

Learn The Flex Continuity Offense How We Transition Directly Into It From Our

The Flex Continuity Offense is a great way to get your team into a scoring position. It is a simple offense to learn and can be used by teams of all ages and skill levels. In this article, we will discuss the basics of the Flex Continuity Offense and how you can use it to improve your team's scoring.

The Basics of the Flex Continuity Offense

The Flex Continuity Offense is a five-out motion offense that uses a lot of player movement and screening. The offense is designed to create mismatches and get players open for shots. The offense is also very versatile and can be used to attack different defenses.



The Flex Offense Playbook: - Learn the flex continuity offense, how we transition directly into it from our secondary break, as well as how we like to get into our offense from our BLOBS & SLOBS by Jackson Michael

★★★★☆ 4.6 out of 5

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The Flex Continuity Offense is based on the following principles:

- **Player movement:** The offense uses a lot of player movement to create mismatches and get players open for shots.
- **Screening:** The offense uses a lot of screening to create mismatches and get players open for shots.
- **Versatility:** The offense can be used to attack different defenses.

How to Use the Flex Continuity Offense

The Flex Continuity Offense is a simple offense to learn and can be used by teams of all ages and skill levels. To use the offense, you will need to:

1. **Set up the offense.** The offense is set up with five players on the court. The point guard is at the top of the key, the two wings are on the sides of the key, and the two forwards are in the post.
2. **Start the offense.** The point guard starts the offense by dribbling the ball up the court. The other four players will then start moving around the court.
3. **Create mismatches.** The offense uses a lot of player movement and screening to create mismatches. This can be done by having players cut to the basket, set screens for each other, or post up.
4. **Get players open for shots.** The offense uses a lot of screening to get players open for shots. This can be done by having players set screens for each other or by having players post up.
5. **Score.** The offense is designed to create scoring opportunities. This can be done by getting players open for shots or by creating

mismatches.

Benefits of the Flex Continuity Offense

The Flex Continuity Offense has a number of benefits, including:

- **It is easy to learn.** The offense is simple to learn and can be used by teams of all ages and skill levels.
- **It is versatile.** The offense can be used to attack different defenses.
- **It creates scoring opportunities.** The offense is designed to create scoring opportunities.

The Flex Continuity Offense is a great way to get your team into a scoring position. It is a simple offense to learn and can be used by teams of all ages and skill levels. If you are looking for an offense that can help you improve your team's scoring, then the Flex Continuity Offense is a great option.

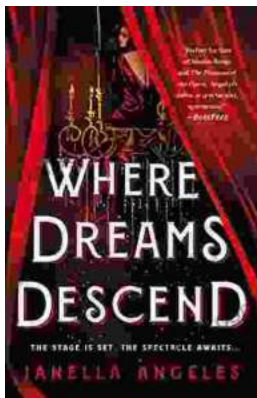
To learn more about the Flex Continuity Offense, I recommend checking out the following resources:

- Coaches Clipboard: Flex Continuity Offense
- YouTube: Flex Continuity Offense
- Our Book Library: The Flex Continuity Offense by Coach Adams

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