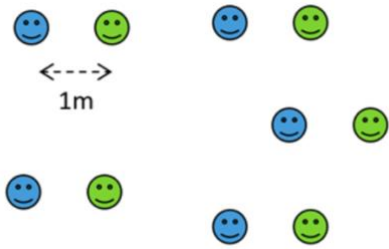


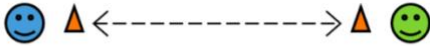
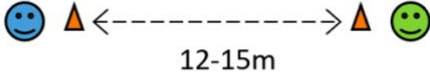
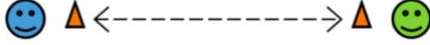
<b>Session Topic:</b>	Boundary Umpiring	
<b>Learning Outcomes – Participants will:</b>	<b>Success Criteria – Participants will be able to:</b>	
<ul style="list-style-type: none"> <li>Understand the role, responsibilities, and benefits of being a boundary umpire</li> <li>Develop their understanding of boundary umpire positioning and movement</li> </ul>	<ol style="list-style-type: none"> <li>Effectively communicate boundary line decisions and correctly perform a boundary throw in</li> <li>Position themselves in a good decision making position and return ball after goals</li> </ol>	
<b>Learning Materials:</b>		
<ul style="list-style-type: none"> <li>Nil</li> </ul>		
<b>Equipment Required:</b>		
<ul style="list-style-type: none"> <li>Umpiring WA Charter pull-up banner, 1 whistle per participant, 10 footballs, 20 cones</li> </ul>		

<b>5 min</b>	<b>Warm Up: Calf Tag</b>	
<b>Purpose:</b> Anticipation, reading the play, keeping your distance	<b>Presentation Slides:</b> N/A	
<b>Equipment:</b> nil		
<b>Set up:</b> <ul style="list-style-type: none"> <li>In pairs, participants find their own space and face each other (approx. 1m apart).</li> <li>Each participant aims to tap their opponent’s calf with two fingers to score a point.</li> <li>Participants must defend their own calf by manoeuvring their body but cannot use their hands to defend and must stay within 2m of their opponent.</li> <li>After 1 minute, change partners.</li> <li>After 1 minute, make a group of 3.</li> </ul> 	<b>CHANGE IT:</b> <ul style="list-style-type: none"> <li>Change partners.</li> <li>Create a group of 3 or 4 and play.</li> </ul> <b>LEARNING:</b> <ul style="list-style-type: none"> <li>How can you avoid getting tagged or tag your opponent? By moving your body? By watching the opposition?</li> </ul>	
<b>Discuss:</b> <ul style="list-style-type: none"> <li>ASK: What did you do in this game to help you be successful?             <ul style="list-style-type: none"> <li>Anticipation, reading the play, keeping your distance – all of these things are also valuable when</li> </ul> </li> </ul>		

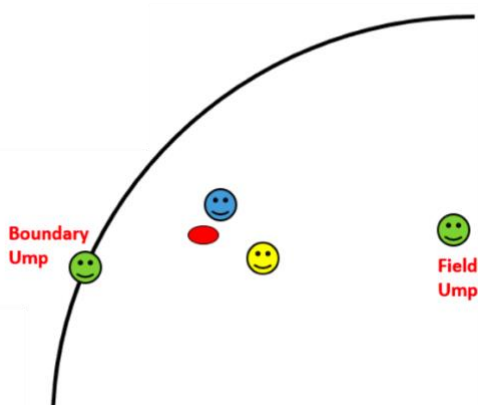
you're umpiring to help you get into the correct position to see a free kick.	
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3 min	Role of the Boundary Umpire	
<b>Purpose:</b> Retrieve knowledge learnt in a previous session		<b>Presentation Slides:</b>
<b>Equipment:</b> nil		N/A
<b>Set up:</b> <u>Discuss as a group:</u> <ul style="list-style-type: none"> <li>• <i>ASK: What is the role of the boundary Umpire?</i> <ul style="list-style-type: none"> <li>○ <i>Be the final judge of when the ball is out of bounds or out of bounds on the full.</i></li> <li>○ <i>Return the ball back into play after it goes Out of Bounds via Throw In.</i></li> <li>○ <i>Return the ball back to the field Umpire after a goal.</i></li> </ul> </li> <li>• <i>What are the boundary Umpire signals?</i> <ul style="list-style-type: none"> <li>○ <i>Out of Bounds (OOB)?</i></li> <li>○ <i>Out of Bounds on the Full (OOF)?</i></li> </ul> </li> </ul>		<b>LEARNING:</b> <ul style="list-style-type: none"> <li>• Demonstrate understanding of the role and signals as a boundary Umpire.</li> </ul>

10 min	Boundary Throw In	
<b>Purpose:</b> Practice the skill of the Boundary Throw In		<b>Presentation Slides:</b>
<b>Equipment:</b> 1 football per pair (or group of 3-4), 2 cones per group		N/A
<b>Set up:</b> <u>Introduce the Boundary Throw In:</u> <ul style="list-style-type: none"> <li>• Cues to follow: demonstrate or ask a participant “expert” to demonstrate.           <ul style="list-style-type: none"> <li>○ The grip – your dominant hand is positioned underneath the ball with your non-dominant hand on the side of the ball to guide your throw.</li> <li>○ Initial stance – feet on the boundary line, shoulder width apart with your back toward the centre of the ground (you can come 5m into the field of play if needed).</li> <li>○ Preparation – crouch down like a squat.</li> <li>○ Release – explode from the squat position, aiming to swing your arm quickly from a low to high position and release the ball high into the air.               <ul style="list-style-type: none"> <li>▪ You should aim to throw the ball 5-7m into the air with the ball landing 12-15m inside field of play from the boundary line.</li> </ul> </li> </ul> </li> </ul>		<b>CHANGE IT:</b> <ul style="list-style-type: none"> <li>• Provide feedback to each other.</li> <li>• Use hoops as the target.</li> <li>• Set up cones as targets, landing the ball in the smaller circle = more points, larger circle = less points.</li> </ul> <b>LEARNING:</b> <ul style="list-style-type: none"> <li>• Aim for height with the boundary throw in.</li> <li>• Use your legs to produce power for your throw.</li> </ul>
<b>Activity:</b>		

<ul style="list-style-type: none"> <li>• Ask participants to spread out with 1 football per pair if possible (or per 3-4 participants) and two cones. Set up 1 cone on the boundary line and 1 cone 12-15m inside the field of play.</li> <li>• One participant stands at each cone and they practice the boundary throw in to each other and provide feedback to their partner according to the cues.</li> </ul> <div style="text-align: center; margin: 10px 0;">  </div> <div style="text-align: center; margin: 10px 0;">  </div> <div style="text-align: center; margin: 10px 0;">  </div>	
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10 min	Is it out?		
<b>Purpose:</b> Practise the Boundary Throw In, signals and procedures associated, practise positioning and movement to adjudicate the boundary line correctly		<b>Presentation Slides:</b> N/A	
<b>Equipment:</b> 1 football per group of 3-4 participants, 1 whistle per participant, boundary line (preferable) or cones			
<b>Set up:</b> <ul style="list-style-type: none"> <li>• <i>ASK: Where should the boundary Umpire position themselves during play?</i> <ul style="list-style-type: none"> <li>○ 10-15m away in front / behind the ball.</li> <li>○ The ball stays between them and the closest goals.</li> </ul> </li> <li>• <i>Discuss: Field umpire signals and procedure when the ball goes Out of Bounds or Out on the Full.</i></li> </ul>		<b>CHANGE IT:</b> <ul style="list-style-type: none"> <li>• Players can plan scenarios and play them out.</li> <li>• Players might soccer or kick the ball.</li> <li>• Field Umpire adjudicates the play before the ball crosses the boundary line.</li> </ul>	
<b>Activity:</b> <ul style="list-style-type: none"> <li>• Create groups of 4 participants (1 boundary Umpire, 1 field Umpire, 2 players).</li> <li>• The 2 players move the ball around near the boundary line (handpassing the ball to each other) and then the ball goes out – the boundary Umpire needs to signal if it was Out of Bounds (OOB) or Out on the Full (OOF) and wait for the field Umpire to acknowledge.</li> <li>• Field Umpire needs to signal correctly and then proceed with the procedure.</li> </ul>		<b>LEARNING:</b> <ul style="list-style-type: none"> <li>• Demonstrate understanding of the rules, signals and procedures as a boundary Umpire.</li> </ul>	

<ul style="list-style-type: none"> <li>○ OOB – boundary Umpire will throw the ball back into play and the field Umpire will adjudicate the contest.</li> <li>○ OOF – boundary Umpire will mark the spot on the ground where the ball crossed the boundary line &amp; back off &amp; field Umpire will set up the mark.</li> <li>○ Communication between field and boundary Umpire is crucial.</li> <li>● Repeat the activity twice, then swap roles – everyone should have a go as a boundary Umpire and a field Umpire.</li> </ul> 	<ul style="list-style-type: none"> <li>● Aim for height with the boundary throw in.</li> <li>● Practice moving with the play to be in the best position to adjudicate (boundary &amp; field Umpire).</li> </ul>
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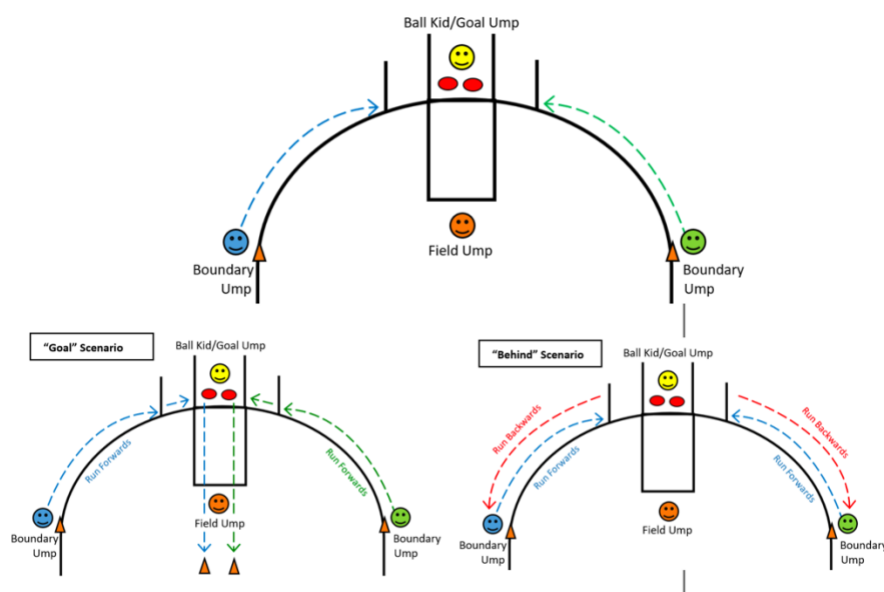
<b>10 min</b>	<b>Race to the post</b>	
<b>Purpose:</b> Practice boundary Umpire movement, goal/behind assistance & procedures	<b>Presentation Slides:</b> N/A	
<b>Equipment:</b> 2 footballs per group of 4, 1 whistle per participant, boundary line or cones, goal posts/agility posts		
<p><b>Set up:</b></p> <ul style="list-style-type: none"> <li>● <i>ASK: What is the boundary Umpire’s role in assisting the goal Umpire with shots on goal and returning the ball to the centre after a goal is kicked.</i></li> <li>● <i>Discuss: Field Umpire signals and procedure when a goal/behind is scored.</i></li> </ul> <p><u>Activity</u></p> <ul style="list-style-type: none"> <li>● Create groups of 4 participants (2 boundary Umpires, 1 field Umpire, 1 “ball kid”/goal Umpire).</li> <li>● Boundary Umpires set up 20m out from goals on opposite boundary lines. Field Umpire sets up at the top of the goal</li> </ul>	<p><b>CHANGE IT:</b></p> <ul style="list-style-type: none"> <li>● Add “players” who take a set shot and proceed according to how they score.</li> <li>● Add a field Umpire to the centre of the ground and boundary Umpires relay the ball back to the centre.</li> </ul>	

square and “Ball Kid”/Goal umpire stands in the goals with 2 footballs.

- Field Umpire calls “GO” and both boundary Umpires race each other into their closest behind post, whoever arrives first gets 1 point.
- Field Umpire then signals for an “All Clear, Goal” or “All Clear, Behind”.
- Boundary Umpires must respond to the field Umpire’s signal:
  - Goal: collect ball from middle of the goals and run down the centre of the ground to the cone.
  - Behind: run backwards as quickly as possible along the boundary line to the 20m cone.
- Swap roles – 2 boundary Umpires become the field Umpire and “ball kid”/goal Umpire. Repeat the activity until everyone has performed each role.

### LEARNING:

- Process for set shot at/after goal.
- Demonstrate understanding of the roles & procedures as a boundary Umpire.
- Communication between boundary, field & goal Umpire essential.



3 min	Summary	
<b>Purpose:</b> Recap and consolidate concepts practiced and discussed		<b>Presentation Slides:</b>
<b>Equipment:</b> nil		N/A
<b>Set up:</b> <u>Recap by asking participants to respond:</u>		<b>LEARNING:</b>
<ul style="list-style-type: none"> <li>• ASK: What is the role of the boundary Umpire?</li> <li>• ASK: Where should the boundary Umpire position themselves from the play?                             <ul style="list-style-type: none"> <li>○ 10-15m away in front / behind the ball.</li> <li>○ The ball stays between them and the closest goals.</li> </ul> </li> </ul>		<ul style="list-style-type: none"> <li>• Summarise key learning points of the session through retrieval practice and note taking.</li> </ul>



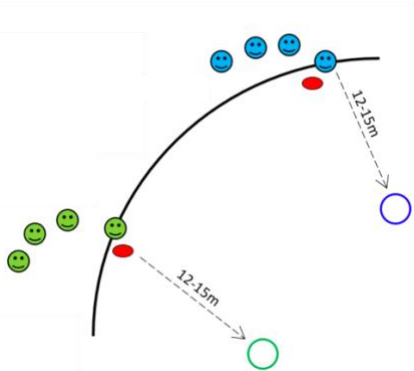
## UMPIRING WA – SESSION PLAN

### First Bounce Course

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|---|--|
| <ul style="list-style-type: none"><li>• <i>ASK: What are the cues for performing a Boundary Throw In?</i></li></ul> |  |
|---|--|

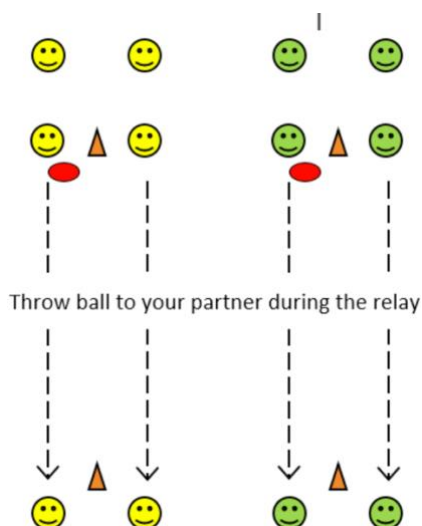
**ADDITIONAL/EXTRA ACTIVITIES**

5 min		Can you hit the target?
<b>Purpose:</b> Practice performing the Boundary Throw In correctly		<b>Presentation Slides:</b> N/A
<b>Equipment:</b> Per group: 1 football, 1 hoop/4-5 cones, 1 whistle per participant		
<b>Set up:</b> <ul style="list-style-type: none"> <li>• Groups of 4 participants who are competing against each other.</li> <li>• Each group sets up an area near the boundary line, with a hoops or cones placed 12-15m inside the field of play.</li> <li>• Participants take turns as the boundary Umpire &amp; perform a boundary throw in correctly aiming to land the ball in the hoop.               <ul style="list-style-type: none"> <li>○ Group members provide feedback to each other on technique – emphasising height for the throws.</li> <li>○ Keep score of who lands the ball in the hoop the most times in your group.</li> </ul> </li> <li>• Can compete within your group or group v group</li> </ul>		<b>CHANGE IT:</b> <ul style="list-style-type: none"> <li>• Once the group lands the ball in the hoop 3 times, find a new boundary throw in area to use. First group to achieve 3 successful throws at each area is the winner.</li> </ul> <b>LEARNING:</b> <ul style="list-style-type: none"> <li>• Perform a successful boundary throw in.</li> <li>• Provide constructive feedback to your group members.</li> </ul>
		

5 min		Boundary Umpire Relays
<b>Purpose:</b> Practice boundary umpire relay run and communicating with teammates		<b>Presentation Slides:</b> N/A
<b>Equipment:</b> Per group of 6: 1 football, 2 cones		
<b>Set up:</b> <ul style="list-style-type: none"> <li>• This is a relay race competed in by groups of 6 participants/boundary Umpires.</li> <li>• Create groups of 6 participants, start with 4 at one cone and 2 at the other cone (20m away).</li> <li>• Two boundary Umpires (one carrying the football) at a time perform a relay run together between two cones. The Umpire with the ball must throw the football to the other</li> </ul>		<b>CHANGE IT:</b> <ul style="list-style-type: none"> <li>• Increase the length of the relay run/number of relay runs.</li> <li>• Change partner each relay.</li> </ul>

Umpire before reaching the rest of their team and throwing the football to the next boundary Umpire pair.

- The next pair then runs back to the original cone.
- Repeat this until each pairs has performed 2 relay run throughs (6 relays altogether for the team) before a winning group is determined.
- First team to complete 6 relays are the winners.



Boundary Umpire relay tips:

- When throwing the ball, try to get it to spin backwards.
- Matching the speed of your partner will lead to greater success.
- Communicate with your partner to check they're ready to receive the ball.

**LEARNING:**

- Communicate with your teammates.
- Practise the procedure of returning the ball to the centre after a goal.



### Boundary Umpire Signals



Out of bounds (OOB)



Out of Bounds on the full (OOF)



Free kick mark for out on the full



Ball hit post – then signal (OOB or OOF)

### Boundary Throw In Technique Cues



The grip



Initial stance



Preparation



Release