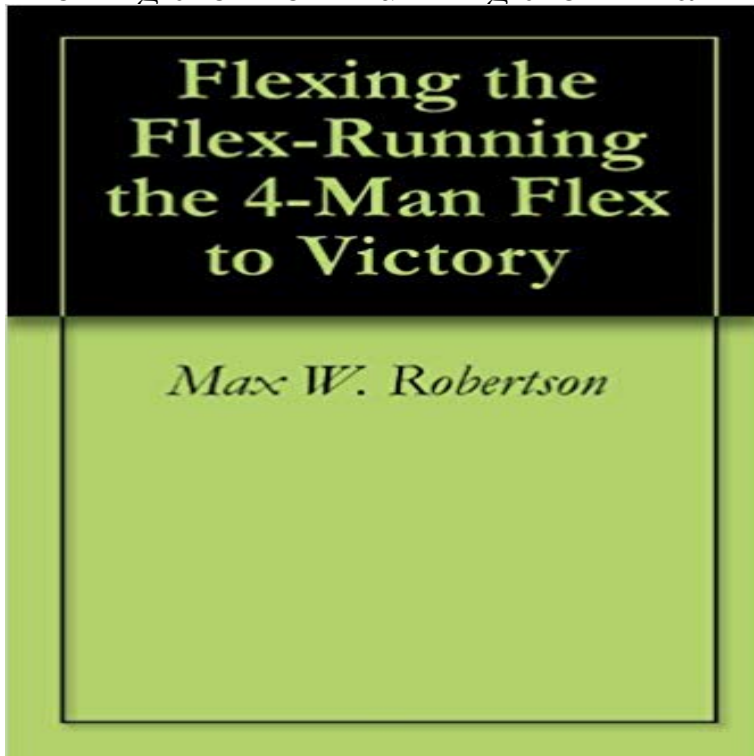


Flexing the Flex-Running the 4-Man Flex to Victory



Let me preface this introduction to the 4 man flex or 2-Guard as we like to call it, by saying that I consider myself to be a motion/free-lance/passing game offense type of coach. I like to see players making good decisions on the floor. Moving to go set screens for other players, reading screens set for them, making the proper cuts off of those screens and then scoring the basketball or helping another teammate score the ball. The type of ball movement and scoring plays that can be derived from good motion offense are absolutely wonderful, infinite and unstoppable! On the flip side, I truly believe that your offensive philosophy as a coach must be adaptable to the players on your particular team. Some players do not have the imagination or experience to run pure motion offense. In these cases you as a coach need to incorporate some type of patterned motion offense into your system, particularly at the grammar school and high school levels. Pattern motion offenses provide a foundation for players, which in effect acts as a pressure release for them. How many times as a coach have you said, Just relax and run the system. Let the system do the work. The pressure is taken off the players and put on the system. In addition many of the skills learned in the patterned motion will carry over to your motion offense work, most specifically cutting and screening. 2-Guard takes the very popular and widely used Flex offense (grammar schools, High schools, colleges, NBA, etc.) and tweaks it to provide you with an outstanding pattern offense for all levels of play. I think you will find that with a limited amount of practice time you can teach your kids a very effective offense and multiple plays off of the same offensive look, which will improve the shot selection, enthusiasm, attitude, and overall performance of your basketball team. I will introduce you to multiple set plays to get you into 2-Guard and entries from the

secondary break into 2-Guard. At the end of the introduction of the basic motion and the subsequent plays off of the basic motion, I will share many of the break down drills that can be used to teach this offense in the most effective manner.

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