Bob Schlosser: Comprehensive Guide to the Flex Offense

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Continuity

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Flex Continuity 3
Continuity

Flex Continuity

- 2 reads defender and goes high or low off of the flex screen
- 1 fades to the corner; does not down screen because it gives better spacing within offense

- Players need to catch in triple threat, use ball fakes and shot fakes
- Cutters need to have hands up and ready
- Screeners need to step out on their screens
- Need to be quick but don't hurry

- Flex screener pops up to get ball reversal
- Continuity continues
Counters

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Counters

Backdoor

- Eliminating the down screen in the flex offense gives more room to run a backdoor counter against teams who like to deny the ball reversal.

- If 5 does not get the pass, he clears to the corner and 1 cuts to the top for a ball reversal.

- Into regular flex continuity.
Counters

Duck In

- If teams start to switch the flex screen, the flex screener can run a duck in after setting the flex screen
Counters

Go

- If the flex defender starts to cheat into the lane, 2 can call a GO counter which will send 5 across the lane and will pop 2 to the top
Counters

Pass Off Elbow

- Anytime a player passes off of the elbow down to the corner, the top players will double stagger away for the corner man.
- 3 can look to enter the ball to the post from the corner or hit the player coming off of the staggered screen.

- 4 clears to the corner and 5 pops for ball reversal.
- 1 can also look for the high low feed on the post seal.

- Back into regular flex continuity.
Drills

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Drills

Pivoting Drill

- Players set dummy flex screens and then pop to the top focusing on catching with an inside pivot and getting into triple threat
- After the guard to guard pass, the passer fades to the corner and then gets in back of the line

- Run the same actions from the other side focusing on inside pivots and triple threat
- New player steps in on the left side
Drills

Backdoor

- Coach denies the elbow pass
- Cutter back cuts on denial
- Cutter can use a fist hand signal for the passer

- Can progress to 2 on 2
Drills

Pull Thru

- Catch the ball on an inside pivot and get into triple threat position
- Rip the ball thru and finish a left handed lay-up
- Next player steps in
- Work both sides of the floor

Option: Have another coach/manager with a blocking pad under the rim to bump the person finishing
- Players should come off of 2 feet
Drills
5-on-2

- Defense can guard any 2 offensive players
- Defense tries to deny offensive players making them learn to work on back cuts. They do not have to worry about playing help defense
- Need 5 passes before taking a shot

- Work on back cuts and the rotations after back cuts
Drills
5-on-3

- Drill starts with a Pass Off the Elbow
- Run the drill till you get a flex score from a non defender offensive player

- Run the drill till you get a flex score from a non defender offensive player
Drills

Cutter 3 x 3

- Offense tries to get a score on the flex cut
- Defense cannot switch initially
- Then allow the defense to switch forcing the offense to make the read and counter
Drills

5-on-0 Drive and Kick

- Run flex offense for 5 passes
- After 5th pass run a drive and kick action on the weak side
- All five players must get a drive and kick shot so they need to communicate with each other to get each player in a position to have a drive and kick shot
Drills

Scramble to Flex

- Players run in a circle until the coach puts the ball down on the ground
- The closest player sprints to get the ball and everyone scrambles to balance out the flex positions

- Run flex continuity
# Entries

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Entries

1-4

- PG chooses a side which will force the opposite box up to the elbow
- Can work on Pass Off Elbow, direct post entry, or basic Flex continuity

- Pass Off Elbow

- Direct post entry
Entries
Invert

- Posts start in the corners and wings start on the block
Entries

Ball Screen

- Pitch back option for 3 coming off of the down screen from 4

- Drive and kick option

- Into regular flex offense
Entries

2 Out 3 In

- Start in a 2 out 3 in set

- 3 bottom players run continuous flex action
  - Flex screener always steps out to the corner after setting the flex screen

- On a pass off the elbow, run a post to post screen

- Run a shallow cut with a dribble if you cannot make a guard to guard pass
Entries
Box to Box

- 1 can look to 5 in the post after setting the back screen, pass off elbow to the corner or ball reversal to 4
- Run regular flex options

- 4 can also look for the high low feed to 5
Entries

Skip Pass

- 2 runs a flex cut
- 5 steps out to the corner and receives a skip pass from 1
- 2 sets a flex screen for 3
- 1 and 4 set a double staggered screen for 2
Entries
Special

- Run flex offense with just GO moves for the entire possession instead of the regular flex cut
- This will allow you to keep a post on the blocks because he will constantly be making a GO move across the lane
Entries

Double Stack

- 2 comes off a double screen for a jumper
- 3 flashes to top
- 4 clears to corner

- Into flex offense
Entries

BLOB

- 3 curls tight around stack
- 2 comes off of a double screen from 4 and 5 to receive the ball in the corner

- 4 pops to get a reversal and 5 dives
- 3 screens for 1
- 3 clears to the corner

- Back into flex continuity
Entries
SLOB

- 5 and 2 down screen
- Ball comes to 2 and then reversed to 3
- Into flex offense
# Transition

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Right Entry

- Run a numbered break
- 5 to the rim the ball side block
- 2 right corner
- 3 left corner
- 4 trailer
- 1 pitches ball ahead to 2 and then exchanges with 4
- 4 receives ball from 2
- 3 comes in tight on block

- 4 reverses ball to 1
- 2 comes off of baseline screens
- 5 ducks in

- 3 diagonal screens for 4
- 1 screens for 3 to get ball reversal

All Contents Proprietary
Transition

Right Entry

- Into flex continuity
Transition

Left Entry

- Run the same options from the left side

- 3 comes off of double screen
- 5 ducks in

- 2 diagonal screens

- 1 screens for 2
Transition

Left Entry

- Into flex offense
Transition
Dribble Thru

- 1 can also dribble thru forcing 4 to shallow cut
- Can run the same transition options
- Into flex offense
Transition

4 Trailer

- You can also hit the 4 man trailing

- You can then run the same actions you run with a right and left side entry
Transition

Transition Drill

- Players run in a circle
- Coach makes a shot
- 4 takes the ball out of bounds
- 2 gets wide right
- 3 gets wide left
- 5 sprints to rim
- 1 gets outlet and pitches ahead
- 4 trails
- Run flex offense
Transition

Transition Counter 1

- Regular right side entry

- If 2's defender starts to cheat under the screen, he can flash high for a jump shot
Transition

Transition Counter 2

- Regular right side entry

- If 2's defender chases, he can curl cut around 3
Transition

Transition Counter 3

- Regular right side entry

- If 2 wants to post up his defender he can bump out 3 to the corner
Transition

Transition Counter 4

- Regular right side entry

- 2 comes off of baseline screens from 3 and 5

- 4 can bump 3 back to the block and then come off of a screen from 1

All Contents Proprietary
Transition

Blue Set

- Run normal right side entry
- 2 comes under screen from 5
- Ball is reversed to 1

- 2 comes off a double staggered screen for a 3
Transition
Red Set

- Run normal right side entry

- 2 comes off of baseline screens

- Ball comes back to 4 who looks to make a post entry to 5