

Good morning!

Identifying the pivot foot...tough to do at times. Identify the pivot foot and determine if we have a legal play in a clip [here](#).

Did you identify the right foot as the pivot foot when she received the pass? Did she lift it and put it back on the floor before starting the dribble? This is a travel. Identifying the pivot foot is crucial in getting traveling (or not) plays correct. The T here probably should have been down the sideline to 1) see between the ball handler and defender, and 2) to see when the ball was released on the dribble (although in this clip she travels when she jabs with the right foot well before dribbling).

The reply to the coach asking why it was a travel is easy also 'Coach, she lifted the pivot foot and put it back on the floor.'

Traveling is TOUGH sometimes, identify the pivot foot!

Thursday extra: Once you are back in the locker room after the game, don't rush to leave – talk with your partner(s) about the game in general and a few specific plays that could be questioned.

Thursday bonus extra: Here is a fantastic presentation about traveling that was recorded for the Erie county chapter meeting during covid by Jeff Lane. It was based on info from Tom Lopes (a name for us old farts!). It is about an hour but worth the time! [Traveling Shoes](#)

Have a great game tonight!