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| **2023 Three-Man Pre-Game**  **KEYS TO SUCCESS:**   1. Anticipate! 2. Eyes are always on the players! 3. Be consistent as a crew. 4. Call clear advantage/disadvantage. 5. Hustle!   **SITE ADMINISTRATOR** *R* *identifies who has lightening detector.* **COACH’S MEETING** *get it done early to let teams warm up. R does the talking.*  **CERTIFICATION** - *Captains, In-Home, Crew Card, game time, issues?*  **R’s INSTRUCTIONS** *with Head Coach, decorum, sportsmanship, time you will grab captains*  **COIN TOSS** *R at center X,* *U has home walks out first, then FJ with visitors, U & FJ repeat coin toss call.*  **FO SPECIALISTS** *meet with all FO specialists prior to game to set expectations, check sticks.*  **TABLE PERSONELL** *Start/stop on whistle, 5-minute personals, stacking, release on FO, double horn.* **LINEUP** know where R will be, anticipate players won’t know where to line up. Check in-homes. **CHECK FIELD, GOALS, WATCH PLAYERS** *Wait for warm-ups to end; stick checks on far side.* **HALFTIME** *watch mixed colors, clear field, start clock.* **OVERTIME** – *One Timeout per OT Period, Coin Toss for Direction Only,* *AP stays same, 1st goal wins.* **POSTGAME** *Eyes on players, watch teams cross, walk off as crew.*  **ALWAYS COUNT PLAYERS & CHECK CLOCK** *no dead ball restarts with too many or too few.*  **COMMUNCIATION**  **ECHO** *Flag Down, He’s in, Reset, GIKI, AP, Tip, Game Time, All Even, Game Time, # of TOs*  **MIMIC** *point ready, stop sign, direction, GIKI, Gained Attack Box, Possession.*  **EYE CONTACT** *be aware of where your crew, are they ready?*  **PENALTIES** *relay to crew, CNOTE, announce release time*  **MAN DOWN** *always let keeper know where ball is before restart.*  **ENDING COUNTS** *make sure single stops count, verbalize “He’s in.” Key for Over & Back.*  **AP** *Make sure everyone know what is happening.*  **TIME** *always be aware of the game clock, verbalize.*  **BE AWARE** *understand the situation; know the game you’re working & how it’s changing.*  **HUSTLE***, don’t hurry, move to spot, stop, move to next spot. NEVER WALK!*    **RESTARTS**  *In bounds with ball, Offense is not within 5 yards, and partner ready.*  **OTHER PLAYERS** *Ok for defense within 5 yards but must engage/play offense for a Delay*  **CREASE RESTARTS***, attackman in front of crease may be Delay (FDSW) if he engages GK*  **COMMUNICATE** *let partner and players know where the ball is. ALWAYS point or hold.*  **QUICK** *but don’t rush. No running starts.*  **WHERE** *Defense may restart in box or crease (5 yards). A is always outside box.*  **REPOSITION** *Only if Improper position gains advantage*.  **GOALIE** *has 5 seconds.*    **OFFSIDES** *count forwards! A 1st (whistle), then B (FDSW), Lead, Single and Trail count, ALL recount!*  **COUNTS** *Signal with twirl, on change of possession. Verbalize if Single might not see.*  **SINGLE** *has ALL ten and twenty counts.* **FOUR** *Trail has visual count, starts with GK possession in crease.*  **FACEOFF** *possession begins either a 10 or 20 count.* | **STICK & EQUIPMENT CHECKS** *ALL required equipment? Minimum 2 checks.*  **WHEN** *at dead balls, don’t double check. No one in box.*  **BENCH SIDE** *Lead and Trail grab stick in front of your bench.*  **MECHANICS**:  *At midfield: R faces out, U & FJ face in. Eyes on players.*  **FACEOFFS** *everyone is motionless until whistle, initial move must play ball.*  **SINGLE** *Has heads, hands, helmets. Straight on, 45° or down the line.*  **HELPER** *Do NOT adjust; Get in position 3-5 yards away and compliment FOO.*  **WING** *Timer on! Hold until field ready for play; focus on* *wing play. Goal coverage.*  **VIOLATIONS** *communicate to crew, players and benches,*  **RESTARTS** *S has restart; T stops players from leaving DRL.* **KEYS** *work as a team, if you see players front take ball, back you have push.*  **RESTARTS** *Single takes all restarts; LL and LR freeze players behind DRL.*  **MANDOWN** *can’t bring anyone up, no release until possession*  **LEAD** *RUN. Lead MUST beat ball downfield. NEVER WALK.*  **POSITION** *GLE to endline, work in as closely as possible*, *open shoulders to field.*  **COVERAGE** *Goal is primary. Get to the endline on shot or contested play; Single takes goal.*  **BOUNDARIES** *Lead has sideline until Trail arrives*  **CREASE COVERAGE** *Player coming towards you = feet and goal, Back = push. Must have flag!*  **SINGLE** *Get to cone. Follow ball downfield. NEVER WALK.*  **TRANSITION** *Get to midline ASAP, initial offsides, count forwards. Let ball pass you at midfield.* **POSITION** *Move from cone to 2-5 Yards Above GLE; work in and out.*  **COVERAGE** *Hybrid Trail/Lead: Offsides, Late hit on shooter, cover goal when needed.*  **COUNTS** *all 20 and 10 second counts.*  **CREASE** *cover goal if Lead pushed out or moves to endline.*  **SHOT** *If not on goal***:** *Watch shooter/passer.*  **TRAIL** *crew saver, must have shooter and goal behind you. Anticipate! Only walk with GK.*  **POSITION** *5 yards Above Box, Primary concern is shooter and return to Lead.*  **COVERAGE** Initial *offsides, substitutions, sideline. Watch the shooter!*  **COUNTS** *4 second count.*  **TRANSITION** *primary key is goal behind you, good time to talk to bench, announce “I’m in” to Lead* **SUBSTITUTIONS** *player on field has right of way, watch for delayed subs.*  **SIDELINE** *cover sideline for Lead when in position.*  **ON/OFF** *NEVER ball watch, if unsure of who has ball, verbally communicate!*  **SPECIAL SITUATIONS**  **PLAY-ON** *Don’t disadvantage offended team. Keep it short!*  **DEAD BALL** *Eyes on the inmates, set field for play: find ball, announce location, penalty time.* **TIMEOUTS** *Trail Has 1:40 Timer, wait till teams are in huddle, watch mixed colors***.** *Anticipate.*  **GIKI** *Communicate, don’t penalize good defense, Even if uneven. Waive off if hits keeper/ pipe.*  **OVER & BACK** *Not if shot or tipped by B; immediate whistle if contested. Single has restart.*  **FDSW** *out of box; ends with goal, OB, TO or if B gains possession. Foul by A kills play. Kill on 2nd foul on B. Loose Ball technical (still A/D) by B is another flag and timeserving!*  **SHOT AT END OF PERIOD** *Can’t hit A, may deflect off B.*  **FIGHTING** *Officials closest controls fight, partner freezes benches. Get numbers.* |

