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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.* |

