The "Carolina Break" was developed by Dean Smith during his tenure at the University of North Carolina. This is Northwest Magics transition offense. **We have NOT run all options for teams just yet**

The fast break fills multiple roles. It serves as a quick-strike fast break, a transition secondary fast break, an early offense, and as an entry to his famed "passing game." It allows for a seamless transition from one phase of offense into another. There is no stopping to set up plays or reposition players.

It is a "numbered fastbreak." Players don't fight for spots. They have assigned lanes to fill and this allows the fast break to continue even if one of the players is slowed while getting up the court. It also allows players to fill positions where they would in their offense and accentuates the strengths of each player. It contains many of the same principles as Smith's "passing game" such as an emphasis on ball reversal and multiple high-low opportunities. There might seem to be a lot of options, and there are. However, each additional option is simply a logical progression in going to the next pass if the current pass does not present the opportunity that you want.

This is the predominant fast break being run today in college basketball. North Carolina, Kansas, Notre Dame are just a few of the teams that run this break.
1 is the point guard. She/he handles the ball. She/he tries to keep the ball out of the middle once he gets to midcourt. That allows the trailer a lane to run and tells them which side to run to.

2 is a shooter and runs the right wing

3 is a shooter and runs the left wing.

4 & 5 are trailers. The first trailer fills the ball-side block by going to the opposite elbow and then angle cuts to the block.

The second trailer runs in line with the Weakside elbow.

**The 1st option** is for 1 to "headman" the ball to 2 and 2 looks to score.

"Headmanning" is when the guard passes the ball ahead. It can be done once the player is in position or as they run up the court. If there is a good ballhandler ahead of the ball, the 1 man can pass it up as early as he can and the ball then is dribbled into position.
**2nd option** is, after the ball is passed to 2, he passes to the post trailer (5) as he fills the block.

**3rd option**, 2 passes to the high trailer (4).

5 ducks in

4 can either look to score or pass high low to the 5 man
4th option

1 passes to 2 in the corner

2 passes back to 1.

1 passes to 4 (high trailer).

4 can look to score

5 ducks in, 4 looks to pass high-low to 5
5th option

High trailer cannot score or pass inside so he reverses to 3.

After ducking in, 5 continues his cut to the block.

3 can look to score
3 can also look to the block to 5

6th option

After reversing the ball to 3
2 steps to the middle and then up to backscreen for 4
4 cuts off the backscreen.
3 looks for the lob pass to 4
After screening, 2 steps out.

If 3 has no shot, pass to the post, or lob to 4 opportunity, he passes back out to 2

**7th option**

5 ducks in

2 can look to score or looks high-low to 5
8th option

2 reverses the ball to 1.

1 looks low to 4

9th option

If there is no pass into the low post, 4 cross screens for 5.
1 looks into the low post for 5
2 downscreens for 4

1 passes to 4 and players space out for **motion offense**.
Here are a couple of wrinkles you can throw in for ball reversal.

1 makes a direct pass to the high trailer (4).
1 then cuts and takes a handoff from 4

As the handoff is made, 2 cuts middle and then up to backscreen for 4

4 cuts off the backscreen.

1 looks to pass to 4 on backdoor or lob.
The **2nd wrinkle** is this

1 keeps his dribble alive

The high trailer (4) fills his spot and then ballscreens for 1.

1 dribbles off the ballscreen and 5 cuts to the opposite block

2 cuts in and the up to backscreen for 4

1 looks to 4 for backdoor or lob pass.