



Student Notes



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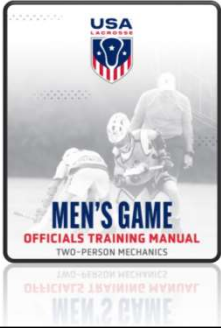
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**WHAT ARE MECHANICS?**  
OUR GUIDING PRINCIPALS

- Me-chan-ics /mə'kaniks/
- noun: mechanics; plural noun: mechanics
- The way in which something is done or operated;
- The practicalities or details of something.

*"The mechanics of lacrosse officiating"*  
How we move with purpose and signal for clarity



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**THE MISSION OF OUR MECHANICS**



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## Student Notes

### WHY CLEAR MECHANICS ARE IMPORTANT

COMMUNICATION IS KEY

Three basic things all coaches need to know...

1. What's the call ?
2. Who is getting the ball ?
3. Where will the ball start ?



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### KEY CONSIDERATIONS

OPERATE WITHIN YOURSELF

- Know your physical ability
- Anticipate the play
- Put yourself in the best position to make the best decision
- Can you get in better shape?



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### POSITIONING

RIGHT PLACE AT THE RIGHT TIME

- Where's the ball?
- Am I "on-ball" or "off-ball"?
- Where could the ball go next?
- Where are my partners?
- Can I see all the players?



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





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## Student Notes

### PRE-GAME MECHANICS

-  Coaches
-  Table Staff, Game Clock & Penalties
-  Captains coin toss
-  Face Off Players
-  Pre-game team line up, in-home on the field
-  Time outs and between quarters



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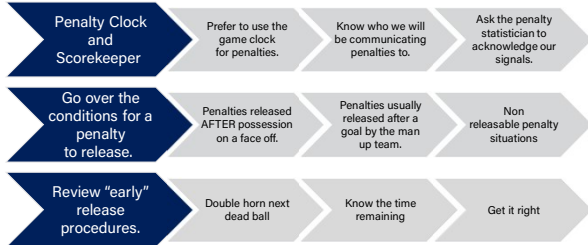
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### PREPARATION WITH TABLE STAFF



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### PLAYER PREGAME LINE UP

- EVERYONE IS WATCHING**
- Proper Setup**
- Goalie's left shoulder to goal they are defending
  - Defense, Midfield, Attack after Goalie
  - Faceoff player should be on midline
  - 5 yards apart set by Umpire and Field Judge



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## Student Notes

### PLAYER PREGAME MESSAGING

FINAL CHANCE TO SET THE TONE

Messaging

- Keep it short
- Know what you are going to say
- Ask the player to Respect the Game!
- Sportsmanship
- "Questions are OK, Comments are not!"
- Goalie's Cross
- Gentlemen, introduce yourselves



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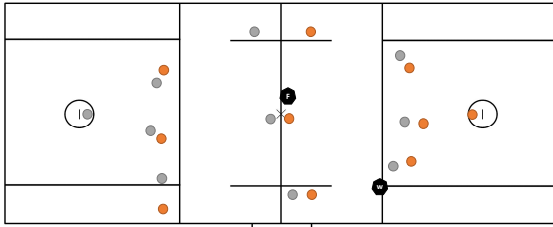
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### PRE-FACEOFF

WING OFFICIAL RUNNING RIGHT



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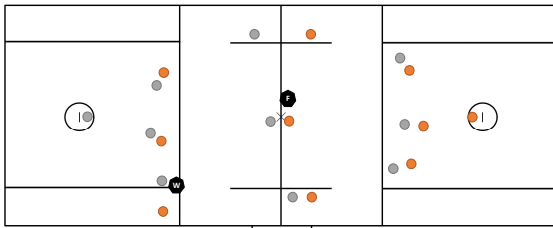
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### PRE-FACEOFF

WING OFFICIAL RUNNING LEFT



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## Student Notes

### FACE OFF OFFICIAL'S RESPONSIBILITIES

THE FAR-SIDE OFFICIAL CONDUCTS THE FACEOFFS

- Makes sure both players are in a legal set-up position
- Backs out diagonally to be clear of the players paths.
- Watches player facing for early movement and other violations.
- Knows where the far side wing players are before you put the ball down.
- Restarts play after all violations

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### FACEOFF OFFICIAL'S MECHANICS

PLAYER AND STICK POSITIONING

- May physically adjust the players' positioning (including crosses).
- Gives "Set" command with his hand on or near the ball or crosses.
- Backs away and sounds the whistle while concentrating on the faceoff players' actions, moving with the play as necessary.
- Avoid "Swistles" & change cadence
- Get away from the players before blowing your whistle.
- Know where the far side wing players are lined up and get out of their way coming into the play.

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### FACEOFF WING OFFICIAL'S RESPONSIBILITIES

- Responsible for watching wings and all other players
- Aware of players lined up next to each other for possible interference violations
- Keeps all other players behind the restraining line
- Watches for early release from restraining line
- Locks players behind restraining line on violations

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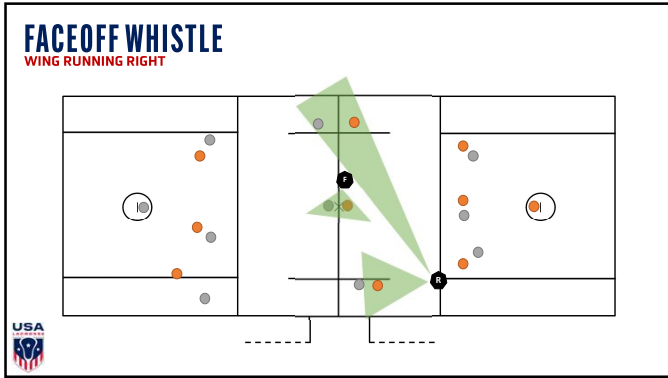
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## Student Notes



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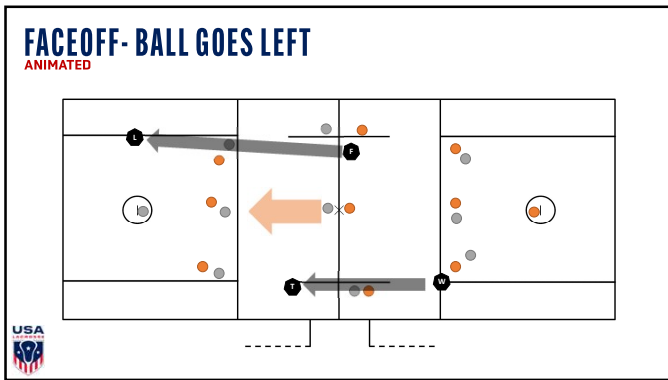
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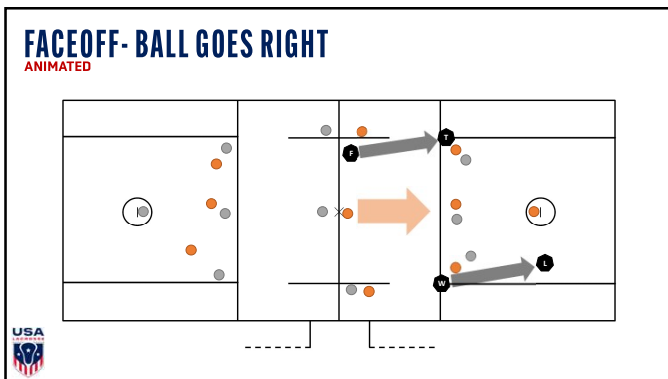
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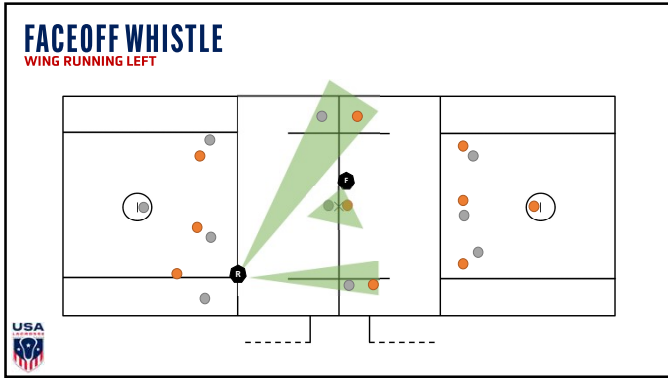
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## Student Notes



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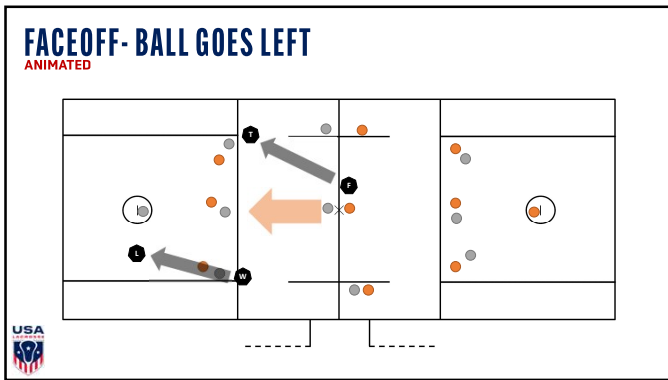
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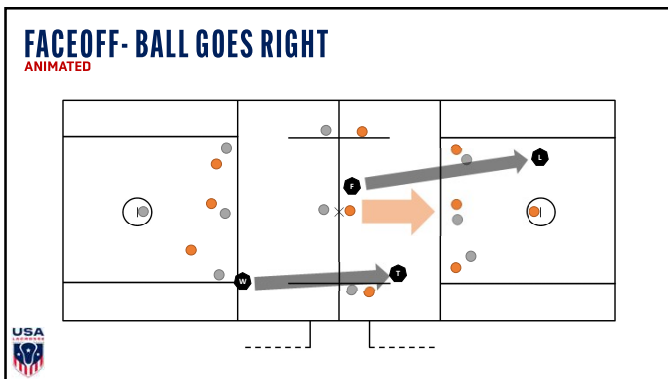
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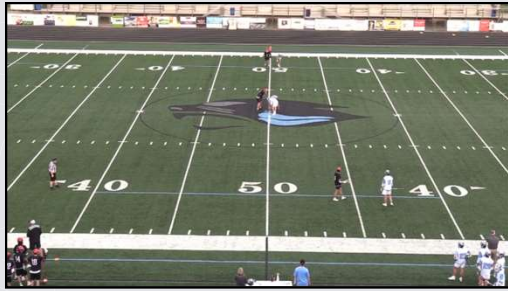
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## Student Notes

### FACEOFF VIDEO - BALL GOES LEFT

WING RUNNING LEFT



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### FACEOFF VIOLATIONS

- Pre-whistle – stand the players up without a whistle, signal/state the violation.
- Post-whistle – blow the whistle immediately, and signal/state the violation.
- In 2-Person Mechanics, Trail Official handles all restarts
- Restart from spot of violation
- Wing Official – make sure boxes are locked (no release) and delays restarts if necessary



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### VIOLATION & RESTART

PRE-WHISTLE VIOLATION



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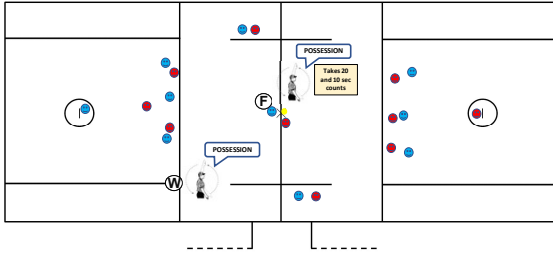
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## Student Notes

### FACEOFF POSSESSION & PLAY



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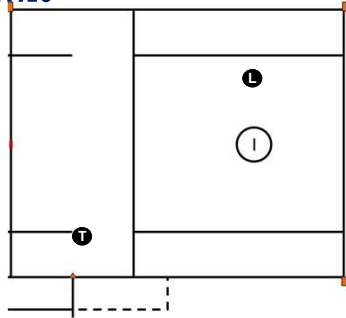
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### PRIMARY RESPONSIBILITIES

#### SETTLED PLAY

- **Lead**
  - Goal & Crease
  - Endline & Shot Backup
  - Sideline
  - 20 Count as New Trail
  - Delayed Offsides Count
- **Trail**
  - Shooter
  - Sideline
  - Opposite goal
  - Over and back
  - Goal Coverage as New Lead



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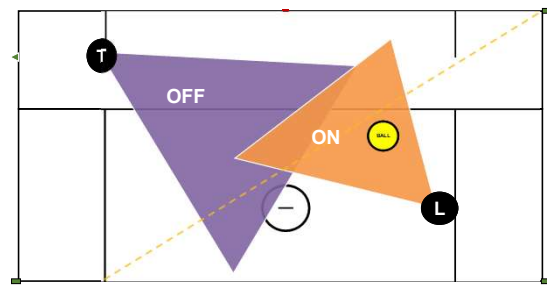
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### FIELD COVERAGE - ON AND OFF

#### BALL NEAR LEAD



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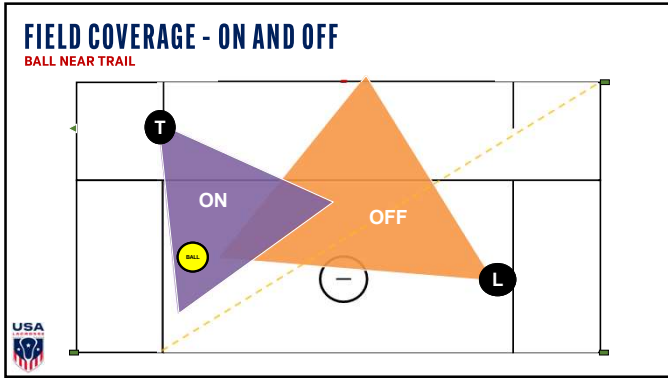
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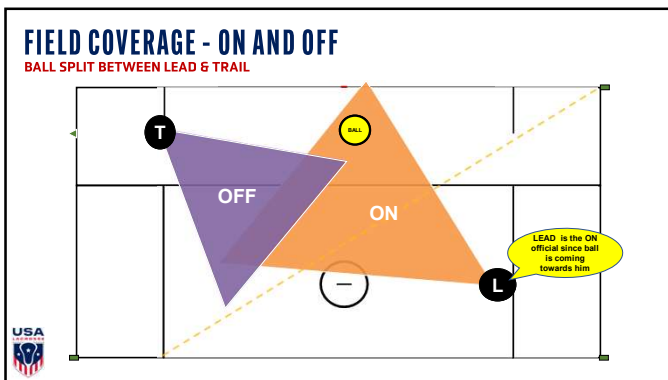
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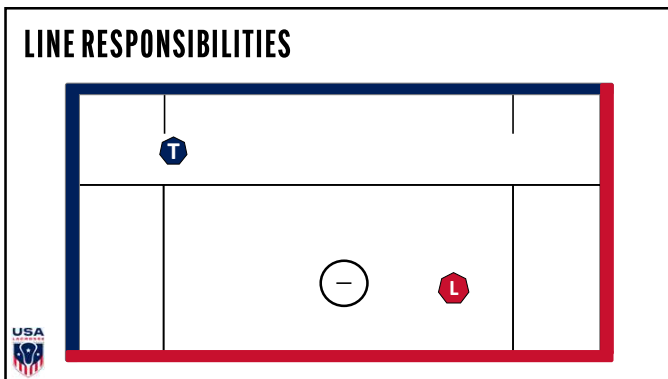
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## Student Notes

**SETTLED SITUATIONS**  
VIDEO LESSON - 11-MINUTES

USA LACROSSE

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**GOAL SCORED & ENSUING FACEOFF**  
ANIMATED

USA LACROSSE

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**OVER AND BACK RESTART POSITIONING**  
ANIMATED

USA LACROSSE

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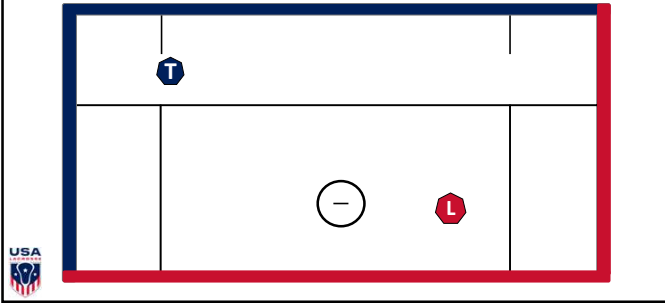
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Student Notes

SETTLED PLAY - WHO IS RESTARTING?



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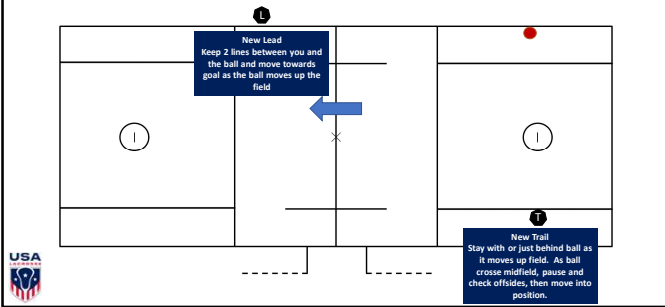
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DEEP RESTARTS ACROSS FIELD



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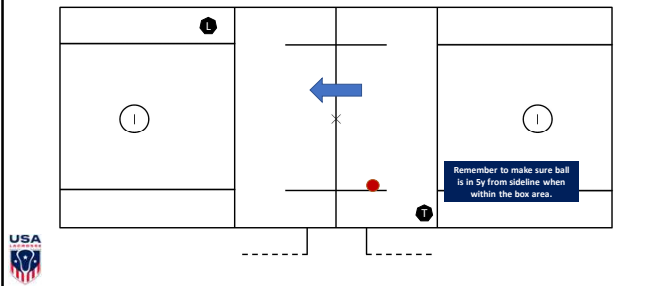
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RESTARTS AT SUBSTITUTION BOX

BALL ON DEFENSIVE SIDE



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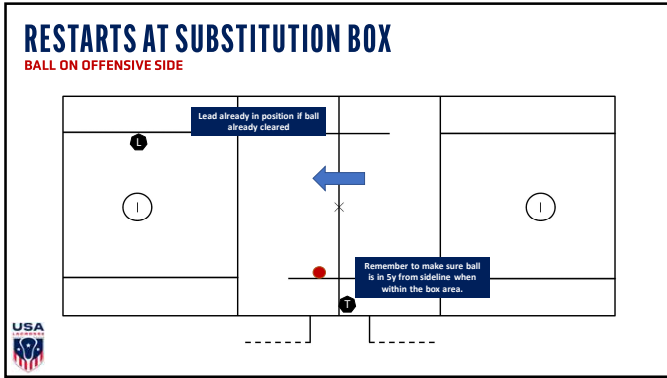
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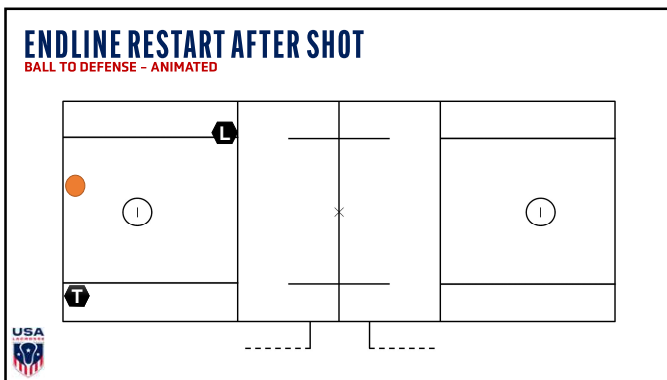
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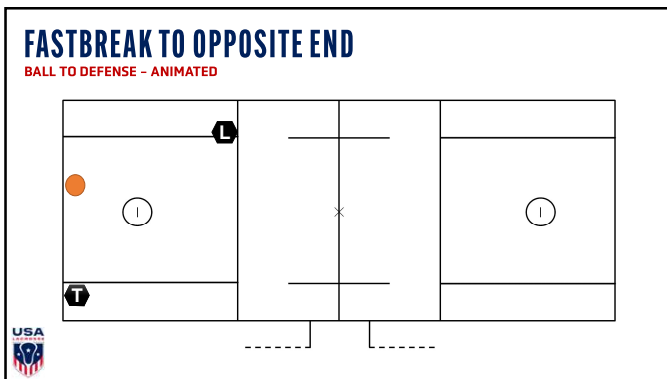
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## Student Notes

### PENALTY RELAYS

- Inform your partner and the players
- Get to open space, facing the table, near midfield
- Take a breath
- Be aware of Pace, Tone, Volume: Slow, Calm Relaxed
- CNOTe
- When and Why the "E"



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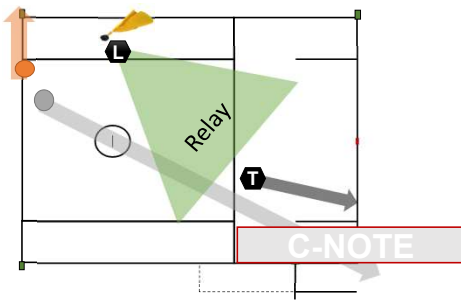
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### PENALTY RELAYS

ANIMATED



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### PENALTY RELAYS

VIDEO SAMPLES



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## Student Notes

### CORRECTING MISTAKES BY OFFICIALS

#### YOU WILL MAKE THEM

- Mistakes are inevitable
- How you handle them will determine your future as an official
- Admitting your mistake is the first step
- HOW you "admit" the mistake is a key part
  - Are you self-deprecating?
  - Are you angry and defensive?
  - Do you ignore your mistakes?
- Know and practice YOUR process!

What do you do with a mistake: recognize it, admit it, learn from it, forget it.

DEAN SMITH

DEAN SMITH



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### END OF GAME

Have end of game exit strategy.

Sign the scorebook.

You job ends when we leave the immediate playing facility.

Leave the field together.

Acknowledging the coaches is ok.



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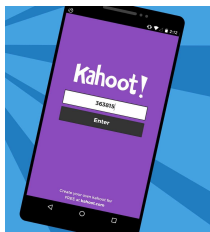
### KAHOOT!

#### GAME-STYLE LEARNING

Kahoot! is a digital learning platform that uses quiz-style games to help students learn by making the information engaging in a fun way.

As one of the biggest names in quiz-based learning, it's impressive that Kahoot! still offers a free-to-use platform, which makes it highly accessible for teachers and students alike. It's also a helpful tool for a hybrid class that uses both digital and classroom-based learning.

The cloud-based service will work on most devices via a web browser. That means this is accessible for students in class or at home using laptops, tablets and smartphones.



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## Student Notes

**KAHOOT INSTRUCTIONS**

**PLAYERS**

- On your smartphone, tablet or laptop, go to [www.kahoot.it](http://www.kahoot.it)
- Wait for the instructor to give you the **Game Pin**
- Enter your first name and last initial **ONLY**

**INSTRUCTORS**

- A Kahoot account can keep track of results, otherwise, you can play without an account
- <https://create.kahoot.it/auth/login>
- Create a free BASIC account (up to 50 users) or paid PRO account (up to 100 users)
- Click on the link below
- Game will open in an internet browser window

[USA Lacrosse Officials Development Program - TWO PERSON MECHANICS](#)




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THANK YOU TO THE MEMBERS OF THE  
2023 MENS OFFICIAL'S EDUCATION  
DEVELOPMENT TEAM



usalacrosse.org

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