



So You Think That's A Travel

Crossovers, Jump Stops, Spin Moves and Euro-Steps



Is This A Travel?



Why is Calling Traveling So Difficult?

Officials fail to identify the pivot foot every time there is a possession by a new player

Offensive players come up with new techniques that are designed to confuse the defensive player

There are different rules for traveling in high school and the NBA

Identify the Pivot Foot On Every Catch





Crossover Dribble

A basketball maneuver where the player dribbling the ball switches the ball rapidly from one hand to another to make a change in direction.

Crossover dribbles can include stop-and-go moves; hesitations, head fakes, behind-the-back dribbles.

Killer Crossover





Spin Move

An effective dribbling movement to get past a defender by rotating or spinning your body around the defender while moving forward toward the basket, protecting the ball from your opponent with your body.

Spin moves always start with a plant foot.

Always Find the Pivot Foot





Jump Stop

In its most basic form, a jump stop is when a player comes to a stop landing simultaneously on both feet in a controlled stance.

While landing on both feet at the same time, either foot can become the pivot foot.

Jump Stop: Jump Off One, Land on Two



PEARL HARBOR INVITATIONAL

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Euro Step

The Euro step is an offensive maneuver where a player changes direction after picking up their dribble while driving to the basket.

Euro steps can be side steps or a slow exaggerated larger step moving toward the basket.

Euro Step Key: Find the Pivot Foot



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Let's Review the NFHS Traveling Rule

Traveling is moving a foot or feet in any direction in excess of the prescribed limits while holding the ball.

A player who catches the ball with both feet on the floor may pivot using either foot. When one foot is lifted, the other is the **pivot** foot.

A player who catches the ball while moving or dribbling may stop and establish a **pivot** foot

Let's Review the NFHS Traveling Rule

After coming to a stop and establishing a **pivot** foot...

The **pivot** foot may be lifted, but not returned to the floor, before the ball is released on a pass or try for goal.

The **pivot** foot may not be lifted before the ball is released to start a dribble.

Let's Review the NFHS Traveling Rule

A player holding the ball may not touch the floor with any part of the body other than a hand or foot.

After gaining control while on the floor may not attempt to get up or stand without dribbling.

NBA Gather and Step

This is the NBA Rule for Traveling...

A player who gathers the ball while progressing may
(a) take **two steps** in coming to a stop, passing or shooting the ball; or

(b) if he has not yet dribbled, take **one step** prior to releasing the ball to start his dribble.

A player who gathers the ball while dribbling may take **two steps** in coming to a stop, passing or shooting the ball.

Different Codes = Different Concepts

Most travels in high school have to do with returning the **pivot foot to the floor illegally or when a player starts their dribble after lifting the pivot foot.**

Many travels in the NBA are based on the **number of steps a player takes after gathering the ball.**

We shouldn't count steps in high school to determine the legality of traveling situations.

Jump Stop and Step = Illegal



Jump Stop & Pivot = Legal

FOX CBB



BIG EAST TOURNAMENT CHAMPIONSHIP
SETON HALL 27 VILLANOVA 19 1ST HALF 7:28 :16

Jump Stop and Jump = Legal



1/3

3-POINT FG THIS HALF

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23 NOTRE DAME

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1 VILLANOVA

51

2nd 10:13 20

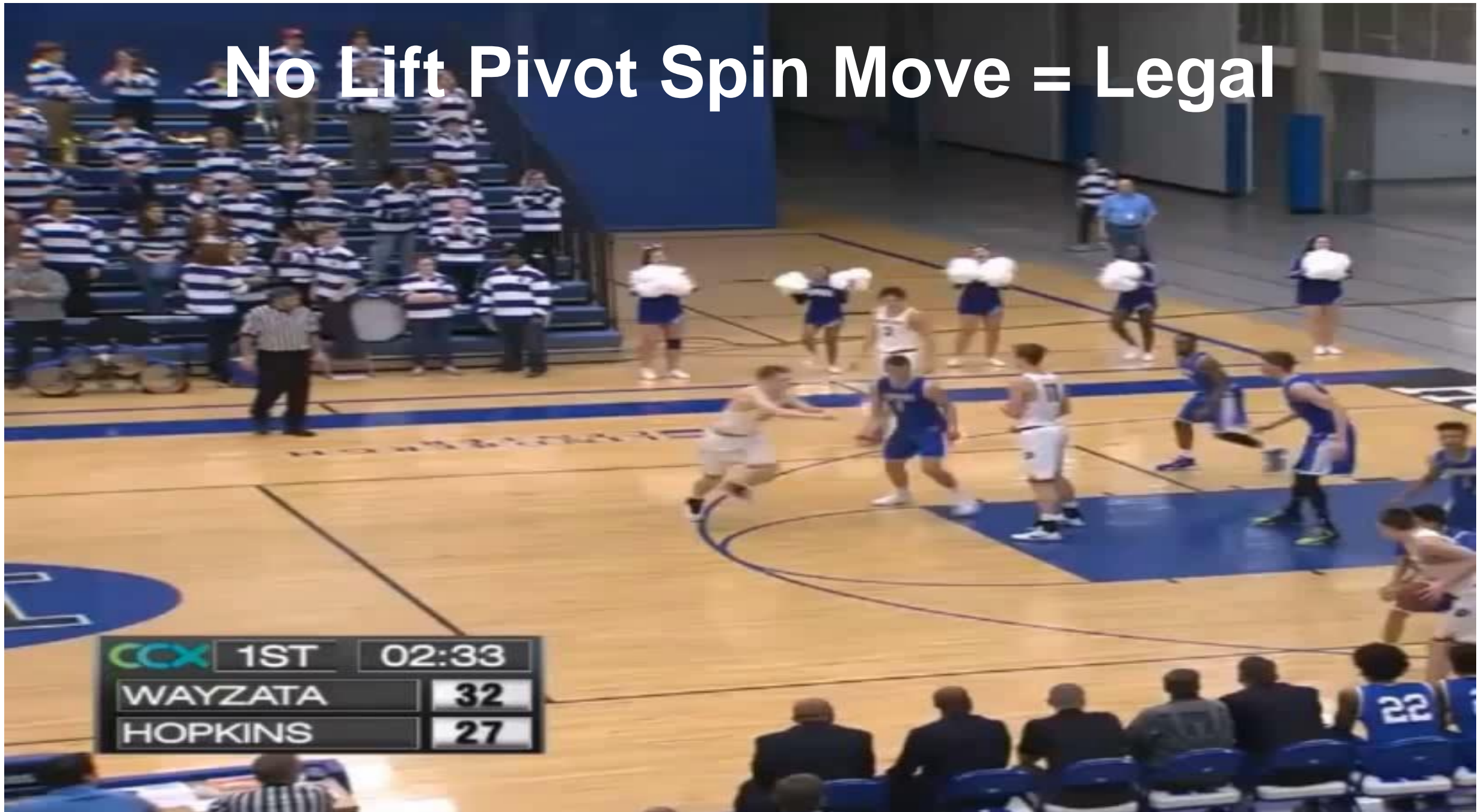
Jump Stop and Dunk = Legal



Do You Think Villanova Practices This?



No Lift Pivot Spin Move = Legal



Spin & Pivot Returns to Floor = Illegal



Spin & Pivot Return = Illegal



Euro Step: Pivot Returns = Illegal



Euro Hesitation Step = Legal



Crossover Euro Step = Legal



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Bunny Hop = Illegal



Step Back Bunny Hop = Illegal



Traveling Basketball Myths

- ◆ **All Spin Moves are illegal**
- ◆ **All Euro Steps are illegal**
- ◆ **A player sliding on the floor is traveling**
- ◆ **A player dribbling can be called for traveling**
- ◆ **Even if a player fumbles the ball, there can be traveling**

Traveling Basketball Truths

- ◆ **The traveling rule between NFHS & NBA is different**
- ◆ **Identifying the pivot foot is key in calling traveling**
- ◆ **Player Control must be present for traveling to be called**

That's Why They Call it Walking



It's Basketball, Not Hopscotch

