



Welcome to this ninety second edition of **“The Referee”**, the newsletter for all NSW State League Football Referees. This newsletter will enable our branch to communicate directly with our members and will cover issues and areas of interest to all referees. We wish to ensure that all information, educational resources and opportunities that our branch provides for referees finds its way to those who are likely to benefit most – and that’s you!



To do for NSWSLFR members in June 2021:

1. [Review the 2020/21 LOTG changes](#)
2. [Make yourself available for competition matches on Horizon WebRef](#)
3. [Attend training every week](#)
4. [Attend June General Meeting – Pick up your new uniforms](#)

Visualising Success Before Blowing The First Whistle Of The Match

How do you gain a mental edge which assists you in controlling 22 players and club officials? Mental practice or visualisation is one strategy that can give you a decisive advantage over your colleagues attempting to do the same job. Visualisation is a mental skill that uses images combined with other senses to experience a successful refereeing performance prior to blowing the first whistle to begin the match.

You have images that pop up in your head all the time. Many of those images are worst case scenarios or situations you fear might happen. Images are powerful, and when repeated over time, the likelihood of those images becoming reality increases. Visualising is a way to direct the films in your head so you can successfully deliver your appointments.

As referees, we can learn from Olympic athletes use of visualisation as a regular part of their mental training. In preparation for the 2021 United States Olympic Trials, swimmer Cody Miller visualised daily. Miller used visualisation to prepare himself for the competition, which took place over a number of days, against other elite swimmers and kept him mentally ready to perform under the pressure of Olympic Trials. Ultimately, Miller made the Olympic team and won a bronze medal in the men's 100-metre breaststroke at the 2016 Summer Olympics. Miller set an American record in the process, with a time of 58.87 seconds.

Important Visualisation Points:

1. Identify the behaviour you want to add to your refereeing. What do you want to achieve within your games? Write down exactly what you want to happen.
2. Start the exercise by getting into a comfortable position and a relaxed mental state.
3. Close your eyes and set the scene. Mentally see yourself in the situation out on the field of play.
4. Use all your senses. What would you see, hear, feel, smell, and taste? Imagine wearing your kit and having your whistle or flag in hand.
5. Experience yourself managing the situation successfully. Try to make your images as vivid as possible.
6. Feel the emotions you'd associate with the situation. Start the scene feeling energised, excited, relaxed, and confident.
7. Immerse yourself in the emotions of performing successfully. Even see the players, coaches, parents, and spectators accepting your decisions and handling of the situation.
8. Practice visualising the scene on a regular basis.

Visualisation is a powerful tool and provides a substantial edge for referees over their colleagues, especially important when aiming for promotion.

Every time you visualise, you embed those successful images and emotions in your mind which helps you perform in a similar manner on matchday.

Advice for Visualising Successful Performances:

Mental rehearsal is not just about performing perfectly when you cross the white line with a flag or whistle in hand. The unexpected happens more often than you'd realise on the field of play. You want to prepare yourself by visualising challenges you might face and how to cope with those challenges.

Modified and adapted from an article in The Third Team Blog by Nathan Sherratt

Six Key Factors Coaches/Assessors Focus On

There are many myths and legends about referee coaches and assessors and their roles and responsibilities. Some referees do not want to be assessed because they do not understand how an assessor or coach can help them improve. Others resist assessment because they feel they are better than other officials and do not need to hear from someone else about any shortfalls. The majority of officials, however, want to be assessed as an important part of their drive for steady improvement. Assessments and coaching reports can be related to continuing education in any other profession.

Similar to a referee, the referee coach/assessor has duties and responsibilities before, during and after the game. The coach/assessor should arrive at the match site approximately 15 minutes before the officiating members' scheduled arrival to verify they were on time and had sufficient time to complete all pregame responsibilities. It is important the coach/assessor greet the team and request permission to observe the pregame instructions. This can be informative and insightful. By hearing what the referee expects of the assistant referees, the coach/assessor can reflect on the pregame discussion in the feedback provided to the third team after the match. Once the pregame is completed, the coach/assessor should go to an area where the match can be observed without outside interference from spectators, bench personnel or match administrators.

During the match, the coach assessor should take notes of situations, positioning, foul recognition and other facets of the third team's individual performances. The notes should be abbreviated so the coach/assessor can spend more time observing the match rather than looking down to take notes. Any note should include the time of the incident and, if necessary, where on the field it occurred. This will assist with giving specific feedback, including positive and negative items that occur during the match. An example of an informative, but brief, note: "At 11:35 in the first half — near halfway and touchline, hard foul by 13 green. Good whistle and verbal warning. Good position to make decision and defuse problem." Such detailed information will serve as a recall for the coach/assessor during feedback.

While the assessor should be observing everything possible by the referee and assistant referees, there should be a focus on six key factors.

Positioning

Is the referee moving with dynamic play to various parts of the field or remaining on a strict diagonal? Are the assistant referees staying with the second-to-last defender and in proper position to indicate offside?

Mechanics

Is the referee team using approved signals that are clear so all players know the decision? Are the assistant referees stopping a run before signalling or are they still moving? Is the whistle being used to let players know the difference between a hard foul and a normal restart?

Mobility

Is the referee physically fit and able to make a long, extended sprint during a transition of play and able to recover quickly? In contrast, does the referee apply the "they will come back" theory and not make deep runs even when necessary? Do the assistant referees follow every ball to the goal line? During dynamic play, do the assistant referees have the speed to stay with play and be in proper position to indicate a ball crossing the goal line and quickly return into play?

Moment of truth

Not every match has a situation that can impact the remainder of the match. However, if one occurs, how does the referee deal with the problem so that there is no retaliation later as a result of the particular incident? Does the referee move to the situation quickly, separate players and speak to the players involved in a professional manner? Does the referee immediately issue caution(s) or send-off(s) or take time to be sure of the decision to

issue the cards? How does the referee control personal emotions during the situation? Does the referee remain professional or lose control of the situation because of emotion? What are the assistant referees doing in the situation? Are they observing players that are not involved to ensure there are no problems occurring away from the play? If near the incident, is an assistant referee working with the referee to regain control or allowing emotions to make the situation worse?

Management

Does it appear the referee and assistant referees are enjoying themselves or are they struggling to complete the match? Is the referee talking to players to assist with game control? How is the referee dealing with any problems from bench personnel? Is the referee letting players know when he or she is not pleased with a foul or action?

Communication

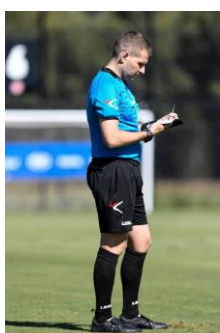
Is the third team maintaining eye contact? Does the referee see all signals by the assistant referees and properly react to them? Does the referee reinforce the assistant referees with a thumbs up or smile when there is a critical decision? How are the assistant referees helping to control bench personnel? Does the referee signal to the assistant to take a particular position on a restart and is this consistent with what was discussed during the pregame instructions?

Once the match is complete, the coach/assessor must prepare for and conduct a feedback session. Prior to meeting with the officiating team, the coach/assessor should review the notes and decide what three or four positive and negative points to stress during feedback. The coach/assessor cannot overload the referee team with too many suggestions for improvement. Any topics discussed should focus strictly on game situations observed. The coach/assessor should never just provide opinions but must focus on facts. The feedback should be a discussion among all parties involved and not just a monologue by the coach/assessor. While the coach/assessor should not accept excuses, it's important to listen carefully to the referee about why a decision was made and help the referee through the process. Even if the referee does not perform well, the coach/assessor should take an approach that helps build confidence and future improvement. Once feedback is completed, the coach/assessor should thank the team for its efforts and leave the area.

The last responsibility for the coach/assessor to complete is the written report, based on the feedback provided to the third team. It should not include additional information the officials were not made aware of during the discussion unless advised that an incident will be checked by viewing a video clip of the match for an incident. As part mentor, part instructor, part counsellor and sometimes more, the coach/assessor must strive to provide a positive approach that can contribute to short - and long-term improvement by every member of the assessed officiating team.

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Modified and adapted from an article in Referee.com by John Van de Vaarst



2020-2021 Laws of the Game Quiz

A thorough understanding of the Laws of the Game is an essential quality of a good referee. All referees should regularly review their Laws of the Game book to ensure they are correctly interpreting and applying them.

This monthly LOTG Quiz is highly recommended for all active referees and assessors and counts towards meeting part of the criteria for honour games consideration and annual awards. To reinforce your knowledge, you are encouraged to utilise your Laws of the Game Book to assist in answering the quiz questions. All quiz questions are based on the new 2020/2021 IFAB LOTG.

[Click Here](#)

Click on the "Click Here" button to complete the highly recommended monthly LOTG Quiz to test yourself on how well you know the laws.

May 2021 LOTG Quiz Answers: 1 - A; 2 - D; 3 - D; 4 - B; 5 - C; 6 - C; 7 - A; 8 - D; 9 - B; 10 - B.

Save These Dates

Friday 4th June 2021 – General Meeting at Bankstown Sports Club, 8 Greenfield Parade, Bankstown NSW 2200, starts at 7.30 pm. *New Uniform Collection too.*

Friday 2nd July 2021 – TBC

Friday 6th August 2021 - TBC

Note: Zoom meetings may replace in person meetings.

Positioning

One of the major areas in a referee's match control is positioning. The referee has to be in a good position to make the best decision. Positioning allows the referee to see what actually happens in a match. Good positioning is about movement and anticipation together with reading play. It is a conscious and physical act by referees to decide where they will move to improve their view of what is happening. You are reminded that the major principle of good positioning requires the referee achieving an **angled** view **through** the point of contact between competing players. In most situations the referee should be to the **left** of the ball. Referees who adopt this style of movement invariably have a lower error rate and consequently a good chance being seen as an effective manager of players. So go **left** and **wider** moving to the extremities of the field of play, when play demands it, to enhance foul recognition and maximise detection of offences.



**Richard Baker - NSWSLFR TSC Member
and Newsletter Editor**

