

Good morning!

More on traveling...the most important (and sometimes very difficult) part is to identify the pivot foot. Watching clips of catching passes, catch and shoot, starting dribbles and ending dribbles are some of the plays that we can watch to improve identifying the pivot foot.

Below are a few clips of a catch, then lifting the pivot foot but *not* coming down with a jump stop to shoot the ball, hence a travel happens. When the pivot foot is lifted and the other foot comes down *followed* by the pivot foot landing again, it is a travel. If the pivot foot would land simultaneously with the other foot, we have a jump stop. These clips below are not simultaneous, they are travels.

<https://www.nfhsnetwork.com/clips/ucl0be93081fa1737647652208>

<https://www.nfhsnetwork.com/clips/ucl0be93081fa1737647111744>

Get some film and watch these types of plays and work on identifying the pivot foot. I believe traveling is our toughest call. Identifying the pivot foot is critical as a first step in determining a legal move or not.

Monday extra: If you have access to Hudl films that are tagged, filtering by violations will give you all violations, including travels, filtering by 3-point shots will give you all of those and you can look at the footwork as they shoot the ball.

Have a great game tonight!

Tim