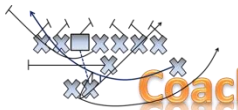

7-on-7 Youth Passing Playbook
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Background and Introduction

This playbook was developed for use with 5/6th and 7/8th grade non-select teams over the course of the last several years with specific 7-on-7 rules and practice limits in mind which may or may not apply to your situation. It is also organized in a way to involve as many players as possible while still being competitive.

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Rules

Since 7-on-7 rules vary, here are the basic rules that we used when developing this playbook:

- Center/Snapper is ineligible receiver.
- No passes behind the Line of Scrimmage (LOS).
- No running plays.
- No blocking
- 4 seconds to pass.
- Offensive Coordinator is allowed on the field with the players.

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Formations

- Base/Bunch
- Diamond
- Spread
- Quads



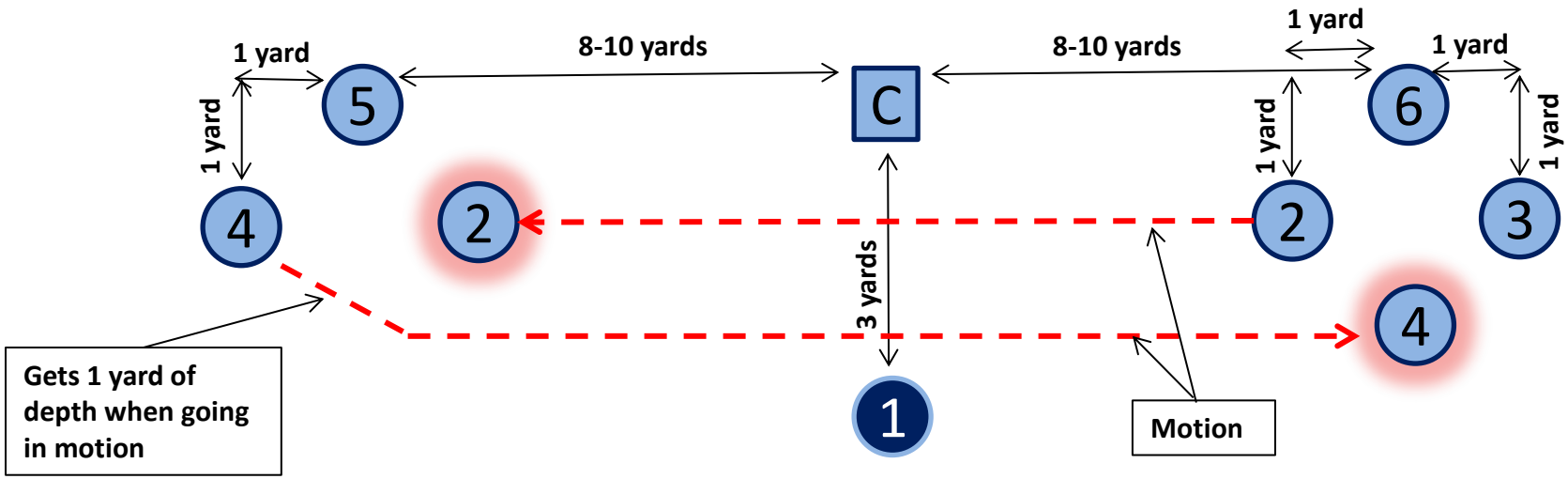
Formations

- All positions are numbered (#1 - #6) with the exception of the Snapper/Center.
- Numbers 5 and 6 are always on the Line of Scrimmage (LOS).
  - #5 is always on the Left
  - #6 is always on the Right

Note: It is important that both #5 and #6 line up consistently each time as other positions base their alignment off of them.

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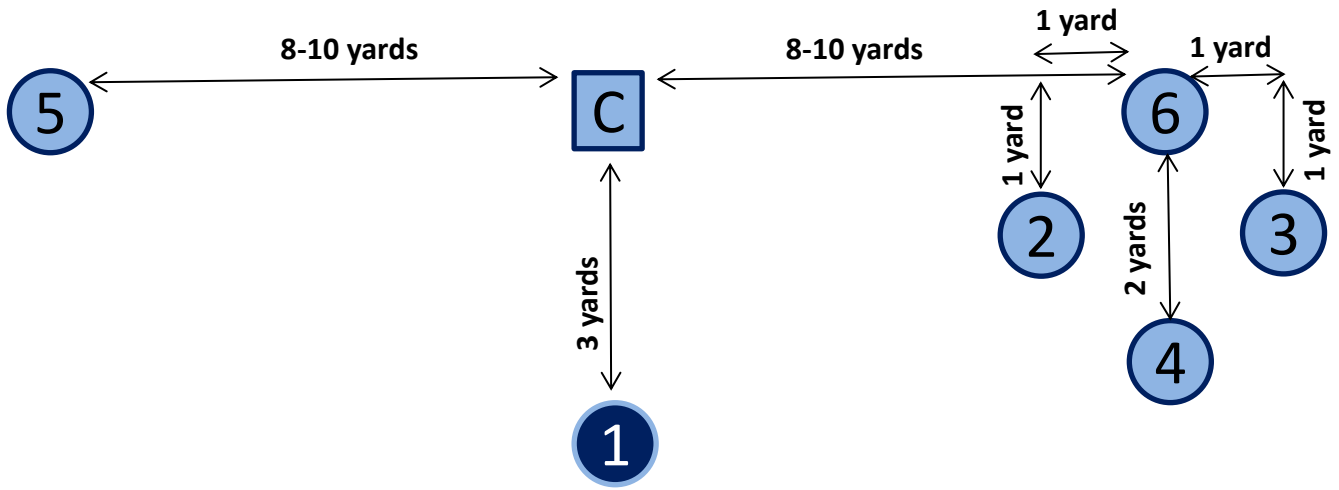
Formations – Base/Bunch



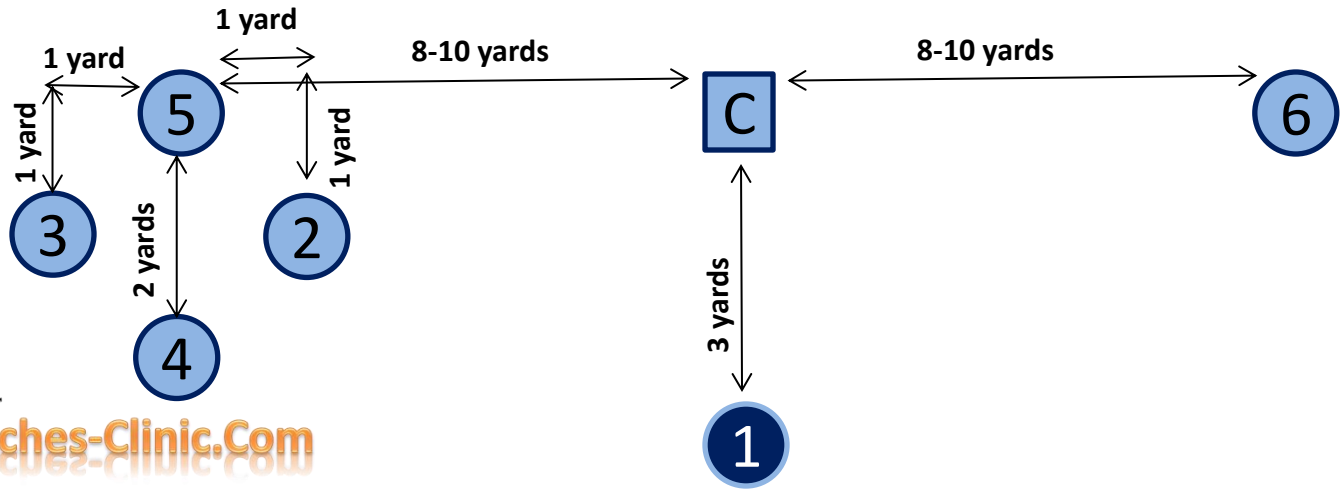
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Formations – Diamond

Diamond - RT



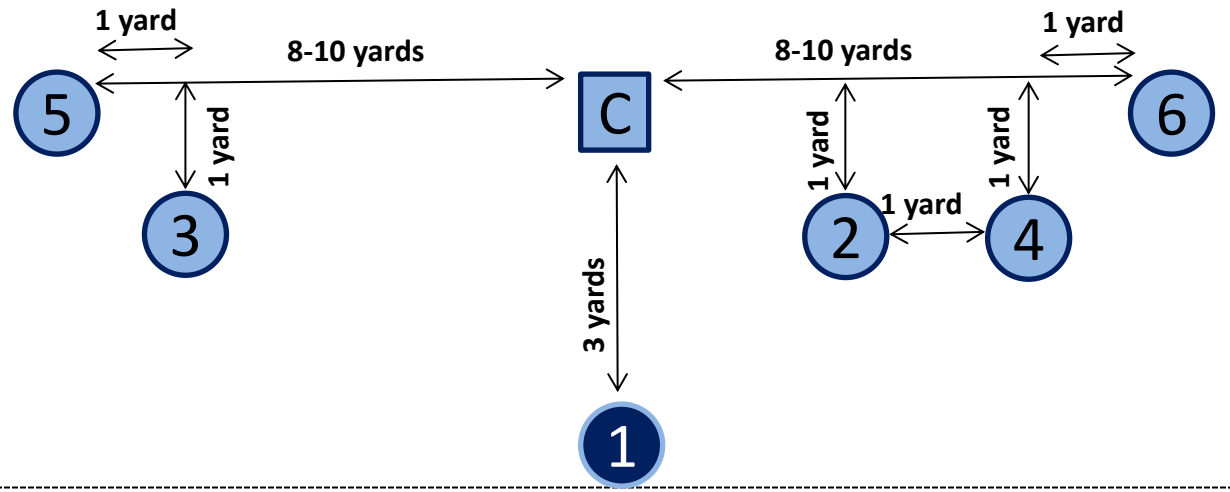
Diamond - LT



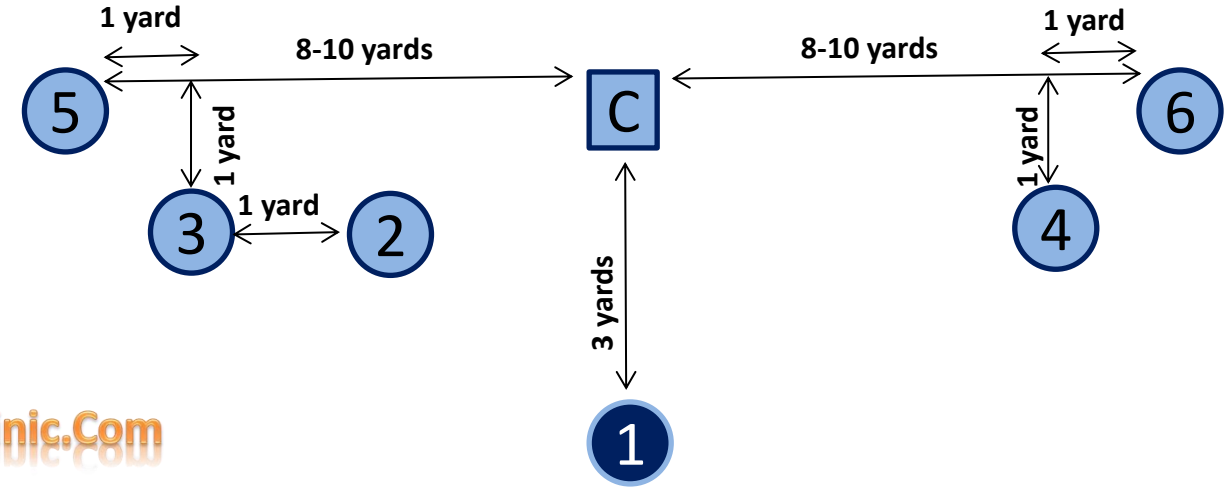
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Formations – Spread

Spread - RT



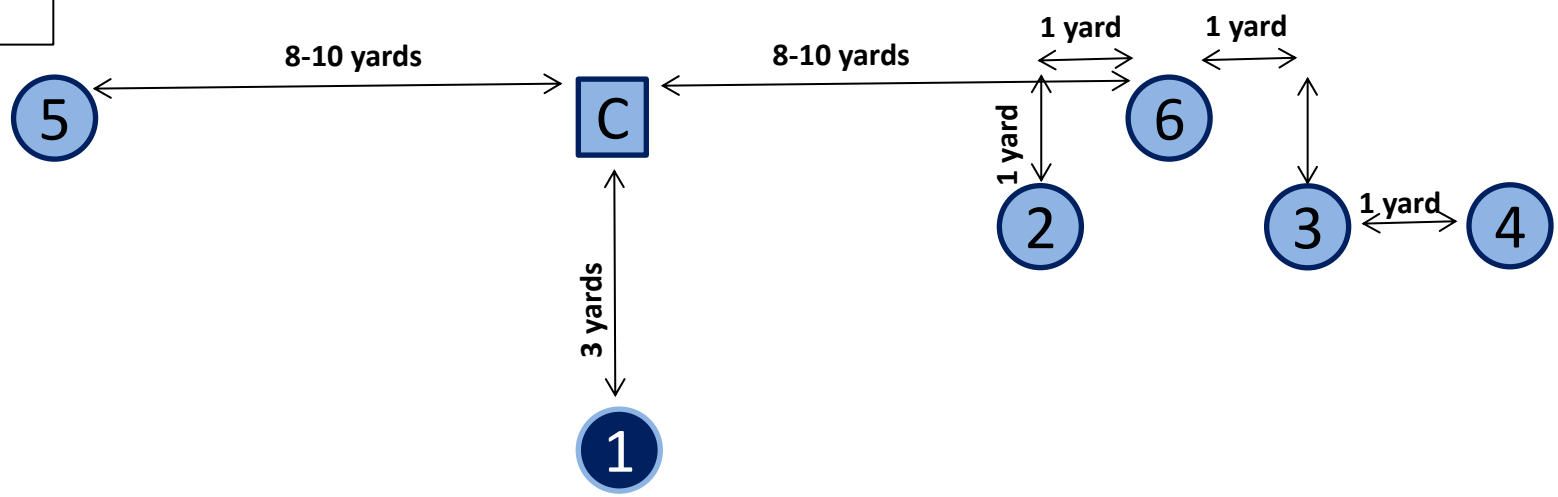
Spread - LT



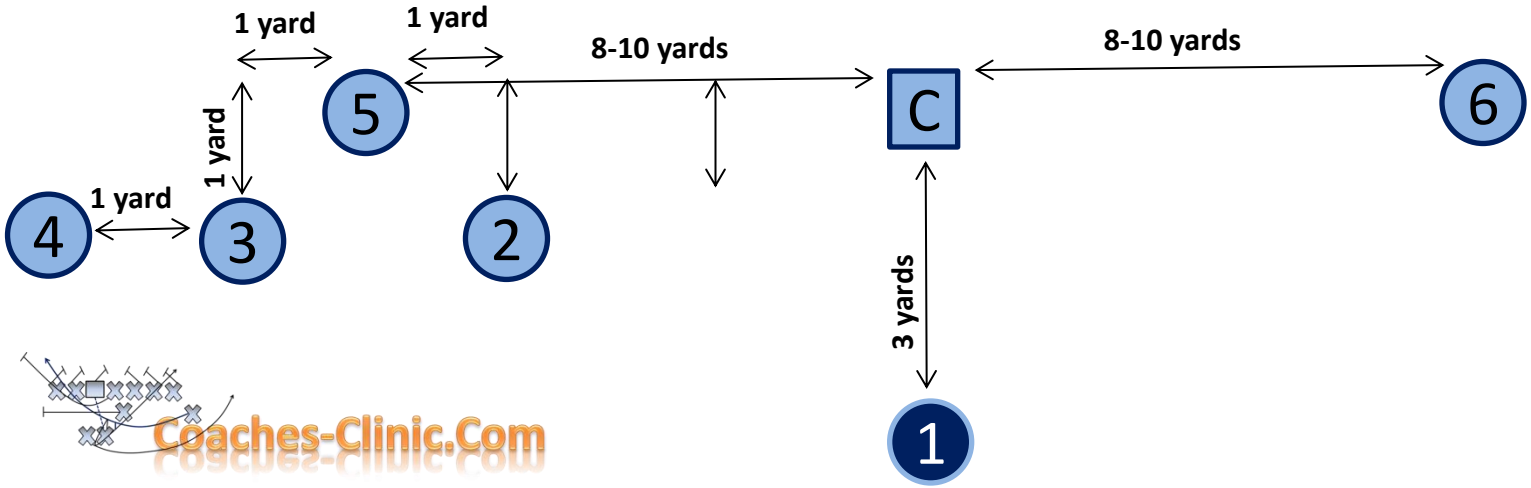
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Formations – Quads

Quad - RT



Quad - LT



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Receiver Placement

The table below outlines our recommendation when placing players into receiver positions.

Position	Priority
2	1
4	2
3	3
6	4
5	5

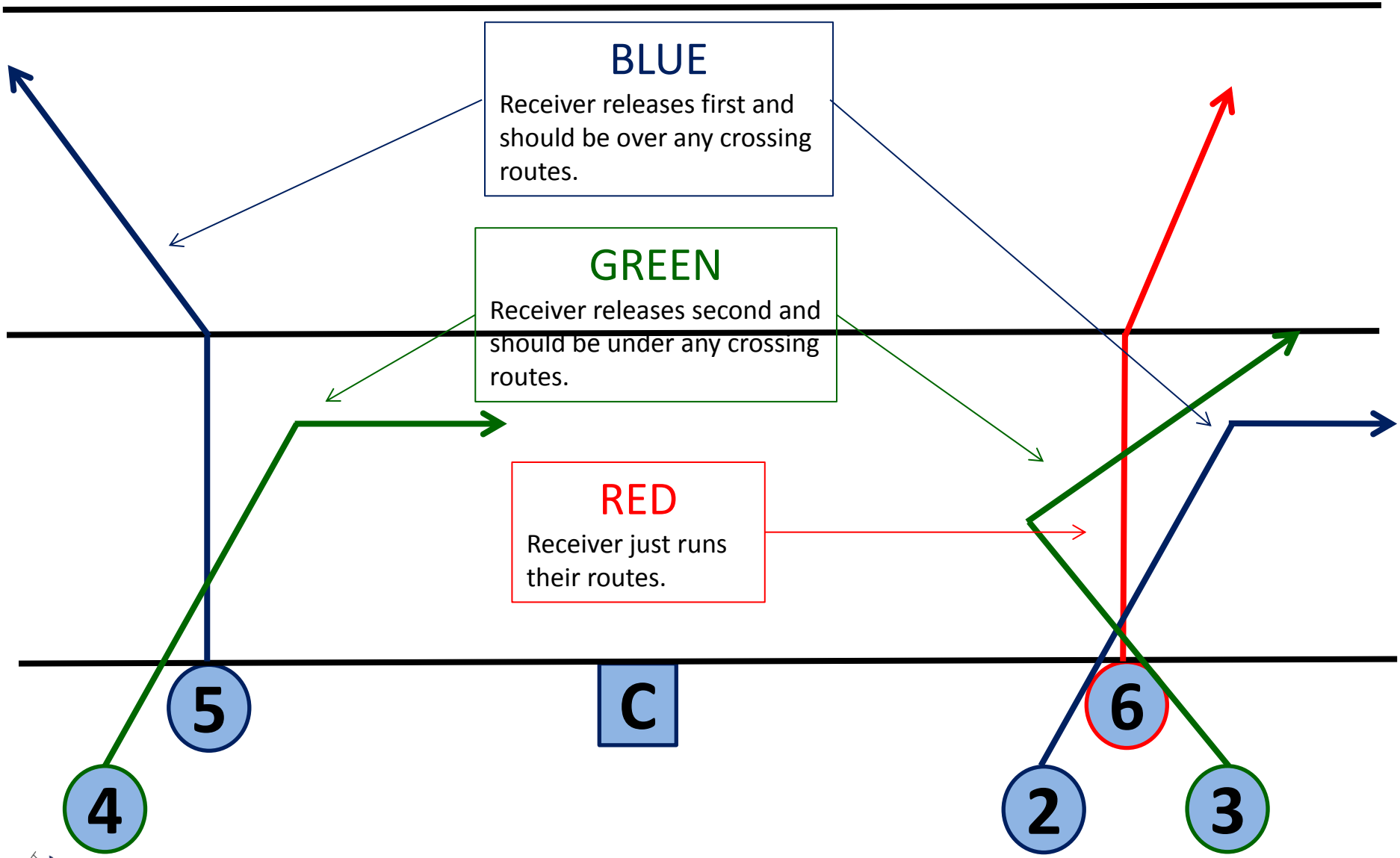
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Route Color Codes

Because there are a lot of crossing routes in this playbook it is very important that the players understand who releases when and where they should be (Over/Under) when crossing paths. The next couple of pages will outline how we color code the routes to help the receivers know when and where to cross.

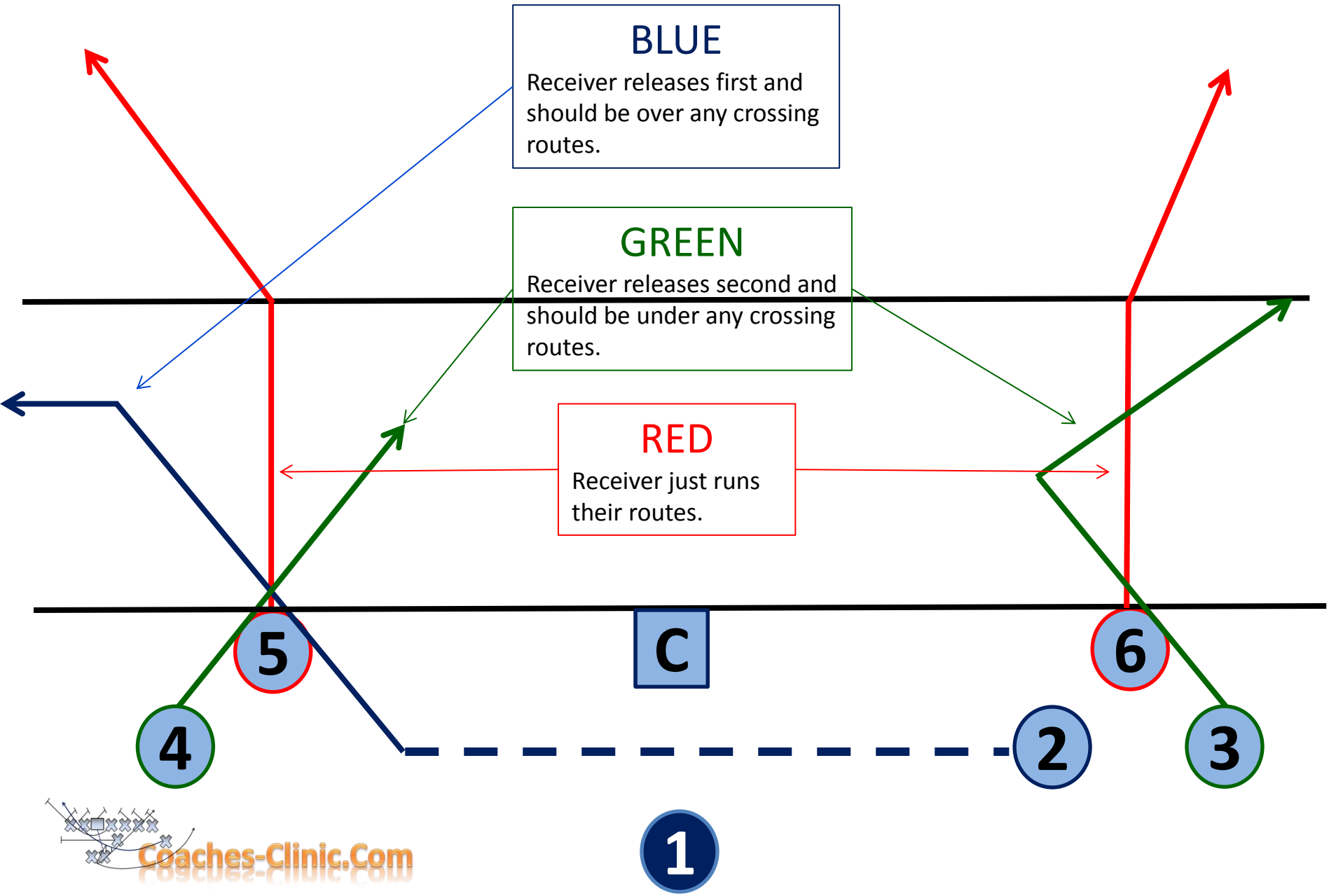
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Route Color Codes – Example #1



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Route Color Codes – Example #2



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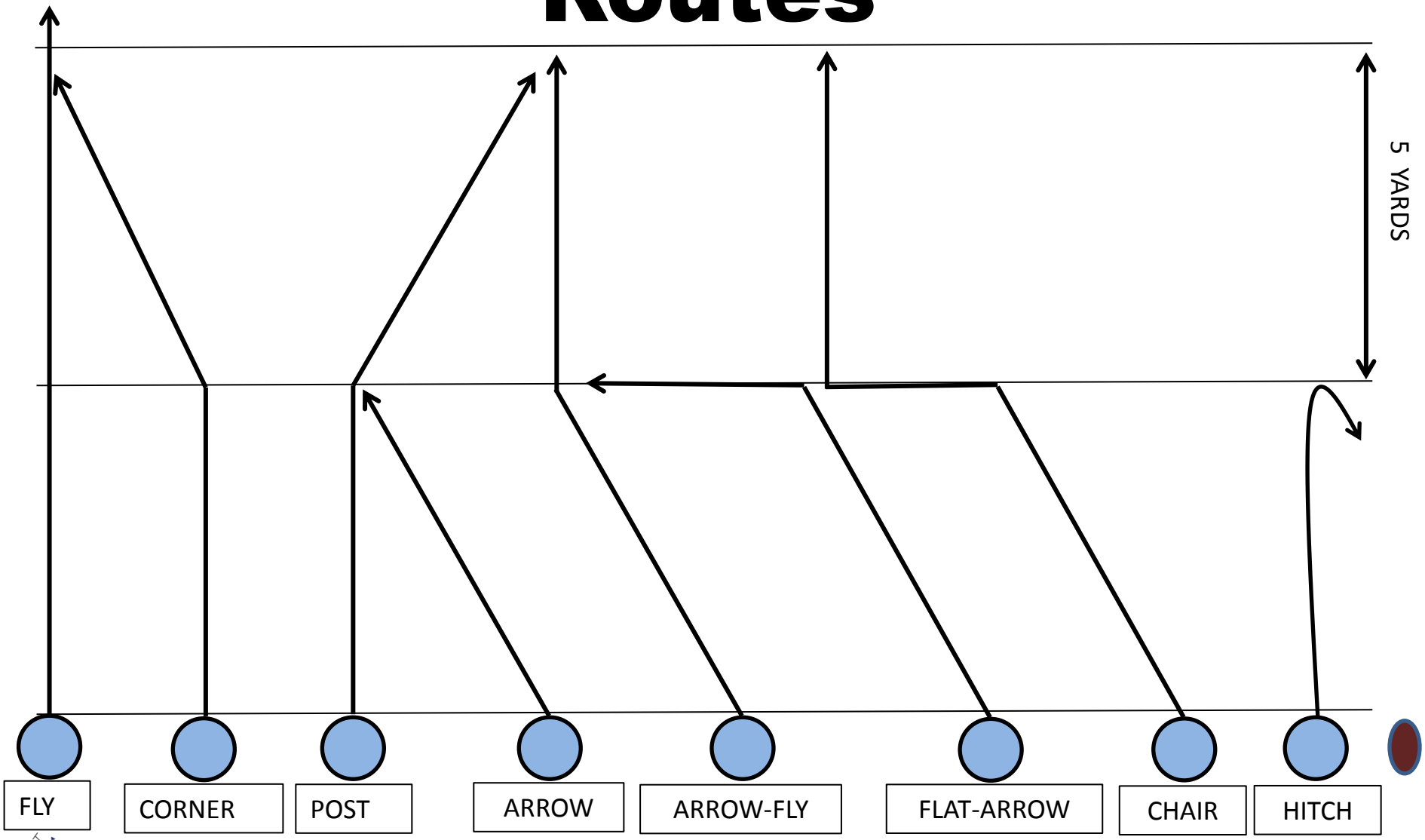
Cadence

We suggest that you use your normal Offense's cadence, but if for whatever reason you would like to using something else here is our recommendation:

- Ready
- Set (Start motion if any)
- Go

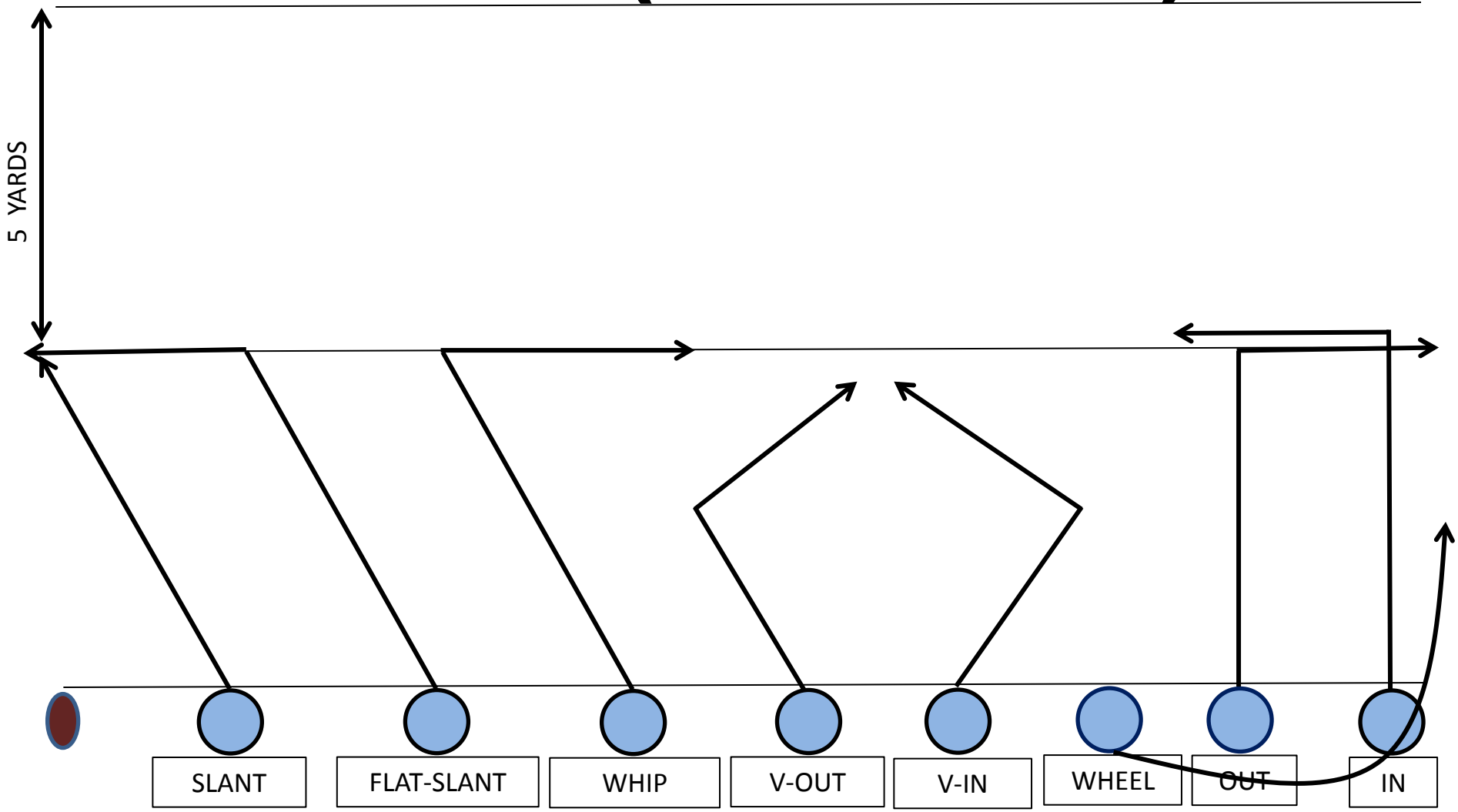
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Routes



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Routes (Continued)



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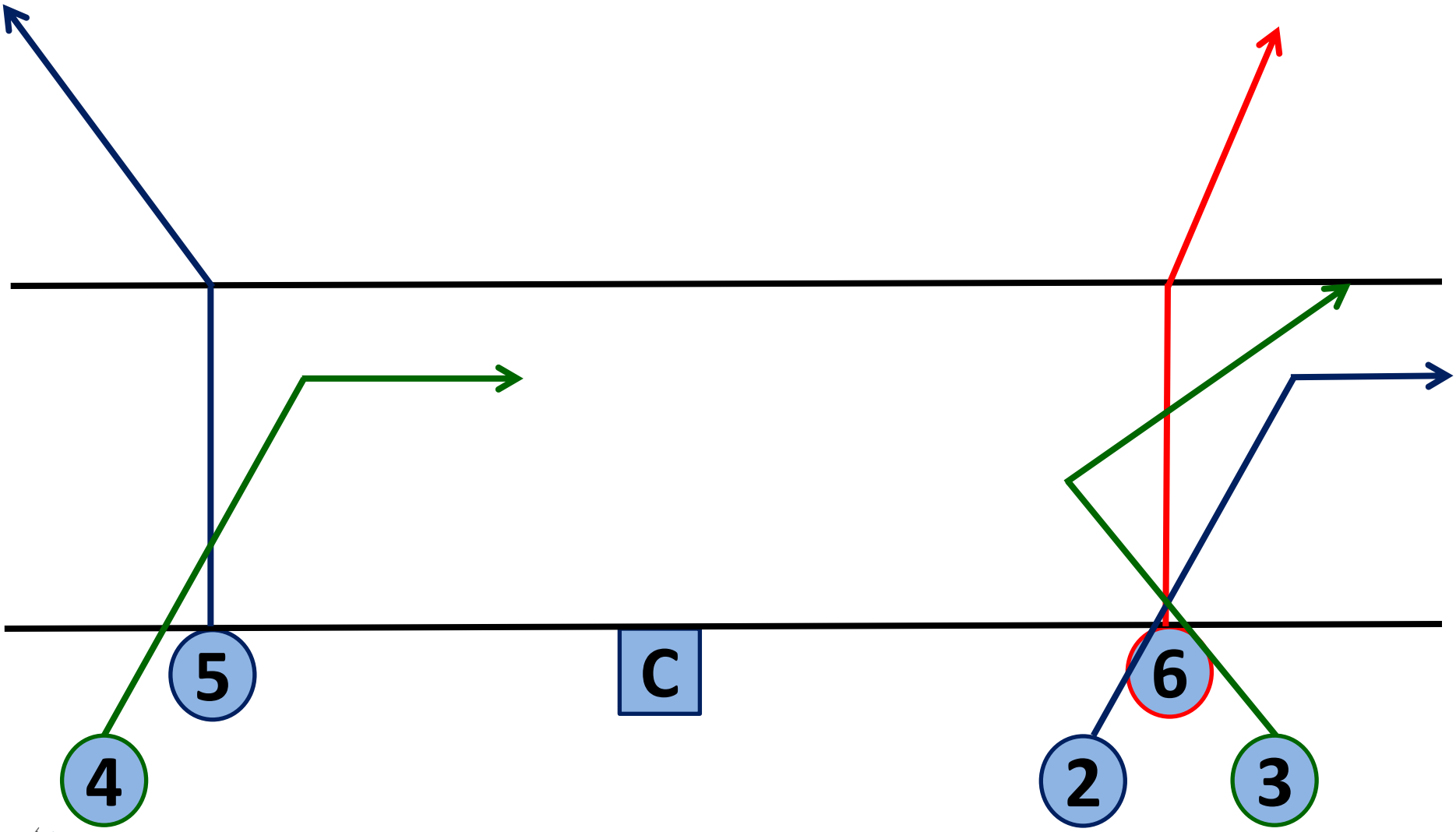
Play Calling

1. Loosely huddle the players up in a semi-circle.
2. The Offensive Coordinator holds the play up so that all positions can see their assignments.
3. We break the huddle and everyone proceeds to their positions.
4. While the receivers are getting in position, the Offensive Coordinator designates the primary receiver for the #1/QB. Depending on the QB's abilities, you may be able to give him a primary and secondary receiver.

Note: We don't like to designate the receiver(s) in the huddle because we found that when this is done not everyone runs their route at full speed. You must emphasize over and over that everyone must run their routes. Though we can't block we can occupy defenders with good route running.

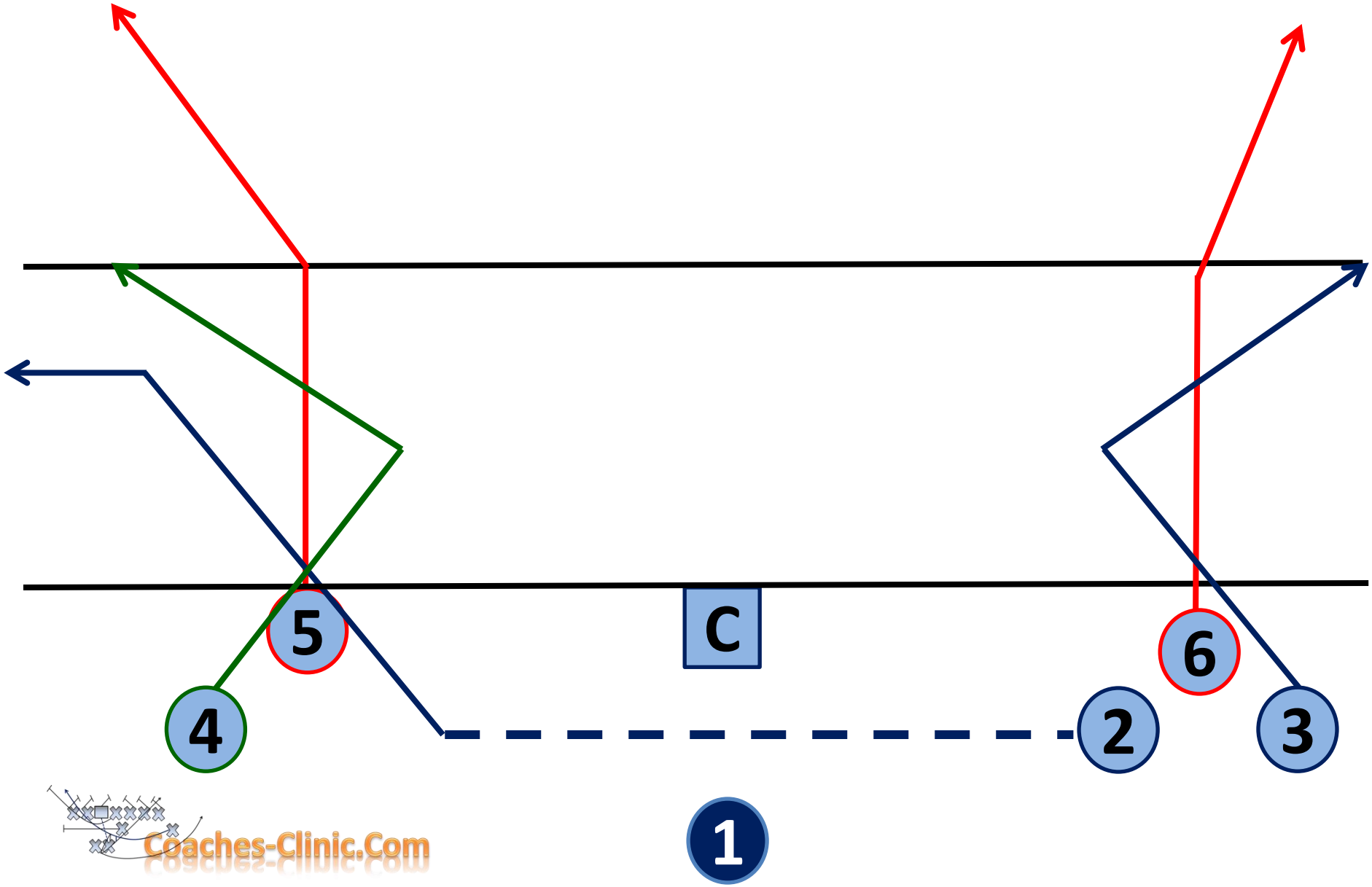
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BASE-1



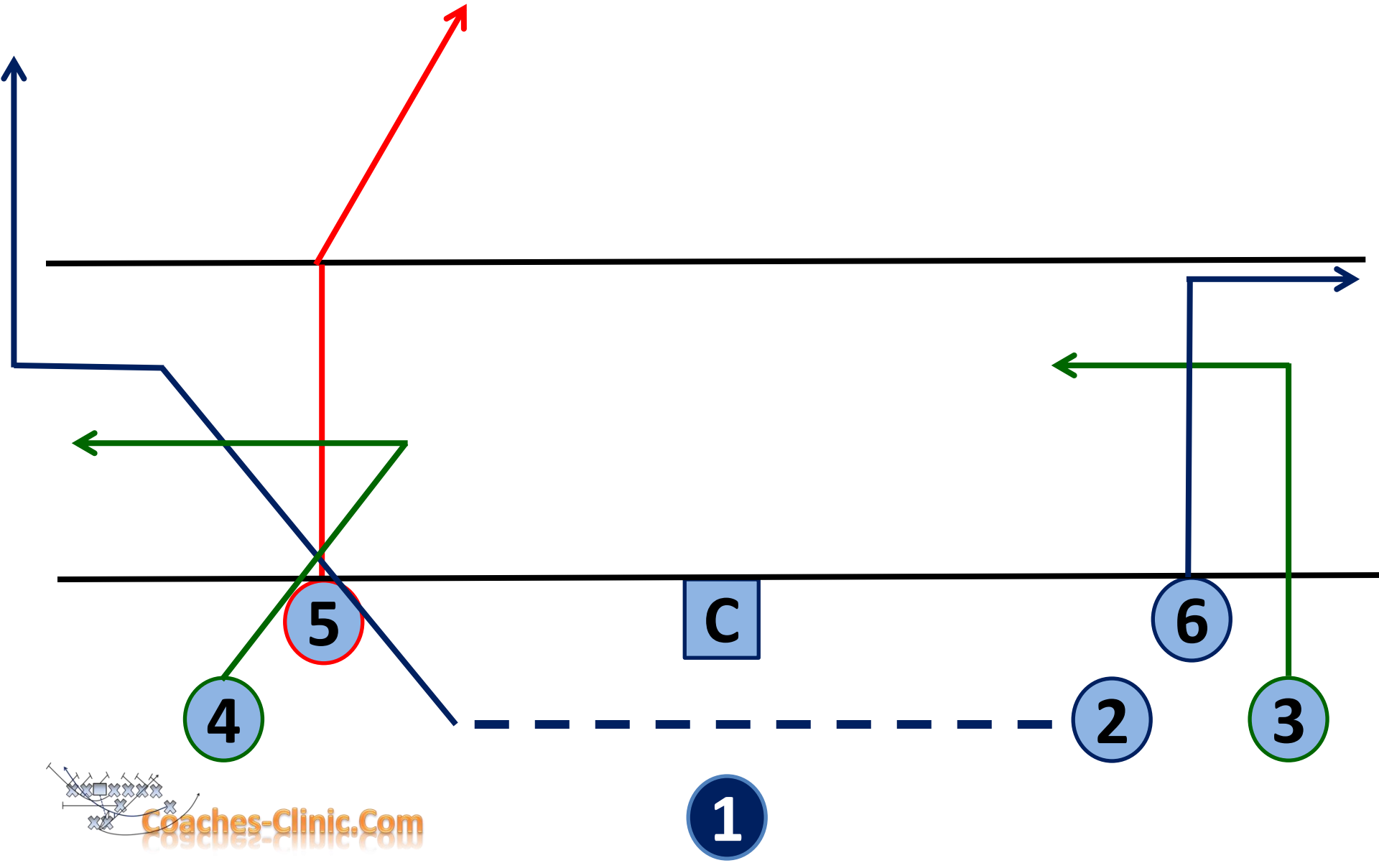
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BASE-2



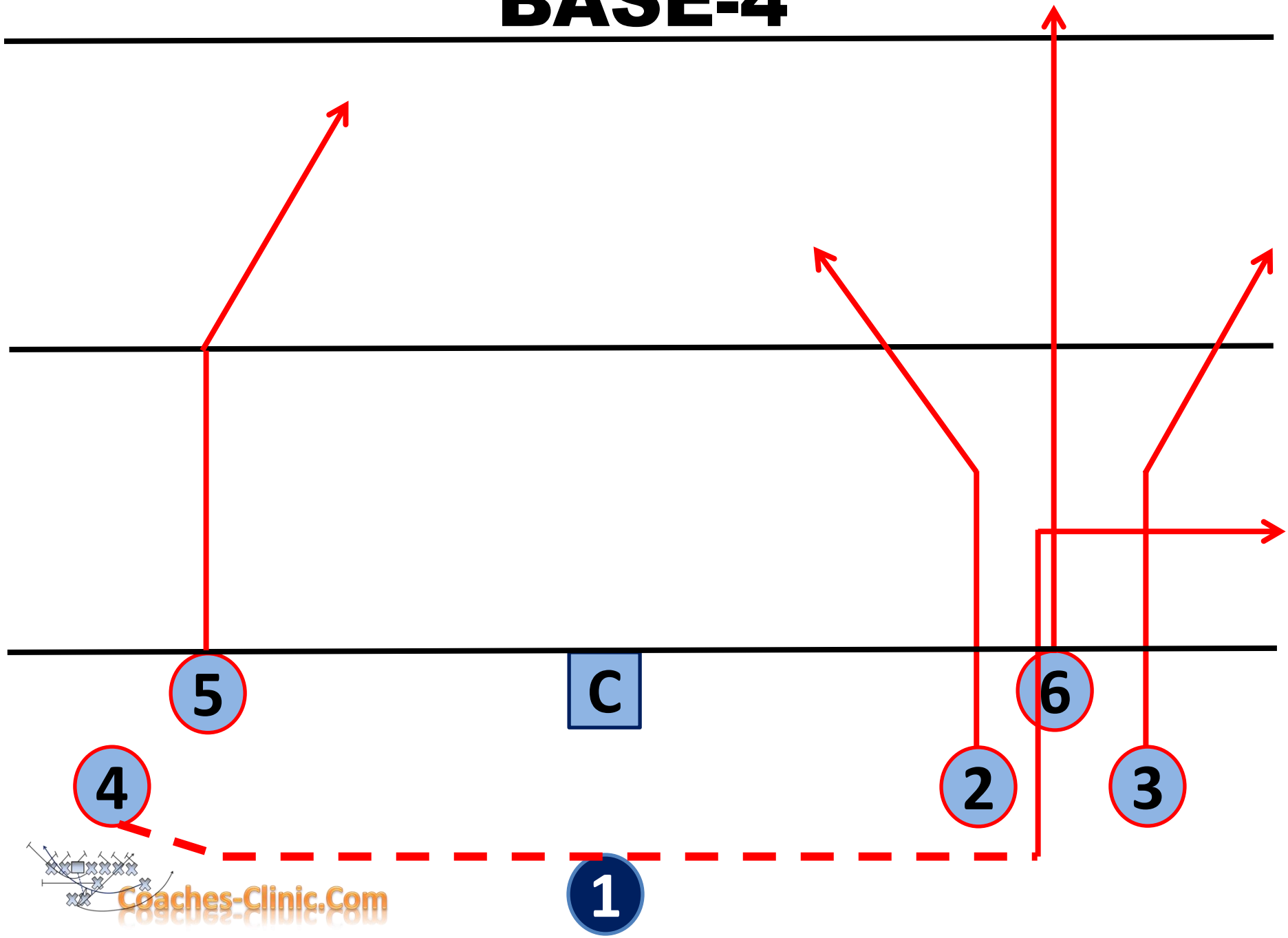
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BASE-3

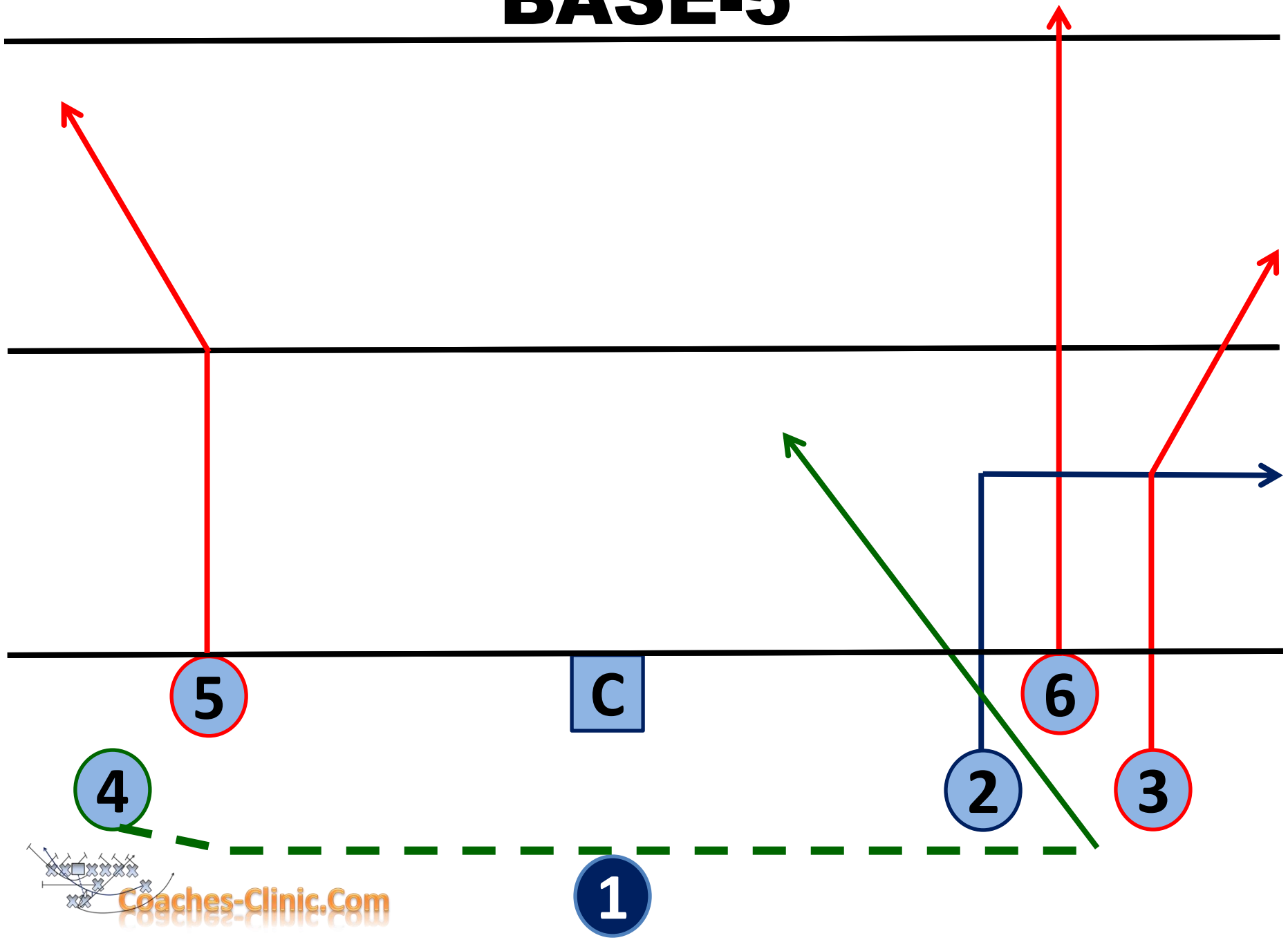


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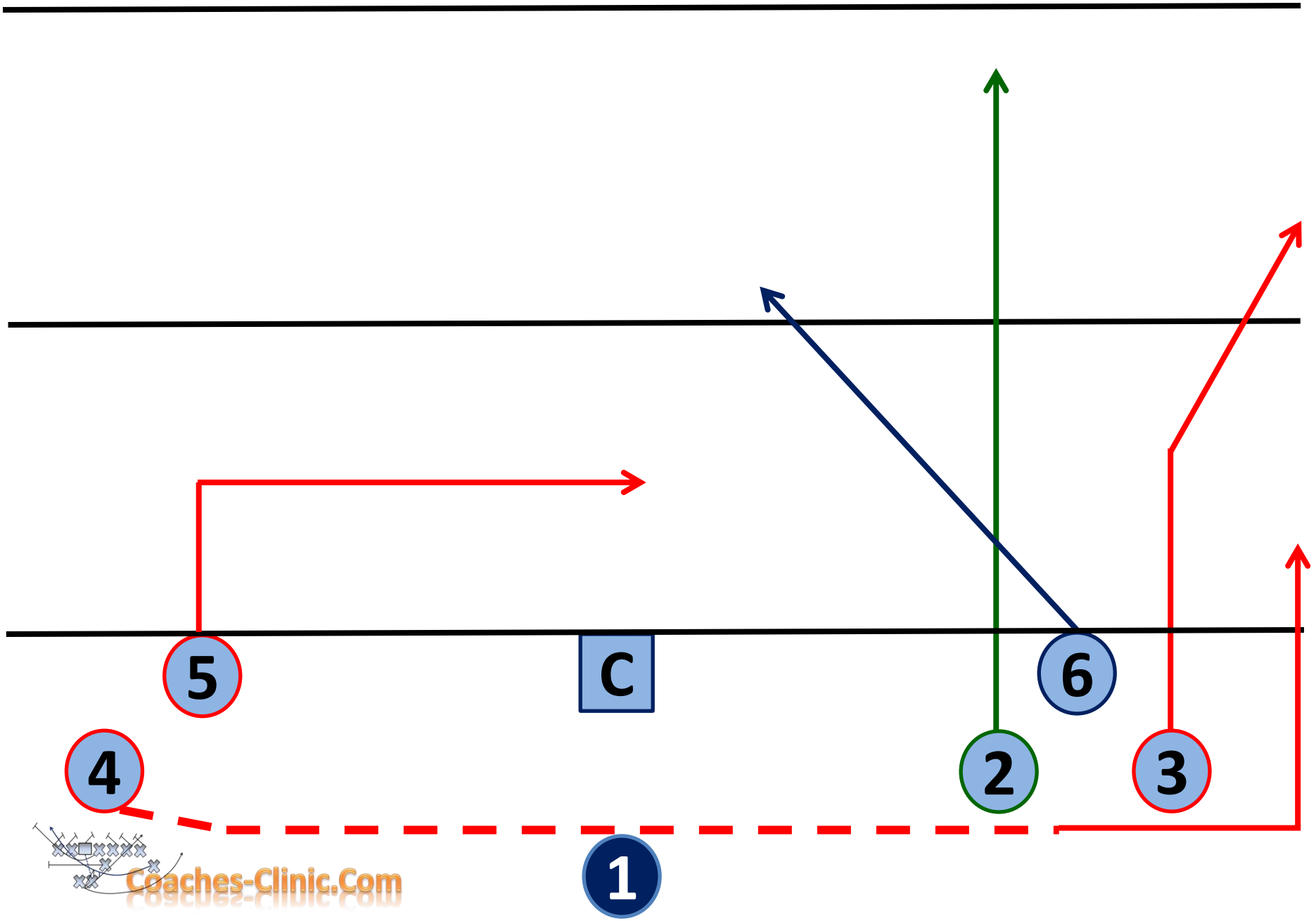
BASE-4



BASE-5

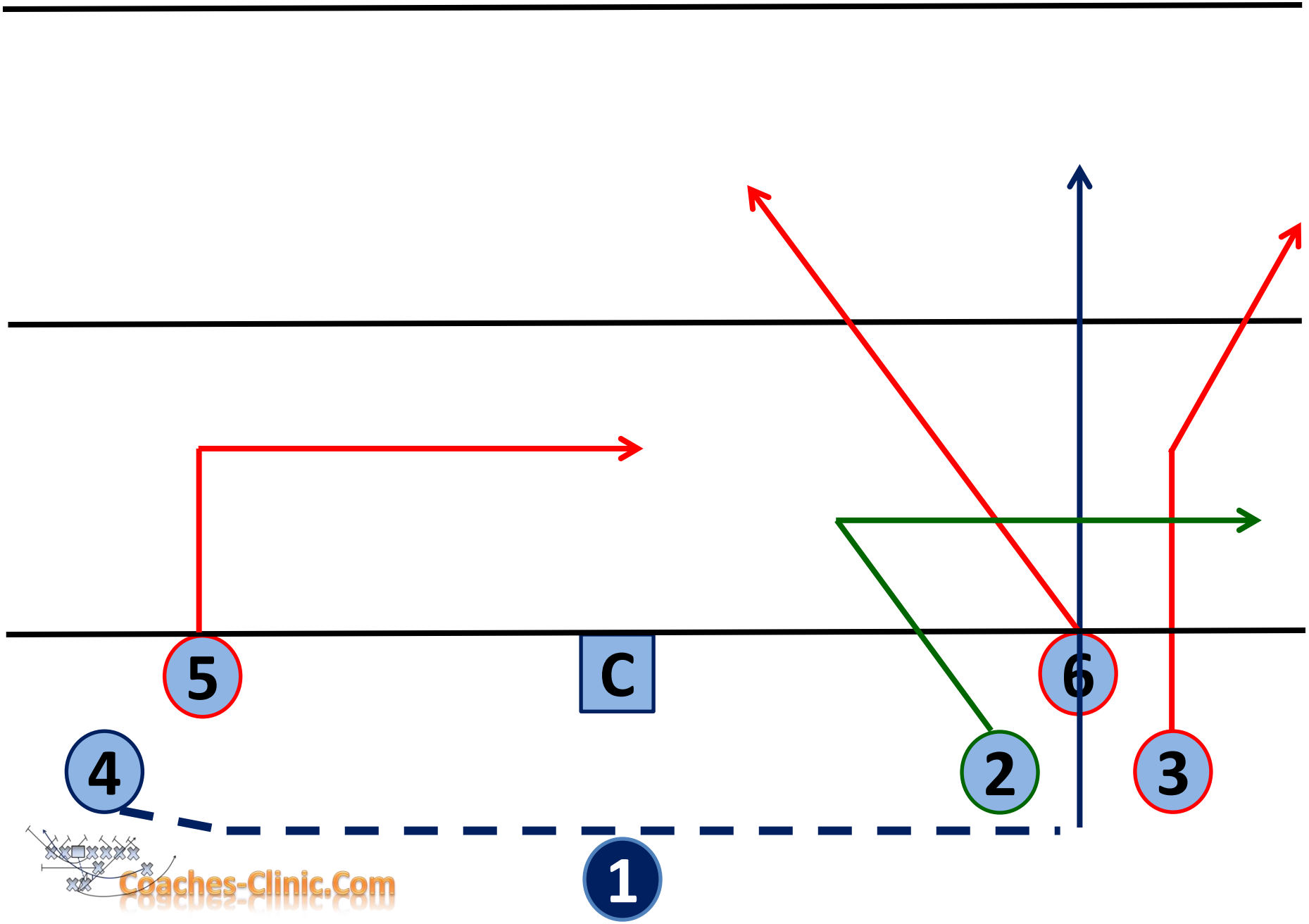


BASE-6

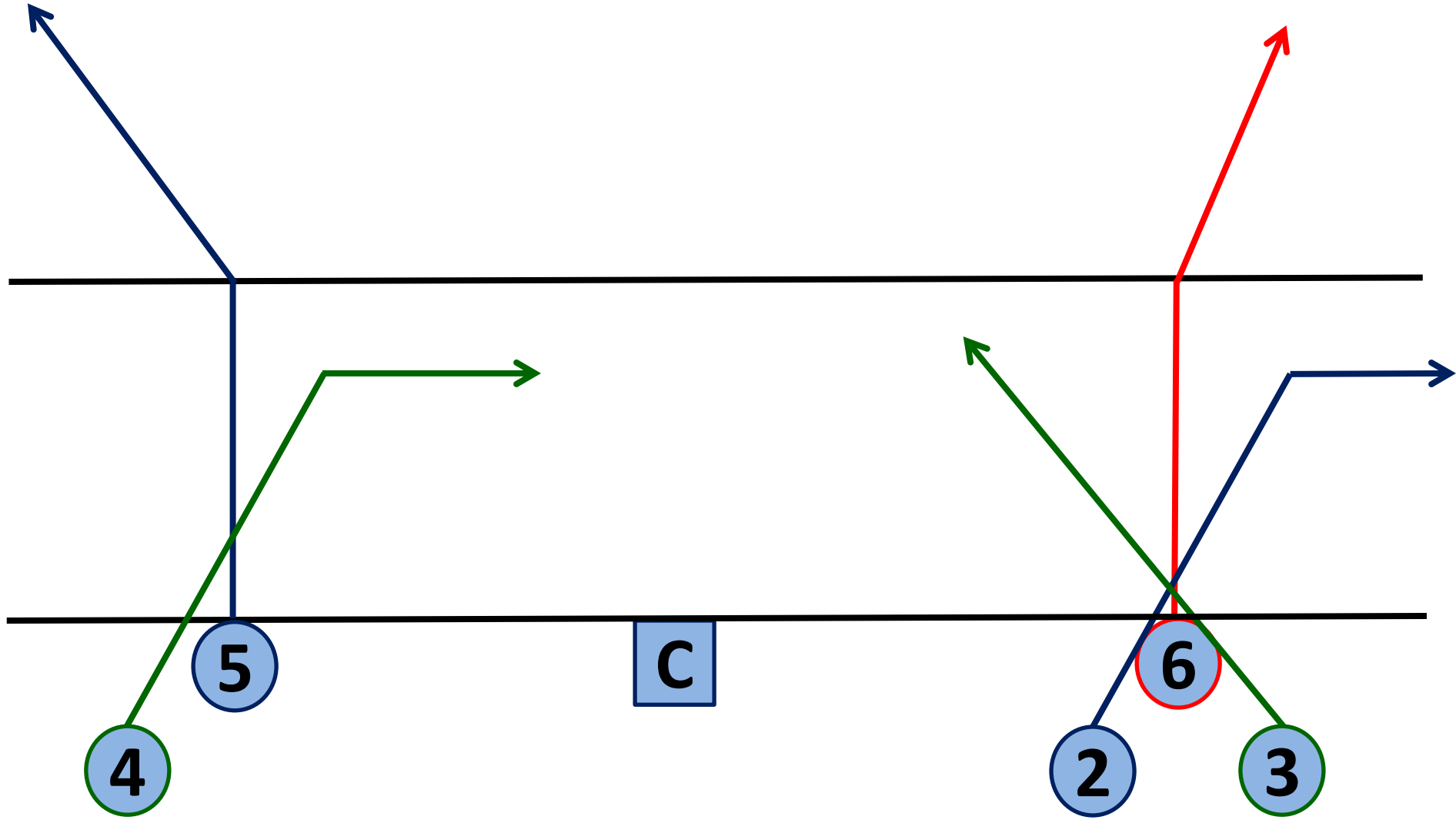


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BASE-7

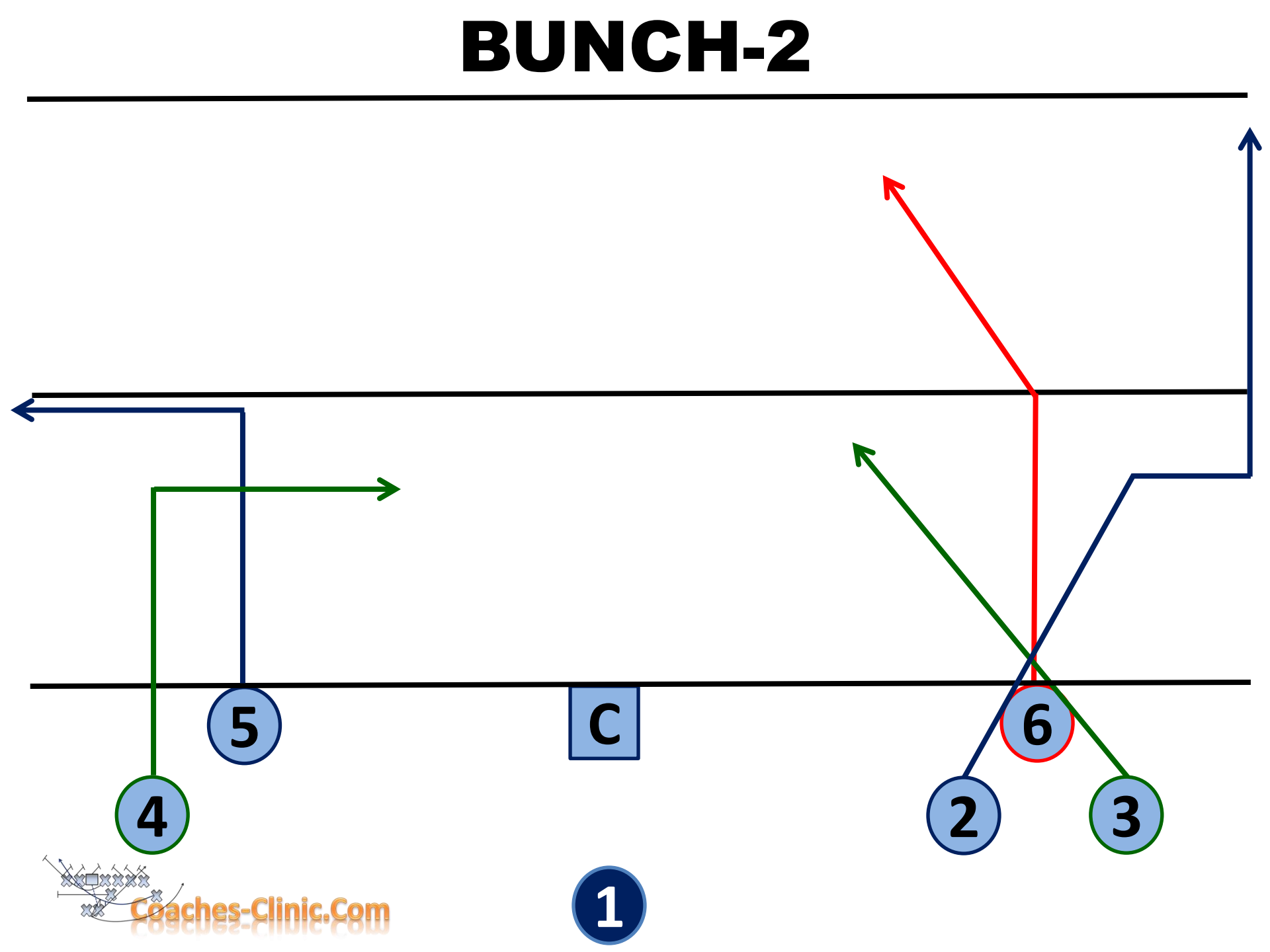


BUNCH-1



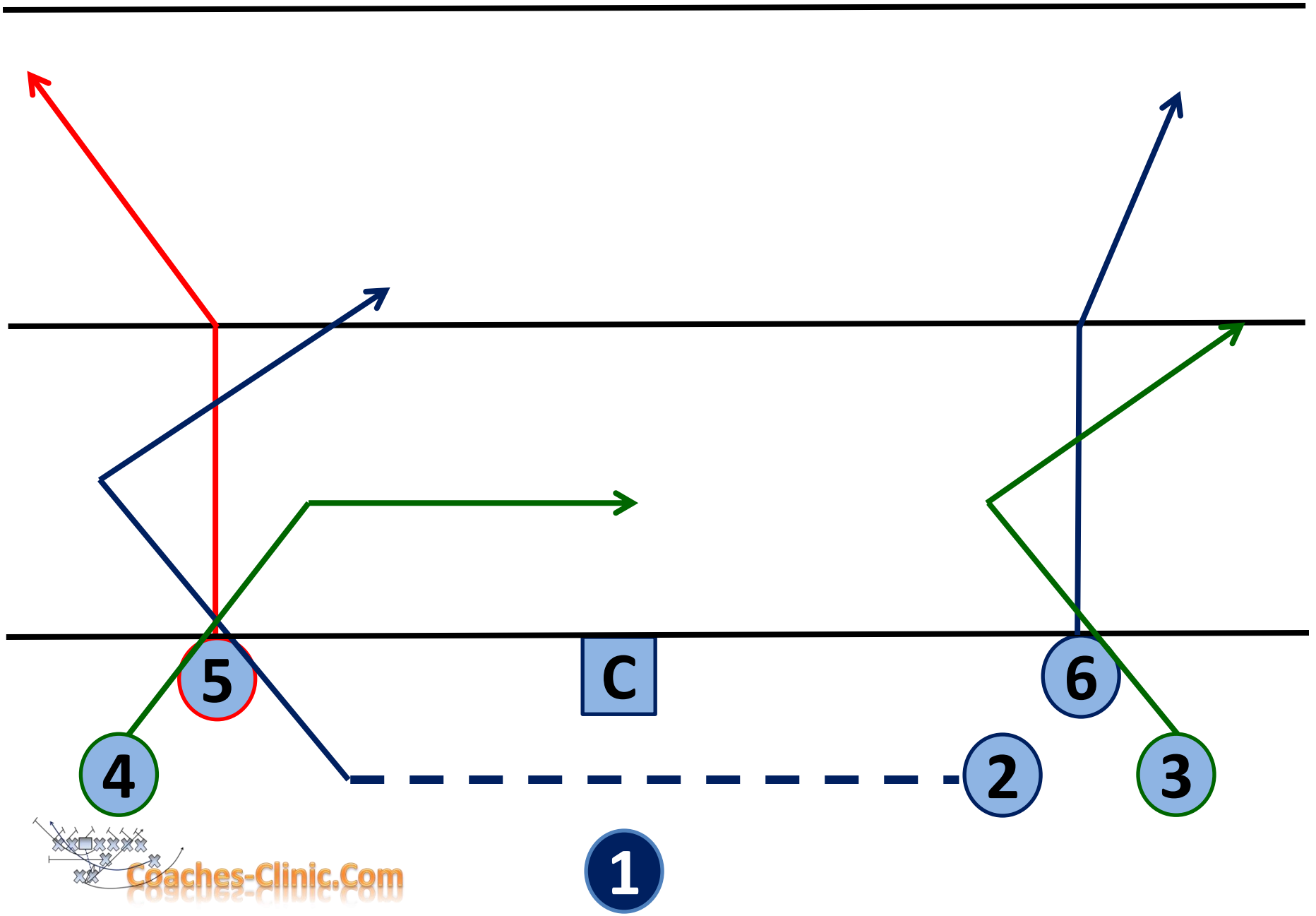
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BUNCH-2



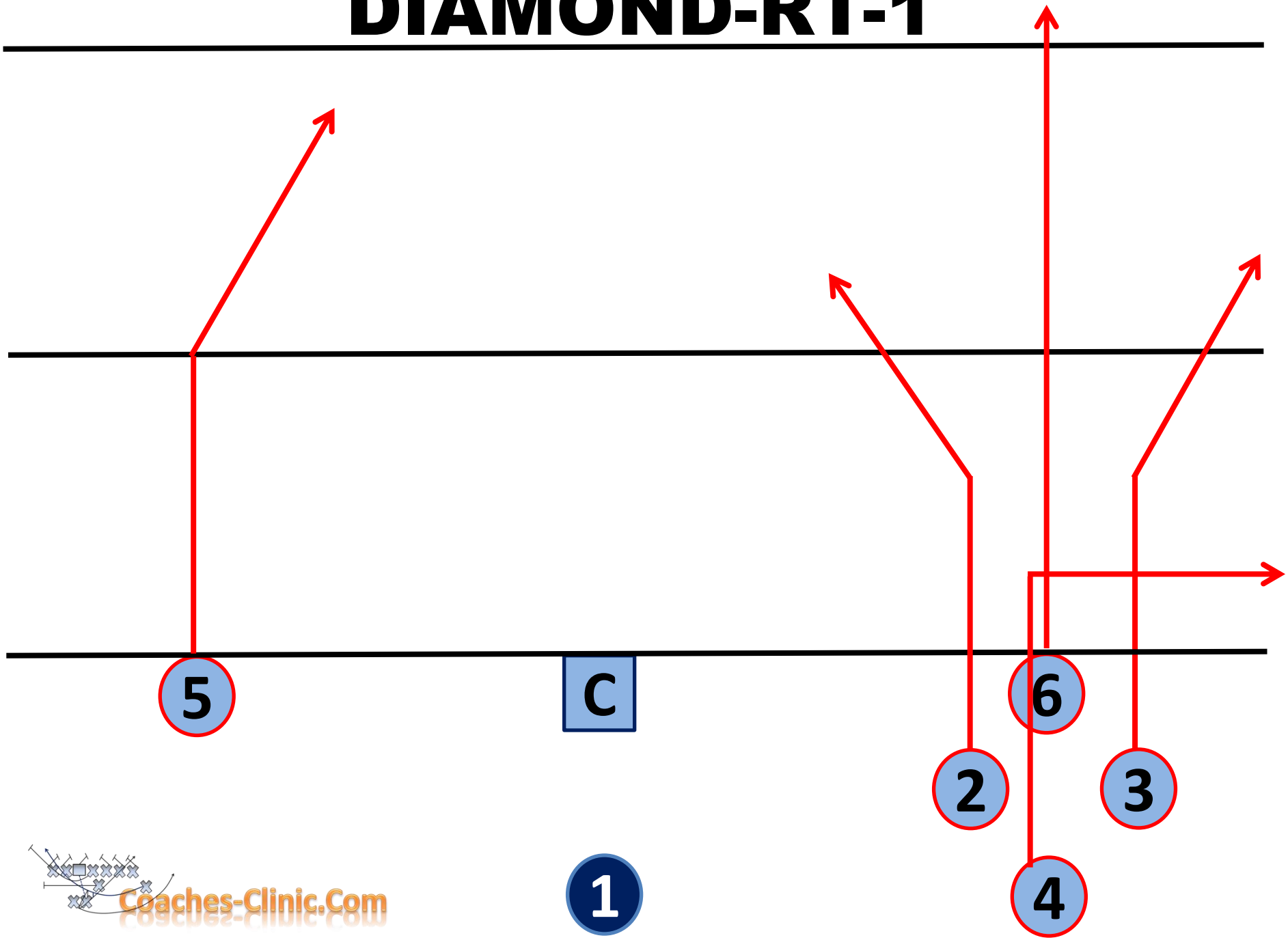
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BUNCH-3



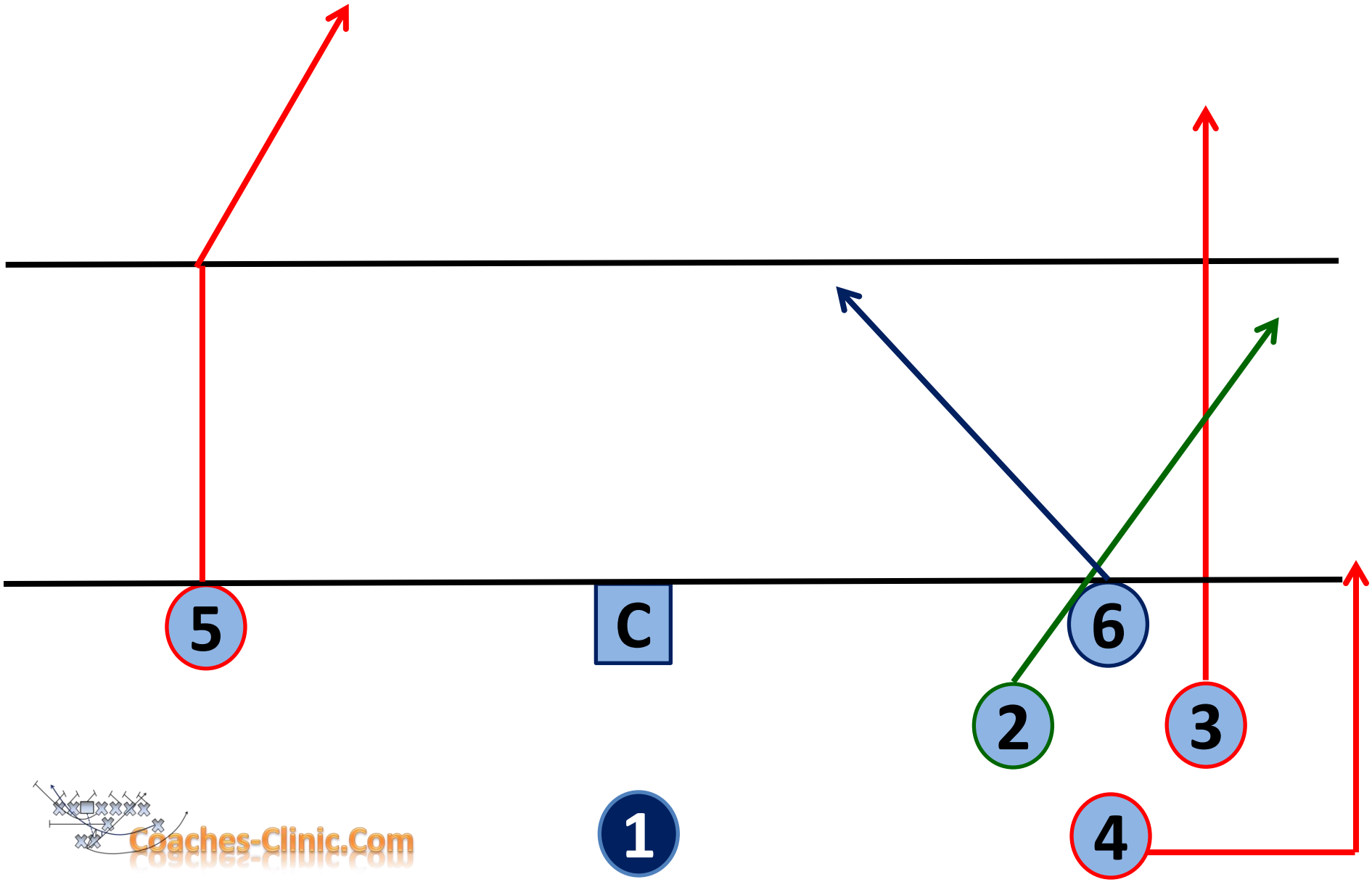
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DIAMOND-RT-1



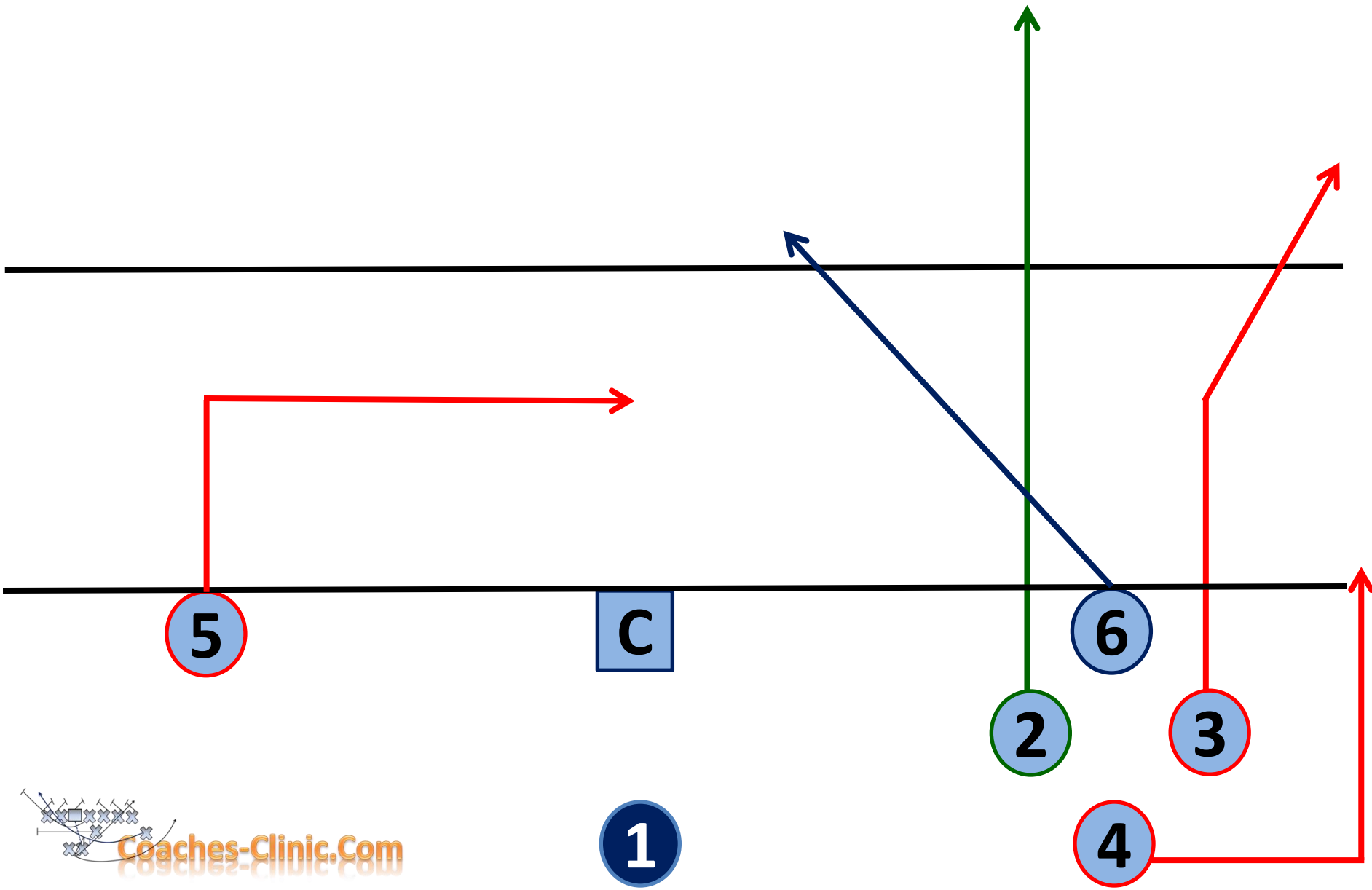
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DIAMOND-RT-2



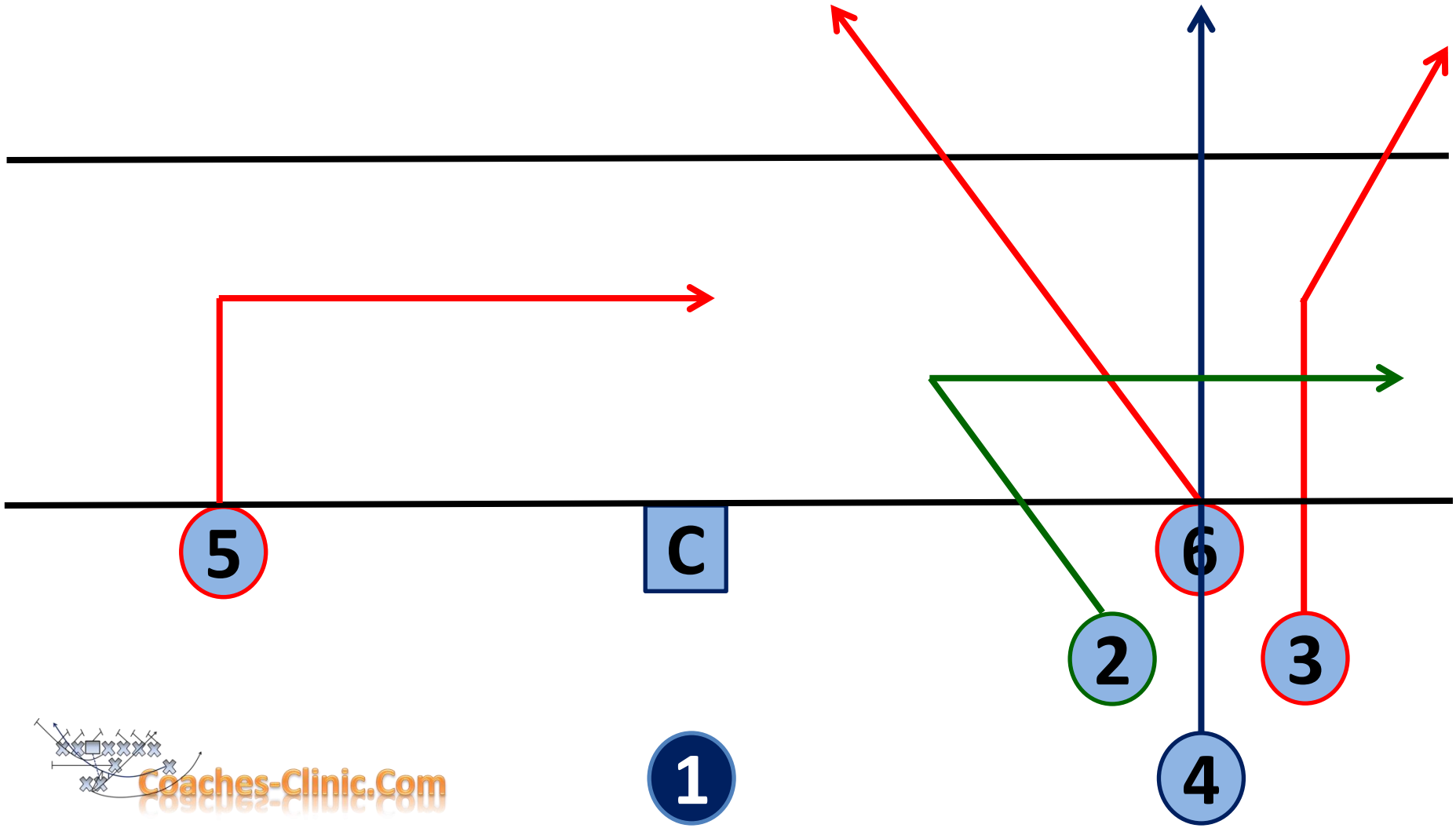
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DIAMOND-RT-3



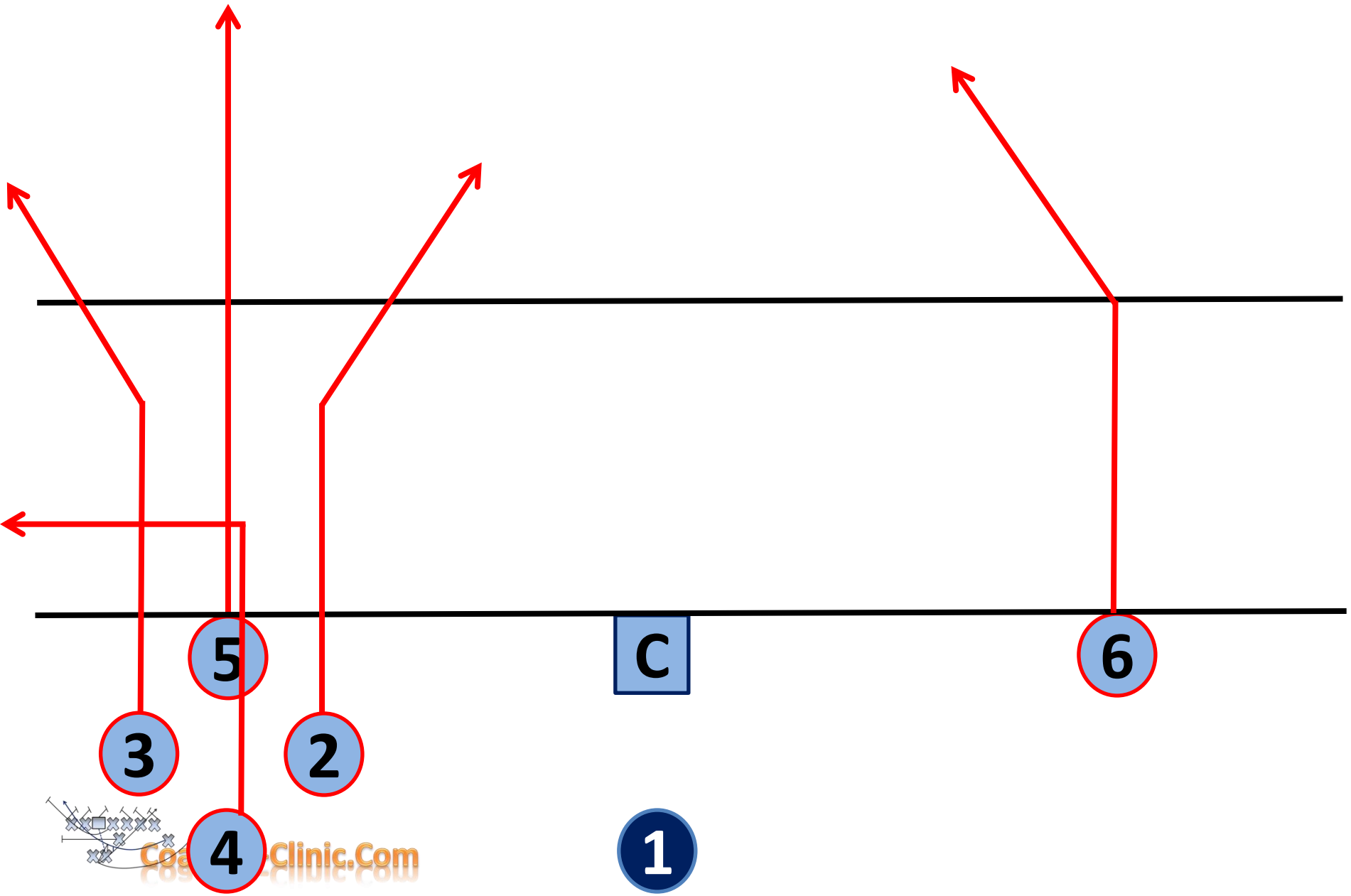
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DIAMOND-RT-4



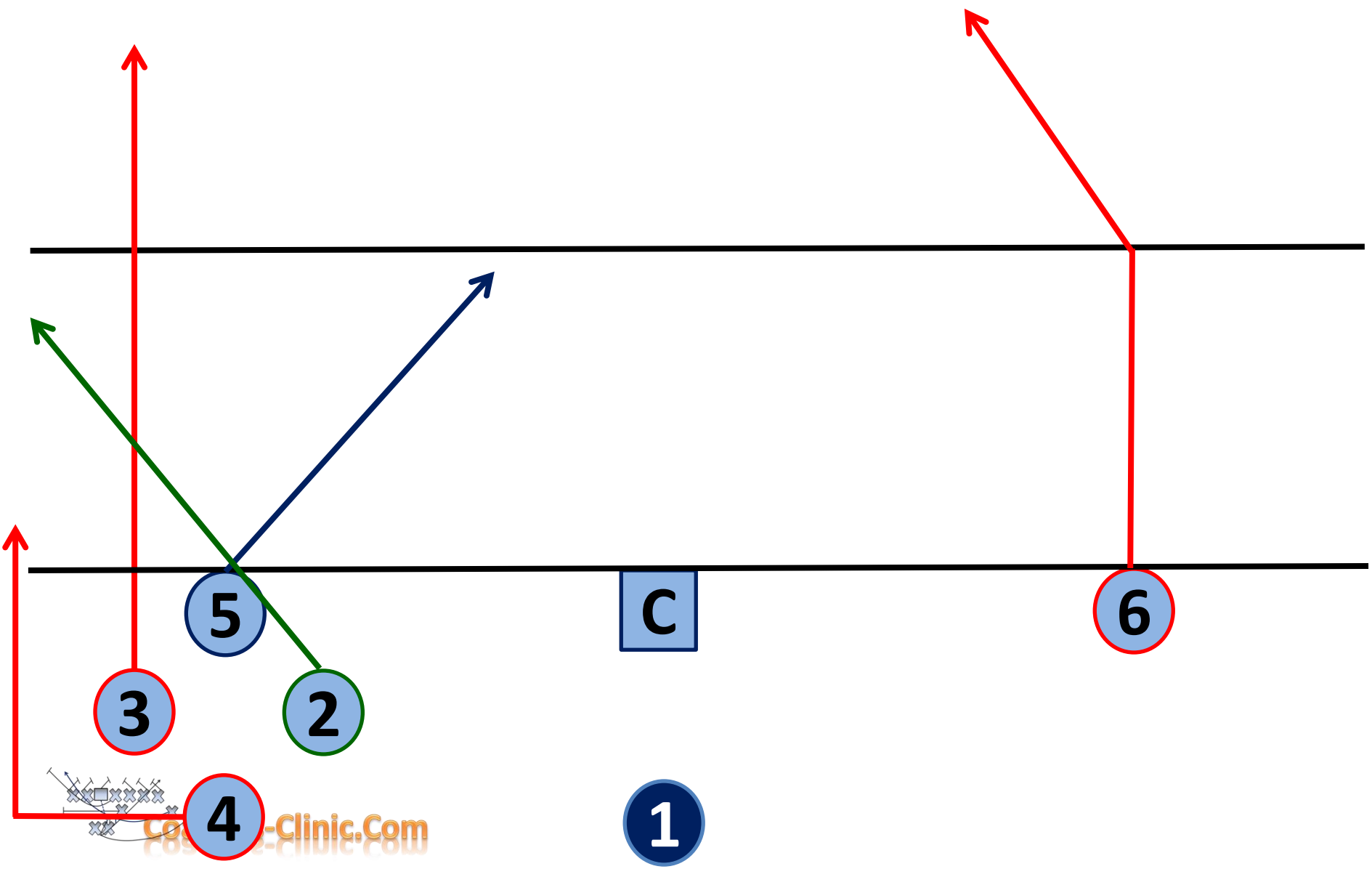
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DIAMOND-LT-1



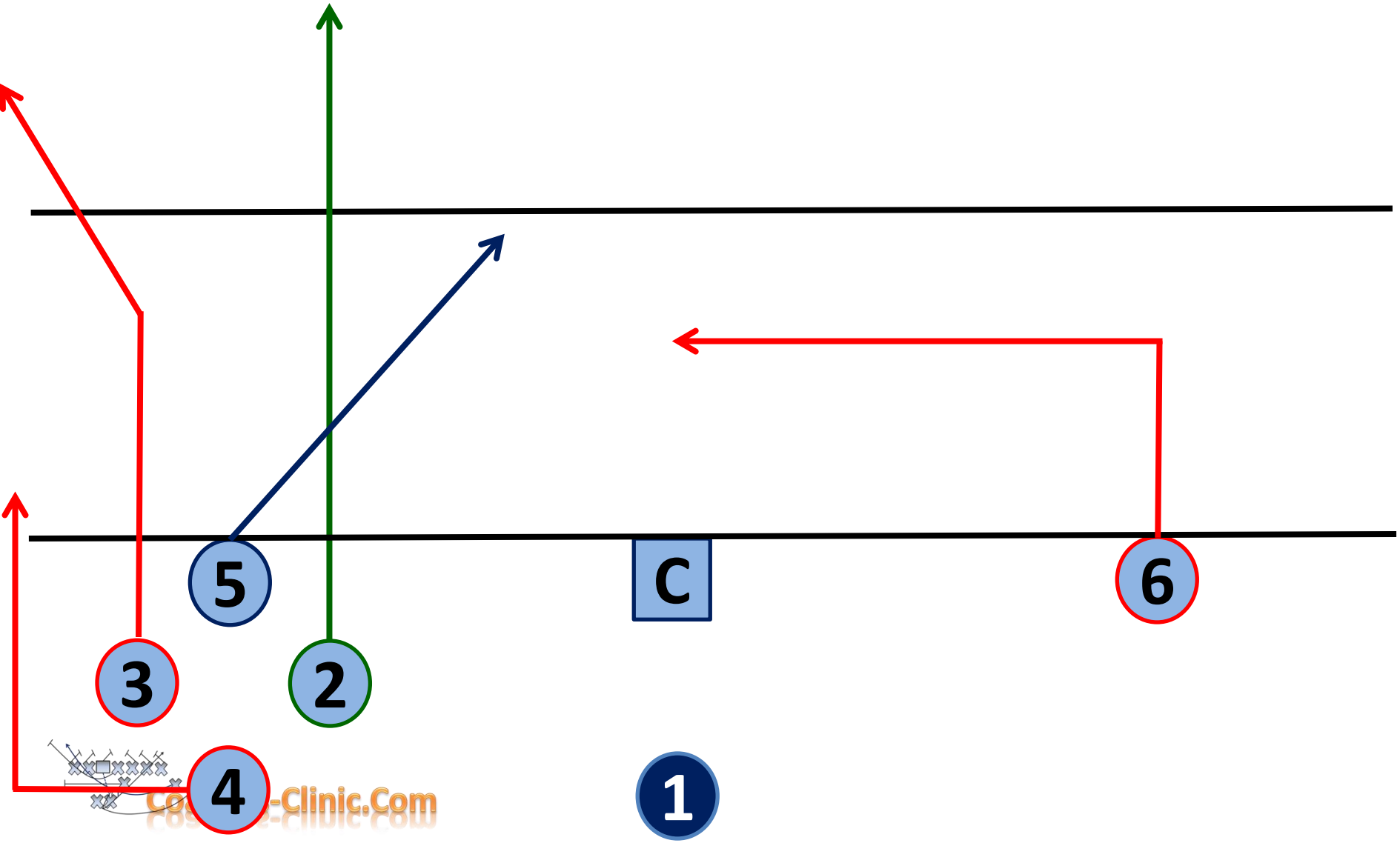
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DIAMOND-LT-2



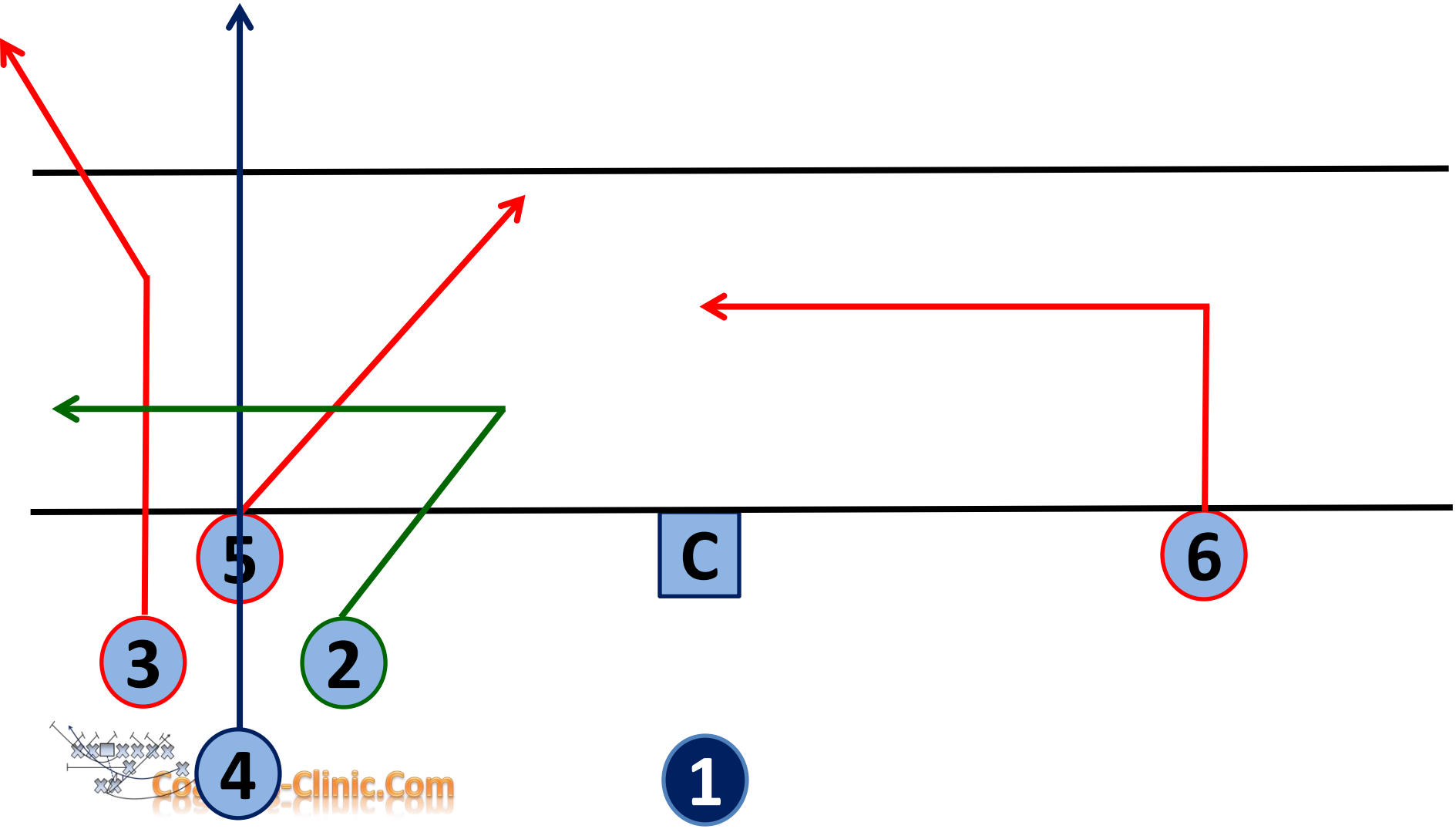
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DIAMOND-LT-3



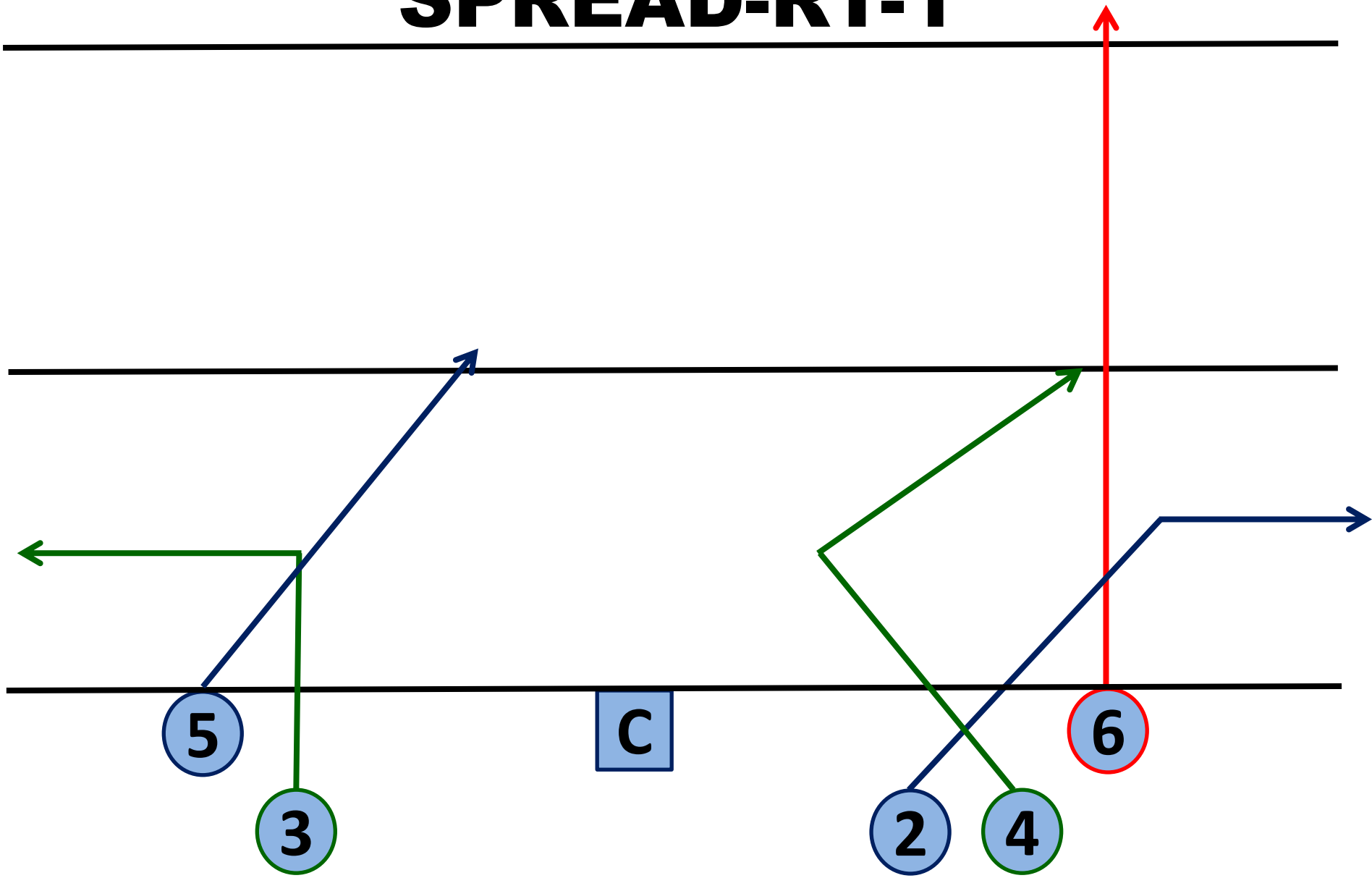
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DIAMOND-LT-4



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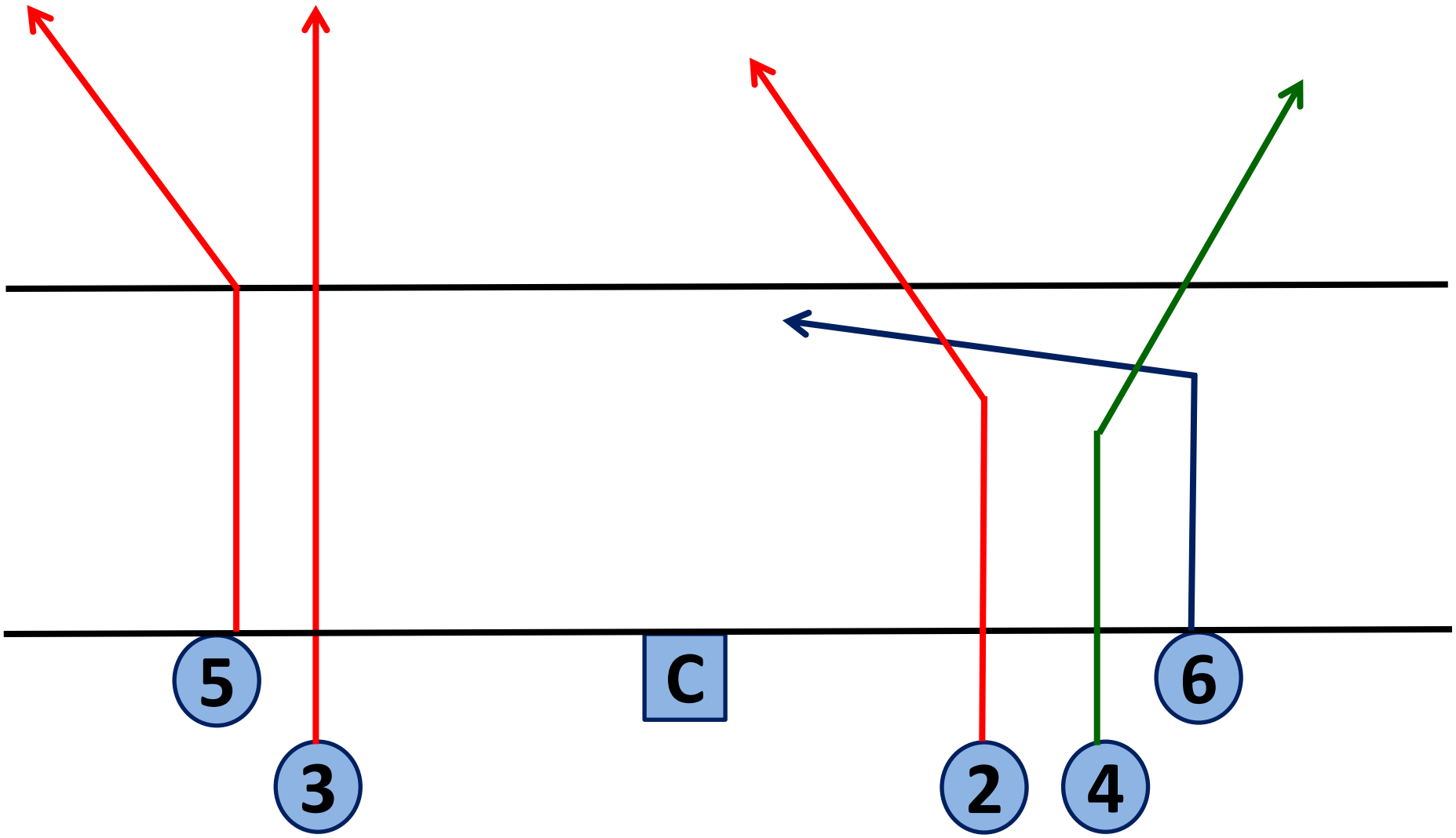
SPREAD-RT-1



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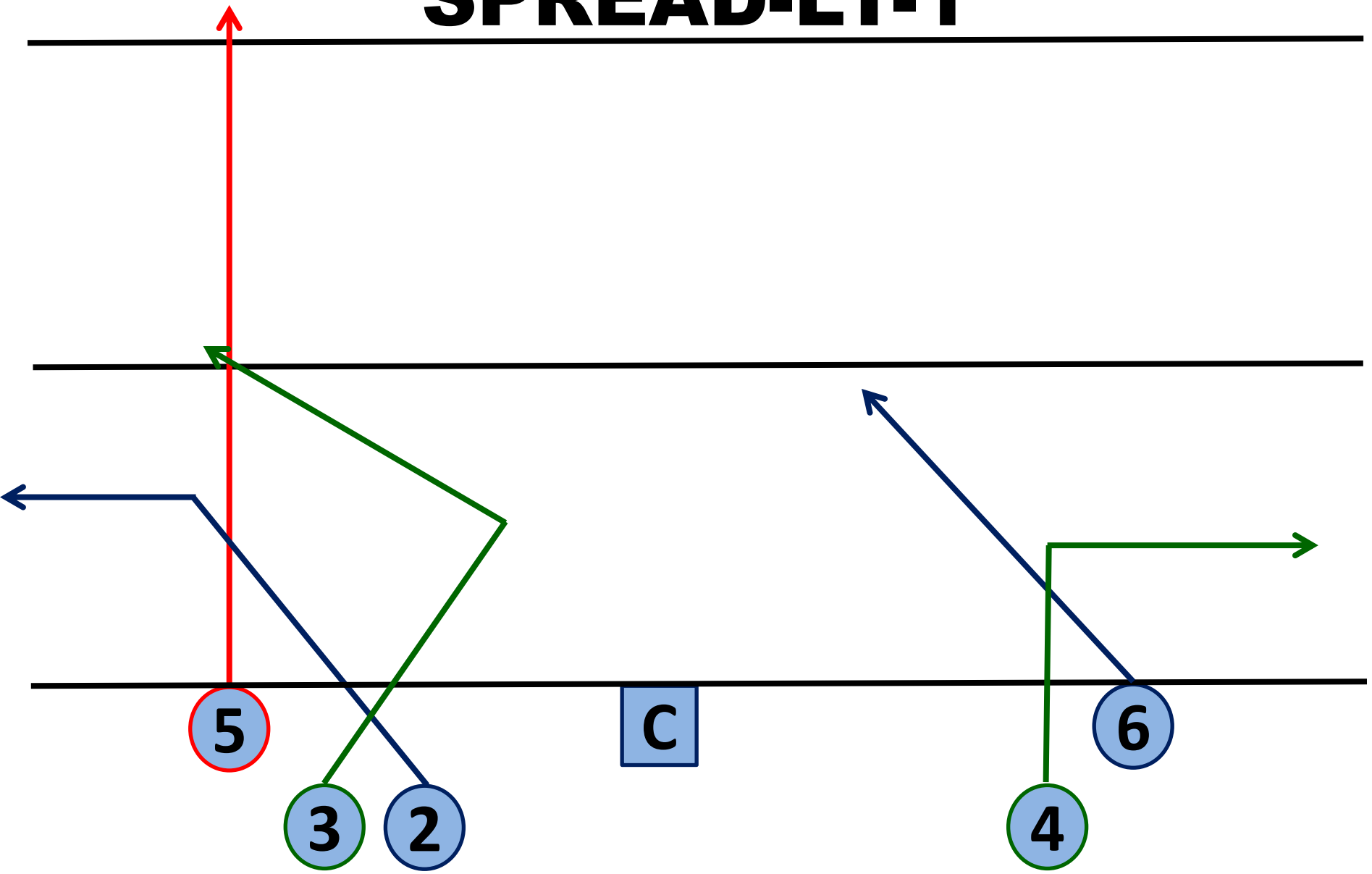
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SPREAD-RT-2



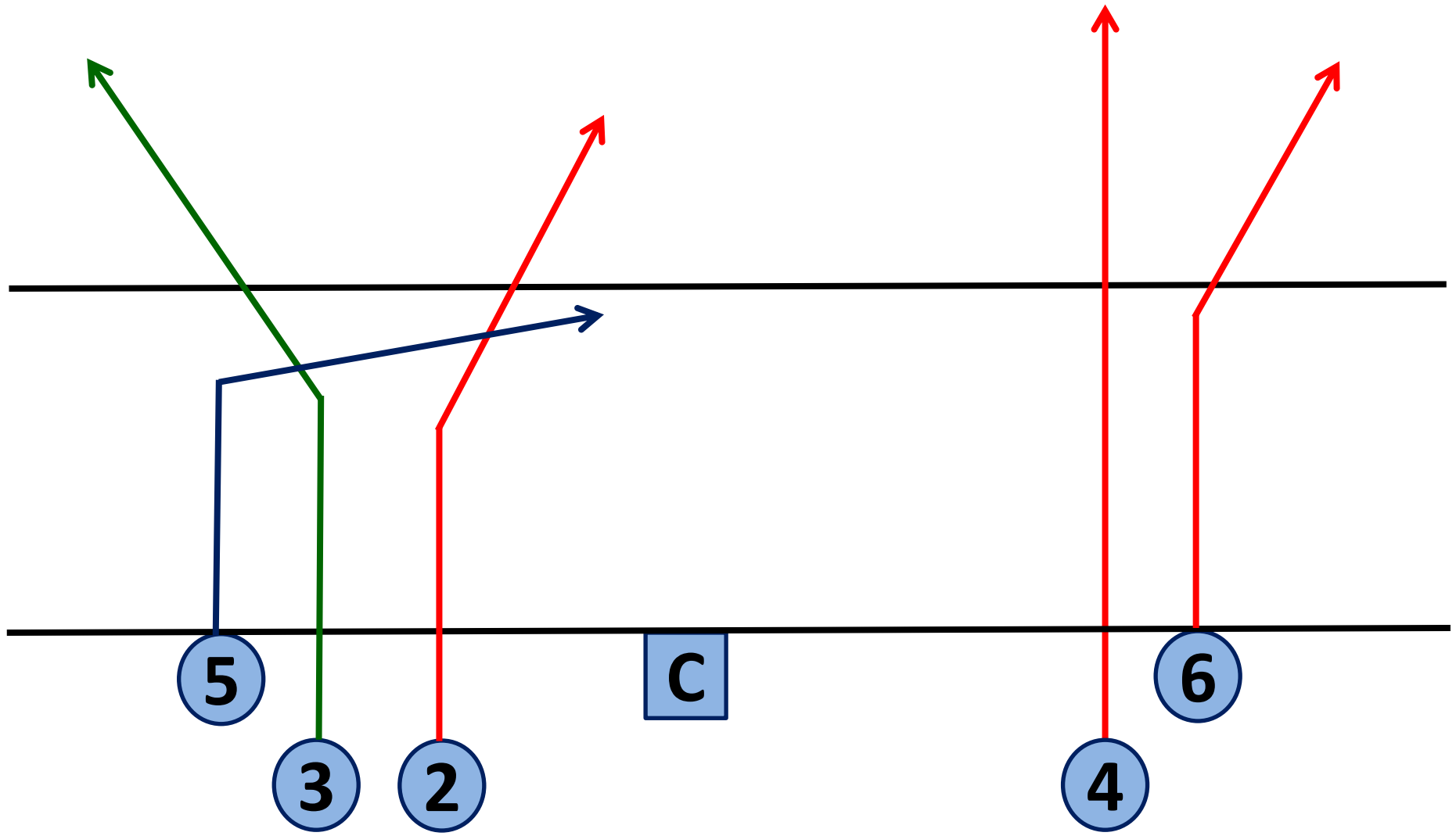
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SPREAD-LT-1



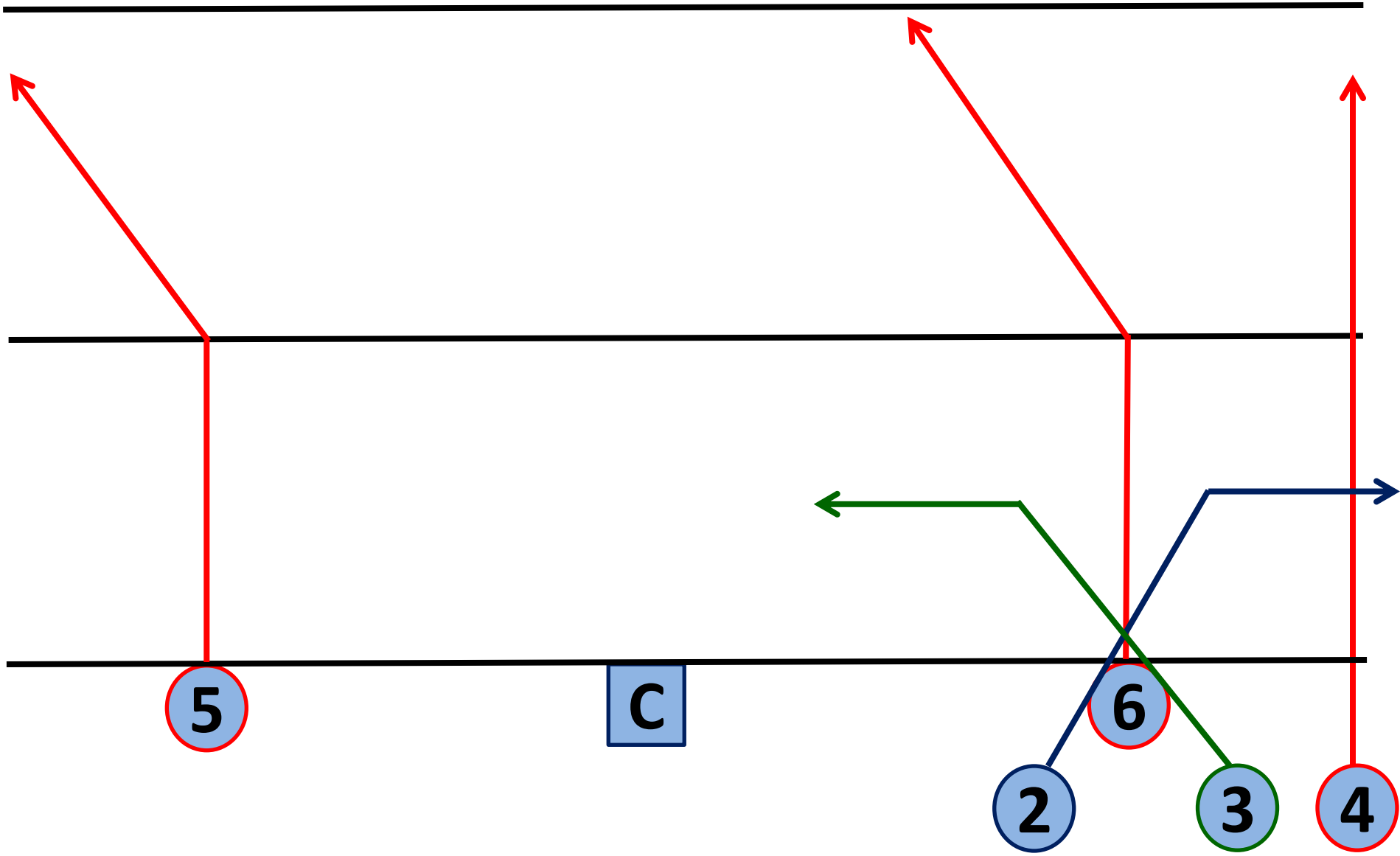
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SPREAD-LT-2



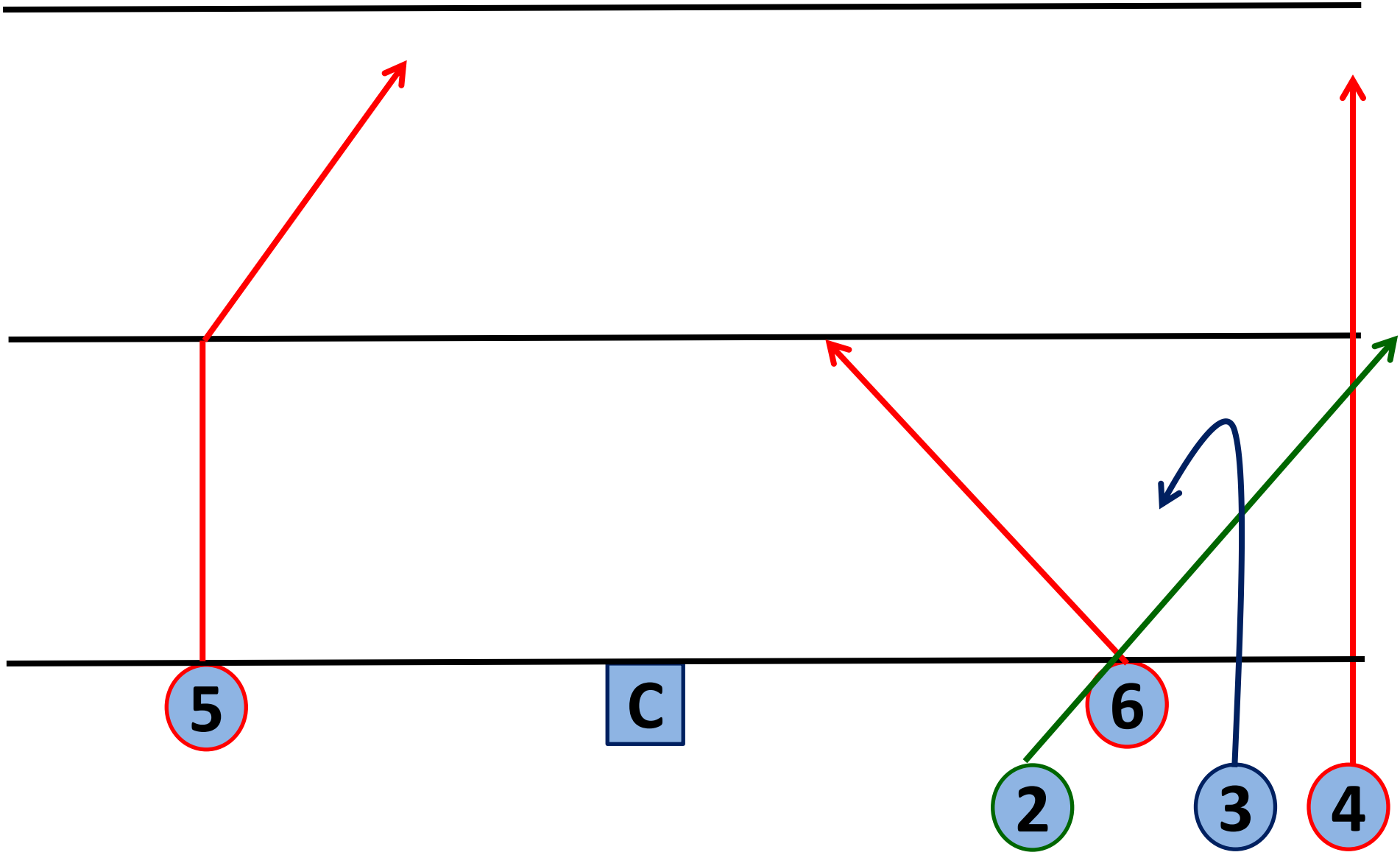
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QUADS-RT-1



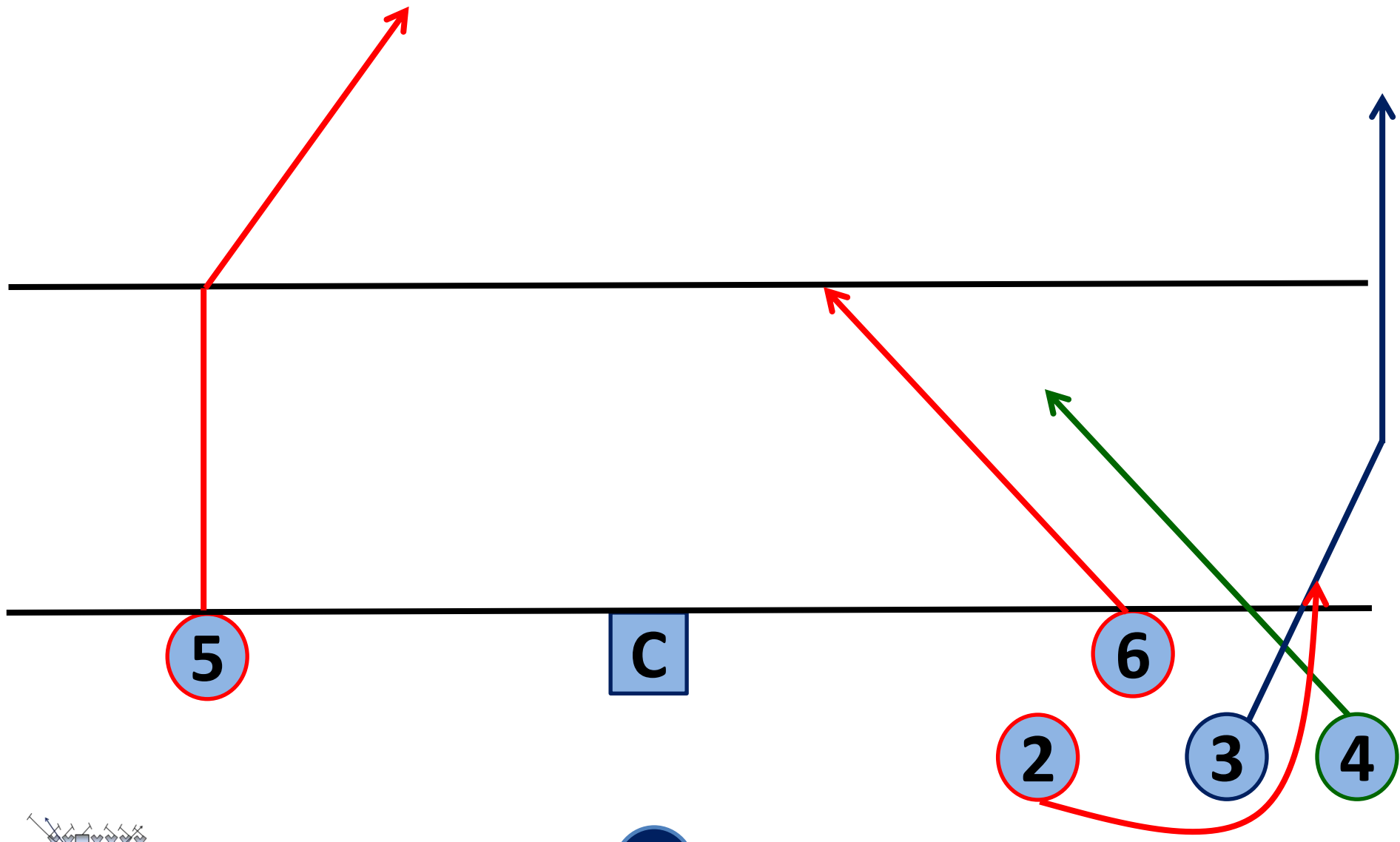
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QUADS-RT-2



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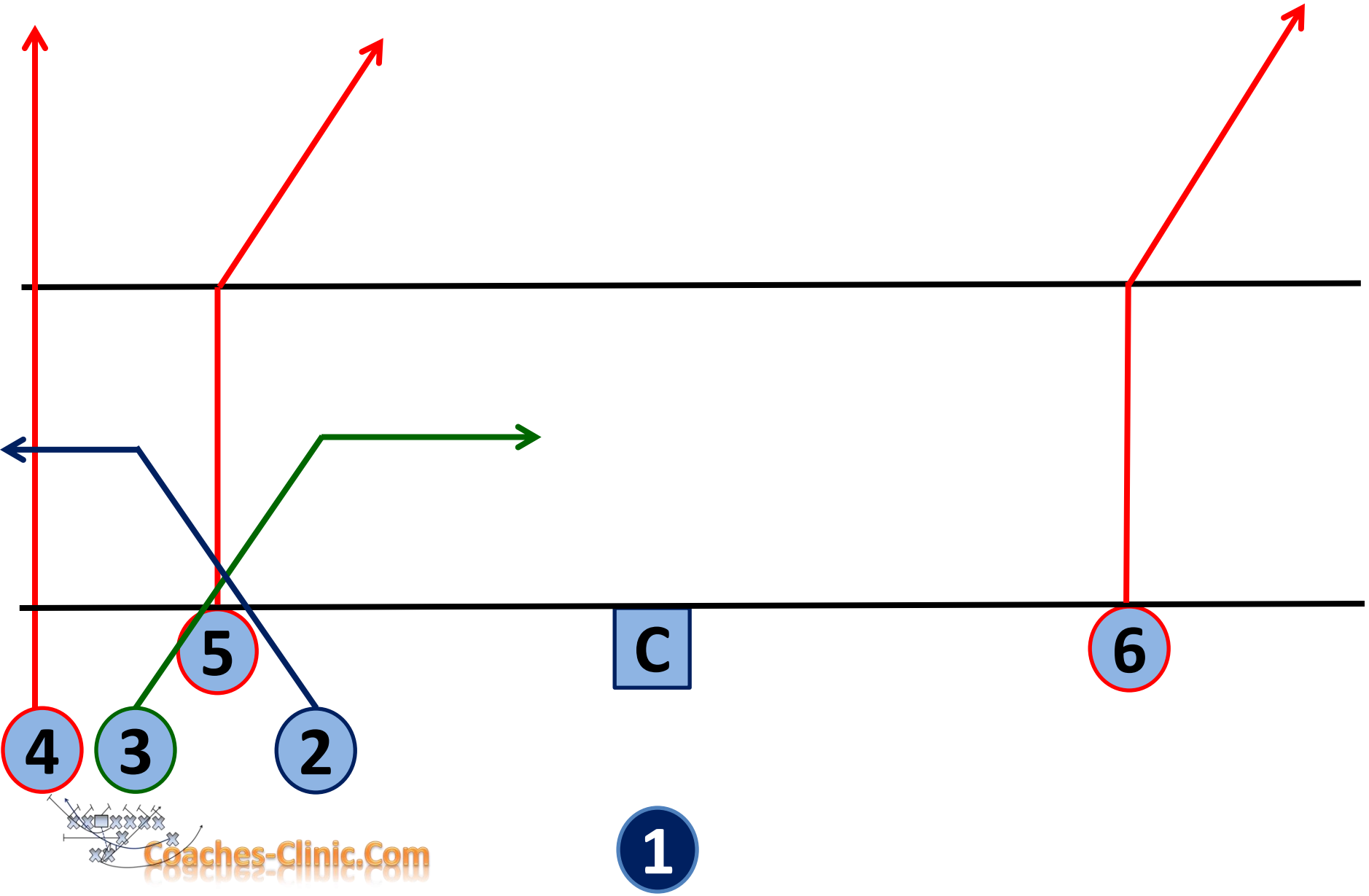
QUADS-RT-3



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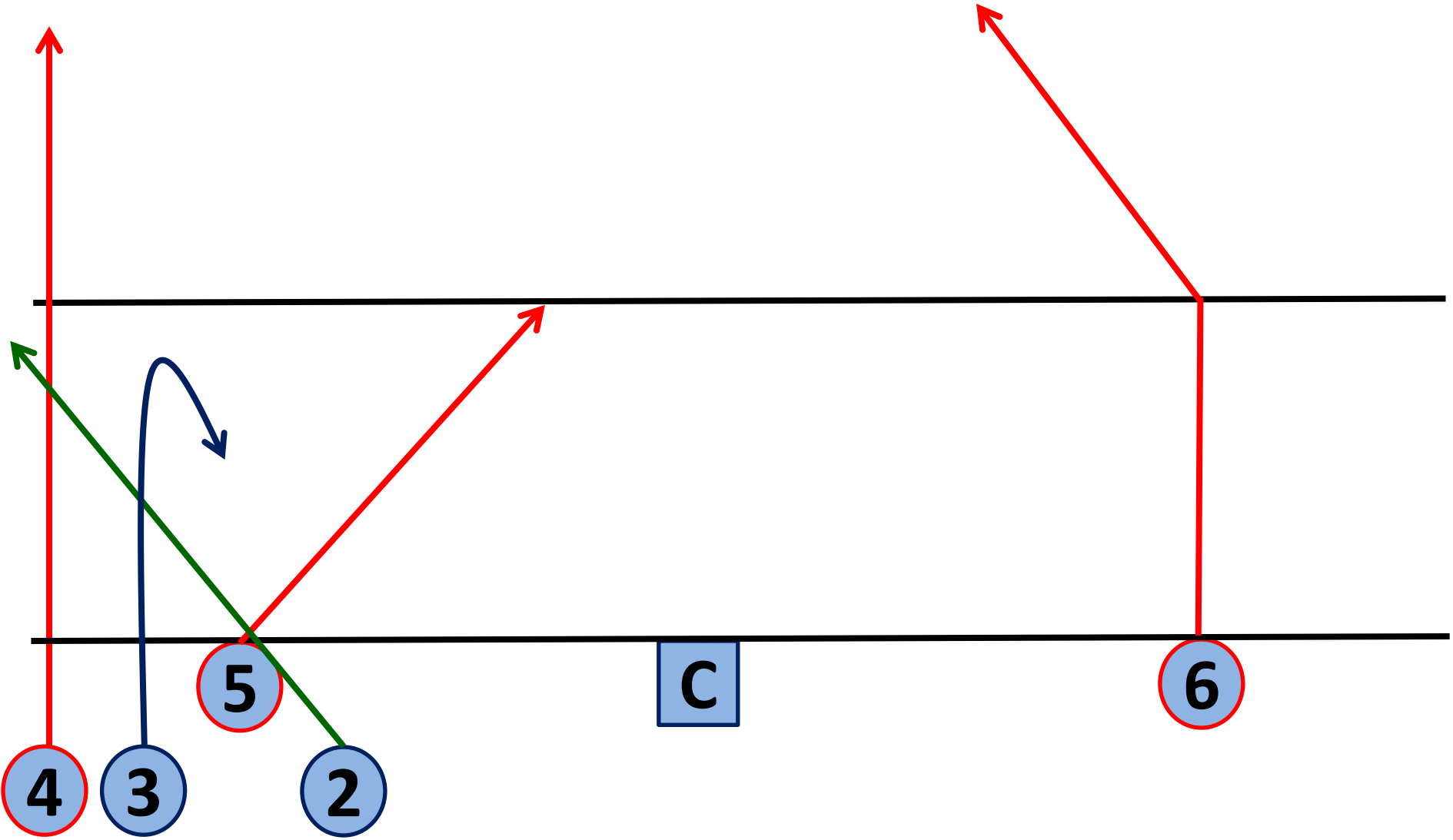
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QUADS-LT-1



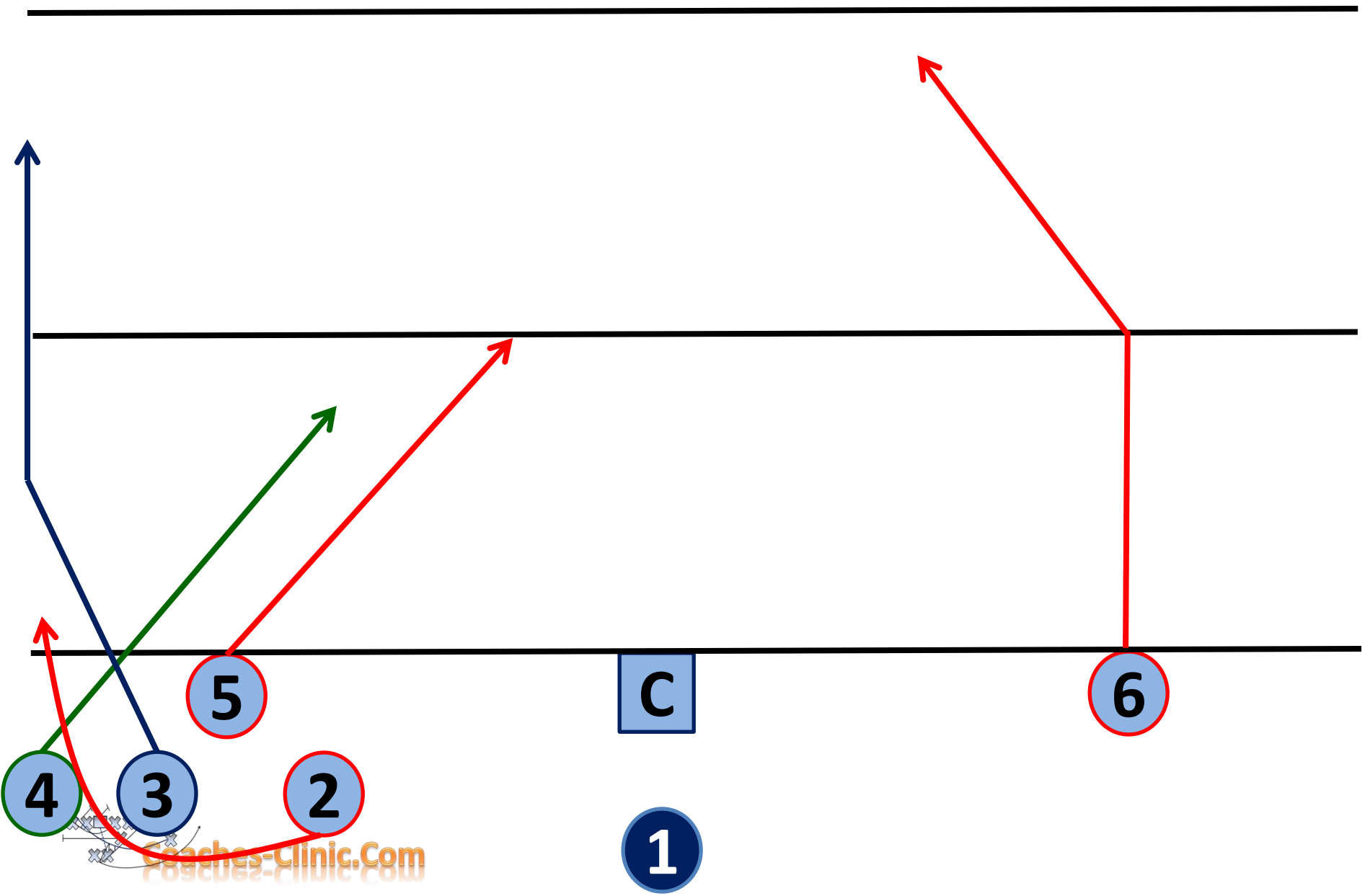
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QUADS-LT-2



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QUADS-LT-3



Defenses

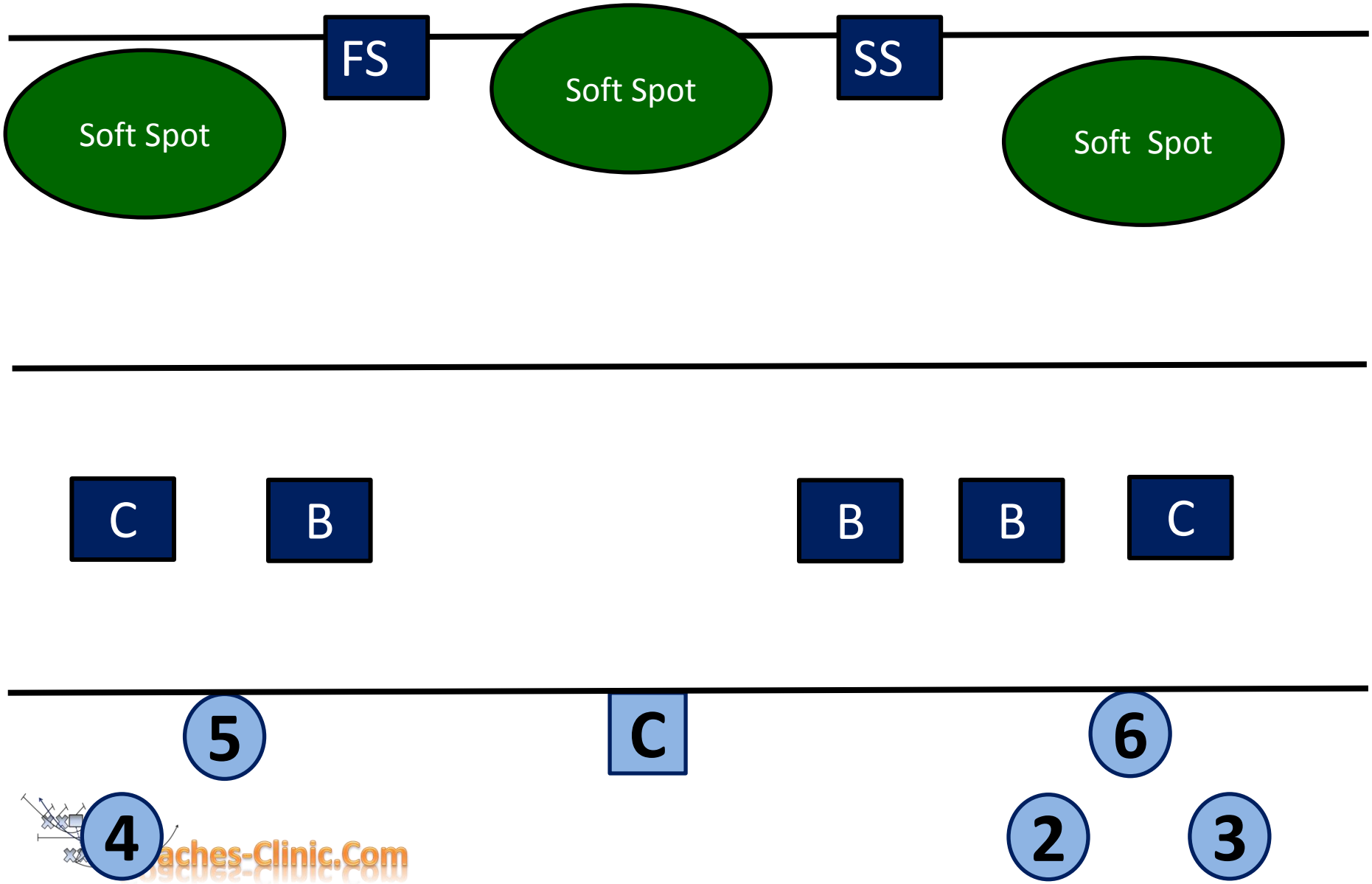
In our experiences with 7-on-7 competitions we have faced one or more of the following type defenses:

- Cover 2 Man
- Cover 2 Zone
- Cover 3 Zone

In the following pages, we provide tables for all of the plays that we like and **really** like verses these three defenses.

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Defenses – Cover 2 Man



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Plays vs. Cover 2 Man

- Plays we **really** like:

Play	Receiver	Receiver	Receiver	Switching?
BASE-1	2	3	4	***3***
BASE-2	2	4	3	***4***
BUNCH-1	2	4	3	
BUNCH-2	2	4	3	
SPREAD-RT-1	2	4	3	***4***
SPREAD-LT-1	2	3	4	***3***
QUADS-RT/LT-3	2	4	3	

Note: We **really** like these plays vs. this defense because we are putting 3 of our best receivers in crossing routes creating natural picks. If Man defenders are switching, see the "Switching?" column above.

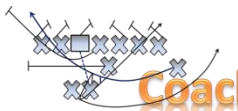
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Plays vs. Cover 2 Man

- Plays we like:

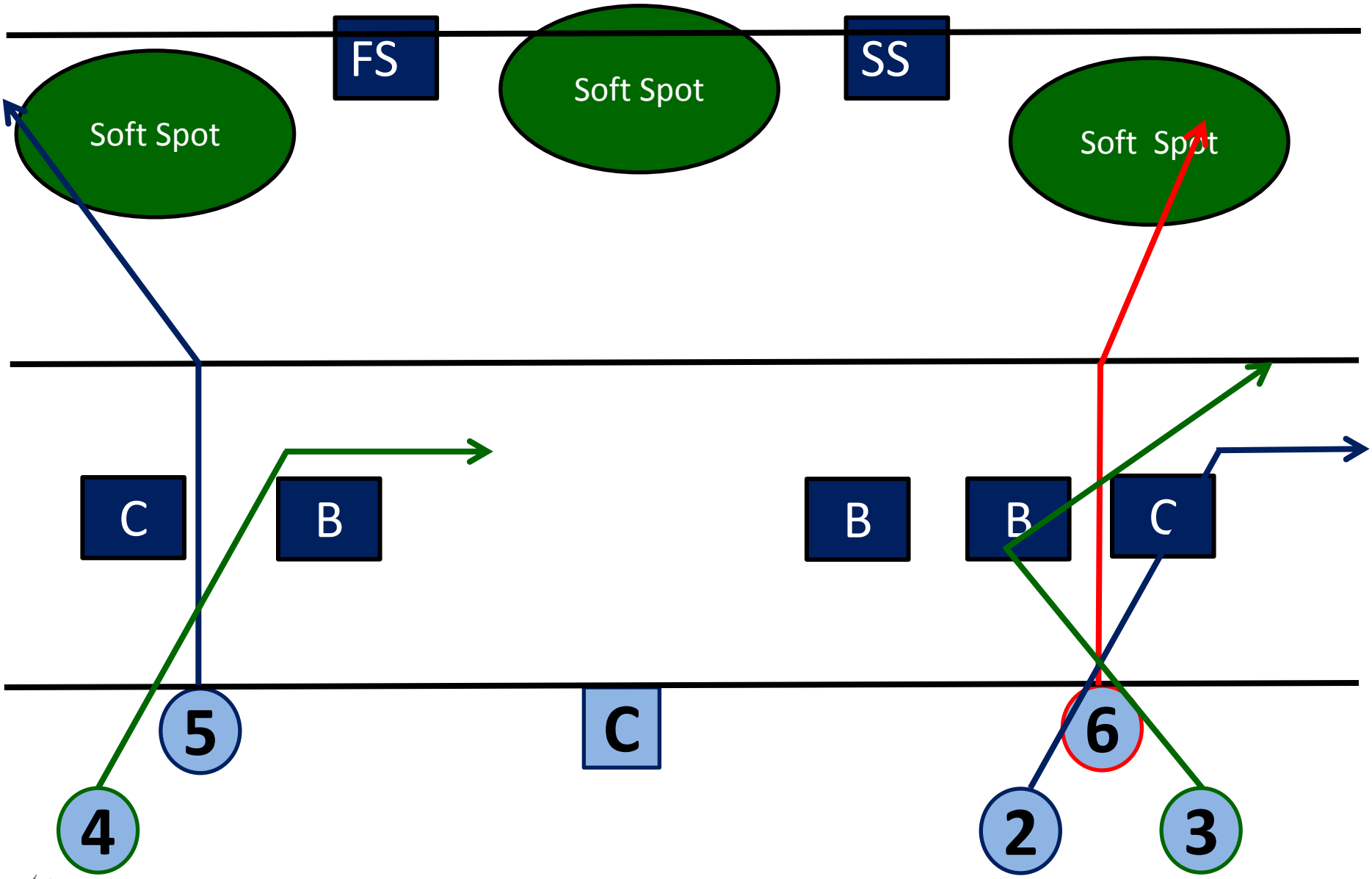
Play	Receiver	Receiver	Receiver	Switching?
BASE-3	2	4	6	***4***
BASE-5	4	2		
BASE-6	4	2		
BASE-7	2	4		
BUNCH-3	4	2		***2***
DIAMOND-RT/LT-2	4	2		
DIAMOND-RT/LT-3	4	2		
DIAMOND-RT/LT-4	2	4		

Note: If Man defenders are switching, see the "Switching?" column above.



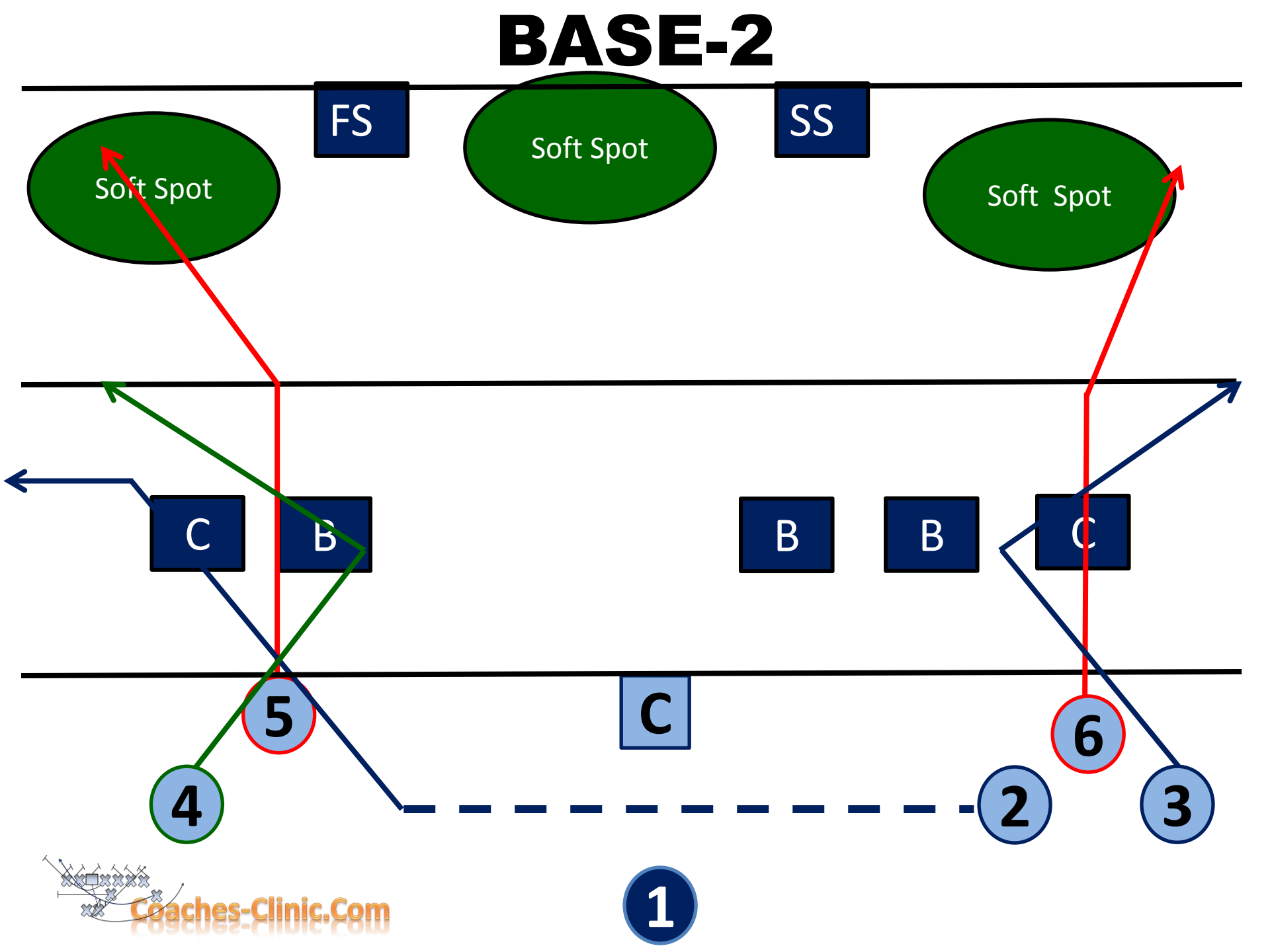
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BASE-1



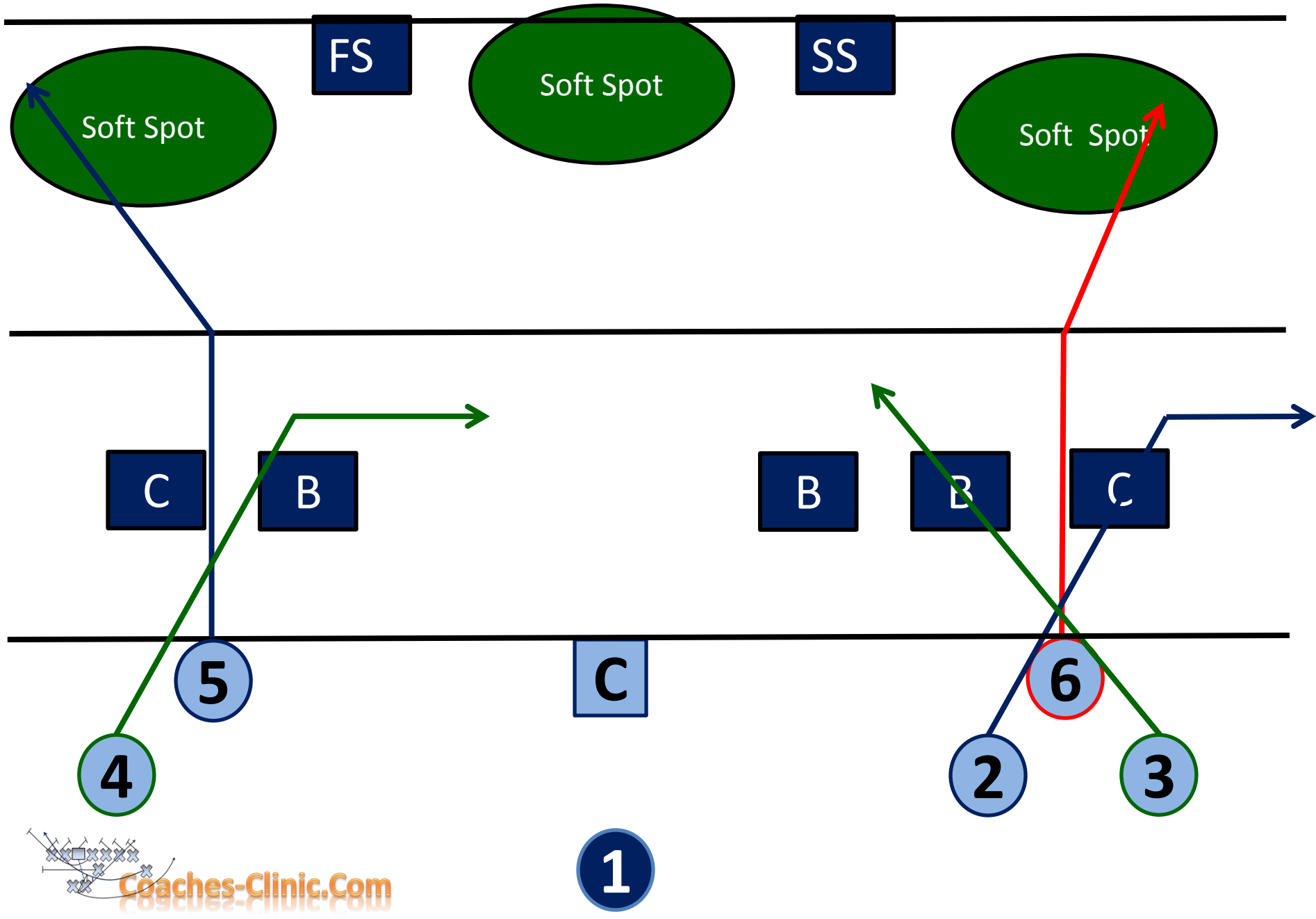
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BASE-2



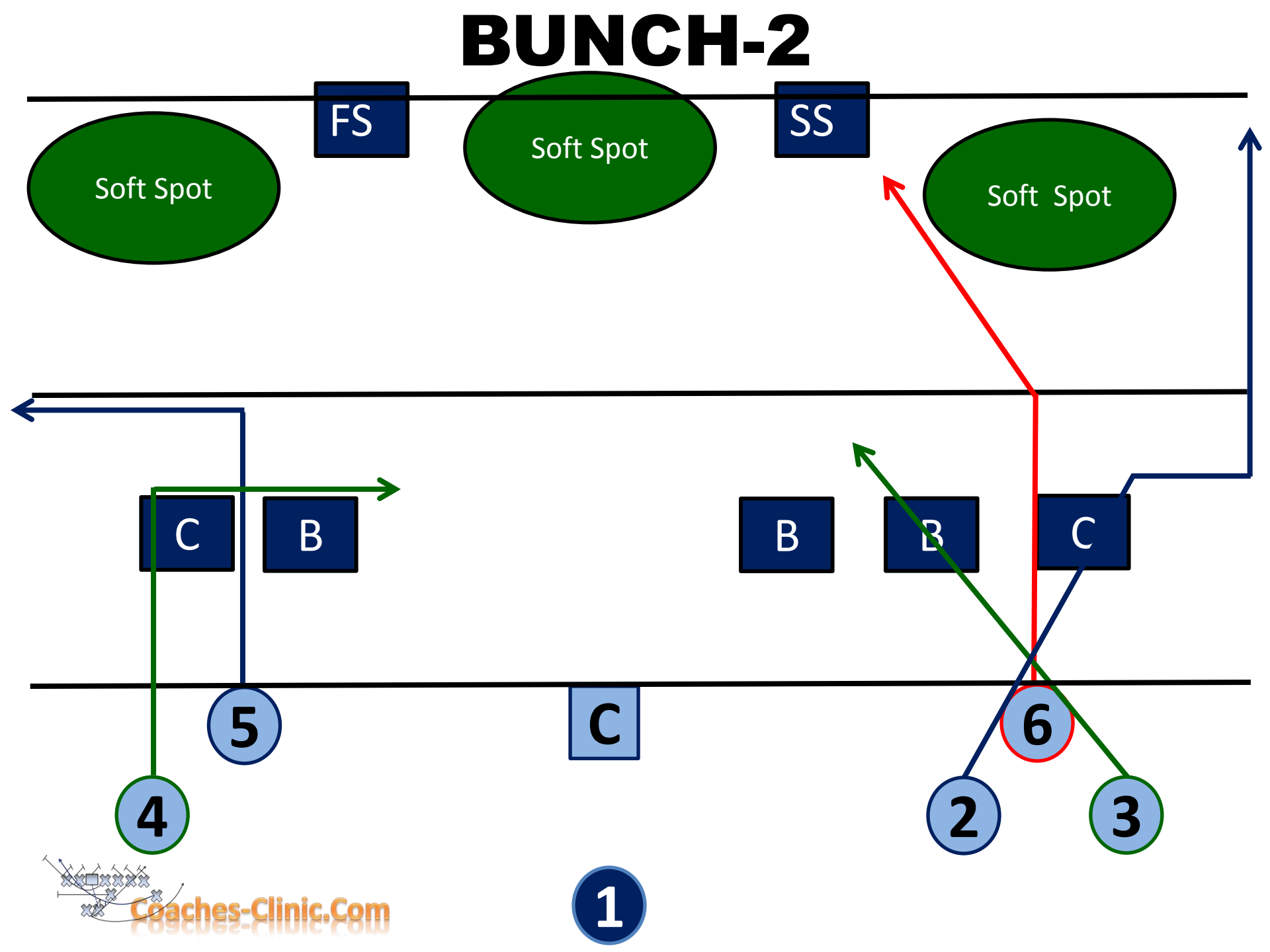
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BUNCH-1



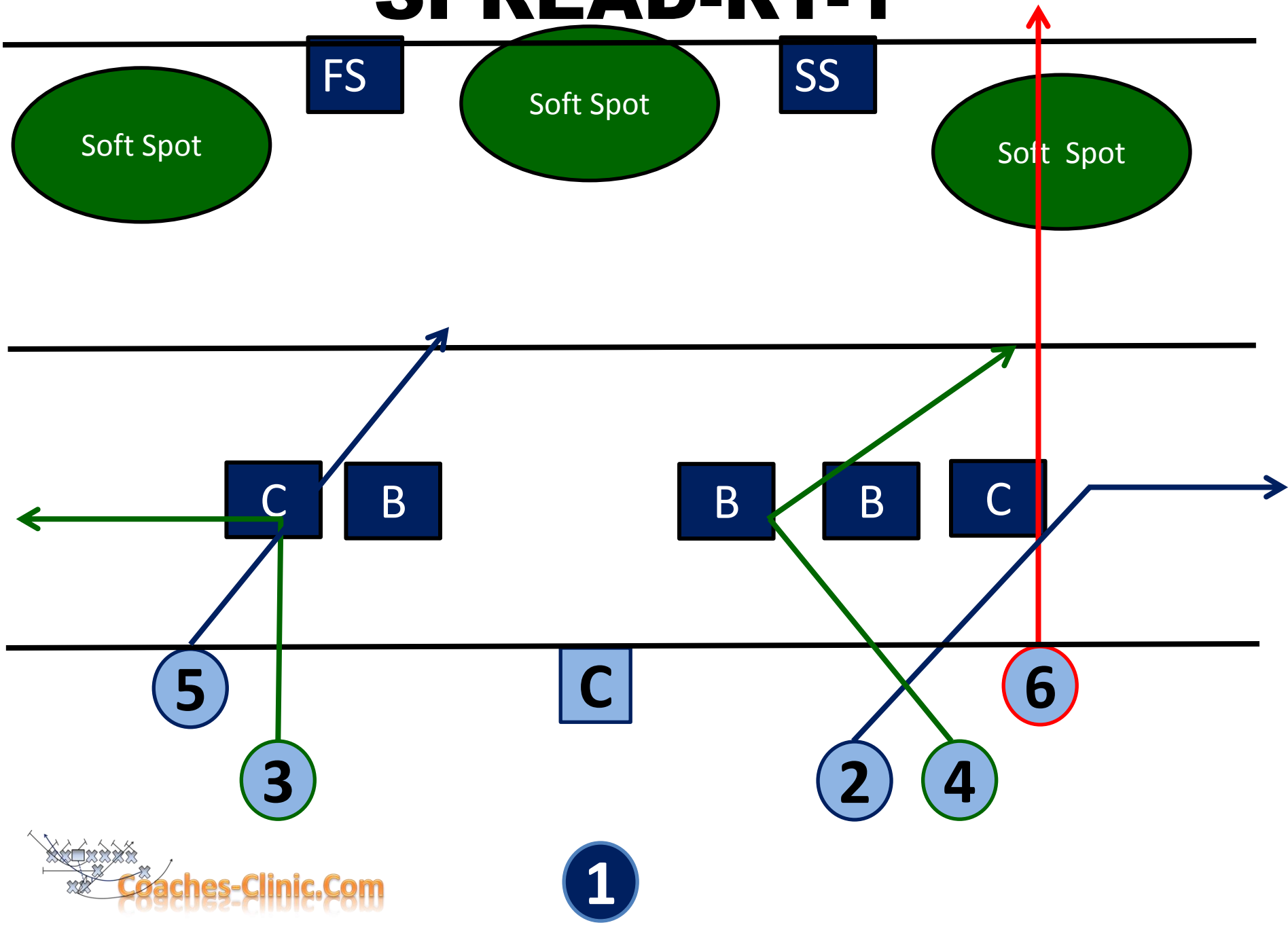
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BUNCH-2



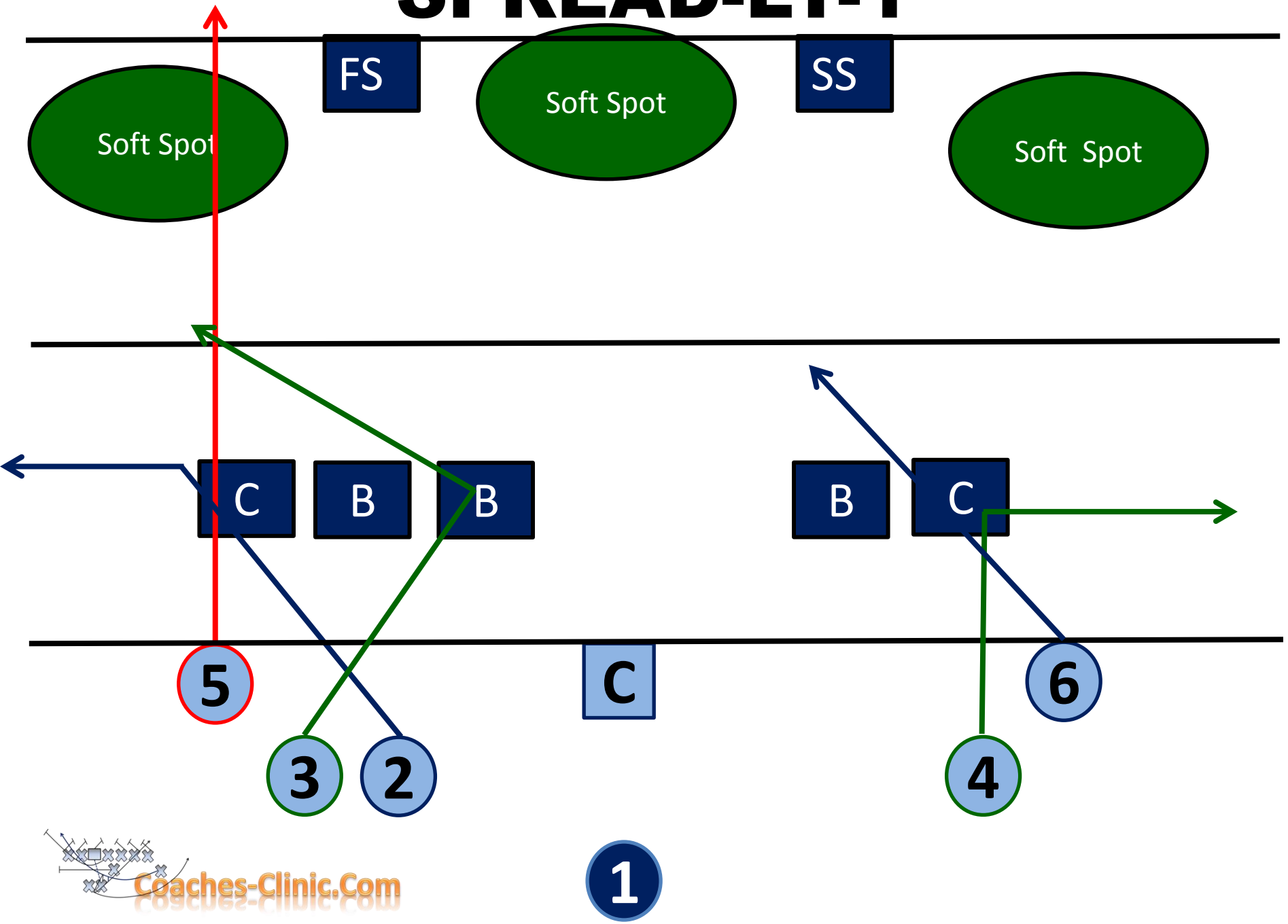
Coaches-Clinic.Com

SPREAD-RT-1



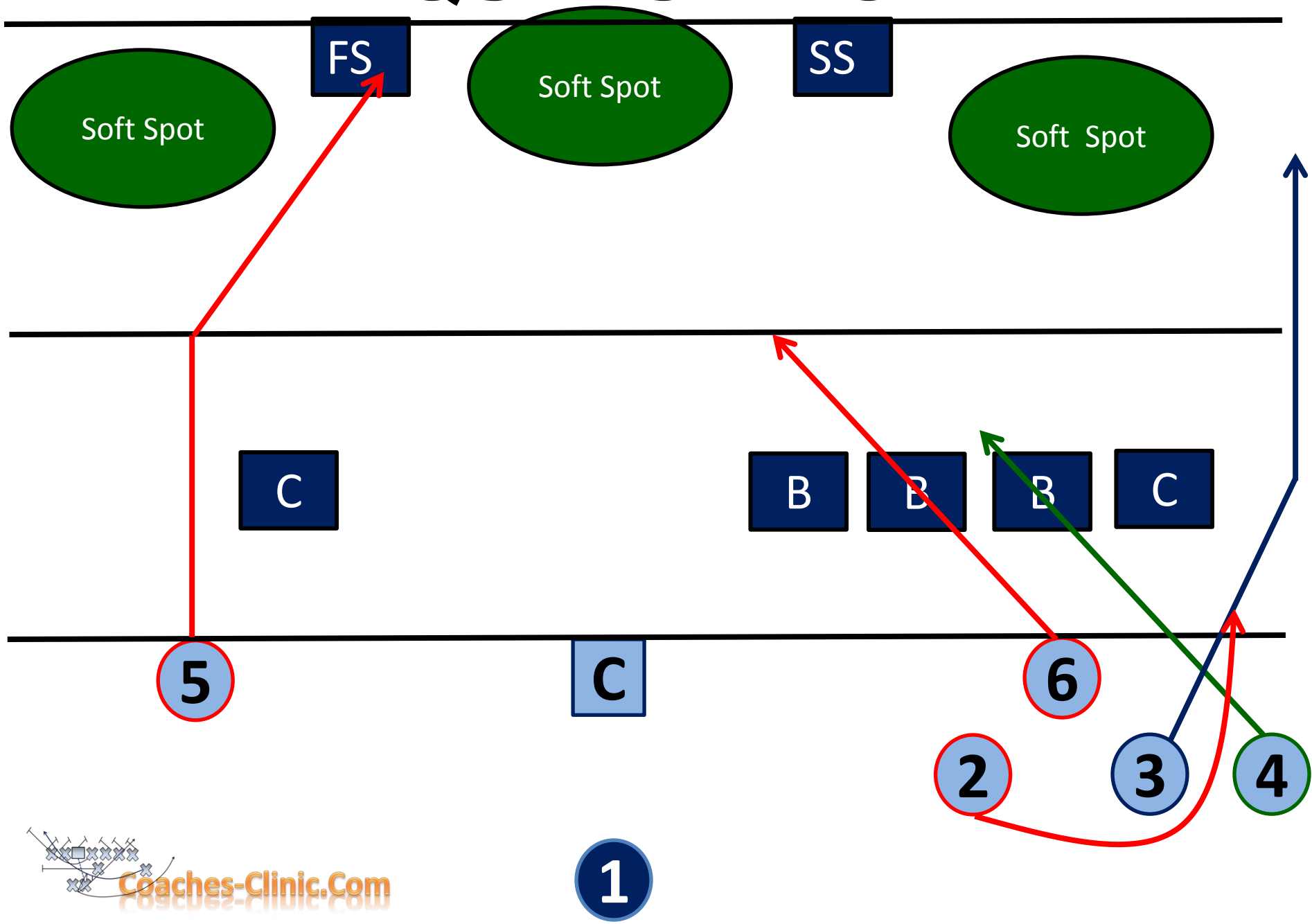
Coaches-Clinic.Com

SPREAD-LT-1



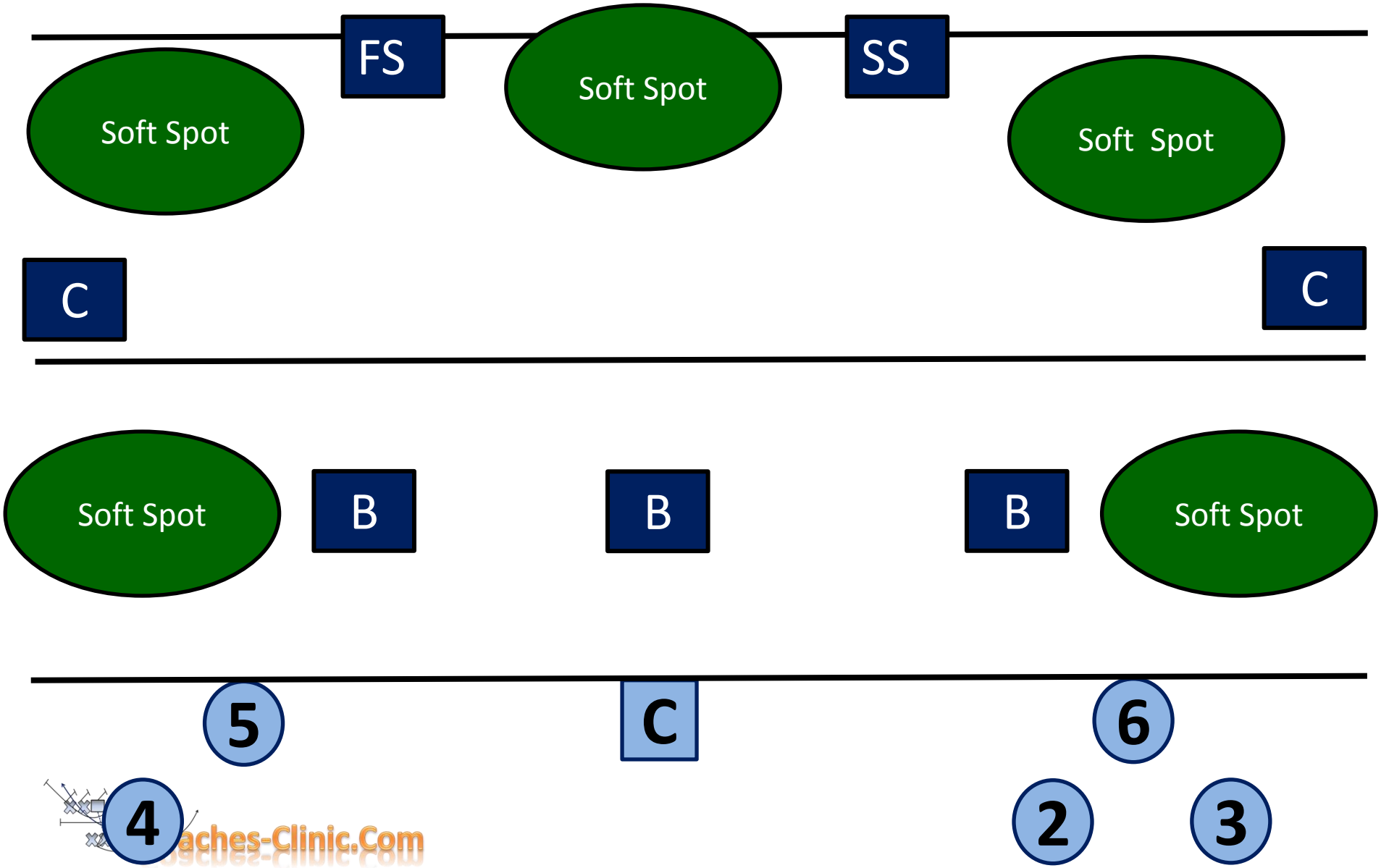
Coaches-Clinic.Com

QUADS-RT-3



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Defenses – Cover 2 Zone



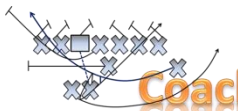
aches-Clinic.Com

Plays vs. Cover 2 Zone

- Plays we **really** like:

Play	Receiver	Receiver	Receiver
BASE-6	4	3	2
DIAMOND-RT/LT-2	4	2	3
DIAMOND-RT/LT-3	4	3	2
DIAMOND-RT/LT-4	2	3	4
QUADS-RT/LT-2	3	2	4
QUADS-RT/LT-3	4	2	3

Note: We **really** like these plays vs. this defense because we are putting 3 of our best receivers in 2 of the Defense's Soft Spots.



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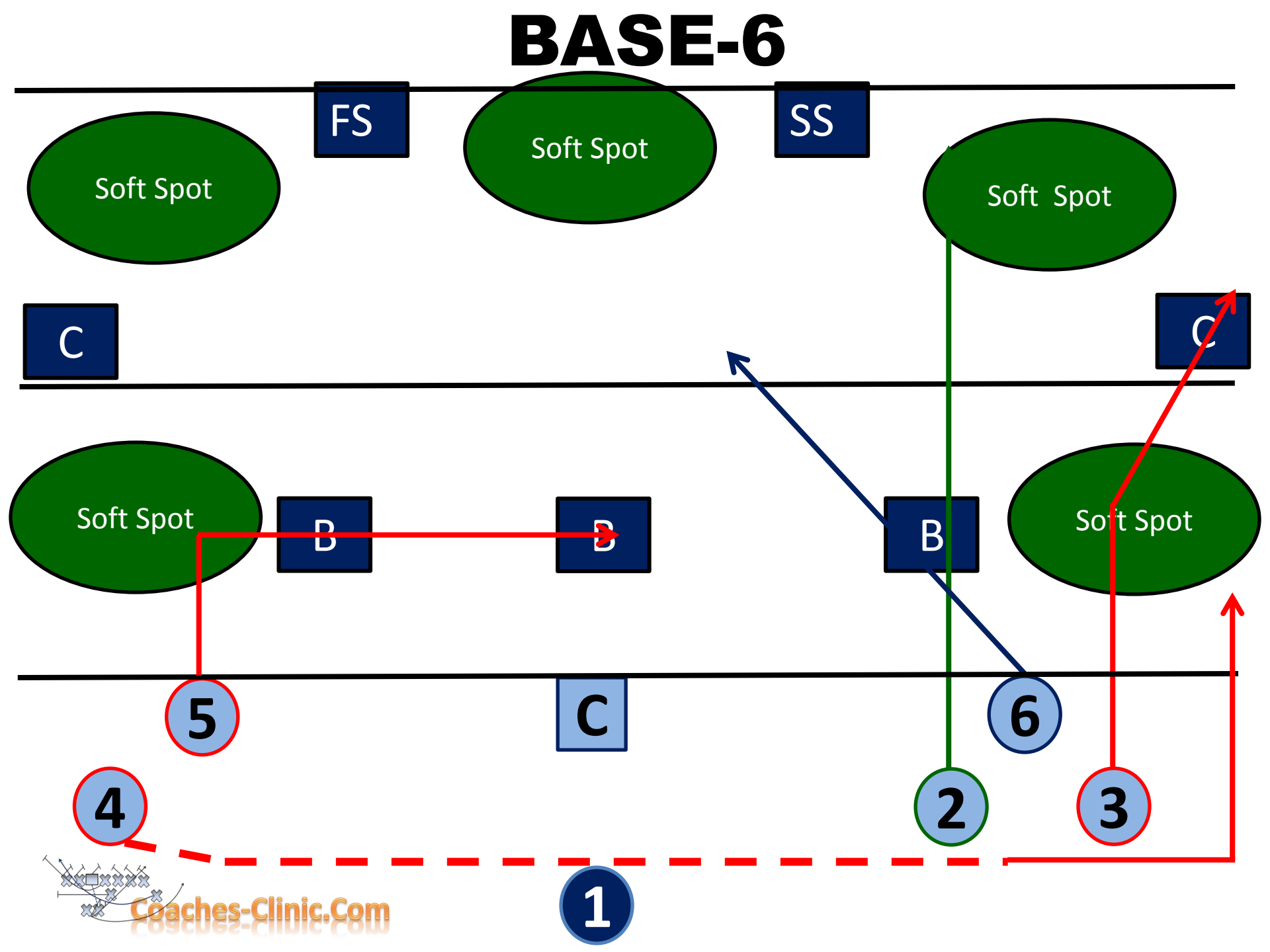
Plays vs. Cover 2 Zone

- Plays we like:

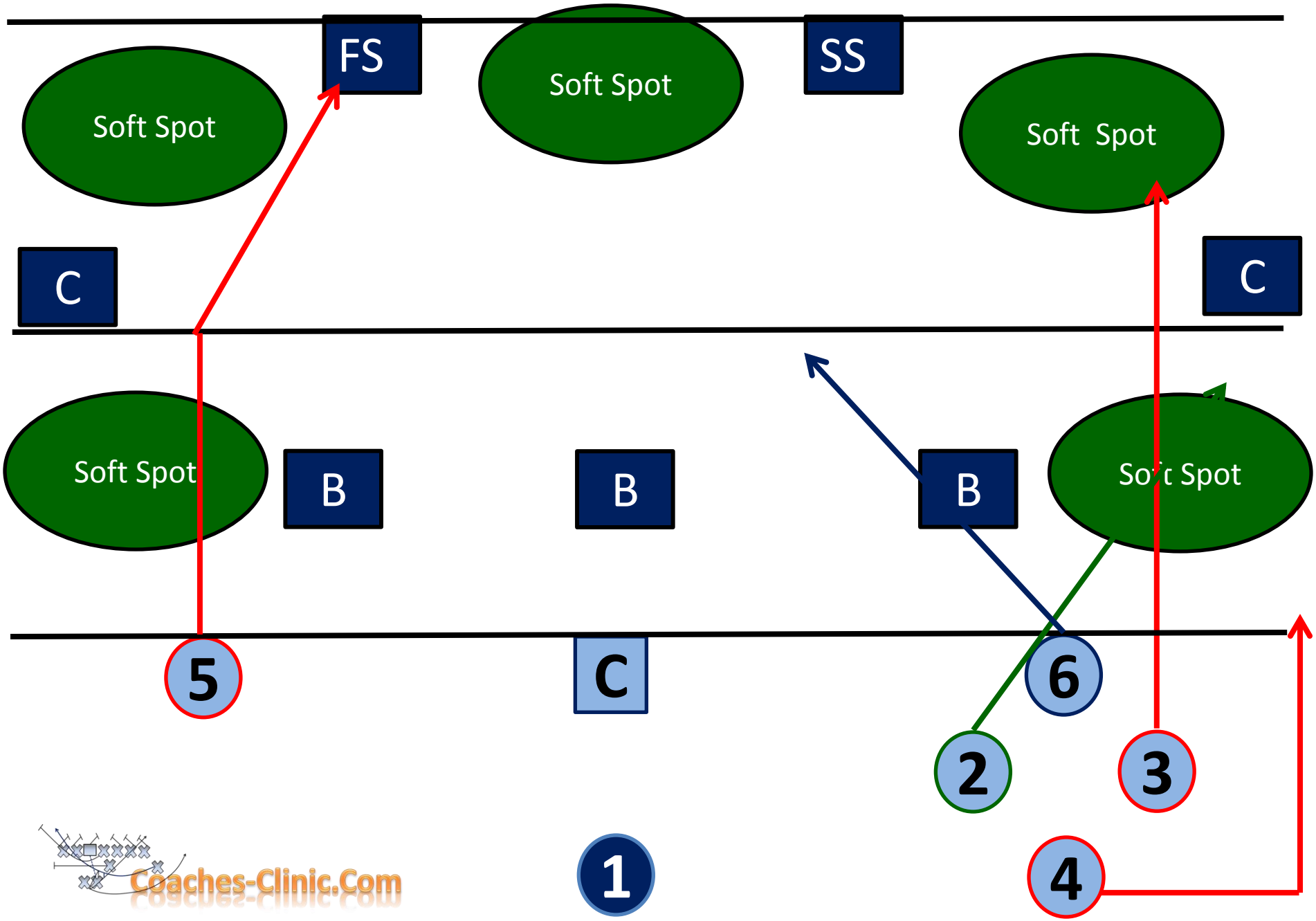
Play	Receiver	Receiver	Receiver
BASE-1	3	2	6
BASE-2	4	2	5
BASE-3	4	2	
BASE-4	4	3	6
BASE-5	2	3	6
BASE-7	2	4	
DIAMOND-RT/LT-1	4	3	6/5

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BASE-6

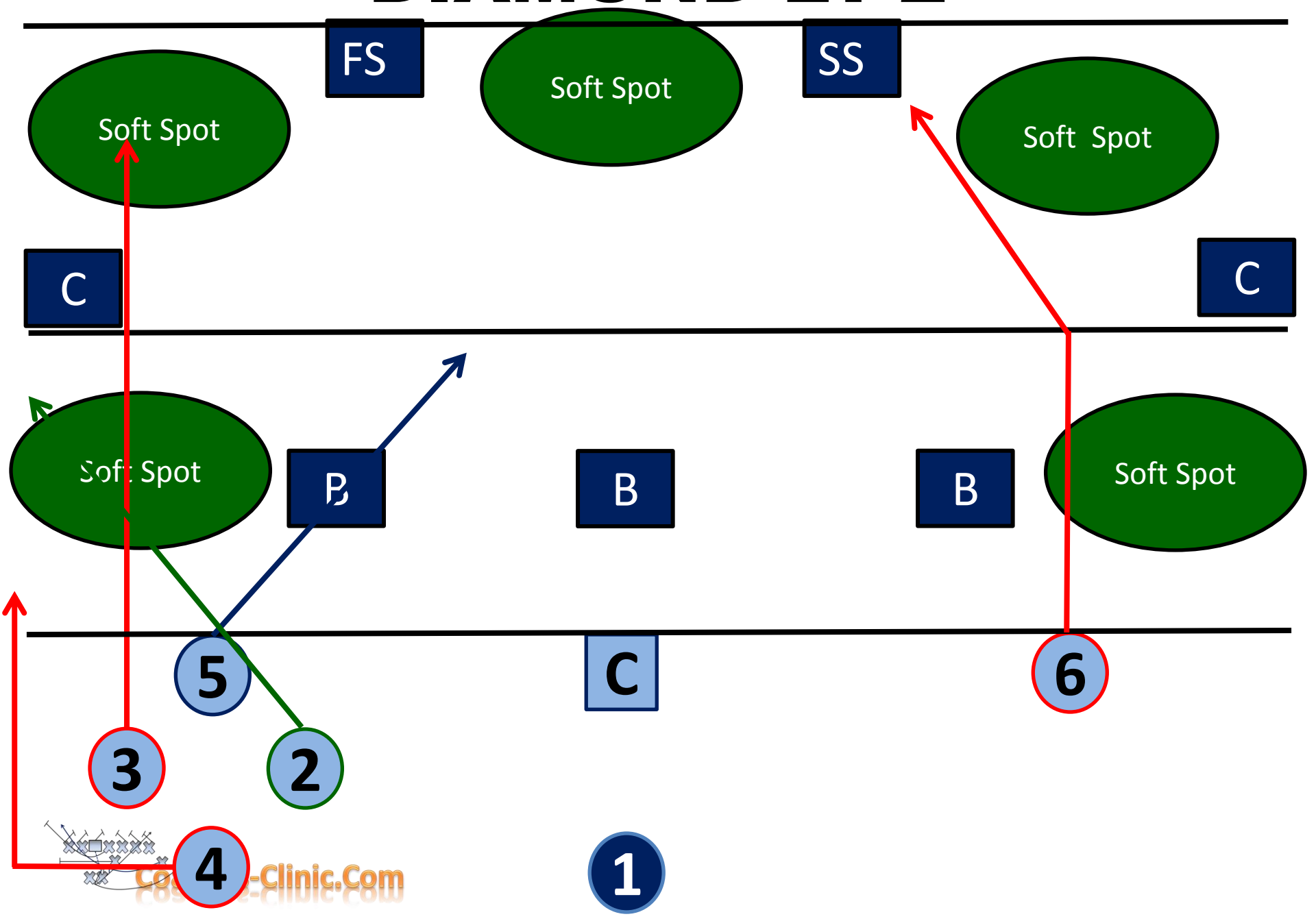

FS
SS
Soft Spot
Soft Spot
Soft Spot
C
C
Soft Spot
B
B
B
Soft Spot
5
C
6
4
2
3
1
Coaches-Clinic.Com

DIAMOND-RT-2



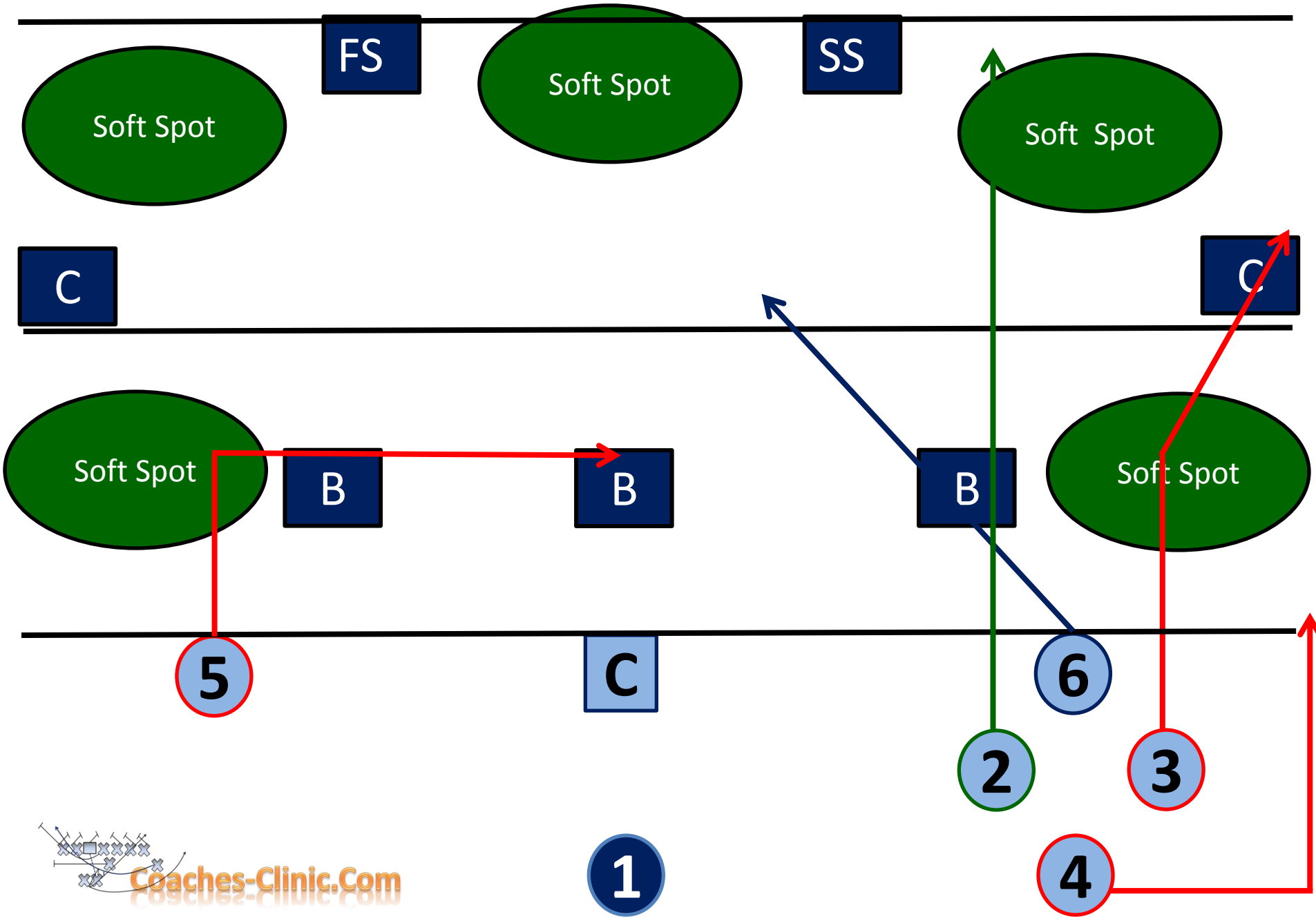
Coaches-Clinic.Com

DIAMOND-LT-2



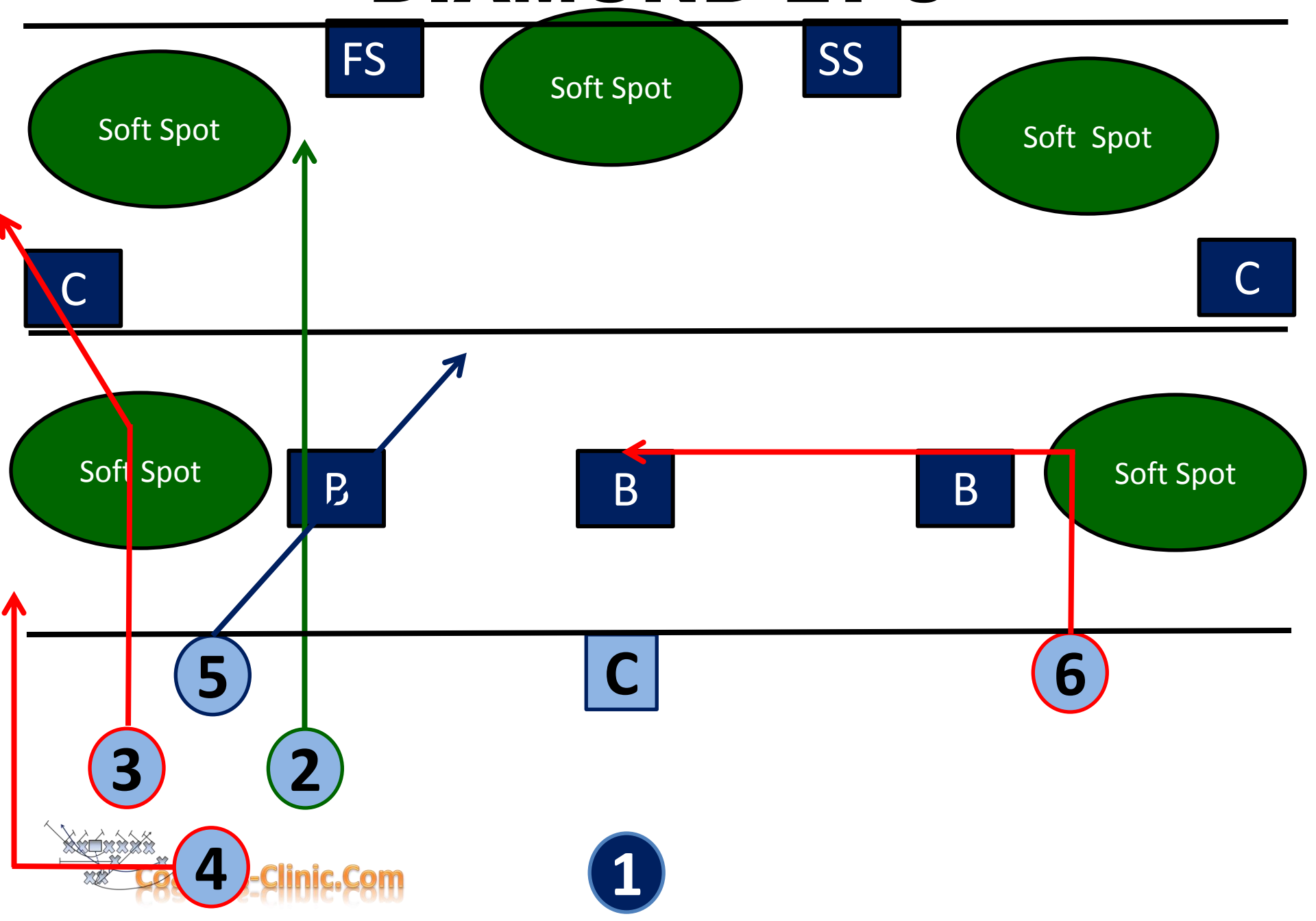
Coach-Clinic.Com

DIAMOND-RT-3



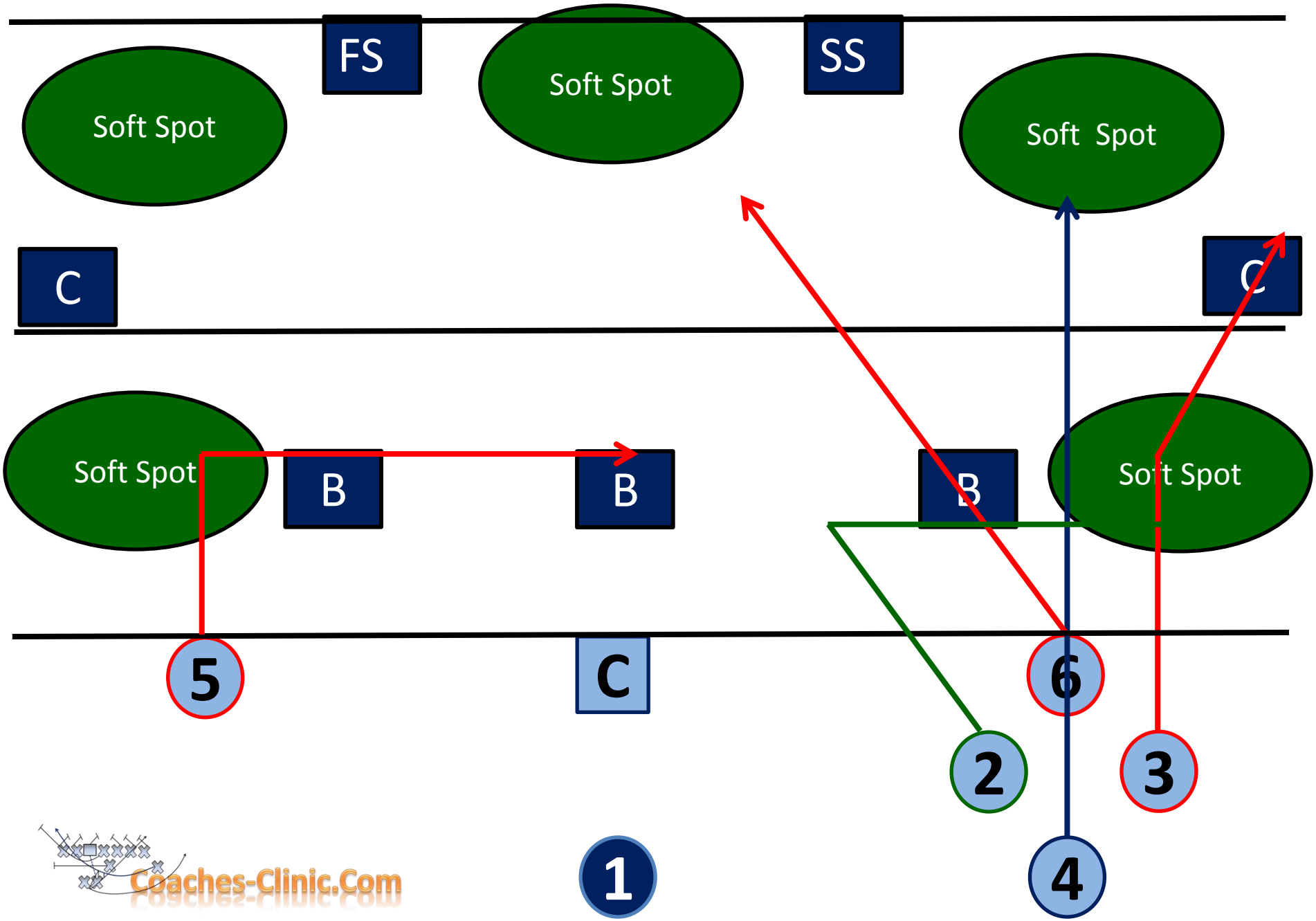
Coaches-Clinic.Com

DIAMOND-LT-3



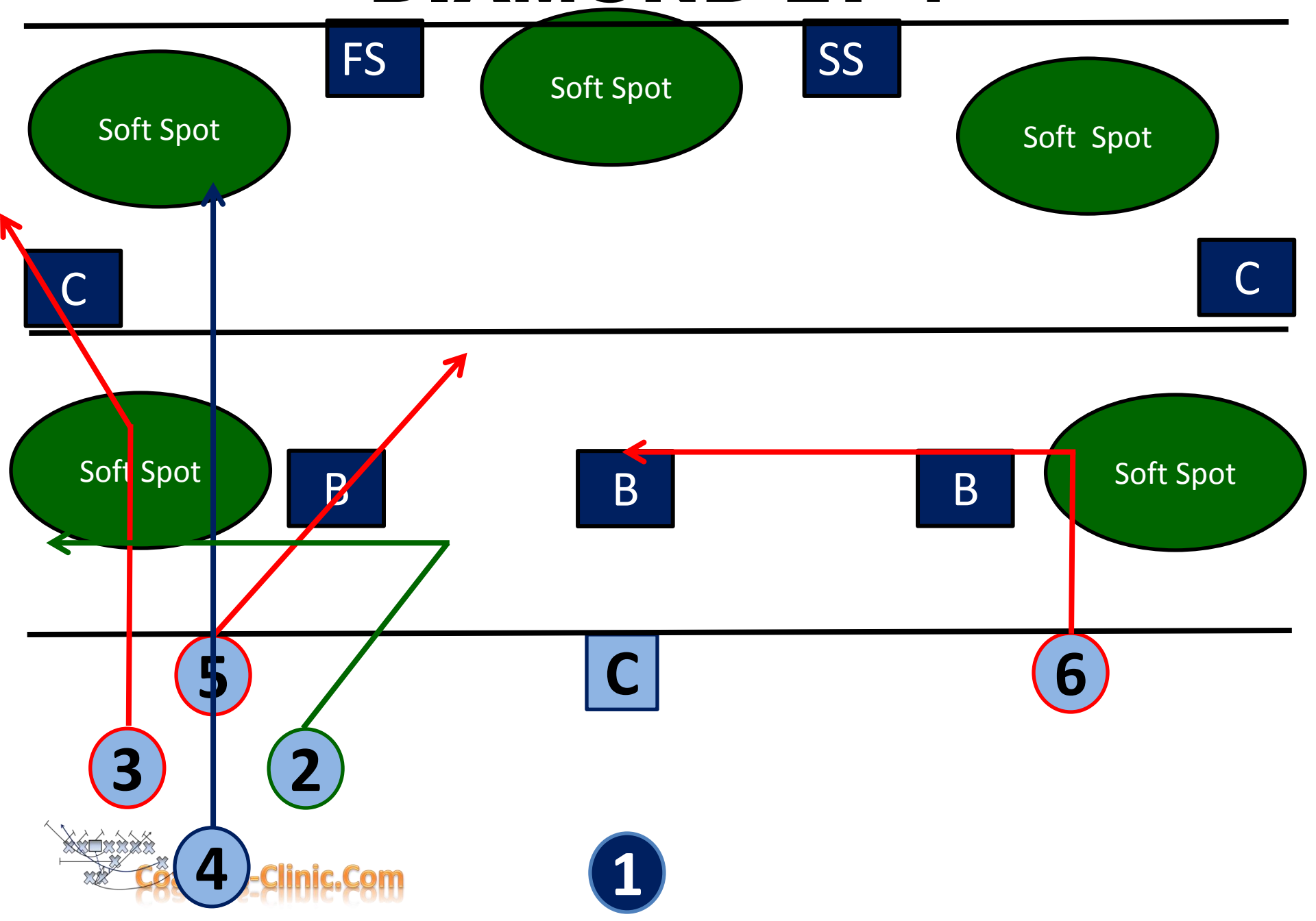
Coaches-Clinic.Com

DIAMOND-RT-4



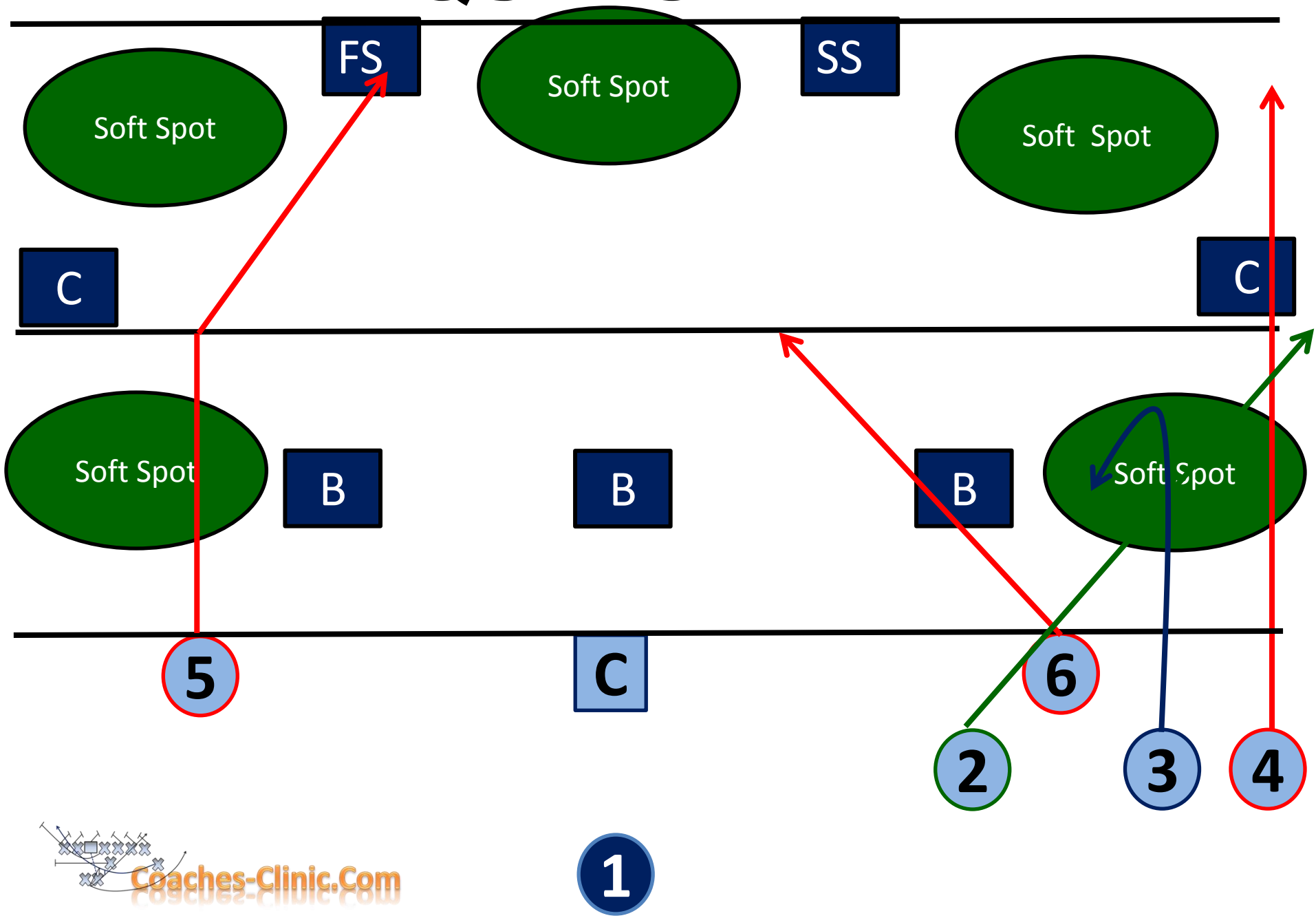
Coaches-Clinic.Com

DIAMOND-LT-4



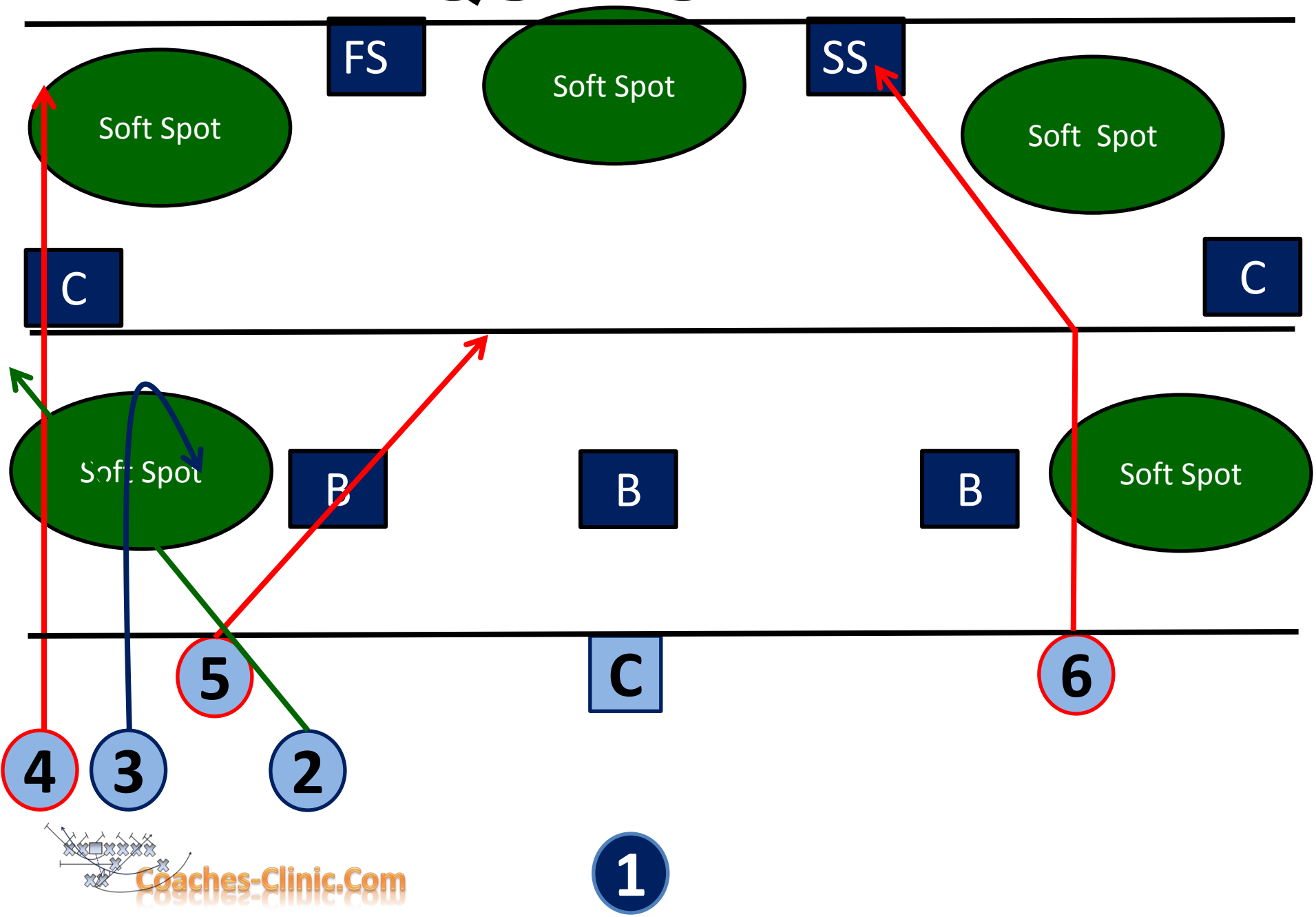
Coach-Clinic.Com

QUADS-RT-2



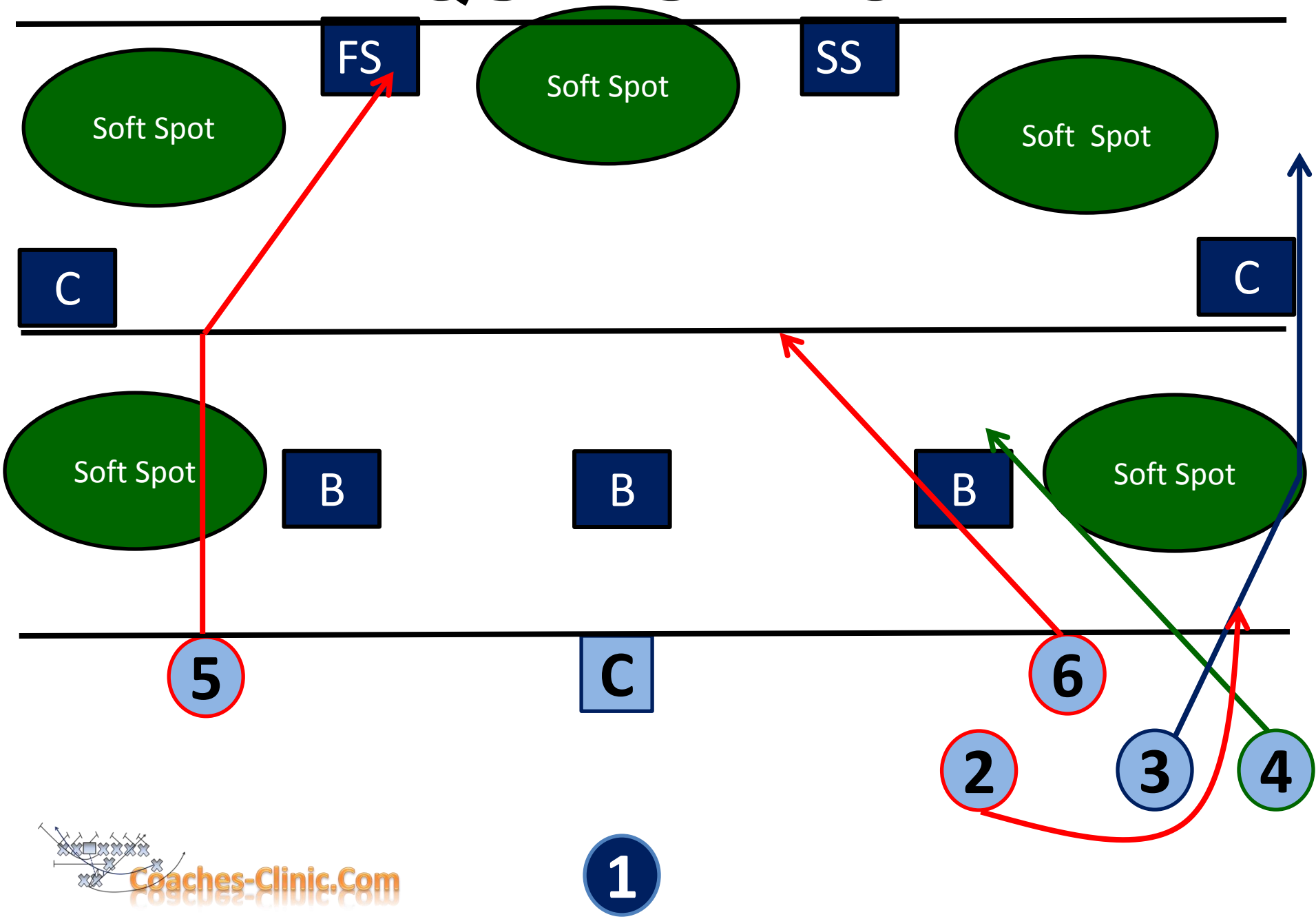
Coaches-Clinic.Com

QUADS-LT-2



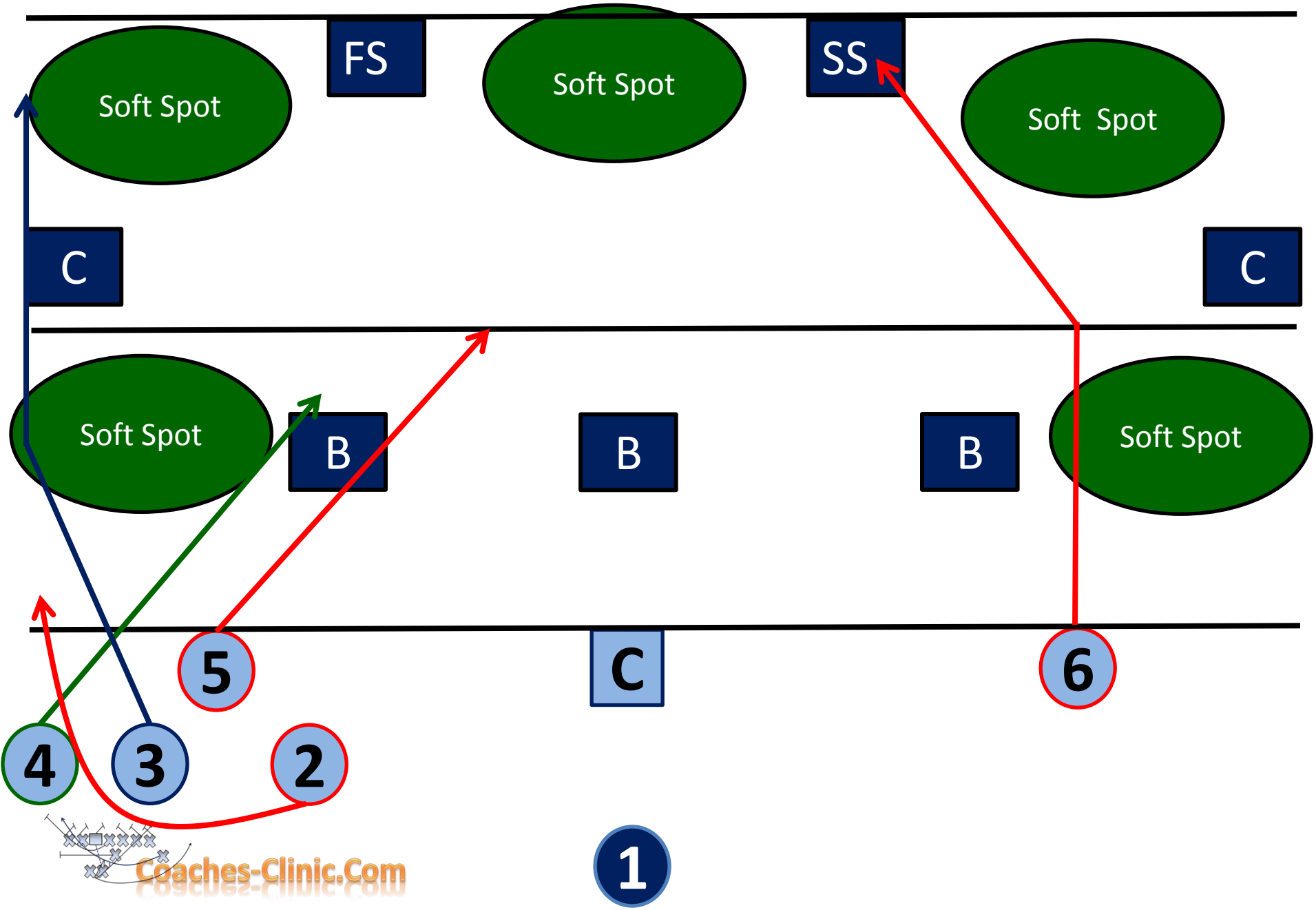
Coaches-Clinic.Com

QUADS-RT-3



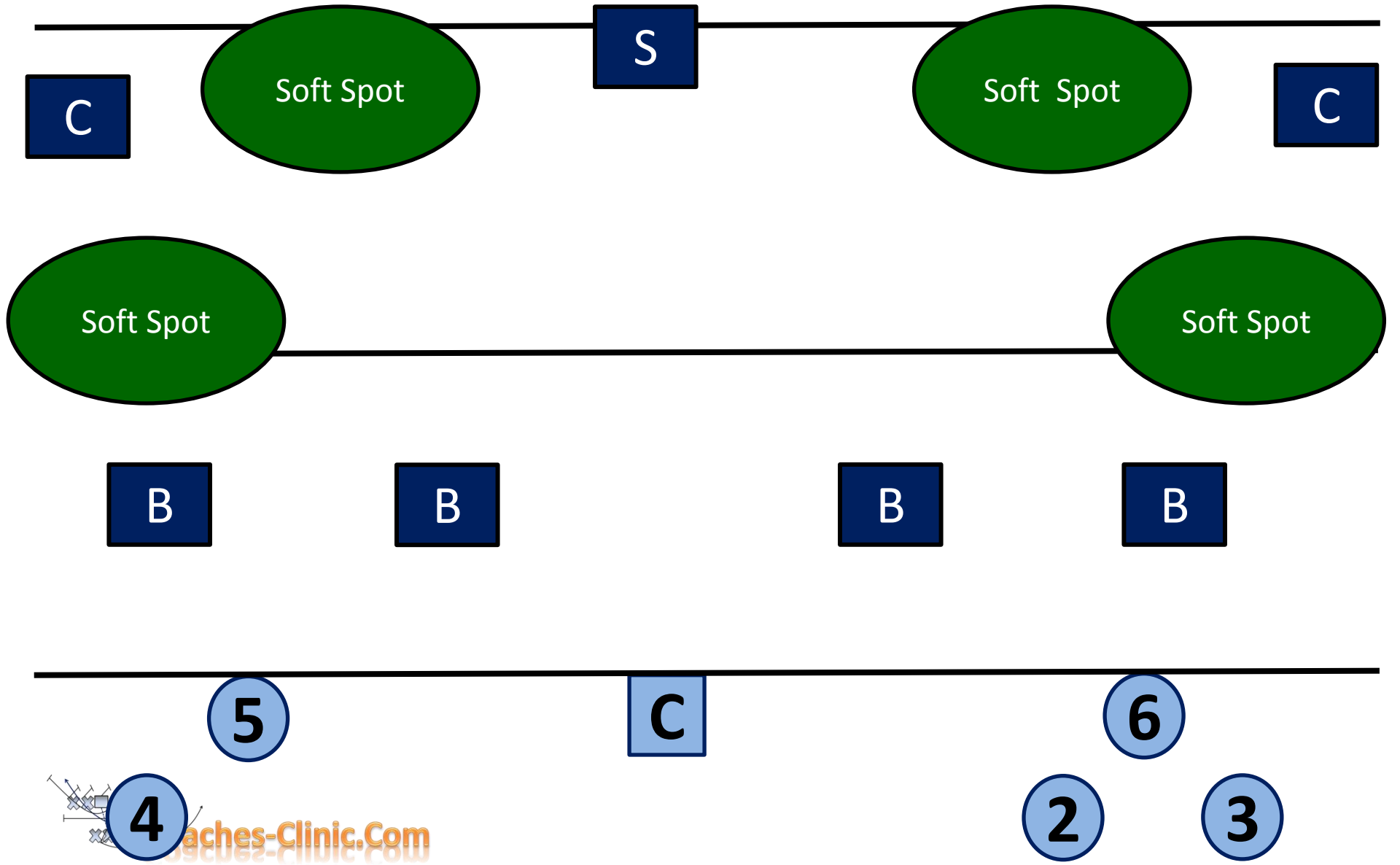
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QUADS-LT-3



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Defenses – Cover 3 Zone



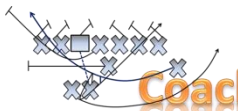
aches-Clinic.Com

Plays vs. Cover 3 Zone

- Plays we **really** like:

Play	Receiver	Receiver	Receiver
BASE-6	4	3	2
BASE-7	2	4	3
DIAMOND-RT/LT-2	4	2	3
DIAMOND-RT/LT-3	4	2	3
DIAMOND-RT/LT-4	2	4	3

Note: We **really** like these plays vs. this defense because we are putting 3 of our best receivers in 2 of the Defense's Soft Spots.



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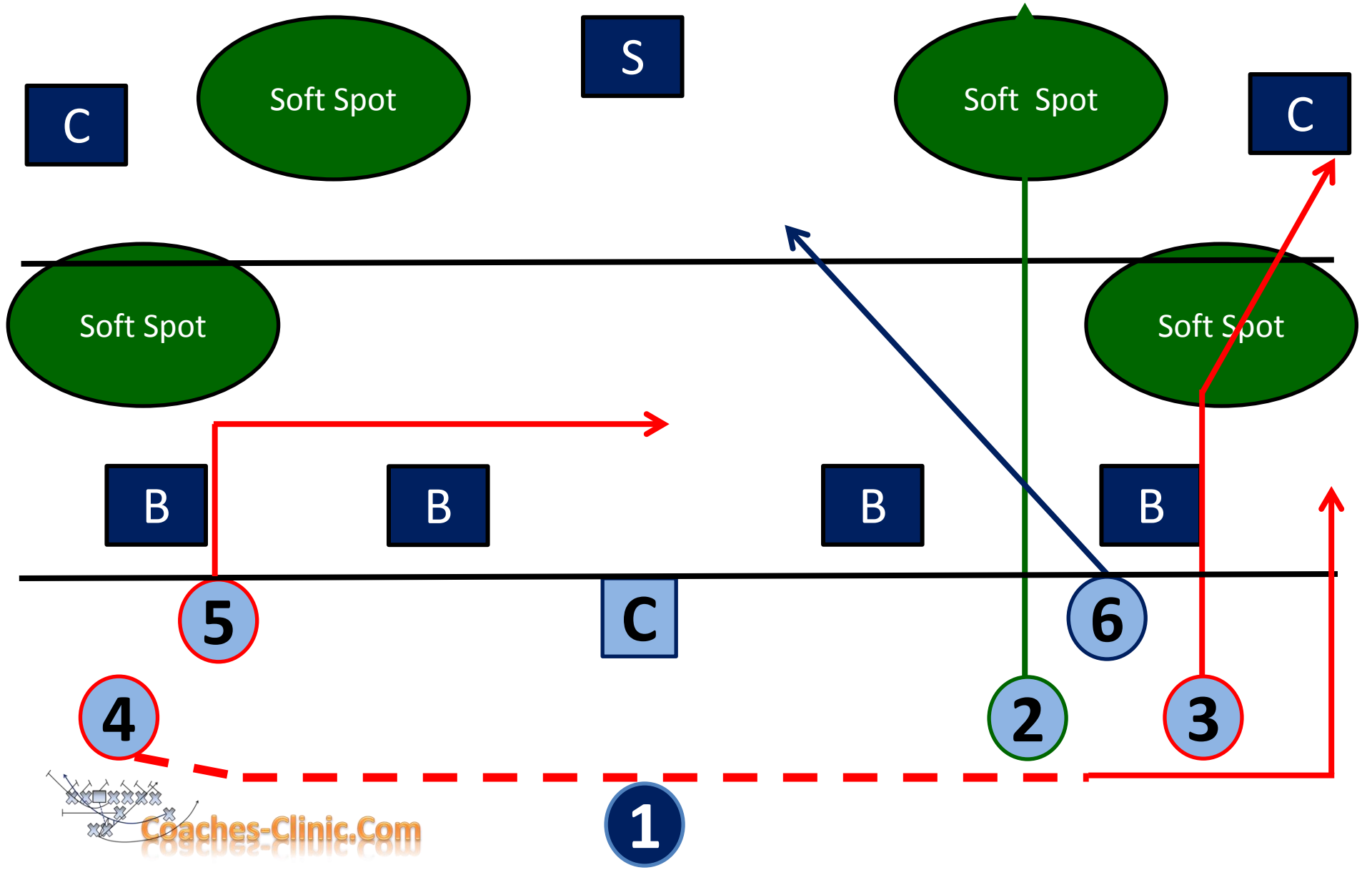
Plays vs. Cover 3 Zone

- Plays we like:

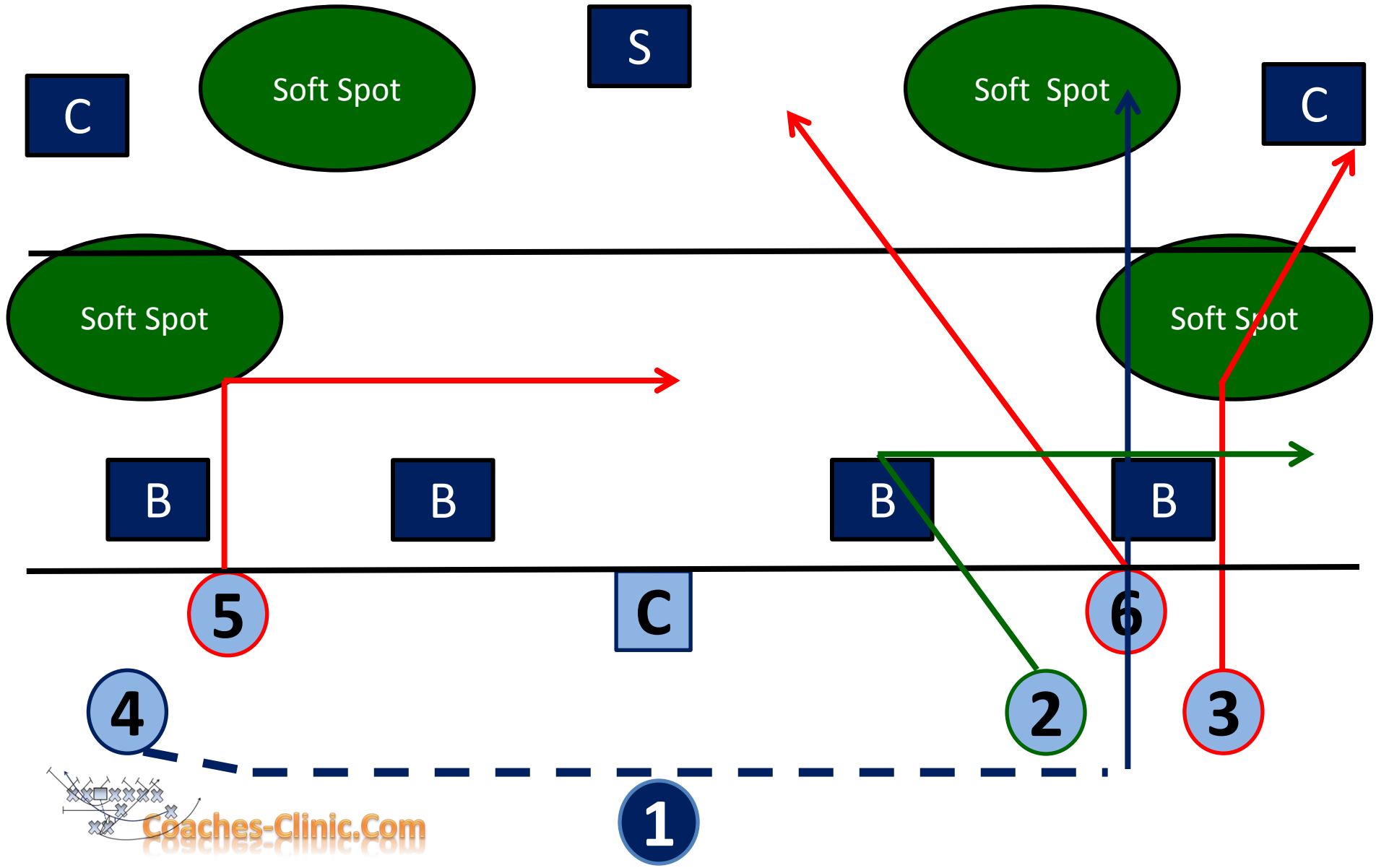
Play	Receiver	Receiver	Receiver
BASE-1	3	2	
BASE-2	4	2	
BASE-3	4	2	
BASE-4	4	3	6
BASE-5	2	3	6
DIAMOND-RT/LT-1	4	3	6/5
QUADS-RT/LT-2	2	3	
QUADS-RT/LT-3	2	4	

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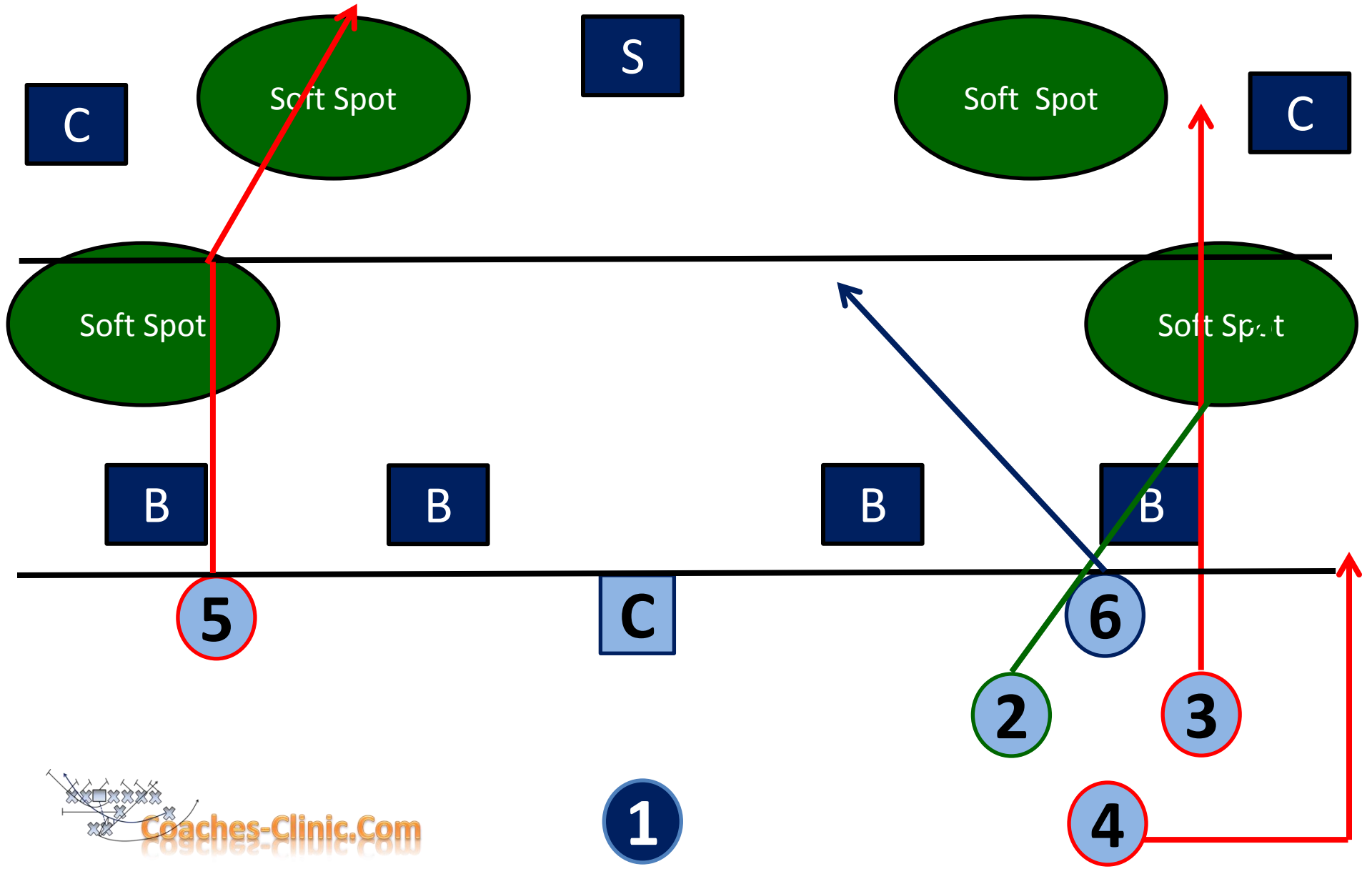
BASE-6


C
Soft Spot
S
Soft Spot
C
Soft Spot
Soft Spot
B
B
B
B
5
C
6
4
2
3
1
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BASE-7

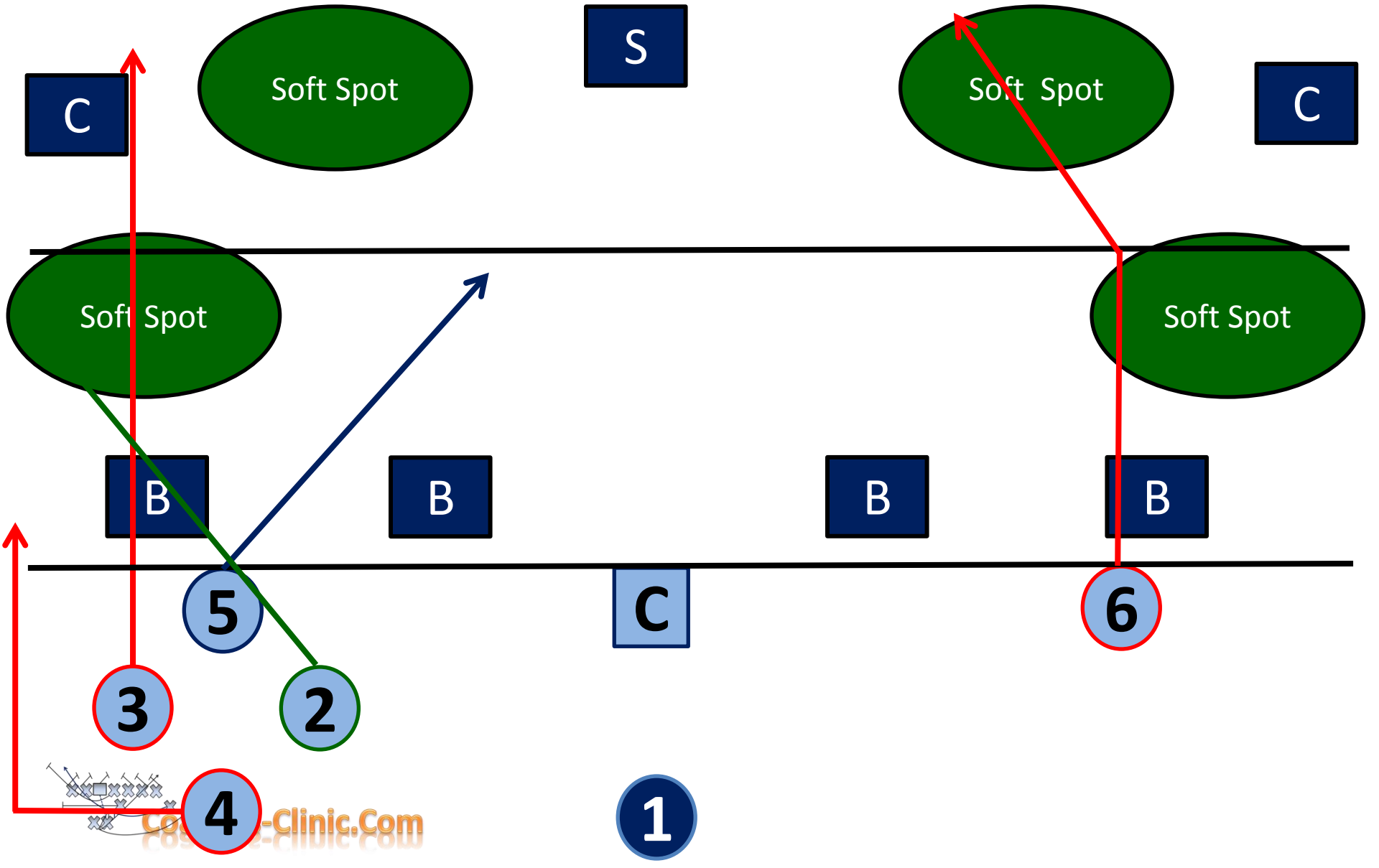

C
Soft Spot
S
Soft Spot
C
Soft Spot
Soft Spot
B
B
B
B
5
C
6
4
2
3
1
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DIAMOND-RT-2



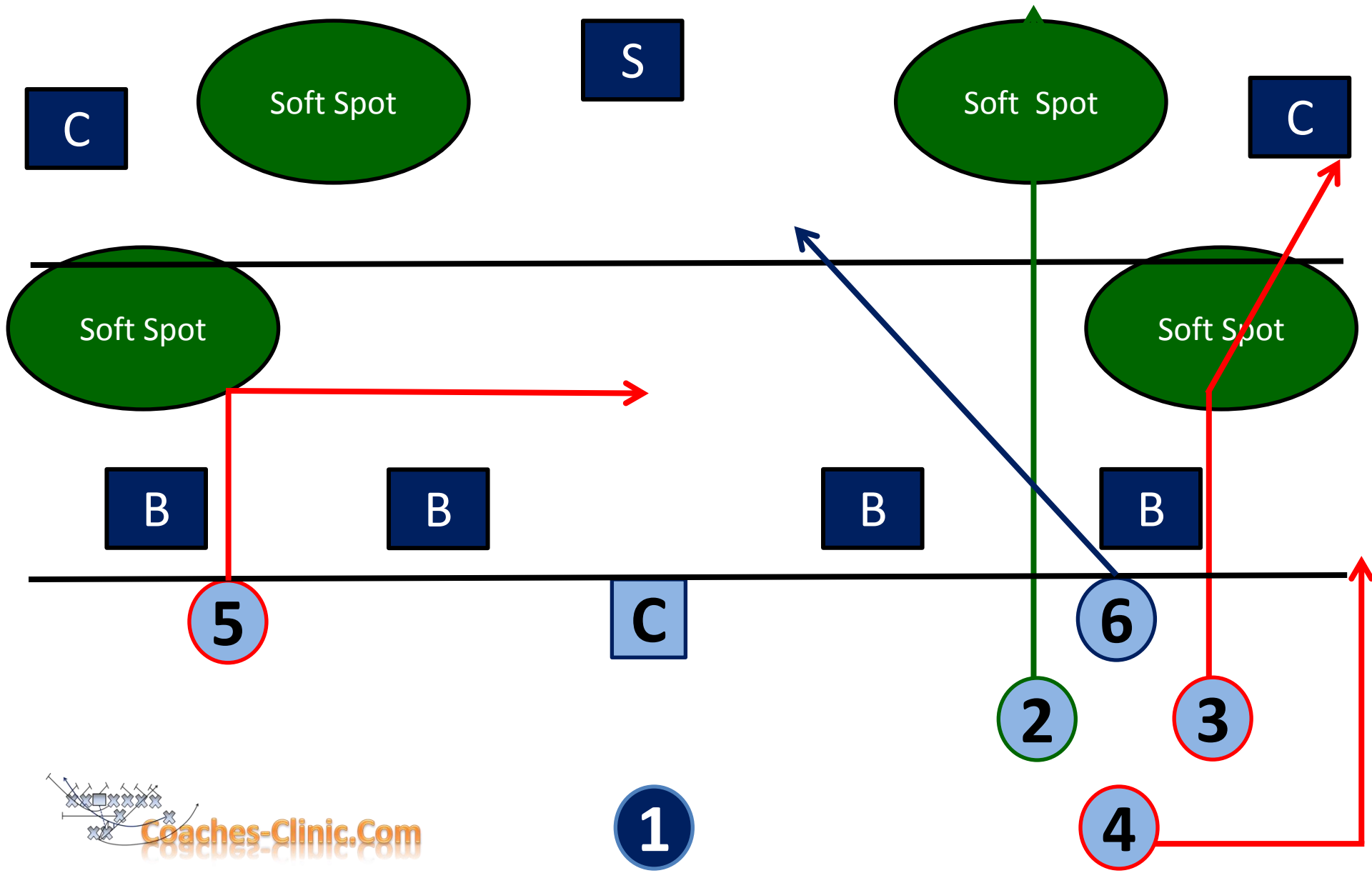
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DIAMOND-LT-2



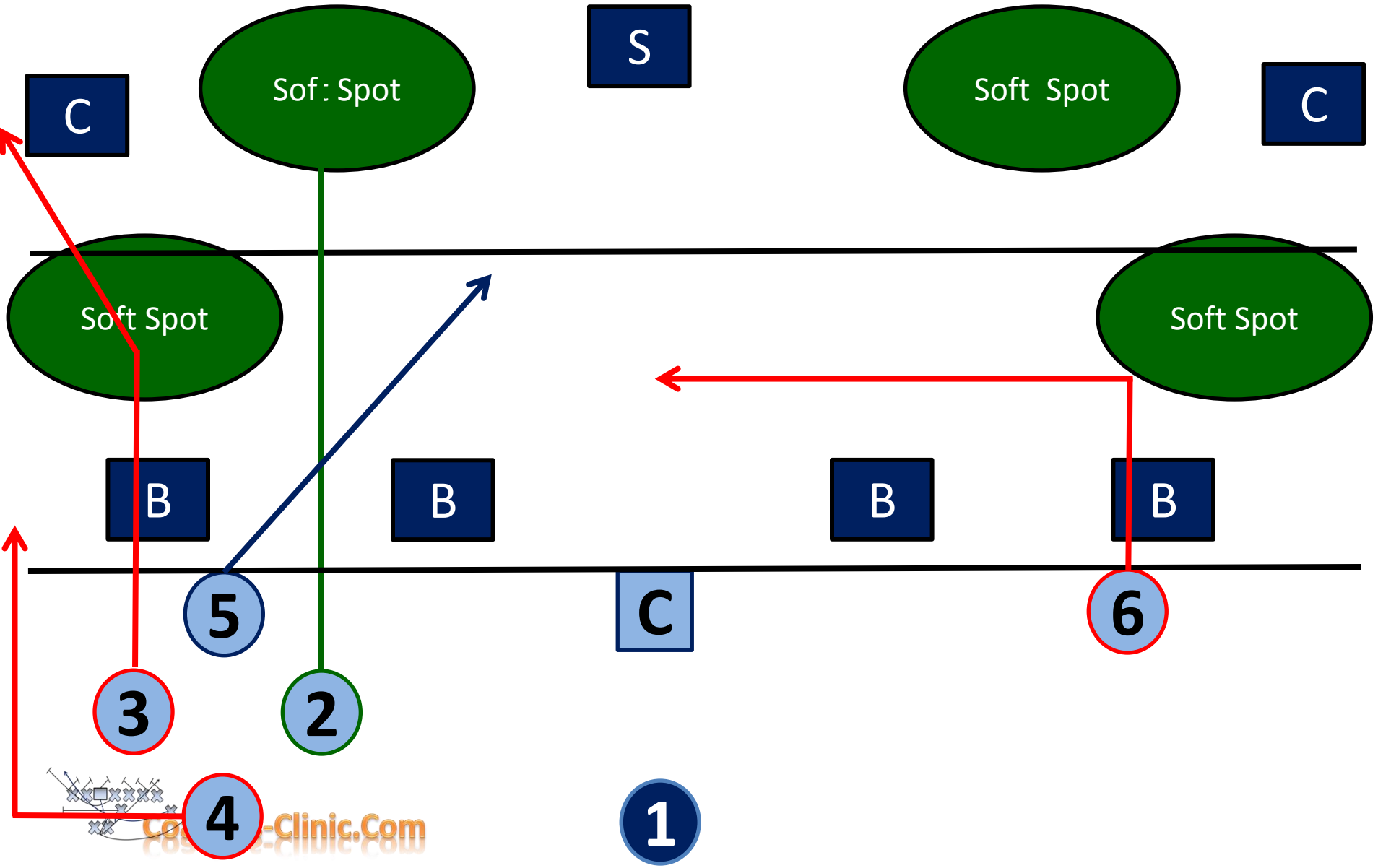
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DIAMOND-RT-3



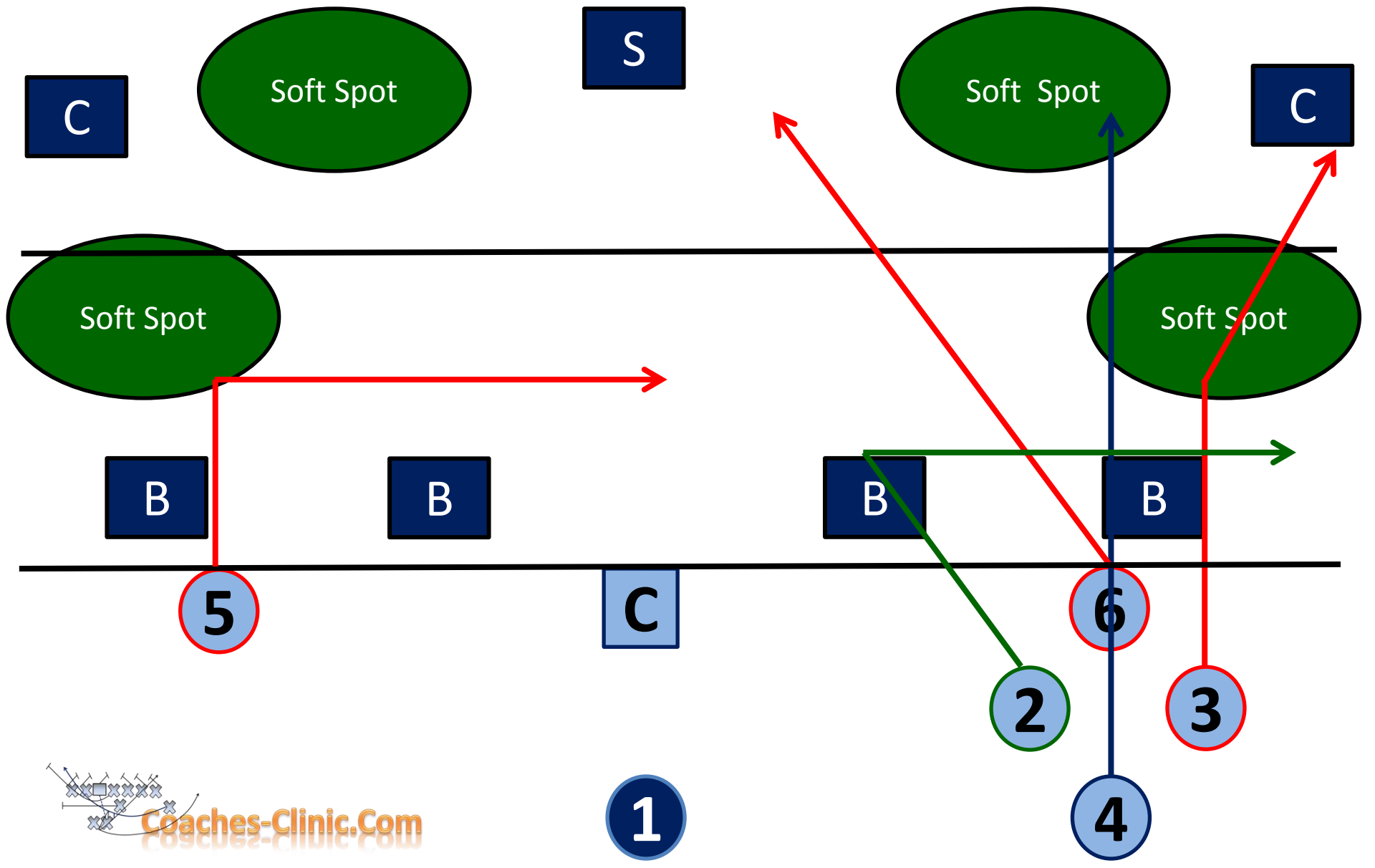
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DIAMOND-LT-3



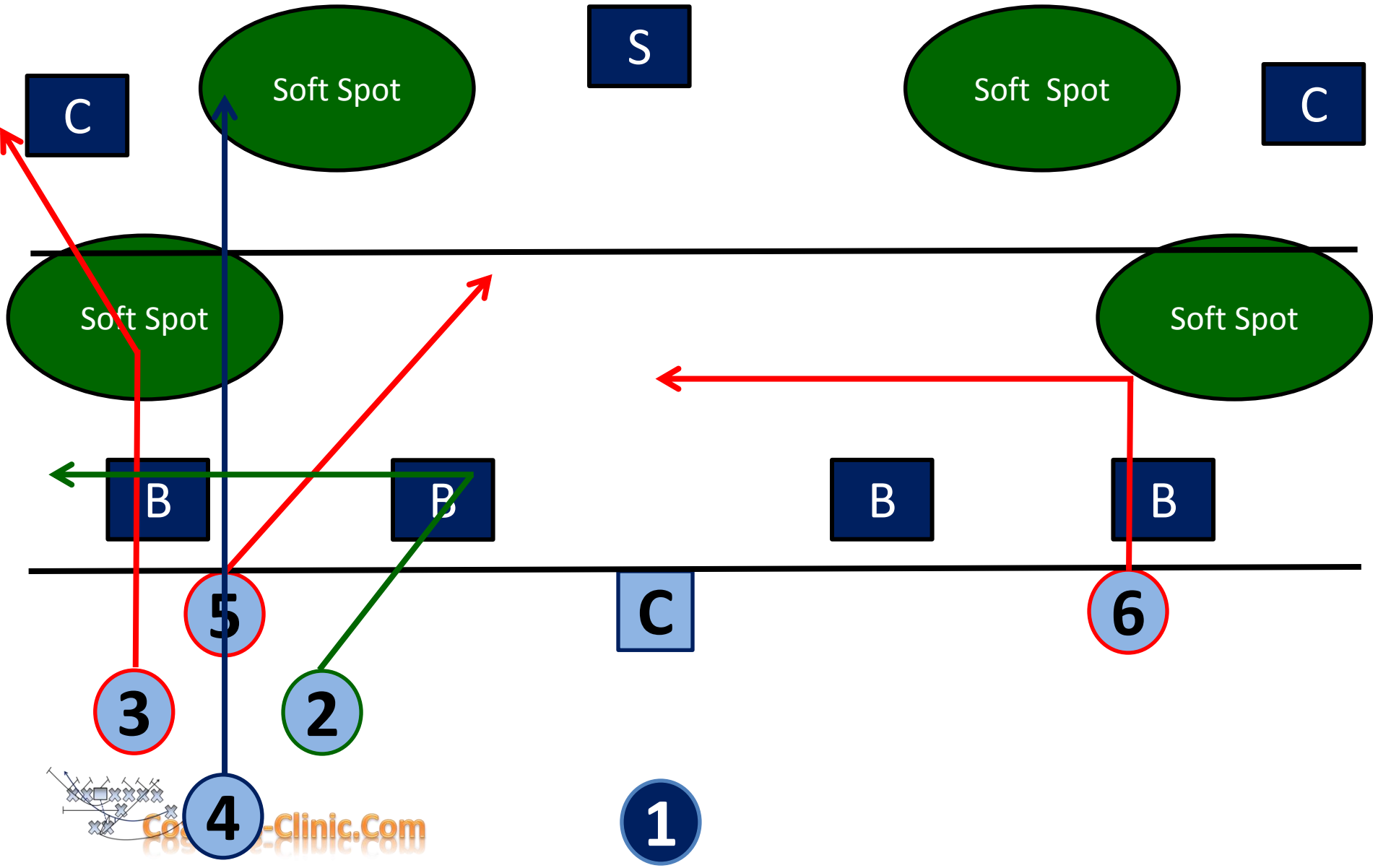
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DIAMOND-RT-4



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DIAMOND-LT-4



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7-on-7 Youth Passing Playbook

If you have an any questions concerning this playbook, reach out to us at:

coachrob@coaches-clinic.com

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