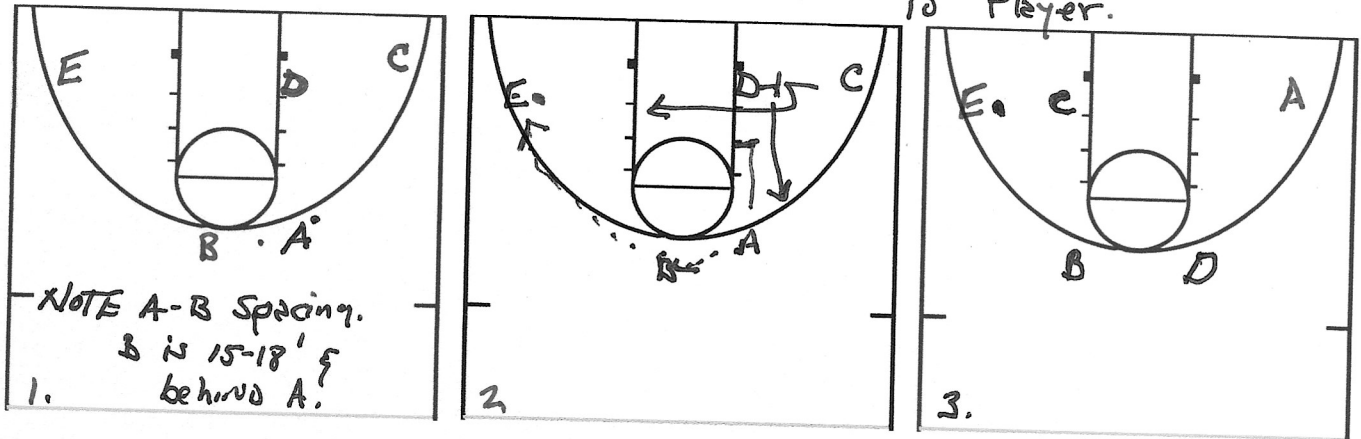




COACH

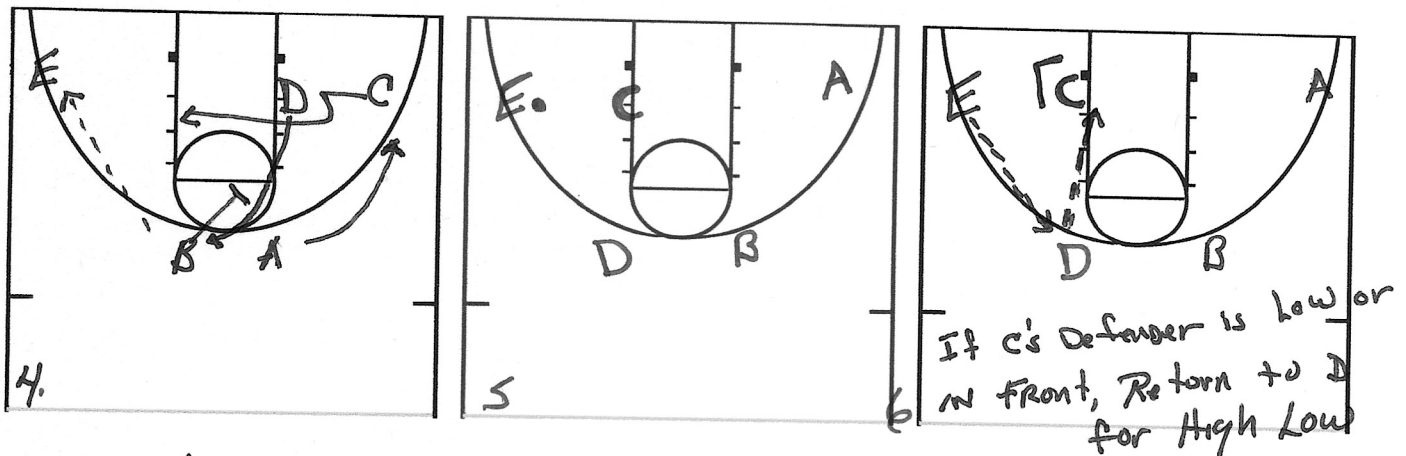
Flex Offense + Variations

NOTE: The ball pops quickly from Player
To Player.



NOTES:

1. BASIC Set. Letters INSTEAD of numbers as Positions are interchanging
- ** 2. When the ball is in the air from B to E, C cuts off backscreen A screens Down for D.
3. This is Track time! Easy to defend



NOTES: ⁴ ONE of our changes - On the Pass to the corner,
A FLARES, B sets A screen for D.

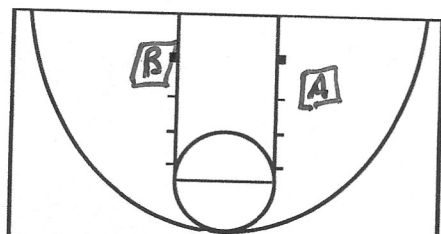
Download at www.HoopCoach.org

Teaching Point - Break down drills for Post entry.
Baseline if Defense is high side
Back to Top for high Low



COACH

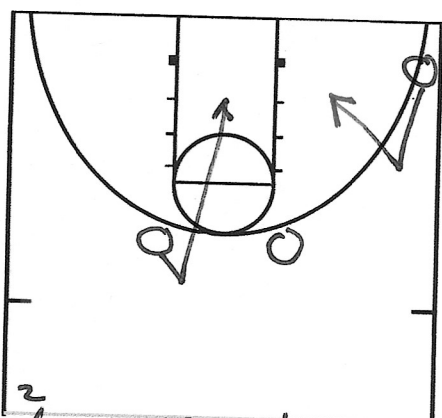
TEACHING POINTS
IN ADDITION to
Basic movement



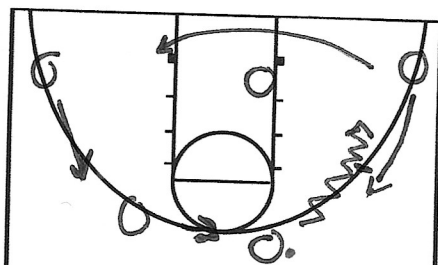
Every player should have
a "go to" move from
1 of the 2 spots +
a counter-

Ex: B - Power Baseline / up under
A - Turn + Face

NOTES:

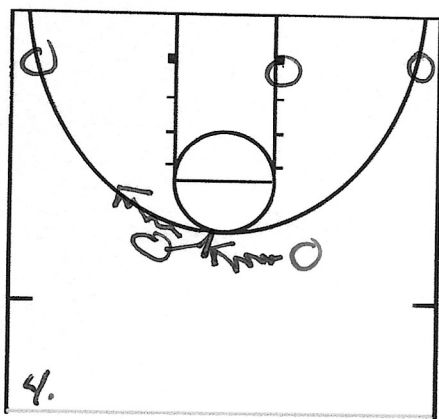


Backdoor -
From every
spot

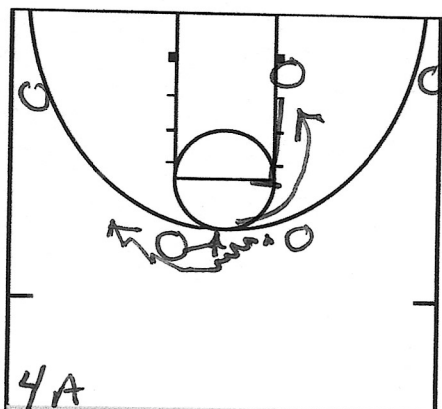


3 Dribble at corner -
every one cuts
(or could run handoff -
Pick 1)

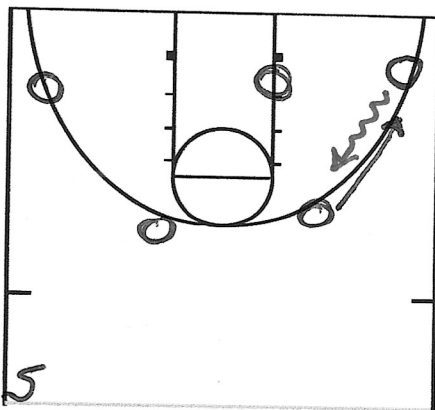
1. Power Post + Triangle Post - A Player learns one or the other
2. Work hard on backdoors as they will overplay
- 3



4.



4A



5

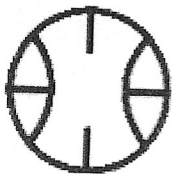
NOTES:

Dribble AT opposite guard - Pick + Pop

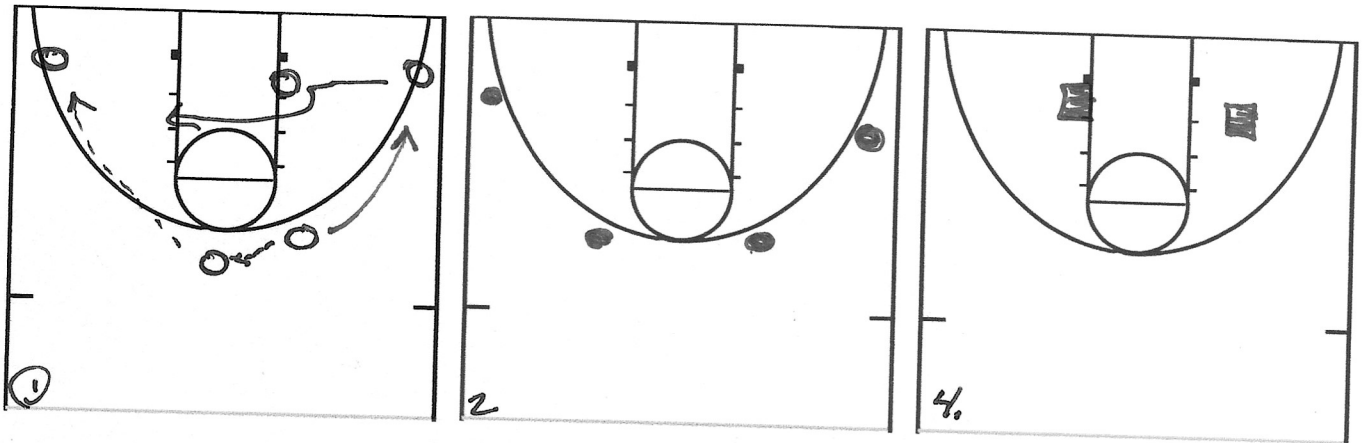
4x Dribble AT - screen the screener. Good 2x a game.

5. Dribble out of corner - can handoff or just dribble out

Download at www.HoopCoach.org

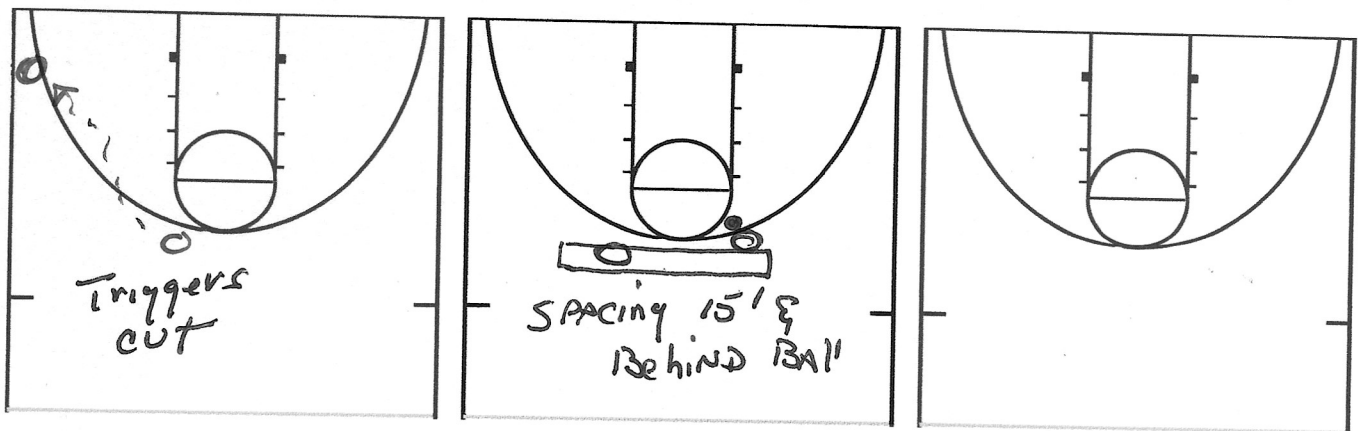


COACH Key Points



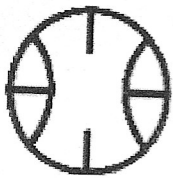
NOTES:

1. Drill Basic movement. We do 5 on 0 every day - Ball Doesn't stick!!
2. Drill The Three Point Shot
3. Drill Post entry Pass - Baseline + high low Passes
4. Everyone has 2 moves from a post spot.

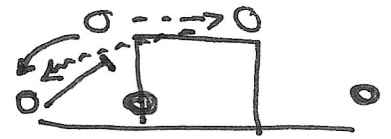


NOTES:

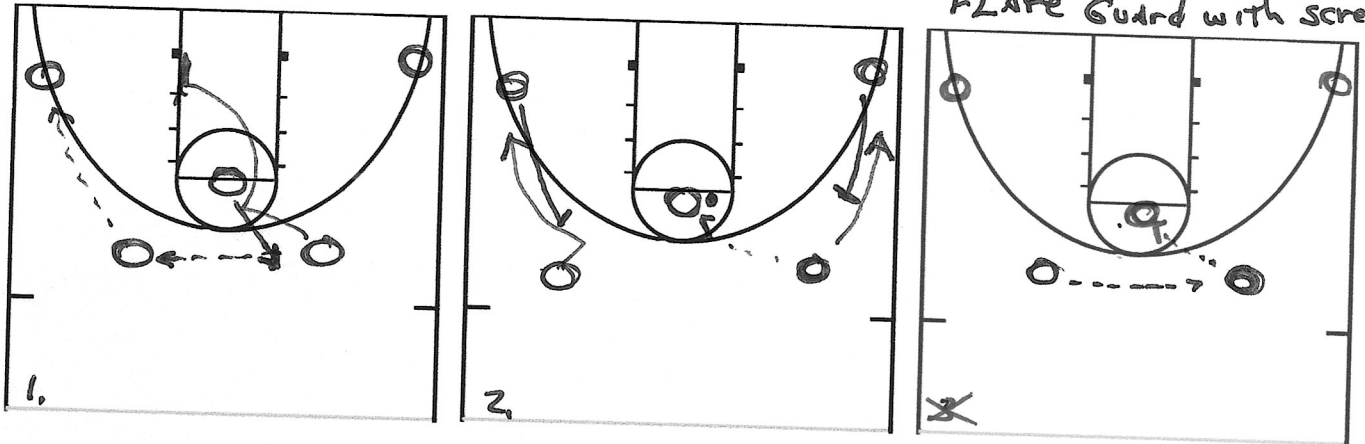
5. We emphasize corner pass, NOT JUST T to T
6. Teach the Jump Stop when cutter comes to the ball.



COACH ENTRY sets



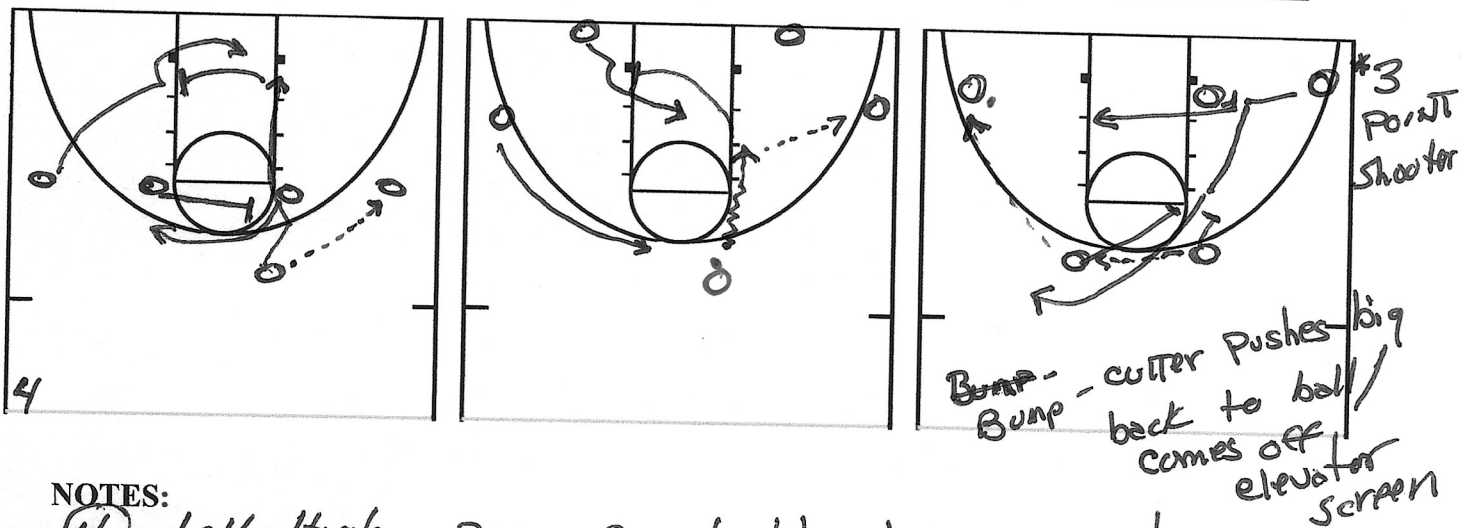
Love this
FLARE Guard with screen



NOTES:

(CHIN)

1. Shuffle cut
2. High Post entry - Double Flare screens + iso



NOTES:

- ④ 1-4 High Passer Runs basket out, goes opposite. wing runs

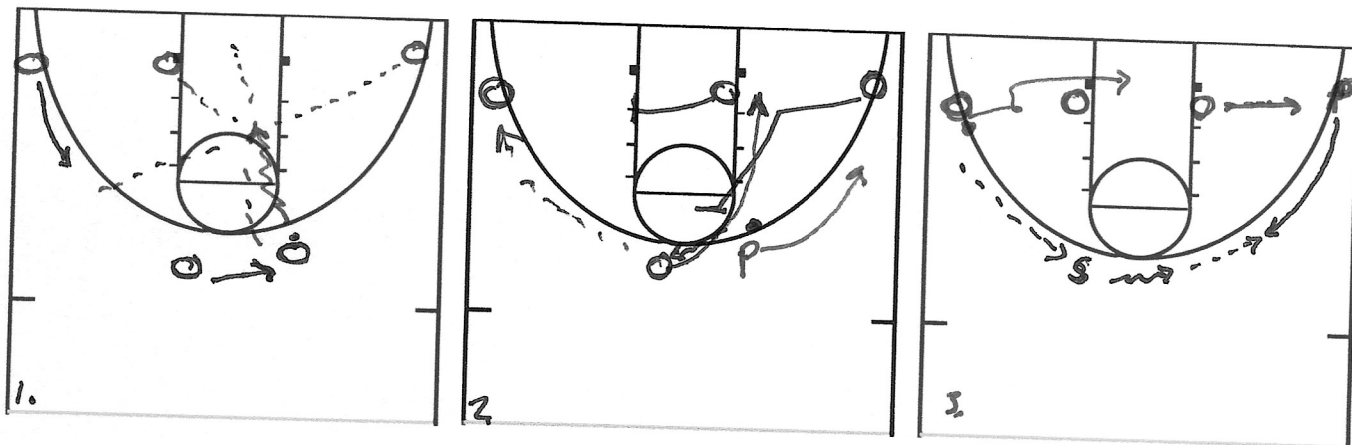
FLEX CUT. WEAKSIDE POST FLARE SCREENS STRONGSIDE

- ⑤ 1-4 Low Good for a very good guard. If can't get to basket, pitch + screen opposite

Download at www.HoopCoach.org

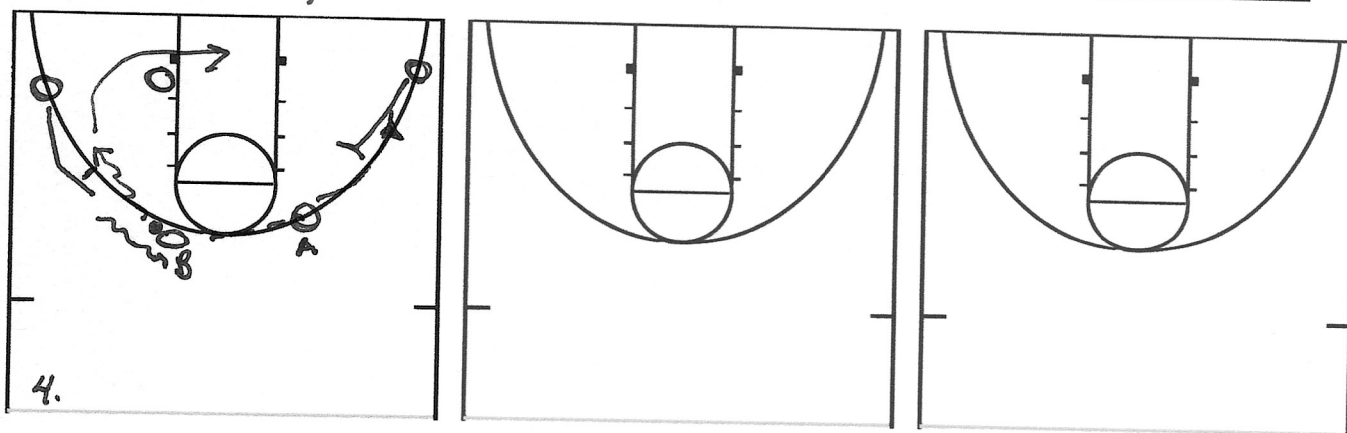


COACH FLEX + THE "MODERN GAME"



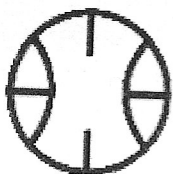
NOTES:

1. START with POST OPPOSITE BALL. This gives the Drive/Dish concept
2. Some "STAIN" ACTION (Caroline Secondary Break). ON Full Ball Reverse/- POST HUNTS BALL, POINT FLARES, Starter Back screens Trailer
3. IF nothing, Reverse ball & Run Flex

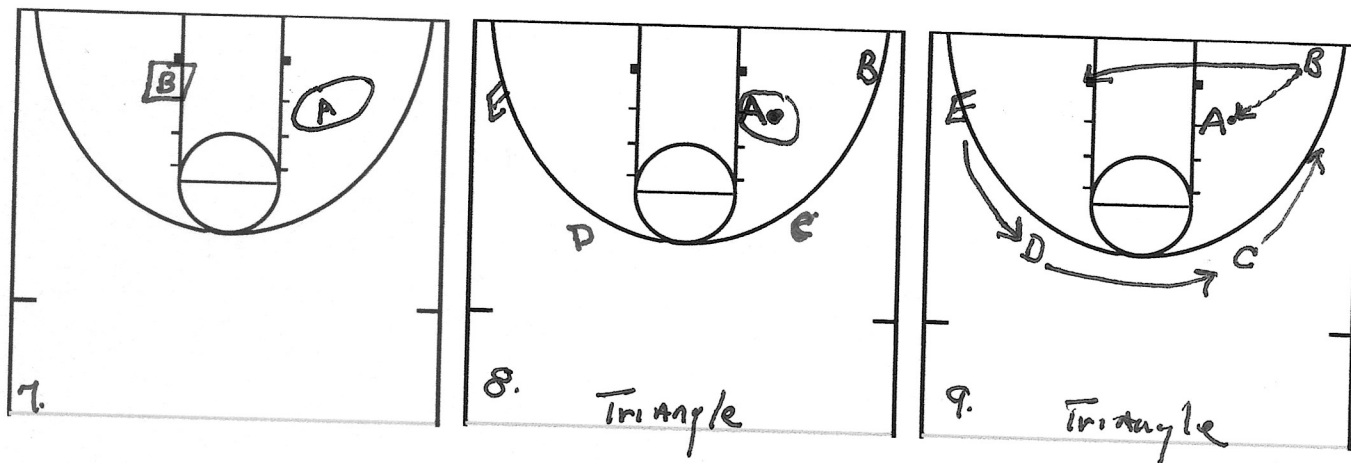


NOTES:

4. Dribble at & HAND OFF. Weak side flare screen. CAN SKIP PASS TO corner or PASS G to G + then corner. (A is shooter, B is GOOD in POST)

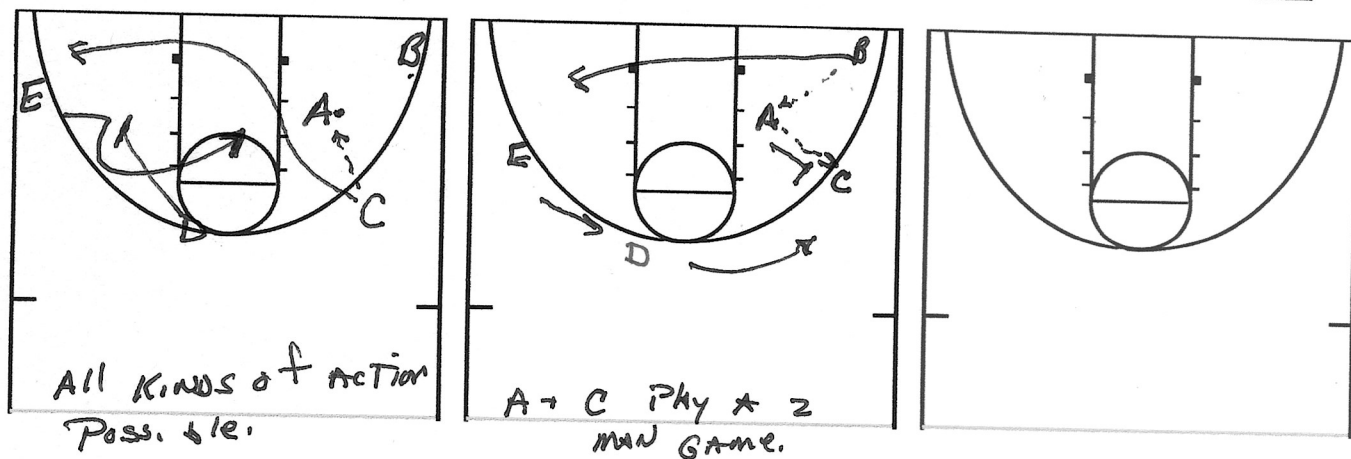


COACH TRIANGLE



NOTES:

7. A shows position for center if not a Power Player; B traction?
8. A is 3-4 feet above block + 3 feet off lane
9. Whoever passes to A, cuts & we fill



NOTES:

There are Endless Good options out of the Triangle. Teach the Basic (Feed, Cut, Replace) AND then maybe 1 other.