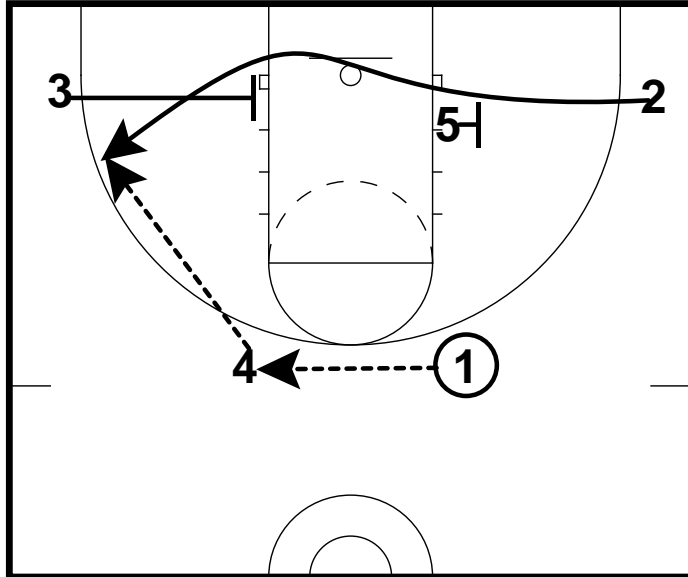
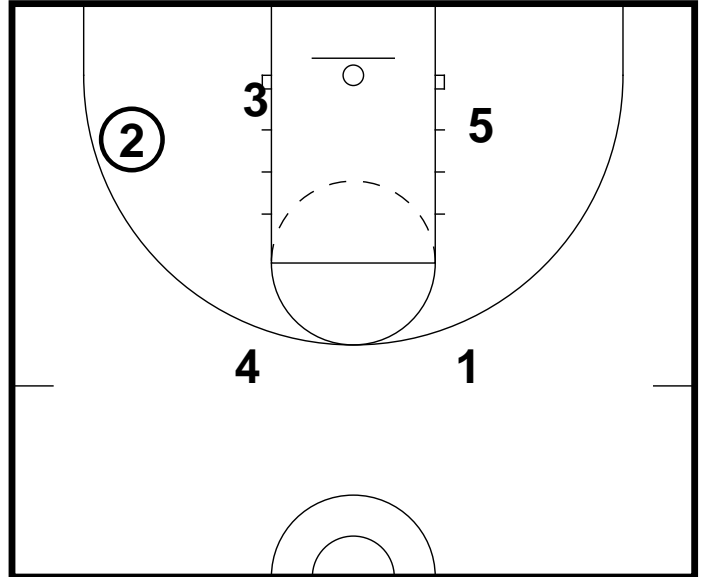


Coaching Clinic

Flex Quick Hitter 1
Flex



Flex Quick Hitter 1
Flex

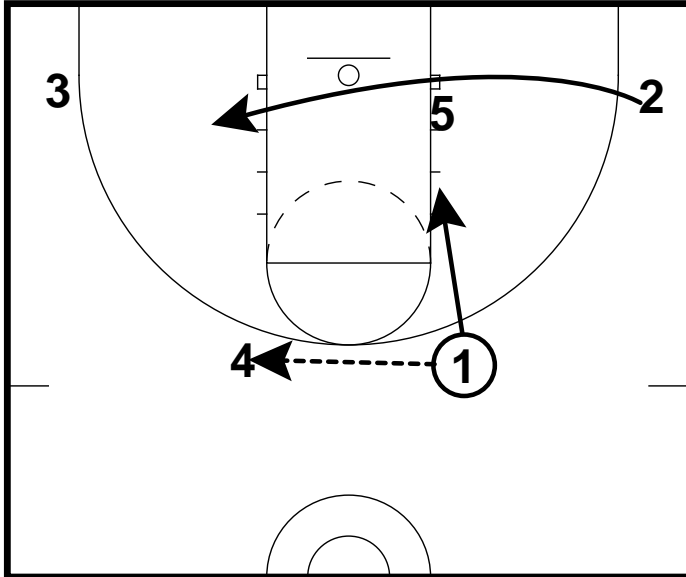


Quick Hitter: Play starts with 1 hitting the 4. We are going to set 2 screens for the 2 coming to the left side for a shot.

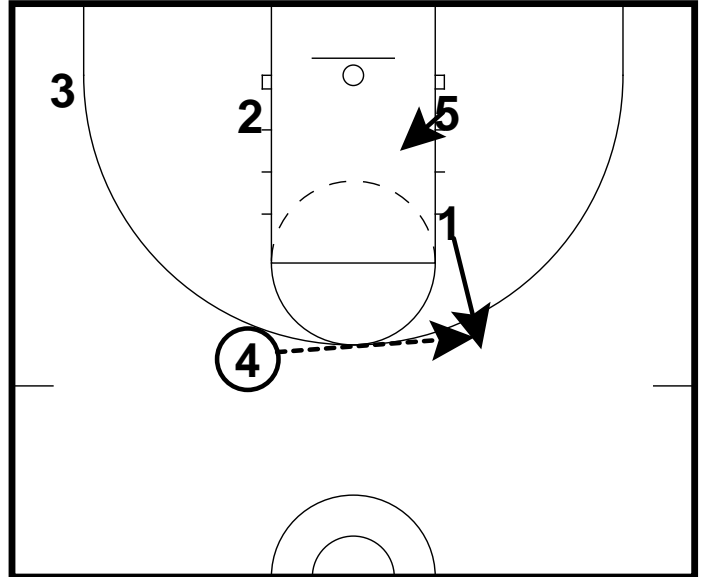
2 shoots!

Coaching Clinic

Flex Quick Hitter 2
Flex



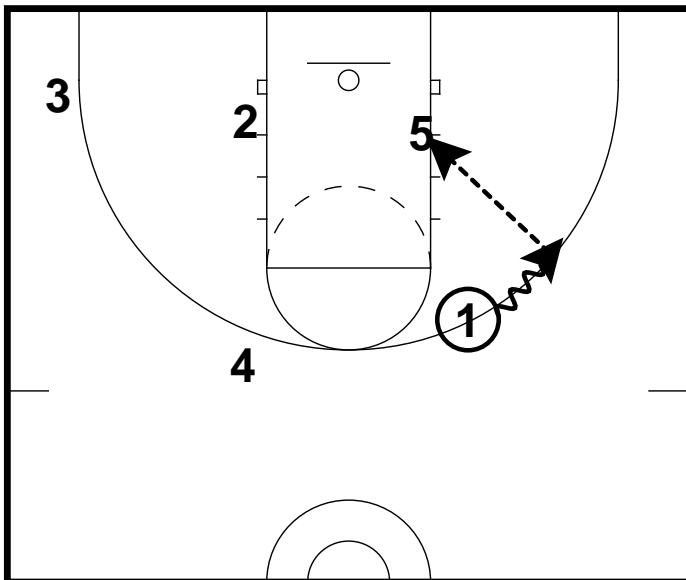
Flex Quick Hitter 2
Flex



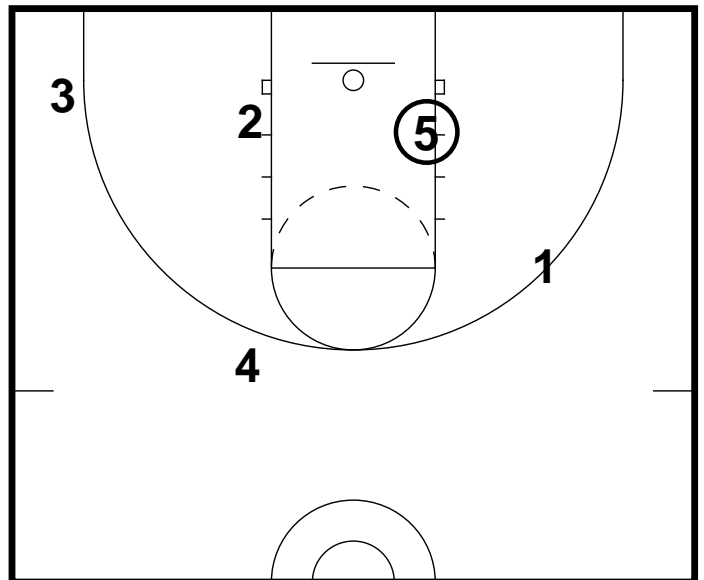
Quick Hitter: Play starts with 1 hitting the 4. 2 will cut hard to opposite block, 5 will not step off for flex screen, but will look to chip the 2's defender. 1 will begin to move down as if he is setting a downscreen for 5.

1 man reverses half way down the lane and pops back to his position. 5 man ducks in to post hard. 4 passes the ball back to the 4 man.

Flex Quick Hitter 2
Flex



Flex Quick Hitter 2
Flex

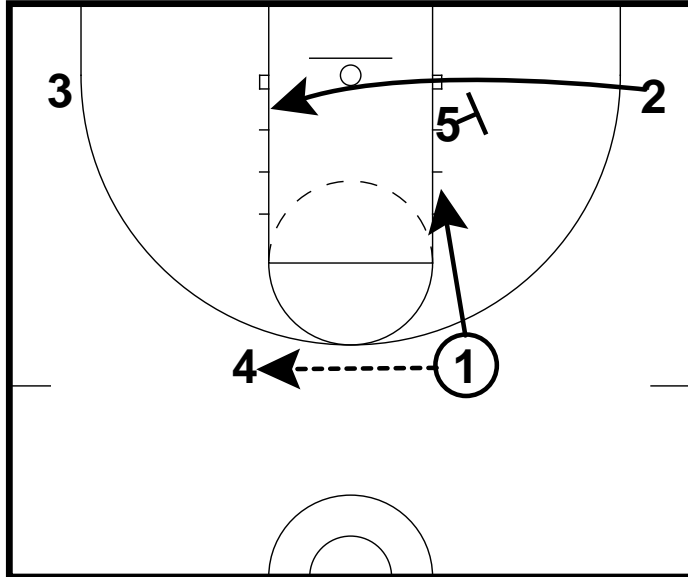


The 1 dribbles to improve his angle and feeds the 5 for a quick post up.

5 scores!

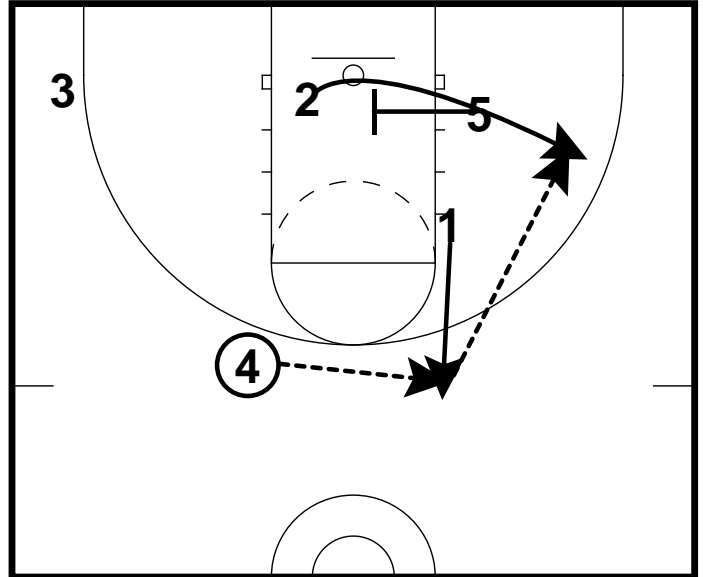
Coaching Clinic

Flex Quick Hitter 3
Flex



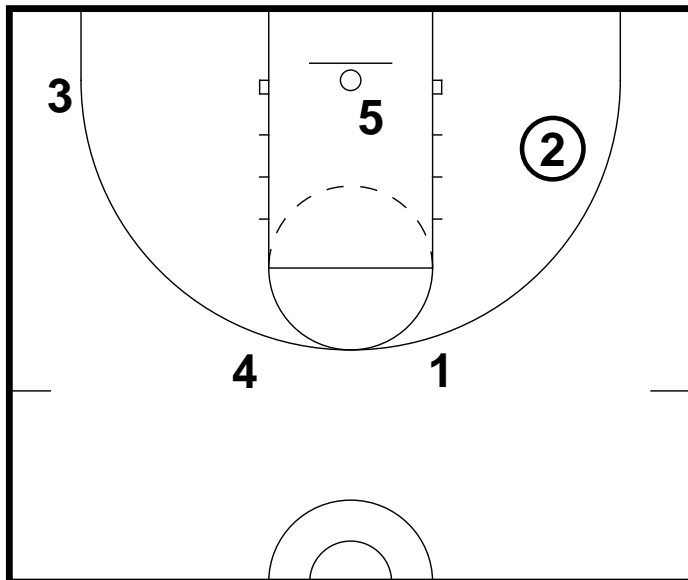
Quick Hitter: Play starts with 1 hitting the 4. The 2 uses the flex screen set by the 5. The 2 cuts to the other side of the rim. 1 will begin to move down as if he is setting a downscreen for 5.

Flex Quick Hitter 3
Flex



1 man reverses half way down the lane and pops back to his position. 5 turns around and immediately sets a downscreen for the 2. Ball is reversed from 4 to 1 to 2 for a shot.

Flex Quick Hitter 3
Flex



2 scores or feeds the 5.