

Good morning!

Take a look at a free throw [here](#).

The entire point of this clip is that 1) we cannot 'relax' during free throws, and 2) we must make sure we are looking at opponents from T when they go behind us on free throws.

This is short and sweet. This is a flagrant foul (supplemental also) on blue 3 for spitting on white 0. Obviously the T did not see it but white 0 clearly made him aware and has a wet jersey. At the very least, the T should have asked the C (and L) if they saw anything.

When opponents go behind the T on a free throw, the T needs to 'open up' (turn ore parallel to the sideline) to SEE players in the backcourt or wherever they are. In this particular case, turn and watch these two specifically. Blue 3 is one of those players who warrants discussion in your pregame since he has a history of being a 'knucklehead'.

If the T HAD seen this happen, we have a flagrant T (even during a live ball on the free throw) for the unsporting act. The player in white would shoot any remaining free throws with nobody on the lane lines then any white team member would shoot 2 free throws for the flagrant T than we have a throw-in for white at the division line opposite the table.

Tuesday extra: Remind yourself and your partners to 'be alive' during dead balls, timeouts and free throws.

Have a great game tonight!