



Offensive strategies to consider when creating a championship team.

There are many things to consider when structuring your offense. Championship teams have a combination of offensive structures to adapt to any defense they confront. Choosing the right style depends on the abilities of your teammates. No matter which option you choose, success comes from PRATICE, PRACTICE, and then...PRACTICE some more. When choosing your offense, consider the options listed below.

1. Straight pass plays.

Straight pass plays consists of plays where each player a specific route to run. It is the quarterback's responsibility to find the open receiver. This is the "default" style of play for most teams. This play requires an experienced quarterback who is able to read the defense and make an appropriate call.

2. Pitching Plays.

Pitching adds a new dimension to any offense. Pitching is when the offensive player throws the ball backwards to another offensive player. The ball may be thrown over- or under-handed. It is often referred to as a *backwards lateral*. Pitching may occur anywhere on the field.

Inexperienced defensive teams will merge to the offensive player with the ball, leaving other offensive players wide open. Pitching the ball to other players adds yardage to your plays. Check your league's rules to be sure that pitching is permitted.

3. Reverse and misdirection plays.

A well-rounded offense will have several reverse and misdirection plays. These plays force defensive players to stay in their zones, so that you can create situations where you have two or three offensive players facing one defensive player.

4. One play approach.

Some teams, especially 4-on-4 style, will only have one play, which is run repeatedly. The quarterback continues to seek an open receiver. It is difficult to succeed with only one play unless your team consists of very athletic and experienced players. The quarterback must be quick and have a very accurate throwing arm.

5. Running plays.

Some leagues allow straight running plays, which can also add to an offensive arsenal. Typical running plays consist of options and hand-offs. These types of plays are quite successful with fast players who can outrun the defense.

6. The MONTRA xl offensive.

This unique strategy is sweeping the nation. These plays are strategically designed to condense the defense and create unique play action. Each of the offensive line-ups uses a similar basic concept, but employs slight variations to prevent the defense from recognizing plays.

The MONTRA xl offense series was released in January 2005. The "x" represents the style of play for a particular team. For example, the MONTRA 7l is for 7-on-7 style of play. The MONTRA xl series can be found exclusively at GoFlagFootball.com.

GoFlagFootball.com has been providing championship playbooks for over four years. Purchase our playbooks with the confidence that you will receive quality products that will help your team win! Our goal is to educate new players about the sport of flag football, increase the skills of established players, and expand relationships throughout the flag football community.

*Flag Football...
This is our thing!*