



UPCOMING EVENTS

## Kick off is upon us!

This weekend marks the official kick off of NNSW Senior Premier Competitions: National Premier League, Herald Women's Premier League, and NewFM Northern League One. We wish all referees appointed the best of luck!

Training has continued to make sure everyone has been well prepared for the fitness tests at the Hunter Region Sports Centre, Glendale. Well done to all those who have passed so far. If you haven't reached your goal this time round, now is the time to put a personal fitness plan in place to make sure you improve before the next testing to be completed before the Finals Series.

The Premier Competition coaching groups have been able to attend coaching nights recently. At the Senior Coaching night, the differences between Stopping a Promising Attack and Denying an Obvious Goal Scoring Opportunity were highlighted using video clips from both local, National and International competitions.

We are fortunate enough again that BarTV will be recording NPL 1<sup>st</sup> grade and U20 fixtures throughout the year, which will assist in compiling useful coaching resources (and the all important bloopers reel!). We are also grateful to Edgeworth FC and the Newcastle Jets Youth teams who film matches and are providing video at no cost to NNSWF.

As always, look forward to seeing you all at training and on the park!

CB

### March 2019

- 3<sup>rd</sup> – FFA Cup Round 1
- 4<sup>th</sup> – NPL Coaching Night / Fitness Test
- 6<sup>th</sup> – Fitness Test
- 7<sup>th</sup> to 10<sup>th</sup> – NNSW NPL, Northern League One, WPL, SAP Round 1
- 11<sup>th</sup> – Youth Coaching night
- 18<sup>th</sup> – Zone Leagues Coaching night



## Social Committee Activities



Some photos from our BBQ held last month at Dixon Park Beach after training. The boys are focused on Round 1 of Premier Competitions this month, but stay tuned for some exciting events coming up this year!

Meanwhile, keep up with all things refereeing on our social pages:



## 60 seconds with... Peter Guest

*When did you start, and what got you into, refereeing?:*

I started refereeing with Macquarie in 2010. I had to stop playing after hurting my neck. I took up refereeing for my fitness and as I enjoy the game. I joined Northern in 2015 after a few people said to me come and join up with the "seniors". I decided to come over for the challenge and have enjoyed my time meeting new referees and players.

*What's your golf handicap, and where is the best course in Newcastle?:*

As far as playing golf I currently have a handicap of 15. So I have my good and bad days on the course, golf courses in Newcastle are a good mixture of styles. I am a member at Shortland Waters and the course has finished its development and has 6 new holes.

My favourite course would be Pacific Dunes as each 9 holes are so different.

*Do you have a pregame ritual?*

I like to have a warm up before the first game of the day and get some fluids in. I haven't found the need to have a shower

before the game but I like the idea of working your way up and putting socks on first.

*What is your least favourite exercise at training?*

I think it is great that we have training, it allows older referees to push themselves. My least favourite drill would have to be trying to run with our eyes closed trying to stay straight during the skill sessions.

*What is the hardest part about refereeing?*

For me it is definitely concentration. I'd like to think I know what a foul looks like or if something is careless, reckless or excessive force etc. When things go wrong for me it is generally because something happens in a moment where my concentration has slipped. I've consciously worked on ways to keep my concentration active for a full match.

*What's your one piece of advice for anyone starting up this year?*

A piece of advice for first year referees is to ask questions, we have a lot of experience within our ranks. Also on game day don't be worried to tell your assistants what you require.

*Peter was our Zone League Referee of the Year for 2018.*



## Simulation

Simulation (often referred to as 'diving') is covered in Law 12 and listed under the cautions for unsporting behaviour. A player is cautioned if they *"attempt to deceive the referee e.g. by feigning injury or pretending to have been fouled"*.

There is an increasing pressure for players in big games to win at all costs, and simulation is a quick way for players to gain possession of the ball, or provide a greater opportunity of scoring via a penalty kick.



The key considerations for simulation are listed on page 129 of the Laws of the Game 2018/19 as issued by Football Federation Australia. They are:

- Is there contact between the players involved?
- Does the attacker use the slight contact to deceive the referee?
- Has the attacker initiated the contact between the opponent and themselves?
- Is there fair/normal contact between the players, resulting in no offence being committed?
- Has the attacker anticipated the contact between the opponent and themselves?
- Does the attacker initiate the contact?
- Does the player simulate a foul to win a free kick?
- Does the player attempt to deceive the referee?
- Does the player create a wrong/false impression to gain an unfair advantage?
- Has the player over exaggerated the seriousness of the foul committed?

Some key signs of simulation can include:

- Separation in time between the contact and the fall
- Head tilted back, chest forward, arms and legs raised
- Fall not consistent with point of contact





## PGMOL Exchange Program - Stephen Laurie

Towards the end of 2018, I had the incredible opportunity to travel to England as a participant in FFA's exchange program with the English PGMOL (Premier Game Match Officials Limited). This program has been in place for a number of years now. It is designed to provide an experience for up-and-coming Australian match officials that will aid in their development and, hopefully, help them become a fully-fledged referee on the Hyundai A-League.

So, on November 20th, I joined fellow referee Jack Morgan (who is also a 4th official on the HAL) and FFA Elite Coach Eugene Brazzale and we embarked on our journey to the other side of the world.

After arriving at Heathrow, our first stop was the Windmill Hotel in Coventry. This central location was our main base for the majority of the 3 weeks, our home-away-from-home so to speak, and from here we were able to travel to all parts of England.

Jack and I were due to referee three EPL2 (Div 2) matches each during our time, and I was first up with a 3 ½ hour car trip out to Norwich's training base, the Colney Training Centre, for Norwich v Southampton. The pace, physicality and willingness of the players to continue under contact were elements that I had to adapt to quickly. My nerves were tested late in the match when I awarded a penalty to Southampton for a trip in the PA, which was well saved, and although the match ended 0-0, it was an entertaining match and a good start for me personally.

On the first weekend, we attended Manchester United v Crystal Palace at Old Trafford and also travelled to Molineux Stadium to witness Aaron Mooy score a double for Huddersfield v Wolves. The match at Old Trafford was particularly special, as we were situated in the Director's Box near some of the legends of the game, including Sir Alex Ferguson and Sir Bobby Charlton. After the match, we descended down underneath Old Trafford and sat in the referee's dressing room to listen to the post-match debrief with Lee Mason and his team.

Every fortnight, the referees and assistant referees on the EPL (Select Group 1) meet at the national football training centre, St. George's Park. We were able to join them on Monday 26th and Tuesday 27th, and participate in the theory and practical sessions that were run across the two days. Just rubbing shoulders with some of the people we regularly see on our screens, such as Martin Atkinson, Mike Dean and Kevin Friend, was humbling enough, but to actually listen in to their discussions, get involved ourselves and train with them was awesome. The theory sessions were quite VAR-focussed, since the EPL will be fully implementing VAR from the beginning of the 2019/2020 season. While Jack travelled to Blackburn for his first match on Monday evening, I stayed at St. George's and did a strength and conditioning session followed by physio massage. I also sat in on a meeting with Chris Kavanagh and his team following their incident-filled EPL match during the weekend prior. It was extremely valuable hearing first-hand how they operate as a team and picking up on some of their communication techniques. For example, non-active AR's remain very involved in the match, providing key pieces of information to assist the referee and active AR, even when play is down the other end of the field. Tuesday morning's program incorporated cognitive drills into a high intensity endurance session on the indoor pitch, which aimed to develop decision making under fatigue. Pre-prepared clips were set up on iPads, and after each set of runs we would watch 5 clips on a particular topic in quick succession

and have to write down our decisions. While some work is needed to make an exercise like this run effectively, these are the kind of drills that I believe we would be able to implement from time-to-time in our own training here in NNSW.



The next match we went to see was at the famous Wembley Stadium, Tottenham v Inter Milan in the UEFA Champions League. I was also able to tour the stadium later in the trip and get a real appreciation for the history of sport, and football especially, at this incredible venue.

The next two items on the agenda were attending a 'standardisation' meeting and going on a tour of the ACME whistle factory. The standardisation meeting is where 3 former referees view incidents from the previous round of EPL matches and determine whether the referee team were correct or not, whether the decision was routine or non-routine, and analyse the comments made by members of the referee team and the assessor in regards to each incident. Despite this meeting going for hours, it was interesting to see how much scrutiny the match officials are under and how every decision they make is analysed extensively. As for the tour of the whistle factory, it actually turned out to be extremely interesting. From witnessing first hand how the sheer amount of whistles are actually made, to the enthusiasm of the CEO who showed us around, it was excellent. What made the day even better was that we were accompanied by Alan Wiley, a former EPL referee, who shared some of his stories from his time at the top with Jack and myself.

The second match I refereed was between Coventry and Watford at the Alan Higgs Centre in Coventry. Another match, another penalty! A number of yellow cards shown in the first half was balanced out with a quieter second half, and while there were some learnings for me as always, I came away happy with my role in facilitating an entertaining match.



More matches that we attended included Birmingham v Preston in the Championship and Watford v Manchester City at Vicarage Road. In between these matches, on our spare day, I was also fortunate enough to get along to the Emirates as a guest of Andre Marriner and watch Arsenal v Tottenham in the North London derby. As an Arsenal fan, I couldn't have been happier to witness a come-from-behind 4-2 victory to Arsenal, which featured 2 penalties and a red card delivered by the one and only Mike Dean.

The next day, Jack and I met Andre Marriner at his local gym in Solihull and completed a training session with him, followed by pool and sauna recovery. At nearly 50 years of age, the man can run! It was a motivational boost to see how committed Andre is to his fitness and to be reminded of the dedication required to become a top-level referee.

My third and final match involved West Brom hosting a top-of-the-table Reading at their training ground in Walsall. I was expecting a bit more of a one-sided match since West Brom were right near the foot of the standings. However, with four first-teamers playing for West Brom, it was anything but one-sided and was certainly my most challenging match of the three. With some personalities to try and manage, a small melee, frustrated Reading players and another penalty to top it off, this match was an experience. One key learning that I took away is that some well placed advice (in this case, positioning advice) can have a beneficial impact on your control of the match if heeded and implemented. In the first half, I was too close to the action and as a result I was not able to appreciate the full scope of some challenges. When I adjusted this in the second half and started running wider, many other areas of my game fell more into line and I finished the match strongly.

Matches at King Power Stadium and Fratton Park rounded off our amazing 3 week journey in England, before we flew out of Heathrow on Wednesday the 12th of December and returned to sunny Australia.

One of the major themes of the entire trip was gaining an appreciation for our role as referees, understanding that it is an important one, but also being aware that it is not more important than the game of football itself. I hope you have enjoyed reading this (if you have made it this far!), but more so, I hope you are encouraged to work hard at your craft and take your opportunities as they arise!



## Goal Setting

With the start of the season upon us, it is probably a good time to set some goals for the year. What do you want to achieve this year and where do you see your refereeing career going?

Goal setting is an important tool to assist in achieving any aspiration. A common tool for goal setting is using the SMART principle by defining your goals as:

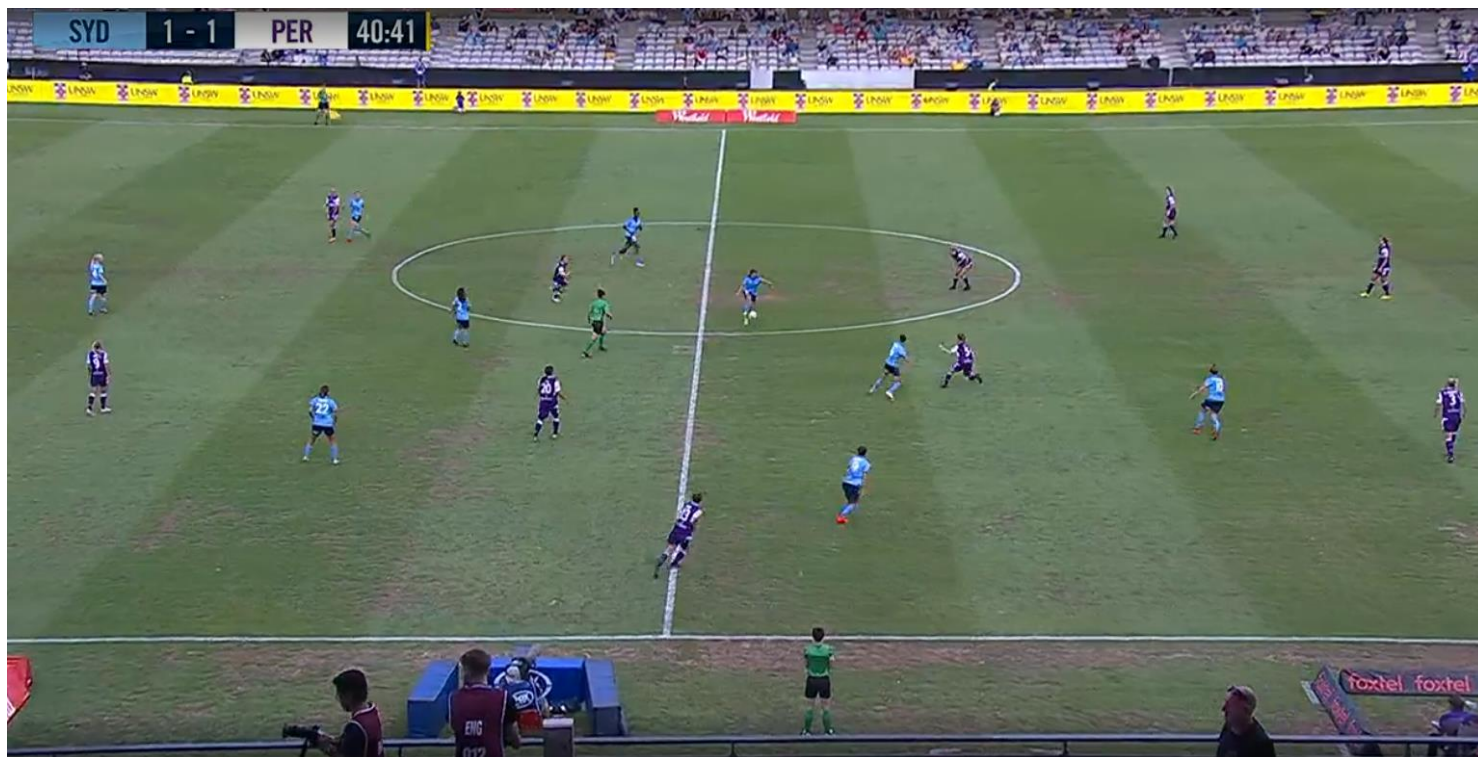
Specific  
Measurable  
Attainable  
Relevant  
Timely

<https://www.yourcoach.be/en/coaching-tools/smart-goal-setting.php>

Use these tools to come up with some goals for 2019. The trainers, assessors and coaching team are there to assist you make the most of your refereeing!

## W-League Semi GRAND Final Appointment

Our congratulations again to Ellie Hayes who was appointed as Fourth Official on the 2019 Westfield W-League Grand Final.



Ellie, you could have smiled for the camera...





### NNSW SLFR Association Membership

Membership fees for 2019 are \$20 for ordinary members, and \$5 for junior members (under 18).

If you are not currently a member and want to sign up, or have any other questions, please contact the Secretary Cameron Burns via email: [secretary@northernnswstateleaguerefs.com.au](mailto:secretary@northernnswstateleaguerefs.com.au)

#### Existing Members:

You will not need to complete a new membership form or a renewal.

Invoices for this year's membership will be sent to existing members soon.

