







ELITE UMPIRING PROFILE



CAPABILITY	DEFINITION	ENABLERS			
SELF-DRIVEN LEARNER 	The umpire honestly reflects on their development needs while working hard on the actions aligned to their personal goals.	PLANNING The umpire is self-organised, sets goals, and anticipates how specific training and development actions will lead to them achieving their goals.	SELF-BELIEF The umpire believes that they can successfully perform their training and development actions regardless of challenging situations and achieve their goals.	EFFORT The umpire is motivated and completes training and development actions and believes that they will lead to better performance outcomes.	SELF-REFLECTION The umpire evaluates the effectiveness of their training and development actions and makes corrective adjustments to achieve their goals.
OPTIMAL MENTAL PERFORMANCE AND HEALTH 	The umpire remains focused and responds with resilience when faced with stress, setbacks, or pressure, seeking support where required.	RESILIENCE The umpire's ability to continue to perform when under pressure or in challenging circumstances by utilising their support team or individual psychological skills.	STRESS MANAGEMENT The umpire manages stress effectively and can cope with stressful circumstances on and off the field.	SELF-AWARENESS The umpire has a clear understanding of their strengths and development areas and are realistic about their capabilities and limitations.	CONCENTRATION The umpire deliberately directs their attention to specific training and development actions remaining focused while doing so.
HEALTHY & EFFECTIVE RELATIONSHIPS 	The umpire builds and maintains relationships with coaches, umpires and staff through their values and behaviours.	COACH-ATHLETE RELATIONSHIPS The umpire recognises the importance of establishing strong interpersonal relationships, leadership skills, effective teamwork and communication skills as aspects of optimising mental health.	LEADERSHIP The umpire's ability to influence and guide others to achieve team outcomes, through their behaviors.	TEAMWORK The collaborative effort by the umpire to carry out their independent and interdependent behavior that are required to achieve the team's purpose	COMMUNICATION The umpire's ability to exchange information, thoughts, or messages using verbal and non-verbal language.
EXPERT READER OF THE PLAY 	The umpire uses their experience, training and perception to predict and respond to the next act of play.	RECALL The umpire's ability to recognise past in-game experiences to predict what is likely to happen next.	PROCESSING The umpire's ability to process what they see and hear on a football field in a relatively short period of time to ensure they perform their role successfully.	ACTION The umpire's ability to move to an optimal decision making position and/or shift their vision appropriately with time to spare.	
STRONG GAME SKILLS 	The umpire executes discipline-specific tasks with precision and manages the game with composure, enhancing the overall team performance.	MANAGEMENT The umpire's ability to remain composed while processing situations in a game.	DISCIPLINE-SPECIFIC ACTIONS The umpire's ability to action discipline specific tasks in a timely and accurate manner.	TEAMWORK The umpire's ability to play their role in a predictable and effective way to enhance the overall team performance.	PHYSICAL CAPABILITY The umpire's ability to meet or exceed discipline specific and competition physical demands.
ACCURATE DECISION MAKER 	The umpire successfully applies the laws of the game as it relates to their role, using cues to assist the decision-making process.	KNOWLEDGE The umpire's ability to recall the laws of the game, spirit of the laws and decision making processes.	UNDERSTANDING The umpire's ability to interpret the laws of the game, spirit of the laws and decision making processes.	DECISION MAKING The umpire's ability to apply the laws of the game and the spirit of the laws correctly.	