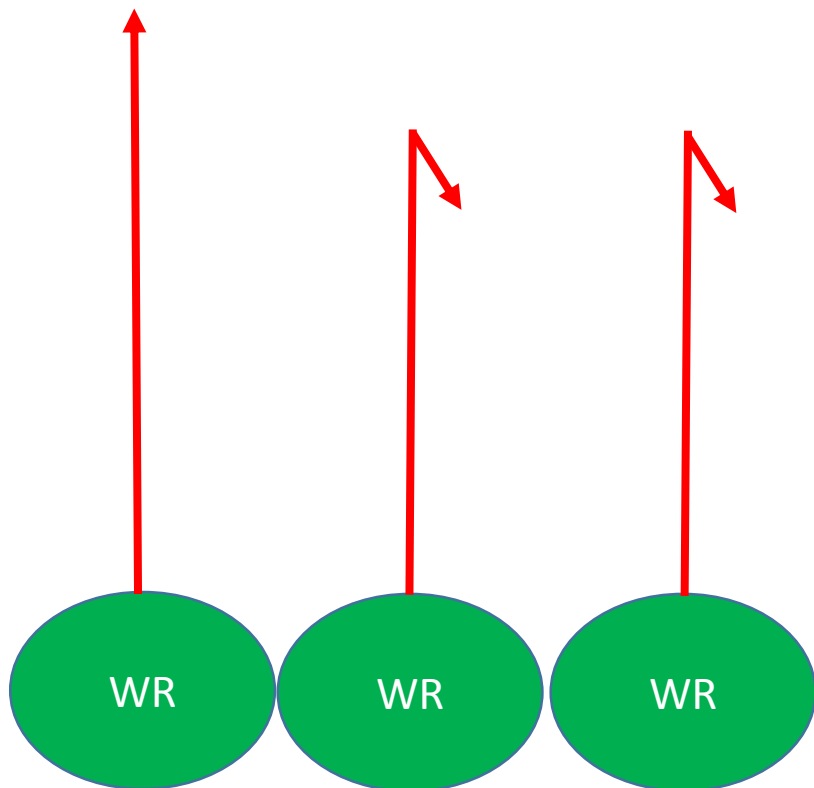


EMPTY, ALL GO

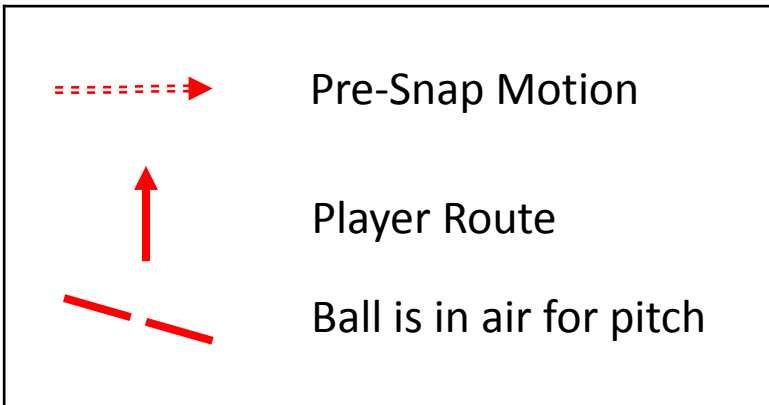
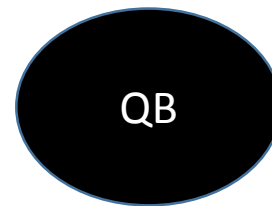
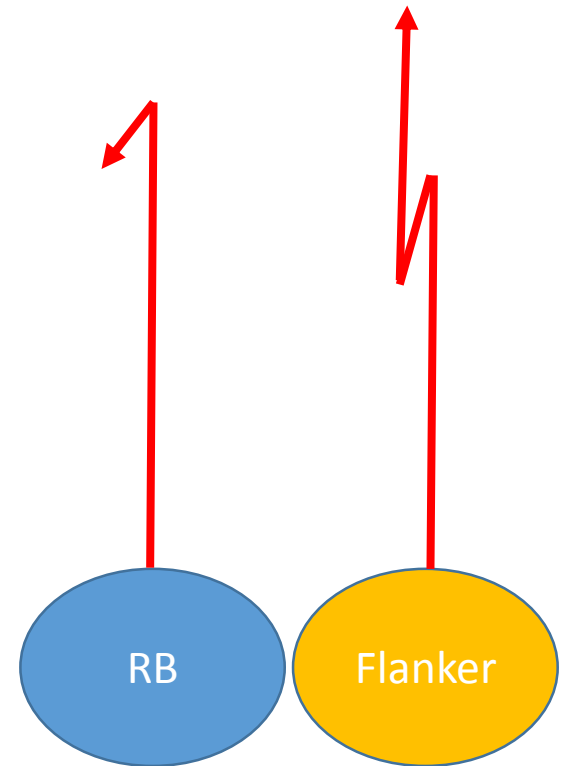
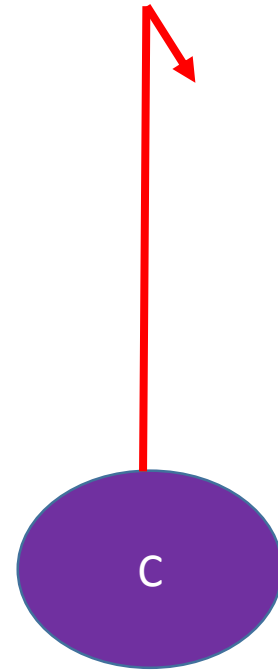
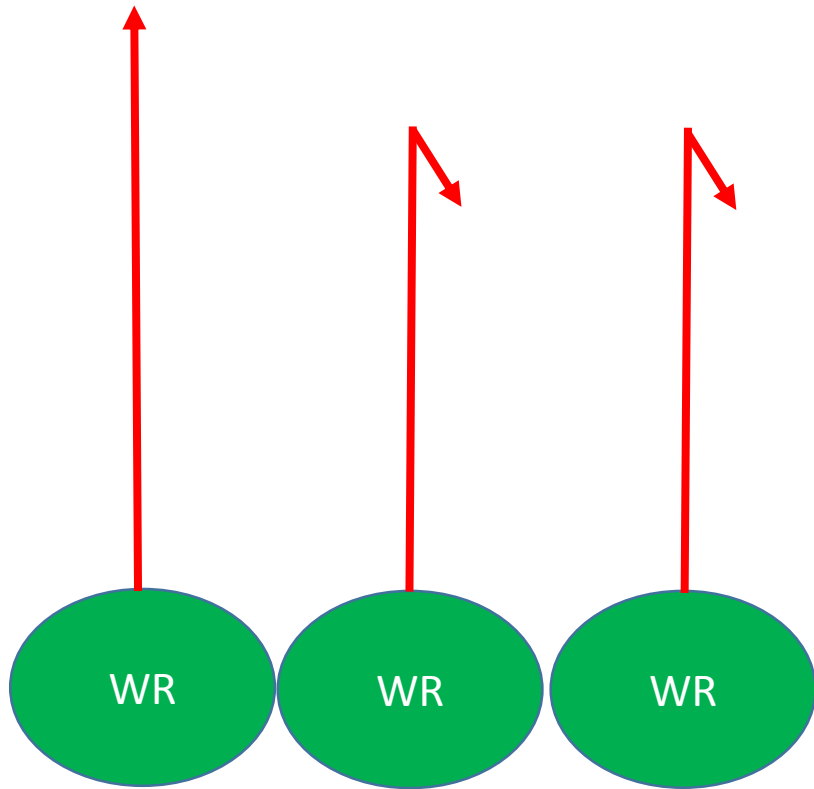


	Pre-Snap Motion
	Player Route
	Ball is in air for pitch

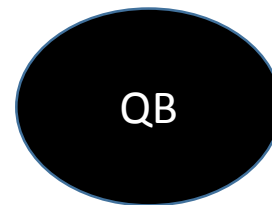
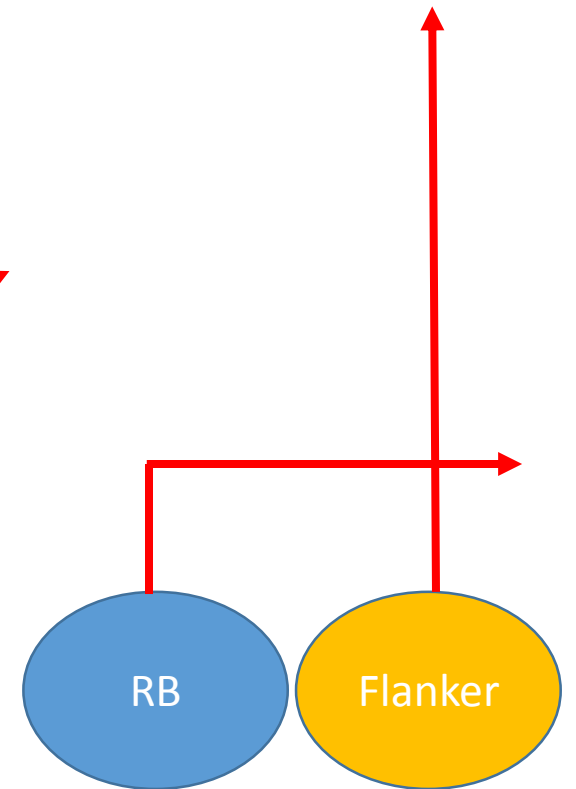
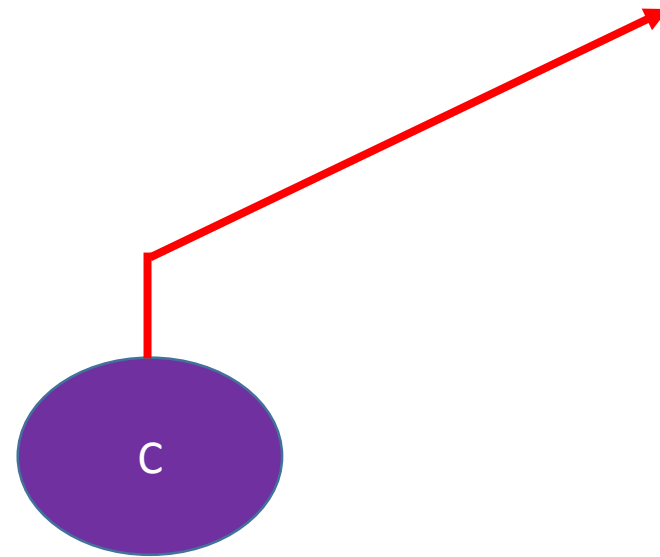
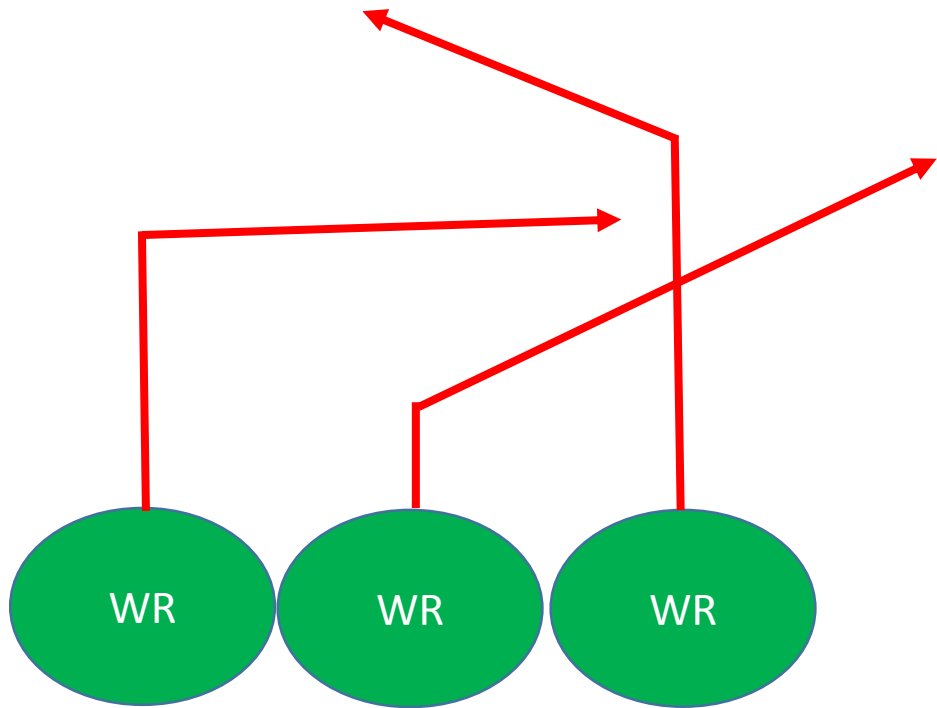
EMPTY, ALL CURL






EMPTY, FLANKER CURL 'N GO

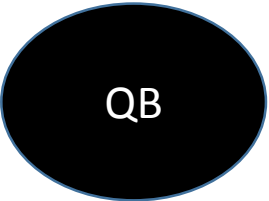
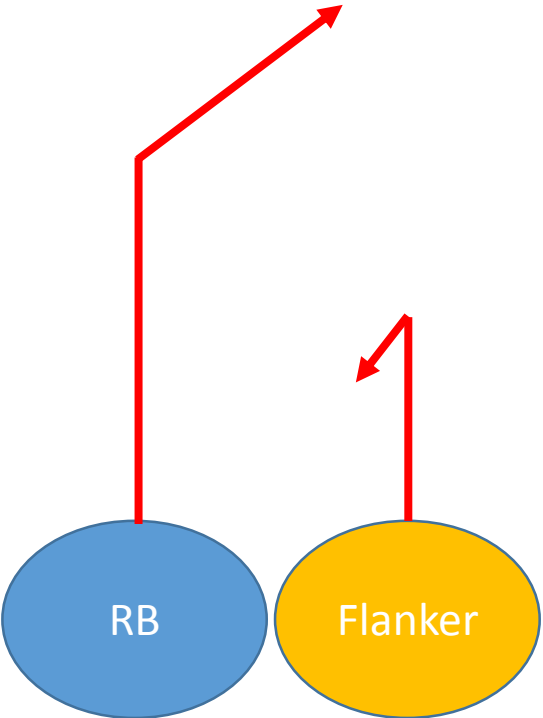
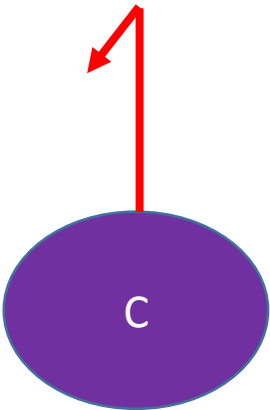
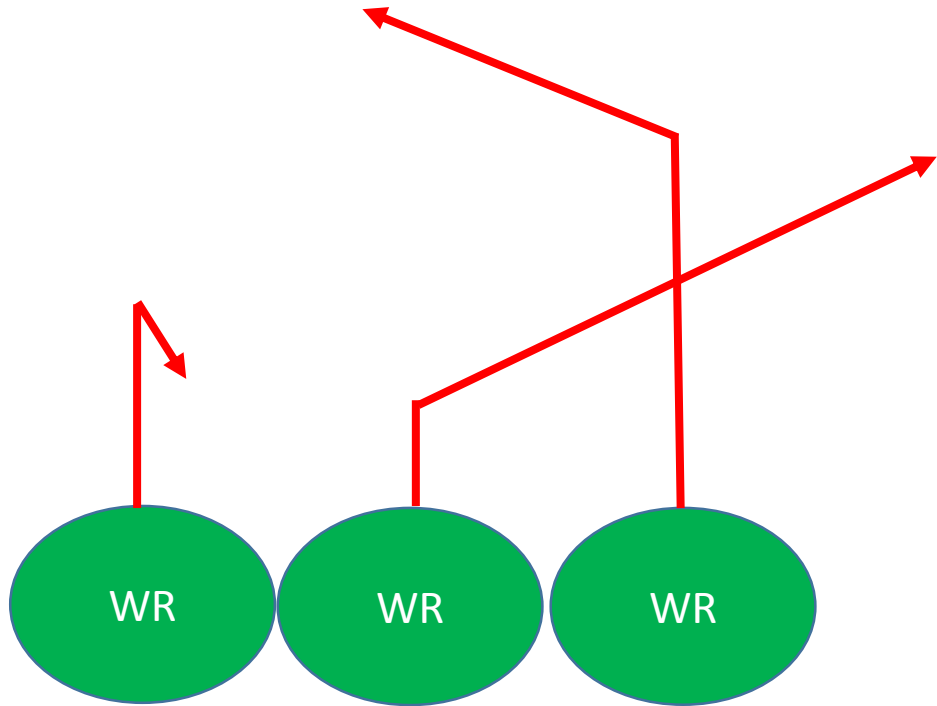




EMPTY, BUNCH RUB



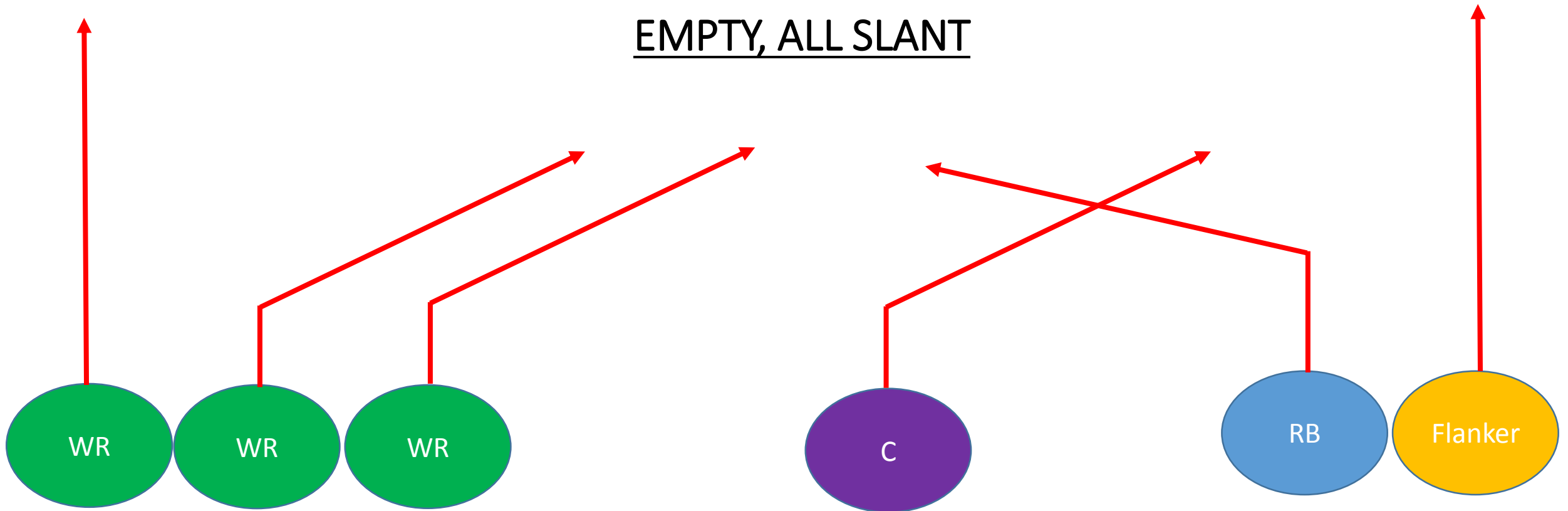
	Pre-Snap Motion
	Player Route
	Ball is in air for pitch

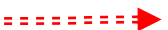


EMPTY, SMASH



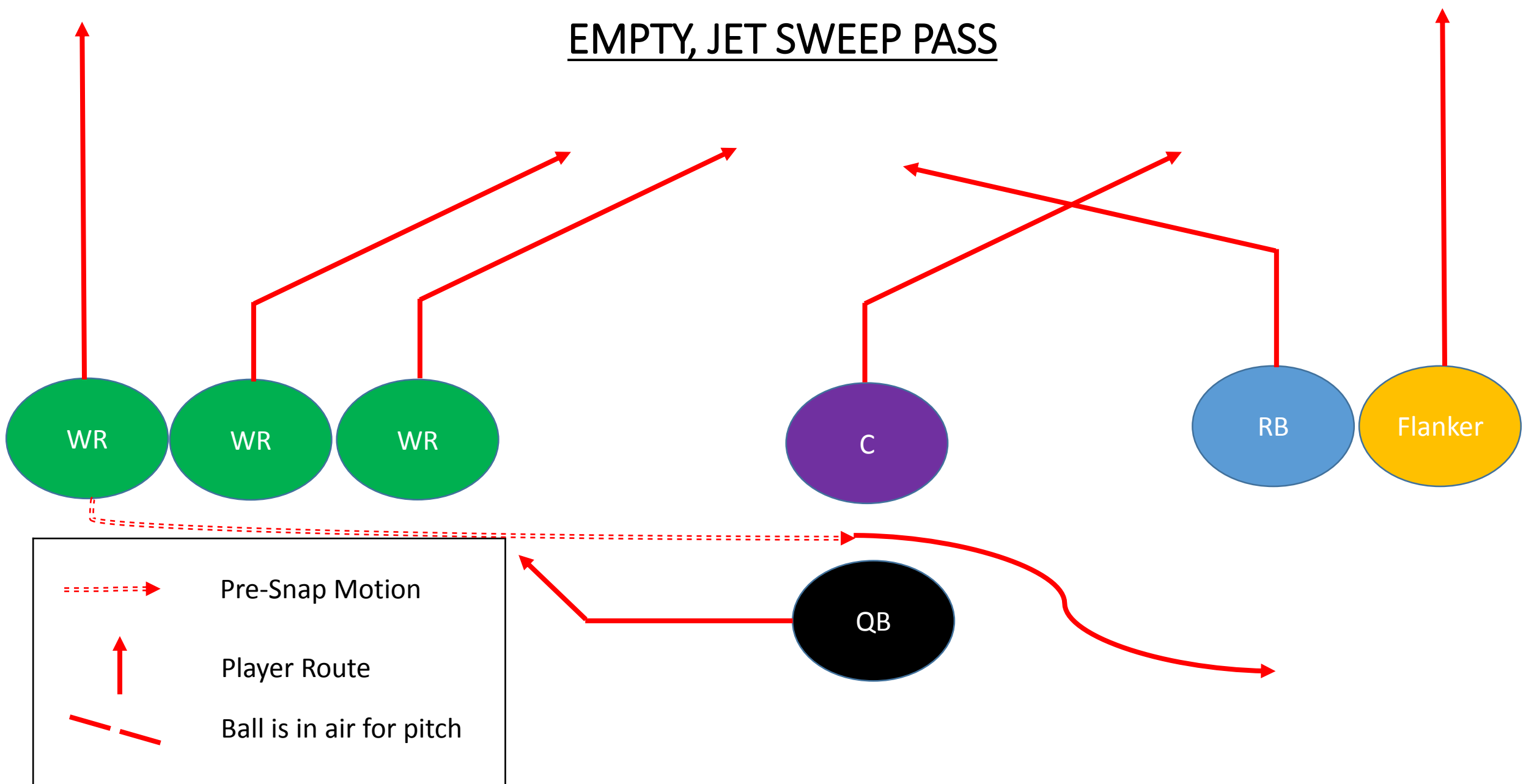
	Pre-Snap Motion
	Player Route
	Ball is in air for pitch

EMPTY, ALL SLANT

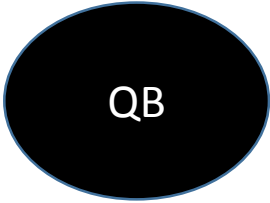
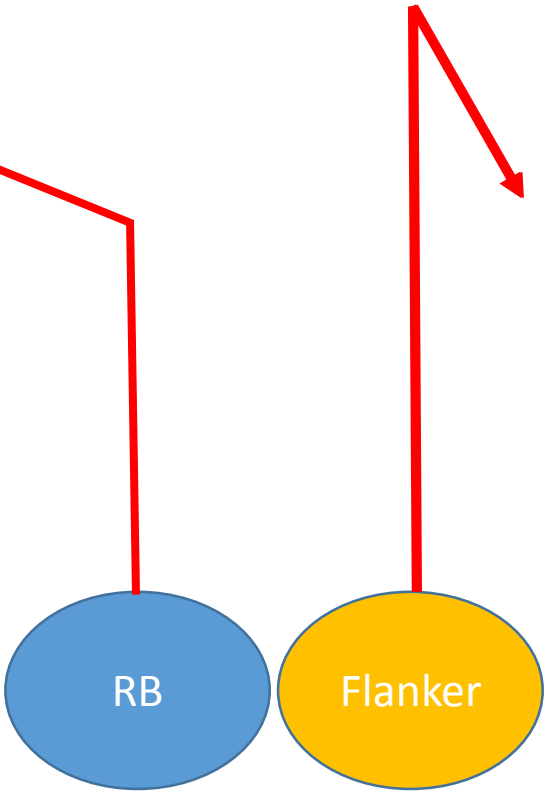
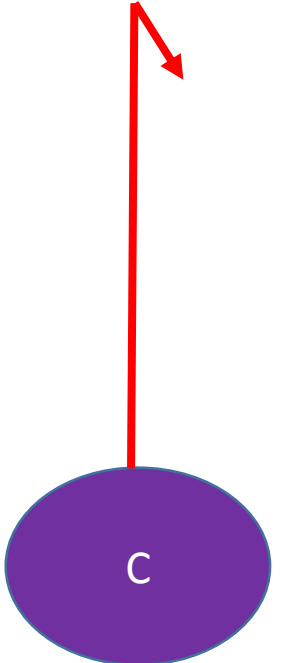
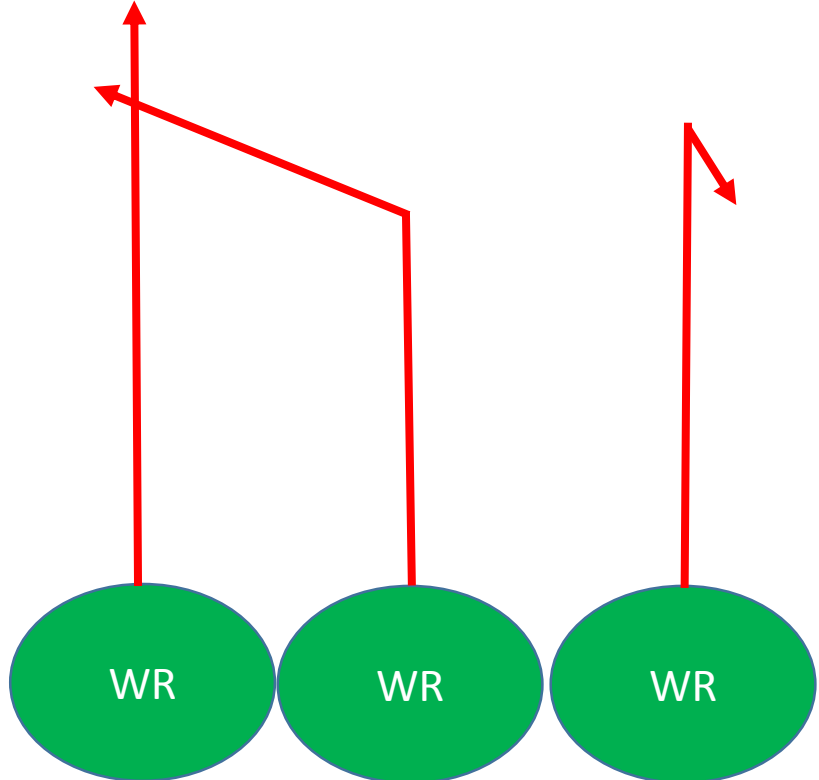


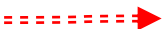


	Pre-Snap Motion
	Player Route
	Ball is in air for pitch

EMPTY, JET SWEEP PASS

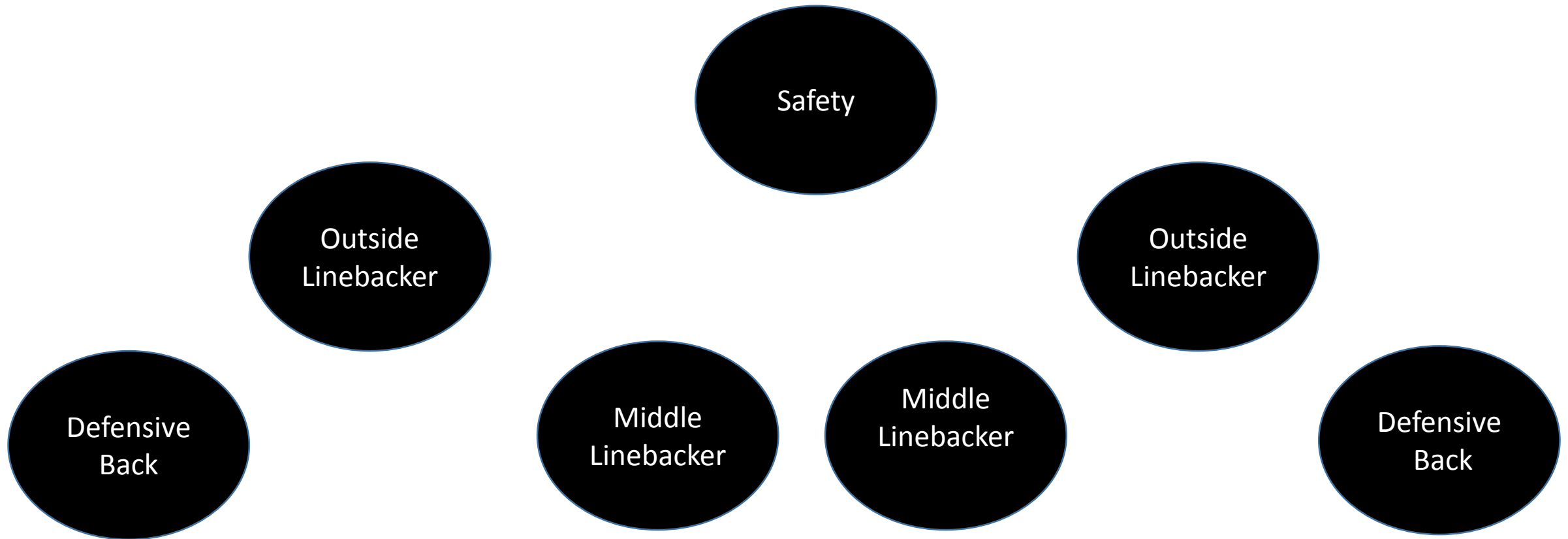


EMPTY, FLANKER COMEBACK



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

Cover 1 Zone Defense



Cover 2 Zone Defense

Free
Safety

Strong
Safety

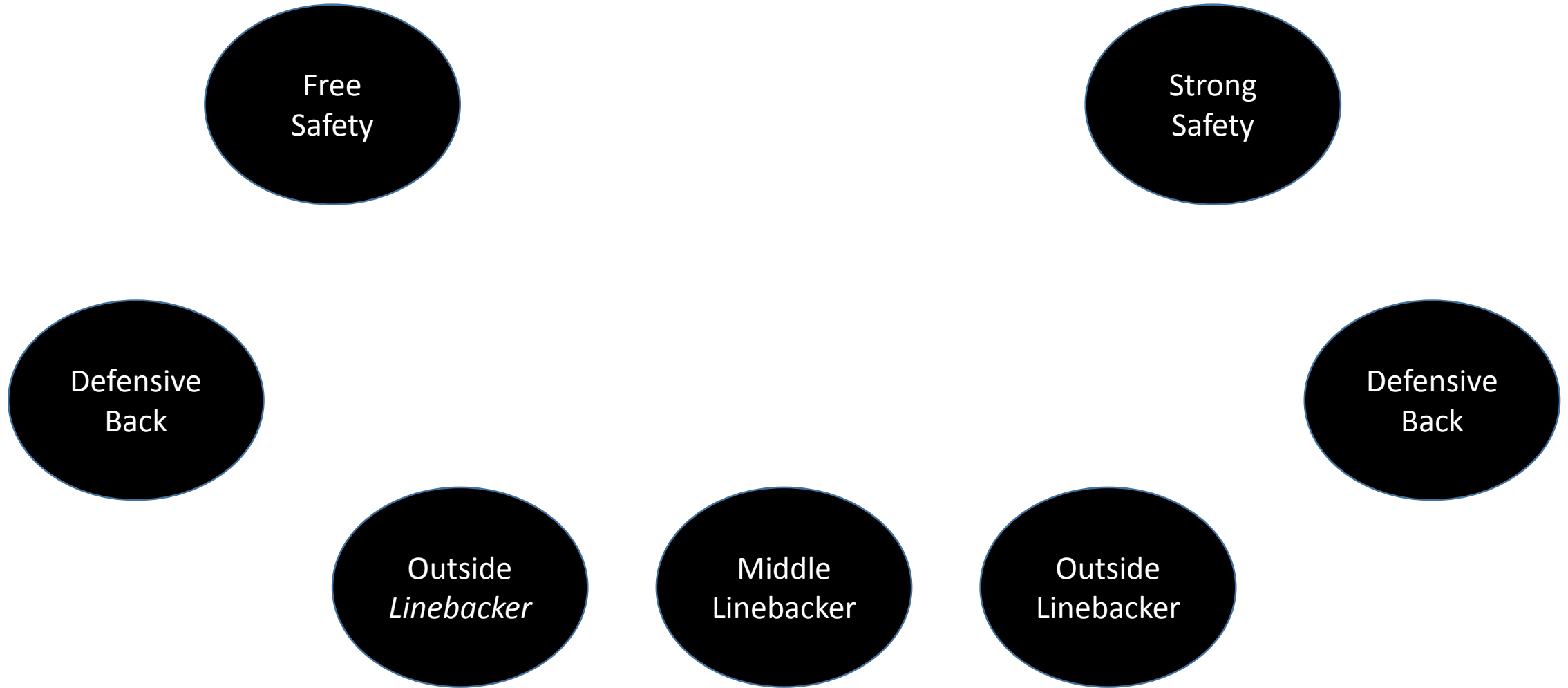
Defensive
Back

Defensive
Back

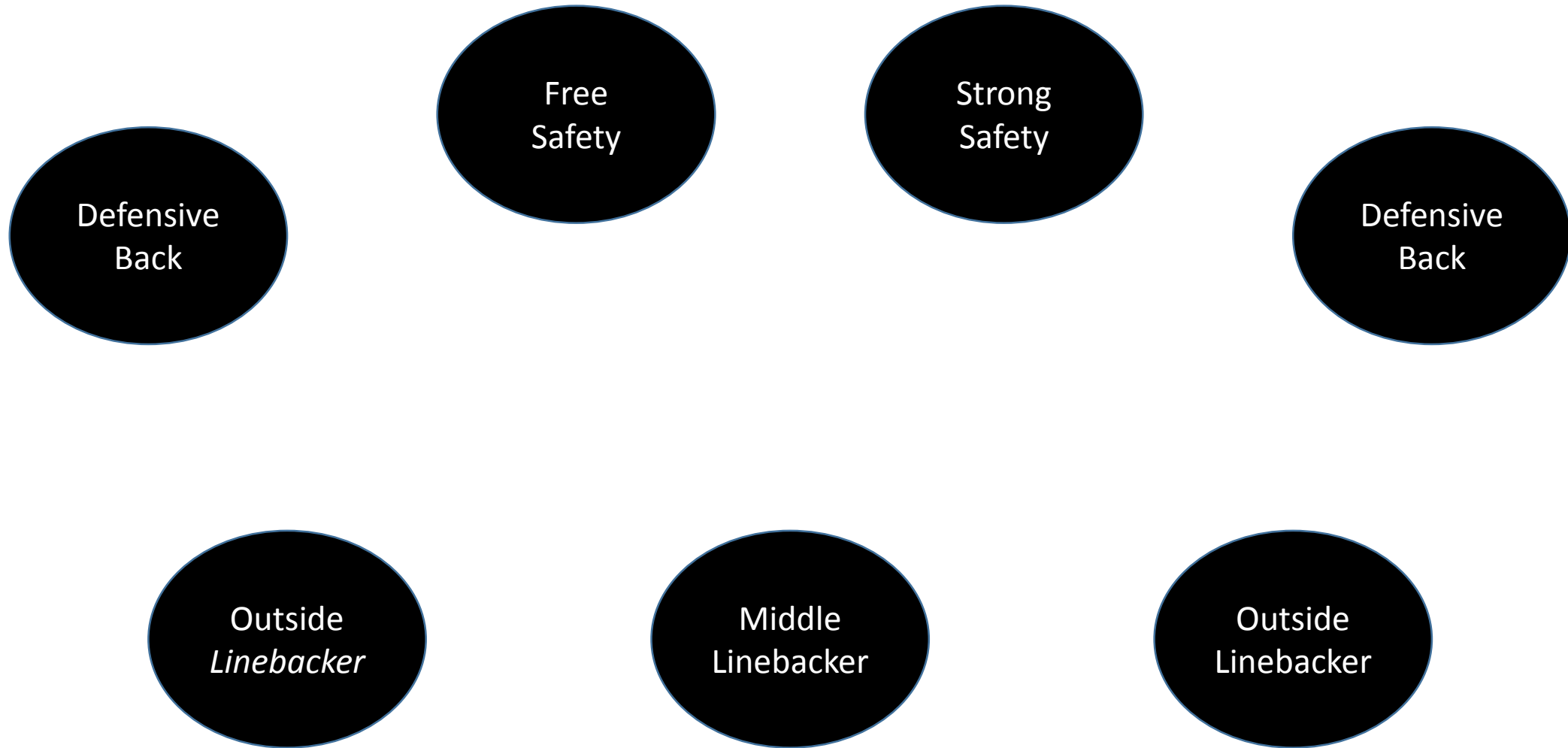
Outside
Linebacker

Middle
Linebacker

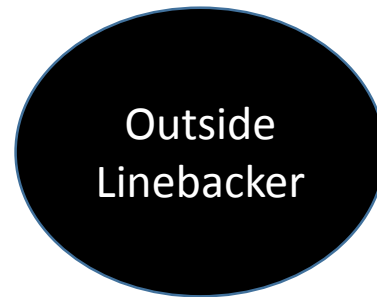
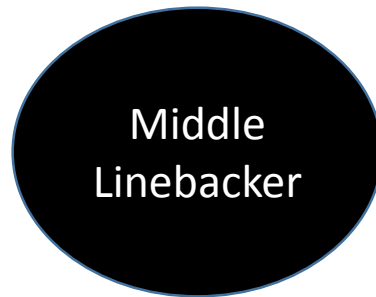
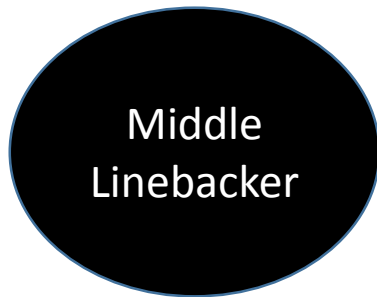
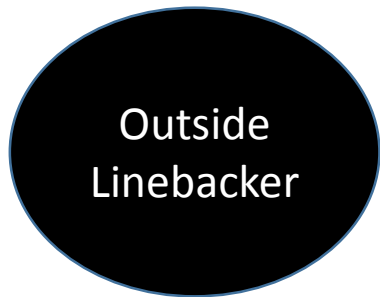
Outside
Linebacker



Quarters Zone Defense



Cover 1 Man-to-Man Defense



Cover 2 Man-to-Man Defense

Free
Safety

Strong
Safety

Defensive
Back

Outside
Linebacker

Middle
Linebacker

Outside
Linebacker

Defensive
Back