

Good morning! Hope you had a great game last night! See any freedom of movement issues?

Today's clip is a throw-in on a team's own endline. When we have a baseline (own endline) throw-in, what should we be ready for? There are several common throw-in plays currently being run:

- 1) The pass inbounds to the corner, pass to the wing and then either the thrower-in or a player from near the low block has a screen set to receive a pass back in the same corner it came from for a three-point shot.
- 2) Some sort of set (stack or box) for which there are several screens set or cuts to get a quick, easy layup.
- 3) Screens or cuts to simply get the ball inbounds.

THIS is a play that we can and should anticipate the play that is coming up. Just as we learn a teams offensive sets and what to expect, we should know the common options on throw-ins as well.

How about in the throw-in play [here](#)?

Definite hold by red 3. Is it excessive? Nope, but it definitely disrupts the play and offensive flow by illegally holding white 22. It IS a foul. As we hear all the time...'play defense with your feet.' Red 3 used all hands to slow down (then tried to catch up) with the cut white 22 was attempting.

Who should have called this? C or T should have had this play.....probably T since it is the only matchup close to his primary. C has the initial matchup on his low block and L has a look at the 2 matchups near his low block. No doubt T was helping to look down at the strong side (L and T's side) matchups. The hold by red 3 happens right away and C was looking at his matchup and missed that foul. T was our only hope on the initial hold.

Freedom of movement is not just a ball-handler/defender issue, it is off the ball as well. 'Letting them play through it' can allow the defense an advantage in cases of illegal contact. When the defense effects Rhythm, Speed, Balance or Quickness via illegal contact, we need to recognize it. Talk about freedom of movement in your pre-game conference! Include off-ball and throw-in freedom of movement plays also!

Wednesday Extra: On a good goal with a foul (and-one), make sure to report it at the table as "Count the goal (if a three-point goal, give the good three-point signal also), white twenty-three, one shot left." Make sure to make eye contact while reporting with the official scorekeeper (the one with the striped shirt on!).

Have a great game tonight!

Tim