




Student Notes



WHAT ARE MECHANICS?
OUR GUIDING PRINCIPALS

- Me-cha-nics /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




BOY'S FIELD
TWO-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?





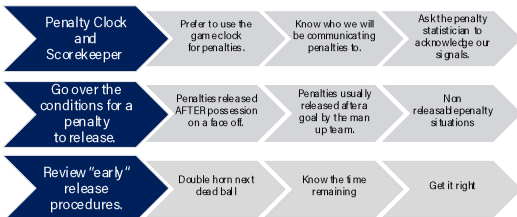
Student Notes

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



PREPARATION WITH TABLE STAFF

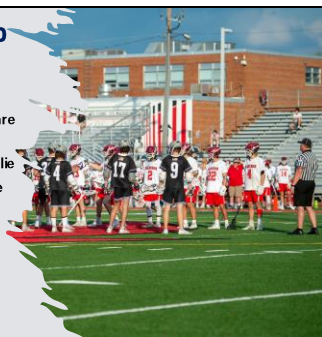


PLAYER PREGAME LINE UP

EVERYONE IS WATCHING

Proper Setup

- Goalie's left shoulder to goal they are defending
- Defense, Midfield, Attack after Goalie
- Faceoff player 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

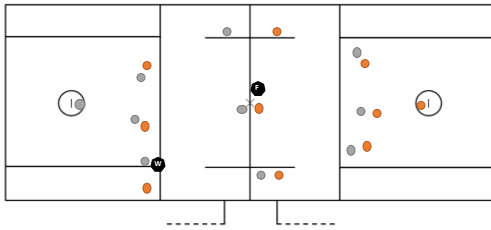
Messaging

- 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

WING OFFICIAL RUNNING LEFT



FACE OFF OFFICIAL'S RESPONSIBILITIES

THE FAR-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, kneeing movement and other violations.



Knows where the far-side wing players are before you put the ball down.



If a FO violation is called the new trail should restart play allowing the lead a moment to get in position.





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FACEOFF OFFICIAL'S MECHANICS

PLAYER AND STICK POSITIONING

Staddles midline where faceoff will be

Places ball on the midline, waits for partner to signal "Ready"

Initiates FO by giving the "Down" command

Visually checks that both players are in a legal FO position.
If needed, may verbally adjust players and may physicaly adjust players positioning (including crosse)

Gives "Set" command.

Remains motionless and sounds whistle (avoid "swhistles")
While concentrating on the FO players actions, moving with the play as necessary



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

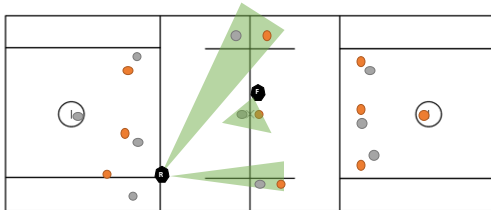
Watches for early release from restraining line

Locks players behind restraining line on violations



FACEOFF WHISTLE

WING RUNNING LEFT

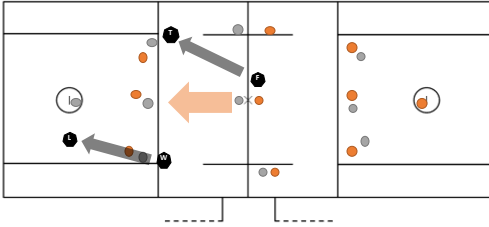




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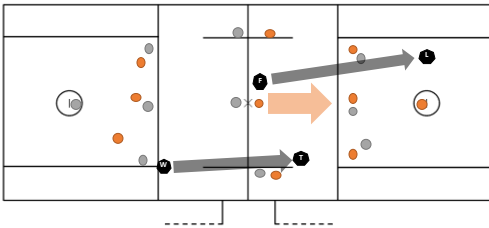
FACEOFF- BALL GOES LEFT

ANIMATED



FACEOFF- BALL GOES RIGHT

ANIMATED



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



VIOLATION & RESTART

PRE-WHISTLE VIOLATION



VIOLATION & RESTART

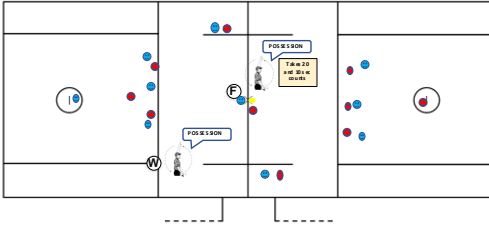
PRE-WHISTLE VIOLATION





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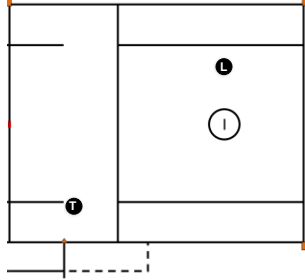
FACEOFF POSSESSION & PLAY



PRIMARY RESPONSIBILITIES

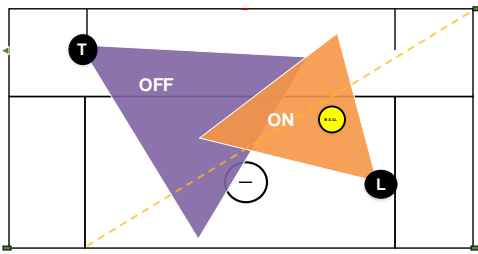
SETTLED PLAY

- **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



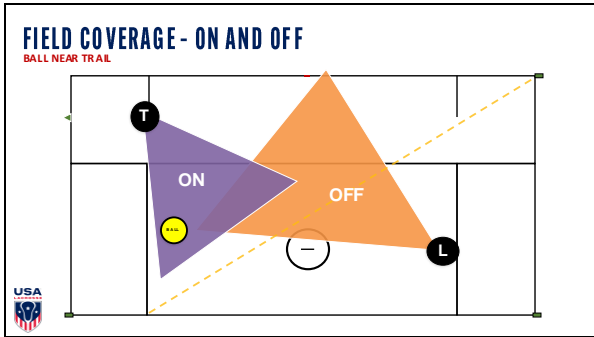
FIELD COVERAGE- ON AND OFF

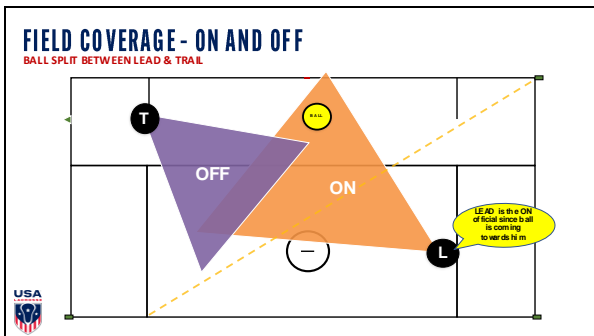
BALL NEAR LEAD

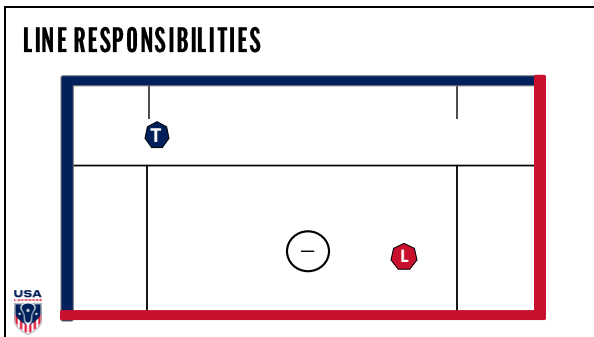




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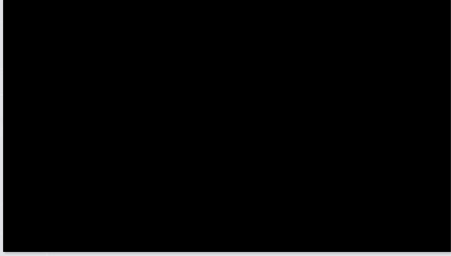




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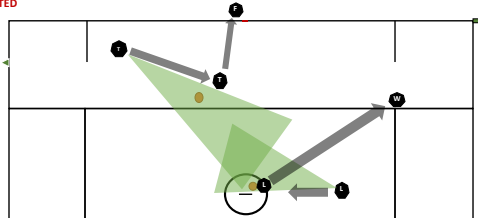
SETTLED SITUATIONS

VIDEO LESSON - 11-MINUTES



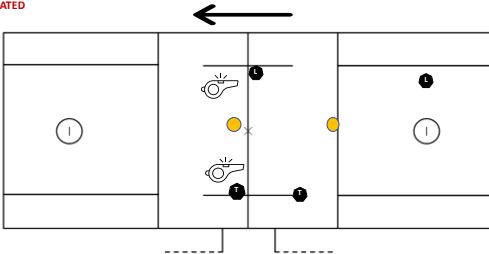
GOAL SCORED & ENSUING FACEOFF

ANIMATED



OVER AND BACK RESTART POSITIONING

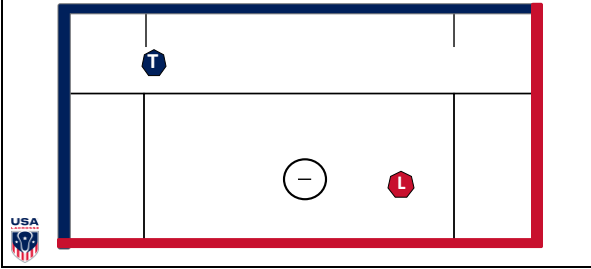
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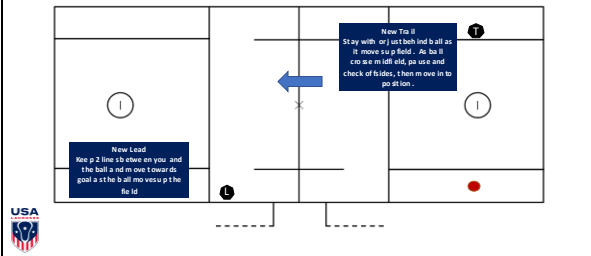


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SETTLED PLAY - WHO IS RESTARTING?

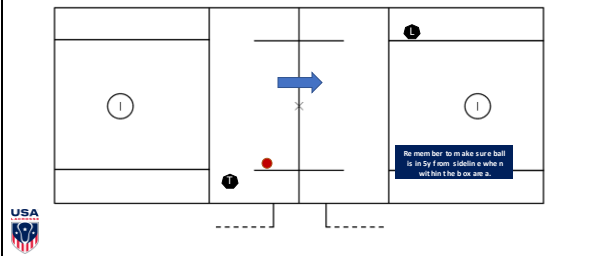


DEEP RESTARTS ACROSS FIELD



RESTARTS AT SUBSTITUTION BOX

BALL ON DEFENSIVE SIDE

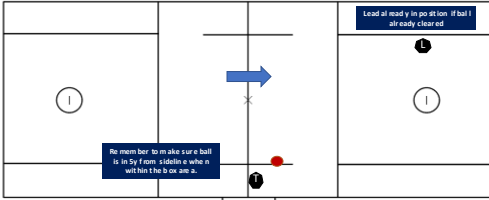




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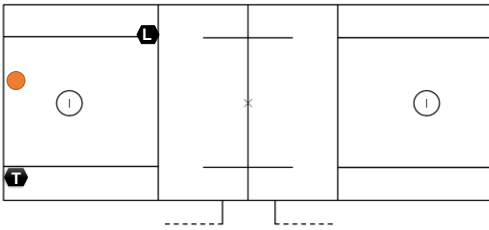
RESTARTS AT SUBSTITUTION BOX

BALL ON OFFENSIVE SIDE



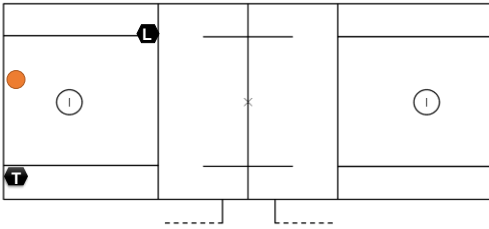
ENDLINE RESTART AFTER SHOT

BALL TO DEFENSE - ANIMATED



FASTBREAK TO OPPOSITE END







BALL TO DEFENSE - ANIMATED





Student Notes

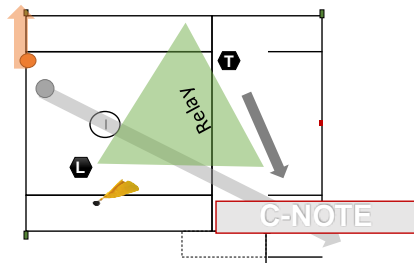
PENALTY RELAYS

-  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"



PENALTY RELAYS

ANIMATED



PENALTY RELAYS

VIDEO SAMPLES



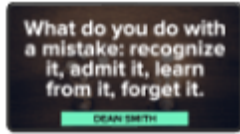


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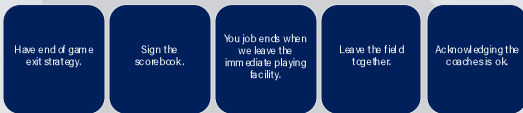
CORRECTING MISTAKES BY OFFICIALS

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 - TWO PERSON MECHANICS](#)



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



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