

Umpire Development Program

Created by – Alyson Aleksic

Participants

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Umpiring Kit (Club to supply)

- Whistle – Fox 40
- Warning Cards
- Lanyard or wrist tie
- 2 pens
- Pencil Case
- Umpiring Diary

Overview

Week 1 – Whistling and Signals

Week 2 - Game

Week 3 – Penalty Corner

Week 4 – Body and stick obstructions

Week 5 – Attacking Free Hits (23m area) and penalty strokes

Week 6 – First game debrief

Follow up sessions – once a month – discussions and practical situations

Each session is 45 – 60 minutes in length. Some activities will need to be modified if more or less time or participants are involved.

Week 1 – Whistling and Signals

Whistle Blowing – your whistle can talk!

Beginner umpires are always nervous. This is evidenced in the loudness of their whistle blowing. You must teach the participants that a loud clear whistle gives confidence to the teams they are umpiring, and the teams will be more confident in the umpire's decisions.

- Have all participants practice blowing the whistle
- Talk about the different tones that you can use and when to use them.
- Talk about when not to blow their whistle (*sideline hits, 16 yard hits, long corners*)

Body Language – are you confident or scared – what do the players see?

- While blowing the whistle, talk about body position
- Demonstrate the body positions that show confidence or timidity

Signals – direction to the players!

- Demonstrate and have the participants mimic the different signals given in a game
- Discuss when they are used
- Make sure your signalling is correct. Remember, teaching it right the first time saves time trying to get rid of acquired bad habits.

Drill

- Put in pairs
- One is the umpire & one is the commentator
- They line up on the sideline and move across the field/training area.
- The umpire jogs backward, every five yards they stop, blow the whistle and give a signal. (They decide what signal to give eg Free Hit/Foot, Penalty Corner/Stick Obstruction, Penalty Stroke etc)
- The commentator jogs forward (following the umpire) about 2 metres from the umpire, when the umpire stops & blows the whistle the commentator stops and tells the umpire what the signal she is using and what it was for.
- This should go across a hockey field. When at the other side, they swap roles and come back.
- Do this at least 5 times (across & back); changing partners each time.
- The Mentor/Coach should be watching all groups and helping when required.

This exercise helps gain confidence in blowing a whistle, body language/position, giving signals and understanding what the signals are for. Continually correct signalling technique, get the commentator to correct signal positions on their umpire as well.

Week 2 - Game

Talk about their areas of responsibility (White Board may help). Which sideline & backline is theirs. That they can signal but do not award Penalty Corners/Strokes in the other umpires circle etc.

Drill

- A game will be played 4/5 a side with two umpires (dependant on number available).
- Pushing/Flicking/Scooping only (No hitting)
- Participants who are not umpiring to put on shin guards and mouthguards and collect their hockey stick.
- Two participants are selected to umpire – they determine what end they will officiate on.
- Game is played with umpires making decisions and signalling.
- Mentor to give support and assistance throughout game encouraging strong whistles, good body language, good positioning and correct signals.
- Mentor/Coach to blow whistle & explain why – if too many breaches are being missed.
- Each set of umpires has about 5 minutes of umpiring.

Week 3 – Penalty Corners

While many players & supporters like to disagree with the umpire, they are more likely to forgive errors in the middle of the field (between the two 25 yards lines), than when the error is in the attacking/defending 25 yard areas and more particularly in the circle. A lot of work needs to be done in this area.

The participants are to wear shin guards and mouth guards and will need a stick.

Drill

- Using an available full size and marked goal circle and net - set up a Penalty Corner – with 4/5 defenders and 5/6 attackers (1 pushes out). This ratio can be changed.
- Pushing/Flicking/Scooping only (No hitting)
- One participant is the umpire
- Play a series of Penalty Corners with the umpire giving decisions
- Concentrate on positioning (corners taken from both sides) and umpire movement
- Each umpire gets about 5 PC's – 4 from far side, 1 from close side
- Each participant moves one place around the circle – every participant will have a turn in each defensive and attacking position as well as umpiring.
- Talk about decisions given
- Mentor/Coach to blow whistle & explain why – if too many breaches are being missed.

Week 4 – Body and Stick Obstructions

Specific rules. Hockey can be quite complicated for the beginner umpire (and player); particularly some of our rules are very technical.

Explain Stick Checks – show with the participants as demonstrators

Explain Obstruction – as above

Talk about when this can happen – what decision should be made – what signals should be given etc.

Drill

- A game will be played 4/5 a side with two umpires (dependant on number available).
- Pushing/Flicking/Scooping only (No hitting)
- Participants who are not umpiring to put on shin guards and mouthguards and collect their hockey stick.
- Two participants are selected to umpire – they determine what end they will officiate on.
- Game is played with umpires making decisions and signalling.
- Mentor to give support and assistance throughout game encouraging strong whistles, good body language, good positioning and correct signals. ***Give particular attention to stick checks and body obstructions.***
- Mentor/Coach to blow whistle & explain why – if too many breaches are being missed.
- Each set of umpires has 5 minutes of umpiring.

Week 5 – Attacking Free Hits (23m area) and Penalty Strokes

Attacking Free Hits in the 23m area and Penalty Strokes.

Using an available goal circle & net – again explain the correct positioning for Free Hits & PS. Talk about when these decisions are given and the correct signals to use.

The participants are to wear shin guards and mouth guards and will need a stick.

Drill

- Using the available goal circle and net. This ratio can be changed.
- Pushing/Flicking/Scooping only (No hitting)
- One participant is the umpire
- Play a series of corners with the umpire giving decisions. ***Introduce Attacking Free hits, Corners & PS and play them out with the Attackers & Defenders.***
- Concentrate on positioning and umpire movement.
- Discuss position and why penalty strokes are given
- Each umpire gets some PS's
- Talk about decisions given
- Mentor/Coach to blow whistle & explain why – if too many breaches are being missed.

Week 6 – First Game Debrief

By this time, all participants should have umpired one game with a mentor.

Discuss problems or events (both positive and negative) that have happened during their umpiring. All participants will share their ideas of different situations that may have arisen. This needs to be done in a positive and encouraging manner.

If time permits, practical examples can be used.

Follow Up Sessions

These should occur at least once a month. Discuss any problems that the participants may have. Practise at specific skills in known exercises can be done.

Participants can email problems at any stage to the presenter or mentors.

Mentors to provide feedback to presenter on participants who umpired the previous week.