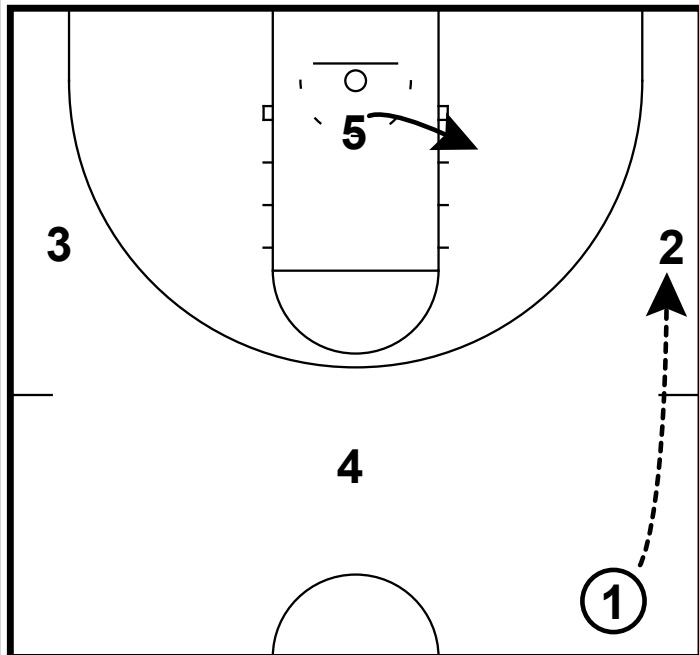
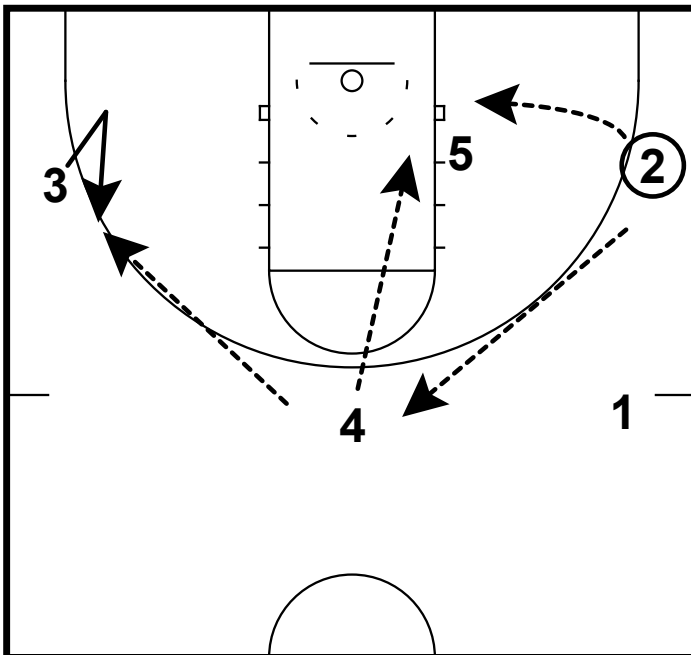


SECONDARY BREAK: CAROLINA BREAK



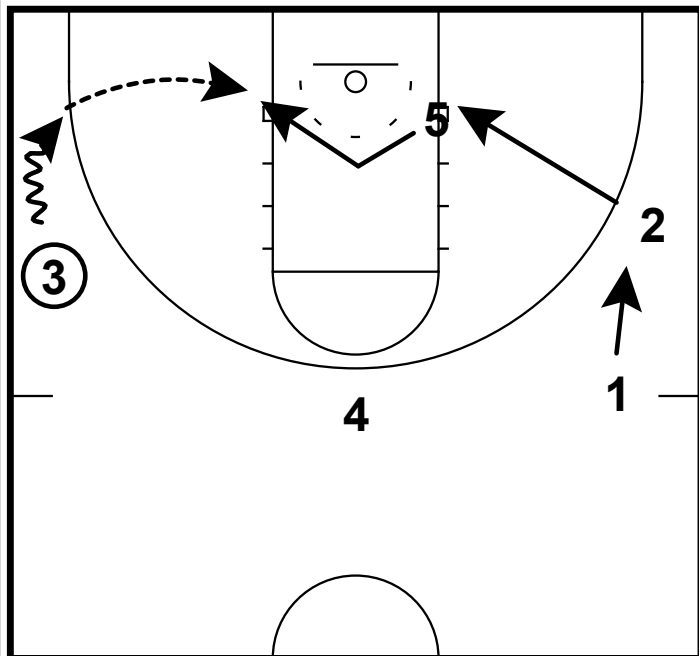
- 1) Wings run wide outside the arc in the outer 1/3
- 2) First post player runs right to the rim, 2nd post player runs as a trailer, posts run in the middle 1/3 of the court
- 3) Point guard can choose either side, but it is important to get the ball to the outer 1/3 of the court

SECONDARY BREAK: CAROLINA BREAK



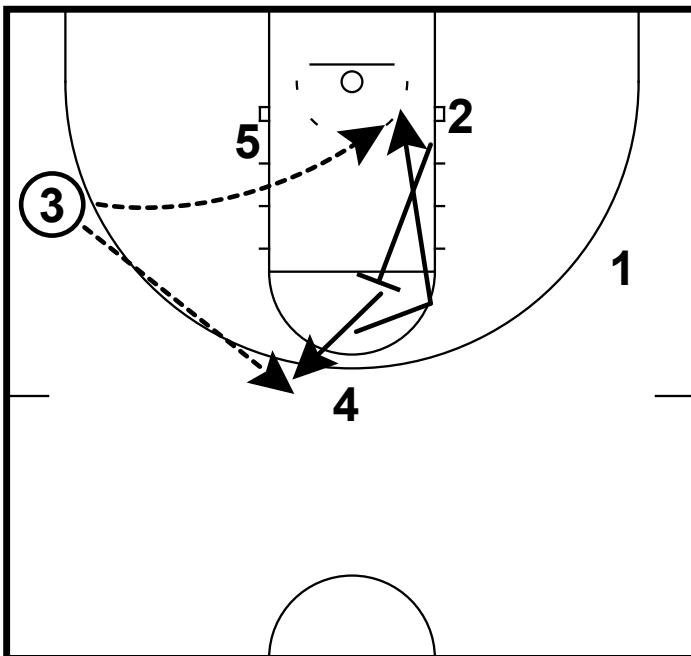
- 1) Point guard should look to pitch ahead as soon as possible, when to advantage
- 2) The post player now has worked to post up above the block if he/she has not been able to seal the defense in the lane
- 3) Wing looks for a quick post feed, if not then swing to 4 at the top of the key. 4 can look hi-lo here.
- 4) The opposite wing should set up his/her defender to catch the reversal pass

SECONDARY BREAK: CAROLINA BREAK



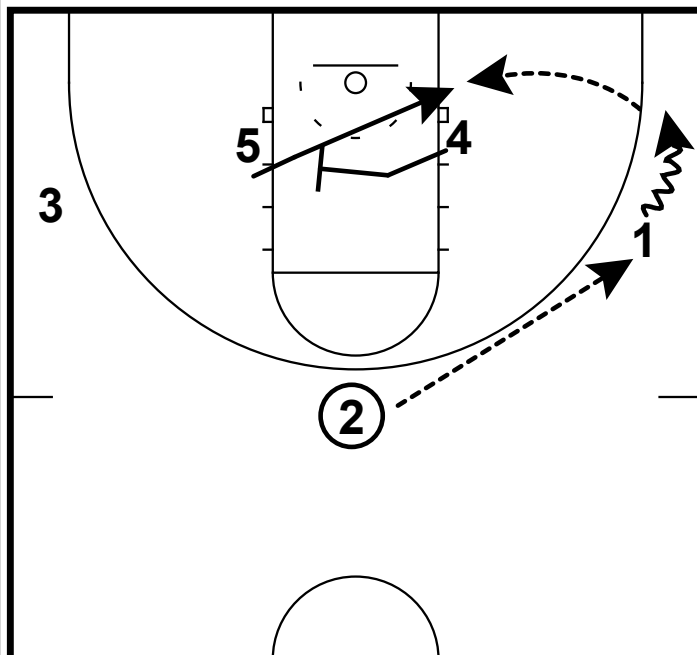
- 1) On the reversal pass, the post player should v-cut to get open in the post
- 2) The wing should dribble down to feed the post, to create a better angle to pass
- 3) As this action is happening, the opposite wing (2) is replacing the post on the block to set up for the next action

SECONDARY BREAK: CAROLINA BREAK



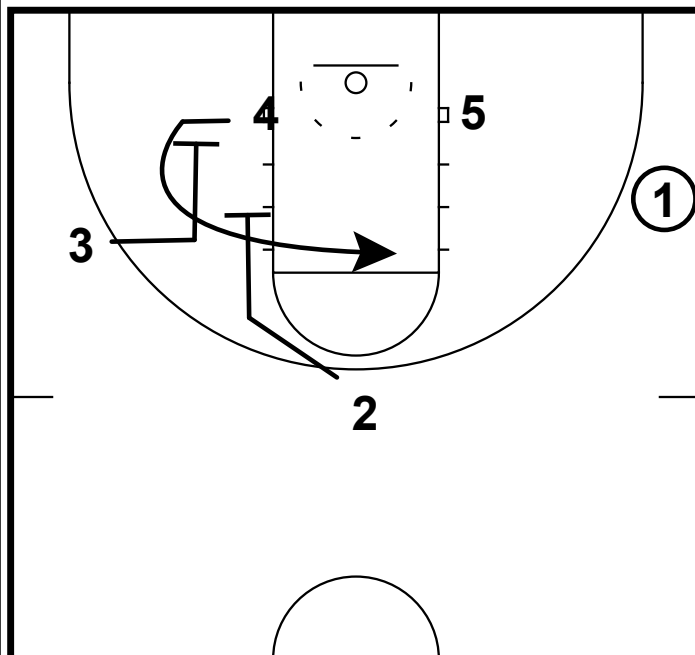
- 1) The opposite wing will set a backscreen for the trailing post. It is important that the post sets up his/her cut
- 2) The player with the ball can throw the lob to 4 or reverse it to 2 on the 2nd cut

SECONDARY BREAK: CAROLINA BREAK



- 1) As the ball is reversed, 4 now sets a cross screen in the post for 5
- 2) When the ball is reversed to 1, he/she should look to dribble down to the baseline to create a proper angle to feed the post

SECONDARY BREAK: CAROLINA BREAK



- 1) With both posts now on the block, it is time to move into your motion offense
- 2) One option is to set a double stagger screen for 4
- 3) If the defense chases him, this is great time to curl the screen in the lane. 2 and 3 should look to make second cuts