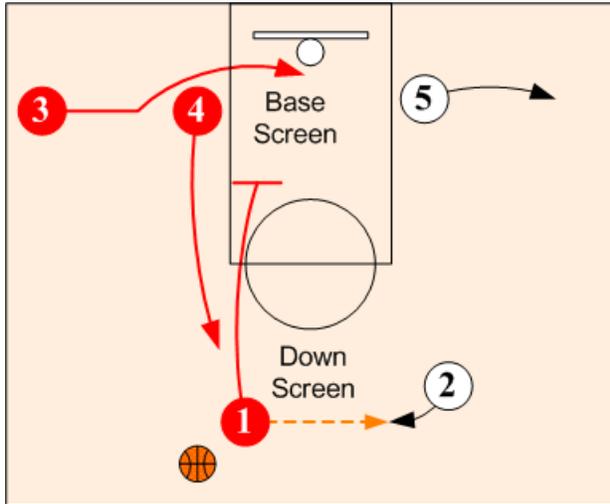


Flex Continuity

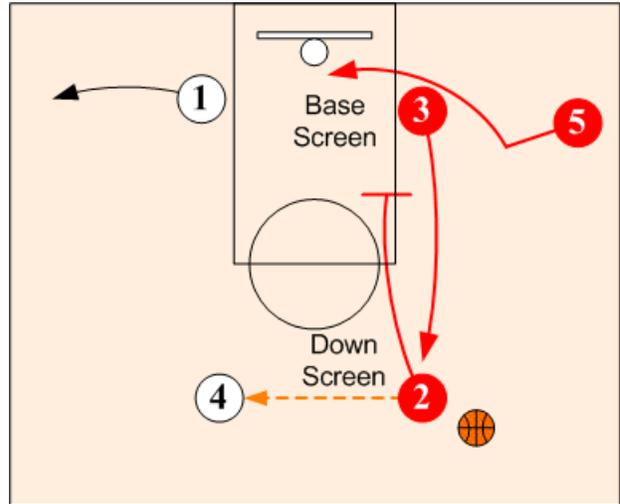
The Flex continuity is a powerful screening game utilizing strong baseline and down screens. The continuous "Pick the Picker" screening action puts a tremendous burden on the defense by having to defend two different types of screens simultaneously. Teams that exhibit good patience will surely create open shots. The Flex continuity also provides strong offensive rebounding and second efforts by constantly having two rebounders on the weakside.

Basic Action



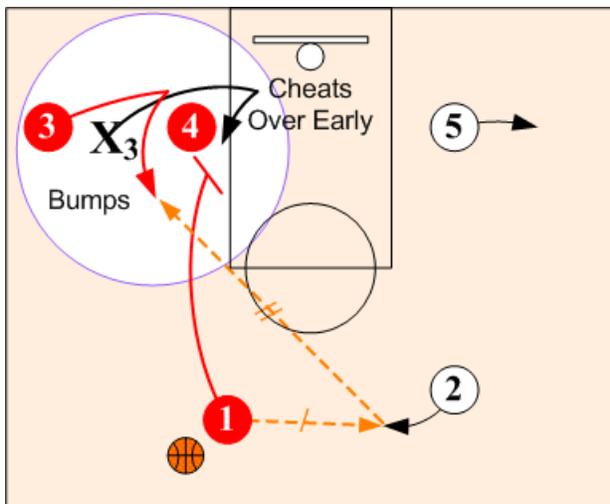
Basic Rotation. O1 passes across to O2 as O5 steps out to corner initiating "Pick the Picker" action. O3 comes off O4's baseline screen and O1 screens down for O4. O2's options are to shoot, feed O3 on baseline cut, pass to O5 in corner or hit O4 popping out off O1's down screen.

Ball Reversal - Weakside Attack



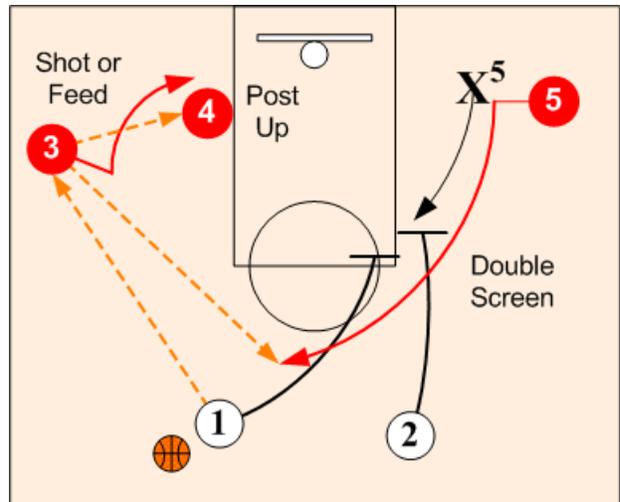
Flopping the Offense. If/when O2 passes to O4, O1 steps out to corner, and O5 comes off O3's baseline screen. O2 then down screens for O3 on weakside completing the "Pick the Picker" action. If/when O4 passes to O3 the flex continuity repeats.

Double Screen Option



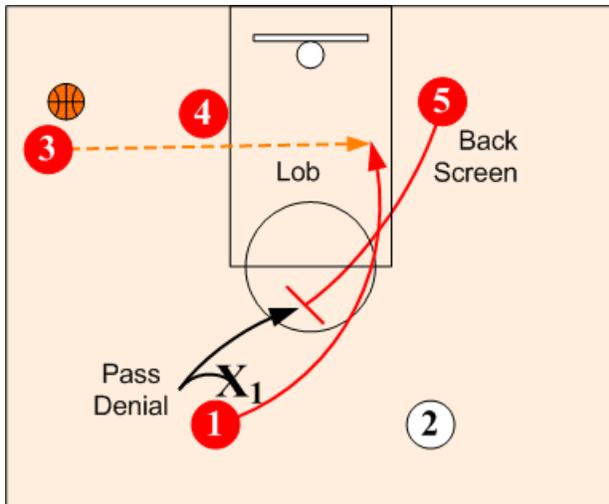
Bump. If/when O3's defensive player X3 anticipates the baseline cut and cheats below post screen, O3 starts baseline cut, but bumps back off O1's and O4's double screen for shot.

Corner Pass - Post Feed



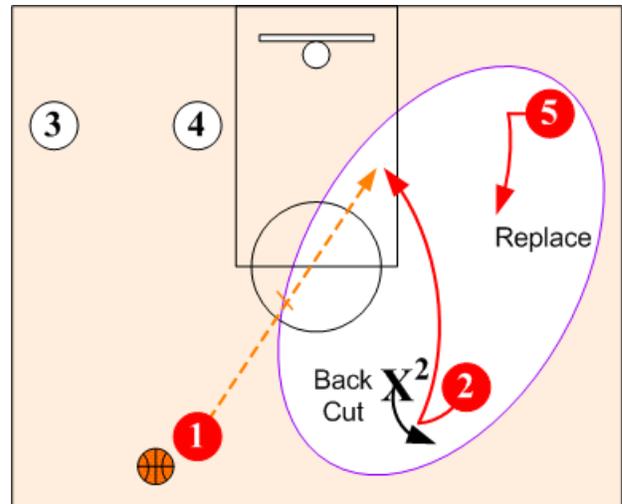
Post Feed. If/when ball is passed to corner, O1 can either screen across for O2 or cut to the basket over O5's back screen. Corner O3 looks to shoot or feed O4 posting up or lob pass to O1.

Back Screen vs Defensive Overlay



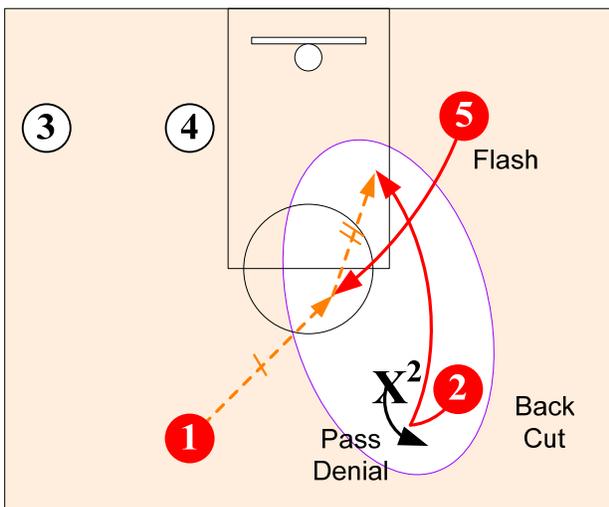
Back Screen Against Overlay. When O3 cannot feed the post and the return pass to O1 is overplayed, O5 can set a back screen on O1's back cut to the basket. If the lob pass is not available, O2 replaces O1 and O5 steps out continuing the flex action.

Back Cut & Replace



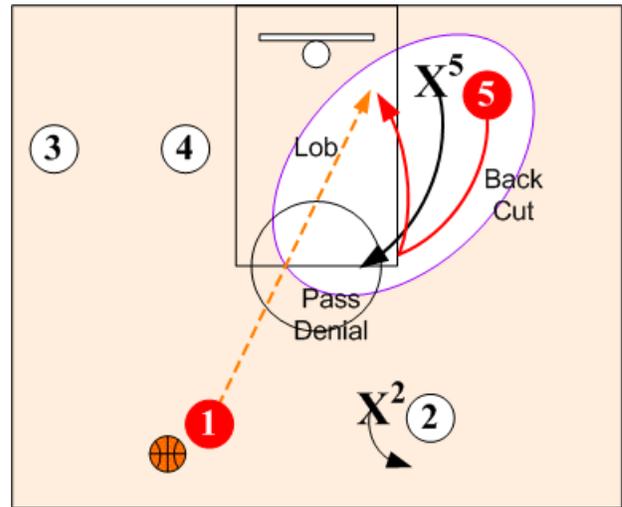
Replace. When the reversal pass is overplayed, O2 back cuts to the basket. If O2 is not open, O5 replaces O2 and the flex action continues.

Backdoor vs Defensive Overlay



Back Door Against Overlay. When O1 tries to pass across to O2 and O2 is being overplayed by defender X2, O5 breaking high and receives pass directly from O1. O2 back cuts to the basket for the backdoor feed from O5. O1 follows pass for two game action with O5 if backdoor cut is not available. O5 also has option of setting a back screen for O2 initiating a direct over the top lob pass from O1..

Back Cut Lob vs Defensive Overlay



Weakside Post Lob. When O5 flashes to high post and the pass is denied by X5's defender, O5 immediately back cuts to basket looking for an over the top pass from O1.