

Guidelines for Dark Blue COACHES

DARK BLUE UMPIRES-

- Have shown competence and consistency applying the Four Rules around the ball.
- This is still a major focus for their umpiring.

The two main areas to work on are:

- Looking down court and applying sanctions “off the ball”
- Learning to move so as to position themselves to secure the best view of play parallel to or just ahead of the ball

NOTES AND EXPLANATIONS, VOCABULARY-COMMON PHRASES, WORDS

- All coaches should be using the same terms and understandings to ensure consistency and avoid confusion.

Rules- more in-depth knowledge of the 4 major rules:

CONTACT, OBSTRUCTION, FOOTWORK, HELD BALL

- Consistent and accurate application of these rules **around the ball**
- Accurate and consistent application of the **Held Ball** Rule- develop a routine to ensure consistency

COACHING POINT “Look down court” - anticipate what may occur and penalise accordingly.
This also is a good guide for Held Ball taking about 3 seconds to complete!

- In depth knowledge of **Footwork** Rule- awareness of **importance of the GROUNDED FOOT**
- Refined understanding of **Contact** Rule considering **low level of contact without “interference”** to opponent
- Refined understanding of **Obstruction** Rule
 - Consistent distance
 - Awareness of distance between players and timing of hand/arm movement of defender
 - Awareness of obstruction from **behind and from the side**
- **Looking down court**

VOCAB “Read the play and run to where the ball should be caught”

If there are **no infringements around the ball**, glance ahead then back to the ball.

Use own knowledge as a player to “read” where the ball might be thrown.

Be aware of players’ body position- predict where they’ll pass the ball;

Be aware of player’s eyes- where they’re looking

Listen to voice of player with the ball and those “calling” for it. (The puzzling “If you need”!)

Use own knowledge of positional play to “read” where the ball might be thrown.

GD will probably throw to either WD, C, or WA in the centre 1/3. Look down court to those spaces.

Anticipating what may occur- *Contact*-players contesting, attempting to lead, attempting to defend; *Obstruction*- both attacking and Defending;

Blood rule, injury, ball on court

Offside-especially around the Goal Circle, Throw-ins

- **Movement**

VOCAB- “Be with the ball”- *positioning/movement- “parallel or just ahead of play”*

Keep **body square to the court**, turn head to maintain best view of the ball

Sideline- using a **variety of movements** relative to the **pace of the game**: sprint, sidestep, stop

to Goal Line- **sprint to be “with” the ball** as it is caught in or on the circle

COACHING POINT A good starting point to ensure that the umpire gets to the Goal Line quickly is for the Umpire to start running when a player has the ball half-way between the Transverse Line and the top of the Goal Circle.

MOST players will turn and look to pass into the circle from here. Even if the ball is played back to the centre 1/3 an umpire can adjust to the side-line or opt to stay on the Goal Line if their line of vision is clear. This movement can be adjusted as the Umpire gains more experience/knowledge.

Goal Circle- **step back from the Goal line** to secure the best view- all 8 players in in the Goal 1/3 and all 12 in your half

Adjust to be “with” the ball using side steps, THEN STOP, HEAD STILL, EYES UP

COACHING POINT EYES always ON AND OFF the ball

ALWAYS praise any decisions made in the Goal Circle because the Umpire worked hard to get there early.

- **Offside** –
Transverse Line, Goal Circle, Throw ins
- **Replayed ball-**
Basic. “Has the player got control of the ball?”
Consider weather conditions.
- All Centre Pass infringements-
especially **breaking on their transverse line.**

COACHING POINT **A good place to begin is their transverse line when the other Umpire has control of the Centre Pass**

- **Be aware of Advantage**
so as to not disadvantage non offending Team- off-side in the Goal Circle
- Injury
- Blood rule