THE REFEREE

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96

Welcome to this ninety sixth 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!

LEGEA

To do for NSWSLFR members in October 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 October General Meeting

Keeping You Cool Under Pressure

It is very hard to keep your cool when those around you are losing theirs. It is especially difficult when you as the referee are the recipient of the remonstrations.

However, it can be done successfully, as the referees in this montage so professionally demonstrate. See the following video clips link: Keeping Your Cool Under Pressure.

Remember: model the behaviour you want the players to follow. If you want them to calm down, you have to be calm.

My favourite is the clip featuring referee Michael Oliver. The player is clearly upset, and Oliver allows him to have his say, all the while making his intentions clear by holding the yellow card low in his hand. He's allowing the player to blow off steam and enforcing the Laws of the Game with regard to dissent. Just good, common-sense refereeing.

Modified and adapted from a January 2018 case study on intheopinionofthereferee.com website

Reinterpreting Failure Out In The Middle

How can I overcome failure?

Failure is something many referees struggle with, but what if failure was more a friend than a foe? It seems incomprehensible to view failure as a friend. For an official, failure can be quite devastating. When you dedicate a huge part of your life to officiating your favourite sport, it is often difficult when you don't see positive results.

But what is failure exactly?

Is failure making an error? Is failure not achieving a promotion? Is failure losing your match control? When your sole view of failure is negative, under-performing will chip away at your confidence and prevent you from achieving your true potential as a referee.

The truth of the matter is, failure is a friend

A true friend not only celebrates your successes but points out your shortcomings in order to help you improve as a person. So-called failure during a match can do the same thing a close friend does for you, point out areas that you could improve to become an even better official. All referees have setbacks, whether you are operating at an elite level or in the grassroots game.

The trouble comes along when your perspective is skewed or you become narrowly focused on the negative, such as:

- Being solely focused on what went wrong, "My foul recognition was so far off during the game."
- Being consumed by the things you didn't accomplish, "Once again, I failed to gain a promotion."
- Ruminating about the mistakes you made during the game, "My movement was horribly slow."
- If you are a quest to overcome failure, you must first re-interpret failure.

It is important to not let negative performances dominate your thinking.

- If you can reframe negative situations, you can learn a great deal, improve as a referee and overcome failure.
- If your pace was off in the game, get to the track or out running more where you try to improve your time.
- If you failed to gain a promotion last season, evaluate what you need to improve physically, technically and mentally.
- If your foul recognition is below the standard expected of you, dedicate time towards analysing clips one day a week.
- Look for the lesson(s) in a bad game rather than seeing it as an indication of your ability.

Perspective is the key according to Nikki Kimball, a highly accomplished distance runner who specialises in Ultra-marathons.

"An athlete needs to be able to look at what she could have done better, but she also needs to acknowledge what she did well. Looking only at the negative can lead to feelings of failure and frustration. When one does this too often, the athlete forgets that the primary reason humans start sports is that sports are fun. When I get lost in analysing reasons for a poor performance, I lose the fun of running." – Nikki Kimball, Ultra-marathon runner

Following Kimball's practical advice will greatly benefit you to maintain confidence, gain insight from your games, improve as a referee and, ultimately, overcome failure.

How to Overcome Failure

How can you grow and learn from this experience? There are some **positive** aspects of every game you referee. By finding the positives in your games, you can maintain a higher degree of confidence.

- What's the lesson for you mentally, strategically, and physically?
- What can you learn from your games?
- What aspects of your refereeing can you improve for the next appointment?
- Use failure as a lesson to improve your performance in the next fixture you officiate!

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

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.***

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

Save These Dates

Friday 1st October 2021 – Zoom meeting

AGM - TBC

Note: Zoom meetings may replace in person meetings.

Using Time

The ability to slow down the match and consume a little time for feelings to abate is a well-established technique. By deliberately delaying the restart you provide time for tensions to dissipate and the pressure to decline. You could decide to do one or all of the following: draw a player aside, talk to the player (not debate) or spend time recording details.

Richard Baker - NSWSLFR TSC Member and Newsletter Editor