



AFL Umpire Coach Professional Development Program E-Newsletter

2009 – Week 2

*Visit the AFL Umpiring Development website for the latest umpiring info -
<http://www.afl.com.au/umpiring>*

Through the AFL Umpire Coach PD program the Australian Football League along with each State Umpiring body is continuing to commit to its promise of providing stronger support and training to Umpire Coaches throughout Australia. The AFL sees Umpire Coaches as having the greatest influence over the environment in which an umpire participates in, and sees the coach as the key person in providing support for all umpires within their group.

Umpire Uniform Program



With the season fast approaching we would like to remind umpiring groups who use the AFL's National Umpire Uniform Supply Program to place their orders early to ensure delivery prior to the commencement of the season.

For further information on the uniform program, including a uniform order form and a catalogue of items please visit <http://www.afl.com.au/umpiring/uniforms>.

All completed orders are to be sent through to Andrew.Hughes@afl.com.au.

Umpire Recruitment

At this time of year many umpiring groups are looking at ways to recruit umpires for the season ahead.

Steve Ardill (Riverland Football League Umpires Coach & Year 3 participant in the Umpire Coach PD program) promotes the benefits of umpiring through local newspapers to encourage new recruits.

Steve has provided an example of the media release he distributes to local media to assist in publicity and umpire recruitment:

- MEDIA RELEASE -

TO: Local Media (various)
FROM: (Fr.) Steve Ardill
RE: 100 Years of RFL Umpiring
DATE: 9th February 2009

About this time each year, as the summer sporting season begins to wind down, minds start shifting and people begin anticipating the fast approaching football season.

The AFL pre-season competition has already commenced.

Across the Riverland coaches, players, officials, volunteers and footy fans are beginning to *get busy* as the excitement of a fresh, new football season builds.

Also preparing are the men and women who are entrusted with one of the most important roles in managing the game of Australian football – **the umpires**.

There are fantastic opportunities across the Riverland to get involved in our national game as an umpire.

Umpiring offers many personal benefits including improved communication and decision-making skills, improved fitness and lifestyle, the opportunity to make new friends and to earn some money.

As an umpire you gain a new point-of-view of the game and there's nothing like being part of the action.

There are an increasing number of girls and women participating in umpiring groups across Australia. Locally Jess Vincent has officiated as a goal umpire in the past two RFL 'A' grade grand finals. In the Riverland we have umpires as young as twelve and several in their sixties blowing the whistle and waving the flags each weekend. Umpiring is a sport that everyone can actively enjoy.

As a Riverland Umpire you will receive professional coaching and be supported by our team of AFL umpiring mentors.

Newcomers to umpiring are encouraged to be a part of the AFL National 'Green Shirt' Program which introduces them to umpiring in a positive and affirming environment.

The RFL are recruiting field, boundary and goal umpires for the 2009 season.

Training commences on **Wednesday 18th February 2009** at **Berri Oval** at **6.00p.m.** under the direction of our new Umpiring Fitness Coach, Greg Beech and continues each Wednesday evening throughout the season.

Newcomers are always welcome. The only pre-requisite is that you love footy and want to be a part of the action. Greg will tailor a program which takes account of your experience and

fitness level.

Why not join us at training any Wednesday night or give our RFL Umpires Coach (Fr. Steve Ardill) a call (8584 7572) if want to know more.

In 2009 football will have been played and umpired in the Riverland for 100 years. You can be a part of this proud and unique history by joining the ranks of the Riverland umpires in 2009. It might be the best decision you ever make!

For more information or to arrange an interview or photo opportunity contact Fr. Steve Ardill on 8584 7572 or email: frsteve@stalbert.pp.catholic.edu.au.

Umpiring: Media Release 01/09



Another way to try and recruit new umpires is to use the existing umpiring group to bring friends, family and work colleagues down to training.

Steve has provided an example of the memo he sends his umpires prior to the first training below:

- M E M O R A N D U M -

TO: All RFL Umpires
FROM: (Fr.) Steve Ardill and Greg Beech
RE: Commencement of Umpiring Training
DATE: 9th February 2009

Welcome to the 2009 football season – the RFL centenary year!

We also welcome Greg Beech, our new Umpiring Fitness Coach. Greg is well respected in umpiring ranks and is looking forward to getting us match ready for the first round of games on 18th April.

An invitation is extended to all our 2008 umpires to be a part of our first training session at **Berri Oval on Wednesday 18th February commencing at 6.00p.m. sharp.**

Training will be conducted at Berri each Wednesday at 6.00p.m. for the duration of the season.

To cover our losses and an additional Independent game each weekend we need to recruit extra field, boundary and goal umpires. You may have a friend, family member or work colleague who could join our team as an umpire. Tell them about all the benefits:

- Fitness
- Fun
- Friends
- Free entry to games
- Finances

We look forward to catching up on Wednesday next week. If you are unable to attend our first training session or any training night during the year we would appreciate you letting one of us know: (Fr.) Steve Ardill **8584 7572**/Greg Beech **8583 2381**.

With your **enthusiastic participation** the RFL's centenary season will be a great celebration of football and umpiring!

Umpiring: Memorandum 01/09

Groups wishing to create a similar media release or memorandum may wish to adapt this to suit their local region.

It is important to note that in each recruiting strategy money is not the only incentive offered as a reason for people to take up umpiring. The personal benefits including improved communication and decision-making, improved fitness and lifestyle, the opportunity to make new friends, having the best seat in the house and having access to professional coaching and supportive mentors are all important incentives in attracting umpires.

The AFL would like to thank Steve for allowing us to include these examples in the umpiring e-newsletter.

Coaching Topic – Bounce or Ball Up



A new component of the umpiring e-newsletter will be a 16 part series that takes an in-depth look at the key skills involved in umpiring.

These should provide coaches with practical advice about the key teaching points of each skill.

The first umpiring skill to be examined in this 16 part series is the bounce or ball up.

Bounce or Ball Up

Learning Outcomes –

- A bounce or ball up occurs at the start of each quarter, after a goal score and when the umpire calls for a field bounce at a scrum or shared mark.
- The bounce or ball up must be vertical and high enough to allow both ruckmen an equal chance to contest the ball in the air.

- Bouncing is simply propelling a level ball from a high arc vertically into the ground. The arc begins high above the head and the pivot point is the waist not the shoulders. The trunk of the body and the extended arms together form the radius.
- Repeated practice is necessary to perfect the bouncing technique. If your natural technique works to produce consistently high and accurate bounces, practice that technique. If you are learning to bounce or your existing technique does not work, go back to the basics below and practice repeatedly.

Activities –

- Bouncing practice should form part of each training session.
- In any formal session on bouncing, run through the theory with the group before embarking on a coaching session.
- Each umpire should be individually observed bouncing in a controlled (not haphazard) session.
- Bouncing in a group is not recommended
- Approach and retreat should be done correctly.
- If possible a video camera should be used so the umpire and coach can view the attempts immediately after on the flip screen and faults can be identified and addressed.
- The umpire should be required to bounce with a whistle on their fingers and immediately after a running effort to simulate match conditions.
- Equipment required - ball, whistle, video camera.

Method –

Bouncing:

- Warm up: jog and stretch arms, leg and torso muscles
- The following can be practiced firstly WITHOUT the ball until you get the flow of the technique working. When you practice bouncing with the ball, it is imperative you **wear your whistle on your fingers**
- Stand in start position
- Hold ball with hands spread from each end as far across the top of the ball as is comfortable for your grasp
- Walk in holding ball above NOT behind head
- Watch the spot where you intend the bounce the ball
- Place front foot and bend knee
- Bend at waist and bring chest down to knee
- Bring ball swiftly to ground vertically on the intended spot
- As you do this, slightly overbalance forward of your bent knee
- Release the ball at last possible moment
- Immediately retreat backwards to 20m from the bouncing spot
- Watch at player level NOT at the ball

Ball up:

- Warm up and stretch
- Walk in with ball resting on one hand or held at ends by both hands
- On reaching the ball up spot, lower the ball towards the ground and the propel it vertically into the air in one upwards
- movement
- Don't prepare for ball up by repeated lowering and raising the ball before final thrust (this confuses the ruckmen)
- Immediately retreat backwards to 20m from the ball up spot
- Watch at player level NOT at the ball

Key Points –

- Practice, practice, practice
- Too high is better than too low



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