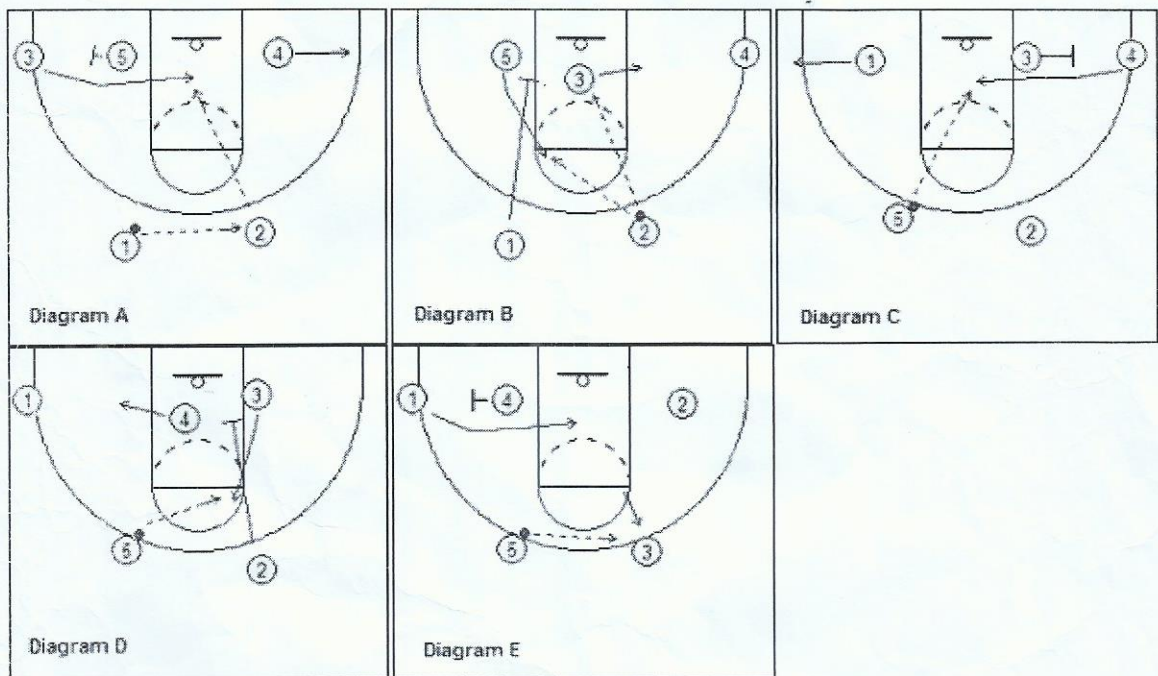


# Basketball Offense - the Flex Offense

The "Flex" has been around since the 1970's and is a patterned offense featuring passing, screening, ball-reversal, options and counters. This offense is most effective against man-to-man defenses. Most scoring opportunities come off the "flex cut" inside, or a jump-shot from the elbows. Still you can run various options, counters, post plays, etc. Size mis-matches often occur due to the screening and defensive switching. This article describes the basic flex motion and a few options.

## Basic Flex Motion

(Diagrams A - E) In diagram A, O1 passes to O2, while O3 makes the "flex cut" off O5's screen. Depending on how the defense is playing, O3 can cut either over (ball side) or under (baseline side) the screen. O2 could pass to O3 for the inside shot. If the pass to flex cutter is not there, notice in diagram B that O1 then down-screens for O5, who cuts up to the elbow for the pass and jump-shot. If not there, O5 steps outside to get the pass from O2. Now in diagram C, O3 screens as O4 makes the flex cut from the opposite side. After the flex cut, we again note in diagram D that O2 down-screens for O3, who cuts to the elbow looking for the pass and jump-shot. Notice how in diagram E we are in the same basic set as in diagram A, and that the pattern has continuity and can repeat from side to side.



## Corner Options

(Diagrams F - J) Diagram F shows the pass to the corner and a simple "give and go" cut by O2. If O2 does not receive the pass on the cut, then all perimeter player rotate to fill the spots. O5 screens for O2 cutting to the opposite corner. Diagram G shows