

What does it take to be a great umpire?

1. Practice

- a. On-Field
 - i. Volunteer
 - ii. Attend events / tournaments
 - iii. Work on mobility for specific game situations
 - iv. Apply feedback
 - v. Perfecting Rule application
 - vi. Use of Tools
 - vii. How to Communicate
- b. Off-Field
 - i. Have video taken of yourself for your review
 - ii. Attend clinics and seminars
 - iii. Self-analyze your game
 - iv. Invest your time to go to other matches
 - v. Invest your resources to go to other matches

2. Study the Game

- a. Watch game film (even if not your game)
- b. Read the rules FREQUENTLY
- c. Attend Clinics
- d. Secure yourself a mentor
- e. Volunteer to mentor others when appropriate
- f. Read books and magazines about umpiring and Coaching
 - i. NASO Referee Magazine
- g. Be open to discussions with coaches
- h. Invest in yourself...go places to learn

3. Fitness

- a. Make it an all year process, not just as hockey approaches
- b. Set standards for yourself
- c. Fitness Test yourself
- d. Make it a lifestyle
 1. Cardio
 2. Nutrition
 3. Sleep patterns
 4. Yoga
- e. Simulate Game situations in training
- f. Work around environmental factors (weather)
- g. Find Mental exercises...reaction / memory (Lumosity.com)

4. Professionalism

- a. Teamwork
 - i. Prior to the game communication with partner, before game day
 - ii. Know where to meet
 - iii. Travel time
 - iv. The unknown that may not be good ie. Late arrival / traffic
 - v. Relieve / reduce level of stress before arriving
 - vi. Uniforms

- vii. Coin, Cards, Cap
 - viii. Prepared for weather
 - ix. Bag Packed as necessary before arrival
 - b. Pre-Game
 - i. Arrive early to prepare
 - ii. Radio checks
 - iii. About our game
 - iv. Being consistent in application...answer questions properly
 - v. Time to warm up. Keep your routine.
 - vi. Know the game you may be dealing with.
 - c. Know your surroundings
 - i. Do not criticize others when in the stands
 - ii. Keep comments to yourself
- 5. Knowledge of the Rules**
- a. Recourses
 - i. Rule Book
 - ii. FIH App
 - iii. Briefings / Documents
 - iv. Comparison chart
 - v. Watch video...application of rules
 - vi. Ask questions
 - vii. Study applications and concepts of rules
 - 1. Done to make game simple and understandable
 - 2. Don't over analyze
 - 3. Know the basics
- 6. Focus and Concentration**
- a. Increasing Focus
 - i. Watch games in real time
 - ii. How would you have called it
 - iii. Mindful internet activities...reaction/memory/focus
 - iv. Yoga
 - v. Ask for help when focus is waning
 - vi. Always something to watch
 - b. Maintaining Focus
 - i. Move more...keep blood flowing
 - ii. Notice if your head drops
 - iii. Find a way to refocus
 - iv. Recognize tunnel vision
 - 1. Look around...off ball as appropriate
 - 2. Stay active, mentally and physically
 - v. Ignore what you hear that takes focus away
 - 1. Before match
 - 2. During match
 - vi. Don't Dwell on past decisions
 - 1. Signaling too long
 - 2. Processing if decisions was right or wrong

7. Management / Confidence

- a. Umpire matches year-round to work on
 - i. Communication
 - ii. Whistle sound and timing
 - iii. Body Language
 - iv. Use of cards
- b. Expose yourself to as much as possible
 - i. You don't know what you don't know
 - ii. Create or obtain opportunities
- c. Learn to manage
 - i. Not all the same
 - 1. Use different tools
 - ii. Know your audience
 - iii. Teams direct / we manage
 - iv. Hardest Part of Umpiring
 - v. Learn from non-successful moments
- d. Observe
 - i. Warmups and possible tactics
 - ii. Don't just walk around the field pre-game
 - iii. PC's / overheads / movements
 - iv. Look around when able during match
- e. In sync for progression of penalties
 - i. Set standards and hold to them
 - ii. Players need to know what will happen next
 - iii. Use radios as necessary

8. Communication

- a. Assignors
 - i. Contact as necessary
 - 1. If problems arise
 - 2. Changes
 - 3. Game issues
- b. Players
 - i. Players look for advice
 - ii. Work with them as necessary
 - 1. Use whistle
 - 2. Cards
 - 3. Voice as appropriate
 - a. Don't over talk
 - iii. Do not coach players
 - iv. Manage consistently
 - v. Whistle tone communication...severity
 - 1. All 22 players on field can hear the whistle
 - 2. No excuse for not hearing
- c. Coaches
 - i. Setting the tone / atmosphere
 - 1. Do not over talk/ keep it simple

- 2. Play to the whistle
- ii. Body Language / reaction
- iii. Umpires held to higher standard of communication
 - 1. Keep calm
 - 2. No emotions
 - 3. Nothing negative

d. Partners

- i. Radios Usage
 - 1. Expectations
 - 2. Timing of radio talk
 - 3. As necessary
 - a. Do not make calls for partner
 - b. Do not over chat
 - c. Keep it relevant

9. Empathy

- a. For all stakeholders
 - i. Players
 - ii. Coaches
 - 1. Understanding vs interruptions
 - iii. Spectators
 - iv. Ball chasers
 - v. Sponsors
 - vi. Grounds Crew
 - vii. Administrators
- b. Will vary based on levels
 - i. Safety concerns first
 - ii. Understanding of game
 - iii. Skill levels
 - iv. Scrimmage vs real game
- c. Understand surroundings
 - i. Travel distances
 - ii. Weather
 - iii. Pitch layout

10. Consistency

- a. Know the applications of the rules
 - i. One voice one message concept
 - ii. Discard personal opinions
- b. Accuracy
- c. Fairness
- d. Review past performances
- e. Know that some things will not be seen as consistent
 - i. “the criteria used to decide must be consistent to be consistent”
 - ii. Understand conditions may change
 - iii. Perspective is a factor

11. Willingness to Learn

- a. We always have things we can learn and learn from

- b. Year-round learning
- c. Don't let finances / dollars affect learning
 - i. Volunteer
 - ii. Decide the what, the how and time are you willing to learn
 - iii. Learn more by doing
 - iv. Willing to be on your own to learn
 - v. Critique yourself
- d. Get out of your comfort zone to learn
 - i. Challenge Yourself
 - ii. Embrace learning
- e. Secure a Mentor
 - i. With a group
 - ii. With a trusted colleague
 - iii. With a hockey friend

12. Open Mindedness

- a. Reading the game
 - i. Aware of big picture during match
 - ii. Difference between reading watching and learning to umpire
 - iii. Field awareness
 - 1. Strong side
 - 2. Team tendencies
 - 3. Set play options
 - 4. Not narrow focus
 - iv. We want to get things right
 - 1. Learn the game, not just the rules
 - a. Playing
 - b. Coaching
 - c. Watching
 - 2. Harder to read the game vs teach foul recognition.
- b. Looking at steps ahead before interrupting the match
 - i. Do I call it because no good can come out of it
 - ii. Can advantage be played?
 - iii. Open space or closed down play
- c. Look at bigger picture of the game
 - i. Know the game
- d. Watch high level
 - i. watch the game as an umpire
 - ii. not as a general spectator
 - iii. how would you assess the match?
- e. **Be willing to learn the game, not be told how to umpire the game**

13. Open to Feedback and Analysis

- a. Willing to listen
- b. Listen to everyone
 - i. Players
 - ii. Coaches
 - iii. Peers

- iv. Spectators
 - v. NGB
 - c. Take what you can
 - i. Sometimes ready for info
 - ii. Sometimes not ready for info
 - d. Digest what you can
 - e. Discard what is not needed
 - f. File some for future reference
 - g. Self-Analyzation
 - i. Why did I not see that?
 - ii. Was I concentrated for the whole match?
 - iii. What can I improve on next time?
 - iv. What went right?
 - v. What went wrong?
 - vi. What do I need to work on?
 - h. Be open to reviewing decisions
 - i. After reaction from Players
 - ii. A proper question being asked
 - iii. Info from partner as requested / necessary
- 14. Understanding of the Game**
- i. Know Level of experience / skill
 - ii. Know your partner
 - iii. What might you deal with?
 - iv. Know the applications of the rules
 - v. Decision making without blowing the whistle

Other than USA Field Hockey providing you with events and training opportunities, it is up to you to decide what you are willing to put into your learning to become the best umpire you possibly can.

Thanks to everyone in this session for their input, honesty and experience to help Umpiring in the USA.