

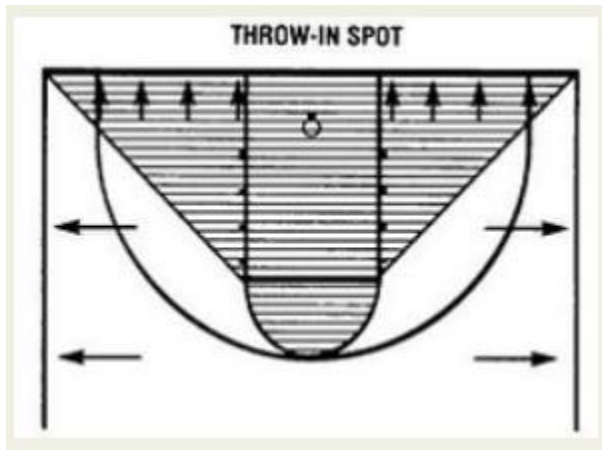
Good morning! Hope you had a great weekend!

Take a look at a Freedom of Movement play [here](#).

Bottom line is that this is a foul and must be called! Black 14 definitely restricts white 21's RSBQ (Rhythm, Speed, Balance, Quickness). The center official has a hold (appropriate) and was focused on this play. We need to make sure to get these types of fouls....they are *illegal* disrupters of the offensive flow.

The C signaled for the ball to be put in play on the baseline. Make sure we are attentive to where the official indicates the throw-in to be AND make sure we know the throw-in spots based on where the violation/foul occurs.

Monday Extra: Here is the spot throw-in diagram from the officials' manual:



Have a great game tonight and talk about Freedom of Movement in your pregame conference!

Tim