

## 1. Coaching Session



### 1% (One Percenters)

#### Finals Footy

- ★ Presentation
  - ➔ Shaved
  - ➔ Clean Uniform
  - ➔ Second set of gear
- ★ Extra Ground Inspections
- ★ Communication
  - ➔ Umpires
  - ➔ Players
- ★ Team Work
- ★ Introduce yourself to security
- ★ Know how to run the three umpire system
- ★ Be more switched on at the start of the game

#### Pre Game

- ★ Arrive early and prepared
- ★ Shake hands with players
- ★ Check Ground
- ★ Start Paperwork
- ★ Pack bag the night before
- ★ Research Game

#### Post Game

- ★ Visit home rooms (for a drink)
- ★ Encourage fellow umpires (Debrief)
- ★ Thank Escorts
- ★ Walk off as a team
- ★ Check Paperwork (all umpires)
- ★ Constructive comments for younger umpires

#### Hostile Situations

- ★ Keep distance from the hostile area (don't get into players faces)
- ★ Move ball on quickly (#2 umpire takes control of situations)
- ★ Loud Sharp Whistle (Trigger Point)
- ★ Voice control (don't over react)
- ★ Work with other umpires
- ★ Prevent other players (and officials) from running into hostile area.
- ★ Report if necessary

#### Wet Weather Footy

- ★ Have clean boots
- ★ Correct footwear
- ★ Second set of gear
- ★ Thermals
- ★ Protect score card
- ★ Boundaries coming further distance
- ★ Keeping warm
- ★ Louder Communication
- ★ Back to basic decision making
  - ➔ Holding the man
  - ➔ High tackles
  - ➔ Kicking in Danger
  - ➔ Push in the back
  - ➔ Holding the ball (if players are diving on it)
- ★ Close distance of 2 umpires (players will not kick as far)
- ★ Keep your distance around packs



Michael O'Keeffe (Senior Field Coach)