



AFL Umpire Coach Professional Development Program E-Newsletter 2009 – Week 31

*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.

2010 AFL Umpire Coach Professional Development Program National Conference

AFL Umpiring Development is pleased to announce that the 2010 AFL Umpire Coach Professional Development Program - National Conference will be held in Adelaide from Friday 29th – Sunday 31st of January 2010. The conference will begin at 7pm on Friday evening and conclude at 4pm on Sunday afternoon.

The conference will be held in conjunction with the 2010 AFL National Coaching Conference which attracts over 400 coaches from across Australia. Umpire coaches will attend relevant sessions being offered through the AFL National Coaching Conference and will attend alternative 'umpire coach' specific sessions.

The conference will take place at AAMI Stadium in the new Adelaide Crows Training and Entertainment facility.

In order to assist Umpire Coaches currently participating in or about to join the AFL Umpire Coach Professional Development Program in attending the conference, the AFL Umpiring Development department has subsidised costs associated with registration and accommodation. The usual cost for a coach to attend this conference is \$320.00, which doesn't include their flights and accommodation.

The 2010 AFL Umpire Coach Professional Development Program – National Conference costs will be as follows –

- Registration costs - \$100.00 per coach
(Enjoy full access to the conference for the Friday night, Saturday and Sunday sessions. Price also includes the Saturday night conference dinner. Finger food and drinks are provided on the Friday night. Morning Tea, Lunch and Afternoon Tea with drinks provided on Saturday and Sunday.)
- Accommodation arrangements and costs for interstate or country SA coaches will be covered by the AFL
- All umpire coaches will be required to purchase their own flights to Adelaide and any transfers to and from the airport

Please note that this conference is only available to those umpire coaches registered in or about to join the AFL Umpire Coach Professional Development Program.

We are currently working on a proposed program and brochure to provide further information about the conference and our online registration system. We should have further information by early October.

We hope this early notification of the date and venue will allow umpire coaches to start planning their availability to attend.

If you have any questions please contact your State Umpiring Manager.



Impression from outside of the new Adelaide Crows Training and Entertainment facility at AAMI Stadium

Have your say – AFL Umpire Coach Professional Development Program E-Newsletter Survey

New Survey

Following the successful AFL Umpire Development 2009 Umpires Survey we have decided to ask for your assistance in providing feedback on the 2009 AFL Umpire Coach Professional Development Program E-Newsletter. Your feedback is invaluable in improving the quality of information provided in the umpiring e-newsletter. Please take 5 minutes to visit to complete this survey by clicking [here](#).

Umpire Coach Advice – Recruitment Strategy – calling on former players to become umpires

AFL Umpiring Development faces a constant battle of recruitment and retention. Through the Umpire Coach PD program we have focused on ensuring the environment within an umpiring group is of the highest quality as a means of retaining umpires. A recruitment strategy that has been successful in the past has seen former players take up umpiring. Alan Tregoweth, year 3 PD participant and umpires coach for the Kowree-Naracoote-Tatiara Football League (KNTFL), provides us with the following insight into the value a group can receive over a long period from engaging former players in umpiring. We would like to thank Alan for providing this article.

Milestone for Deane Lindner

Deane commenced his career as a 14 year old playing for Peake and Districts Football Club. He then ventured down to Sturt and played under 17s football, but the lure of life on the land was too strong, so he returned home and carved out a remarkable playing career.

During his time at Peake he won a record nine Best and Fairest awards for the club. Deane won the 1969 Mail Medal and from 1975 to 1979 he dominated the medal count winning four medals in a row taking his tally to five Mail Medals. He was also runner up four times during his playing career. He was awarded the Murray Lands Best Team Man on four occasions, and was a Caltex Country championship player in 1970. Deane played in seven grand final sides with Peake winning five premierships and retired in 1983 after 342 games.

Deane continued his association with the game by playing super rules (over 35s) for the River Murray for five years representing South Australia at carnivals for three years. During this period he was selected in the All- Australian side in 1987 and 1988. The purpose of playing super rules according to Deane, was playing against and meeting different people. Many of these competitors continue to track him down on their visits to the South East.

Deane commenced his umpiring career in the River Murray Football League in 1983 and continued until he purchased a property at Lucindale and moved to the South East in 1997. During this period with the RMFL and Mallee Leagues he officiated in 302 games including two A grade grand finals, and held the position of umpires coach for five years.

After the move down south Deane's commitment and love for the game saw him join the Kowree-Naracoote-Tatiara Football League umpires panel in 1997 where he has been a very valuable member, helping and handing down his experience to our new umpires. Deane has officiated in two A grade grand finals and on the 29th August 2009 notched up his 200th game with the panel. Deane is a true ambassador for our great game.

Congratulations

When you consider the value that can be gained from getting players such as Deane Lindner into umpiring we need to ask ourselves whether we could be doing more to attract retiring players to continue their involvement through umpiring.

Umpire Coach Advice – training variety

Chris Burrows, year 3 PD participant and umpires coach for the Greater Sydney Juniors - Sydney West, provides us with the following article on pre-season training and the importance of maintaining variety to ensure interest levels and motivation remain high. We would like to thank Chris for providing this article.

PRE SEASON TRAINING

When starting back to Pre Season training, I've found over the years that adding variety to the type of training helps to keep people interested.

The challenge as a coach is to find the variety that will cut across all age groups.

What I've done over the past few years is to develop a program that is not necessarily "football orientated" – it's sometimes hard to relate to footy in November!

Pre season can be when new umpires are recruited and invited to training, so it's important to make training fun, knowing that the season proper is still 4-5 months away. Instead of season focused training, I've concentrated on developing and improving agility as well as fitness – umpires need to be able to move in any given direction in an instant, without thinking about it too much – it needs to become second nature.

There are plenty of resources available out there. If you get stuck – there's a book with a DVD called "Training for Speed, Agility and Quickness" by Lee E. Brown & Vance Ferrigno that I've found particularly helpful – lots of drills and exercises that are readily adapted to umpiring.

As well as drills etc. I've found over the years that producing something out of left field like a Frisbee (or even water bombs on a hot day) can be useful too. It introduces a different element and your group will play and run for quite a long time, without even realising just how much territory they are covering! Great for the fitness aspect.

When the season gets closer the Frisbee can also be used for them to use in decision making drills, instead of a football. From a coaching perspective, you have a little more control, as it is less likely to be thrown the long distances that a footy can be kicked, and sometimes we do have space restrictions when sharing grounds, it also helps ease into the season based training programs.

What do you do to maintain variety during pre-season training sessions? How can you make fitness work enjoyable? Do your umpires want to come to training? Umpire coaches should consider strategies to vary training, especially during pre-season, to keep the motivation levels of the group high.

If you have any coach advice you would like to submit to the network of umpire coaches please email them to Umpire.Development@afl.com.au. We encourage umpire coaches to submit their advice.

Umpire Coach Advice – Using the PD program to review your coaching program

John Round, PD participant and umpires coach for AFL Capricornia in Central Queensland, provides us with the following article on a recent teleconference that highlights the importance of peer reviews in providing feedback to improve the effectiveness of the coaching program being delivered. We would like to thank Chris for providing this article.

Peer Review

Recently in Queensland, a number of Regional Umpire Coaches in regions spanning over 3000 kilometres were involved in a teleconference to review a coaching session in our respective centre. The session was prepared on video, collated by Greg Howell in Brisbane and forwarded to each of us to review and critique prior to the phone link-up as part of the Umpire PD Program being co-ordinated by David Levens.

For the participants the value of such a session was immense. Due to the distance, we rarely get to be observed or receive, from a peer review, any feedback that gives us an indication on the effectiveness of what we do and how we go about it. This linkup enabled us all to review our performance based on views from our peers. The constructive comments coming from the discussion was most enlightening. Another major benefit from this method is that it broadens our coaching performance and enhances the chances of helping those we coach to achieve better umpiring performance. In a State where developing our great game is a priority, having a strong foundation for the development of officiating umpires is vital.

I for one strongly support this initiative and hope that the program continues. It also goes a long way to making remote, regional coaches feel more comfortable in believing that we are a part of our great game.

John Round,
 Umpire Coach
 AFL Capricornia
 Rockhampton, Central Queensland

Umpire Coach Advice – Umpire Coach Reflection Template

How do you review your coaching performance? What do we measure ourselves against? The process used to conduct your performance review and self analysis is important. The following is a template that you could use:

Umpire Coach Reflection Template

| Element/Aspect | Focus | What have you done/could you do! - Example/s |
|---|---|---|
| Communication <i>(Spoken, Written, Body language)</i> | <ul style="list-style-type: none"> Expressing yourself clearly and fluently when addressing umpires/umpiring/match situations Sending the key messages clearly | |
| Controlling and managing yourself | <ul style="list-style-type: none"> Channelling your energy towards productive ends Keeping calm in stressful situations Demonstrating good examples to influence others | |
| Creativity | <ul style="list-style-type: none"> Arriving at new solutions to 'old umpiring problems' Prepared to try something new/different | |
| Decision making | <ul style="list-style-type: none"> Being able to work through the situation to arrive at a measured decision Involving others in the decision making process | |
| Feedback | <ul style="list-style-type: none"> Enabling umpires to take ownership of their feedback Encouraging umpires and others to undertake self/peer assessments Seeking feedback on your coaching sessions and in your role as the coach | |
| Focus | <ul style="list-style-type: none"> Rising above the forces/factors that are outside your influence/control Not being distracted by 'non priorities' | |
| Leading | <ul style="list-style-type: none"> Creating a positive, supportive and learning environment Being a 'good role model/example' Building local capacity – developing others | |
| Listening | <ul style="list-style-type: none"> Attentive to others ideas and views Patience in order to understand their concerns, feelings and interpretations/views on issues | |
| Logical and critical thinking | <ul style="list-style-type: none"> Structuring your thoughts rationally then using them for critical evaluation & analysis of your own coaching performance | |
| Managing time | <ul style="list-style-type: none"> Allocating priorities Making productive use of the time available | |
| Managing uncertainty | <ul style="list-style-type: none"> Being prepared to move away from familiar ways of thinking Dealing with uncertain situations in a composed manner | |
| Motivating | <ul style="list-style-type: none"> Understanding and empathising with the needs of others in order to tap into their motivational drive | |
| Performance management | <ul style="list-style-type: none"> Agreeing, monitoring and achieving performance standards and targets as the coach and for others in a coaching role | |
| Self confidence and assertiveness | <ul style="list-style-type: none"> Demonstrating a belief in yourself and your ability Saying 'no' when people want you to say 'yes' | |
| Self development and learning | <ul style="list-style-type: none"> Taking responsibility and control for your own development, learning and future direction | |
| Teamwork | <ul style="list-style-type: none"> Developing working relationships built on trust, sharing, openness Providing opportunities for others to develop Sharing the workload | |
| Variety | <ul style="list-style-type: none"> Use different approaches in coaching | |

| | | |
|------------------|--|--|
| | <ul style="list-style-type: none"> • Use others to present at training/coaching sessions | |
| Visioning | <ul style="list-style-type: none"> • Communicating to others future possibilities for: <ul style="list-style-type: none"> ○ Umpires ○ The umpiring group ○ Umpiring | |

Ask the Ump

In this section coaches are invited to send in questions which are answered by the AFL Umpiring Department (Jeff Gieschen, Rowan Sawers and Peter Howe). The idea is that this provides an opportunity for umpire coaches from across the country to seek technical advice on any area of umpiring they may be interested in learning more.

We would like to thank Jeff, Rowan and Peter for taking the time to answer these questions.

Please send your questions to Umpire.Development@afl.com.au.

Umpire Coach Activity

If you have any coach activities you would like to submit to the network of umpire coaches please email them to Umpire.Development@afl.com.au. We encourage umpire coaches to submit their activities.

Umpire coach activities from last year can be found on the AFL website by clicking [here](#).

Heading Overseas?

If you have an umpire that is heading overseas and may be interested in umpiring or helping some of the locals out, we would like to hear from you. Please email Umpire.Development@afl.com.au with the umpires name, email address, phone number and overseas destination and we will aim to put them in touch with the local group to get things started.



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