



# Boundary Umpires' Skill Drills



This manual has been produced using submissions from community umpire coaches who are participants in the AFL Umpire Coach Professional Development Program.

The skills included in this manual were provided to state staff at the 2012 Victorian State Coaching Conference held at Visy Park, Melbourne on Saturday 13<sup>th</sup> October 2012.

We wish to thank the coaches for their contribution and are pleased to be able to provide this manual to you as a resource from the many coaches involved.

### **The Role of the Coach in these drills**

Whilst this Manual refers to the Coach in each skill drill, it may be appropriate to have an Assistant Coach, a senior boundary umpire or a Boundary Umpires' Mentor conduct the skill drill that may then allow the Coach to supervise and keep a close eye on the performances of all of the participants.

Often, by involving others in the delivery of the skill drill, levels of stimulation / motivation can increase.

### **The Umpires**

It is assumed that all participants who are engaged in the following umpiring activities already possess a degree of understanding of the principles of umpiring along with basic fundamental ball-skills and hand-eye coordination.

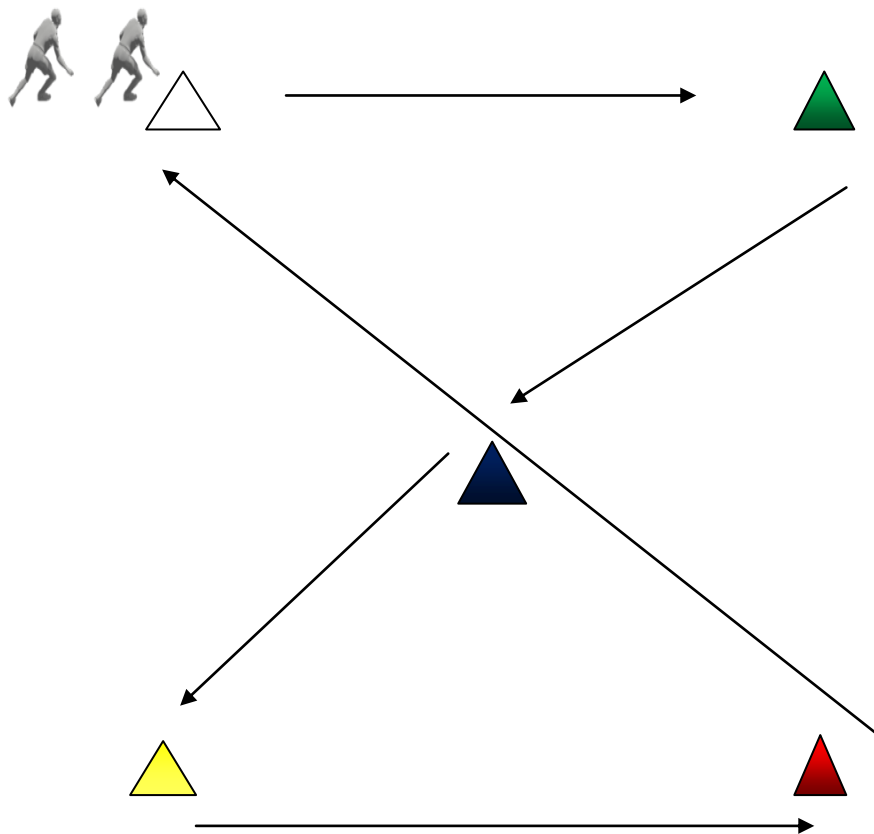
Umpire coaches are encouraged to keep in mind modifications to the skills drills to cater for participants' individual differences and individual learning styles.

**Skill Drill 1** Improving Boundary Umpires Trigger Running

This aim of this drill is to train boundary umpires on when to ‘trigger’ during play which will assist with match day skills.

Cones are set between 20 and 50 metres apart. The size of the square can be varied to suit.

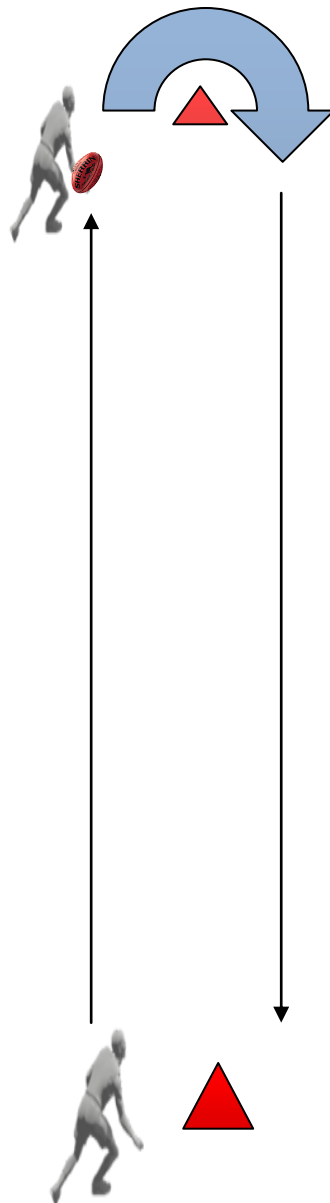
White cone is the starting point. Umpires are to jog to the green cone, between the green and blue cone they run at 50% and between blue and yellow the speed is 75%. From the yellow to the red the umpires run backwards. Red cone to white cone is maximum effort. The next runner starts when the person in front of him or her goes around the green cone.



**Skill Drill 2** Running backwards & carrying the ball – relay race

The aim of this drill is to get the boundary umpires accustomed to running backwards and carrying the ball with the correct technique.

Boundary umpires are split into two groups; the first person to perform this drill will run with the ball to the cone at the other end as if they are doing the long run in a match. At the cone they place the ball on the ground and run backwards to the start. The next person to perform the drill will run backwards to the cone to pick up the ball and do the long run back to the start passing the ball to the next person.

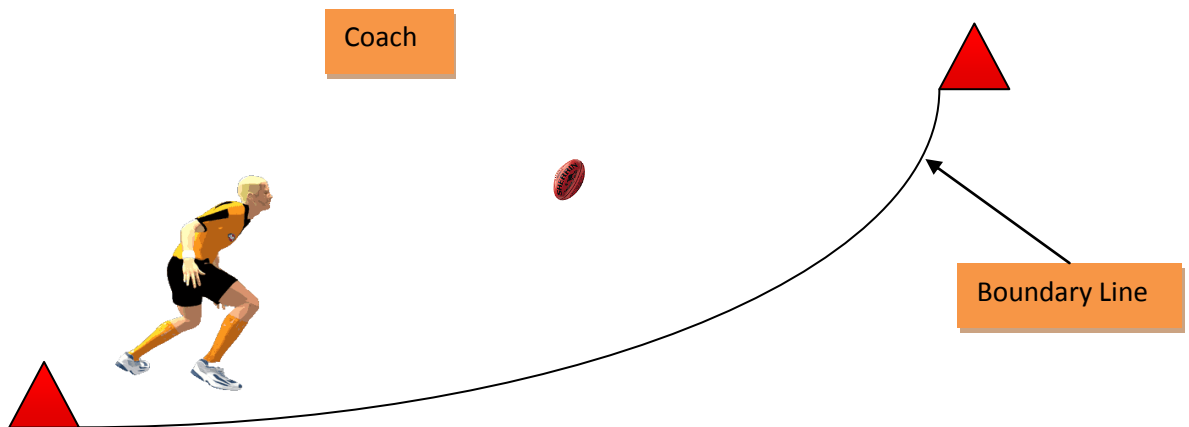


### **Skill Drill 3** Positioning when ball is close to boundary line

The aim of this drill is to train the boundary umpire to maintain a safe distance from play when the ball and play is close to the boundary line.

In this drill we are creating a match scenario where the ball is close to the boundary line. To do this we mark out a boundary line (or use existing line) as per the diagram below. Two coaches or senior umpires are required to conduct this drill. Umpires must stay 5 – 10 metres from play on the long side of the ground so they do not interfere with play and to maintain a safe distance from play, keeping the ball under observation.

The coach moves randomly along the line and will roll the ball OOB, the boundary umpire blows his / her whistle and indicates OOB before throwing the ball back into play. Each umpire should be engaged in this activity for 30 seconds before the next rotation. The number of umpires engaged at one time will depend on the space available and the number of coaches / senior umpires available.



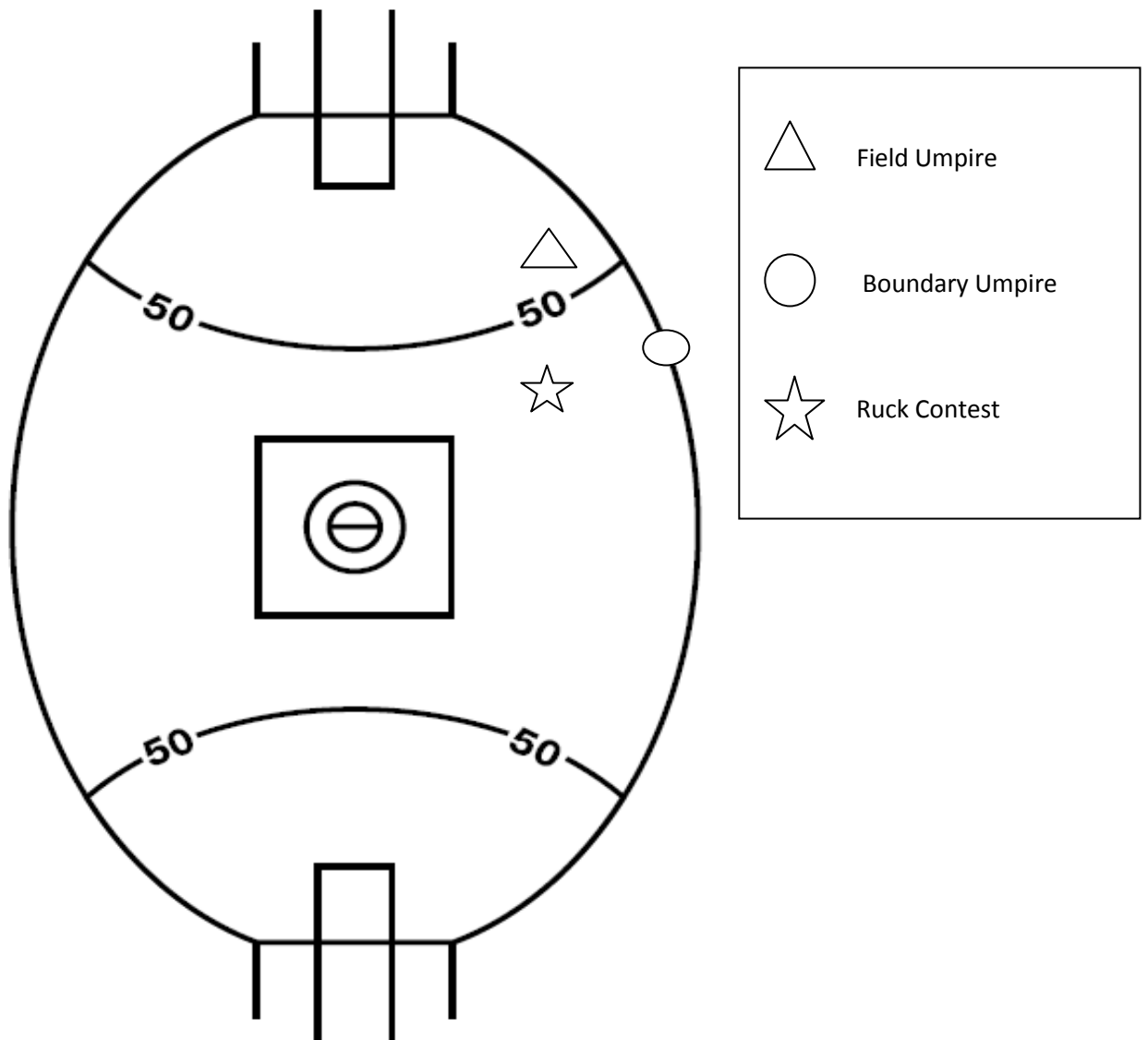
## **Skill Drill 4** Boundary Throw-ins

Focus – Communication and positioning of umpires at boundary throw-ins

The drill allows for field and boundary umpires to practise communication between each other and allows field umpires to develop communication with players at ruck contests and positioning throughout the throw-in process.

Method

1. Ball kicked / rolled OOB
2. Boundary umpire blows and indicates the ball is OOB
3. Field umpire blows whistle and asks the boundary umpire to throw the ball into play
4. Field umpire moves into position for ruck contest and moves after ball is thrown back into play.



## **Skill Drill 5** Distance from ball after boundary throw-in

Focus – Throw-in technique and positioning afterwards

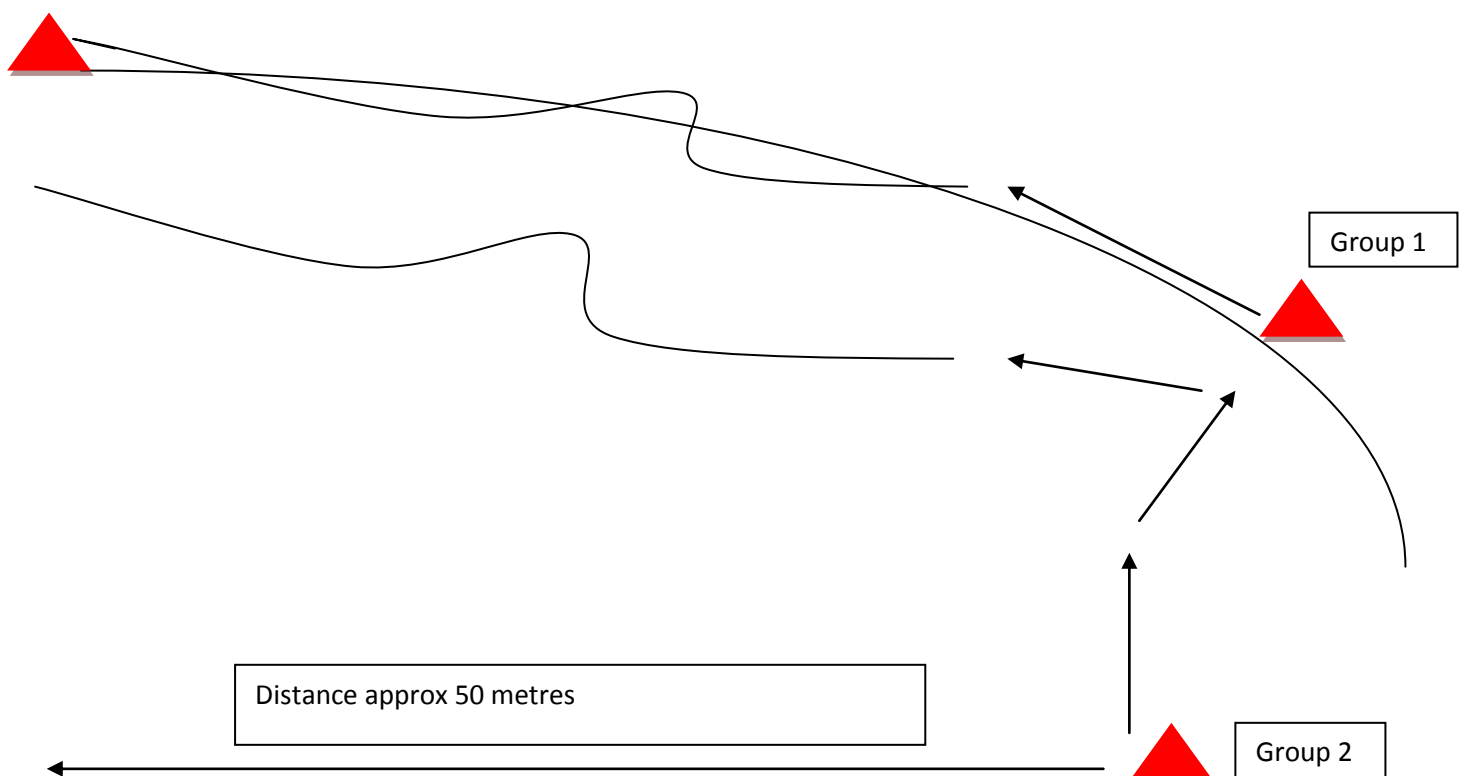
Method

1. Two groups required
2. First group takes up a position adjacent to the 1<sup>st</sup> cone on the boundary line and throw the ball into play, the umpire then sets him/herself in position for the ball movement along the boundary line
3. Second group takes up a position 15 – 20 metres in the field of play next to 2<sup>nd</sup> cone and run when the ball is thrown to catch it before it touches the ground. Once the ball has been caught the umpire runs toward group one and passes the ball to the next boundary umpire to throw-in and chases the 1<sup>st</sup> umpire along the boundary line in the direction selected.
4. The 1<sup>st</sup> boundary umpire adjusts the distance between themselves to approximately 10 metres, with the group 2 umpire increasing, slowing and reversing their speed, alternating back / forward etc, doing circles etc, with the first umpire adjusting themselves along the boundary line in a mirroring fashion of whatever the 2<sup>nd</sup> umpire does.

(Exercise is designed to mimic ball movement moving along the boundary line with the umpire adjusting to approx 10 – 15 metre from ball)

(Some fun can be had by 2<sup>nd</sup> umpire to liven up the exercise and keep 1<sup>st</sup> umpire concentrating, by doing some creative things during the exercise)

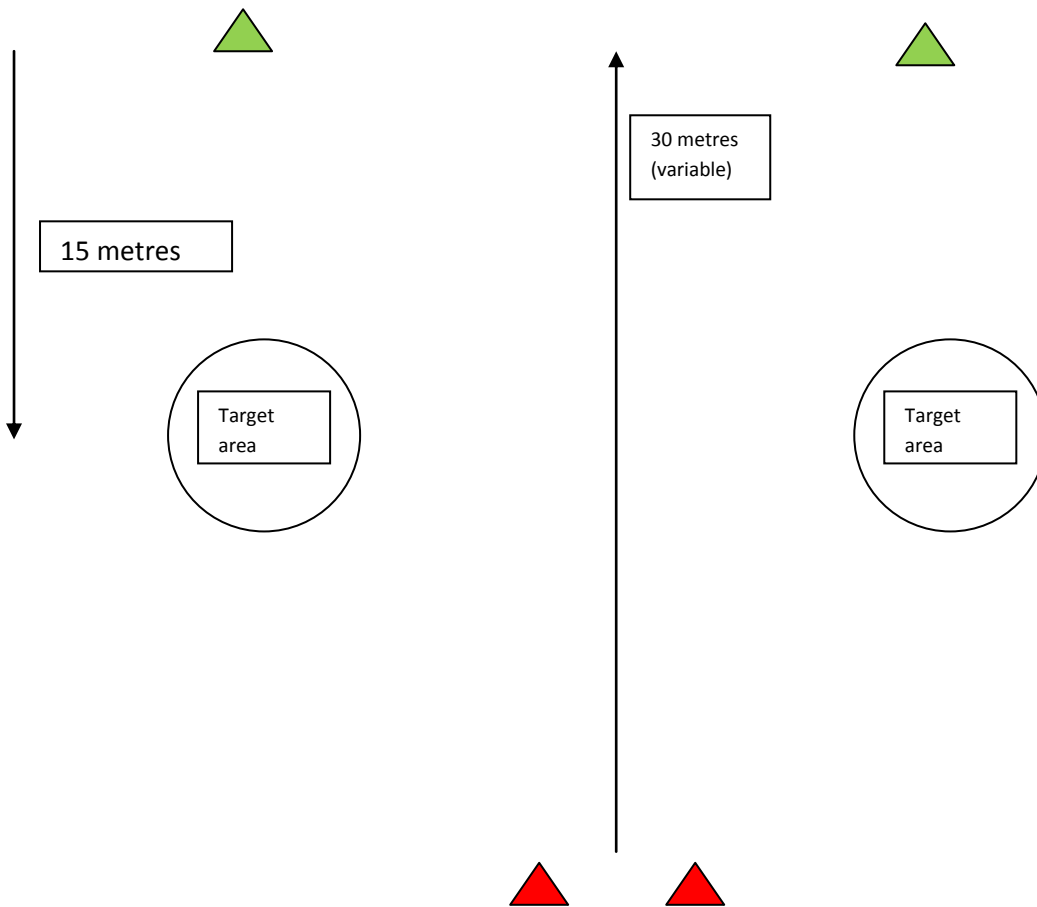
5. Run approx 50 metres along the boundary line then return and swap groups.
6. Exercise should be conducted for approx 10 minutes



**Skill Drill 6** Boundary Throw-in

Focus – to achieve consistent throw-ins

Set 2 drills up, starting at Red cone umpires trigger run to green cone, indicate OOB and throw the ball into play. The aim is for the ball to land in the designated area. Each umpire moves through the drill 3 times, if they miss on all attempts they are removed. When there are 10 umpires remaining move onto the one cone and continue. As the drill progresses make the target area smaller to increase the accuracy of throw-ins.



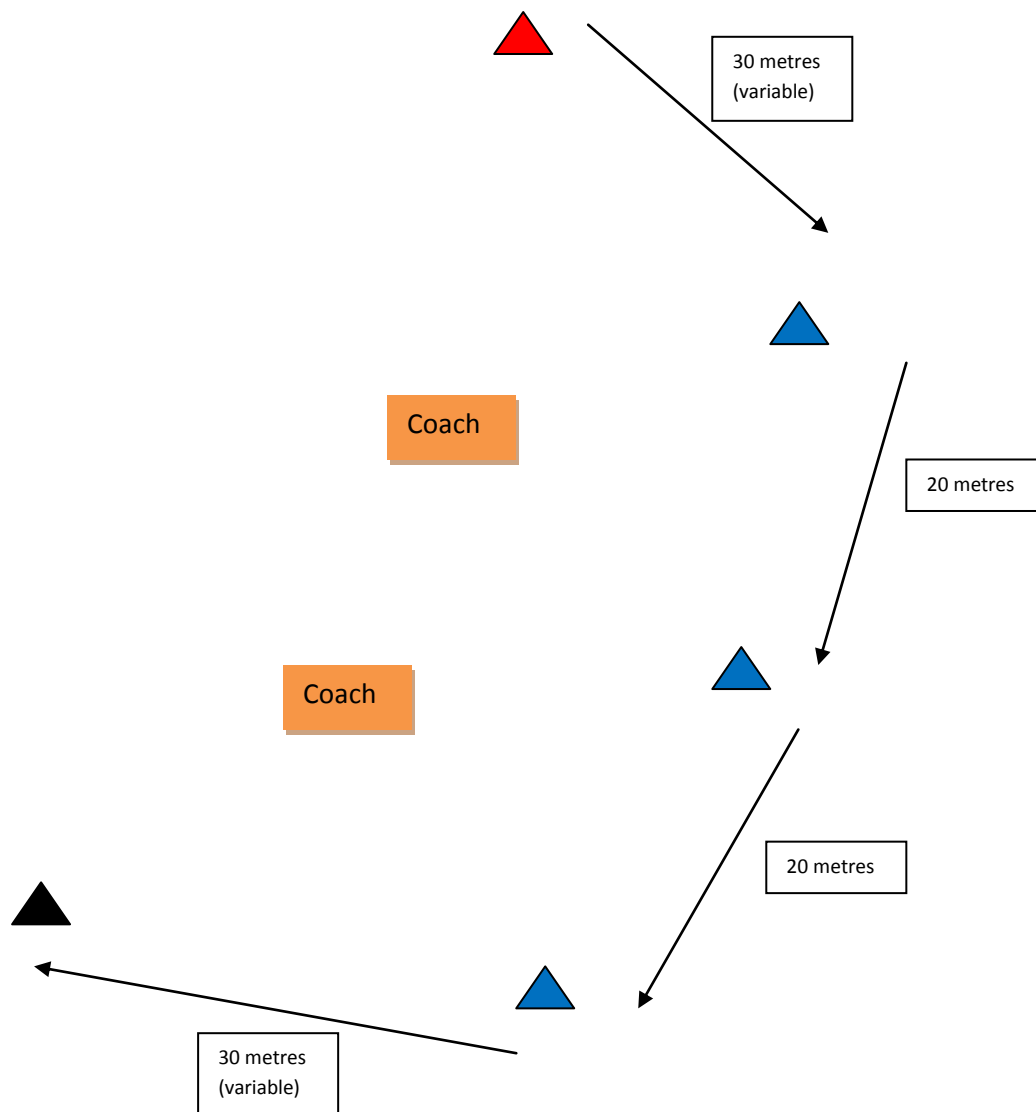


**Skill Drill 7** Boundary Indications

Focus – developing correct OOB Indications and throw-ins

Method – starting on the red cone umpires trigger run to the 1<sup>st</sup> blue cone, the umpire indicates OOB and throws the ball into play, he / she then backs away and repeats process at all blue cones. Once finished umpires run backwards to the black cone and jog forwards back to start. Coaches should be positioned to provide verbal instruction and encouragement.

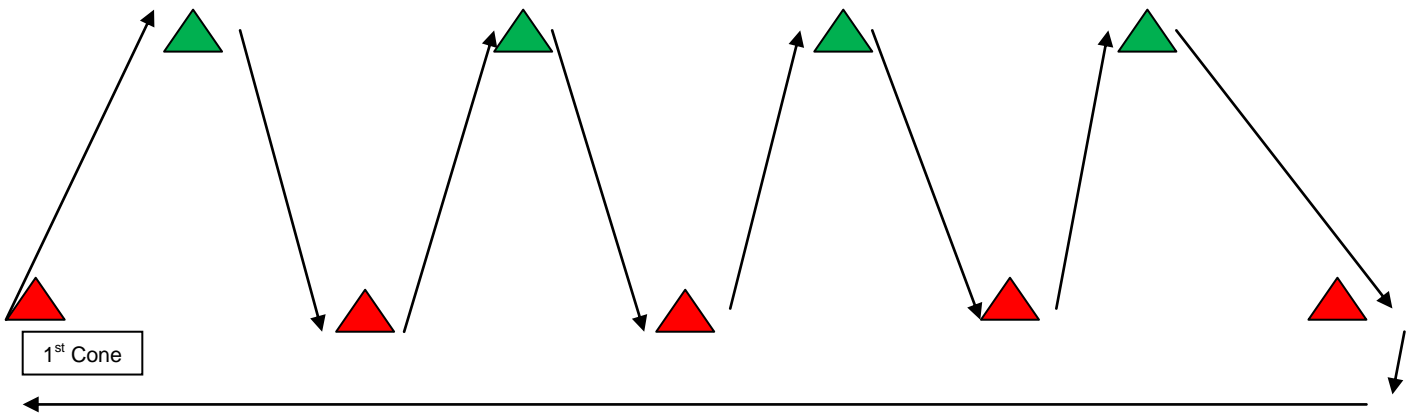
Blue cones to be set 20 metres apart.



**Skill Drill 8** OOB & OOF Whistle and Indications

The umpires run in a zig-zag manner around cones which are designed to get umpires familiar with using the correct indications and strong whistle each time. Emphasise correct backing away procedure and ensure full 15 minutes on the drill so they can experience performing under fatigue.

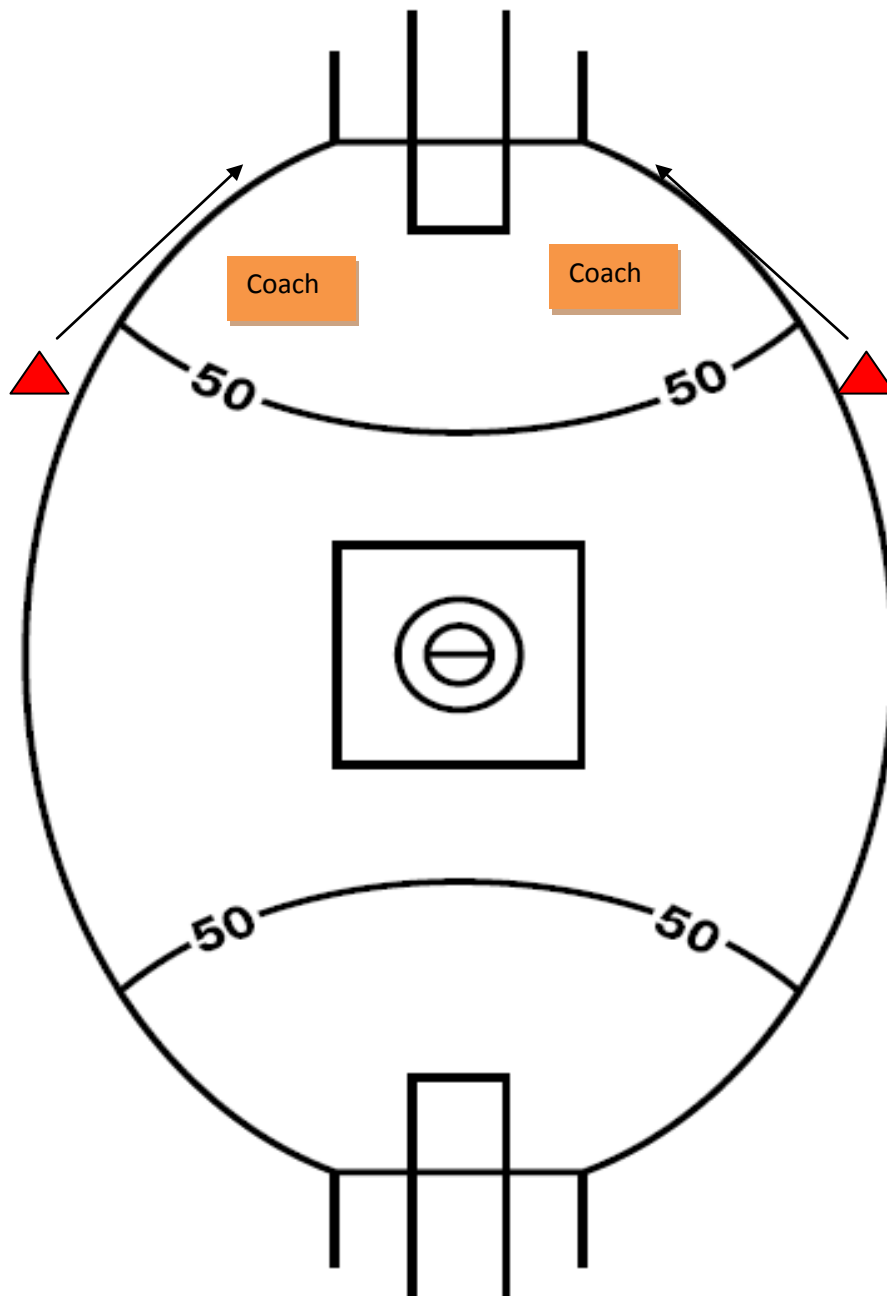
The umpires run forwards towards the green cones and backwards to each red cone. OOB is signalled at the 3<sup>rd</sup> green cone and OOF is signalled at the 4<sup>th</sup> green cone.



**Skill Drill 9** Trigger running – set shot at goal

Change of pace to accelerate to get to behind post to assist goal umpire

BU splits into two groups, one on each side of ground 60 metres from goal. On coach's whistle two umpires run to behind posts, communicating with goal umpire on arrival. Simulate behind has been scored, boundary umpire communicates with goal umpire and runs backwards to take up a position 50 metres from goal.



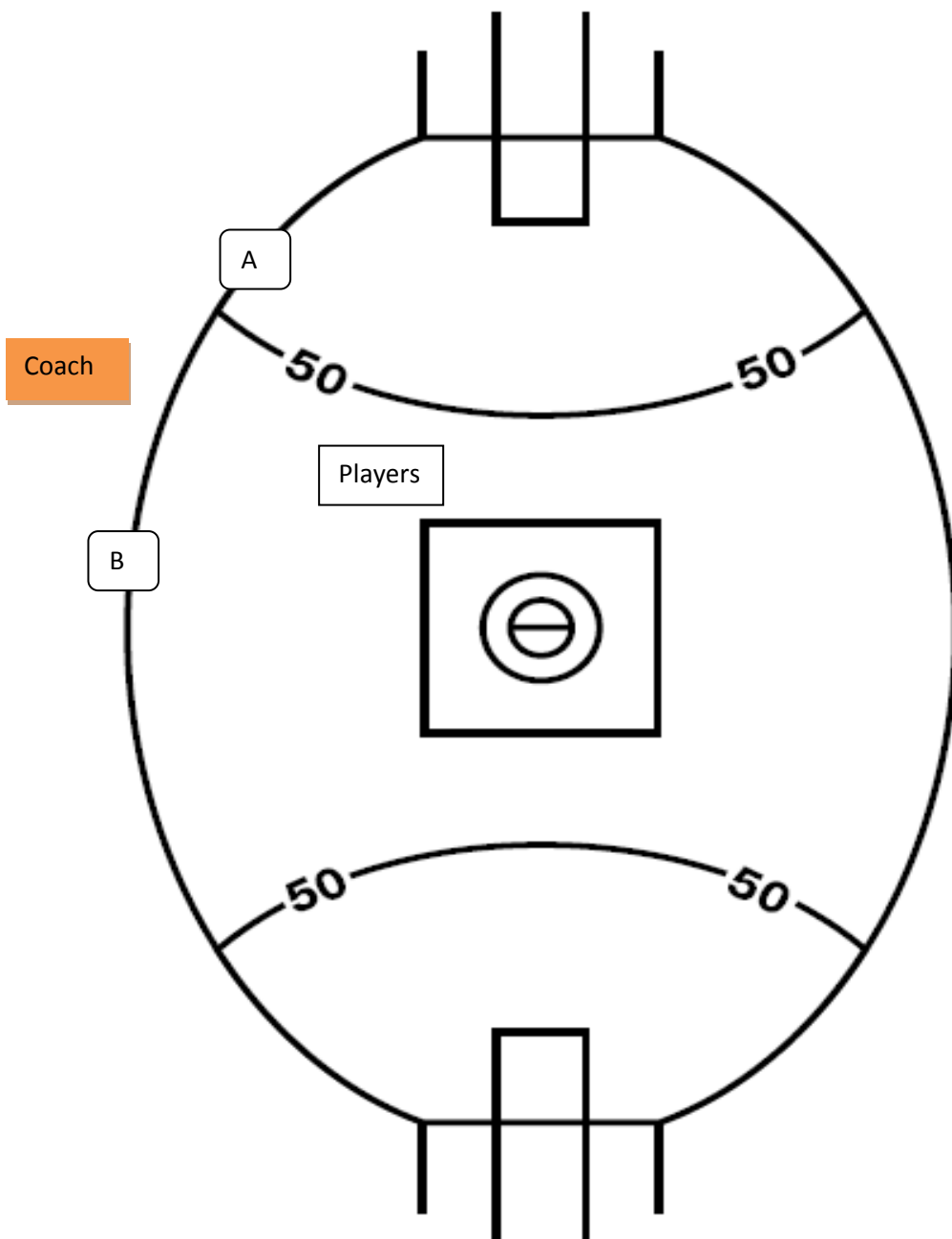
**Skill Drill 10** Maintaining correct distance from play

Distance from general play – 3 and 4 boundary umpire system

Two boundary umpires are located in position A and B (1 each position). The remainder of the group are players in a simulated match (non-contact)

Umpires must adjust their position relative to the play. Umpires also use verbal and non-verbal communication to determine which one has 'control'.

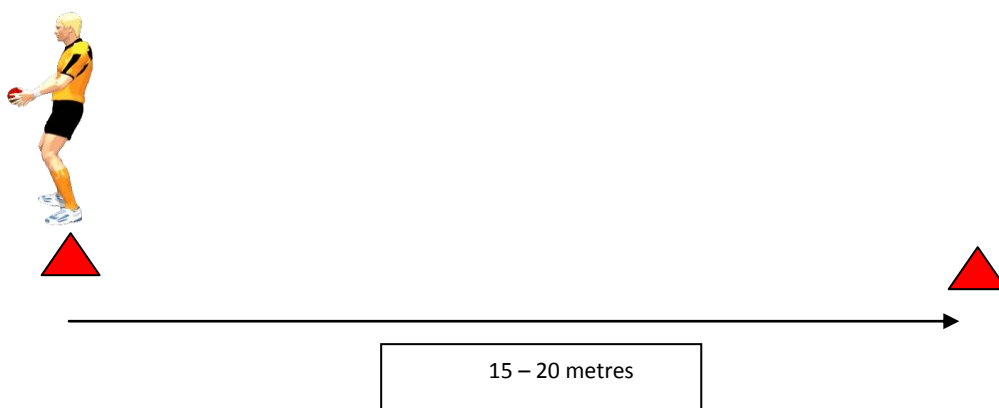
Coach to provide continual feedback.



**Skill Drill 11** The Boundary Throw-in

Focus – Umpires using correct technique to achieve appropriate height and distance

Method – Set up drill with cones 15 – 20 metres apart, umpires throw from hat A and must land close to hat B. You can make this more fun by developing a ‘target’ which could be a rubbish bin or coloured hats set like a dart board. There could be play-offs and a winner at the completion of the session. The winner could receive a canteen voucher, use your imagination and develop your own reward!!



**Skill Drill 12** Relay runs – returning the ball to the centre after a goal is scored

Focus – Appropriate pace for change-over, style and acceleration, appropriate distance between BU when ball is passed to BU completing the long run, communication between BU's

Method – Umpires in two groups located at both behind posts, BU to decide who will retrieve football.

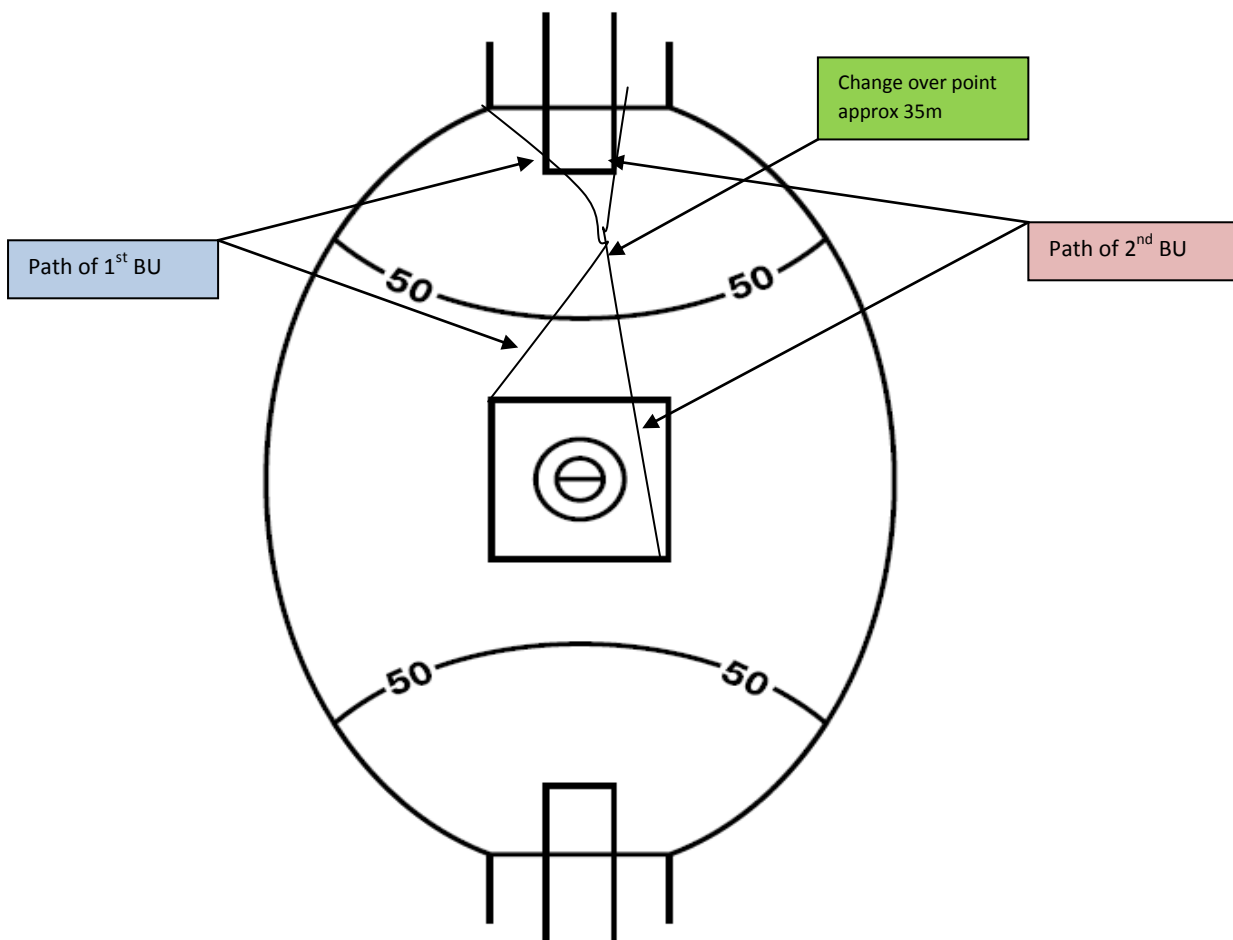
1<sup>st</sup> BU runs out to 15m from goal with arm extended indicating to field umpire the side of the field he is running through.

2<sup>nd</sup> BU retrieves football and runs out toward 1<sup>st</sup> BU communicating verbally as he approaches.

1<sup>st</sup> BU begins to run and the two BU's run beside each other until the ball is passed at approx 30-35 metres from the goal.

2<sup>nd</sup> BU runs to the short corner of the centre square on his / her side of the ground

1<sup>st</sup> BU runs through centre of ground and passes the ball to the FU then continues to the far point of the square on his / her side of the ground.



**Skill Drill 13** Ball up and Throw-ins – Field and Boundary umpires

Witches hats are placed in 2 parallel lines 20m apart and at intervals that suit the training venue, umpires assemble down one side of the cones.

Boundary umpires run with ball and when they arrive at cone they throw ball back toward where they come from, they then back off and progress diagonally to next group.

Field umpires catch the ball thrown by BU and run to cone and perform a field ball up, they then back off and progress to the next group diagonally. Umpires work through the cones and repeat as many times as required by coach.

