

Good morning!

Freedom of movement.....been talking about that all week and it has been a bigger part of my pre-games this week also.

The clip today is showing what the college game is expecting with regards to freedom of movement. There is always a trickledown effect and some would argue this is already in the high school game.

Take a look at the clip [here](#).

No doubt there was an arm bar.....C had a different (better) angle of the play and officiated what he saw. C initially is looking at the ball handler/defender at the top of the key (not sure if the ball handler was in his primary before he video starts so we will assume he was looking where he should have been since L was closed down also). When the pass goes to T's side, C looks down for his next competitive matchup and sees the cut by black around the screen and gray uses the arm bar. The foul is justified for sure.

The point today is that freedom of movement off the ball is a big deal at the college level and should be with us as well. Freedom of movement on the ball was given to us by the hand check foul several years ago. Freedom of movement prevention OFF the ball is now how many defenses try to disrupt offensive flow.

Talk about the philosophy of freedom of movement in your pre-game conference and then after the game in your post-game conference by summarizing how well the crew did in regards to freedom of movement!

Thursday Extra: You don't have to like the people on your crew, but you MUST be professional to/with them. When we are on a game as a crew, from the time we arrive at the site until we leave, we must be the best of friends.....cause we don't have any others for the time we are at the game. Be supportive, not degrading. Be constructive, not vindictive. Say positive things, not mean ones. ENJOY the game with your partner(s), not matter if you get along with him/her/they or not!

Have a great game tonight!

Tim