




Student Notes



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

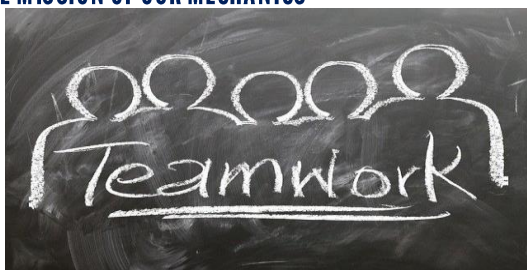


USA LACROSSE
BOY'S FIELD
THREE PERSON MECHANICS MANUAL

USA LACROSSE

2

THE MISSION OF OUR MECHANICS



USA LACROSSE



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 ?



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?



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?





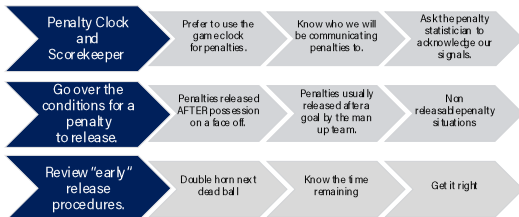
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PRE-GAME MECHANICS

-  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



PREPARATION WITH TABLE STAFF

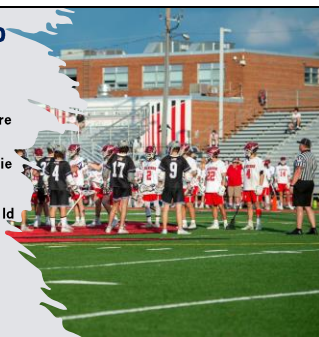


PLAYER PREGAME LINE UP

EVERYONE IS WATCHING

Proper Setup

- Goalie's left shoulder to goal they are defending
- Defense, Midfield, Attack after Goalie
- Face off players should be on midline
- 5 yards apart set by Umpire and Field Judge





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PLAYER PREGAME MESSAGING

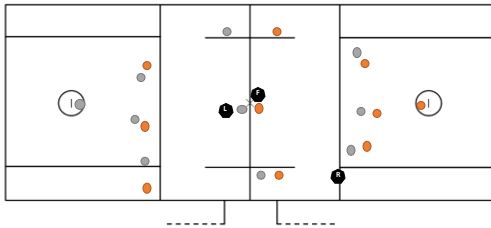
FINAL CHANCE TO SET THE TONE

Messaging

- Keep it short
- Know what you are going to say
- Ask the player to Respect the Game!
- Sportsmanship
- "Questions are OK, Comments are no!"
- Goalie's Cross
- Gentlemen, introduce yourselves



PRE-FACEOFF



FACE OFF OFFICIAL'S RESPONSIBILITIES

THE SINGLE-SIDE OFFICIAL CONDUCTS THE FACEOFFS



Makes sure both players are in a legal setup 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

Staddles midline where faceoff will be

Places ball on the midline, waiting for partners to signal "Ready"

Initiates FO by giving "Down" command

Visually checks both players are in legal FO position
If needed, should verbally adjust and may physically adjust players positioning (including crosses)

Gives "Set" command.

Motionless and sounds whistle (avoid "whistles")
Concentrating on FO players actions, moving with the play as necessary.



FACEOFF "HELPER" RESPONSIBILITIES

FACEOFF "HELPER" IS IN THE LEAD LEFT POSITION

- Assists with face-off set up
- Backs out diagonally
- Responsible for left goal
- Watches for early movement and violations
- Can stop play and call violations
- Watches for early release from restraining line
- Locks players behind restraining line on violations



FACEOFF WING OFFICIAL'S RESPONSIBILITIES

THE WING OFFICIAL IS IN THE LEAD RIGHT POSITION

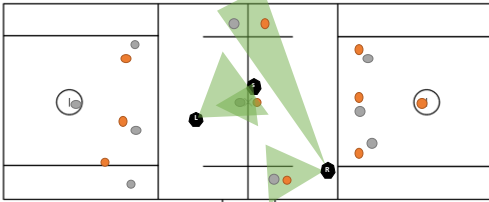
- Responsible for watching wings and all other players
- Aware of players lined up next to each other for possible infraction violations
- Keeps all other players behind the restraining line
- Watches for early release from restraining line
- Locks players behind restraining line on violations





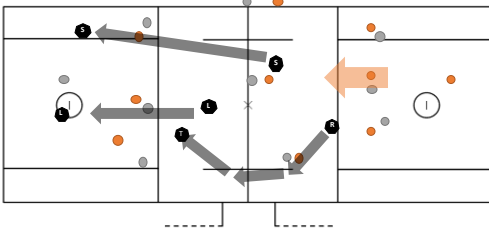
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FACEOFF WHISTLE



FACEOFF- BALL GOES LEFT

ANIMATED



FACEOFF VIDEO - BALL GOES LEFT

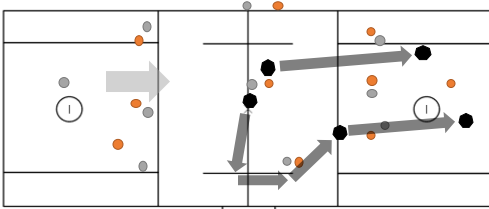




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FACEOFF- BALL GOES RIGHT

ANIMATED



FACEOFF VIDEO - BALL GOES RIGHT



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.

Single Side Official handles all restarts

Restart from spot of violation

Lead Left and Lead Right make sure boxes are locked (no release) and delays restarts if necessary



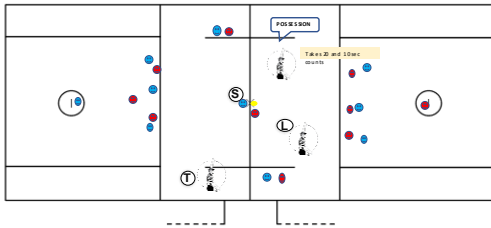


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VIOLATION & RESTART

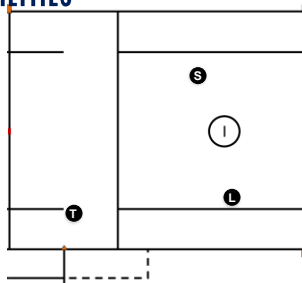


FACEOFF POSSESSION & PLAY



PRIMARY RESPONSIBILITIES

- **Lead**
 - Goal & Crease
 - End line
- **Single**
 - Goal & Crease
 - Sideline
 - Counts
 - 1st Offsides Count
- **Trail**
 - Shooter
 - Sideline
 - Opposite goal
 - Over and back
 - 2nd Offsides Count



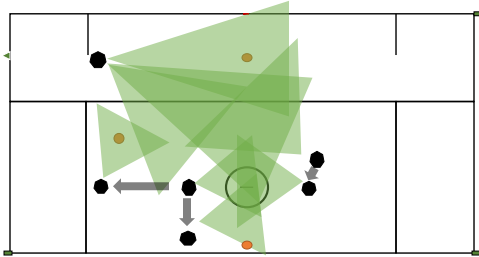


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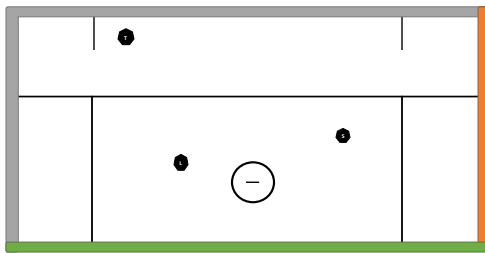
SETTLED SITUATIONS



ON & OFF BALL RESPONSIBILITIES



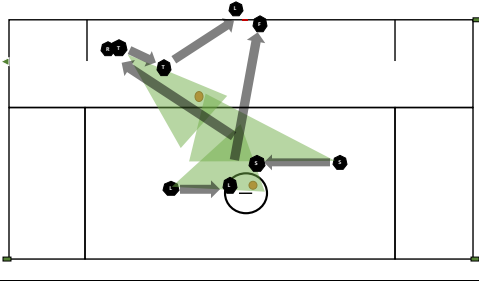
LINE RESPONSIBILITIES





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GOAL SCORED & ENSUING FACEOFF



GOAL SCORED VIDEO EXAMPLE



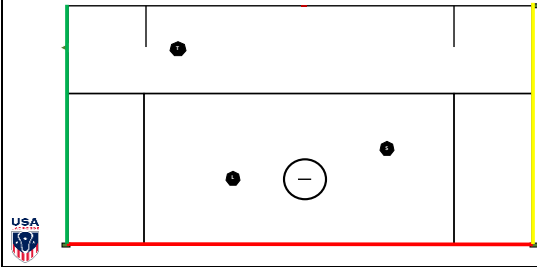
OVER AND BACK



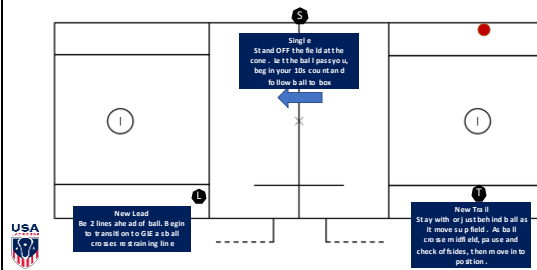


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SETTLED PLAY - WHO IS RESTARTING?

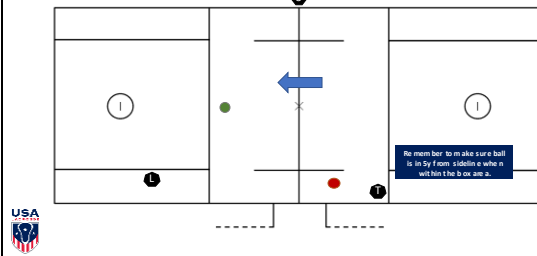


DEEP RESTARTS ACROSS FIELD



RESTARTS AT SUBSTITUTION BOX

BALL ON DEFENSIVE SIDE

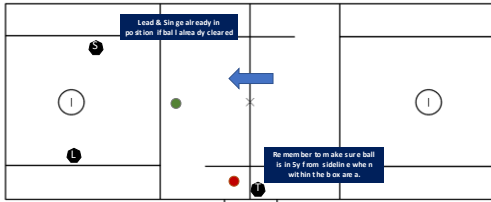




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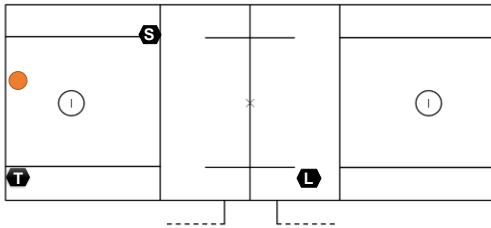
RESTARTS AT SUBSTITUTION BOX

BALL ON OFFENSIVE SIDE



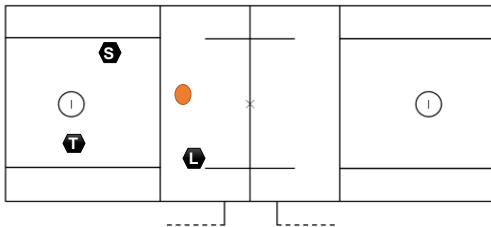
ENDLINE RESTART AFTER SHOT

BALL TO DEFENSE - ANIMATED



FAST BREAK TO OPPOSITE END







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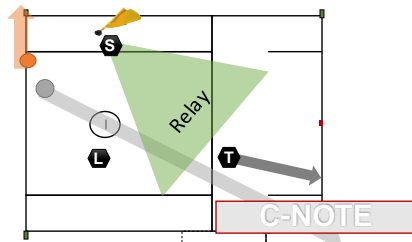
PENALTY RELAYS

-  Inform your partners and the players
-  Get to open space, facing the table, at the wing/midfield intersection
-  Take a breath
-  Be aware of Pace, Tone, Volume: Slow, Calm, Relaxed
-  C-Note
-  When and Why the "E"



PENALTY RELAYS

ANIMATED



PENALTY RELAYS

VIDEO SAMPLES



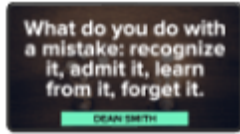


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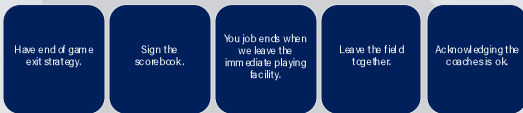
CORRECTING MISTAKES BY OFFICIALS

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!



END OF GAME



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.





Student Notes

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 - THREE PERSON MECHANICS](#)



THANK YOU TO THE MEMBERS OF THE
2024 MENS OFFICIALS EDUCATION
DEVELOPMENT TEAM



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