



GIRLS PLAY FLAG FOOTBALL

7v7 COACH RESOURCE HUB

Prepare your team. Build confidence. Coach with purpose.

CLICK A CARD OR SCAN A CODE TO GET STARTED



YOUR COACHING TOOLKIT

01

JUST COMPETE / START HERE

SIMPLIFIED 7v7 RULEBOOK

Read the league rules, penalties, timing and tournament procedures.

OPEN RESOURCE →



SCAN TO OPEN

02

PLAN YOUR OFFENSE

7v7 PLAYS & FORMATIONS

Explore NFL FLAG route and formation ideas for 7 on 7 play.

OPEN RESOURCE →



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03

PUT PLAYER SAFETY FIRST

CONCUSSION TRAINING

Access the NFL FLAG concussion training coach lookup portal.

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04

GET GAME DAY READY

FLAG BELT FITTING GUIDE

View NFL FLAG belt assembly, adjustment and shortening guidance.

OPEN RESOURCE →



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05

KEEP THE BASICS HANDY

7v7 QUICK GAME GUIDE

Open the Just Compete 7v7 Quick Game Guide in Google Docs.

OPEN RESOURCE →



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LEAGUE RULES COME FIRST. NFL FLAG resources support practice planning and education. For games, follow the Just Compete 7v7 rulebook and division requirements. External play examples do not replace our league rules.