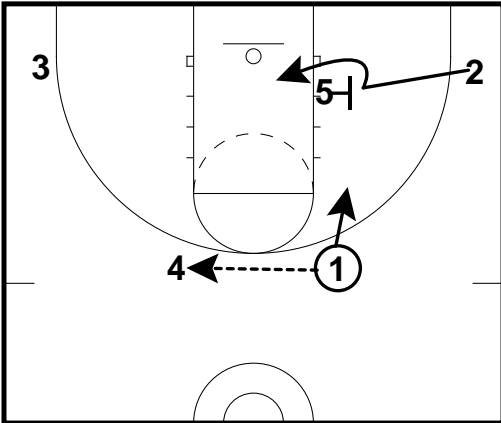
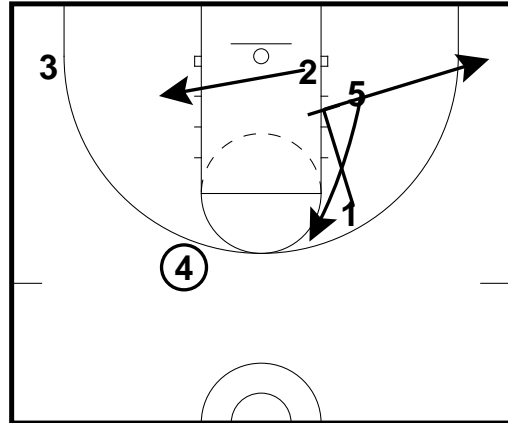


# Coaching Clinic

Flex 1  
Flex



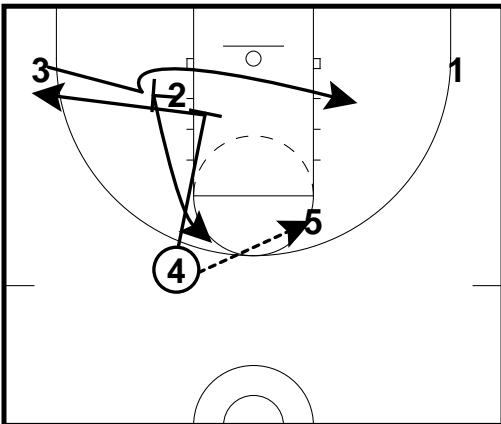
Flex 1  
Flex



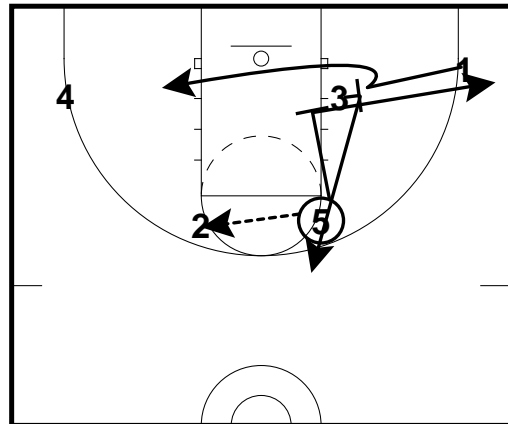
Our "10", is regular flex. Action starts with a guard to guard pass, 1 to the 4. The 5 will set a flex screen for the 2.

1 will set a delayed down screen for the 5, while 2 continues to the strong side block. 5 comes up hard to the opposite guard spot. 1 clears out hard to the corner.

Flex 1  
Flex



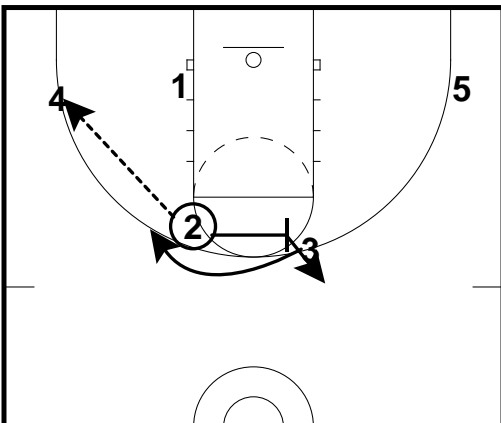
Flex 1  
Flex



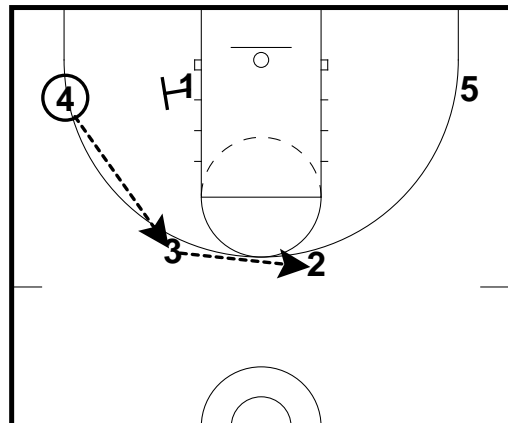
On the ball reversal from 4 to 5, the action repeats. 2 sets flex screen for 3, 4 sets delayed downscreen for 2 and 4 clears to the corner.

The action continues

Flex 1  
Flex



Flex 1  
Flex

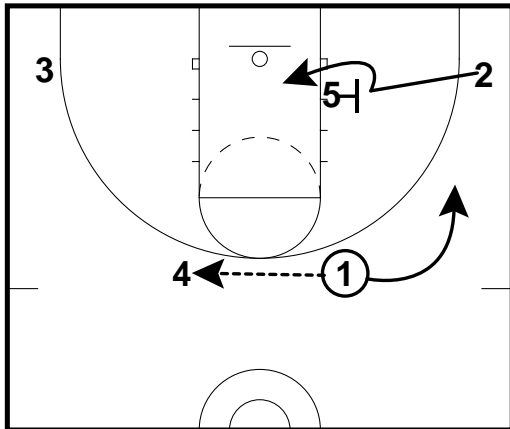


Corner option: If we can't reverse the ball, Guard (2) passes to the corner and immediately screens away.

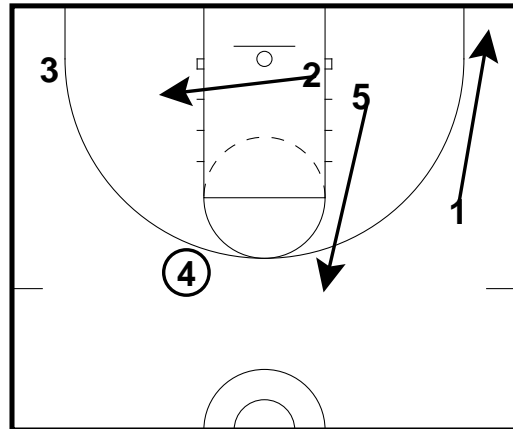
We are hoping for a kick reversal out of the corner and then guard to guard, then immediately into flex screen.

# Coaching Clinic

Flex 2  
Flex



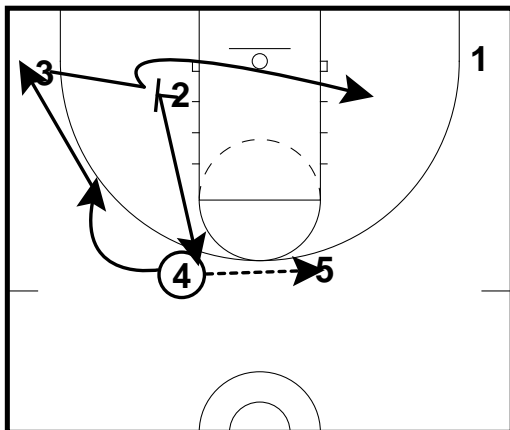
Flex 2  
Flex



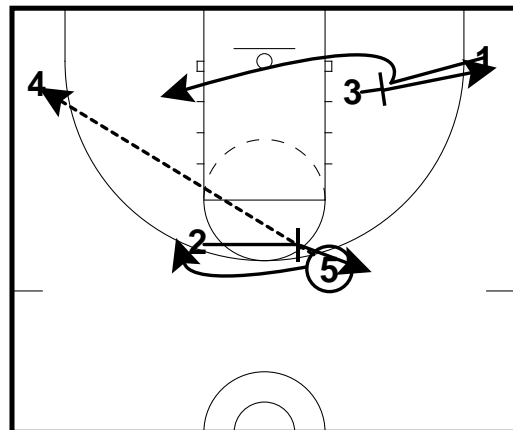
Our "10", is regular flex. Action starts with a guard to guard pass, 1 to the 4. The 5 will set a flex screen for the 2. Instead of downscreening the 1 begins to flare

2 continues to the strong block. 5 cuts hard to replace the 1 in the guard to guard set. If the 1 doesn't receive the ball on the flare screen, he cuts hard to the corner.

Flex 2  
Flex



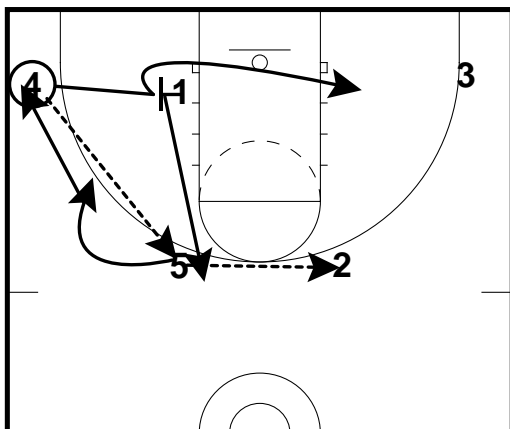
Flex 2  
Flex



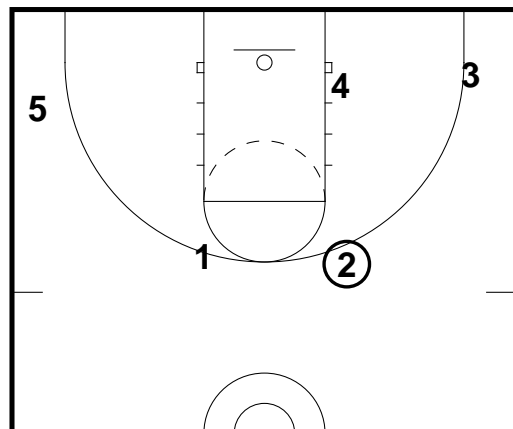
On the guard to guard pass, 4 to 5, the action repeats. 2 sets flex screen for the 3 and the 4 flares.

If the 5 decides to throw the flare pass. We will set to 2 cross screens and bring 5 and 1 to the strong side.

Flex 2  
Flex



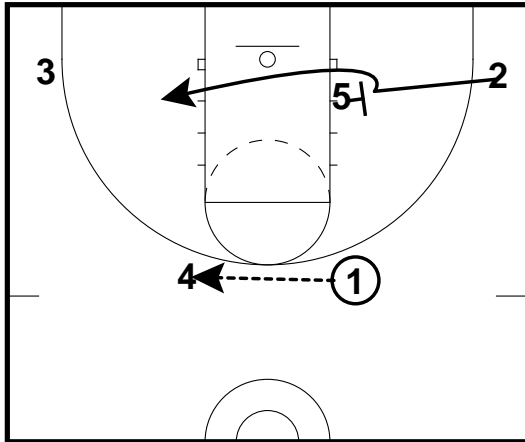
Flex 2  
Flex



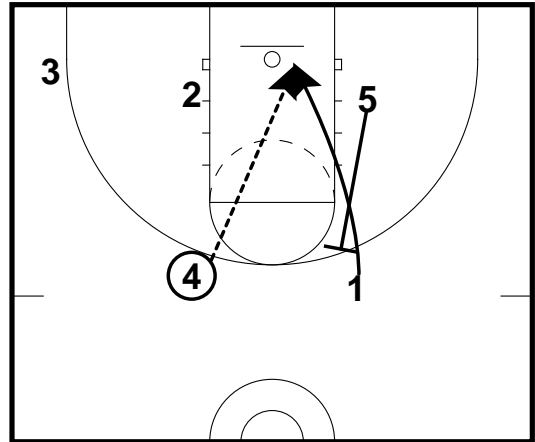
Right back in our flex spots. Reverse the ball from 4 to 5 to 2 and the action continues.

# Coaching Clinic

Flex 3  
Flex



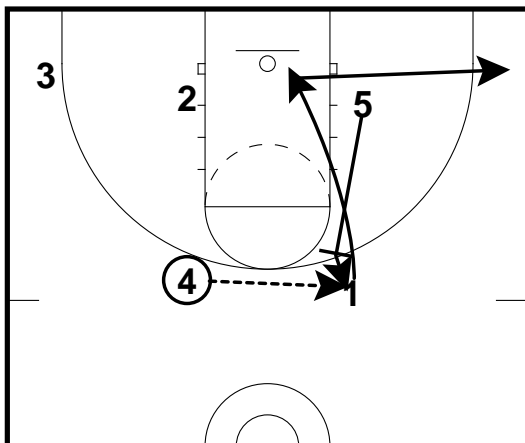
Flex 3  
Flex



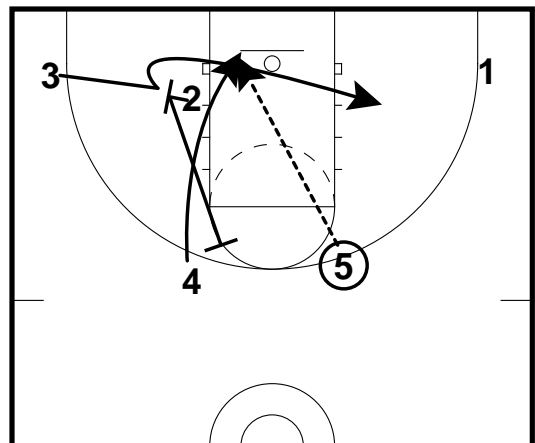
Play begins with a guard to guard pass from 1 to 4. 5 sets the flex screen for the 2.

Immediately, the 5 sets a backscreen for the 1. The first option is for the 4 to look to 1 for a lay-up.

Flex 3  
Flex



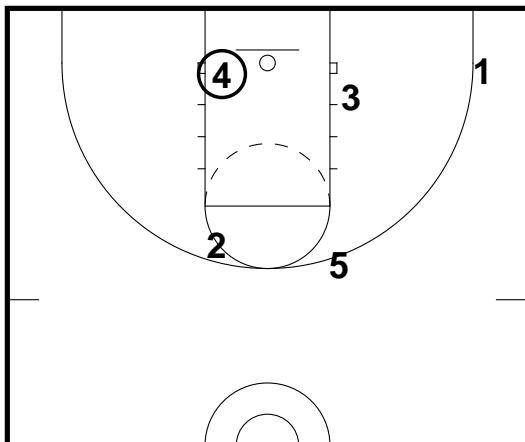
Flex 3  
Flex



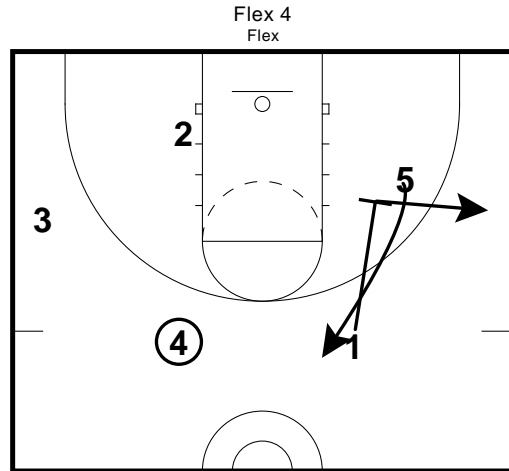
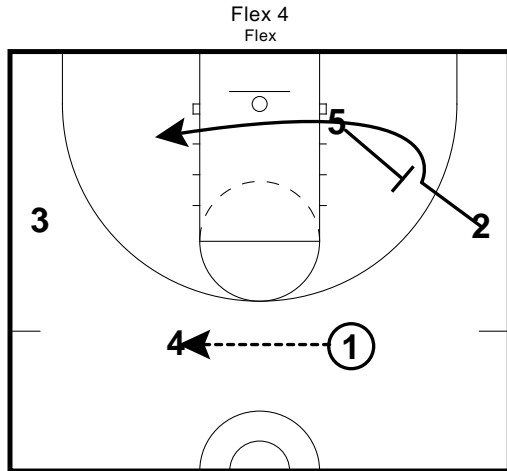
Immediately, the 5 sets a backscreen for the 1. If the 1 is not open, he immediately cuts to the corner and the 4 reverses to the 5.

Action repeats. 2 sets flex screen for the 3 then immediately sets backscreen for the 4. 5 looks for a 4 on the backdoor cut.

Flex 3  
Flex

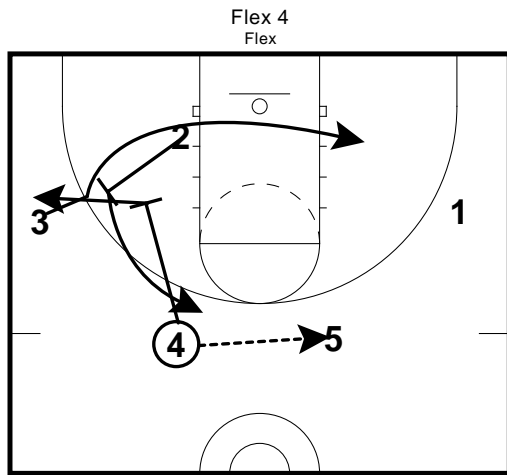


# Coaching Clinic

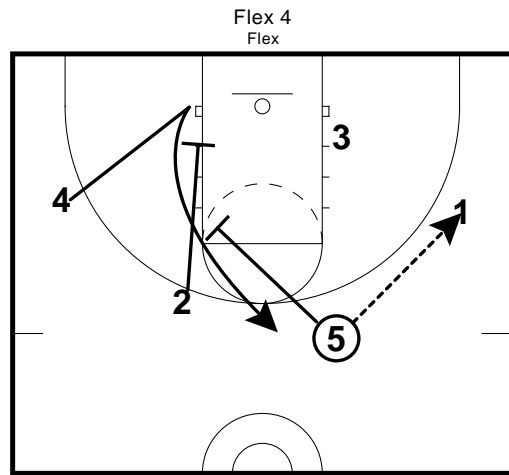


When we run "50", we are going to run flex, but elevate the play up the floor. The 1 and 4 are at 25 ft from the basket and the 2 and 3 are at the free throw line extended. Begins again with the guard to guard pass, 1 passes to the 4. 5 sets and elevated flex screen.

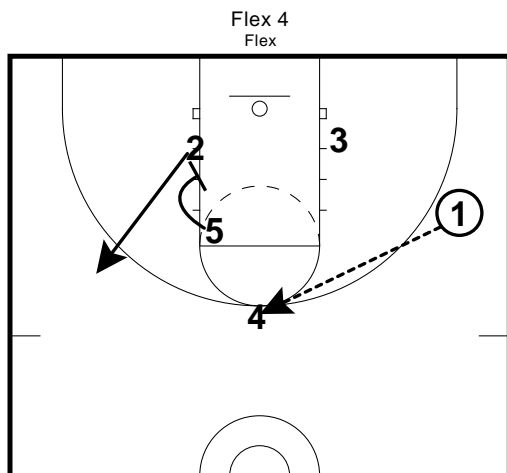
1 sets a delayed pindown screen for the 5. After the screen the 1 clears to the free throw line extended.



4 reverses to 5. The 2 sets a flexscreen for the 3. 4 downscreens for the 2.



**Corner Option:** Staggered double screen for 4. 2 and 5 set staggered screen for 4.



4 looks for shot. 5 continues and sets a screen to get the 2 open.