

Good morning!

Today is a little different...no clip today but a traveling video and a short power point about staying out of trouble.

Take a look at this traveling video with Jeff Lane and Tom Lopes [HERE](#).

Another short power point titled "How to Not Argue" is [HERE](#).

Thursday Extra: We have all had those plays where someone is going in on a drive to the hoop, the ball handler brings the ball up from the hip area and the defender reaches across the front and we have to determine if the ball was hit OOB or if we have a foul. One aid to us is what the ball does. If the ball goes *down* then there is a strong probability that the ball was hit, so it most likely is an OOB. If the ball goes *up* then there is a strong possibility that the arm was hit and we have a foul. This is similar to when the ball goes OOB and we aren't positive but all the players start walking the other direction so we have *that* to aid us!

Have a great game tonight!

Tim