

Good morning!

Let's stay with the 'Freedom of Movement' topic.....take a look at a play [here](#).

In my humble opinion, I think this is an area that nearly all of us can improve. The illegal acts surrounding freedom of movement off the ball has increased since the hand-check on ball handler rules have been instituted. Off the ball illegal contact is usually either chipping or holding cutters. The freedom of movement is still permitted off the ball.....and illegal hold and chucks are illegal acts to disrupt the flow of an offense.

There is no reason for red 14 to move to the cutter EXCEPT to chuck him and disrupt the offensive flow. This is a great get by the L.

In a three-person game, it is easier to see these types of illegal chucks and holds. In a two-person game, it is much more difficult. There are many times limited amounts of time for lower level games to have a solid pre-game conference, but give your best attempt to have a good pre-game! You never know who is watching and if you talked about it in pre-game and get a 'pet peeve' call/no-call or a POE play, it may just help you make a step towards moving up!

There are lots of freedom of movement plays out there to look at.....maybe we will see more as the week progresses. Be strong in your whistle and get these illegal acts!

Tuesday Extra: Take a glance at the arrow after the opening jump (referee especially) to make sure it has been set in the correct direction!

Have a great game tonight!

Tim