



My name is Travis, (The Future Flag Hall of Famer) I am the designer of the flag football play sheet for sale on this site. These plays are designed for 4-man, 5-man, 7-man, 8-man screen flag football. I've played against teams from all over the country. I have over 20 years of flag football experience.

USAflagfootball.com



USA Football HUDDLE Conference

- USA Football is a non-profit, independent advocacy organization that was started by the NFL and NFL Players Association to support, promote and expand youth and amateur football.

- The HUDDLE conference is designed for coaches (youth, middle & high school), league administrators, Athletic Directors, and football enthusiasts.

- Through the great relationship between Football America and USA Football - Football America can waive the registration fee for YOU to attend the HUDDLE Conference at Universal Studios Orlando.

Thanks to those who read the first issue of First and Goal. I really appreciate all the positive correspondence that I have received from around the world. If you are reading this newsletter for the first time, welcome to the First and Goal family. Feel free to email me to receive our first issue!

It is my goal is to keep you up to date with flag football happenings around the world and to offer you tips on how to be a better flag football player. This newsletter is for flag football players of all levels.

Since starting this newsletter in May my web page visits have tripled. I thought it might be a slow month for flag football since it's mostly softball season. Boy was I mistaken! I have received more page views, hits, e-mails, and tournament offers from flag football enthusiasts from all over the country and internation-

ally. I want to give special recognition to Rich Avez of the NAFFL in Atlanta, GA, Tim Langdon of the NCFFL in Raleigh, NC, and Jey Johnson of the MCFFU for putting together some great tournaments this summer.

In this issue of First and Goal I will discuss some of my ideas and thoughts on tournament survival preparation. I want to share this information with new teams that are looking to take their flag football participation to the next level. I had been playing flag football for several years before my teammates and I decided to take our game on the road. Much of my tournament experience comes from playing in the 1990's. There's not much difference in 2005 other than the fact that I had a 4.5 forty time then, compared to a 5.4 forty time now. Still, I love the challenge of preparing for a

tournament. This summer some of you will be traveling to tournaments in your area or across the country. If this is your first road trip don't start packing until you read this issue of First and Goal.

Let's Play!



BLINGO'S

Blinco's of Raleigh N.C.

5 man Gunslinger champs

My message board is available now for those who need help or willing to offer any advice. www.usaflagfootball.com/boards



For 20 years, Sports International has sponsored the best football camps in America! We select nothing but the best people and NFL players to host each camp. They invite members of their NFL team to help our outstanding coaching staff teach at their camp.

In this section I will be discussing my preparation for road and local tournaments. In June of this year my team and I traveled to Atlanta to compete in the NFFTA 7-man and 8-man Co-ed national tournament. This was my first trip to the ATL to play in a national tournament. It was

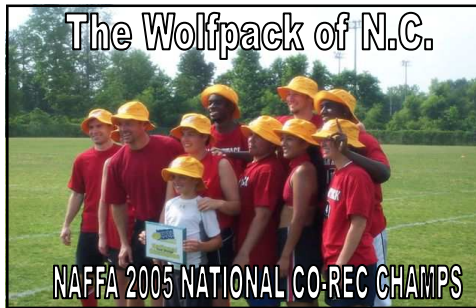
interesting because this was my first time covering a co-ed tournament.

First let me say that the location of a tournament or host city, in my opinion, is one of the best measurements for determining whether a tournament is going to be good or not. Some guys will tell you

it's all about the competition that shows up. I would say this is partly true. However, it's easier to get a bunch of guys to drive down to Atlanta than to let's say... "no where's ville". Atlanta is a great host city for a national tournament.

It's "First & Goal": On the Road again!

Let me start again by making this disclaimer. I know some of you don't like to read disclaimers but I thought I might start by giving you mine. The suggestions, ideas, thoughts, and plays in this newsletter are the opinion of publisher of the "First & Goal" newsletter. I'm sure that there are others who have different opinions than those I have included in this newsletter. There is no guarantee that these suggestions will work every time. They may work some of the time or not at all. A lot depends on the talent of your QB and WR's. The defense, the weather, and field conditions play a part as well. I'm no miracle worker. Some of you have been traveling to tournaments for years and have no problem preparing your team for



a tournament road trip. Some of you can probably offer a few ideas to me. I am only offering suggestions to those who are just starting out or for those that may be having some problems. Whether you agree or not doesn't matter. This information is directed

to those who need the help. For those who don't need the help, I challenge you to come to the www.usaflagfootball.com message boards and post your suggestions. We all could use the help!

To all league managers and commissioners: If you have an announcement about an upcoming league or tournament, please feel free to post your flag football related information on my web site at www.usaflagfootball.com

If your team recently won a tournament, send me a picture by email. I would love to post your success on the site !!! E-mail me at info@usaflagfootball.com

It's "First & Goal": Do you have what it takes?

Let's assume that your team seriously has the personnel to compete in a regional or national tournament. Solid QB, superb rushers, a big fast WR, and the athletic defense to make the trip to win a two-day tournament. Team chemistry is the one thing that every team must have in order to prevent getting bumped from the first round of play. I've seen teams, from the league that I play in, take a squad of virtually all stars to a tournament only to struggle throughout the tournament. I'm sure

that there are some exceptions. I recommend that you try to keep your team intact as best you can and only add speed in the rush positions. If you have to bring a guy in, make it clear to that guy what his roll will be for the tournament. Too often guys will add a guy from another team to travel and he doesn't fit in the offensive or defensive scheme. Every team has a "go to" guy and he might have been the "go to" guy for another team. Now, the chemistry between your QB and your "go to"

guy may be out of sync in key situations. I've seen instances in which the "go to" guy from the other team has a melt down during game play because he's not getting the ball.

Team chemistry is the one thing that every team must have in to prevent from getting bumped from the first round of play.

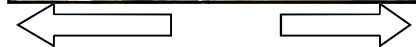
Need Help finding a league in your area? Go to my site a use google search :)

It's "First & Goal": Having plays makes the difference

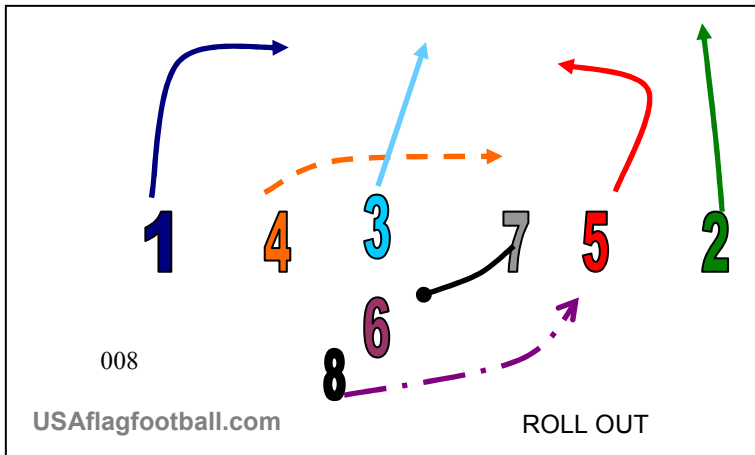
If by chance you couldn't get all of your guys together and you simply wanted to get together with some of the guys from the league, don't let me be the one to stop you. I do it all the time. I love going to tournaments. In my younger years, it was easy to pick up with a team and tag along for the ride. The internet has made it even easier to correspond with players and teams in different parts of the country. For a team, it's a challenge to get all your guys together to travel to different tourna-

ments. If you are interested in playing in a tournament or if you are a team that needs to add guys to your team for a tournament, contact the local league commissioner. Try posting a message on the tournament message board.

I have setup a message board on my site at usaflagfootball.com. It's for you to network with other guys who play flag football and share ideas. It's fairly easy to get picked up with a team. Just post a message and see what happens!



It's "First and Goal": Here's what I suggest!

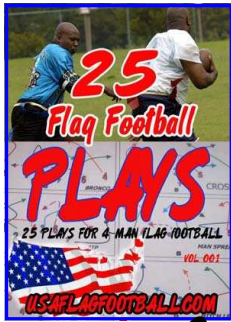


- Sprint off the line.
- Receiver delay off the line
- QB rolls out
- Screen blocker

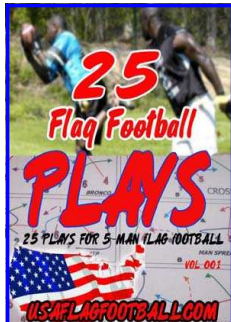
Play Legend

- Number each player in your lineup 1-8.
- Numbers 1,2,4 &5 are your WR's.
- Numbers 6&7 are your screen backs.
- Number 3 is your center.

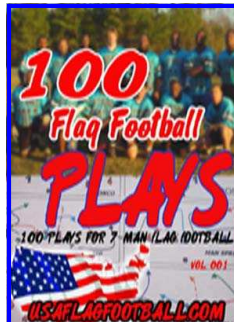
More play sheets available on online at www.usaflagfootball.com



4 man



5 man



7 man



8 man

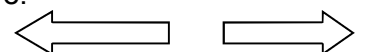
I have over 1,000 plays and other defensive formations to share online and in future newsletters. Subscribe on my web site at www.usaflagfootball.com

Order your plays now!

Each year I learn new things that go with the 20 years of acquired knowledge of playing. There are thousand of new players, teams and leagues starting every year. It's frustrating to see startup teams, leagues or tournaments fold because of lack of money or organization. The past few years I began to seriously take note to why some teams do better than

others. I always thought that the team with most talent usually won the game. Usually, teams with diagram plays picked apart the teams that don't use them. A good team knows what play to call in short or long yardage situations. Good teams have well prepared trick plays and extra point plays that work every time. They can recognize man to man and zone

defenses and have plays to counter the opposition formations. I've created a series of playbooks with helpful information and tips for managing a competitive flag football team. I'm also offering on this web site USAflagfootball.com a message board to post ideas and tips that your team can use to improve.





www.usaflagfootball.com
E-mail info@usaflagfootball.com



Here are some web links, e-mail address and phone numbers of leagues who have sent me information about up coming tournaments for July—August. If you have something you want to announce send it to me at info@usaflagfootball.com or post a message on the message board at www.usaflagfootball.com. Be sure to include pictures and logos.

Kansas City 8-Man & 9-Man Classic (8-Man Eligible/Ineligible Comp/Open & 9-Man) ~**2005 MC NATIONAL FLAG TOURNAMENT CASH SERIES** ~ Kansas City, MO - Aug 6th & 7th

2005 USFTL NATIONAL ~ FLAG & TOUCH FOOTBALL CHAMPIONSHIPS XXXV ~ PLACE: ORLANDO, FLORIDA (AUSTIN TINDALL SPORTS COMPLEX, BUENA VENTURA SPORTS PARK & HICKORY TREE HIGH SCHOOL) ~ DATE: FRIDAY, SATURDAY & SUNDAY (JANUARY 13, 14 & 15, 2006) ~ FAX TO: (440-974-8441) ~ E-MAIL TO: usftl@usftl.com ~ MAIL TO: USFTL ~7709 OHIO STREET MENTOR, OH 44060 PHONE: 440-974-8735 ~WEBSITE: www.usftl.com



The next issue will have information for team managers who are preparing for the fall season.

In my next issue of "First & Goal", I'll have information for managers looking to improve their team for the up coming season.

If you are looking for information on better ways to raise money for entry fees, recruit better players, purchasing jersey's and equipment make sure you remind me to include you on our email list.

Laminate play sheets for all styles of screen flag football are available at my eBay site. For those interested in arm band plays I will have available next month sets for purchasing. More detail to follow at www.usaflagfootball.com.

Need help scoring in the **RED ZONE**? I've got the play that will help your team run up the score. E-mail me now and I will send you one of the best plays to get a quick score every time. For tips and suggestions send us an e-mail at info@usaflagfootball.com or post a message on our [message board](#). You can tell us any news about your league or tournaments coming up.

I've created a series of play sheets with helpful information and tips for managing a competitive flag football team. I'm also offering on this web site usaflagfootball.com my newsletter FIRST AND GOAL that contains ideas and tips that your team can use to improve this season. There will be skills and training tips that have I have observed in 20+ years of playing competitive flag football.



Improve your scoring