



Give It A Try!!!

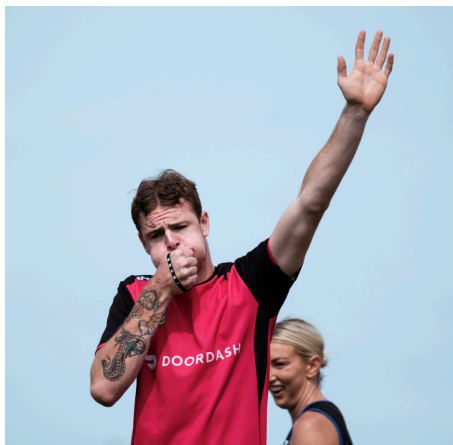
A step-by-step program that aims to provide experience and aid the development of participants who are about to complete the Level 1 Referee course

The Program

“Give It A Try” is a program designed to give experience and develop practical skills of the participants about to undertake/have just recently finished the Level 1 referee course via 3 x hour long sessions

The program will build new referee skills slowly, working on confidence, communication and signals, basic positioning before putting it together in the final week with some practical refereeing

The program provides a selection of drills designed to develop referee skills, while also providing development indicators and feedback to the referee coach(es) running the drills



WEEK 1

*Communication,
Signals and
Confidence Building*



WEEK 2

Basic Positioning



WEEK 3

*Refresher/Practical
Refereeing*

OBJECTIVES

Referees

The participants will be equipped with the necessary skills and knowledge essential to begin their refereeing journey. Through comprehensive training sessions and practical exercises, participants will gain an understanding of officiating fundamentals, develop decision making abilities and cultivate confidence in managing game type situations

Coaches

The coaches will be equipped with the skills, knowledge and practical guidance to not only facilitate the program, but also lead training sessions in the future using an array of resources. These skills will help the retention of referees by fueling a desire for personal development whilst also leading to an increase in officiating proficiency

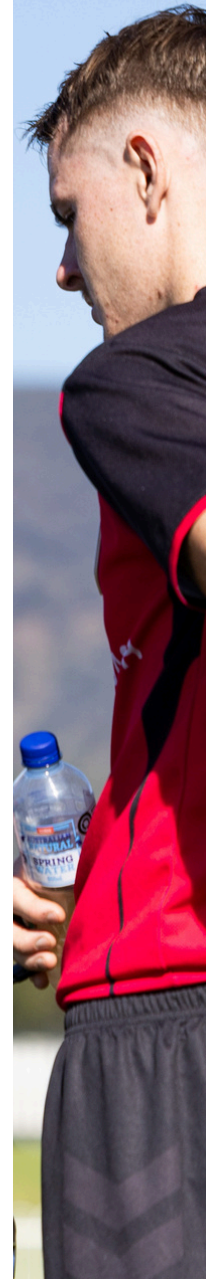


How to Use

This document will give Affiliates a list of drills to choose from each week to create their own hour long training session

Each drill will be broken down into drill outcomes, coaching indicators and a diagram of the drill. There is also a link that will take coaches to a video of the drill being demonstrated

With this comprehensive breakdown, less experienced coaches will be able to follow the objectives of each drill, monitor the coaching indicators of their participants, and give the participants a worthwhile training session



Week 1

Confidence and Communication

The drills in this session will aim at improving participants communication and signals, whilst giving them confidence to make decisions





Drills

- 1.1 Positional Call Outs
- 1.2 Referee Agility Pyramid
- 1.3 Square Box Drill
- 1.4 Signal Lines
- 1.5 Signal Cones

1.1 Positional Call Outs

[Link Here](#)

This drill involves six different coloured cones being placed horizontally across the field. The participant will run and set a 7m in front of the cones. The coach will then call out a colour and the participants must correctly identify what position the cone is placed in. They will then join the back of the line

DRILL OUTCOME

Participants use communication and correctly identify the positions of a team on the field

COACHING INDICATORS

- Participants are calling out correct positions
- Participants are using a loud voice

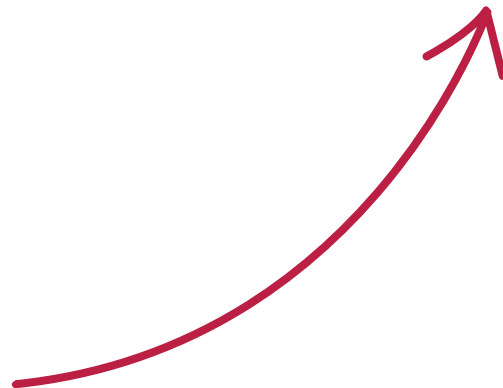
1.1 Positional Call Outs

[Link Here](#)

Coloured cones



7m distance



Participants



1.2 Referee Agility Pyramid

[Link Here](#)

This drill involves a 7m by 7m grid, setup with 4 cones of the same colour. Up to 4 participants can perform the drill at one time, each starting on a separate cone. When the drill starts, participants will run forwards to the next cone, reach it and run backwards to the cone they started from. When they reach their original cone they will give a loud “Hold” call, before saying “Go” and running forward to the next cone and repeating the process. The cycle is complete when they reach their original starting point

DRILL OUTCOME

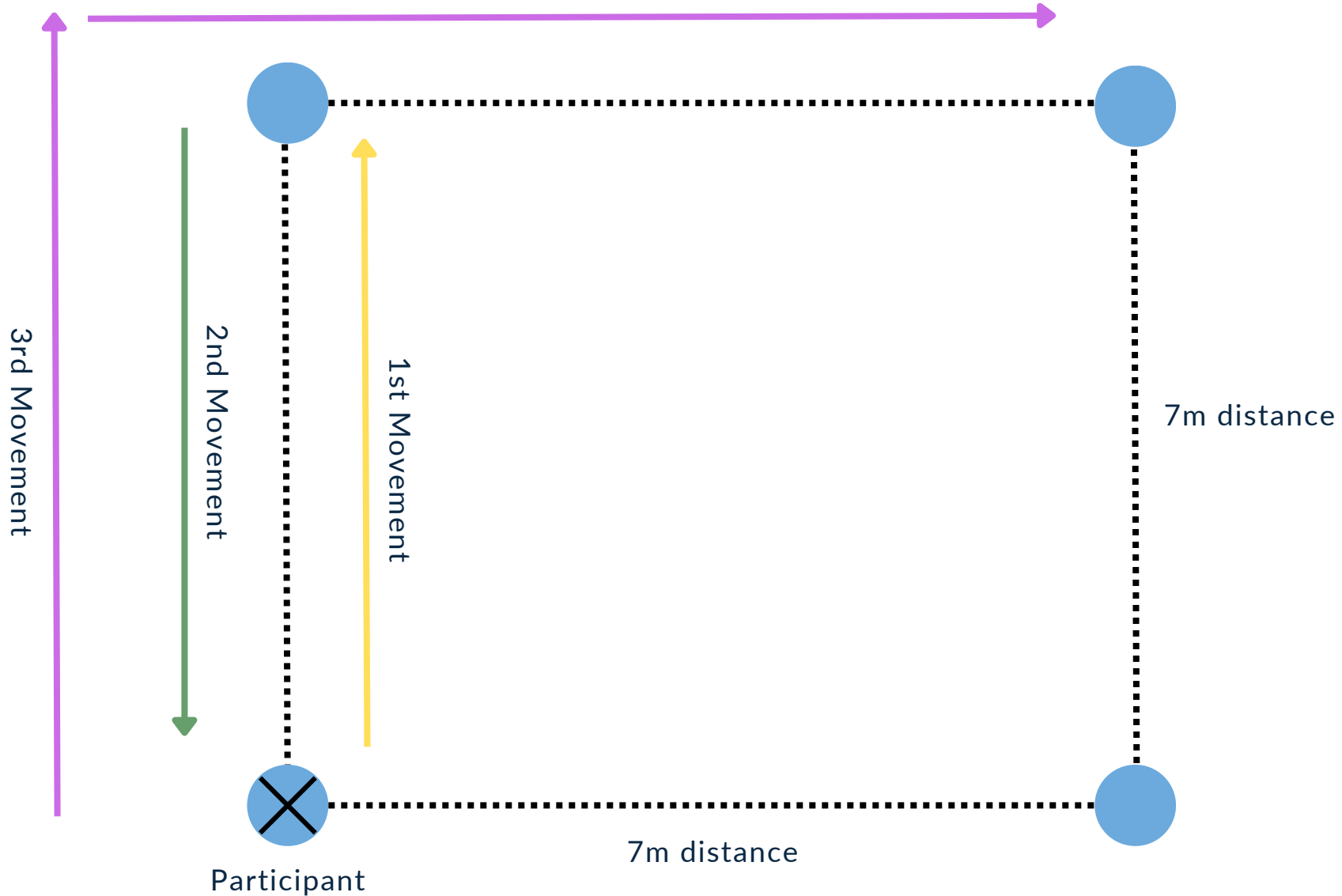
Participants understand and demonstrate the use of “Hold” and “Go”

COACHING INDICATORS

- Participants move with urgency and correct running technique (forward and backwards)
- Participants give a loud “Hold” call
- After waiting, participants give a loud “Go” call

1.2 Referee Agility Pyramid

[Link Here](#)



1.3 Square Box Drill

[Link Here](#)

This drill involves a 7m by 7m grid, setup with 4 cones of the same colour (we will use blue). In the middle of the grid we will place a separate coloured cone (we will use red). When the drill starts, the participant will run up and around the blue cone directly opposite their starting point. When the participant passes the cone, they will need to turn their body towards the cone in the middle, and continue facing that cone on their way to the diagonally opposite blue cone. As they are approaching this blue cone, they are to identify offside players which will be other participants in the drill. They will give a “Hold” and “go” call to end the drill

DRILL OUTCOME

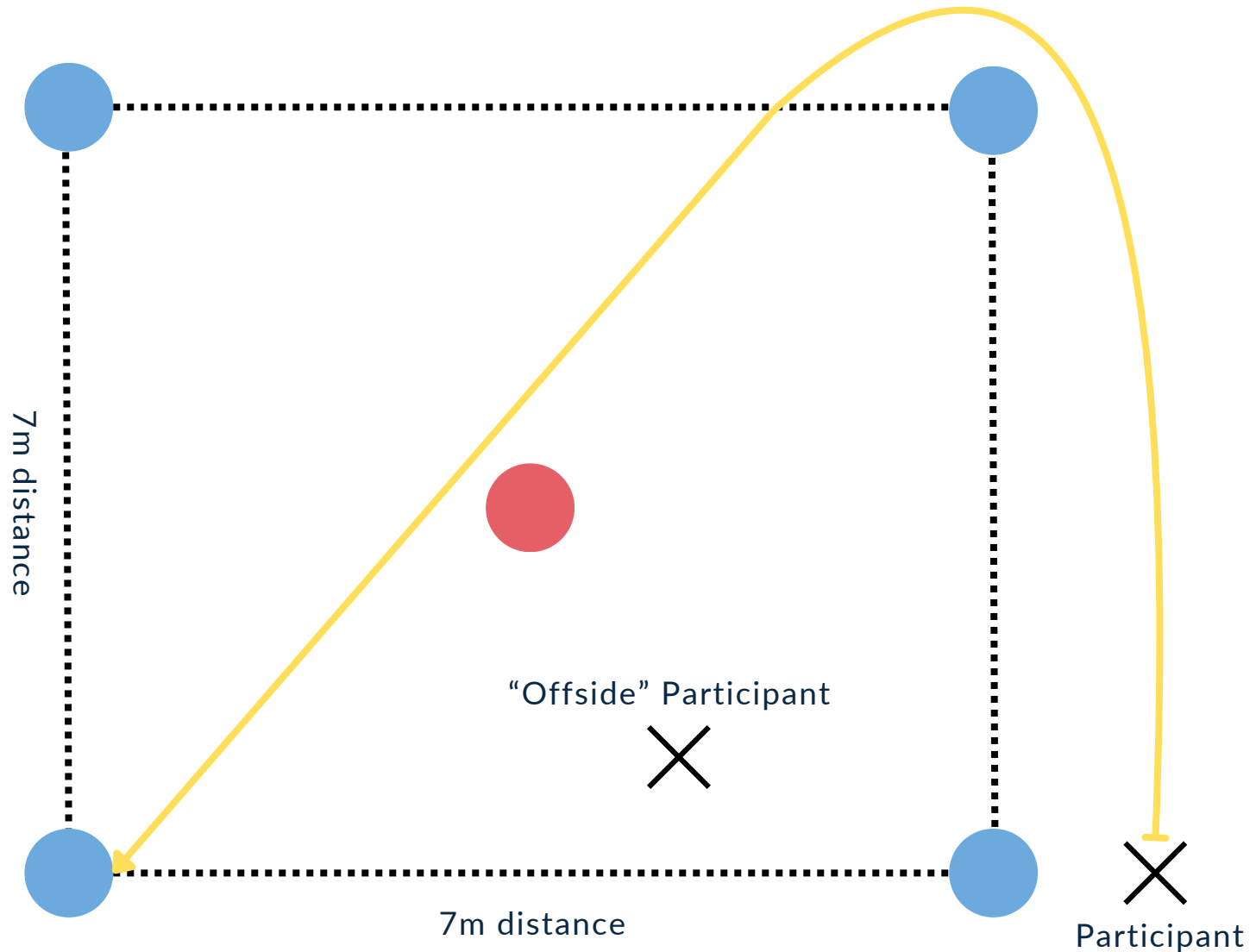
Participants will understand and demonstrate setting a 7m, while identifying offside participants and using their voice to control this

COACHING INDICATORS

- Participants are moving with urgency around the cone
- Participants are setting their 7m with urgency
- Participants are pivoting going past the middle cone (simulating a roll ball) and keeping their chest facing the cone at all times
- Participants are ID'ing offside participants and using loud communication to instruct them
- Participants are giving a “Hold” and “Go” call

1.3 Square Box Drill

[Link Here](#)



1.4 Signal Lines

[Link Here](#)

This drill involves participants being split into 4 different groups and forming lines behind 4 different cones. The front of the line will step forward, and await the coach to call out a signal. The participant must then give the corresponding whistle and signal. The participant will then go to the back of their line and a new participant will step up

DRILL OUTCOME

Participants will understand and demonstrate various signals and when to use them

COACHING INDICATORS

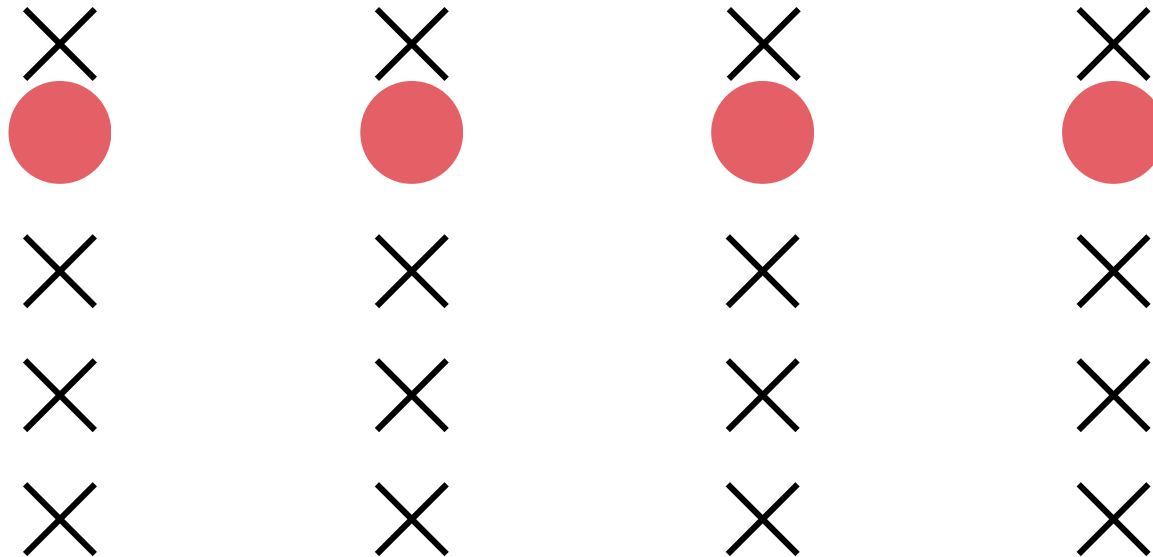
- Participants are blowing their whistle loudly
- Participants are giving correct signal to the scenario

1.4 Signal Lines

[Link Here](#)



Coach



Participants

1.5 Signal Cones

[Link Here](#)

This drill involves 2 lines of separate coloured cones. One set of coloured cones shall begin on the goalline and run down the sideline spaced 7m apart (we will use red). The other set of cones shall be placed 7m in-field from the sideline, and should be in between each original cone (we will use blue). The participants will start on the goalline red cone and run forward 7m to the blue cone. Under this blue cone will be a sign indicating a specific signal to give. The participant will then run backwards to the next red cone and deliver the whistle, signal and communication required. They will then repeat the process down the line

DRILL OUTCOME

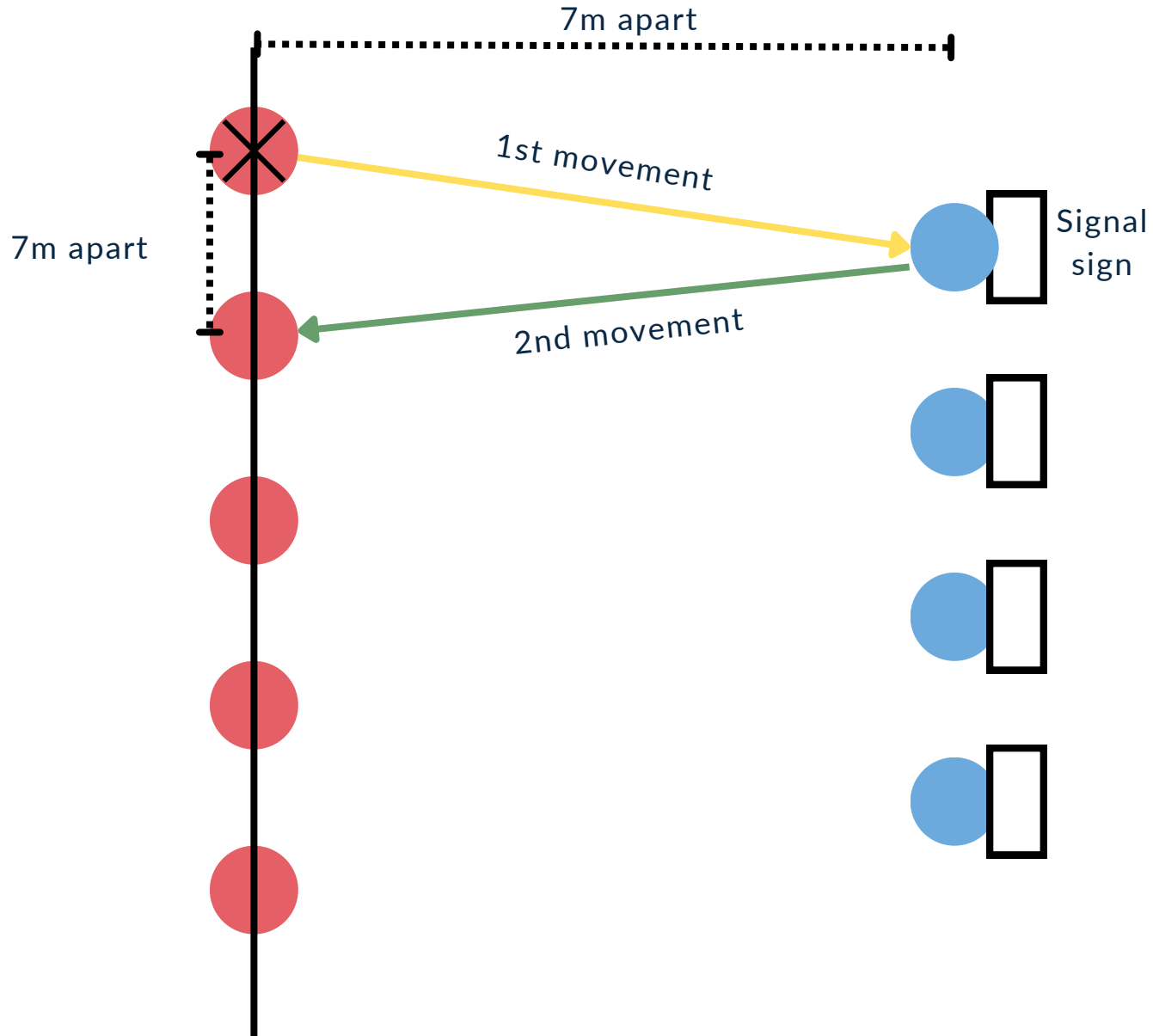
This is the end drill for this section and as such combines the previous drills into one. The participants should be able to combine the communication and signals together to perform a coherent process for different scenarios

COACHING INDICATORS

- Participants are moving with urgency to the cones
- Participants are blowing their whistle loudly
- Participants are giving correct signals
- Participants are following the right sequence eg. penalty awarded to correct team, signaling 10m on penalties
- Participants take their time with the process and “explain” the decision

1.5 Signal Cones

[Link Here](#)



Week 2 Basic Positioning

The drills in this session will aim at improving participants positioning in all areas of the field





Drills

2.1 Running Backwards

2.2 Peripheral Drill

2.3 7m Drill

2.4 Change of Possession Drill

2.5 Change of Possession 7m Control

2.6 Try Line Drill

2.1 Running Backwards

[Link Here](#)

This drill involves 2 lots of 6 cones (we will use blue and red) spaced out across the length of the field. One colour will represent a roll ball (red), the other will represent where the 7m should be set (blue). The participants will sprint to the first blue cone, turning their body to face the roll ball as they pass. They will then practice running backwards at pace to set the 7m at the ensuing blue cones. The participants on the red cones will simulate players with the ball and the roll ball itself, and will simulate this down the field

DRILL OUTCOME

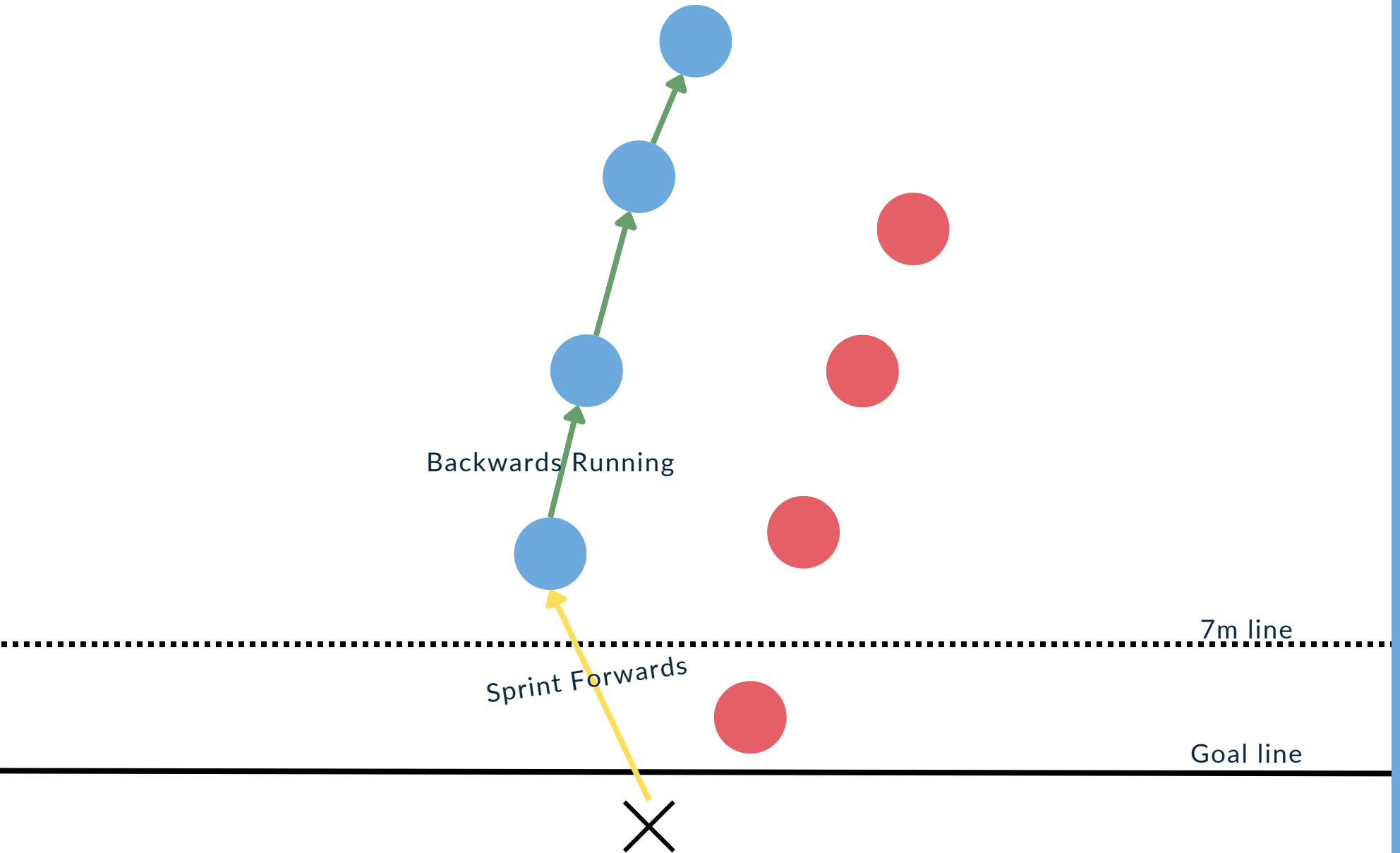
Participants will become comfortable running backwards, whilst setting a 7m distance and giving communication to the defensive line

COACHING INDICATORS

- Participants are moving towards the marks with urgency
- Participants are not looking behind them and are maintaining eye contact on the ball
- Referee is using the ball pickup as the visual cue to start moving backward to the next cone
- Referee should be beating other participants to their respective cones

2.1 Running Backwards

[Link Here](#)



2.2 Peripheral Drill

[Link Here](#)

This drill involves a 10m by 7m grid, with one participant in the middle of the grid, one participant on the 10m axis and another on the 7m axis. The participant on the 10m axis (roll ball) will begin moving left to right along the line, and the participant in the middle should mimic those movements, staying square and facing the 10m axis at all times. Once the participant in the middle has maintained the mirror, the participant on the 7m axis (defender) should begin moving up and down along the line. The goal is to have the middle participant mirroring both patterns of movement

DRILL OUTCOME

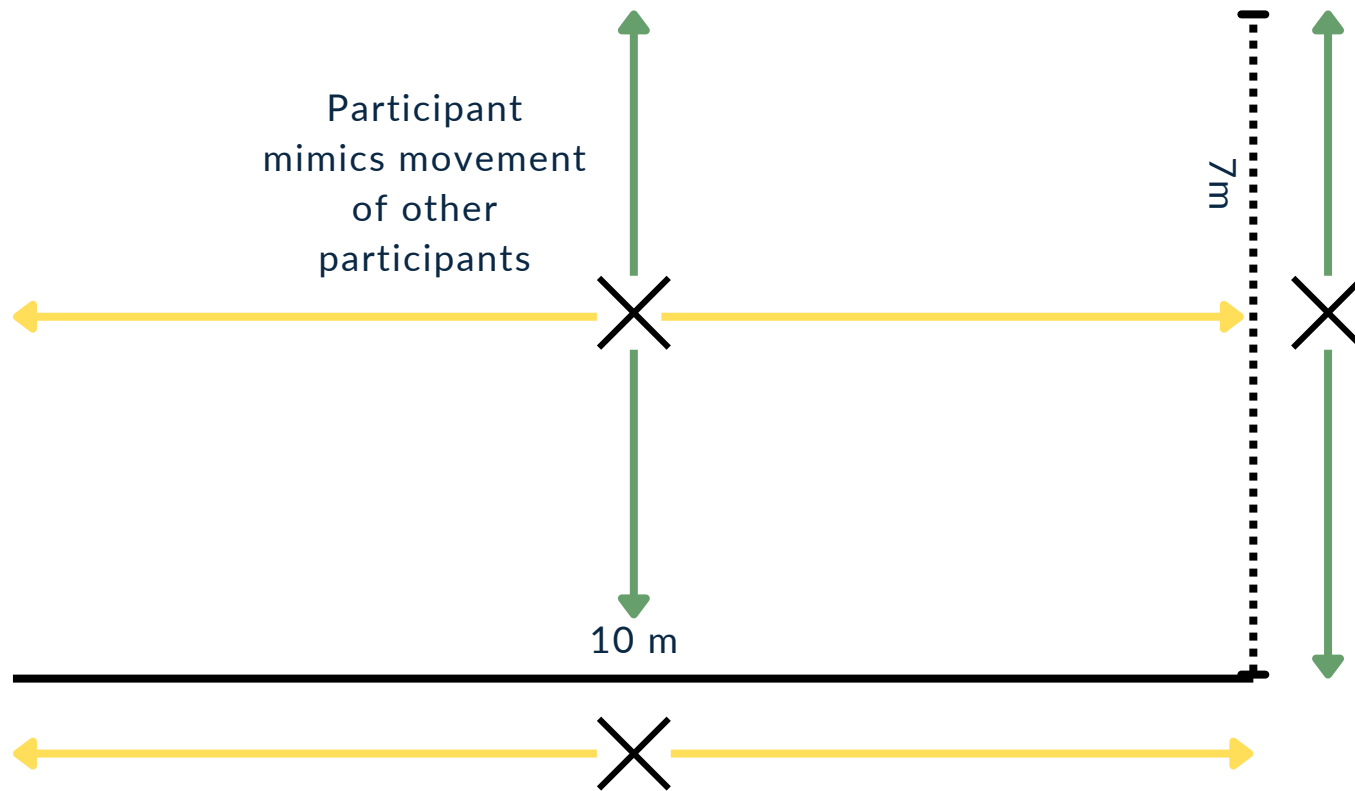
Participants will use lateral movements, as well as utilising peripheral vision to mimic movements of the defender

COACHING INDICATORS

- Participants are standing square at all times
- Participants are using peripheral vision to pick up movements of the “defender”
- Participant uses minimal head turns to look at the “defender”

2.2 Peripheral Drill

[Link Here](#)



2.3 7m Drill

[Link Here](#)

This drill involves 12 cones; 6 of one colour, and 6 of another (we will use blue and red). 6 cones (red) will be set up at varying distances on the field, with participants (roll ball) at each cone. The other 6 cones (blue) will mark out 7m from the “roll ball”. The participant (referee) will start on the goal line and control the 1st roll ball as a change of possession, before getting back their 7m. Referees should not look to use the markers as their distance, relying on their own personal feel. They will continue to set a 7m to each other “roll ball” cone on the field, using verbal commands

DRILL OUTCOME

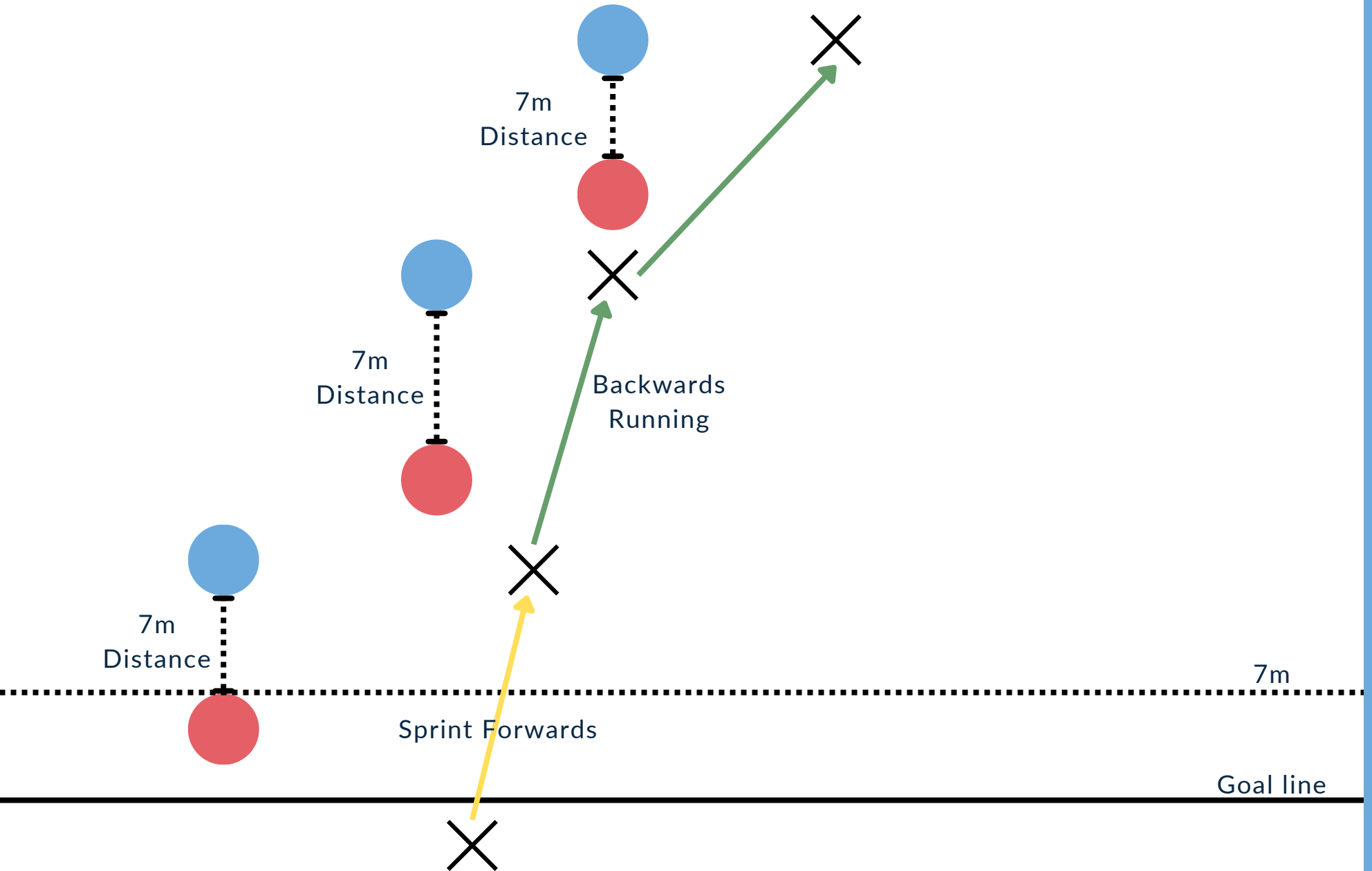
Participants will use a variety of movements to set a 7m from a pre-determined roll ball spot

COACHING INDICATORS

- Participants are moving to their 7m with urgency
- Participants are setting a good 7m distance, with urgency
- Participants are using their voice to have a presence on the 7m
- Participants are maintaining the SWEAT principles (Square up body, Width 2-3 from rollball, Eyes on the ball at all times, Angled running and Toes or mobile at all times)
- Participants are using correct vocab

2.3 7m Drill

[Link Here](#)



2.4 Change of Possession

[Link Here](#)

This drill involves one cone (we will use red) placed 7m from a goal line. The participant will stand a metre inside the goal line and at the commencement of the drill, jog forwards a few steps before moving backwards to the goal line. The cone will then signal a change of possession, in which the participant will sprint forward to set the 7m for the change of possession. When the participant has set the 7m, they will repeat the process (jog forward, push back and use the cone as a change of possession to set a new 7m).

This drill will be timed for 45 seconds, where the participant will then stop

DRILL OUTCOME

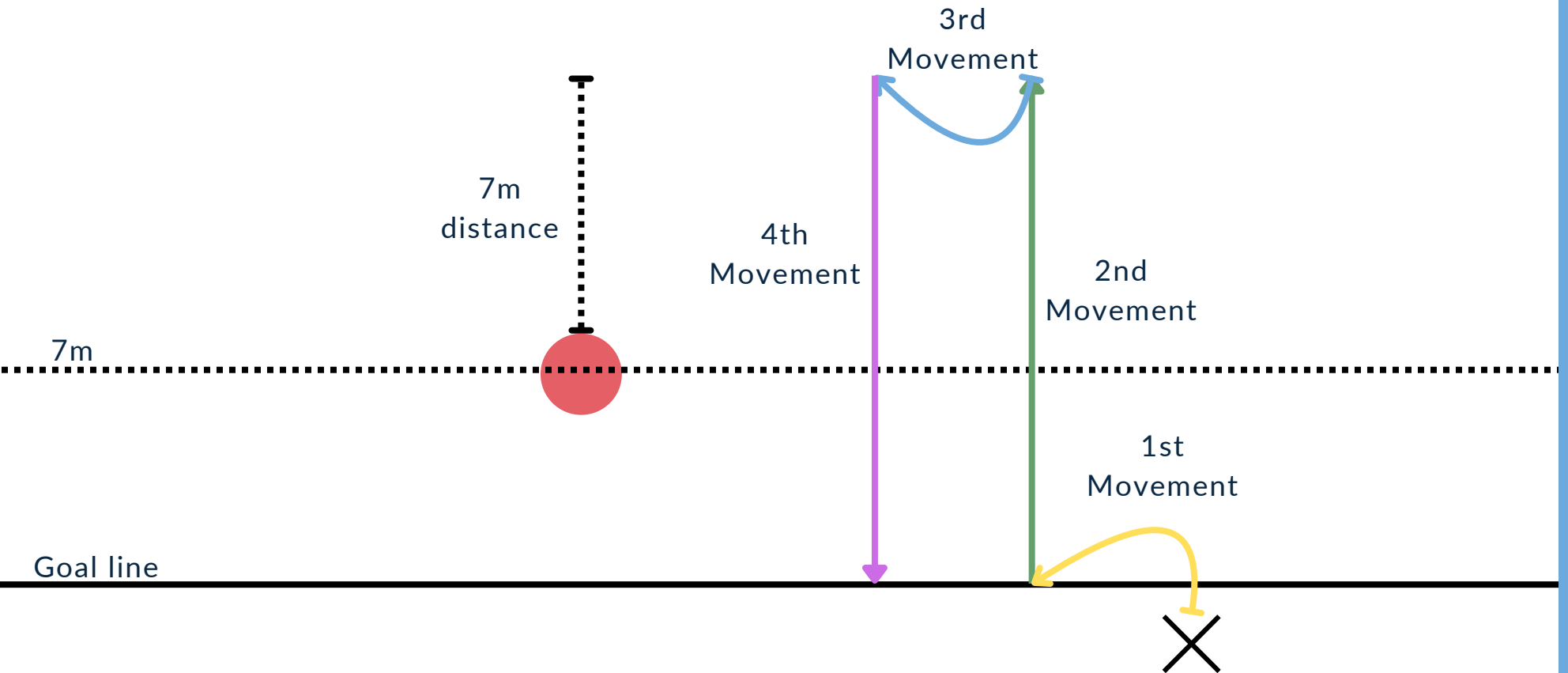
Participants will exhibit correct movement patterns and vocab sequences for a change in possession

COACHING INDICATORS

- Participants move with urgency to set the new 7m
- Participants pivot with their chest towards the cone so they never lose eye contact with it
- Participants control the restart verbally
- Participants control the imaginary defensive line and go through correct vocab sequence
- Participants utilise the SWEAT principles

2.4 Change of Possession

[Link Here](#)



2.5 Change of Possession Control

[Link Here](#)

This drill involves 9 cones; 8 of one colour and one of another (we will use blue and red). The cones are set out across the field as per next slide. Participants will start at cone 1 and in a forward direction, arc around cones 2 and 3. When running to cone 4, participants should be running backwards with urgency. Once they arrive at cone 4 they should call “One”. This simulates a touch count. They will reverse the process, arcing around 3 and 2, and when running to cone 1 should be running backwards with urgency. Once they arrive at cone 1 they should call “Two”. They will repeat the process until getting to “Five”. Once they say “Five” they should sprint from cone 4 to cone 8, using the middle cone as the change of possession mark and cone 6 as an offside defender. They will then repeat the process and finish at cone 1

DRILL OUTCOME

Participants will gain an understanding of 7m distance on a change of possession while identifying offside chasers and using their communication to set the 7m

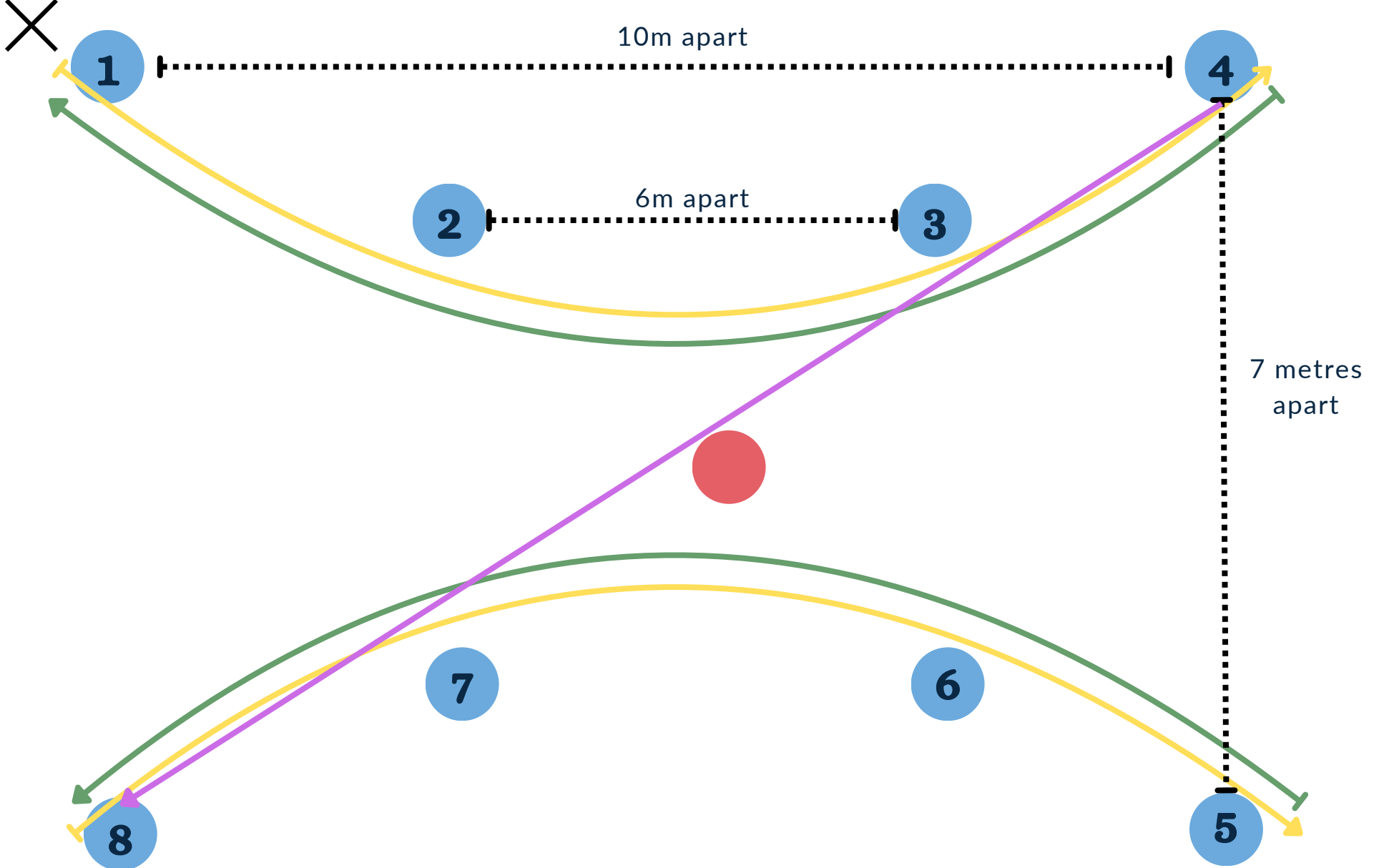
COACHING INDICATORS

- Participants move smoothly and transition between forward and backwards running
- Participants get touch count correct
- Participants move with urgency on the “change of possession” and set the next 7m
- Participants verbalise the change of possession mark
- Participants identify and control the offside player

2.5 Change of Possession Control

[Link Here](#)

Starting
Point



2.6 Try Line Drill

[Link Here](#)

This drill involves 13 cones; 8 of one colour and 5 of another (we will use blue and red). It will also include participants as the referee and players. 3 cones will be setup across the goal line and a further 5 setup behind them as shown below. The 5 other cones will be setup in varying spots around the 7m zone. These cones will represent roll ball areas. Participants (referee) will push backwards from the 7m line onto one of the three cones and when the ball is rolled, step back to one of the cones labelled, before enacting the movement principles of MOST for the goal line. The participants (players) will either run or pass the ball to get to the roll ball areas, with the concluding play being a shift from one side to the other and a try being scored

DRILL OUTCOME

Participants will gain an understanding of goal line movement patterns as well as understanding why the movement patterns change

COACHING INDICATORS

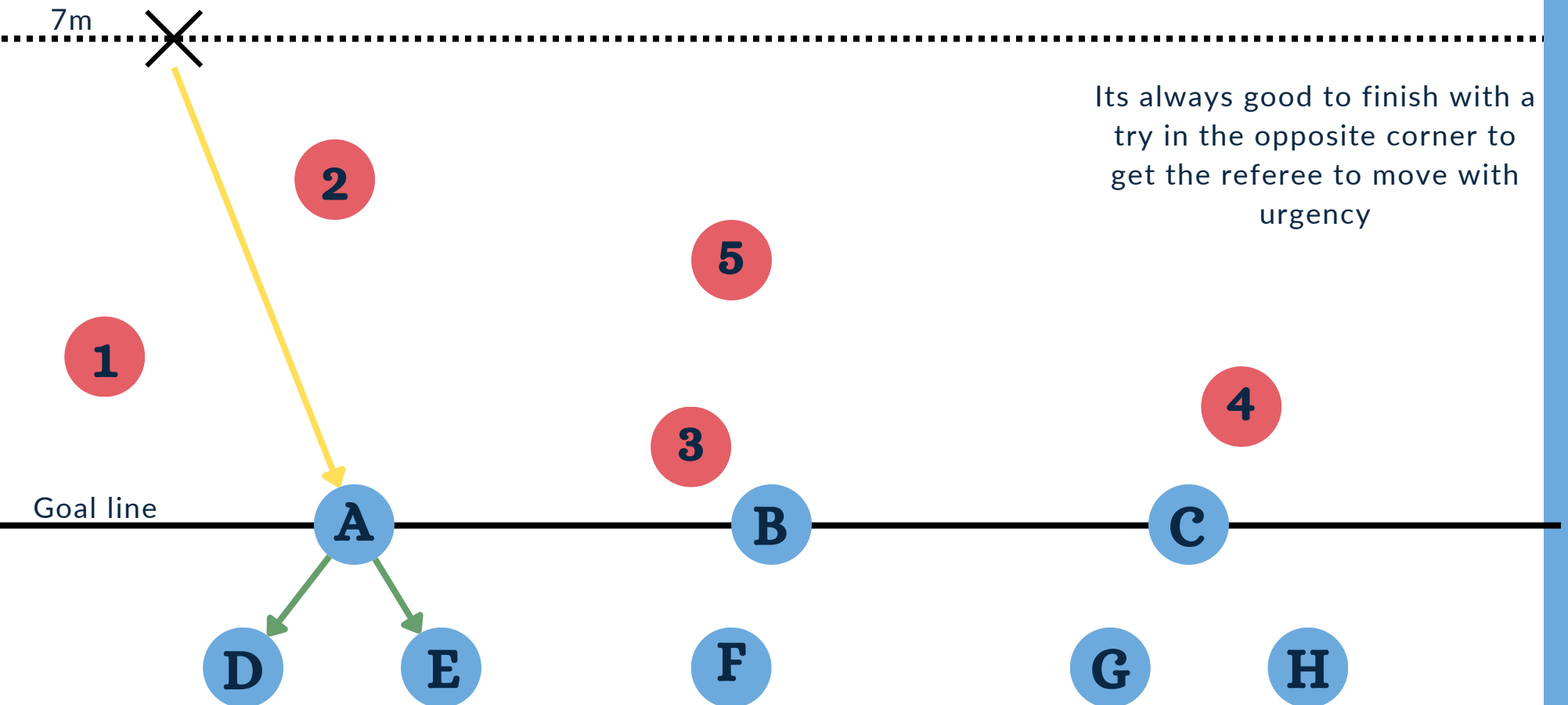
- Participants push with urgency to the goal line
- Participants use the MOST principle (Mirror, One metre behind the goal line, Sprinting and Toes or mobile at all times)
- Participants are pushing up to the line or past it if the play dictates
- Participants move with urgency and get in good position for the put down

2.6 Try Line Drill

[Link Here](#)

The red cones can be placed anywhere, and the referee can start at either "A", "B" or "C"

Its always good to finish with a try in the opposite corner to get the referee to move with urgency



Week 3 Refresher/ Practical Refereeing

The aim of this session is to refresh the participants on any drills they may have forgotten or would like to go over again, before going into a game situation using your participants as players, and having one referee



3.2 Game Situation

The game situation puts participants into 2 teams with one referee officiating the “game”. Participants should be able to use the skills learned over the last two sessions to control the game.

DRILL OUTCOME

Participants will put all skills drills into practice and get experience refereeing a game between all participants

COACHING INDICATORS

- Participants are showing correct use of skills from previous sessions
- They will not get everything right, but will have a better understanding of what they are doing and why