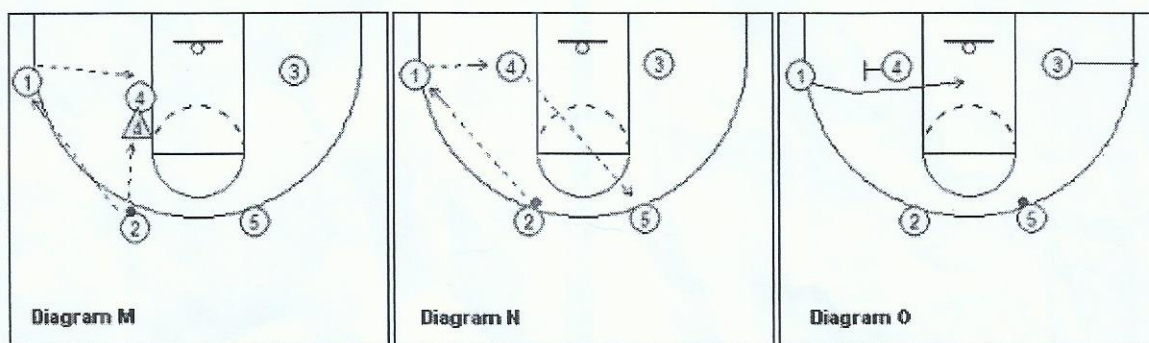


## "FEEDING THE POST"

(Diagrams M - O) If you have a good, strong post player, you'll want to get the ball inside. Size mis-matches often occur with all the screening and switching that goes on. You could feed the post from either the top, or from the corner. In diagram M, the defender is denying the pass from the top. O4 should try to move the defender up the lane a little. Not shown in the diagrams, if O4 goes all the way up to the elbow and is still being denied, there may be an opportunity for the lob pass over the top (from O2 to O4). Diagram M shows how to get the ball inside when the post is fronted being from the top... pass quickly to the corner, while O4 seals the defender outside and receives the curl bounce-pass from the corner for the baseline drop-step and lay-up.

Diagram N shows how the post player, who is being well-defended, can skip pass back outside to the opposite wing. Now notice in diagram O that we are back in our basic flex set.



There are many other options that you can draw up. Players should learn how to backcut if being aggressively denied the pass. If the guard-to-guard pass on top is being denied, the ball can be dribbled over to that spot, while the player being dribbled at, must backcut out of the area toward the hoop and fill toward the weakside, while other players then rotate to fill the spots. For example, in diagram N above, if O2 wanted to pass to O5, but O5 was being denied the pass, O2 could dribble to O5's spot, while O5 cuts through to the basket and out to the left corner to take O1's spot. O1 would rotate up to take O2's vacated spot on top (left).

Learn to take advantage of size mis-matches in the low post that occur when the defense switches the flex's down-screens.

Remember that your best and most frequent scoring options are off the flex cut inside, or the jump-shots at the elbows. Teams that have strong post players will also try to take advantage of mis-matches in the low post, especially at crucial times in the game when you want to get the ball inside or get to the free-throw line.

See the Thunder Offense, which is a variation of the Flex.