

**FREE**



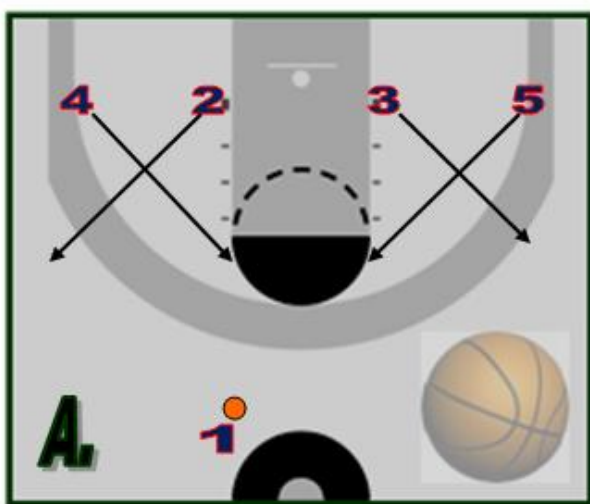
# For Coaches From Coaches

Run this set versus:

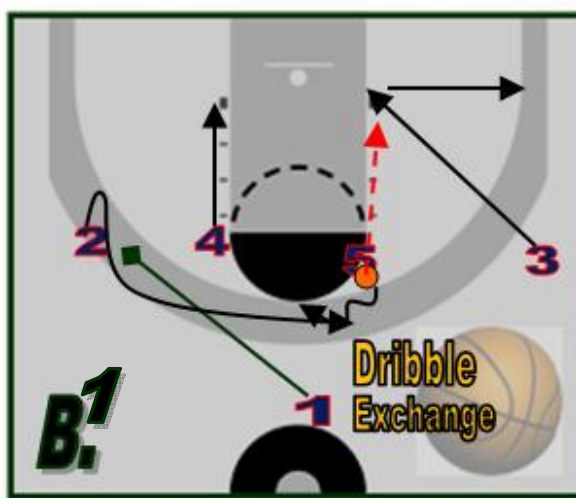
Man to Man  
Defense

This quick hitter is from:

J. Troutman  
Portland, Oregon



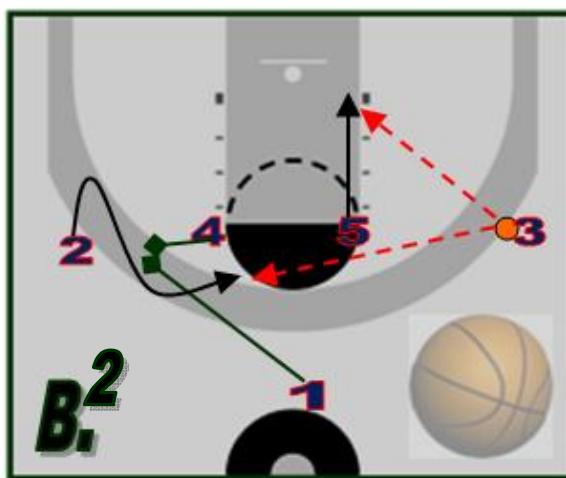
Initial Set Up



If the pass goes to the post player

If there isn't a back door, #5 will dribble exchange with #2 coming off of #1's screen.

- You can run this to either side.
- Rep this until it becomes automatic!



If the pass goes to the guard

Hit #5 posting up or then #2 coming off of a double screen.

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