





# CONTROL WHAT WE CAN CONTROL, and do the BASICS WELL!!!

# **Field**

- Loud whistle
- Clear Signals
- Effective Communication
- 20-25m Side-On to the contest
- Strong Set Kick Control
- Protect the Ball Player

# **Boundary**

- Sell Our Signals
- Return the ball strongly
- Consistent throw-ins
- Back along the boundary line
- Get to the post to assist goalies
- Side on to the contest

## <u>Goal</u>

- Get the score right
- Get under the flight of the ball
- Straddle the goal line
- Strong sharp signals
- Pay attention to the whole game
- Get a "all clear" from field umpire

## **WHOLE Group**

- Pre-game preparation hydration and diet
- Match paperwork completed properly
- Strong communication between fellow umpires
- Concentration for the Whole game
- Encourage Team members
- High Work Rate
- Red time is NON-NEGOTIABLE