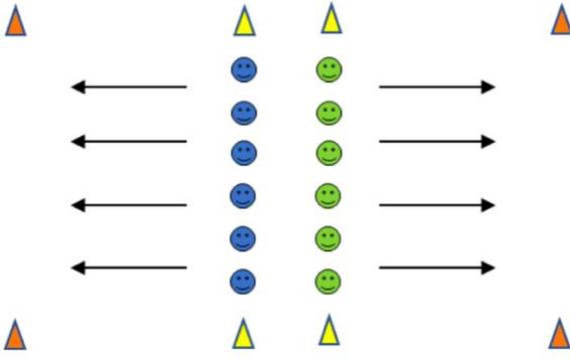


Session Topic:	Field Umpiring	
Learning Outcomes – Participants will:	Success Criteria – Participants will be able to:	
<ol style="list-style-type: none"> Understand the role, responsibilities, and benefits of being a field Umpire Develop their understanding of field umpire positioning 	<ol style="list-style-type: none"> Effectively communicate rules and free kicks through correct signals, voice and whistle Position themselves in a good decision making position 	
Learning Materials:		
<ul style="list-style-type: none"> Nil 		
Equipment Required:		
<ul style="list-style-type: none"> Umpiring WA Charter pull-up banner, 1 whistle per participant, 20 footballs, 40 cones 		

5 min	Warm Up: Crumbs and Crusts	
Purpose:	Practice listening, understanding rules and reaction time	Presentation Slides:
Equipment:	8 cones	N/A
Set up:	<ul style="list-style-type: none"> Ask participants to find a partner and organise them in two lines parallel with each other. Name one line 'Crusts' and the other line 'Crumbs'. If the presenter calls out 'Crusts' then they must react quickly and run to the allocated line away from the Crumbs. The Crumbs are trying to catch the Crusts before they reach the line and so on. If a Crumb tags the Crust before they get to the line they swap lines. 	<p>CHANGE IT:</p> <ul style="list-style-type: none"> One participant calls out instructions. Change line names to: "Rats & Rabbits". <p>LEARNING:</p> <ul style="list-style-type: none"> Importance of listening and understanding rules of any game.

5 min	Retrieval: Role of the Umpire	
Purpose:	Retrieve knowledge learnt in previous session	Presentation Slides:
Equipment:	nil	N/A
Set up:		LEARNING:

<p><u>Discuss with a partner:</u></p> <ul style="list-style-type: none"> • <i>ASK: What are the key qualities of an Umpire?</i> <ul style="list-style-type: none"> ○ <i>Trustworthy, knowledgeable, professional, etc</i> • <i>ASK: How can Umpires positively influence the umpiring environment?</i> <ul style="list-style-type: none"> ○ <i>Positive and supportive approach. Displaying enjoyment and enthusiasm.</i> 	<ul style="list-style-type: none"> • Retrieval practice of key learning points from previous session.
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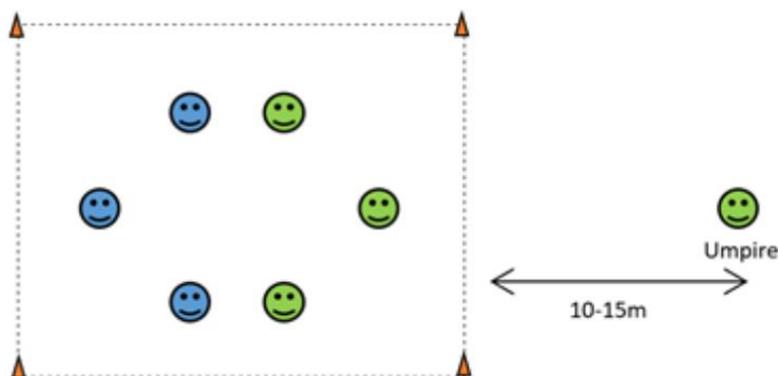
10 min	"Umpire Pays" – Introduction to Decision Making	
<p>Purpose: Practice communicating decisions, blowing whistle loudly and confidently</p>	<p>Presentation Slides: N/A</p>	
<p>Equipment: Whistle (1 per participant)</p>		
<p>Set up:</p> <p><u>Discuss with a partner:</u></p> <ul style="list-style-type: none"> • <i>ASK: Can you come up with 3 different decisions a field Umpire can make and what the signals are for these decisions?</i> <p><u>Discuss as a group:</u></p> <ul style="list-style-type: none"> • <i>ASK: Who can tell me some decisions that a field Umpire makes?</i> <ul style="list-style-type: none"> ○ <i>Demonstrate examples of decisions.</i> • <i>Why is it important to pay "protect the ball player" free kicks?</i> <ul style="list-style-type: none"> ○ <i>To ensure the game is played in a fair and safe manner.</i> • <i>How does an Umpire communicate these decisions?</i> <ul style="list-style-type: none"> ○ <i>Whistle, signal and loud voice (law book).</i> <p>Whistle</p> <ul style="list-style-type: none"> • Presenter demonstrates blowing their whistle. Short and loud. <p>Decisions and signals</p> <ul style="list-style-type: none"> • Go through the signals for the below decisions: <ul style="list-style-type: none"> ○ Starting the quarter ○ Play On ○ Ball up ○ End of Quarter ○ High Tackle ○ Holding ○ Push in the Back ○ Trip ○ Holding the Ball 		

<p><u>Signalling Pair Activity</u></p> <ul style="list-style-type: none"> • With a partner, one partner calls out a free kick and the other partner has to blow their whistle, perform the correct signal and communicate. • Practice 5 times and swap roles. • Progression: Blow whistle, say the free kick as you signal. • Cues: Loud whistle, Clear signal – don't need to rush. <p><u>Signalling Whole Group Activity: "Umpire Pays"</u></p> <ul style="list-style-type: none"> • Presenter leads the first round: When presenter says, "Umpire Pays – holding the ball", participants must whistle and signal and communicate holding the ball correctly. • If participant signals incorrectly, they have to kneel on their knees for the next signal. • If presenter does not say "Umpire says", e.g. says "holding the ball" and participants perform signal, they must kneel too. • On the second round and subsequent rounds, if participant signals incorrectly, they must sit on the ground on their bottom. • Participants continue to play when kneeling or seated but will give presenter indication of who knows and can recall the signals correctly. This way the "winner" (last participant standing) will call out the instructions for the next round. • Play 2-3 rounds. <p><u>Discuss as a group:</u></p> <ul style="list-style-type: none"> • <i>ASK: After signalling or to award a mark, which way does the field Umpire point?</i> <ul style="list-style-type: none"> ○ <i>Towards the opposition goal, this is different from every other sport.</i> 	<p>CHANGE IT:</p> <ul style="list-style-type: none"> • Change leader. • Eliminate. <p>LEARNING:</p> <ul style="list-style-type: none"> • Importance of loud whistle, clear voice, clear signals.
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10 min	Handball Game – Decision Making	
Purpose: Practising decision making, blowing whistle and using signals, keeping your distance and position	Presentation Slides: N/A	
Equipment: Per group of 5-6 participants: 4 cones, 2-3 sashes/bibs for defenders, 1 football, 1 whistle per participant		
<p>Set up: <u>Keeping Off – Handball Game</u></p> <ul style="list-style-type: none"> • Participants form groups of 5-6: 2 v 2 or 3 v 2 with one participant umpiring. • Aim of the game for players is to complete 5 consecutive 	<p>CHANGE IT:</p> <ul style="list-style-type: none"> • Can use tennis balls or soccer balls instead of footballs (throw instead of 	

handballs without the other team intercepting or the ball hitting the ground (only handballing).

- The players have 3 seconds to dispose of the ball and if the defenders tag the attacker with the ball with two hands, this is Holding the Ball and a turnover occurs (no further contact allowed). Players must stay within the boundary area.
- Umpire aims to maintain 10-15m away and side-on to contest, always on the move.
 - Umpire is watching for any free kicks that might occur and, when they do, blows their whistle loud, clear voice and signals to communicate free kick to players.



- *ASK: what decisions might the Umpire have to make in this game?*
 - *Holding, Holding the Ball, Throw, High Tackle*
- *ASK: what is the main role of the field Umpire?*
 - *To keep players safe and ensure the game is played fairly – need to pay “protection of the ball player” free kicks.*
- *ASK: what else will help the Umpire be successful in this game?*
 - *Distance from play – keeping distance so that the umpire can see all of the play (back towards the centre of the ground, 10-15m away, side-on to play).*
 - *Loud whistle, clear signals and communication with the players.*

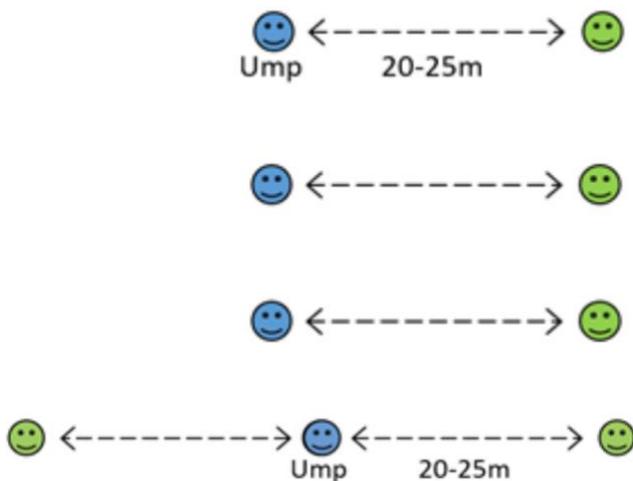
handball).

- Change Umpires every 30 seconds.
- Make area bigger and including kicking and paying marks.

LEARNING:

- The Umpire should position themselves in a good decision making position which is 10-15m away, side on and always on the move. Always protect the ball player.

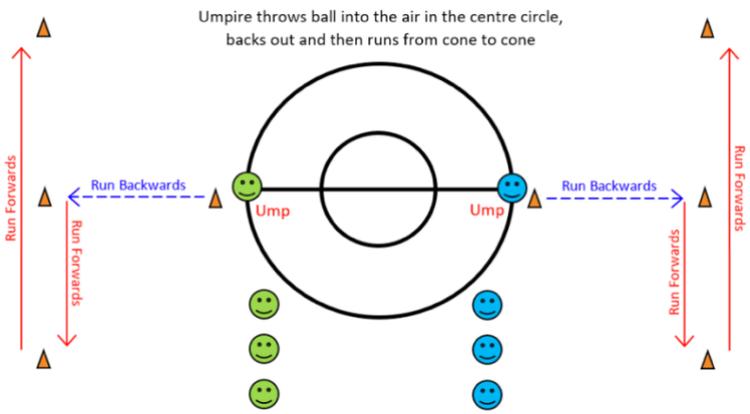
10 min	Positioning – Mirrors	
Purpose: Practice maintaining distance, staying side-on and positioning yourself with your back toward the centre of the ground		Presentation Slides: N/A

<p>Equipment: 1 whistle per participant, 1 football per pair</p>	
<p>Set up:</p> <ul style="list-style-type: none"> • <i>ASK: in the last activity we talked about keeping your distance from the play. How far away from play do we want to be? Why would we want to do this?</i> <ul style="list-style-type: none"> ○ <i>Approx. 20-25m side-on to the contest at all times.</i> ○ <i>This distance allows a good view of the immediate contest and the players on the fringe of the contest.</i> ○ <i>Also allows the Umpire to move quickly to the next act of play.</i> ○ <i>If too close, focus of the Umpire narrowed to just the players in the contest.</i> <p><u>Mirroring Drill</u></p> <ul style="list-style-type: none"> • In pairs, take turns mirroring your partners movements. • One person (Umpire) starts towards the middle of the ground, other person (player) starts approx. 20-25m towards the boundary from the Umpire (depending on numbers – can use the centre square: Umpire starts in the middle, player starts on the edge of centre square, 25m away). • Player (has a ball) moves left and right while Umpire attempts to stay 25m away, side on. • After 30-40 seconds, player drops to the ground and Umpire calls a “ball up” (blows whistle, signals and runs in). • Swap roles. • Next, player can move any direction – left, right, forwards, backwards, changes direction and umpire to practice positioning 	<p>CHANGE IT:</p> <ul style="list-style-type: none"> • Player throws ball to themselves and Umpire pays a mark. • Add extra player/s to imitate marks, handballs, kicks. • Add a second player on other side of Umpire. Umpire switches between which player they follow. <p>LEARNING:</p> <ul style="list-style-type: none"> • Keep your distance. • Keep your vision wide and soft. • Stay side-on to the contest. • Positioning yourself with your back toward centre of the ground.

5 min	Summary
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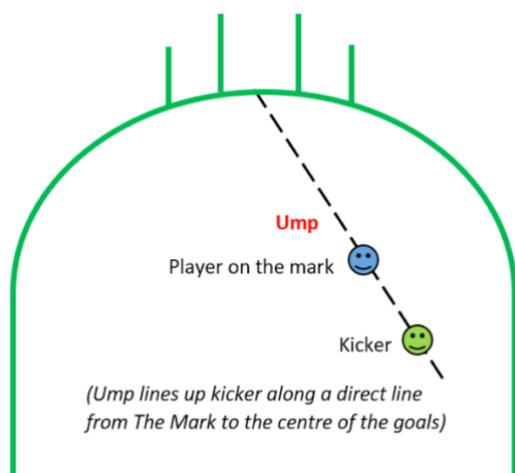
Purpose: Recap and consolidate concepts practiced and discussed	Presentation Slides:
Equipment: nil	N/A
<p>Set up: <u>Recap by asking participants to respond:</u></p> <ul style="list-style-type: none"> • <i>ASK: What is the role of the field Umpire?</i> • <i>ASK: Where should the field Umpire position themselves from the play?</i> <ul style="list-style-type: none"> ○ <i>20-25m, side-on, with their back to the centre of the ground.</i> • <i>ASK: How does the field Umpire manage the game?</i> 	<p>LEARNING:</p> <ul style="list-style-type: none"> • Summarise key learning points of the session.

ADDITIONAL/EXTRA ACTIVITIES

10 min		Starting a Match
Purpose: Practise starting play, backing out to a good distance, position and movement		Presentation Slides: N/A
Equipment: 6 cones, 4-6 footballs, 1 whistle per participant		
Set up: <u>Activity</u> <ul style="list-style-type: none"> Split into two groups and use a football centre circle if you have one. Participants to practise starting a match/restarting after a goal. <ul style="list-style-type: none"> Starting at the edge of the centre circle, participants walk in and throw the football up (6m high) for a ruck contest and back away backwards to the cone. Participants then run from one cone to the next, as if they are following the play. 		CHANGE IT: <ul style="list-style-type: none"> Add ruck players to contest the ball. Partner stands on the other side of the throw up and holds up numbers on their hand – their partner has to say the numbers out loud after the throw up to practise looking at the players and not the ball. LEARNING: <ul style="list-style-type: none"> Practise backing away to 20-25m, changing direction and keeping a good distance from play.
		

10 min		Set Shots
Purpose: Practise maintaining distance and position implementing correct set shot procedure		Presentation Slides: N/A
Equipment: Per group – 1 whistle per participant, 1 football, 2 goal posts (agility poles or cones can be used)		
Set up: <u>Activity</u> <ul style="list-style-type: none"> In groups of 3-4 participants (2-3 players, 1 Umpire). <i>Facilitator to set up extra goal posts around oval.</i> 		CHANGE IT: <ul style="list-style-type: none"> Add additional players. Practise setting up set shot on

- Players kick the ball to each other, umpire must try to stay 20-25m away and side-on to the contest – award marks and Free Kicks as they see them.
- When one player marks the ball and points to goal, Umpire runs in and performs set shot procedure:
 - Stand behind mark, line up kicker (through the mark to the middle of the goals), clear protected area, back out 10m.
- Swap Umpires. Players to provide Umpire with feedback according to cues.



different angles to the goals.

- Perform different scenarios.

LEARNING:

- Loud whistle, clear communication, and signal.
- Stay 20-25m away and side-on.

Field Umpire Signals



Starting the Quarter



High Tackle



Push in the Back



Trip



Holding the Man



Holding the Ball



Play On



Ball Up



Boundary Throw In

Field Umpire Signals



All Clear – Behind



All Clear - Goal



End of Quarter (Whistle and then signal with both arms up)
First, Whistle -> Then place both arms in the air