



Goal Umpires' Skill Drills



The Role of the Coach

Whilst this Manual refers to the Coach in each skill drill, it may be appropriate to have an Assistant Coach, a senior goal umpire or a Goal 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.








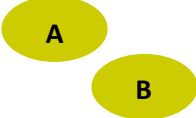
Often, by involving others in the delivery of the skill drill, levels of stimulation / motivation can increase.

The Goal Umpires

It is assumed that all participants who are engaged in the following goal umpiring activities already possess a degree of understanding of the principles of goal 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.

Legend

 Umpire Coach	 Goal umpire
 Players	 Boundary umpires
 Ruckmen	 Field umpire
 Football/s	 Players / Kickers

Contributors

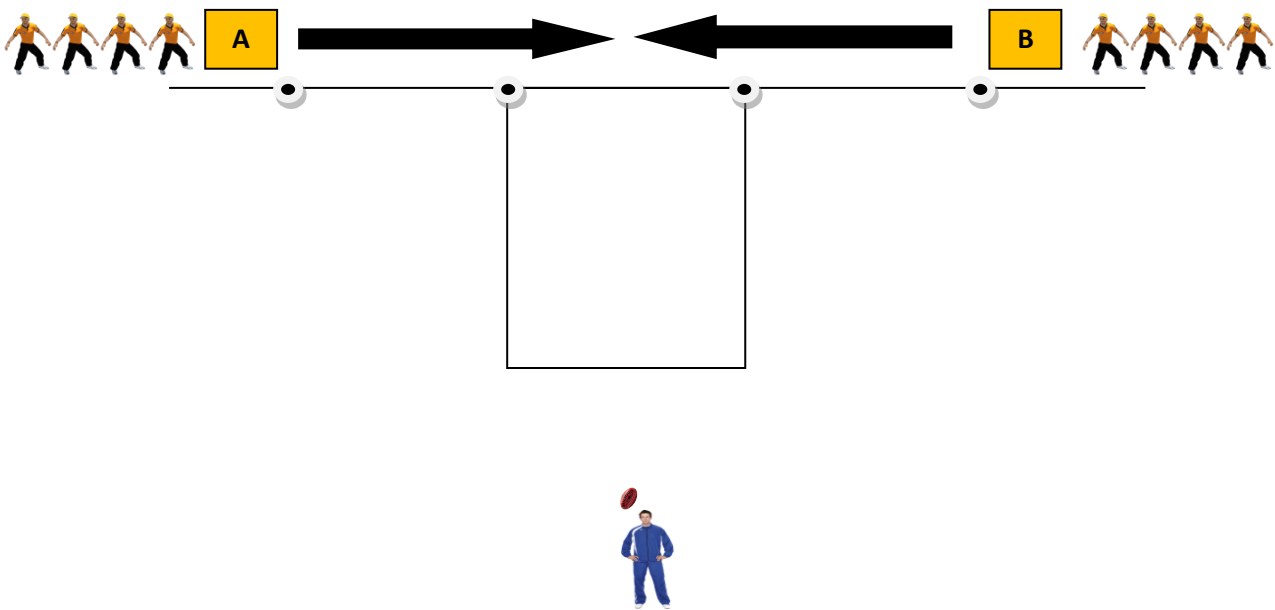
This Goal Umpiring Coaching Manual was initially put together with input from Jeff Parker (Southern Umpires Association), Allan Grant (Geelong Football Umpires League) and Austin Diffey (North East Umpires Board) in late 2011.

It has been updated thanks to the input of the many Umpire-Coaches who attended the Victorian AFL Umpire-Coach End of Season Conference in October, 2012.

Skill Drill 1

Getting under the flight of the ball

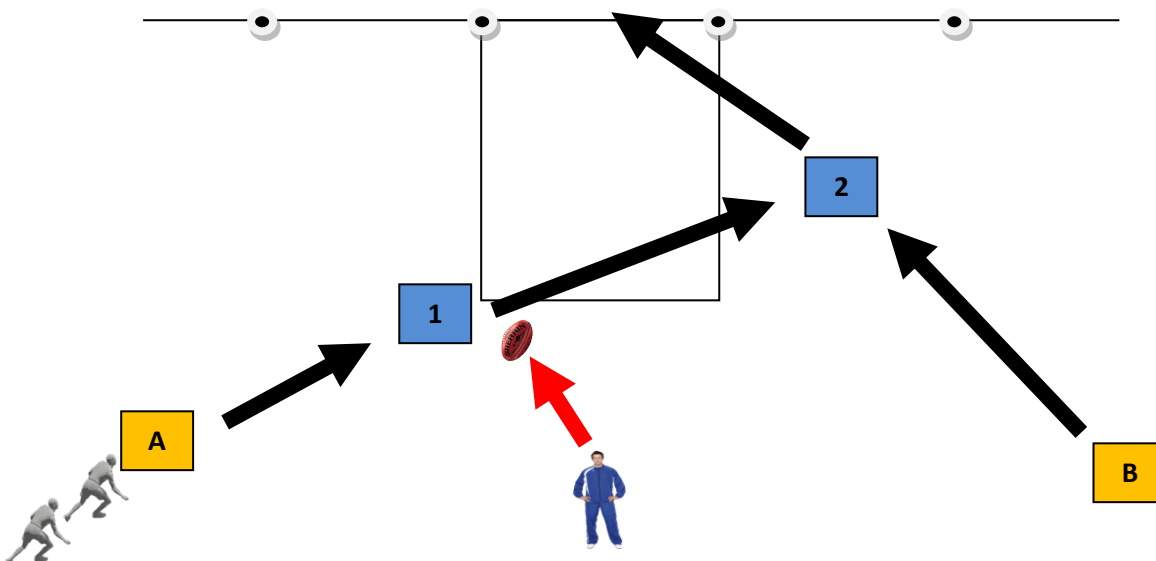
The designated kicker (coach) positions himself within kicking range – at various angles from goal – kicks the ball high and then calls “A” or “B”. The goal umpire at the front of that group moves quickly aiming to get **under the flight of the ball** the coach has kicked.



Skill Drill 2

Adjusting position / Getting under the flight of the ball

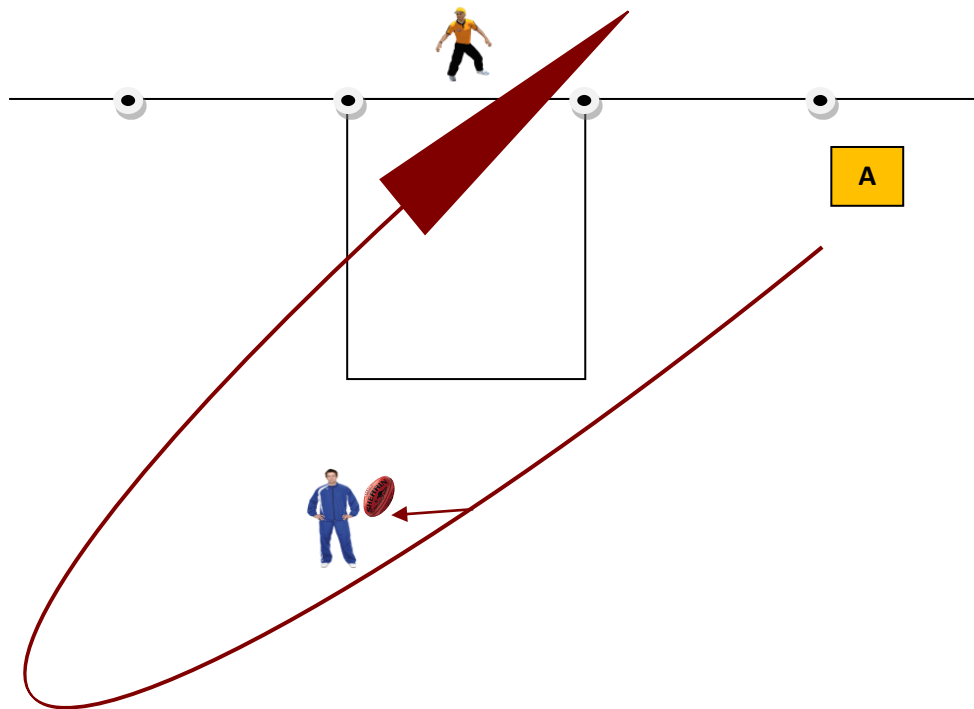
“A” runs to “1” and receives a ball from the Coach. “A” then runs to “2” and handballs the ball to “B” who runs in and kicks for goal. The purpose of this skill drill is to ensure the goal umpire follows the play by **adjusting his position** and gets **under the flight of the ball**.



Skill Drill 3

Deciding whether to go to the line

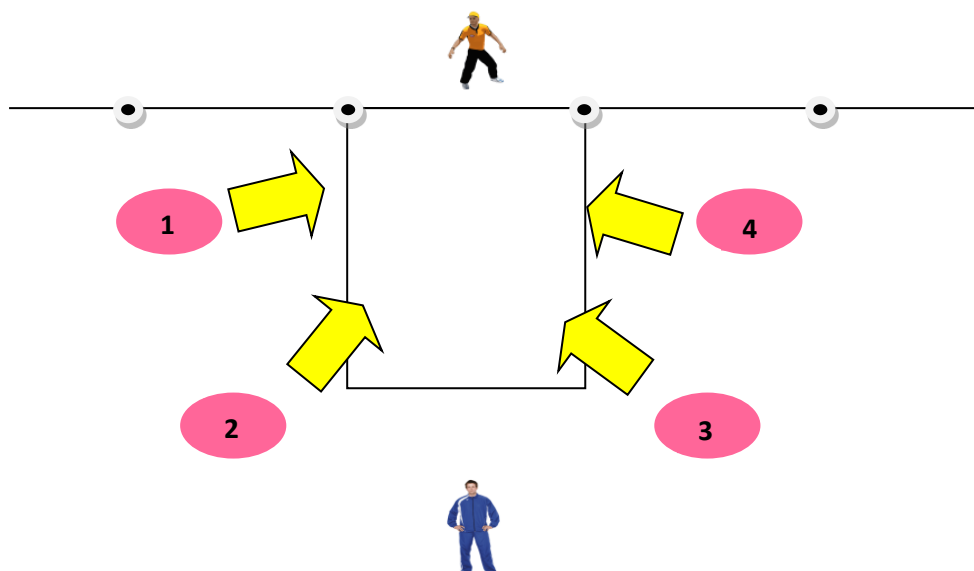
“A” runs to the Coach and passes the ball to him. The Coach then kicks towards goal and “A” runs around the Coach and attempts to chase the ball. The Goal Umpire takes a position as necessary and indicates accordingly. The purpose of this skill drill is for the goal umpire to decide whether to stay **under the flight of the ball** or go to the line and stand **astride the line**. Following the indication, the goal umpire who is positioned appropriately throughout this drill can wave the flag/s.



Skill drill 4

Deciding whether to go to the line

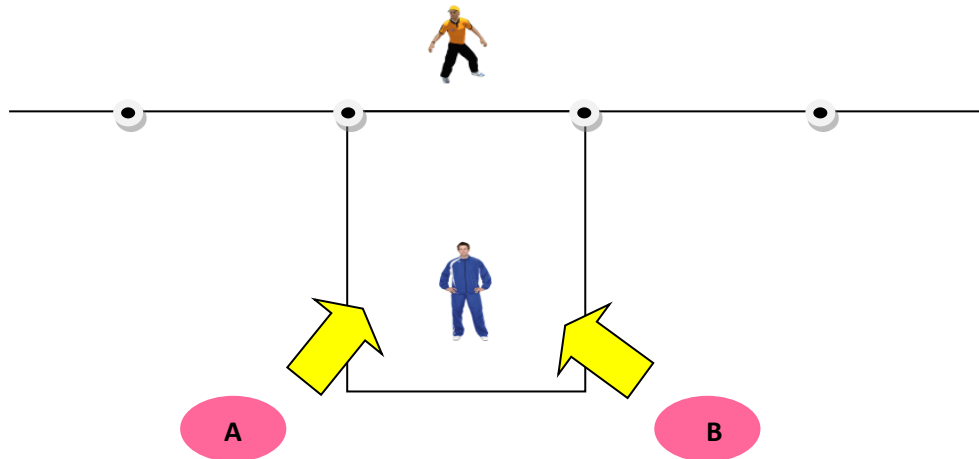
The Coach kicks towards goal and calls “1”, “2”, “3” or “4”. The selected “players” run towards the ball aiming to contest the ball. The Goal Umpire takes up their position and indicates accordingly. The purpose of this skill drill is for the Goal Umpire to decide whether to stay behind the line or go to the goal line.



Skill Drill 5

Deciding whether to go to the line

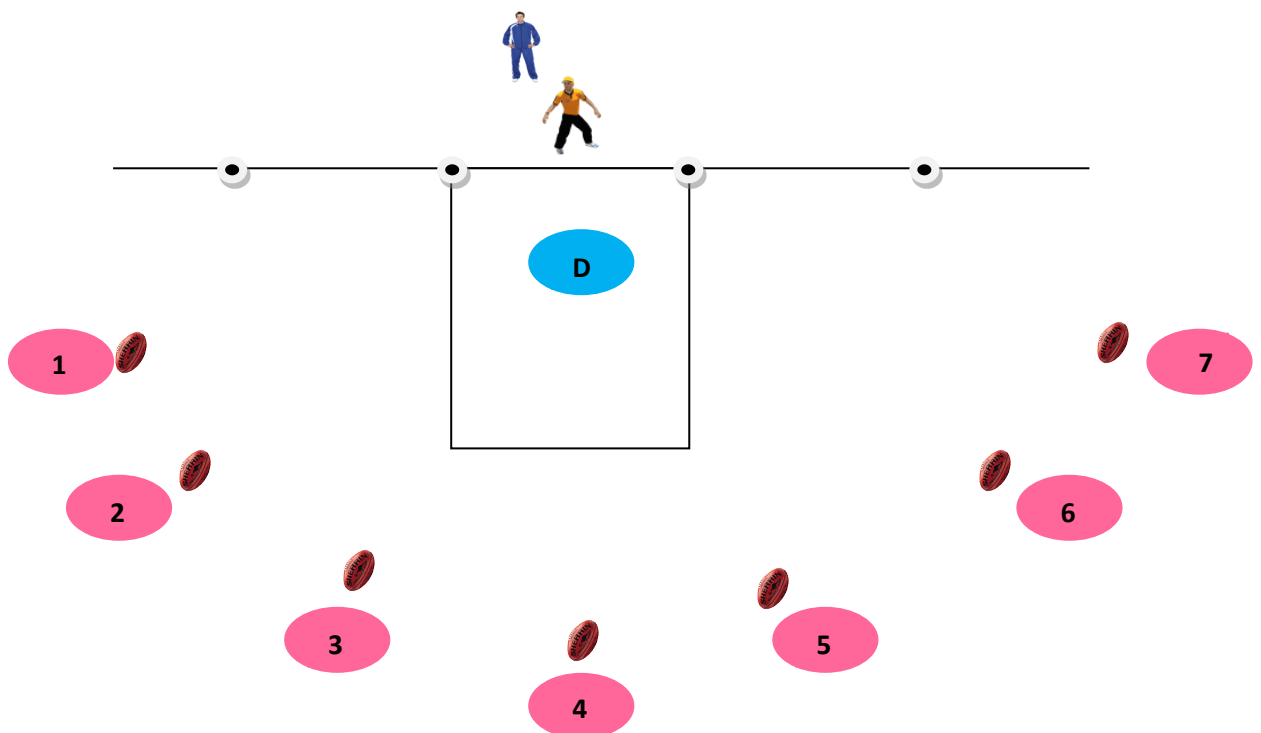
A and B both run either side of the Coach as the Coach feeds off the ball to either A or B who has a shot at goal whilst the other becomes the defender. The goal umpires should position themselves and indicate accordingly. The purpose of this skill drill is for the goal umpire to decide whether to stay behind the flight or go to the line.



Skills Drill 6

Getting under the flight of the ball

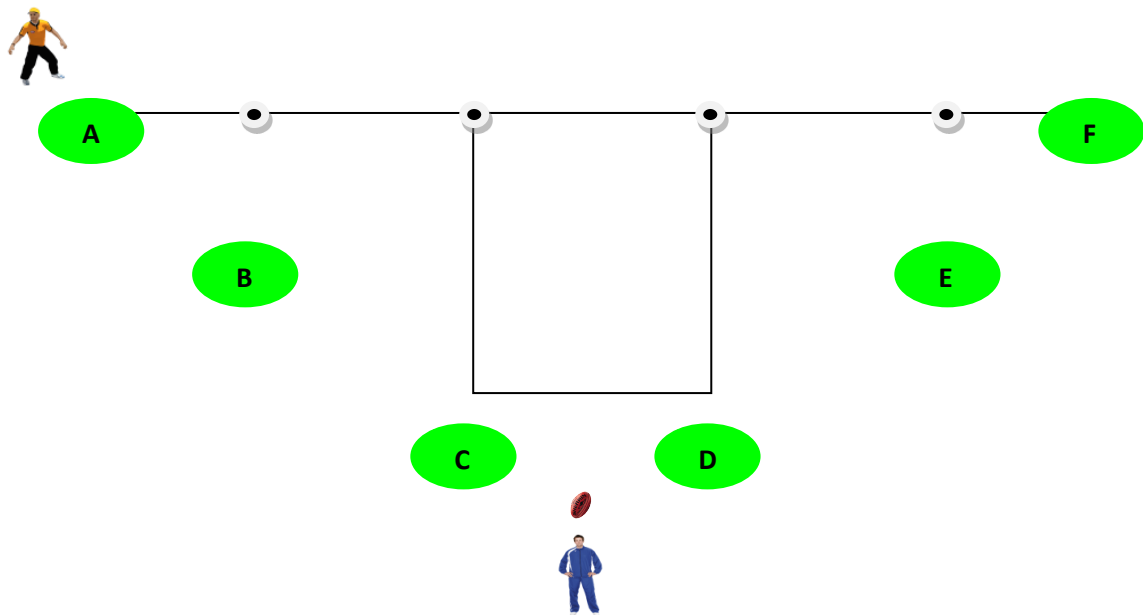
Each player kicks for goal in order – or randomly as called out by the coach – with one defender in the square. The Goal Umpires should position themselves as required and indicate accordingly. The purpose of this skill drill is for the Goal Umpire to position themselves in line with the differing angles of the kicks.



Skill Drill 7

Positioning whilst experiencing a state of fatigue

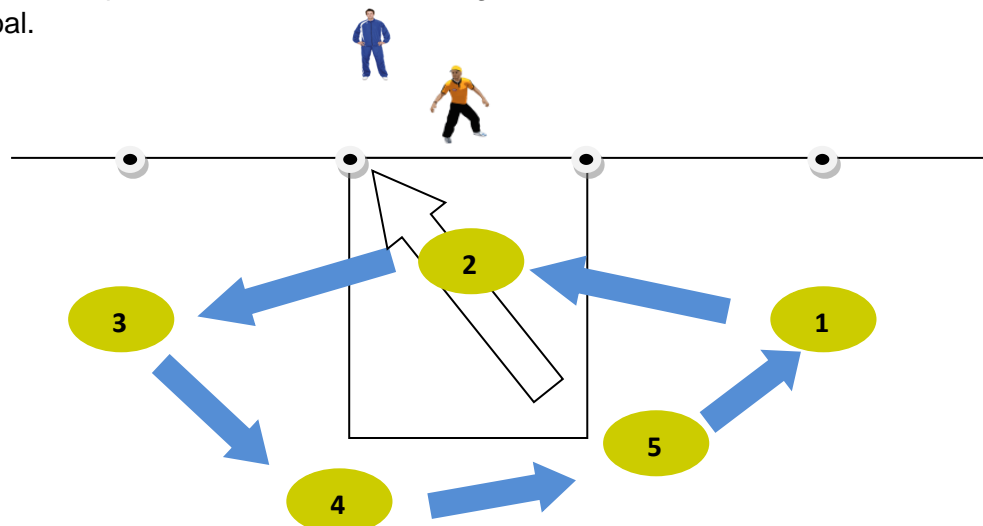
The Goal Umpire runs in an arc shape from “A” to “F” and the Coach kicks a ball towards the scoring area when the Goal Umpire reaches “F”. The Goal Umpire must then strive to get into the correct position – either under the flight of the ball or astride the line. The purpose of this skill drill is to get the goal umpire to move quickly into the correct position whilst experiencing a state of fatigue.



Skill Drill 8

Adjusting position

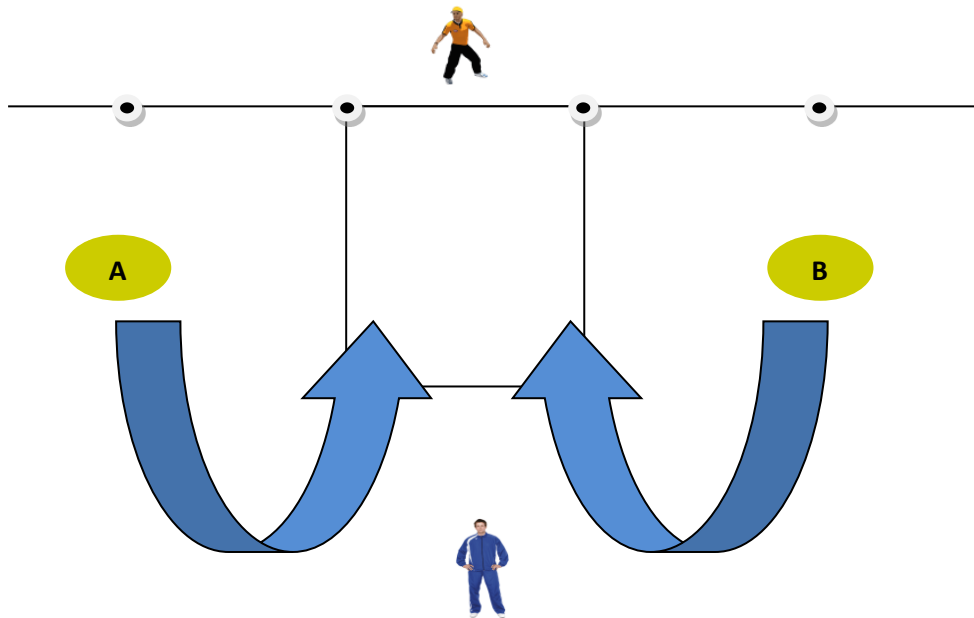
Player 1 passes the ball to player 2 and follows the ball to cone 2. Player 2 passes to ball to player 3 and so on. When player 5 gets the ball, he kicks for goal and player 2 (ex player 1) defends the goals. Encourage the players to kick using different heights. The purpose of this skill drill is for the Goal Umpire to adjust their position in relation to the position of the ball and then adjust their position – either under the flight or astride the line – in accordance with the kick at goal.



Skill Drill 9

Getting under the flight of the ball

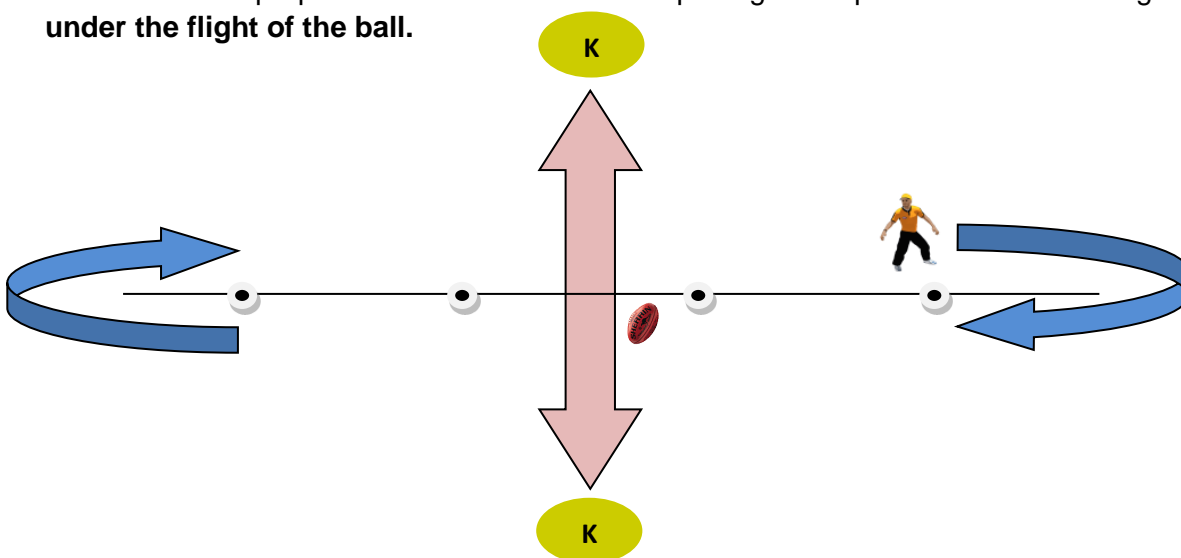
The coach calls either “A” or “B” and they run towards the coach to receive the ball and snap it quickly over their shoulder. The purpose of this skill drill is for the umpires to position themselves **under the flight of the ball** with little preparation time.



Skill Drill 10

Getting under the flight of the ball

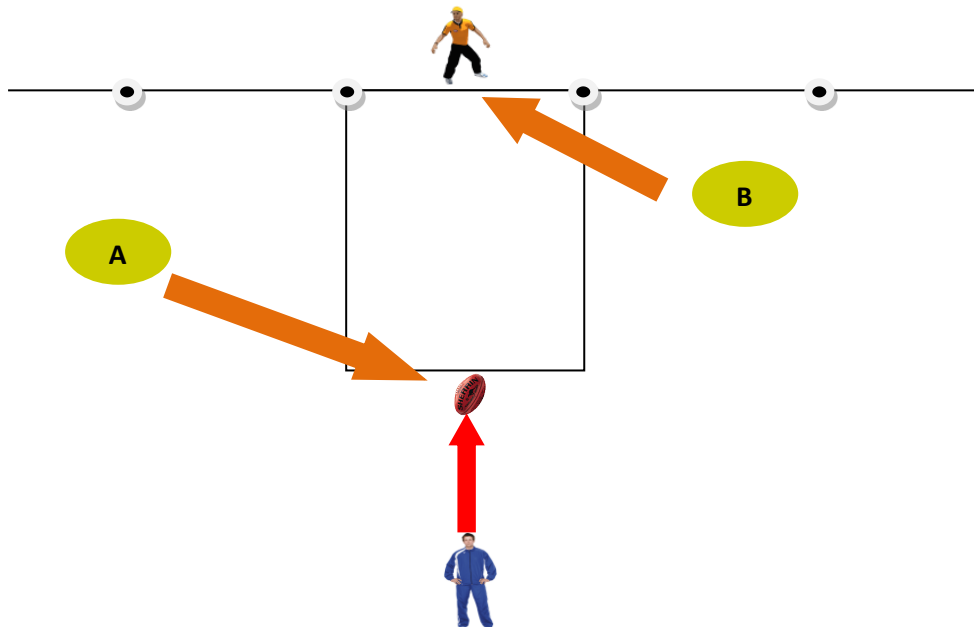
The goal umpire runs around the scoring area while two kickers take shots at goal from either side. The purpose of this skill drill is to keep the goal umpire alert and work to get **under the flight of the ball**.



Skill Drill 11

Straddling the line

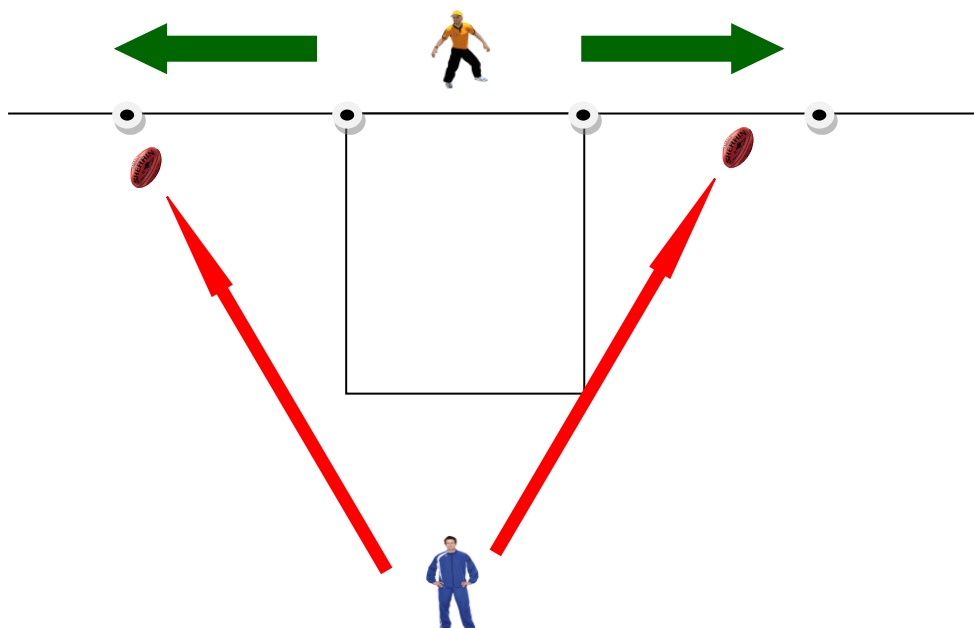
The coach calls out either "A" or "B" and they run out and gather the ball either handballed or rolled by the coach and attempt to kick for goal. The other becomes a defender close to the line. The purpose of this skill drill is for the goal umpire to experience decisions close to the line that would require him to **straddle the line**.



Skill Drill 12

Positioning for off-line kicks

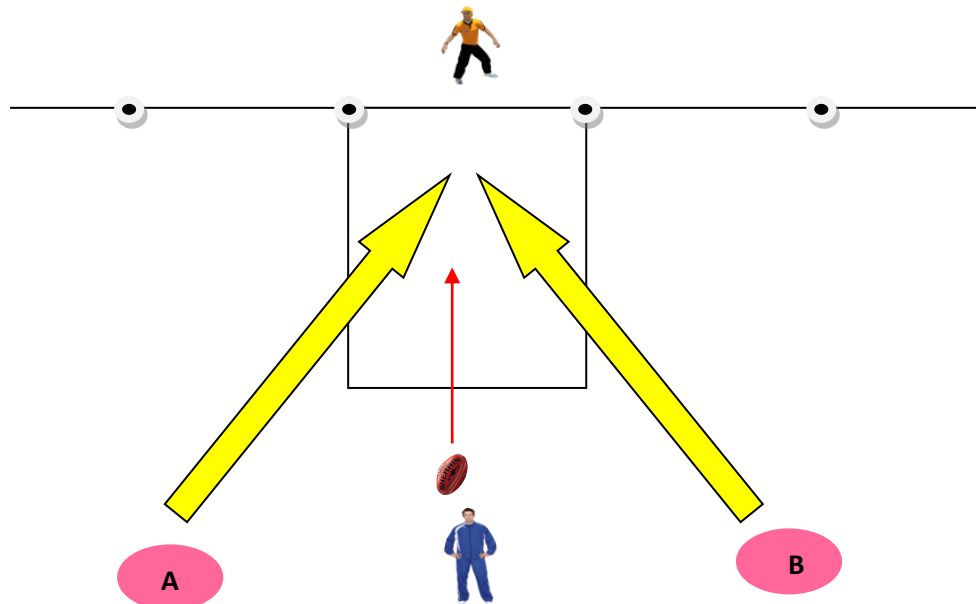
The coach kicks the ball towards either behind post and the goal umpire works hard to get across to see determine the resulting score or if the ball was kicked out of bounds. The purpose of this skill drill is to get the goal umpire to work hard to cover wayward shots towards goal.



Skill Drill 13

Adjusting position

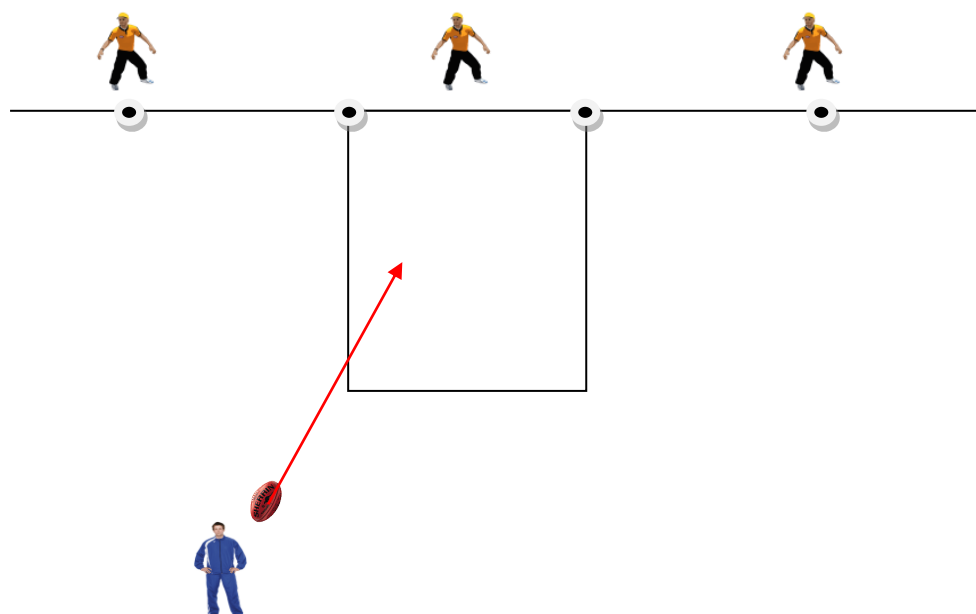
The coach kicks the ball towards goal and calls either “A” or “B” who must then attempt to contest the ball before it crosses the line. The goal umpire must take up the appropriate position to correctly judge the score. The purpose of this skill drill is for the goal umpire to adjust their position to correctly judge the score.



Skill Drill 14

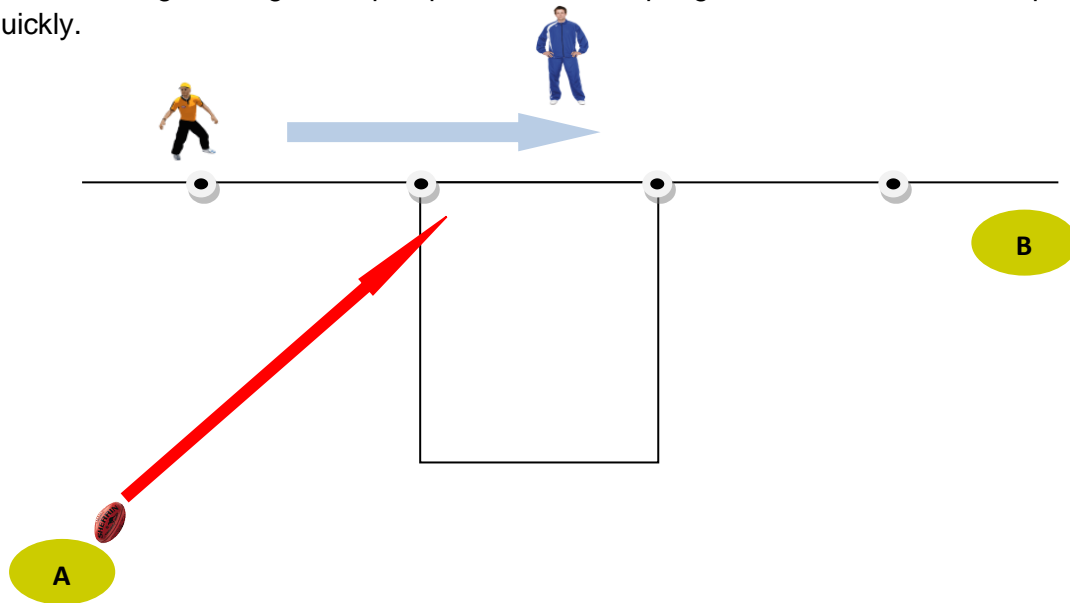
Communication

GU2 and GU3 act as boundary umpires. The coach kicks the ball towards the scoring lines and the three umpires communicate – and after an “all-clear” from GU4, the GU1 signals the score and waves the flags – or the GU2 or GU3 signal if appropriate. The purpose of this skill drill it to get the goal umpire to communicate with other umpires to ensure that the correct decision is made and the correct score (if any) is given.



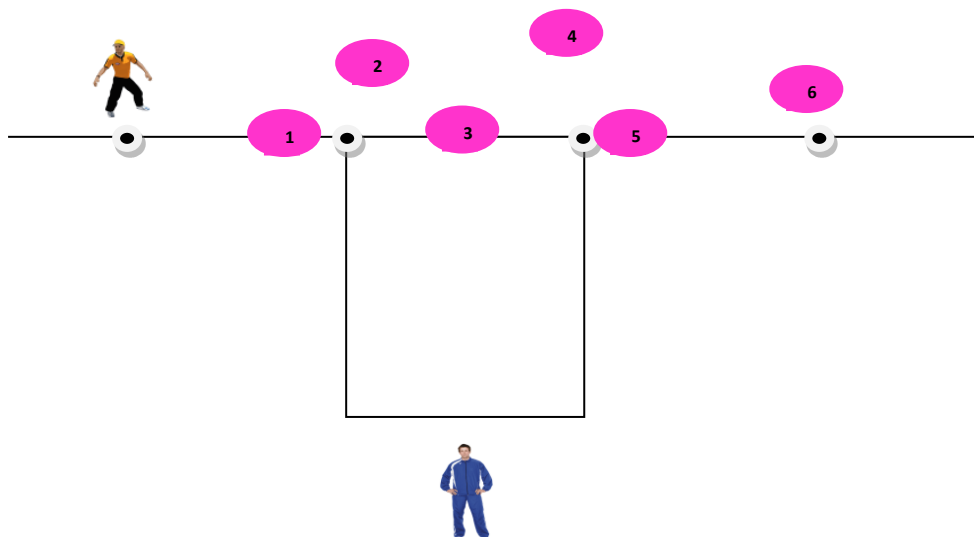
Skill Drill 15 **Positioning**

At the whistle “A” runs and kicks the football while “B” tries to get to the goal line. The goal umpire runs across from the behind post to get into the correct position. The purpose of this skill drill is to give the goal umpire practice at attempting to move into the correct position quickly.



Skill Drill 16 **Signalling**

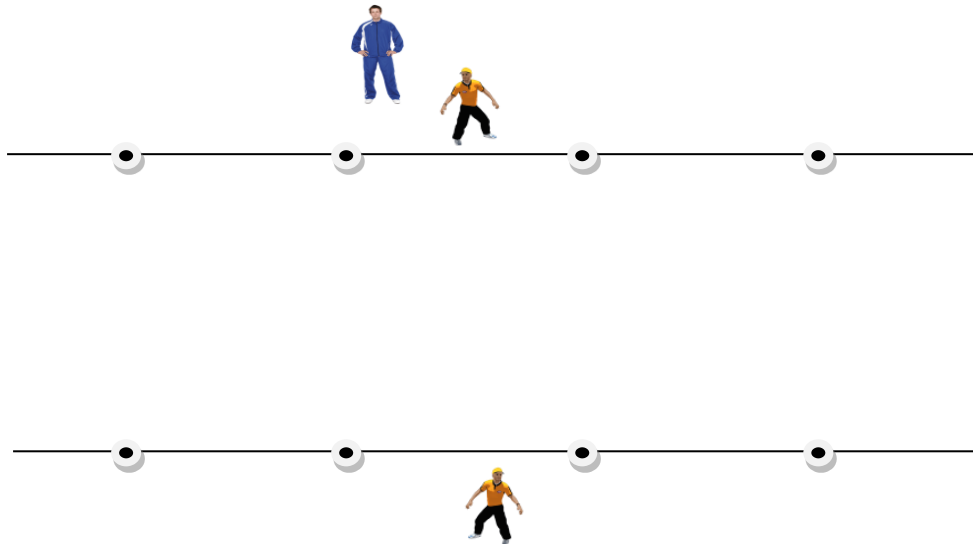
Start at “A”. Straddle the line at “1” and then tap and signal a behind. Run to “2” and look up at the post and then go to “3” and signal a goal. Then run to “4” and look up at the post. Tap and move to “5” and signal a behind. Finally, run to “6” and signal out of bounds. The purpose of this skill drill is to develop signals whilst in a game sense situation.



Skill Drill 17

The signalling process

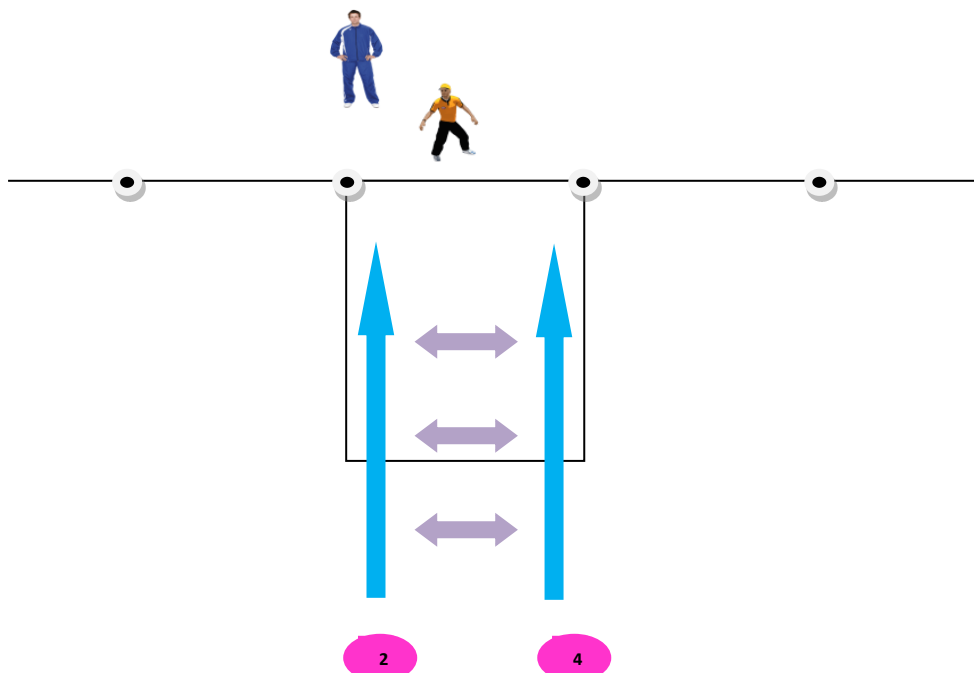
Arrange two sets of goal posts set up a few metres apart. One goal umpire starts 2 metres off the line and takes up any position for a score. They then go to the line and signal an appropriate score. They then wave the score while their partner mirrors and waves the same. The purpose of this exercise is to develop the skills of signalling and flag waving.



Skill Drill 18

Straddling the line (on the correct side)

Two players start about 20 metres from goal. They run towards the scoring lines passing the ball back and forth. One of them has a shot at goal and the goal umpire takes up appropriate position. The goal umpire signals and waves the score as appropriate. The purpose of this skill drill is to develop all basic skills in a game sense activity.

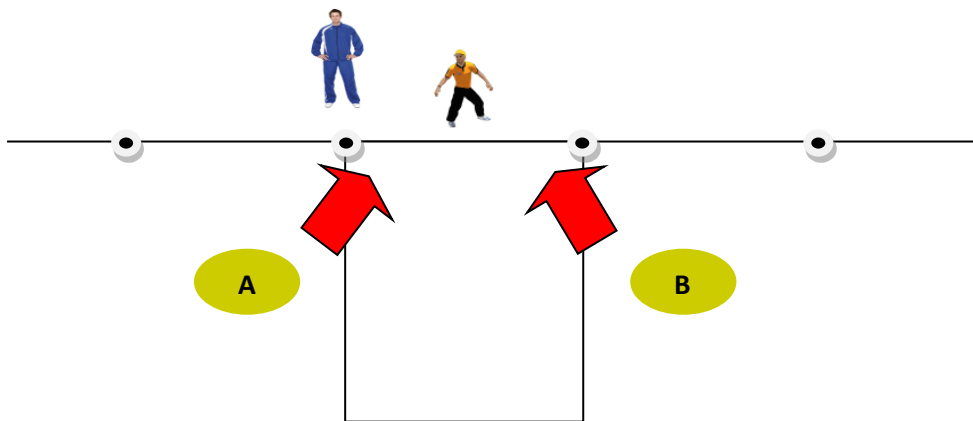


Skill Drill 19

Getting to the line

The football sits less than one metre from the goal line. The goal umpire starts directly behind the ball at least 2 metres behind the goal line. "A" and "B" start either side of the goal square about 5 metres from the scoring lines. "A" or "B" is called and they run in and attempt to kick the ball off the ground for a goal. The other – not called – becomes a defender and runs in to attempt to prevent any score.

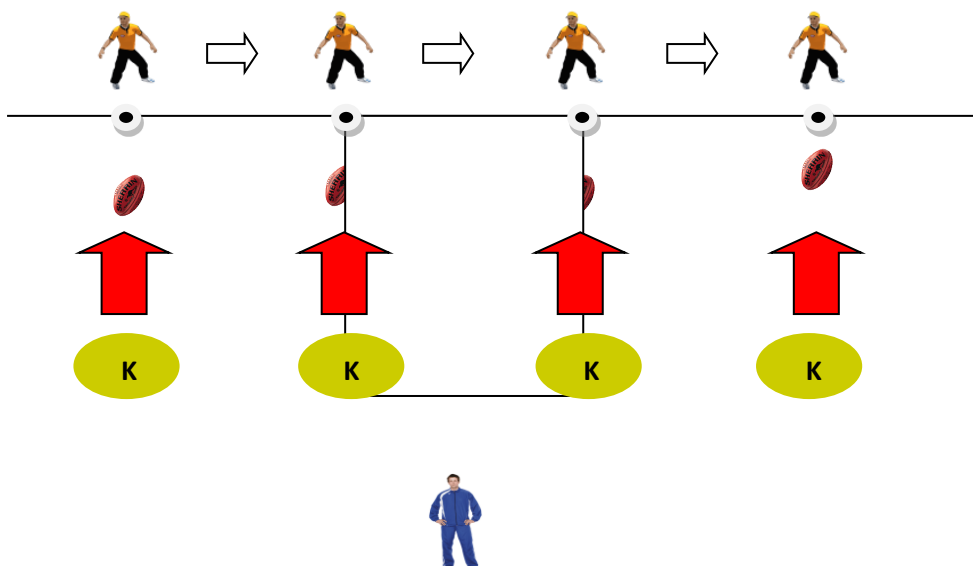
The goal umpire takes up his position on the line or otherwise as appropriate. The purpose of this exercise is to develop the goal umpires' ability to read the play as well as the positioning skill of **getting to the line** and keeping out of the way of the ball and the players.



Skill Drill 20

Decision making when under the flight of the ball

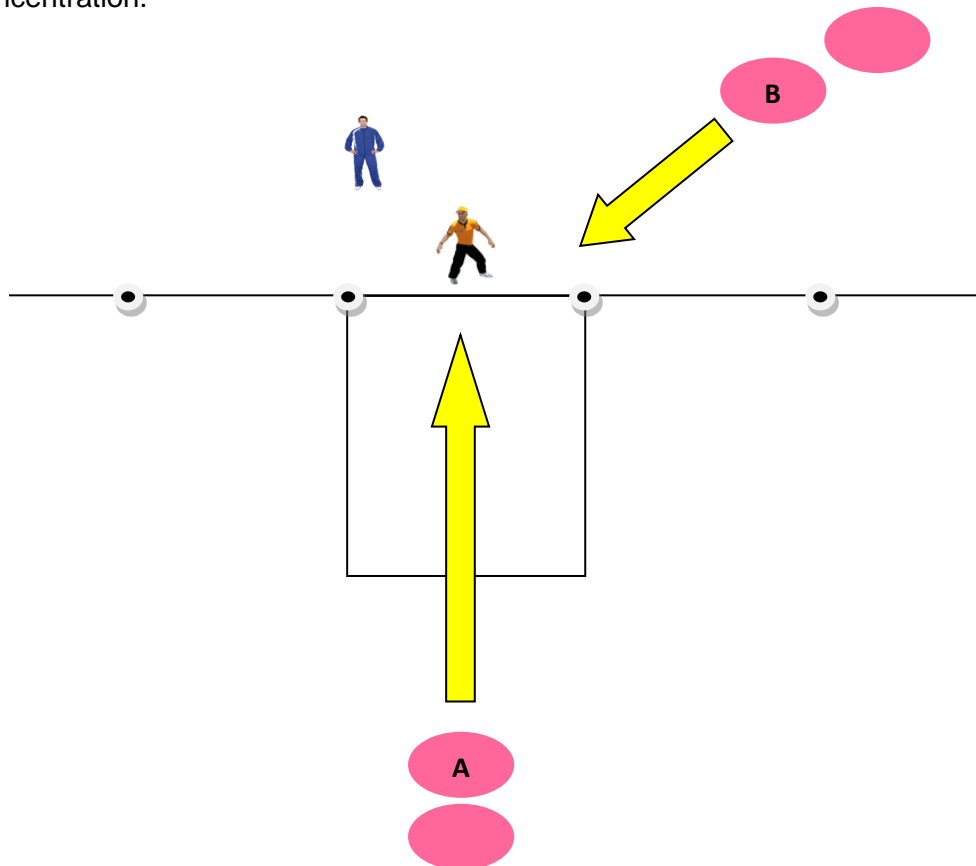
The goal umpire starts behind the right hand post. Someone kicks, handballs or throws the ball at, over or near the post and the goal umpire takes up the appropriate position. They then give the correct signal/s and move to the next post. The purpose of this exercise is to develop the skill of being **under the flight of the ball** when the ball is close to a post.



Skill Drill 21

Basic positioning / signalling / flag-waving

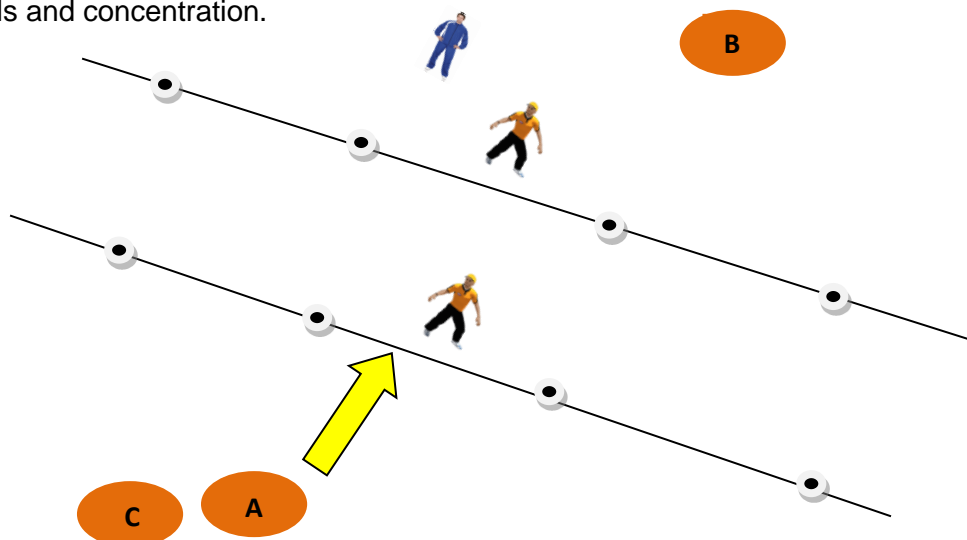
“A” kicks a ball through the scoring area and the goal umpires positions themselves, signals and waves accordingly. “A” then becomes the new goal umpire while the first goal umpire joins the back of the “A” line. “B” then kicks the ball through the scoring area and the new goal umpire reacts accordingly. “B” becomes the new goal umpire and the previous goal umpire joins the back of the “B” line. The purpose of this exercise is to **develop basic positioning, signalling and flag-waving skills** as well as maintaining a high level of concentration.



Skill Drill 22

Concentration

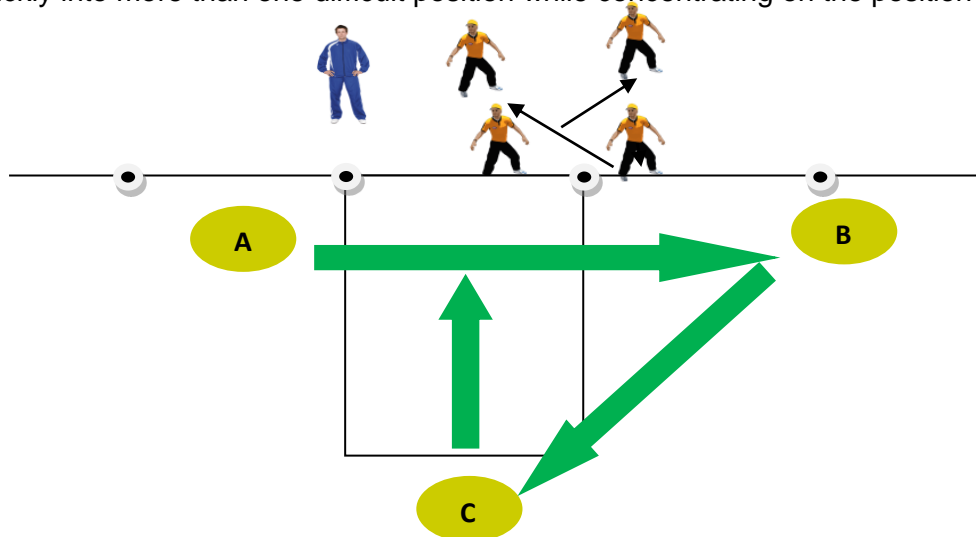
“A” kicks to “B” through two sets of goal posts. Both goal umpires react accordingly in terms of positioning, signalling and flag-waving. “B” returns the ball to group “A” and “A” becomes the first goal umpire, the first goal umpire becomes the second goal umpire and the second goal umpire becomes “B”. The purpose of this exercise is to develop basic goal umpiring skills and concentration.



Skill Drill 23

Adjusting position

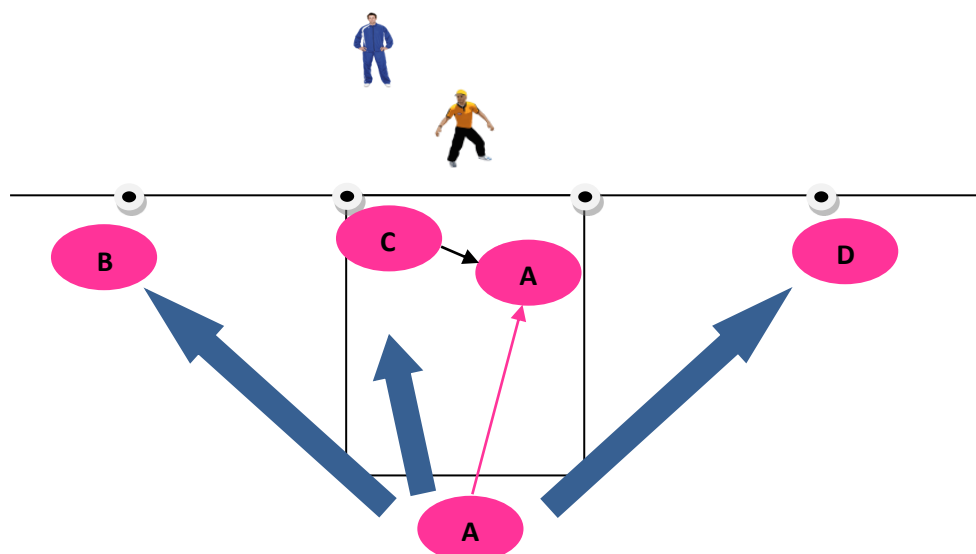
The goal umpire starts close to the line at the opposite post to the ball carrier "A". "A" then passes to "B" while the goal umpire gets in line with the post as the ball comes nearer. The goal umpire then takes up position on the line in the behind area as "B" takes possession. "B" passes to "C" who has a kick for goal. The goal umpire adjusts accordingly and signals and waves as appropriate. The purpose of this exercise is to help the goal umpire to adjust quickly into more than one difficult position while concentrating on the position of the ball.



Skill Drill 24

Adjusting position

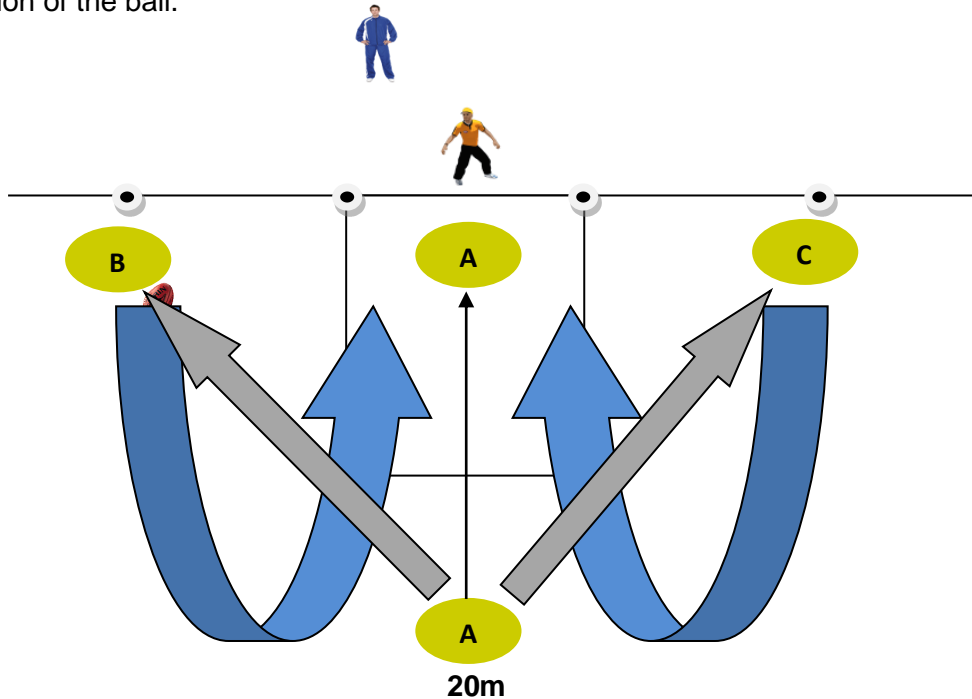
"A" passes to either "B", "C" or "D" then moves quickly towards the goal line. The goal umpire moves quickly to a position to best see if the ball crosses the scoring lines. "B", "C" or "D" passes the ball back to "A" who kicks the ball across for a score. The goal umpire readjusts his position. "A" then becomes the goal umpire. The purpose of this exercise is to get the goal umpire to adjust his position quickly and, then, readjust as required while concentrating on the position of the ball.



Skill Drill 25

Adjusting position

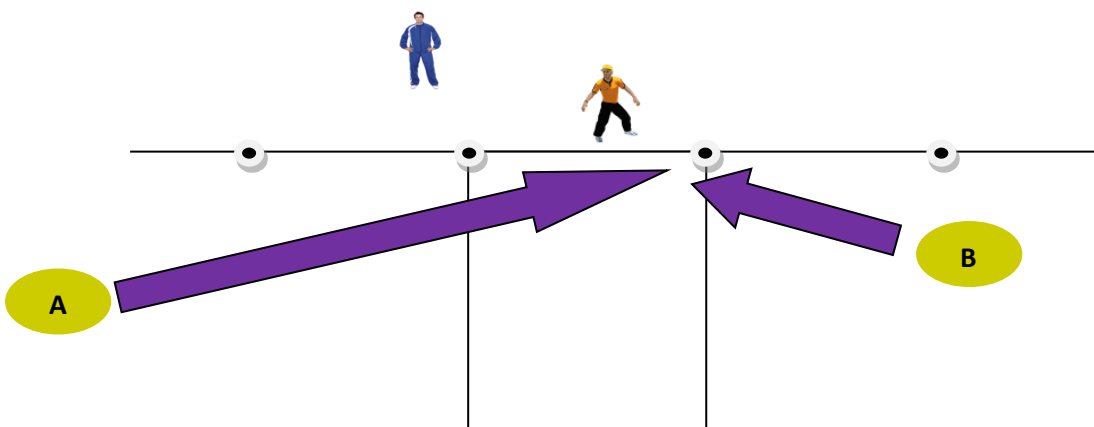
“A” kicks to “B” or “C” who take a snap shot for goal. “A” runs into defend the goal. The goal umpire adjusts his position for the original kick and readjusts for the shot at goal. The purpose of this exercise is to get the goal umpire to adjust position and concentrate on the location of the ball.



Skill Drill 26

Positioning for angled shots at goal

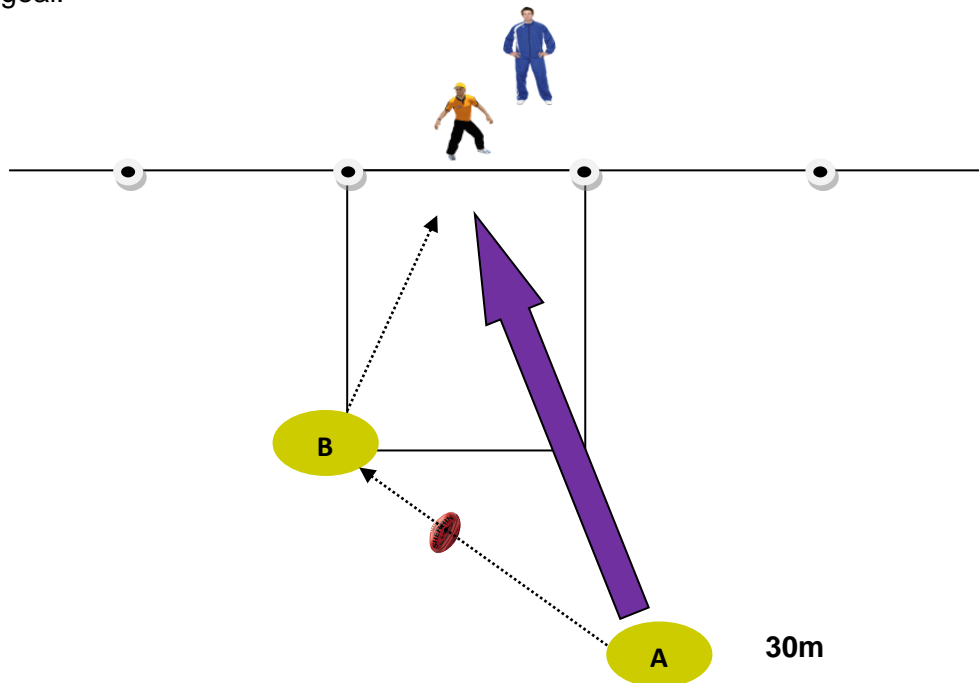
“A” kicks, throws or handballs the ball towards the opposite goal post. “B” runs in and tries to contest the ball before it hits the post or crosses the line. The goal umpires adjusts their position accordingly. The purpose of this skill drill is to get the goal umpire to adjust his position quickly for an angled shot towards goal.



Skill Drill 27

Adjusting position

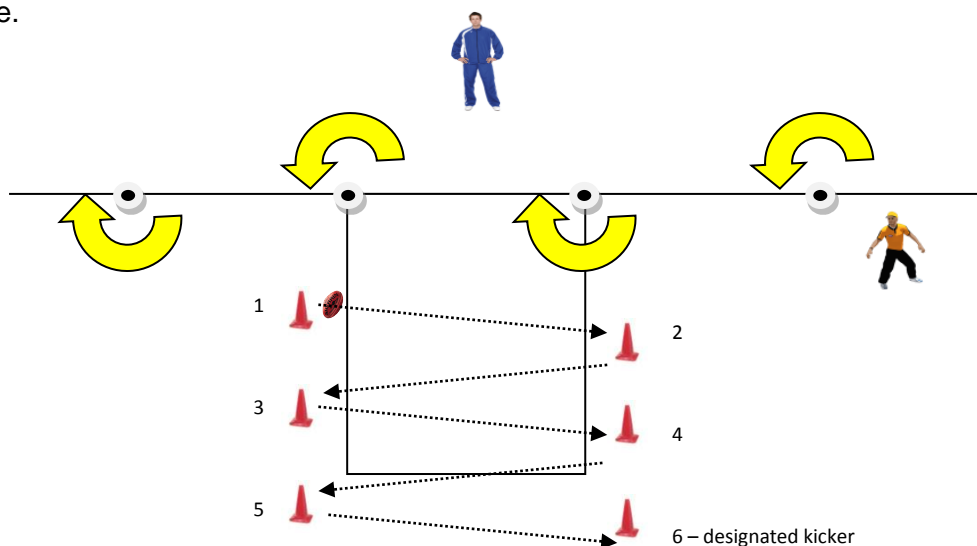
“A” passes the football to “B” and then runs towards goal. “B” then kicks towards goal as “A” tries to contest the ball. The goal umpire reacts and positions himself accordingly. The purpose of this skill drill is to get the goal umpire to react and quickly adjust from directly in front of goal.



Skill Drill 28

Getting under the flight of the ball

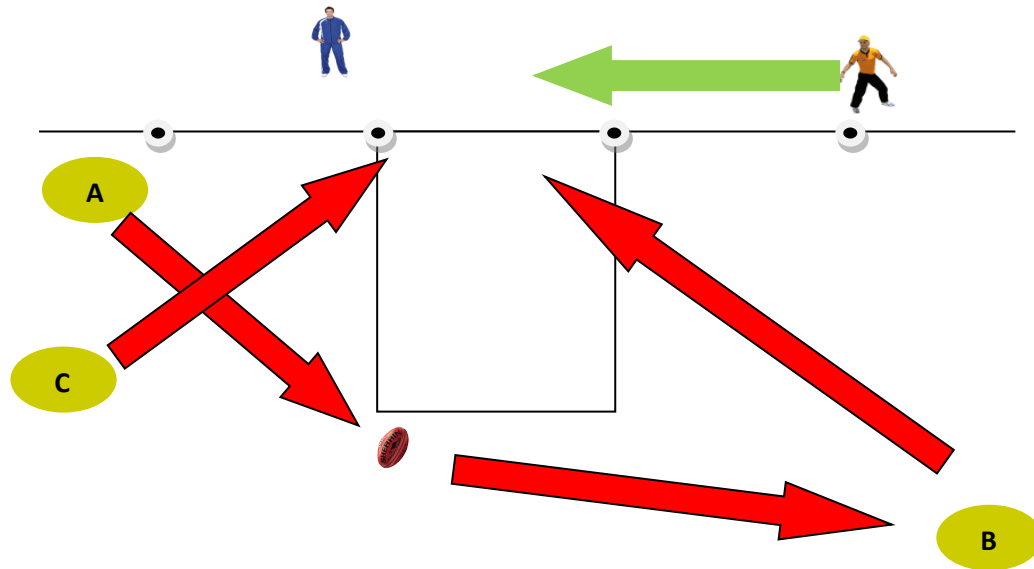
The goal umpire starts at the point post and zig-zags his way through the scoring area. When the goal umpire gets to the far point post, those on the red cones pass the ball to each other with the last player close to the top of the goal square having a snap shot at goal. The goal umpire then runs to get under the flight of the ball. The purpose of this skill drill is to get **under the flight of the ball** when under physical pressure and experiencing a state of fatigue.



Skill Drill 29

Preparing for the kick towards goal

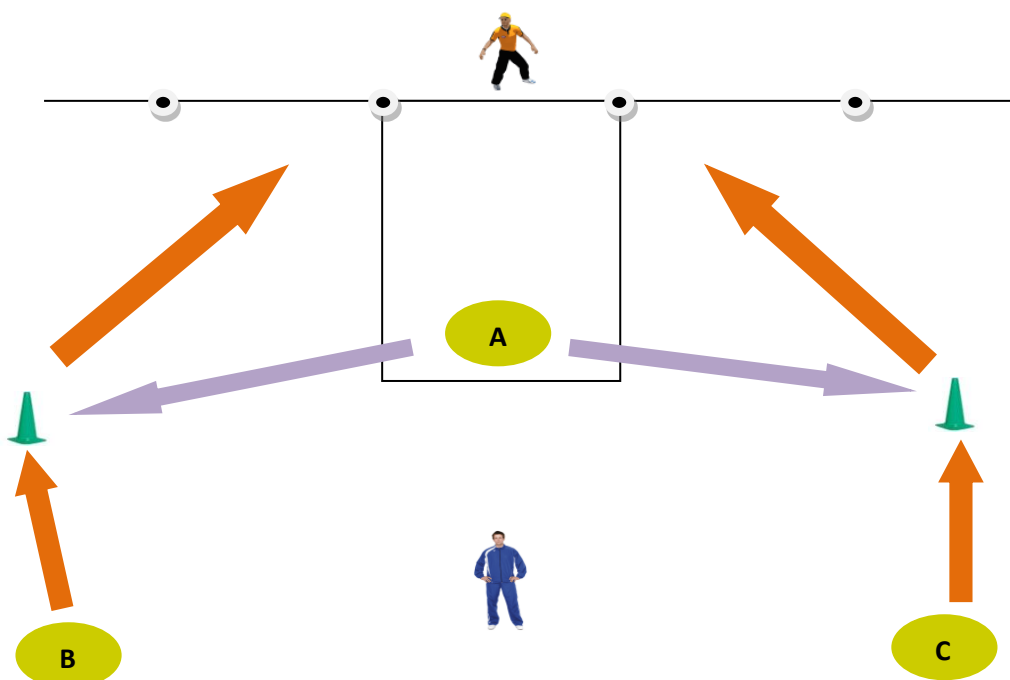
On the whistle, "A" runs to pick up the football. As "A" approaches "B", "B" runs past and receives the handball from "A" and kicks towards goal. "C" runs towards the scoring lines and attempts to touch the ball. The goal umpire starts alongside the behind post and runs into the scoring area after the ball has been picked up by "A". The purpose of this skill drill is to get the goal umpire to move quickly into position preparing for the kick for goal.



Skill Drill 30

Adjusting position after a kick out from a behind

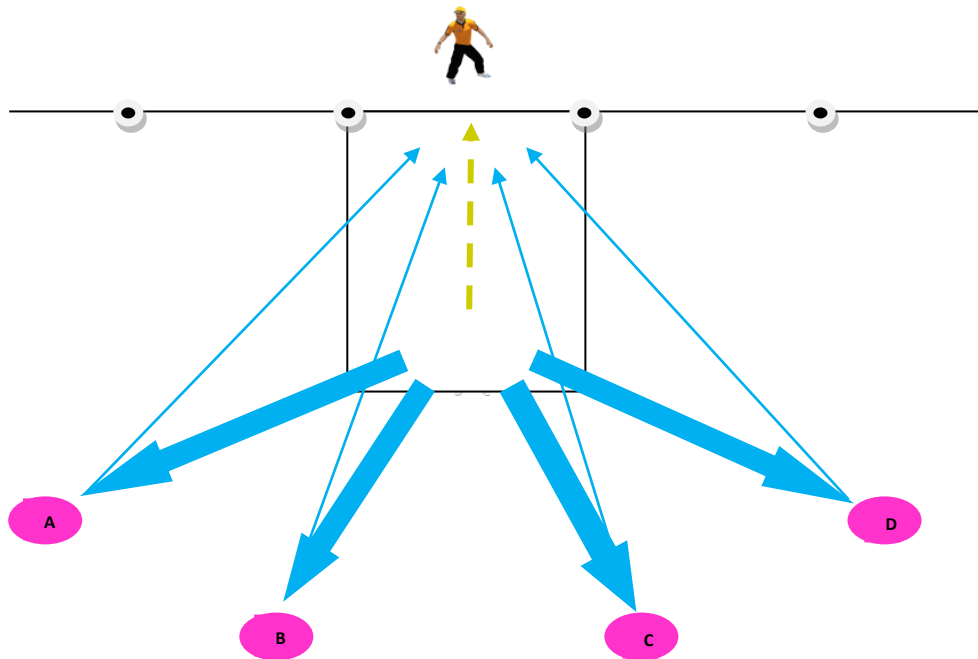
"A" kicks to "B" or "C" who are both running towards cones 25 metres from goal on a 45° angle. On marking the ball, the player then snaps the ball towards the scoring area. The goal umpire reacts accordingly. The aim of this skill drill is to get the goal umpire to adjust quickly after a kick out from a behind.



Skill Drill 31

Maintaining alertness

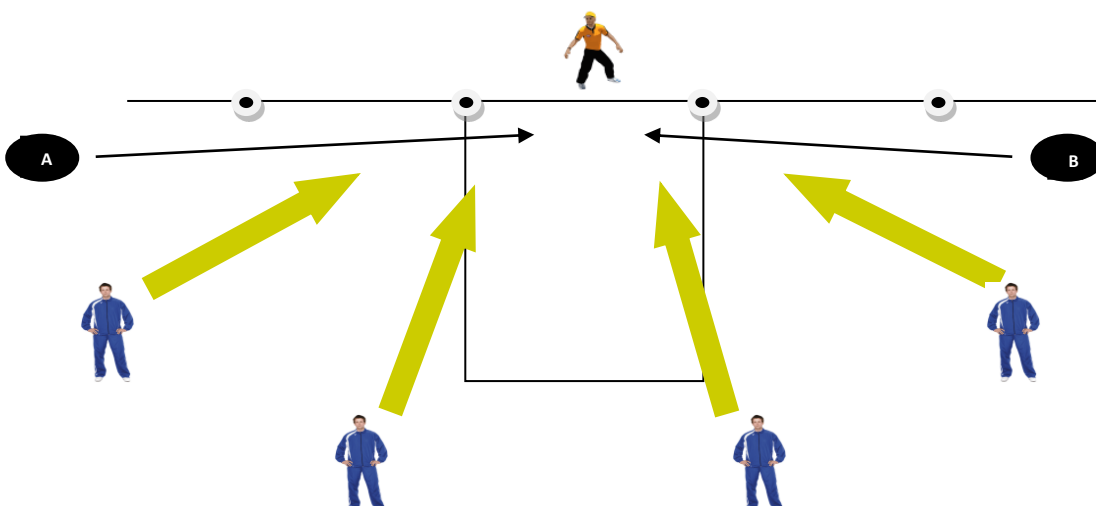
The goal umpire signals a behind and the coach kicks to either “A”, “B”, “C” or “D”. They receive the football and return kick towards the scoring area – whilst the coach runs backwards aiming to touch the ball – where possible. The purpose of this skill drill is to keep the goal umpires alert and ready to quickly adjust their position immediately after a kick out from a behind.



Skill Drill 32

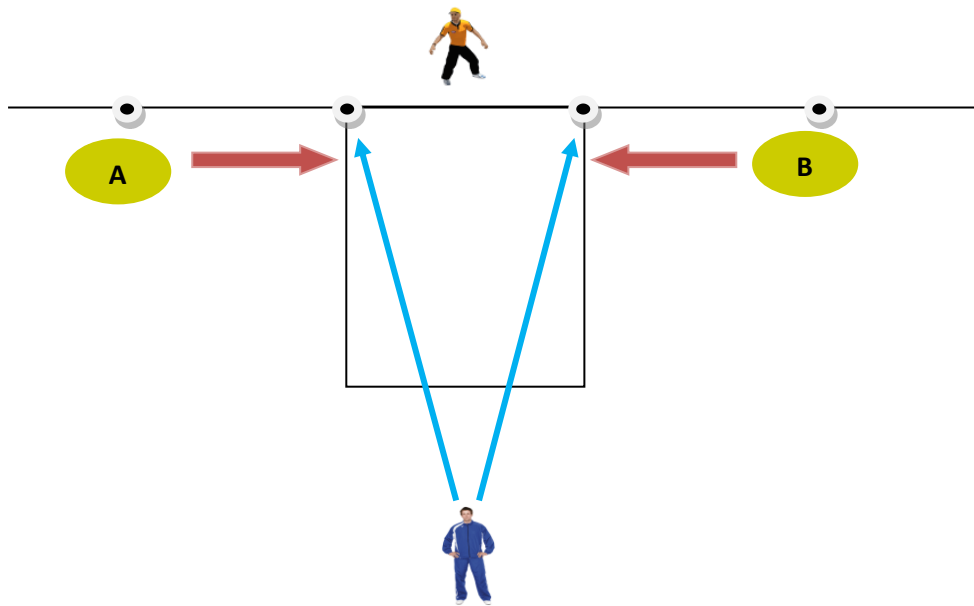
Adjusting position

The coach, from anywhere in a 25 metre arc, kicks the football towards the scoring area and both “A” and “B” run into contest the mark. One is the defender with the other the forward. If the forward gains possession, he has a shot towards goal while the other player attempts to defend it. The purpose of this skill drill is for the goal umpire to continually adjust his position behind the goal line – coming to the line where necessary and adjust again accordingly for the shot at goal.



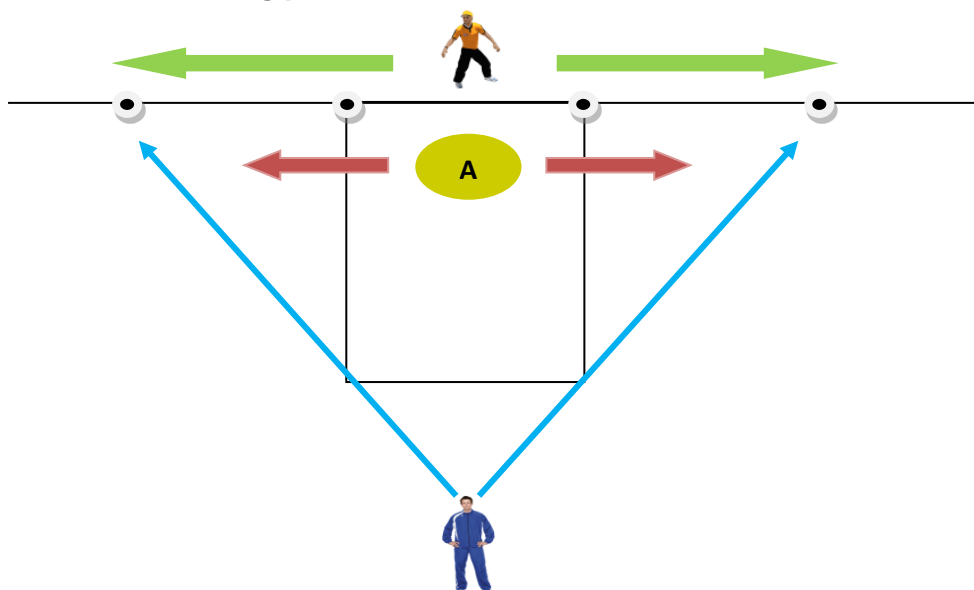
Skill Drill 33 **Positioning**

The coach kicks, throws or handballs the ball high towards the goal post. "A" or "B" – whoever is called – makes an attempt to touch the ball prior to it crossing the scoring line. The goal umpire takes up the appropriate position **astride the line** and gets the score, if any, correct. The purpose of this skill drill is to get the goal umpire to judge whether he needs to be **under the flight of the ball** or **astride the line**.



Skill Drill 34 **Positioning**

The coach kicks towards either behind post and "A" runs to contest the ball. The goal umpire moves into a position to correctly adjudicate a score or otherwise. The purpose of this skill drill is to get the goal umpire to judge whether he needs to be **under the flight of the ball** or in a **side on, straddling position**.



Skill Drill 35

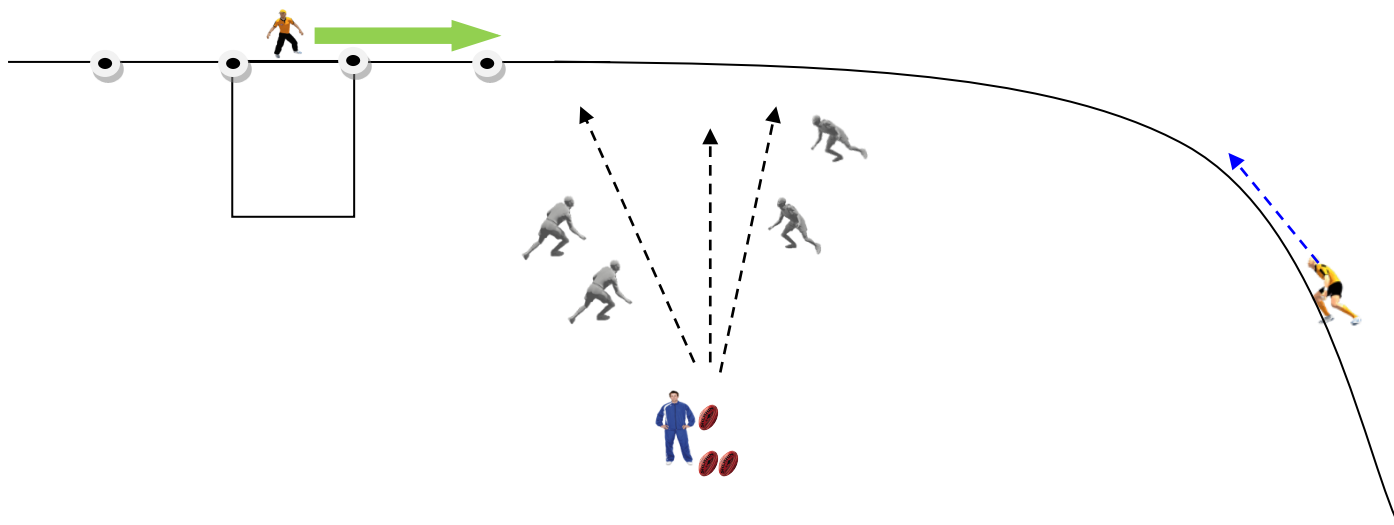
Assist or not

The drill commences with the boundary umpire running towards the behind post from about 40m. The kicker waits until the boundary umpire is moving then kicks the ball towards the forward pocket. Players in the area may choose to contest the ball – or otherwise.

The kicker may elect to kick the ball near to the behind post, the players or further away from the behind post. The skill being practised is the goal umpire deciding whether to run to the behind post to assist the boundary umpire or not.

Points to remember:

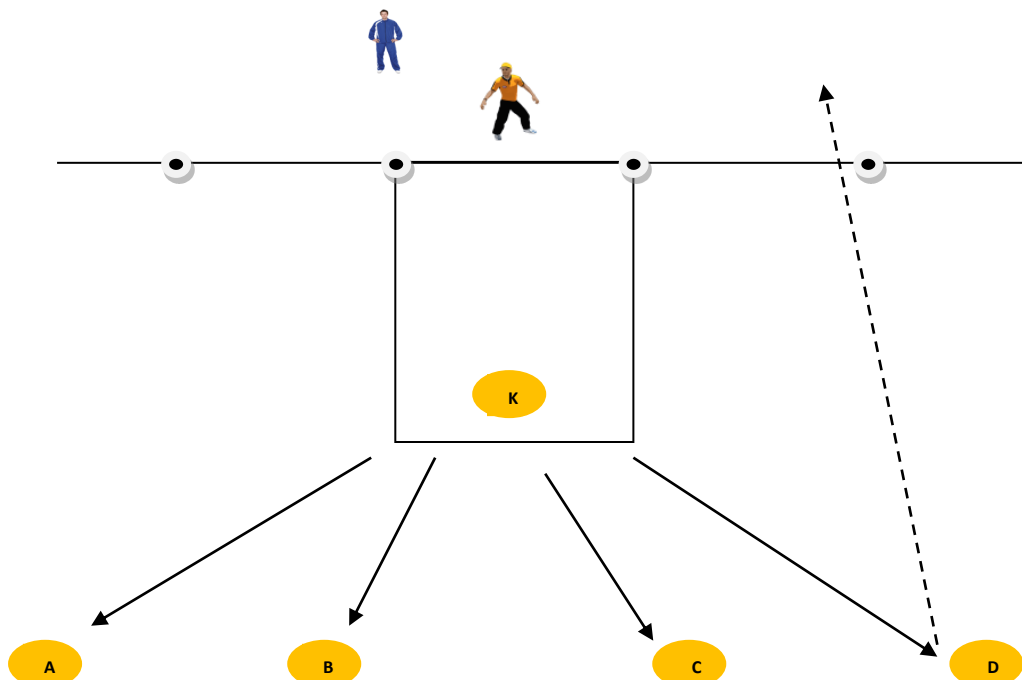
- 10 – 15m away from the behind post is the recommended limit to provide a boundary assist
- One can make position, know the decision and choose not to assist
- In most cases, if the boundary umpire is closer, do not assist
- Do not put the scoring line at risk



Skill Drill 36

Turnover after quick kick-ins

Use a kicker to kick the ball out after a behind as the goal umpire waves a flag. The ball can be kicked to either of four players – all of whom are on different angles. On receiving the pass from the designated kicker in the goal square, the player immediately kicks the ball back through the scoring area – as the goal umpire reacts appropriately.



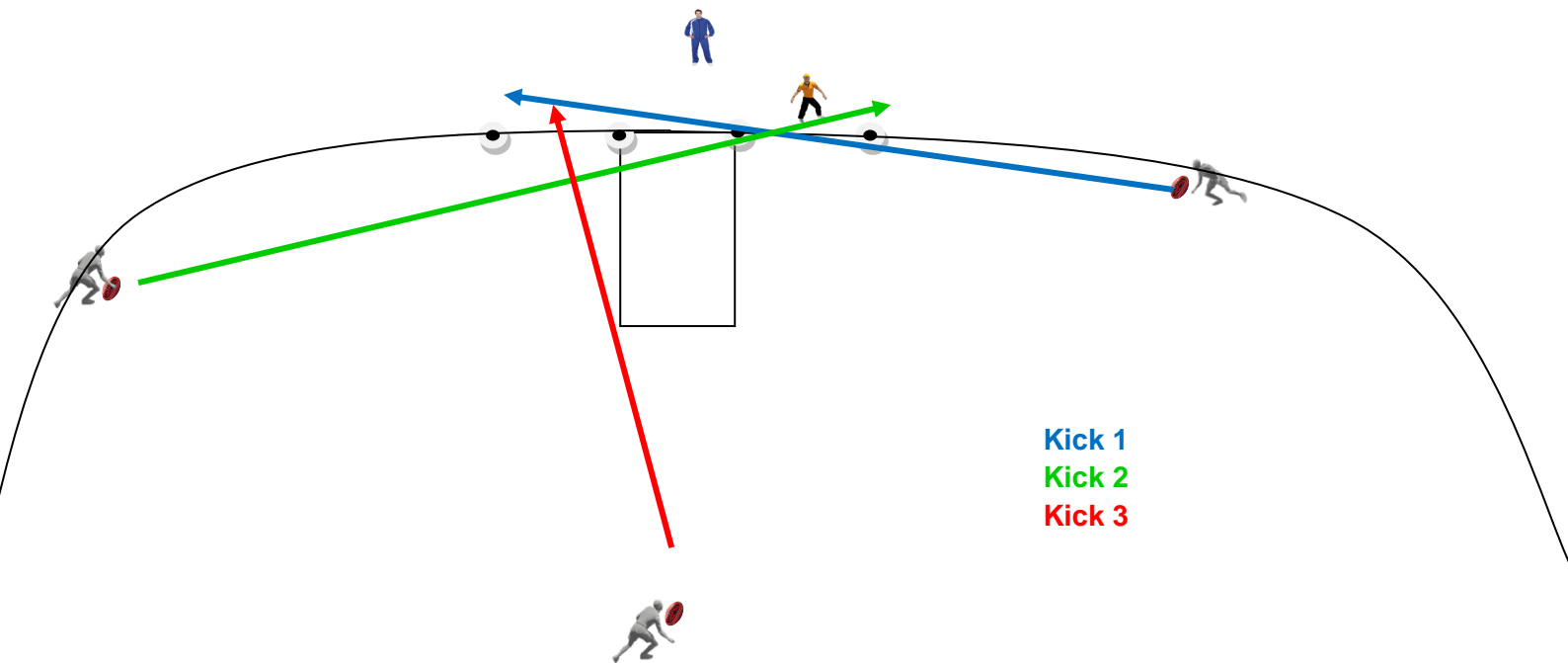
Skill Drill 37

Recovery position

The goal umpire begins in the behind area ready to cover the boundary line. The player keeps the ball 'in play' and snaps for goal from the boundary line. The goal umpire adjusts his / her position to cover for the snapped kick at goal.

Repeat from the other side and then have a 3rd kicker take a set shot at goal from in front of the scoring area.

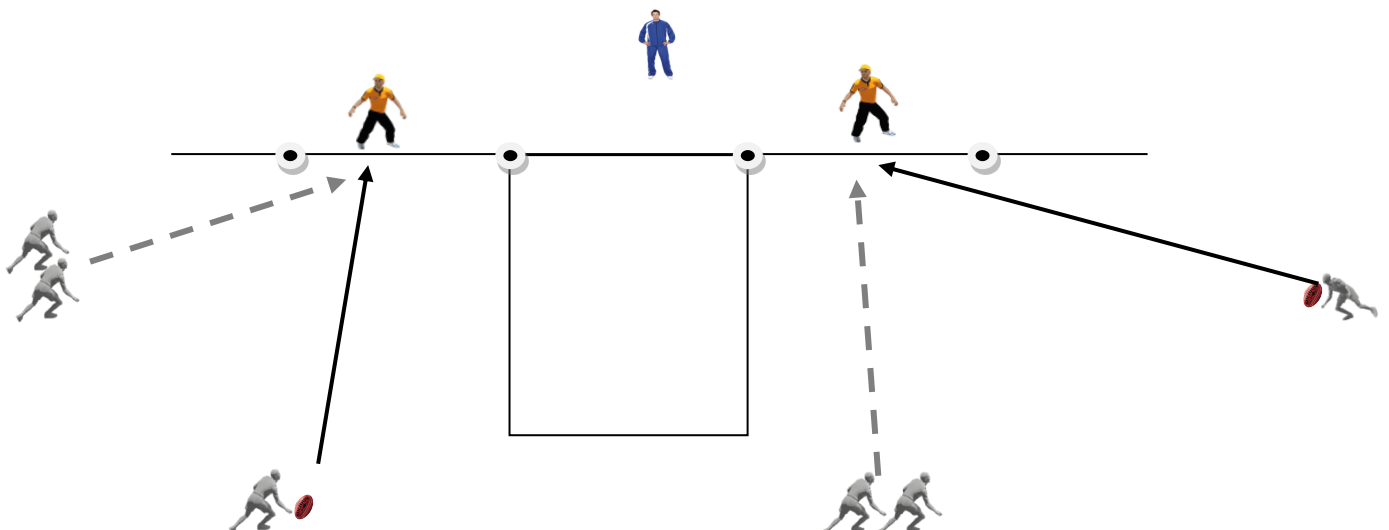
While it is important to assist the boundary umpires when we can, we should not put our job at risk by over-committing. Where possible, use depth to get the angle on the boundary line to assist. Always keep your eyes on the ball and if a scoring or out on the full decision is made when moving, come to a stop, regain your balance and composure before signalling.



Skill Drill 38

Defender running in on an angle

Have the nominated kicker dribble kick the ball to the line, whilst the defender attempts to chase the ball down from the opposite angle. Skills to be practised are peripheral vision and the ability to choose the appropriate side with the straddle or to stay behind the line – where appropriate.

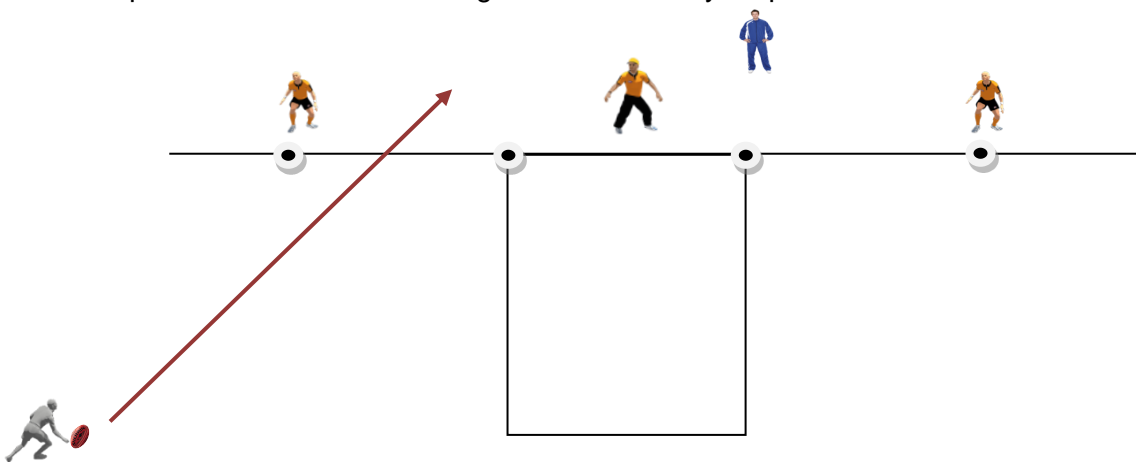


Skill Drill 39

Communication between goal and boundary umpires

With designated kickers taking set shots on goal, the boundary umpires run onto the behind post and call to the goal umpire – who respond accordingly. The appropriate signal is given by the umpiring team. The purpose of this drill is to get the boundary and goal umpires to improve in the following areas:

- Boundary umpires to use voice when arriving and leaving point post, especially when coming in behind goal umpire on angled shot.
- On angled shots, getting the goal umpire to call to the boundary in front of them before they reach the post as boundaries may be coming in backwards.
- Get use to using names when calling where possible.
- Get goal umpires to encourage boundary umpires on efforts.
- Improve assistance between goal and boundary umpires.

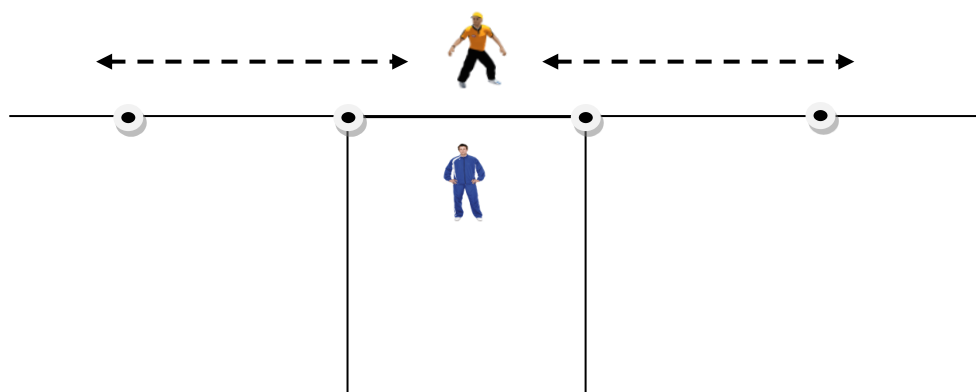


Skill Drill 40

Signals and concentration

The coach stands in front of the goal umpire and randomly selects a prepared prompt card from behind his / her back and shows the goal umpire.

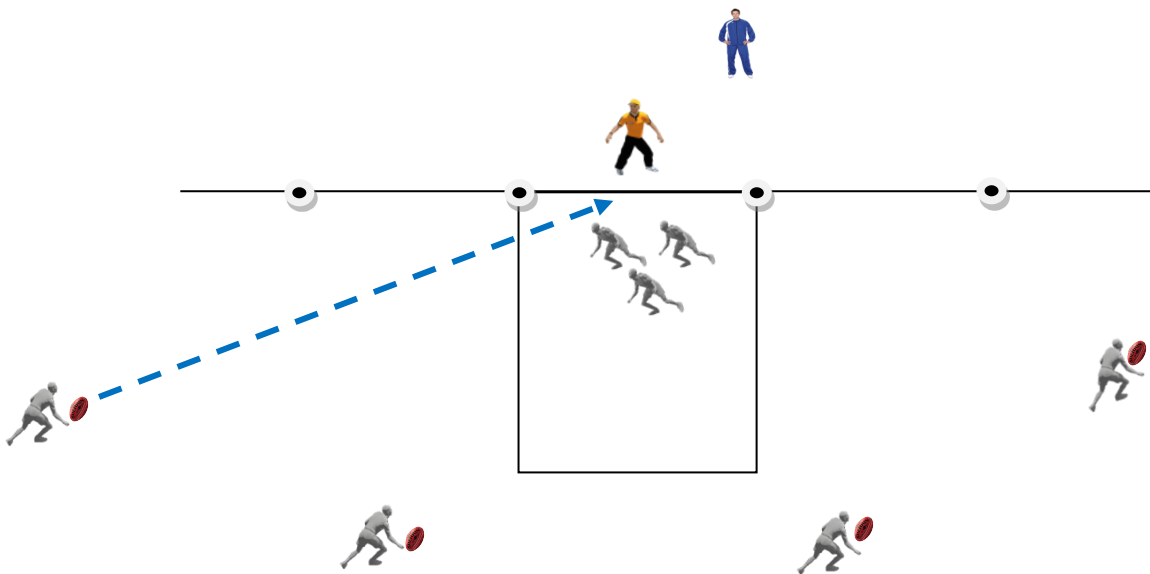
In this exercise the goal umpire will see the indication required on the randomly chosen prompt card and needs to perform that indication immediately - without any delay. The concentration aspect comes in where the goal umpire is required to run out to or past the behind post or into the behind area to perform the indication. The direction of the umpire is to go is dictated by which hand is holding the cue card. This exercise is to get the goal umpire to learn each signal without the aid of a visual trigger of the ball crossing a scoring line or boundary line.



Skill Drill 41

Quick kick entering goal square

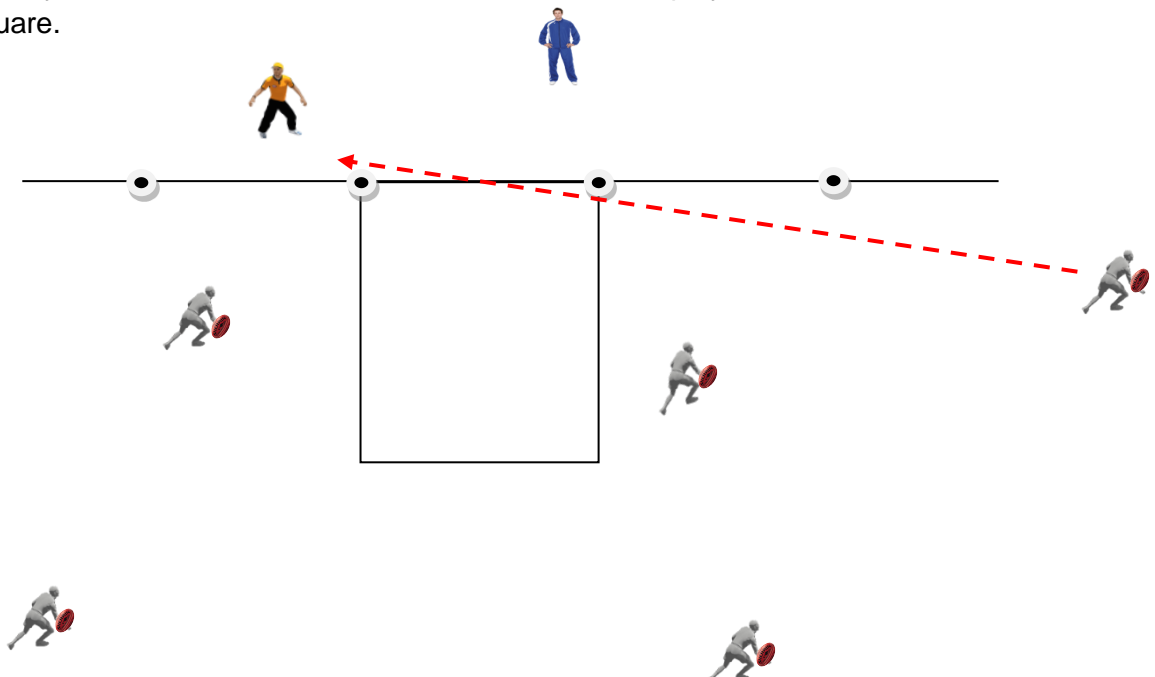
Set up two or three kickers at various points close to the scoring area and have some players close to the scoring line contesting the ball. The goal umpire needs to adjust his / her position from behind the line to the straddle position ensuring he / she does not get in the way of the players contesting the ball. The focus is on the goal umpire moving quickly to the straddle position whilst watching the ball to determine whether it gets touched by the players prior to it crossing the scoring line.



Skill Drill 42

Moving under the flight of the ball

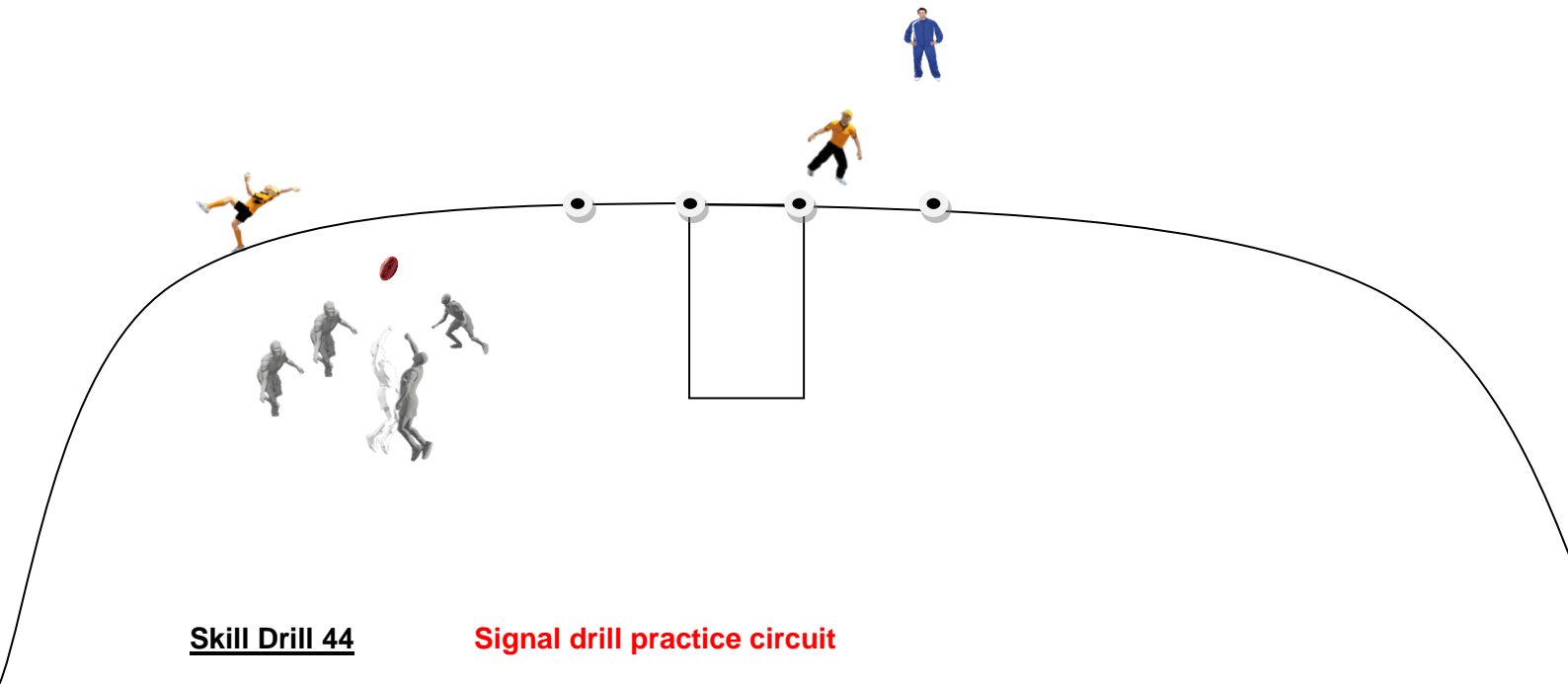
Arrange several kickers in the 50m arc using both long and short kicks that are all likely to score. Randomly ask kickers to take a set shot at goal and have the goal umpire move quickly to position himself / herself in the correct decision-making position whilst following the flight of the ball. Following the signalling of each score, the goal umpire should move to the flag/s and indicate accordingly. Umpire coaches can add variety by asking the kickers to occasionally kick balls out of bounds, dribble kicks and use players to act as defenders in the goal square.



Skill Drill 43

Boundary throw-in near goal area

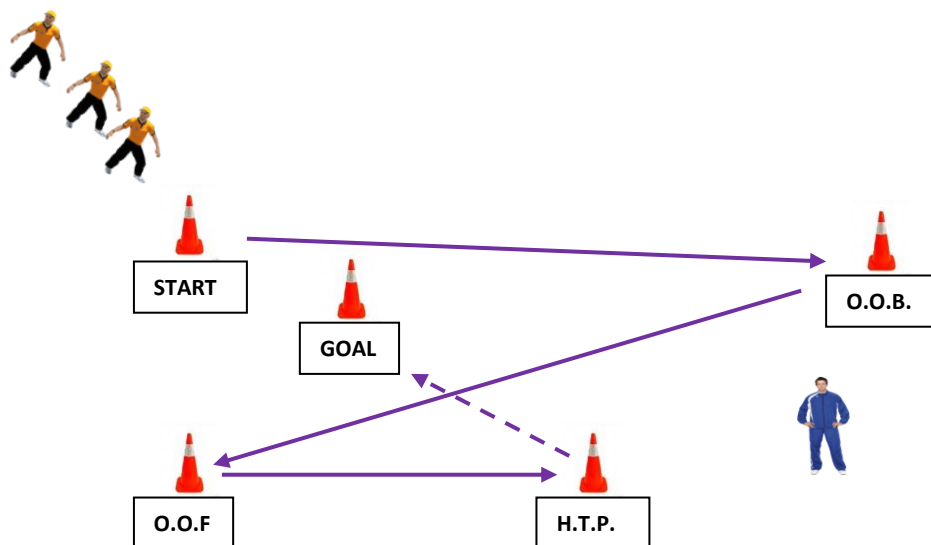
With the involvement of a boundary umpire, arrange for some 'players' to act as players to contest the boundary throw in alongside the behind post. Have the goal umpire assume the correct initial position to observe the throw-in, the ruck contest and the next act of play. Preparation for a quick shot at goal is to be encouraged and he / she should display the readiness to assume either an **under the flight of the ball** position, a **behind the line of the ball** position or a **straddle** position that will be determined by the height of the kick and whether there are any players on the goal line.



Skill Drill 44

Signal drill practice circuit

Arrange cones with either printed prompts or have assistants used to provide verbal prompts that allows the goal umpires to progress from cone to cone signalling according to the prompts. The location of the cones may be varied to add variety and it is expected that the goal umpire will practise signals "on the move" in a clear and crisp manner.



Skill Drill 45

Set kick for goal – positional drill

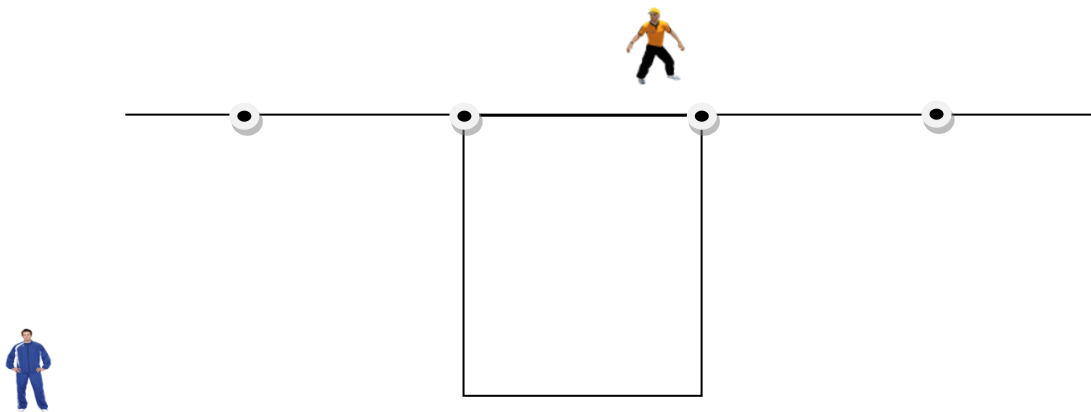
Have the goal umpire position himself in readiness for a kick from a slight angle from the half forward flank that is likely to score.

For this drill it is recommended that the drill be completed without any use of footballs but rather rely on the coach yelling out verbal and providing visual cues.

Coach extends arms out front, yells “kick” and points left or right or straight up to indicate direction of ball. Coach then yells “score” (ie the moment goal umpire must make decision on the move). The goal umpire moves to line position to await “all clear” then proceeds to signal, wave flag etc. The coach should encourage the goal umpire to practise position, coming to attention for the “all clear”, awaiting the all clear, crisp signals, flag wave and tidy put away.

Focus is on off line kicks and moving to get under flight of the ball.

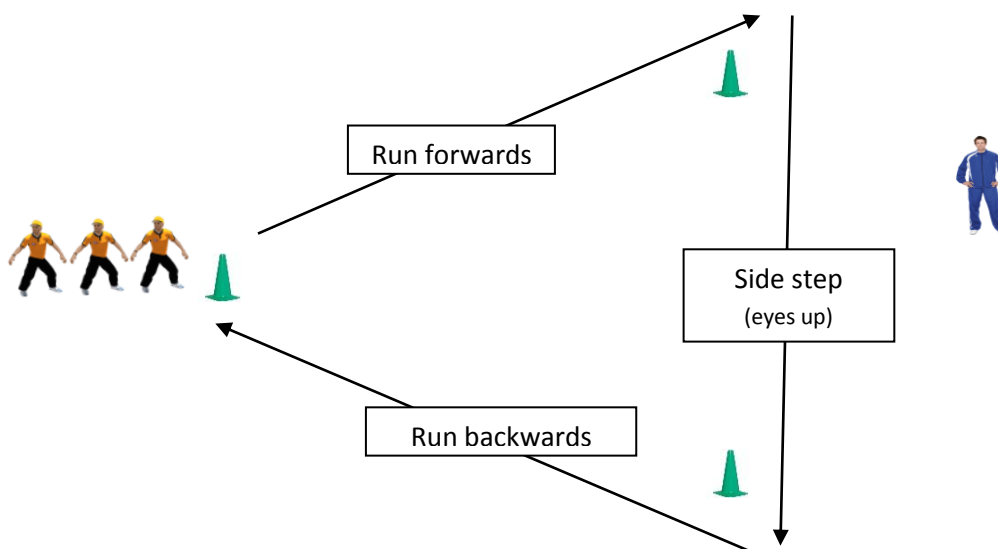
Following some “dry runs”, balls can be introduced to simulate match conditions.



Skill Drill 46

Movement warm up

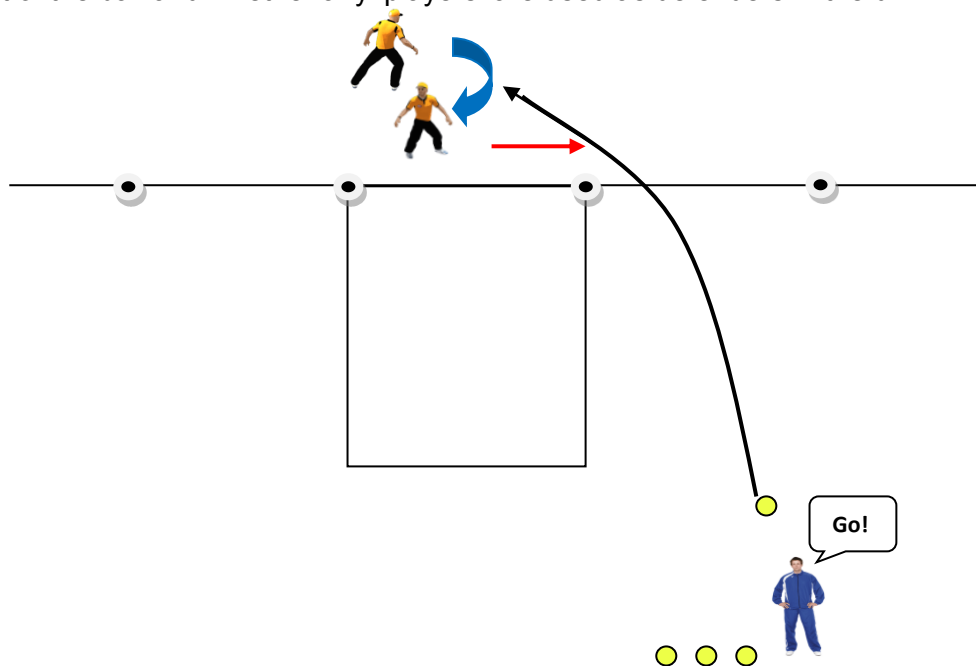
Arrange three cones approximately 10-15m apart in the shape of a triangle. One at a time, the goal umpires run to the first cone, side step to the second cone (whilst looking up to simulate watching the ball) and back foot to third cone.



Skill Drill 47

Tennis ball drill – anticipation / positioning

The coach uses a tennis racket and several tennis balls to replicate balls entering the scoring area – crossing the scoring lines at different heights and from different angles. The goal umpire begins by facing the fence behind the goal line and is prompted with a verbal cue each time a tennis ball is hit into the scoring area. The goal umpire uses the verbal prompt to turn quickly and then quickly decide whether to establish a position under the flight of the ball, behind the flight of the ball or straddling the scoring line – depending on the height of the ball and whether any ‘players’ are used as defenders in the drill.



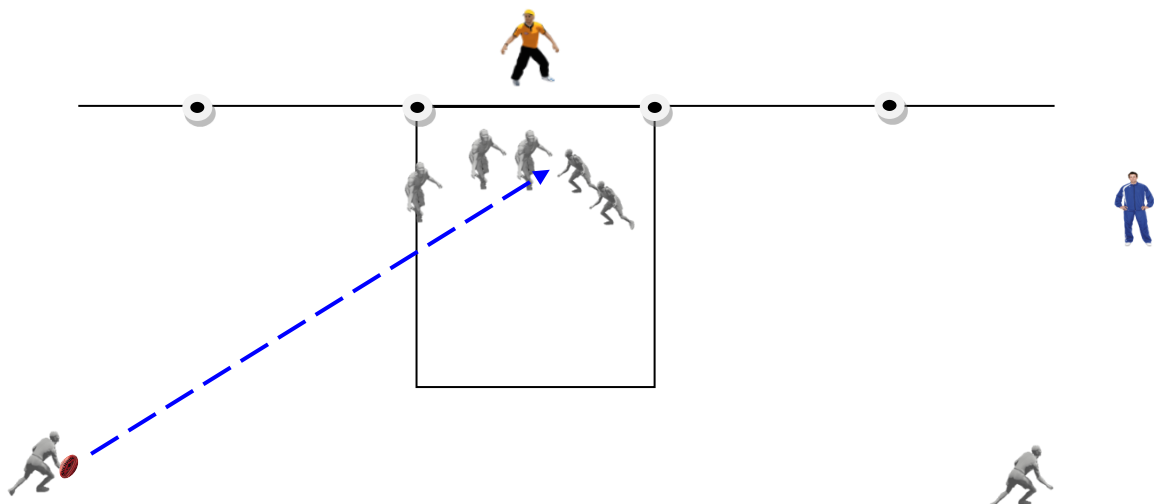
Skill Drill 48

Positioning – to go astride or remain behind the flight

Arrange various kickers at different angles and distances and have designated players congregate near the scoring line. Kicks should be in the ‘zone of uncertainty’ to make the goal umpire decide:

- to go astride or stay behind the flight of the ball &
- if going astride, where to go astride.

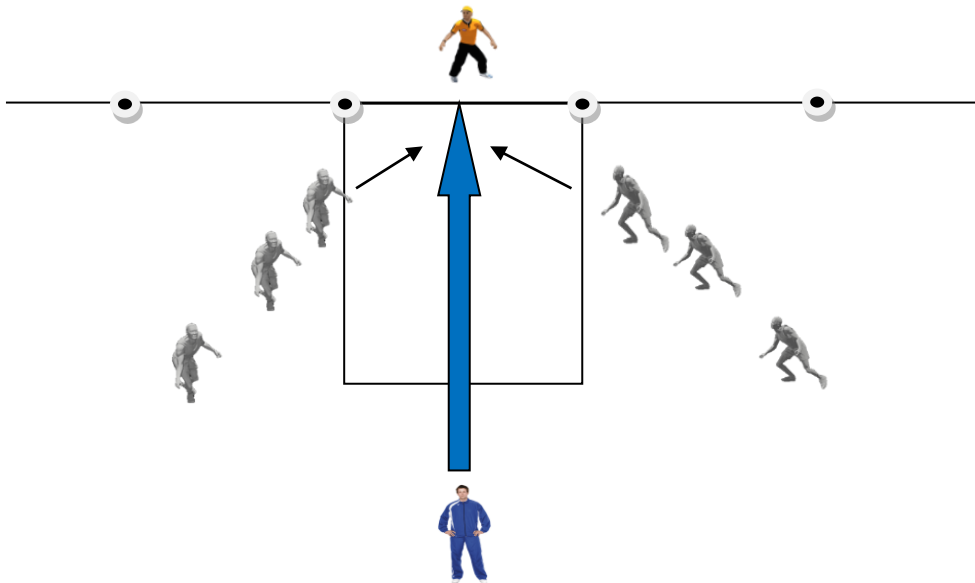
Players should be designated forwards/defenders and be able to be recognised as such. If the ball falls short, play should continue and be umpired accordingly. Coach is the field umpire. **Variation:** after the siren shot



Skill Drill 49

Contested ball

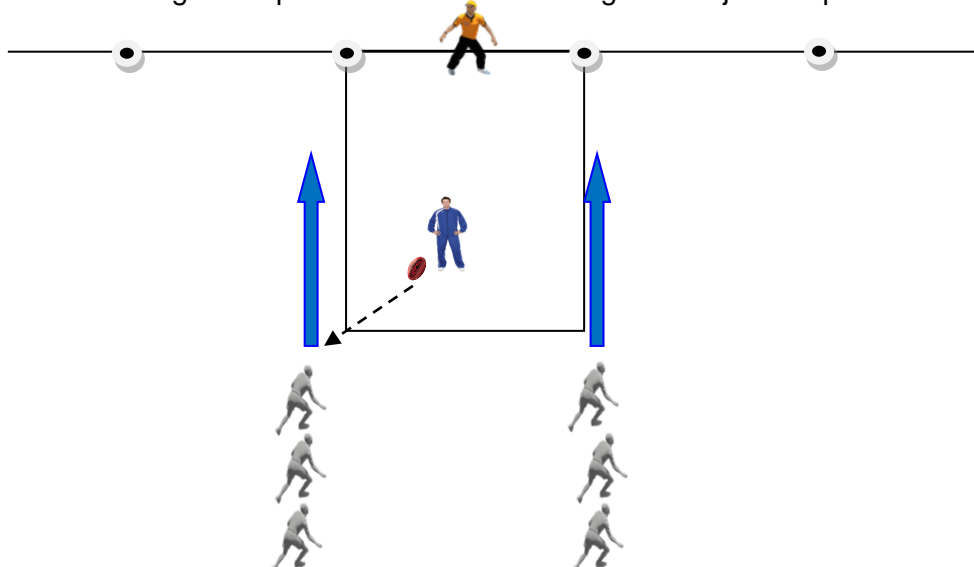
Players pair up on either side of kicker – one forward and one defender that are both clearly defined. The kicker (Coach) kicks the ball towards the scoring line – either dribble kick or high ball. The players chase to contest the football. Rotate players through the roles – forward / defender / goal umpire. The coaching focus should be on the goal umpire's timing as he shouldn't commit too early. By establishing a set position, this allows for the focus on the ball and the decision making process easier. Distance from the contest is also important as being too far away may result in a missed touched ball (sound or deflection) and being too close to play may lose perspective and/or come in the way of the players.



Skill Drill 50

Contested ball

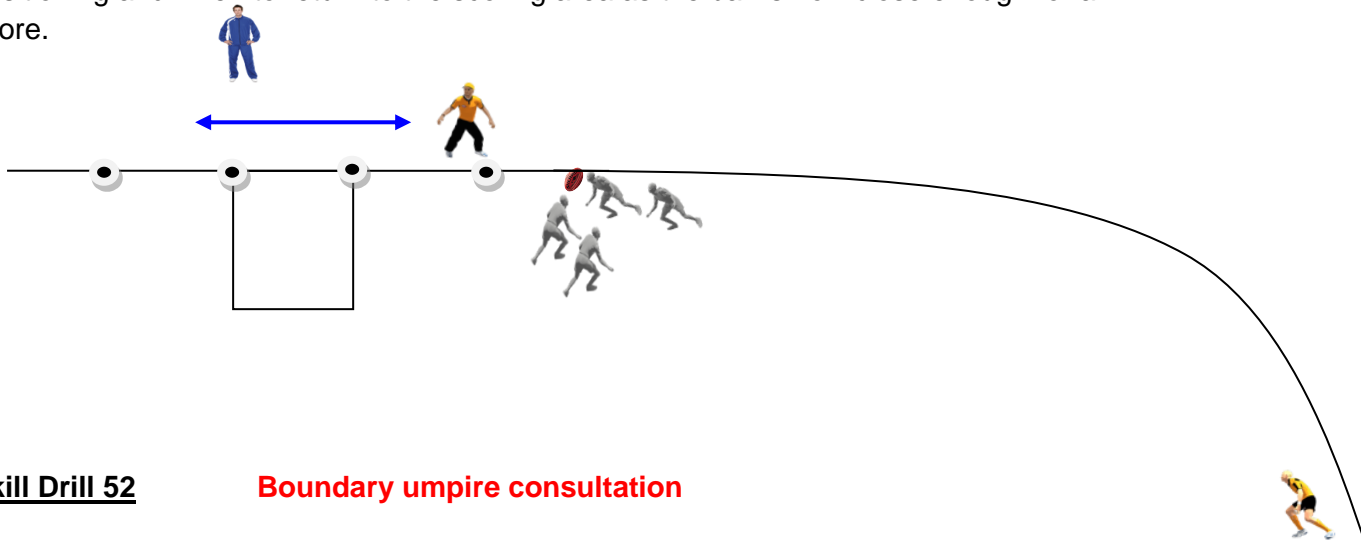
Arrange for pairs of players consisting of a defender and a forward to be running towards the scoring line. The coach, who is on his knees, handballs to either player with the goal umpire blinded by his body. The player who receives the ball kicks, taps or touches the ball prior to it going through for a score with the defender making an effort to prevent a score. Encourage the players to be creative by attempting to hit the post, missed kicks, losing possession, dribble kicks etc. The goal umpire needs to be encouraged to adjust his position accordingly.



Skill Drill 51

Boundary Umpire Assist

Several 'players' contest the ball along the boundary line. In this scenario, the boundary umpire is caught behind play. The players move the ball forward toward the scoring area and the goal umpire has to adjust position to determine when/if the ball goes out of bounds or out of bounds on the full. If so, trigger to behind post and signal to boundary umpire appropriately. Variety can be introduced so the goal umpire is never sure when/if the ball goes across boundary line and at times a 'player' may kick for a score so again the goal umpire has to adjust position accordingly. This variety also gives them some guidance on positioning and when to return to the scoring area as the ball is now close enough for a score.

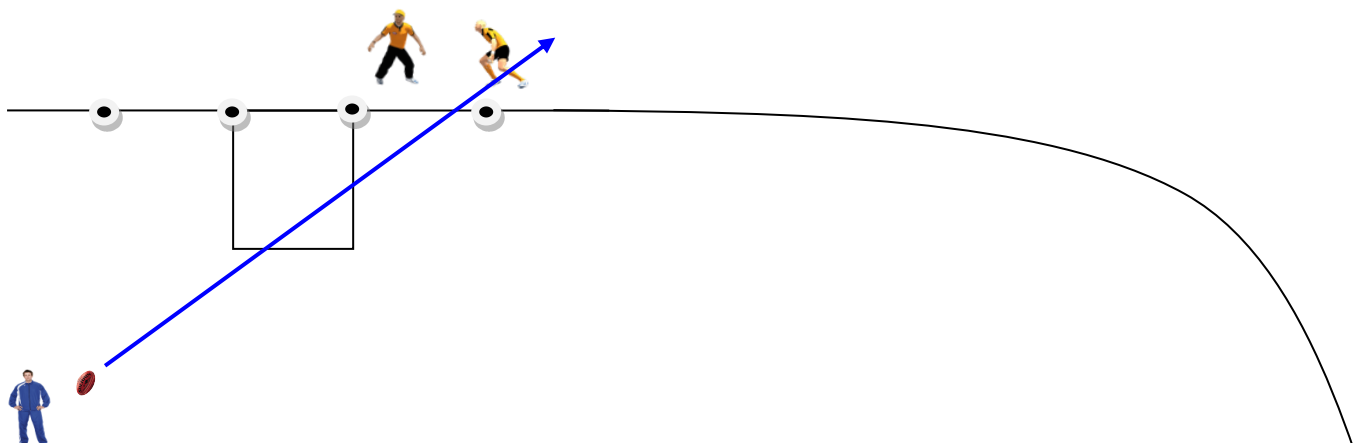


Skill Drill 52

Boundary umpire consultation

The boundary umpire triggers to behind post. On arrival, he / she says "Here (name)" and the goal umpire acknowledges. This establishes communication. Football is then kicked. Depending on where the ball crosses the scoring or boundary line:

- the goal umpire determines the score, calls out "**Mine**" if sure of a score, signals the score, the boundary umpire then backs away.
- if the goal umpire is unsure as the ball is near the behind post, the goal umpire and boundary umpire consult and/or the boundary umpire points toward ground and verbalises "**Yours**". The goal umpire then signals and the boundary umpire backs away.
- if the ball crosses the boundary line the boundary umpire calls "**Mine**" blows his/her whistle and signals. If out-of-bounds, the boundary umpire positions himself to throw ball in (then backs away for purpose of drill) or points to where the ball crossed the line on-the-full and backs away.

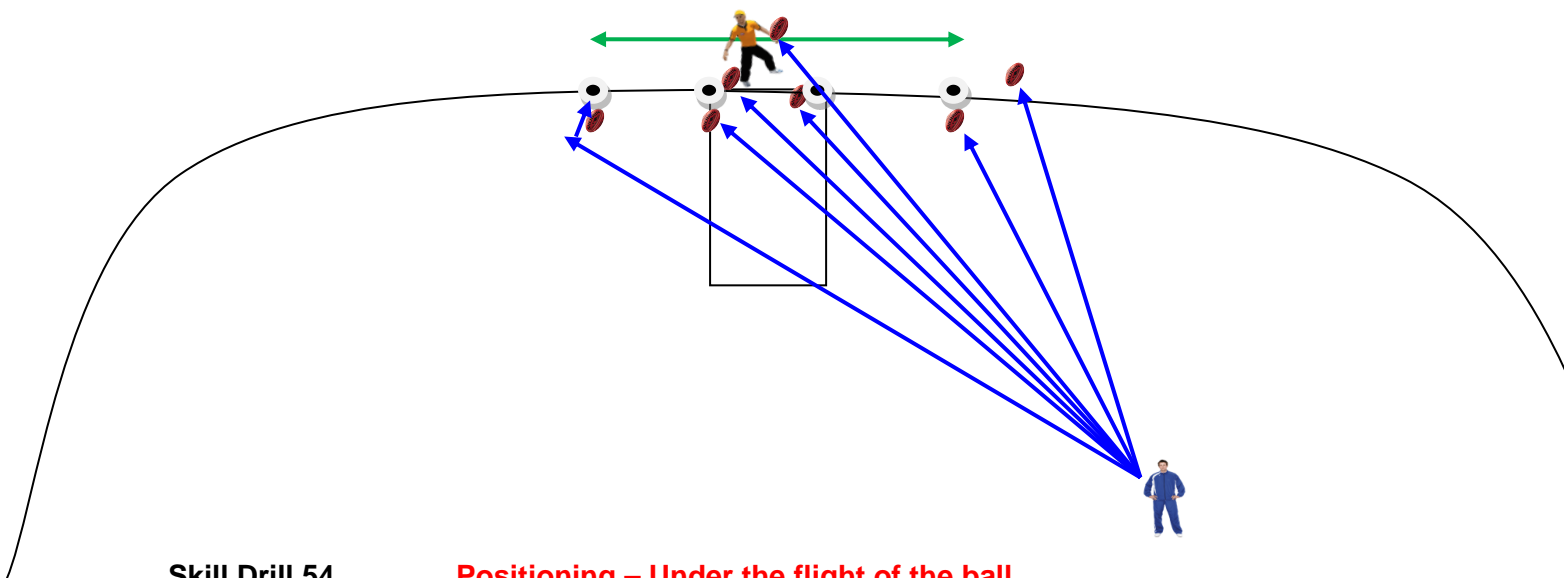


Skill Drill 53

Interpretation of likely scoring situations

From a starting position, with the ball approaching the scoring area from the right flank (goal umpire's left), adjust position in quick succession and indicate / signal and wave flag/s for the following scenarios with no boundary umpires in position at the posts.

- ball goes out-of-bounds on-the-full adjacent to left behind post
 - ball goes high directly over left goal post
 - high ball crosses goal line inside right goal post
 - ball bounces and then strikes right hand behind post
 - ball strikes the right hand goal post at half post height
 - low bouncing ball crosses the behind line one metre from left goal post
 - ball strikes the left behind post on the full one metre above ground level
- Order of scenarios can be varied effectively.

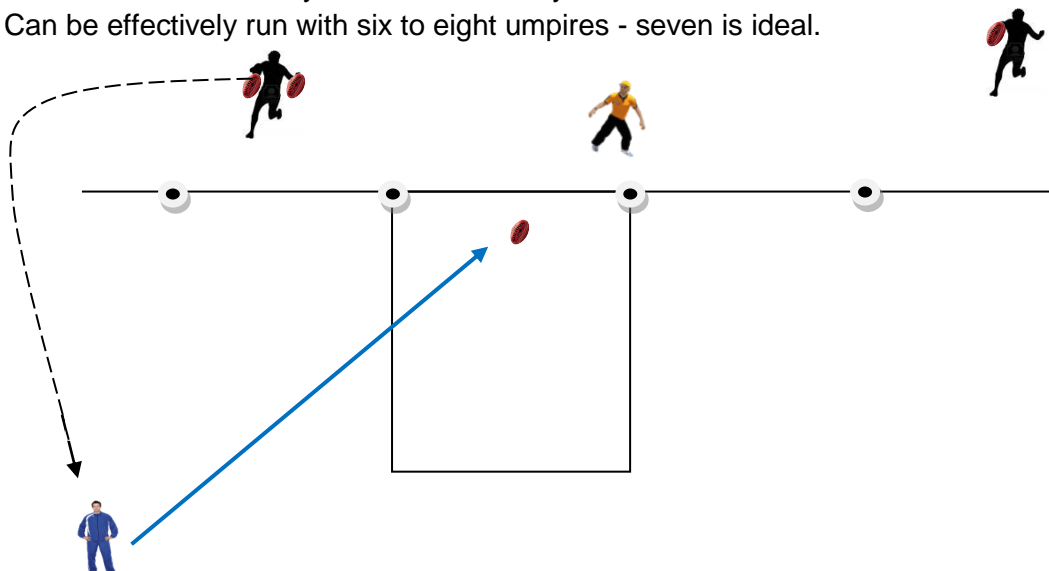


Skill Drill 54

Positioning – Under the flight of the ball

Goal umpire starts 5m from behind post and endeavours to gain position under the flight of balls directed high toward each post in succession whilst also indicating and signalling each time. Umpires are to rotate positions from active umpire to ball-retrievers (2), to kicker (1) with retrievers returning balls (2 at a time) around the outside of behind posts back to the kicker. Tennis balls may be used for variety.

Can be effectively run with six to eight umpires - seven is ideal.



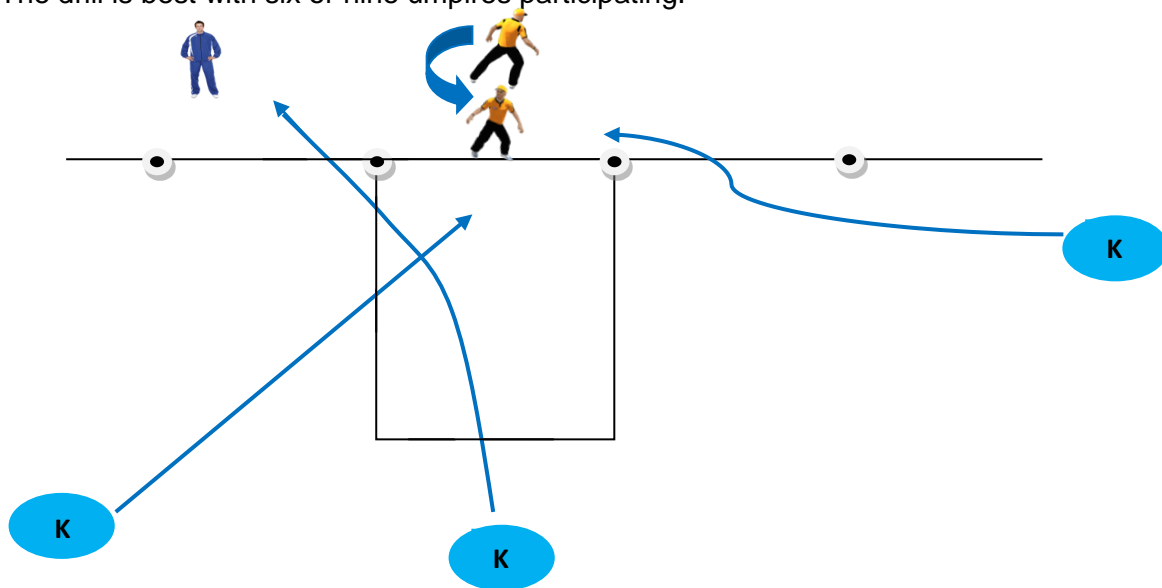
Skill Drill 55

Alertness / Concentration

Goal umpire starts in centre of goals approximately 2m from the goal line with his back to play. On a loud 'call', with the ball about to be kicked from anyone at the three locations at varied distances, the goal umpire quickly spins / turns and endeavours to gain sight of and establish the direction and flight of the ball to enable him to make a decision on the result of the kick and indicate / signal and wave as appropriate. Concentrating on hearing the kick is encouraged.

Each active goal umpire has three "efforts" in succession and then becomes a ball-retriever. Ball-retrievers rotate into active the umpire queue and the ball-kickers are altered on every third run through. Ball-kickers are in no set position and can, and should, change position continually to avoid active goal umpires becoming familiar with set positions.

The drill is best with six or nine umpires participating.

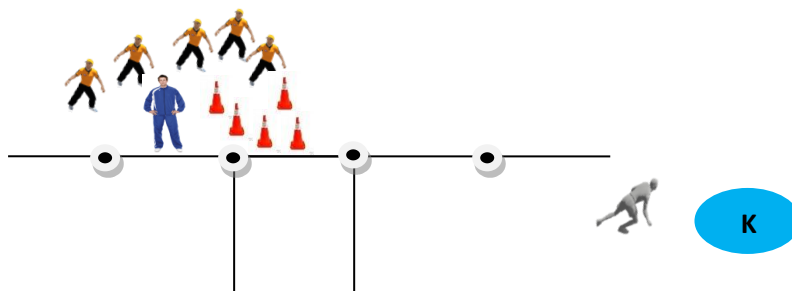


Skill Drill 56

Positioning for an angled set shot at goal

Arrange a kicker to position himself on a tight angle in one of the forward pockets and have another 'player' stand on the mark. Provide all remaining goal umpires with a cone and ask them to position it where they think they should be positioned.

Having waited for everyone to place their cone, generate discussion amongst the group listening to each individual's reasoning. Once having listened to everyone, allow movement of their cones having discussed whether their starting position is too narrow or too deep, whether they are protecting the front and/or back posts, being front-footed and being able to adjust position as the kicker alters his angle by 'playing on.'

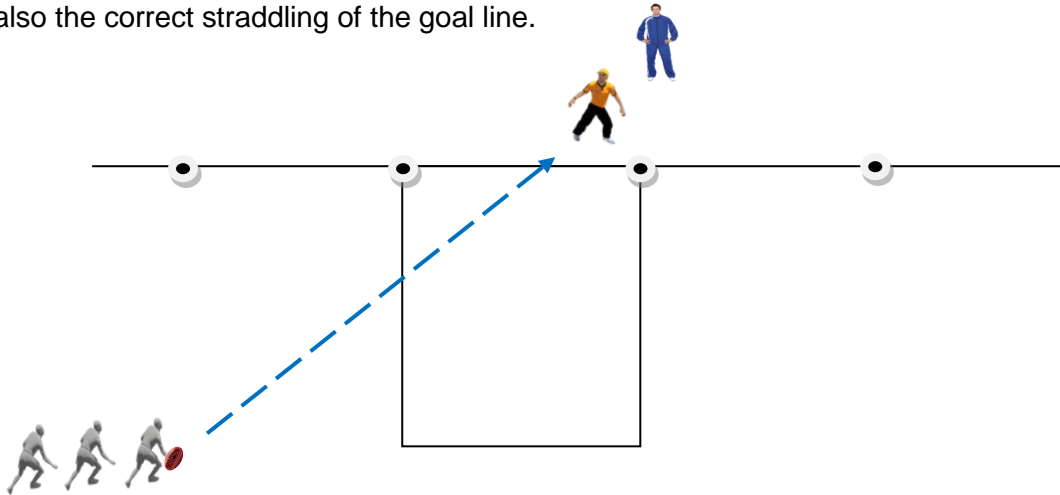


Skill Drill 57

Player running into an open goal

With this drill, the coach has a couple of key areas on which to focus – timing **going to the line** and **straddling the line**.

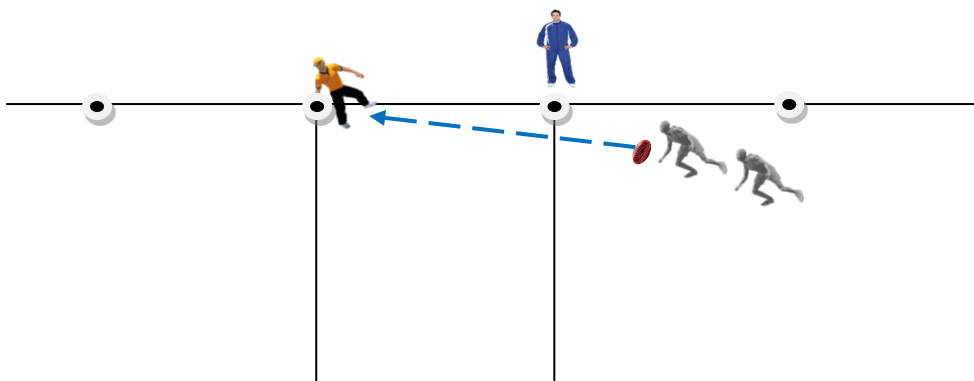
The kicker runs into an open goal and can choose to kick it well before the line – in which case the goal umpire should remain behind the flight. Here the coach should be looking for unnecessary straddles. Alternatively, the kicker could elect to run in close to the goal line where he may choose to kick, fumble, off the knee or run over the goal line. In these cases, the coach should be looking for the correct timing of the goal umpire coming to the line and also the correct straddling of the goal line.



Skill Drill 58

Avoiding getting pinned on the post

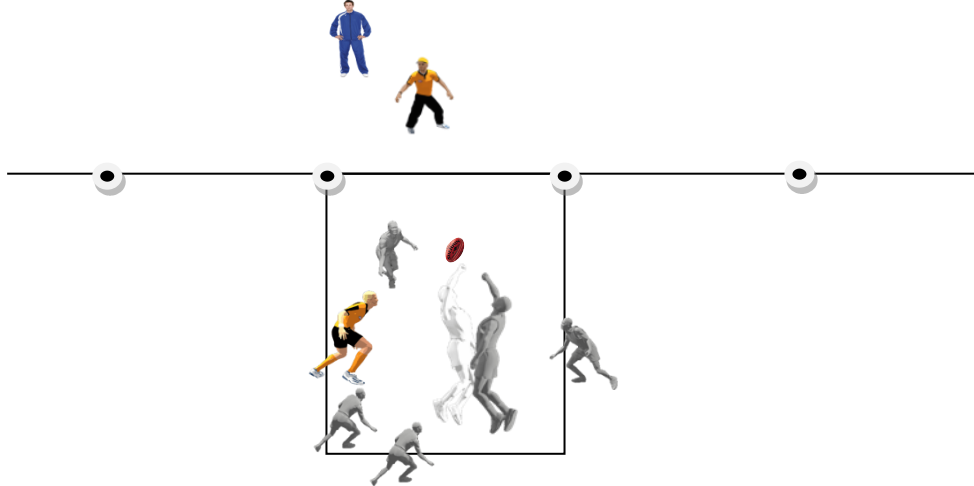
The kicker drills a low kick directly at the goal umpire who practises avoiding being hit whilst straddling the goal line, partially being in the field of play. Alternative positions should be discussed that may include jumping back behind the goal line or, if needed, straddling the behind line – in certain circumstances.



Skill Drill 59

Ball up in the goal square

Simulating a ball-up in the goal square allows the goal umpire to practise his reactions / responses to a variety of scenarios. Here, the coach needs to reinforce the interpretation of the deliberate-rushed-behind with the field umpire as occasionally the ruckmen still punch the ball over the scoring line on the full. The consultation process should also be revised.



Skill Drill 60

Awareness of boundary umpires

Arrange the kicker to kick the ball towards the behind post. The goal umpire should demonstrate an awareness of the presence of the boundary umpire – or not. When the boundary umpire is not on the post, the goal umpire is to trigger across the behind area to make the appropriate decision – either out of bounds or a behind. When the boundary umpire is on the post, the goal umpire should only go half-way across the behind area and rely on the boundary umpire to assist.

