

Unit 1 - Personal Development 3 - Techniques for Personal Development

Unit Outline

Nominal Time

Variable - completed externally prior to the commencement of the actual program.

You should review your past season and complete this Unit prior to attending the course. You need to bring your program folder with you.

30 minutes introduction, frequent goal reviews, self-analysis and other Journal and Log entries for the duration of the program.

Aims

This unit reflects the increased degree of responsibility you are required to accept for your own professional growth and development. As you are seeking your first advanced level qualification it is assumed that you are motivated to become the best possible official.

- To review and summarise your previous season's officiating experiences and development.
- To set and review short and long term goals.
- To undertake frequent self-assessments.
- To maintain a program folder including a Journal and Log of significant activities.

Learning Outcomes

At the completion of this unit you will be able to:

- describe and apply detailed self-analysis and development techniques;
- summarise your development as a referee during the previous season;
- analyse the above summary and identify growth areas that can realistically be achieved by you during this program;
- maintain a Journal and Log of significant activities and stages in your development;
- complete self-assessments that will enhance your professional development;
- set, monitor and reset short term and long term development goals.

Program Folder

You should obtain a simple loose leaf folder or filing system to maintain all program materials. When you have completed all units this folder and your Workbook are submitted to your Instructor and State Referee Committee for final checks and assessment. The Committee will already know some things about you, such as your theory examination results and your performances during the practical units. They will look for more evidence of your development throughout the program, hence the submission of your Journal (containing all the exercises such as goal statements and self-assessments) and Log. All your achievements will be examined and reviewed.

An incomplete workbook and program folder = an incomplete program!

Your folder should include:

- your Journal; and your Log if not maintained in this manual;
- inspection reports received for your three matches;
- self-assessments (file in your Journal) - compulsory for the above matches; encouraged for others;
- other assessor reports and coaching sheets;
- any additional materials received during unit presentations;
- other resources you have collected.

Referees, Change and Personal Development

As referees we should remind ourselves frequently of the need to undertake continuous reviews of our beliefs, personal development methods and the way we accept sensible change. Perhaps some of us are like the retailers who saw their markets threatened by the “e commerce” revolution and decided that the only solution was to go on line. Many failed because they did not understand the concept and how it may develop; know how to apply it; or know how to integrate it into their other activities.

I suspect that there are at least three types of referees. There are those who:

- ask nothing, seek no feedback, do the same old thing;
- ask for tips’, which are really only ‘Band-Aid’ solutions;
- seek specific help, continually develop, use new techniques, integrate the new with the current proven approaches. They don’t toss out the baby with the bath water. This is planned personal professional growth.

Hopefully you are not in the first category and do ask, but for more than just tips and simplistic solutions. Referees who succeed are those who:

- seek feedback;
- undertake frequent analyses of their abilities;
- are prepared to consider new ideas, and try them out one at a time;
- ask for help in understanding these new ideas and how to use them;
- review and amend styles, with assistance from colleagues;
- add new ideas that work for them to their personal skill bank.

Take physical fitness as an example. Two decades ago referees used to run and run and run ‘to get fit’ - or so they thought! What sort of fitness? Physical, whatever that was thought to be! Then some referee groups introduced Dr Cooper’s tests but left out the age and gender categories - they didn’t really fully understand his concepts! Now FIFA uses interval training and other resources, plus experienced trainers. This helps their members learn about:

- Individual and group needs
- Quality training
- Cardiovascular fitness
- Effective training zones
- How to apply all these concepts and techniques
- How to train, why we train
- Heart rates, by age groups and ability levels
- Fluids and food intake; energy replacement
- Heat stress

Most of us now know about physical fitness in a wider context. We also know that physical fitness is only one major component in being a good official: that mental fitness, communication, negotiation and people skills, tactical skills, personal goal setting, detailed knowledge of the laws and interpretations (and on and on) are all important. Our curiosity and willingness to learn has to be maintained throughout our careers. As Albert Einstein said:

insanity is doing the same thing over and over again and expecting a different result

Bill Tattersall (Revised October 2007)

FIFA Fitness Tests

FIFA has an established set of tests used as methods to assess the aerobic fitness of referees.

These tests are:

Referees	Test 1 - Repeated Sprint Ability Test 2 - Interval Test *
Assistant Referees	Test 1 - CODA (Change of Direction Ability) Test 2 - Repeated Sprint Ability Test 3 - Interval Test *

In addition, for the National Talent Pool referees will be tested using the Yo-Yo Intermittent test

* FFA has set the required number of laps for Hyundai A-League and Westfield W-League match officials at 12 (i.e. 4,800 metres).

To access a PDF detailing the current FIFA fitness tests click [here](#).

Areas to develop

Coaching advice, hints and suggestions

Summary

Use of Video

Many matches are now videoed by clubs or referee groups. Gaining access to match videos is another tool that will assist you improve as a referee. It allows you to:

- get an opportunity to watch yourself in action;
- replay key incidents or aspects of a match - e.g. penalties given, positioning on key decisions, etc.; and
- viewing players' responses to your officiating.

To utilise the footage properly view the video in its entirety as soon as possible after the game.

Make notes using the video timer to edit incidents for future reflection.

Replay key match incidents as required. Make notes - was the decision correct, could your positioning be improved, how were the players managed, etc. The video, notes and work sheet should then go to your mentor for review and feedback.

You can then meet with your mentor for feedback on their own reflection.

Goal Setting

Australian Sports Commission - Online Learning Module

You are also required to undertake an online learning module from the Australian Sports Commission (ASC). The name of the module is "*Goal Setting*".

You can access the ASC Learning Portal by clicking [here](#).

Once complete you must:

1. Include the final certificate in your program folder as part of this section.
2. Note your certificate number here _____

Big Picture Goals

Short-term goals

Have your goals changed?

This section is to be completed at the end of the program - immediately before you lodge your program folder for review.

Big Picture Goals

Short-term goals

Unit 2 - Physical Preparation 2 - Nutrition, Hydration and Recovery

Unit Outline

Nominal Time

Variable - completed externally prior to the commencement of the actual program.

Aims

- To provide tools and support to maintain and improve physical fitness.

Learning Outcomes

At the completion of this unit you will be able to understand:

- the influence of diet on performance and the impact travel may have on diet;
- how hydration effects your performance;
- strategies to improve recovery.

This unit requires the referee to undertake research prior to attending the course.

Fitness to Officiate

In 2012 the requirement to pass FIFA fitness tests to gain an accreditation was removed from the various referee development programs.

Referee organisations and competition administrators require referees to meet specified fitness standards to officiate in their competitions.

These fitness tests are usually performed using the standard FIFA fitness tests.

Refer FFA *Laws of the Game* publication.

Research

The following is taken from Fact Sheets available from the Australian Sports Commission. Use the following websites for your research.

www.ausport.gov.au/ais/nutrition

Nutrition

- Basics
- Diets
- Travel

Hydration

- Essentials

Recovery

- Competition and Training

www.ausport.gov.au/ais/performance_support/psychology/brainwaves/recovery

Research the following in particular:

- Injury Management
- Warm-down
- Sleep and rest
- Stretching

Nutrition

1. Why is protein important?

2. Do referees require more protein?

3. List six of the important animal and plant foods that provide protein.

Plant Foods	Animal Foods

4. Why do athletes choose a vegetarian diet?

5. List four major impacts on nutrition/hydration if you fly?

Hydration

6. What causes cramp?

7. How can I avoid cramp?

8. What affects fluid loss?

9. How can fluid losses be estimated?

Recovery

10. What are the four key priorities for recovery nutrition?

11. List six of the important carbohydrate-rich and carbohydrate-protein snacks for recovery.

Carbohydrate-rich	Nutritious carbohydrate-protein

12. Outline the contrast water therapy protocol
