

Session Topic:	Communication	
Learning Outcomes – Participants will:	Success Criteria – Participants will be able to:	
<ul style="list-style-type: none"> Understand the key components of effective communication Develop their ability to blow the whistle, use clear and effective verbal communication and utilise strong signals 	<ol style="list-style-type: none"> Demonstrate effective communication skills relevant to their role as an Umpire Effectively communicate rules and free kicks through correct signals, voice and whistle 	
Learning Materials:		
<ul style="list-style-type: none"> First Bounce Course – 3 Communication (PowerPoint presentation) 		
Equipment Required:		
<ul style="list-style-type: none"> Projector and computer, Umpiring WA Charter pull-up banner, 1 whistle per participant, 10 cones, 10 footballs 		

5 min	Retrieval: Roles of all Umpires	
Purpose:	Retrieve knowledge learnt in previous sessions	Presentation Slides:
Equipment:	nil	2 - 4
Set up:	LEARNING:	
<p><u>Discuss with a partner:</u></p> <ul style="list-style-type: none"> ASK: What are the main roles of each discipline? ASK: Where should they position themselves according to the ball, contest, players? ASK: What are some examples of the signals they use to communicate their decisions? <p>Field Umpire –</p> <ul style="list-style-type: none"> Apply the laws and their interpretations according to the spirit of the laws. <i>Looks like: Making decisions and using your whistle and signals to inform players and spectators.</i> <i>Positioning: 20-25m, side-on, with their back to the centre of the ground.</i> <p>Boundary Umpire –</p> <ul style="list-style-type: none"> Be the final judge of when the ball is out of bounds or out of bounds on the full. <i>Looks like: positioning yourself to see if the ball is Out of Bounds or Out of Bounds on the Full, whistle and signal accordingly and throw the ball in if appropriate.</i> <i>Positioning: 10-15m away in front / behind the ball, the ball stays between them and the closest goals.</i> 	<ul style="list-style-type: none"> Retrieval practice of key learning points from previous session. 	

<p>Goal Umpire –</p> <ul style="list-style-type: none"> • Be the final judge of score. • <i>Looks like: positioning yourself to see if a behind or goal is scored and signal using your hands and flag accordingly.</i> • <i>Positioning: move in relation to the ball, keeping a straight line between the ball and the middle of the goals.</i> 	
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5 min		Warm Up: Shoe Tower Challenge	
Purpose: Communicating and working together as a team		Presentation Slides:	
Equipment: nil		N/A	
<p>Set up:</p> <ul style="list-style-type: none"> • Create groups of 5 participants. • Explain that the goal is to make the tallest tower possible in 3 minutes. • The only material that can be used is their shoes. • The tower is not allowed to be supported e.g. chairs, tables, etc. Shoe laces cannot be tied together. • Start a timer and allow groups to commence the building process. • Have the groups back away from their towers when time has run out. • Measure the height of the towers and declare a winner. 		<p>CHANGE IT:</p> <ul style="list-style-type: none"> • Ask teams to discuss a team strategy. <p>LEARNING:</p> <ul style="list-style-type: none"> • Practice communicating with teammates. 	

3 min		Introduction	
Purpose: Introduce Communication in umpiring		Presentation Slides:	
Equipment: nil		5 - 6	
<p>Set up:</p> <p><u>Discuss as a group:</u></p> <ul style="list-style-type: none"> • <i>ASK: How would you describe the interaction between the Umpire and Player in picture (Slide 5)?</i> <ul style="list-style-type: none"> ○ <i>They are shaking each other's hand with big smiles.</i> ○ <i>They look friendly and they have a respectful relationship.</i> • Explain the importance of effective communication for successful umpiring. • Explain the benefits of effective communication. • Explain the importance of the Umpire promoting mutual respect. 		<p>LEARNING:</p> <ul style="list-style-type: none"> • Demonstrate understanding of the importance of effective communication. 	

15 min	Communication Example	
Purpose: Provide an overview of key elements of effective communication		Presentation Slides: 7
Equipment: nil		
<p>Set up: <u>Discuss as a group:</u></p> <ul style="list-style-type: none"> • <i>ASK: Watch this video of communication from the First Bounce online course and write down they key things you can learn about Umpiring communication.</i> • Ask the group to discuss their key learnings from the video. They should mention things like: <ul style="list-style-type: none"> ○ <i>Blow, Show & Go.</i> ○ <i>Positive body language.</i> ○ <i>Respect – being polite (please/thank you).</i> ○ <i>Calm and composed.</i> ○ <i>Listen, think clearly before responding.</i> ○ <i>Responding appropriately to player questions.</i> <p><u>You can also discuss:</u></p> <ul style="list-style-type: none"> • The words the Umpire uses must be appropriate to the gameday environment. The Umpire is seen as the leader on gameday. How you speak signals your emotional state. Umpires that are shouting or sound annoyed will not be perceived as in control of the situation. Umpires need to speak with a clear and projected tone of voice to demonstrate confidence. • Positive forms of body language are: <ul style="list-style-type: none"> ○ Smiling and nodding ○ Being non-invasive ○ Appropriate presence ○ Eye-to-eye contact • Emphasise importance of Umpires maintaining appropriate physical distance from players. Under no circumstances should an Umpire touch a player. 	<p>CHANGE IT:</p> <ul style="list-style-type: none"> • Think-Pair-Share • Small group discussions • Whole group discussions <p>LEARNING:</p> <ul style="list-style-type: none"> • Thinking critically helps to form more effective responses when communicating. • Active listening helps to build rapport and respect. • Non-verbal cues have the most impact when a person is communicating. • Speaking involves using the appropriate choice of vocabulary and voice for gameday. 	

2 min	Field Umpiring Made Simple	
Purpose: Explain the importance of Blow, Show & Go		Presentation Slides: 8
Equipment: nil		
<p>Set up: <u>Discuss as a group:</u></p> <ul style="list-style-type: none"> • <i>ASK: How does a Field Umpire communicate their decisions?</i> <ul style="list-style-type: none"> ○ <i>Whistle, signal and loud voice (law book).</i> 	<p>LEARNING:</p> <ul style="list-style-type: none"> • Demonstrate understanding of the importance of Blow, Show & 	

<ul style="list-style-type: none"> • <i>Discuss: Blow, Show & Go.</i> <ul style="list-style-type: none"> ○ <i>Blow – blowing the whistle loudly gets the attention of everyone.</i> ○ <i>Show – communicating with players verbally and with clear indications.</i> ○ <i>Go – being ready to move to next position.</i> 	<p>Go.</p>
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12 min | Ziz Zag Decision Making Activity

Purpose: Practise positioning and movement, loud whistle and communication

Presentation Slides:
N/A

Equipment: 10 cones, 5-10 footballs, 1 whistle per participant

Set up:
Activity

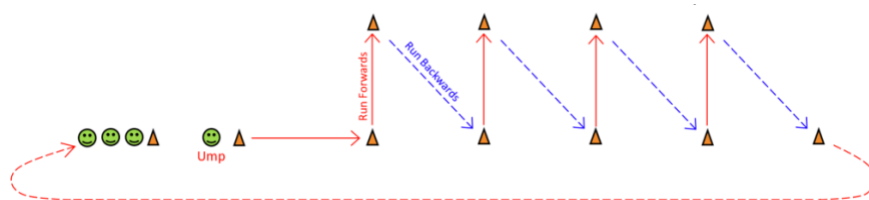
CHANGE IT:

- Divide group into two smaller group and set up two sets of the activity – can be completed simultaneously by two groups.
- Participants to practise movement and paying Free Kicks/Marks:
 - One participant at a time, participants practise making a decision by blowing their whistle, signalling and triggering in to set up mark (at cone), back away and then run onto the next contest (next cone) and repeat to each one

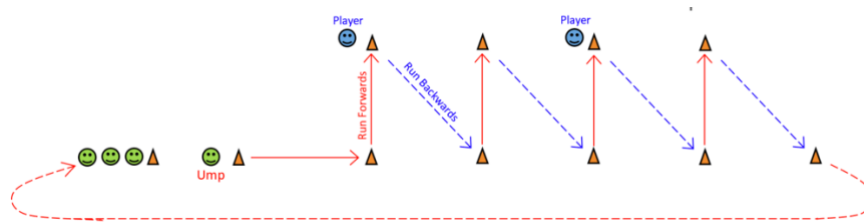
- Add additional players.
- Participant calls out a type of Free Kick at each cone, umpire signals and communicate accordingly.

LEARNING:

- Loud whistle, clear communication and signal.
- Stay 20-25m away and side-on.
- Trigger in, set up mark and back out.

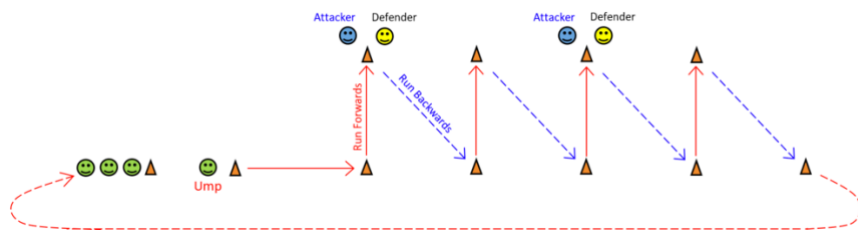


- **Progression 1:** Add a participant at some or all cones with a football, the participant throws the ball to themselves and to indicate a mark. The Umpire blows their whistle and signals the mark and runs in (diagram below).



- **Progression 2:** Add another participant to each cone as the

defender, Umpire needs to pay the mark/Free Kick and trigger in to set up the mark- where is the mark? Who's Free Kick is it? (diagram below)



5 min	Throw Up's	
Purpose: Practice Throw Up's for Field Umpires		Presentation Slides:
Equipment: 3 cones, 5 footballs, 1 whistle per participant		N/A
Set up: <u>Introduce the Throw Up:</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 – hold the ball with one or two hands. Initial stance – feet shoulder width apart with your back toward the centre of the ground. Release – release ball straight up. <ul style="list-style-type: none"> You should aim to throw the ball 6m into the air. Back off – run backwards hard from the contest to get appropriate distance from play. (Remember to clear players behind you before the Throw Up). 		CHANGE IT: <ul style="list-style-type: none"> Provide feedback to each other. LEARNING: <ul style="list-style-type: none"> Aim to throw the ball 6m into the air. Do not watch the ball in the air, the Umpire needs to watch the players around the contest.
Activity <ul style="list-style-type: none"> Ask participants to spread out with 1 football per pair if possible (or per 3-4 participants). One participant throws ball up and the partner pretends to contest the ball. Rotate throwing the ball up and provide feedback to each other according to the cues. 		

3 min	Summary	
Purpose: Recap and consolidate concepts practiced and discussed		Presentation Slides:
Equipment: nil		9
Set up: <u>Recap by asking participants to respond:</u> <ul style="list-style-type: none"> <i>ASK: What are some key elements of effective</i> 		LEARNING: Summarise key learning points of the

<p><i>communication that you saw in the video?</i></p> <ul style="list-style-type: none">• <i>ASK: What are some examples of positive body language?</i><ul style="list-style-type: none">○ <i>Smiling and nodding</i>○ <i>Being non-invasive</i>○ <i>Appropriate presence</i>○ <i>Eye-to-eye contact</i>• <i>ASK: How does a Field Umpire communicate their decisions effectively?</i><ul style="list-style-type: none">○ <i>Blow, Show & Go</i>	<p>session through retrieval practice and note taking.</p>
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