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# **Game and Timing Procedures**

# Lesson Plan

## GAME AND TIMING PROCEDURES PRESENTATION

## GAME AND TIMING PROCEDURES FOLDER

# ABout this Module

## Module Description

In the ***Game and Timing Procedures*** module, students learn the game and timing procedures for girls’ lacrosse games. They will learn how to work as a team with game administrators, scorers, and timers, and differentiate between different levels of the game.

## Module Objectives

Upon the completion of this lesson:

1. Students will know regulation game times and overtime procedures
2. Students will know and understand the substitution process
3. Students will know when self-starts are permitted and when a whistle is required to restart play
4. Students will demonstrate how to begin play with a draw and recognize draw fouls and early entry fouls

## Materials needed

Access the following resources from the links on the cover of this document:

* Acquire and test A/V equipment
* Complete all relevant items on “CLINICIAN PRE-CLINIC CHECKLIST”
* **“Game and Timing Procedures”** PowerPoint presentation
* Field Mat
* White Board
* Equipment: crosses and balls
* **HANDOUT: “Game Timer Responsibilities”**
* **HANDOUT: “Youth Game Timer Responsibilities”**
* **BREAKOUT: “Game Timer Procedures Review”**
* **DISCUSSION: “Game Timer Procedures Review”** Answer Key

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| Part I: Timing and TimeoutsPresent slides 1-6 |
|  |  |  | DISCUSSION: Game Timer Responsibilities Reference Sheets |
|  | Pass out and review **“Game Timer Responsibilities”** reference sheet.Include discussion regarding:* Regulation time
* Time outs
* Penalty times
* Fouls in CSA during last minute of each quarter (NO SELF START)
* Running clock
* Overtime

Distribute **“Youth Game Timer Responsibilities”** reference sheet. |
|  |  |  | ACTIVITY: Timeout Mechanics |
|  | Practice the mechanics of calling a timeout in various situations. Review lightning procedures. |

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| Part II: Overtime ProceduresPresent slide 7  |
|  |  |  | DEMONSTRATION: Overtime Procedures |
|  | Review OT procedures Explain that OT may be different for sub-varsity level gamesDemonstrate captains’/coaches’ meeting between regulation time and OTDemonstrate explanation of OT procedures to official timer |
|  |  |  | BREAKOUT GROUPS: Overtime Meetings |
|  | Practice running the captains’/coaches’ meeting between regulation and OTPractice explaining to the official timer the OT procedures |

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| Part III: Substitutions/ScoringPresent slides 8-10 |
|  |  |  | DISCUSSION: Substitutions and Scoring |
|  | Review substitution rules and exceptions to the ruleReview criteria for scoring a goal |

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| Part IV: Starting Play – The DrawPresent slides 11-17 |
|  |  |  | ACTIVITY: The Draw |
|  | Using crosses and a ball, practice setting the drawDemonstrate proper draw motions and illegal draw motionsIllustrate early entry situations and proper penalty administration |

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| Part V: Restarting PlayPresent slides 18-19 |
|  |  |  | ACTIVITY: Whistle Training |
|  | Distribute whistles and perform ‘Whistle Training’ |
| Part VI: **Self-Starts**Present slides 20-24Define self-starts Explain criteria for self-starts Demonstrate the mechanics of a self-start |

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| Part ViI: **Alternate Possession**Present slide 25Explain the criteria for Alternate Possession with the class. |

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| Part ViiI: Boundary Self-StartsPresent slides 26-30 |

# REVIEW

Break into small groups to fill in the **“Game Timer Procedures Review”**

Discuss the answers using the **“Game Timer Procedures Review”** Answer Key with the class as whole.