

JUST COMPETE SPORTS

NFL FLAG

COACH RESOURCE HUB



Build skills. Learn the game. Plan your next practice.

CLICK A CARD OR SCAN A CODE TO GET STARTED

YOUR COACHING TOOLKIT

01

BUILD THE FUNDAMENTALS

FOOTBALL DRILLS

Explore drills for footwork, passing, receiving, running and flag pulling.

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02

KNOW THE GAME

FLAG FOOTBALL RULES

Review rules, positions, equipment and common flag football terms.

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03

BUILD YOUR OFFENSE

PLAYS & FORMATIONS

Explore routes, formations and play ideas for your team.

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04

PUT YOUR PLAN INTO ACTION

5 ON 5 PLAYBOOK

Find 5 on 5 plays and formation examples to develop your playbook.

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05

PROTECT THEIR SMILES

MOUTHGUARD GUIDE

Learn about mouthguard types, fit, care and dental injury prevention.

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SCAN TO OPEN

LEAGUE RULES COME FIRST. These NFL FLAG resources support learning and practice planning. Follow your Just Compete division rulebook for games, including any local modifications. The 5 on 5 playbook is specific to that format.