



Student Notes



1



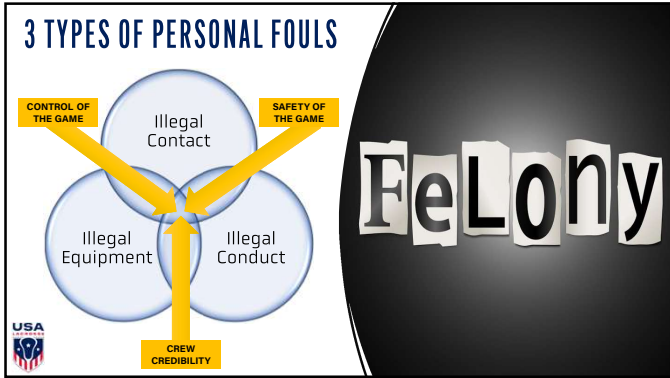
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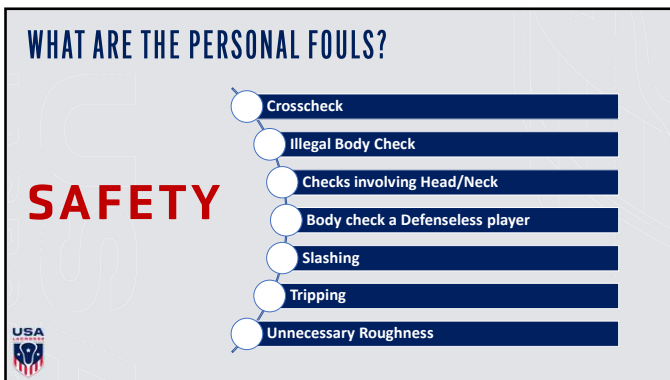
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Student Notes



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Student Notes

CROSSCHECK VIDEO



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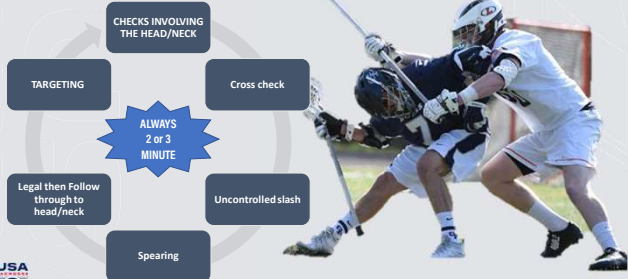
ILLEGAL BODY CHECK

- More than 5-yards from loose ball
- From the rear or below the waist
- Player on the ground
- Can still be 1-Minute



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CHECKS INVOLVING THE HEAD/NECK



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Student Notes

CHECK TO HEAD/NECK AREA VIDEO



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DEFENSELESS PLAYER

- Blind side with & without possession
- Head down on loose ball
- MUST be a 2-Minute or 3-Minute Penalty
- You CANNOT “bring this down” to a 1-minute if you use the words “to the head”



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DEFENSELESS PLAYER VIDEO



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Student Notes

TARGETING

- Blind side with & without possession.
- Head down on loose ball
- MUST be a 3-minute, non-releasable foul
- Should be discussed as a crew



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TARGETING VIDEO



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SLASHING

- Swinging with viciousness or reckless abandon
- Striking an opponent in the head, back, leg

ACTIVITY ALERT
Pool Noodle Demo!



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Student Notes

SLASHING VIDEO



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SLASHING VIDEO



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TRIPPING

- Obstructing below the waist with POSITIVE PRIMARY action.
- Doesn't have to be intentional, most are not!
- Usually happens after a missed check and the follow-through
- Also happens when feet get tangled
- Would he have gone down without "help"?



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Student Notes

TRIPPING VIDEO



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UNNECESSARY ROUGHNESS

- Excessively violent holding and pushing infractions
- Defensive player violent contact with screening opponent
- Avoidable deliberate violent contact
- Punching blows



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UNNECESSARY ROUGHNESS - LATE HIT VIDEO



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Student Notes

UNNECESSARY ROUGHNESS - RUNNING THROUGH A PICK



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ILLEGAL CONDUCT

• Unsportsmanlike Conduct

- Remember the ladder
- Possession
- 30-Second Conduct
- 1-Minute USC
- Ejection

• Fighting

- Automatic Ejection
- 3-Minute Penalty (in-home)



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COACH BEHAVIOR



Use the Ladder!!



Do not Ignore the Head Coach



Answer a question, not a statement



"Coach... it's over"



Be honest



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Student Notes

PLAYER BEHAVIOR

- Control Player to Player Interactions
- Trash-talking
- Language
 - Teammates
 - Opponents
 - You!
- Race and Gender

Class Discussion Questions



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TEAM BEHAVIOR



CAPTAINS CAN HELP DEFUSE SITUATIONS

ALL WARNINGS ARE TEAM WARNINGS



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OTHER PERSONAL FOULS

- Illegal Crosse & Equipment
- Gloves must completely cover the hands
 - Note: Mouthpiece violation is technical foul
- Certain Illegal Behavior:
- Grabbing ball or opponent crosse in face off









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Student Notes

PENALTY ENFORCEMENT

-  1, 2 OR 3 MINUTES
-  AFTER END IF PERIODS
-  RELEASABLE/ NON-RELEASABLE
-  FOULING OUT
-  EJECTIONS



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PREVENTING PERSONAL FOULS

Pre-game communication with Captains.

- It's ok to ask questions.
- It's not ok to yell and scream.

In game Communication with Players

- It's ok to explain to players what they did wrong, so they don't do it again.




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BE AWARE OF "FLASH POINTS"

- After Goals!
- Around the Crease!
- Stoppages of Play!
- Player Movement!
- Substitution!
- After a BIG HIT!




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Student Notes


SITUATIONAL AWARENESS

- Feel the momentum shift!
- Big Long Loose ball scrums!
- Those first 5 minutes!
- After Big Hits!
- The Crowd Goes Wild!
- Near the Lines!




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YOU MAKE THE CALL - 1




YOU
— MAKE THE —
CALL




32

YOU MAKE THE CALL - 2



YOU
— MAKE THE —
CALL



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Student Notes

YOU MAKE THE CALL - 3



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YOU MAKE THE CALL - 4



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YOU MAKE THE CALL - 5



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Student Notes

YOU MAKE THE CALL - 6



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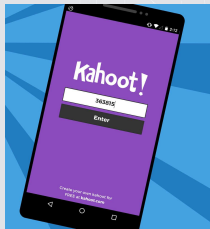
KAHOOT!

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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KAHOOT INSTRUCTIONS

PLAYERS

- On your smartphone, tablet or laptop, go to 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 -
PERSONAL FOULS : RULE 5



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Student Notes