A picture containing grass, outdoor, person, playing

Description automatically generated

# **Junior officials**

# Lesson Plan

# About this Module

## Module Description

The ***Introduction to Youth Lacrosse*** lesson acts to certify parents (or other adults) as well as juniors (players below the age of 18 and still in school) to officiate youth lacrosse games.

## Module Objectives

Upon the completion of this lesson:  
1) Students will become familiar with the youth rules of the girls’ game of lacrosse  
2) Students will understand what must be done to become certified to officiate youth games  
3) Students will understand the difference in the rules for all levels of the youth game

4) Students will gain confidence in blowing the whistle, using foul signals, and communicating with coaches, players, and game personnel

## Materials needed

This course is designed to keep students actively engaged in the learning process. The use of stations for each activity will keep the students moving, learning, and engaged throughout the day.

□ Acquire and test A/V equipment  
□ Complete all relevant items on “Clinician Pre-Clinic Checklist”

□ HANDOUT: Junior Official Certification Checklist

□ HANDOUT: Youth Game Pregame Checklist

□ HANDOUT: Youth Rules Comparison Chart

□ HANDOUT: The Youth Game Timer – laminated or in page protectors

□ Copies of the Annual Youth Rules Test

□ Sticks – ask players to bring their stick

□ Balls  
□ Set of ropes

**Suggested items to give each new official**

□ Fox 40 Classic Whistles\*  
□ Wrist lanyards\*\*  
□ Sets of cards: yellow, red, and green \*\*\*

□ OFFICIALT-Shirt–T-shirtwithyourboard’slogoonthefrontandOFFICIALonthe back differentiates your junior officials from your adult officials who will be in stripes \*\*\*\*

**STATION I: PROFESSIONALISM**

**DISCUSSION: What is “Professionalism”**

* Communication with partner/assignor before the game (Confirm game time(s) and location)
* Uniform and equipment
* Watch/stopwatch/phone

**DEMONSTRATE/PRACTICE: Pre-game Protocols Checklist**

Distribute the handout ‘**Youth Game Pregame Checklist’**

* Students work in pairs and review checking the field and nets
* Students practice shaking hands with coaches
* Students practice running a captains and coaches meeting
* Reviewing the rules for that age group
* Asking the coaches if there are any specific league rules being followed for that game
* Determine who will be keeping the time and score

**STATION II: STICK CHECKS**

**DEMONSTRATE/PRACTICE: Stick Checks**

* Review the stick check protocols
* Practice performing stick checks
* Review equipment requirements for field players and goalies
* Practice how to communicate with coaches when a stick needs to be tightened
* Practice how to communicate with coaches when a goalkeeper’s equipment is missing

**STATION III: STARTS AND RESTARTS**

**DEMONSTRATE/PRACTICE: Starts and Restarts**

* Students practice setting the draw
  + Practice blowing the whistle
* Review early entry fouls
  + Practice blowing the whistle and the signal for early entry

**STATION IV: SHOOTING SPACE**

**DEMONSTRATE/PRACTICE: Shooting Space**

* Use ropes to review shooting space from an official’s point of view
* Practice making the shooting space call as other students simulate the foul

**STATION V: CHECKING**

**DEMONSTRATE/PRACTICE: Checking**

Review the checking rules for the different age groups:

* Difference between incidental contact and illegal check  
  Review three-second count for closely guarded, f AV equipment is available, show the USL three-second closely guarded video
* No checking
* Modified checking
* Transitional checking

**STATION VI: PENALTY ADMINISTRATION IN THE CSA**

**DEMONSTRATE/PRACTICE: Penalty Administration in the CSA**

* Practice clearing the Penalty Zone
* Practice restarts in the Penalty Zone

**GENERAL SESSION**

* Review the annual Youth Rules Test and answers
* Review the annual Youth Rules Interpretation

## 