

Good morning everyone.....

Hope the weekend was relaxing and any games you had went well.

Today's tip.....protecting a shooter and making sure the defender who appears 'vertical' and has his/her hands straight up hasn't committed a foul regardless. Players are being coached to keep the arms straight up, yet 'walk into' the shooter ever so slightly. Even a small amount of contact by a defender 'walking into' a shooter is a foul.

Short and sweet, take a look at the clip [here](#) to see an example of 'walking into' a shooter and be prepared to call it a shooting foul!

Have a great game today and safe travels!

Tim