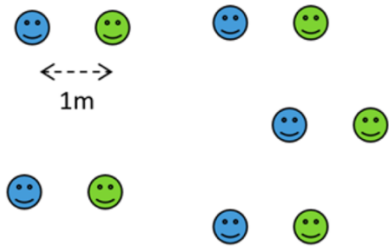


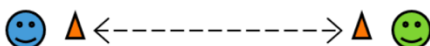
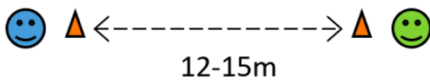
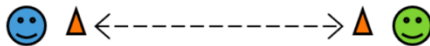
Session Topic:	Boundary Umpiring	
Learning Outcomes – Participants will:	Success Criteria – Participants will be able to:	
<ul style="list-style-type: none"> Understand the role, responsibilities, and benefits of being a boundary umpire Develop their understanding of boundary umpire positioning and movement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

5 min	Warm Up: Calf Tag	
Purpose: Anticipation, reading the play, keeping your distance	Presentation Slides: N/A	
Equipment: nil		
Set up: <ul style="list-style-type: none"> In pairs, participants find their own space and face each other (approx. 1m apart). Each participant aims to tap their opponent’s calf with two fingers to score a point. 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. After 1 minute, change partners. After 1 minute, make a group of 3. 	CHANGE IT: <ul style="list-style-type: none"> Change partners. Create a group of 3 or 4 and play. LEARNING: <ul style="list-style-type: none"> How can you avoid getting tagged or tag your opponent? By moving your body? By watching the opposition? 	
Discuss: <ul style="list-style-type: none"> ASK: What did you do in this game to help you be successful? <ul style="list-style-type: none"> Anticipation, reading the play, keeping your distance – all of these things are also valuable when 		

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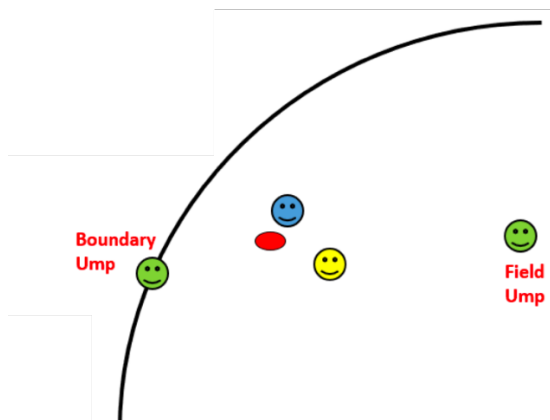
3 min	Role of the Boundary Umpire	
Purpose: Retrieve knowledge learnt in a previous session		Presentation Slides:
Equipment: nil		N/A
Set up: <u>Discuss as a group:</u> <ul style="list-style-type: none"> • <i>ASK: What is the role of the boundary Umpire?</i> <ul style="list-style-type: none"> ○ <i>Be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

10 min	Boundary Throw In	
Purpose: Practice the skill of the Boundary Throw In		Presentation Slides:
Equipment: 1 football per pair (or group of 3-4), 2 cones per group		N/A
Set up: <u>Introduce the Boundary Throw In:</u> <ul style="list-style-type: none"> • Cues to follow: demonstrate or ask a participant “expert” to demonstrate. <ul style="list-style-type: none"> ○ 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. ○ 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). ○ Preparation – crouch down like a squat. ○ 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"> ▪ 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. 		CHANGE IT: <ul style="list-style-type: none"> • Provide feedback to each other. • Use hoops as the target. • Set up cones as targets, landing the ball in the smaller circle = more points, larger circle = less points. LEARNING: <ul style="list-style-type: none"> • Aim for height with the boundary throw in. • Use your legs to produce power for your throw.
Activity:		

<ul style="list-style-type: none"> • 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. • 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. <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?		
Purpose: Practise the Boundary Throw In, signals and procedures associated, practise positioning and movement to adjudicate the boundary line correctly		Presentation Slides: N/A	
Equipment: 1 football per group of 3-4 participants, 1 whistle per participant, boundary line (preferable) or cones			
Set up: <ul style="list-style-type: none"> • <i>ASK: Where should the boundary Umpire position themselves during play?</i> <ul style="list-style-type: none"> ○ 10-15m away in front / behind the ball. ○ The ball stays between them and the closest goals. • <i>Discuss: Field umpire signals and procedure when the ball goes Out of Bounds or Out on the Full.</i> 		CHANGE IT: <ul style="list-style-type: none"> • Players can plan scenarios and play them out. • Players might soccer or kick the ball. • Field Umpire adjudicates the play before the ball crosses the boundary line. 	
Activity: <ul style="list-style-type: none"> • Create groups of 4 participants (1 boundary Umpire, 1 field Umpire, 2 players). • 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. • Field Umpire needs to signal correctly and then proceed with the procedure. 		LEARNING: <ul style="list-style-type: none"> • Demonstrate understanding of the rules, signals and procedures as a boundary Umpire. 	

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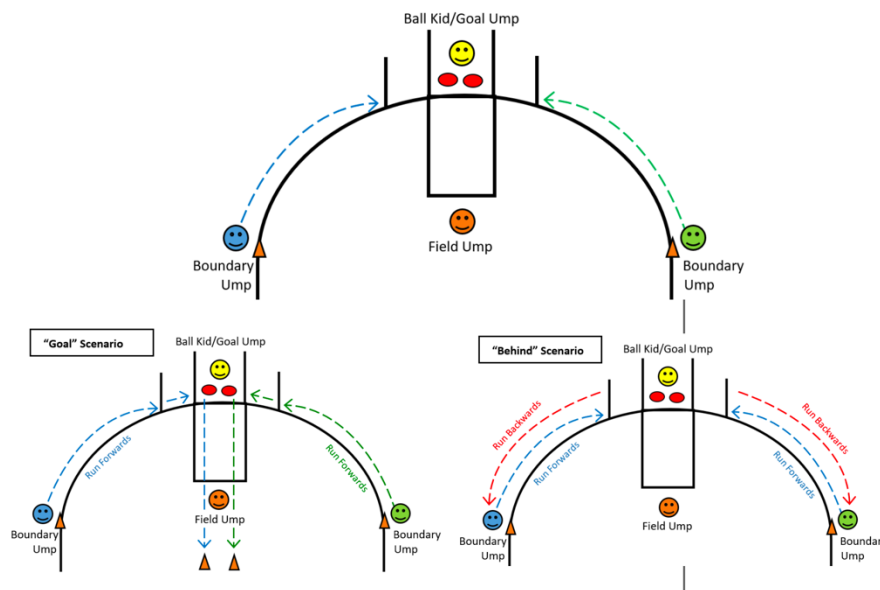
10 min	Race to the post	
<p>Purpose: Practice boundary Umpire movement, goal/behind assistance & procedures</p>		<p>Presentation Slides: N/A</p>
<p>Equipment: 2 footballs per group of 4, 1 whistle per participant, boundary line or cones, goal posts/agility posts</p>		
<p>Set up:</p> <ul style="list-style-type: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

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

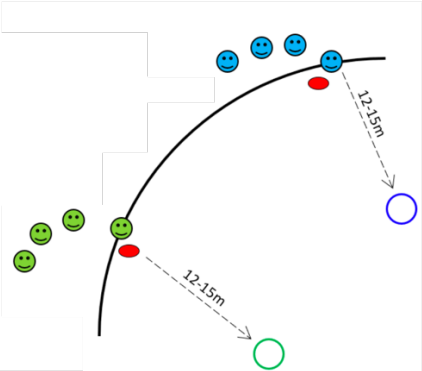


UMPIRING WA – SESSION PLAN

Foundations of Umpiring Course

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

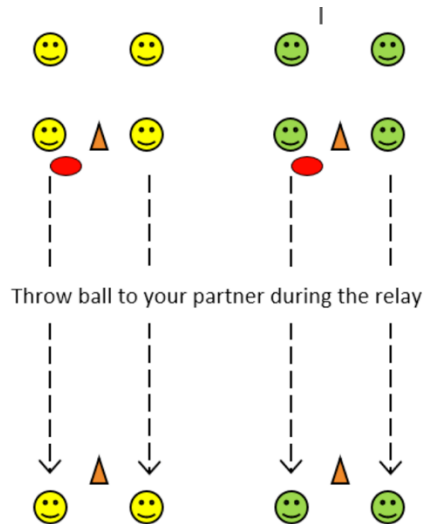
ADDITIONAL/EXTRA ACTIVITIES

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

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

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