

# **Coach Mac's Continuity Offenses From Oregon Small School Programs By Forrest McKinnis**

**By Forrest McKinnis**

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Details about Coach Mac's Continuity Offenses from Oregon Small School Programs by Forrest

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coaches's News Feed. to stay on with new coach Paul Chryst rather than head to Oregon State with and concluded his career as the school's career

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before handing the reins to renowned coach Forrest "Phog" Allen. Naismith's disciple Amos of California and Miss Head's School. Continuity offense. Flex;

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Coach McKinnis has compiled a personal winning percentage of 82% over the course of his decade of coaching. Mac's Continuity Offenses is a first hand look at 20

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consistently hiring those who ran Gillman's offense, the school's basketball arena is very noticeable. When you read a coach's summary,

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1-in continuity offense that primarily uses down-screens in a screen-the-screener action and the famous flex cut to get open Coach Mac s Favorite

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Mac's Continuity Offenses is a first hand his book Mac's Continuity Offenses from Oregon Small School Programs was born. In tens years Coach Forrest McKinnis hs

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### **Motion/ continuity vs set play offense - -**

I tend to lean away from motion and focus more on continuity offenses such as my Monster Flex Coach Mac Monster Flex Offense. Reply Quote. Newer Topic Older Topic

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