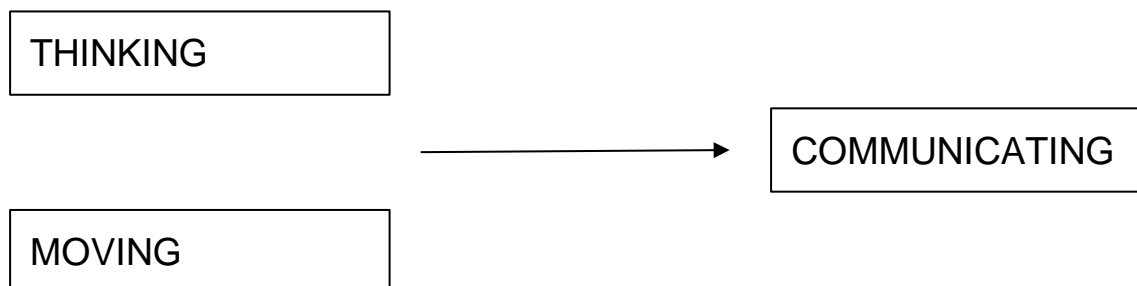


Simple Junior Umpire Coaching Model



This **THINK MOVE COMMUNICATE** template is used to break down the three key pillars of umpiring.

SOCIAL

- Set up a positive rapport with your mentee
- Help them to have fun and enjoy hockey

See: **Junior Umpire Coach Guidelines – Below**

TECHNICAL

- **THINK**

Applying the rules for safety and fairness. Initially there may be very little advantage played as they get an understanding of how the rules look and are applied.

See: Mentoring Support Appendix A - Key Pillar – THINKING

- **MOVE**

Support your mentee on where to stand and why, how to get there and when to move.

Mentoring Support Appendix B - Key Pillar – MOVING

- **COMMUNICATE**

Look for communication with players (via whistle and signals) and other umpire pre match and during match

See: Mentoring Support Appendix C - Key Pillar – COMMUNICATION

- **Keep it SAFE, keep it FAIR.**

- **CODE of CONDUCT**

NO bad behaviour (ie back chat, swearing etc)

NO behaviour which makes a trainee umpire uncomfortable must be stopped immediately.

MANAGEMENT: talk to player, talk to coach, talk to other umpire, green card, get the facility manager.

Junior Umpire Coach Guidelines

What is an Umpire Coach?

‘An individual who works in cooperation with an umpire with the prime aim of helping that person to raise the level of their capability as an umpire.’

What is the purpose of this Umpire Coaching programme?

This umpire coaching programme is fundamentally focused on guided discovery, with the coach supporting the umpire to learn about the rules, their role, strengths and areas to be improved. This programme is not about evaluating the umpire.

Key Attributes of an Umpire Coach:

- Strong understanding of the rules
- Builds positive and meaningful relationships
- Are effective communicators
- Apply a participant centred approach
- Are continuous learners

Key Messages to Reinforce:

- Make sure the game is FUN, SAFE and FAIR
- Remember to keep thinking, moving and communicating

Role of the Umpire Coach

1. Build a positive relationship with each umpire you're working with.
 - a. If you can, chat to the umpire pre-match and let them know that you'll be observing part of their match
2. Observe and record notes on each umpire
 - a. Focus on recording 'facts' as opposed to opinion based comments
 - b. Keep things brief and focus on important learning opportunities
3. Support the umpire pre, during and post-match (when appropriate)
 - a. Check in pre match and ask how they're feeling or if they have any questions
 - b. If possible, check in at half time and encourage discussion on the first half
 - c. Post-match, make sure you conduct a review if it's their last game of the day
 - i. If not, give them a quick tip or compliment about something you saw them do well
4. Conduct a post-match review and help the umpire identify 2-3 SMART goals (Specific, Measurable, Attainable, Relevant and Time Based)

**This may take 5-10 minutes, so only conduct a full review after the umpire's last match*

- i. Start positive – compliment the umpire(s) on their efforts and/or things you saw them do well (briefly)
- ii. Ask them how they thought the match went and fill in the google form match reflection accordingly
- iii. Ask open ended questions and encourage the umpire to think and provide a detailed response
- iv. Provide the umpire(s) with a maximum of 2-3 key points of feedback based off what you saw. These key points can include strengths/things they did well
- v. Thank the umpire for their time and encourage them to work towards their identified SMART goals in their upcoming matches

Mentoring Support Appendix A - Key Pillar – THINKING

UMPIRE ABILITY CODE - **Beginner Green** **Advanced Yellow** **Elite Red**

Key Area	Detail	Coaching	Accreditation
Rules Knowledge	Current rule book	Purchase online or through local Assoc	Junior/community
	Rules understanding	Download Hockey NZ exam papers	
		Attend local rules awareness sessions	
Responsibilities	Pre-match	Local coaching – junior/community	
	Fitness		
	Gear		
	Documentation		
	Professionalism		
	Presentation		
	Attitude		
The Officiating Environment	Players		
	Team management		
	Field		
	Weather		
	Reporting		
Making Decisions	Playing the ball correctly	Local coaching – advanced or national coaching	Level 1
	Danger		
	Aerial ball		
	Raised ball		
	Free hits		
	Penalty corners		
	Penalty strokes		
	Control ladder		
Deliberate v Accidental			
Rule Interpretation	Spirit of the rule	National coaching	Level 2
	Interventions		
	Self analysis		
Modern Hockey Thinking	Scattergun	Elite coaching	Level 3
	Leave it – don't blow!		
	Appropriate penalties		
	Personal v Team		
	Team strategies		
	Playing styles		
Confidence	Commitment to performance		International
	Assertive leadership		

	Application of advantage		
	Courageous decision making		
	Empowering others		

THINKING

Rule Knowledge, Responsibilities, Environment

Make the game safe and fair

BASIC RULES

1. Players are NOT permitted to:

- Raise the stick above the shoulder.
- Raise the ball above knee height.
- Use the stick to obstruct an opponent.
- Criticise or ridicule another player.
- Play the ball with their hands or feet, although Umpires may use their discretion (ie play advantage) regarding feet, especially with Junior games.
- Use the back of the stick at any time.
- Intimidating play, particularly an accentuated back lift and follow through when hitting the ball, will be penalized, irrespective of the proximity to other players.

2. A free hit / push is awarded to any breach of rules.

- No player may be within 5 metres of the ball when a free hit / push is taken.

3. When the ball is played over the sideline, the opposing team will be awarded a free hit / push at the point where the ball crossed the line

4. PC

- The ball must come outside the circle before a shot has been taken. A goal cannot be scored until the ball has gone out of the circle
- The first shot at goal must cross the goal line at or below the height of the back board.
- Any subsequent shots can be at any height.
- If the first shot is a flick or a scoop, it can be at any height.
- The ball can be deflected into the goal at any height, providing the first shot was at a legal height.

Pre-match Check List - Both Umpires

Which side am I on?

Division of pitch: Basic areas of control, advantage in boundary area. (play towards me?)

Whistle for restarts: my side, my whistle?

Co-umpire position: How far up the field in open play?
Position at PC & PS.

Signalling: When help is requested....

Advantage (only if both are confident on this)

Contrary signals. (coat hanger moments!)

Agreed attitude to:-

Quick whistle.

Lifted ball; on field, into & in circle.

Positioning of free hits.

5m

Dissent & chat

Responsibilities - score card

Match Environment - is it safe? check goals and grounds- notify facility manager if not.

Mentoring Support Appendix B - Key Pillar – MOVEMENT

UMPIRE ABILITY CODE - **Beginner Green** **Advanced Yellow** **Elite Red**

Key Area	Detail	Coaching	Accreditation
Positioning	Start of a match	Local coaching - beginner	Junior/Community
	Around the field		
	Movement and workrate		
	Circle attacks		
	25 attacks		
	Defensive free hits		
	The far side of circle		
	As non-engaged		
	In circle plays		
	Proximity to right post		
	Set Plays		
Penalty corner			
Penalty stroke			
45 degree theory			
Areas of Control	Division of the field	National coaching	Level 2
	Home base – own circle		
	Movement into key areas		
	Movement downfield		
	Interaction with colleague		
Anticipation	Making stationary decisions	Elite coaching	Level 3
	Move with a purpose		
	Don't be linked to the ball		
	Player strategy determines position		
	Efficient circle position		
	Right post comfortable for most situations		
Response to Scenarios	Efficient field movement	Elite coaching	International
	Umpire appears to have time		
	Exploring areas to assist colleague		
Field Presence	Closeness for management purposes		

	Players feel proximity and respond positively		
	Player behavior influenced by presence		
	Available to colleague		

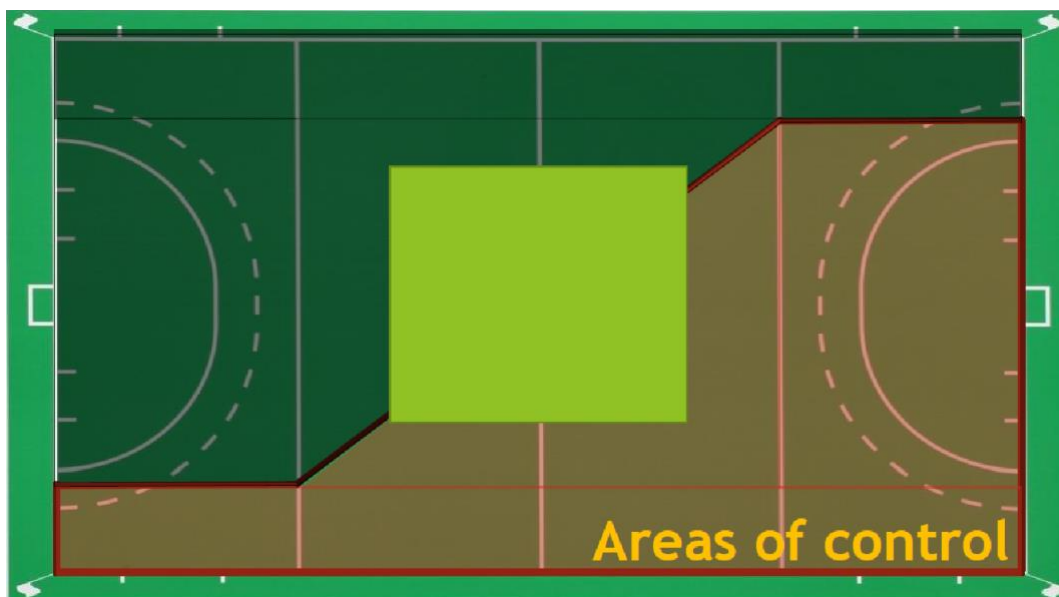
MOVING

Positioning, Areas of Control, Anticipation

Good positioning is very important in umpiring. Being in a good position will help you see fouls and will allow you to anticipate the play. It will also allow you to help your other umpire out.

Basic Positioning

- Your “area of control” is your sideline and the goal on your RIGHT.
- Your partner takes the opposite side and works the same pattern to his/her right
- Umpire stay on the same sides after half-time – they do NOT switch ends
- Place yourself so you can see the ball, both teams and your partner.
- When play is in the middle of the field, stay closer to the sideline; when play is in the circle, be closer to the goal.
- Be ahead of and to the right of all play moving toward your circle. It is OK to trail when play is moving toward your partner's circle.
- Don't call in your partner's area unless they are unsighted.
- NEVER call in your partner's circle; doing so is disrespectful, and your partner likely has a much better view of what is going on in there than you do!
- Do not guess about fouls...if you can't see it, you cannot call it. The better your positioning, the more sure you will be!



Mentoring Support Appendix - Key Pillar – COMMUNICATION

UMPIRE ABILITY CODE - Beginner Green Advanced Yellow Elite Red

Key Area	Detail	Coaching	Accreditation
Whistling	Type of whistle	Local coaching - beginner	Junior/Community
	Volume		
	Sharpness and tone		
	Variation to reflect severity		
	Presentation eg whistle in mouth?		
	Timing – linked to advantage later		
	Talking and singing with the whistle		
	Whistle is the main factor influencing perception		
Signaling	Free hit – outstretched arm	Local coaching - beginner	Junior/Community
	Penalty corner		
	Penalty stroke		
	Corner		
	16 yard hit		
	Goal		
	Danger		
	Variations in intensity		
	Understand meaning of coloured cards		
	FIH signals only		
	Also important in influencing perception		
Control option taking	Whistle/signal variation and integration	Local coaching - beginner	Level 1
	Making connection with colleague		

	Verbal comments and engagements	Local coaching - advanced	
	Control ladder applications		
	Acting on deliberate breaches		
	Application of coloured cards		
Expression	Free hit management	National coaching	Level 2
	Exploring engagement opportunities		
	Game communication - verbal		
	Exploring deviations from control ladder		
	Interpersonal communication skills		
Body Language	Game communication – non-verbal		
	Integration of whistle, signal and non-verbal tools		
Teamwork and cooperation	Understanding player empathy	Elite coaching	Level 3
	Reducing pressure on colleague through movement and intervention		
	Reinforcement of co-umpire's decision		
	Commitment to player safety		
	Protection of skill		
	Relationship building skills		
	Two umpires are working as one		
	Use of radios as communication tool		
Game management	People engagement and management	Elite coaching	International
	Constant management interventions		
	Commitment to team umpiring		
	'Branding of the game' in mind		
	Confidence and time		
	Player trust and respect		
	Ambassadorial qualities		
	Quality video umpire engagements		

COMMUNICATION

Whistling, Signalling, Voice

Signals

- Always face the play when giving signals (back to sideline or base line)
- They should be big, clear, and confident.
- Try to make eye contact with your partner on all calls – the more you communicate, the easier it is to work together.
- Make sure to hold your whistle in your hand

Primary Signals - which way to go and for which team



Secondary Signal - signals for the type of foul



The third signal is pointing to place for hit to be taken from **only** if there is any confusion.

Whistle

- Short whistle
 - *Start of game or half*
 - *Accidental, minor fouls deserving free hits*
 - *Penalty corner – the whistle is actually for the causative foul*
- Long whistle
 - *Goal has been scored*
 - *Time out for injury, cards, etc.*
 - *Penalty stroke*
 - *Serious or deliberate fouls – a long whistle says “I didn’t like that!” or “Don’t do that again!”*
- Double whistle
 - *For “pay attention” - used to direct the players’ attention to you so you can give them verbal instructions*
- “Singing” whistle
 - *Ending the half or game*
- **NO** whistle
 - *Calling a long corner*
 - *Calling a 16yd hit*
 - *Signalling a free hit from the side-lines if the ball has gone out of play*

Umpire Mentoring Feedback

Umpire			
Mentor			
Date		Div	
Final score		Venue	
Teams			

THINKING Rule Knowledge Umpire Environment Responsibilities	+
---	---

<p>MOVING Positing Anticipation Area of Control</p>	<p>+</p>
<p>COMMUNICATION Whistling Signals</p>	<p>+</p>
<p>GOALS Focus on Thinking, Moving, Communicating</p>	<p>•</p>
<p>ACTIONS / WORK ON</p>	<p>•</p>