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# **Offside FOULS**

# Lesson Plan

# ABout this Module

## Module Description

In the ***Offside Fouls*** lesson students learn how to recognize restraining line violations and administer the restart.

## Module Objectives

Upon the completion of this lesson:

1. Students will identify offside fouls and the signals associated with the foul
2. Students will practice foul administration in and outside the CSA

## Materials needed

The documents below can be accessed from the links on the cover of this document.

* Acquire and test A/V equipment
* Complete all relevant items on [Clinician Pre-Clinic Checklist](https://uslacrosse4102356882.sharepoint.com/:b:/s/OfficialsDevelopment2/EZm--MLEubJFic_pUwp8mKEBEqB5JAx7ICRL6K38pO0Q6w?e=Ipc4Wb)
* “Offside Fouls” PowerPoint presentation

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| Part I: Offside Fouls Present slides 1-4  Review the criteria for a restraining line violation (offside foul). | | | |
|  |  |  | ACTIVITY: Signal |
|  | | | Review the mechanics for an offside foul. Include time out, directional, signal, and whistle restart. |

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| Part II: Penalty Administration Present slide 5-10 | | | |
|  |  |  | ACTIVITY: Offside Penalty Administration |
|  | | | On the vinyl mat/white board, illustrate an offside that would be called and one where the official would allow the player to return behind the RL (make reference to ‘affecting play’)  Using the vinyl board, set up a restart for an offside by the defense, and by the attack. |

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| Part III: offside and carding Present slide 11  Discuss what ‘playing short’ means in the women’s lacrosse game in relation to carding and offside. |

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| Part IV: Offside Foul review Present slide 12  Review criteria for offside. |