

Goal Umpiring

Skill Drills Booklet



UMPIRING

Rapid Fire

Rapid Fire

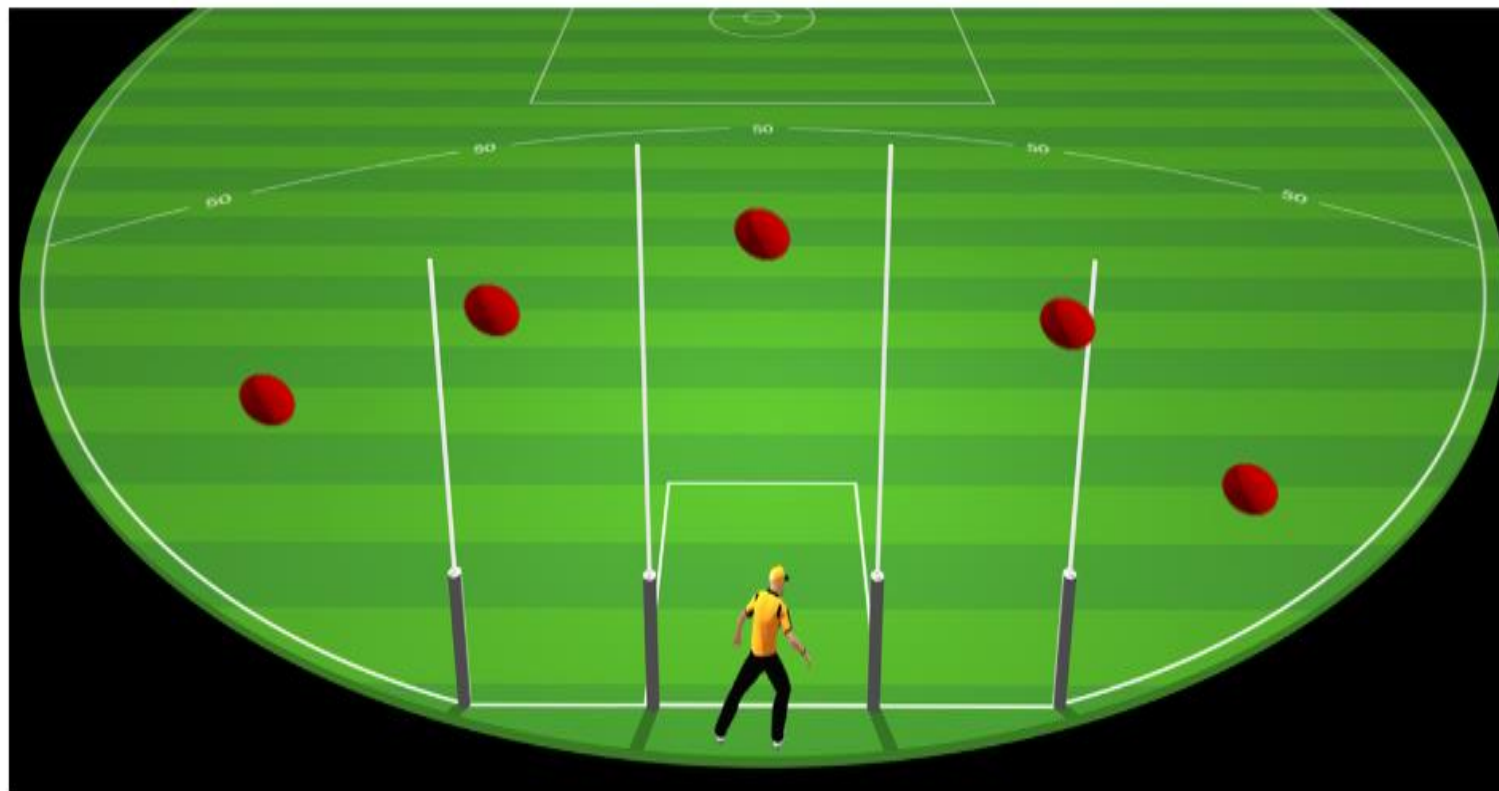
5 kickers at different angle positions

One Goal Umpire, No contest on-line

Goal Umpire to adjust under/behind flight, signal (no flag), then quickly reset for next kicker

Rotate (Goal to kicker, Kicker on end to retriever, Retriever to Goal Umpire, kickers to move around)

Kicks to be from 15m-25m distance.



Goal Line Contest

Goal Line Contest

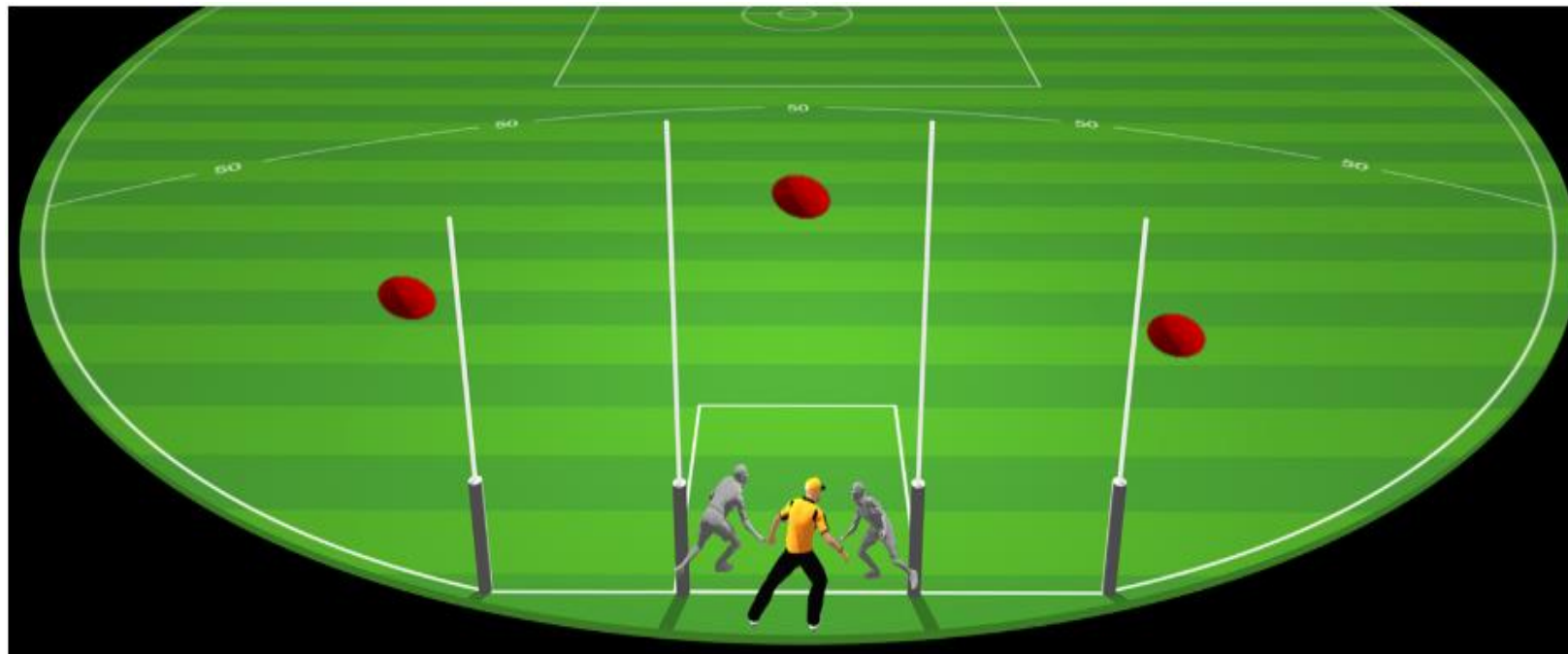
3 kickers, 2 at angles kicking on the run, 1 from in front of Goal as a “Set Shot”.

2 defenders on the Goal Line, starting at each Goal Post will attempt to touch the football before crossing the score line.

Kickers to be 15-25m from Goal.

Goal Umpire to begin start set up position and adjust to either cover the football under/behind the flight or straddle the Goal Line for the contest.

- Timing to the line is important. Must be settled, looking back along the back of the score line.
- Be mindful not to follow the football or “ball-watch”. Concentrate on being in the best position possible.



High Ball to Post

High Ball to Post Under flight position

3 kickers, 2 at angles kicking on the run, 1 from in front of Goal as a “Set Shot”. The idea of each kick is to get the ball high to post height.

Goal Umpire to begin start set up position and adjust to get under the flight of the ball quickly, settled, if possible, 1-2m back from the Goal Post which is the preferred height to depth.

For kicks which go close to the Behind Post, use your depth and space, sprint across to get the best possible view of the ball to which side of the Behind Post the ball has passed.

Goal Umpire to complete signals only (no flag waving if score).

Kickers – angles 15-20m, in front 20-30m.



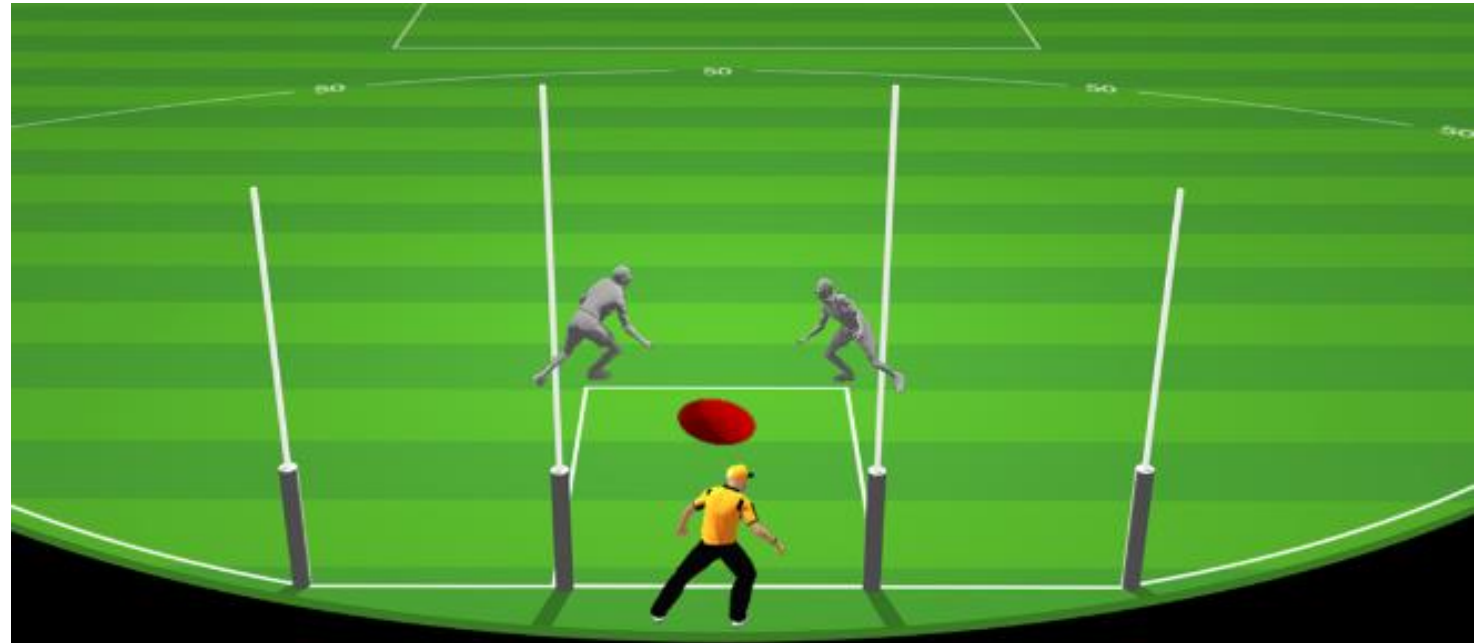
Timing to the Line Goal Line Straddle

1 person at the top of the Goal Square to give off a handball

2 Players, one either side will run, and one will collect the handball and either kick, run to the Goal Line, or handball again to the other attacker who will then kick the ball.

The Goal Umpire must adjust accordingly, working quickly, eyes on the play, and either stay behind, or time themselves to the Goal Line, settled.

If there is a sudden movement towards the Goal Umpire (ball or player), adjust accordingly for a best-case scenario (out of the way, or “alternate position” next to the Goal Post, lean in to see Goal Line as straight on as possible).



Close in Focus.... Anyone for Tennis?

Close in Focus

Cover the ball from short distance quickly

1 person to hit tennis balls with racquet from 10-20m in front in varying angles. Goal Umpires to chase hard, no signals required, it's all about quick speed from short distance. Reset and go again.

Distance 15-20m.

Variety of low and high balls for the Umpire to get used to variation.

Next time around, include a lone defender to chase in from corner Goal Square angle. This gives a match day type occurrence and teaches the Goal Umpire to only react to that player when required.



From the Pocket

Curling kicks to contest

2 kickers from tight angles 20m near Boundary Line attempt to drop the ball towards the Goal Square / Goal Line. Goal square can also create that close in contest.

3 players around the Goal Square to attempt to contest the football.

Goal Umpire must read the kick and remain under flight or adjust to the contest on the Goal Line straddle. Signal required only, no flag wave, 2 shots either side then rotate.

Player – Retriever – Umpire - Kicker



Handball and On The Run

On The Run Focus

Watching the change in play and kick in

2 people, 5 cones

Person 1 on cone 5 run side to cone 4, handpass off to runner who kicks the ball in on the run.

Can begin with no contest on line, then bring in 2 defenders either on line or top of Goal Square and react going back.

Goal Umpire to react and either cover/Under flight of the football, or adjust to the Goal Line straddle.

Player – Retriever – Umpire - Kickers



The Mostyn Rutter

SANFL Hall-of-Famer's drill of choice

Change in Play

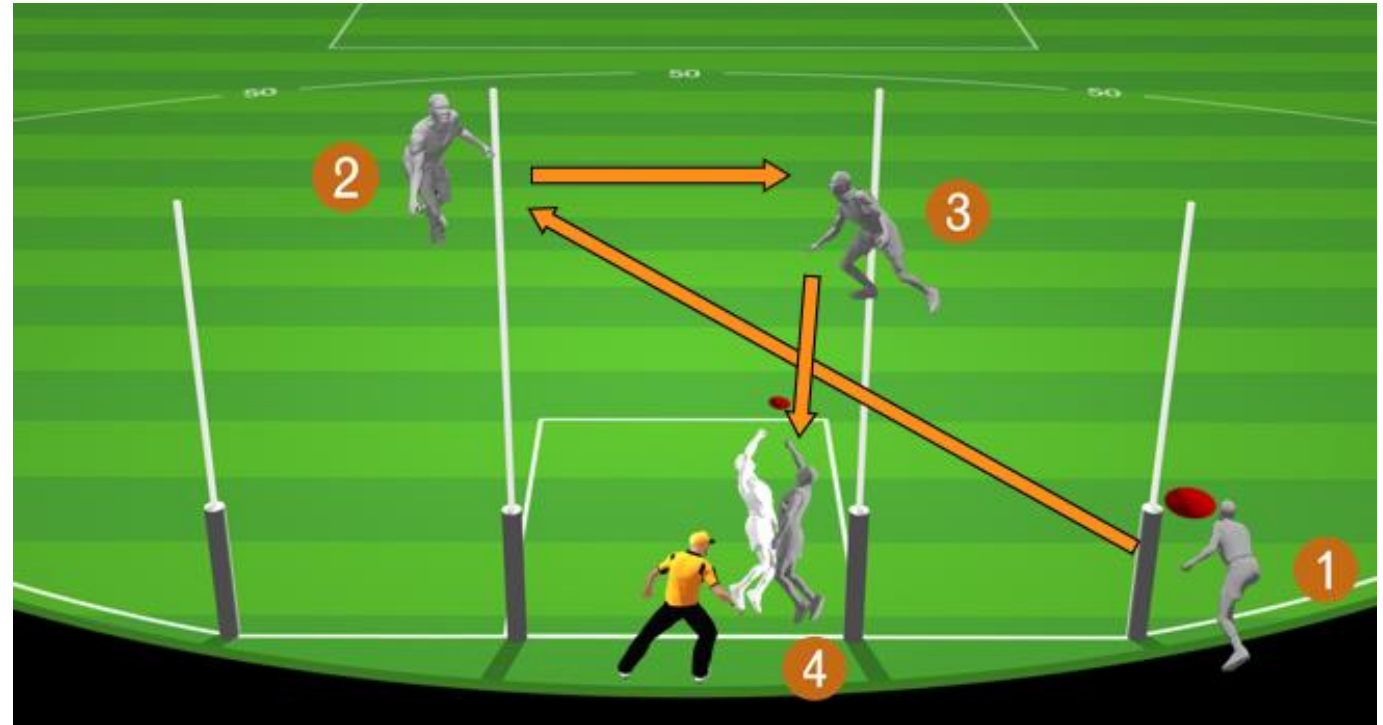
From the Boundary, in play and on the Run with contest online

5 Groups, 3 groups in 1,2 and 3

2 players on Goal Line in group 4 to contest
Others Goals / retrieve the ball (DON'T STAND AROUND DOING NOTHING, everyone doing something).

Ball to move from 1-2-3 to contest at 4
Goal Umpire to adjust and adjudicate as required

Player – Retriever – Umpire – Kicking groups



Teamwork makes the dreamwork

Match Day Scenario

Field Umpires

2 Field Umpires

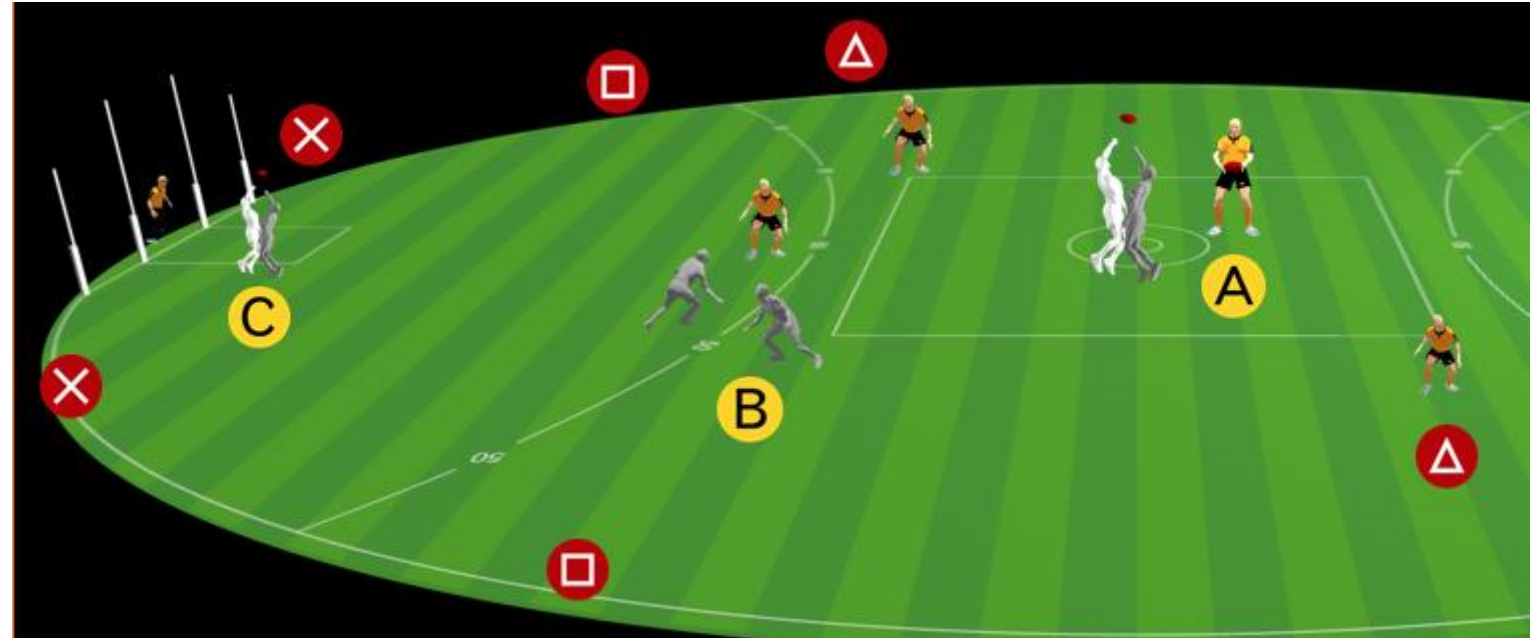
1 at Centre Throw-Up (A), control then handover when required at next contest (B)

Field Umpire 2 to take control inside 50m and for Score

Boundary Umpires to set up for Centre Throw-Up as per normal (Red Triangle) and react to the play moving down the Field (Red Square and X), and the resulting score. If mark around Goal Square contest, set up for set shot as per normal requirement.

If Goal, return ball to middle run through
If Behind, back to 50m

Goal Umpires to react to scoring scenario and complete full process ensuring all-clears from Field Umpire or any difference in instructions (free kicks, whistle, advantage score etc.)



Contests

There must be 3 groups contesting, minimum 2 players at A B and C. You can get away with 1 at each, if need be, but should try to have 2 at C for Scoring scenario.

Best scenario is the Field Umpires to group at A, Boundary Umpires at B, Goal Umpires at C, as this is the closest area for a start point when completing the scenario drill.

You can have more if you choose to do both ends of the ground, and alternate left and right with more groups. This way you can have 3 Field, 4 Boundary, and 2 Goals all working throughout each scenario, one go each in all positions then rotate the groups into and out of contests.

Defender one way, the ball the other

Watch for the ball and the player
Different angles and using peripheral vision

4 groups

Goal Umpires & Retrievers

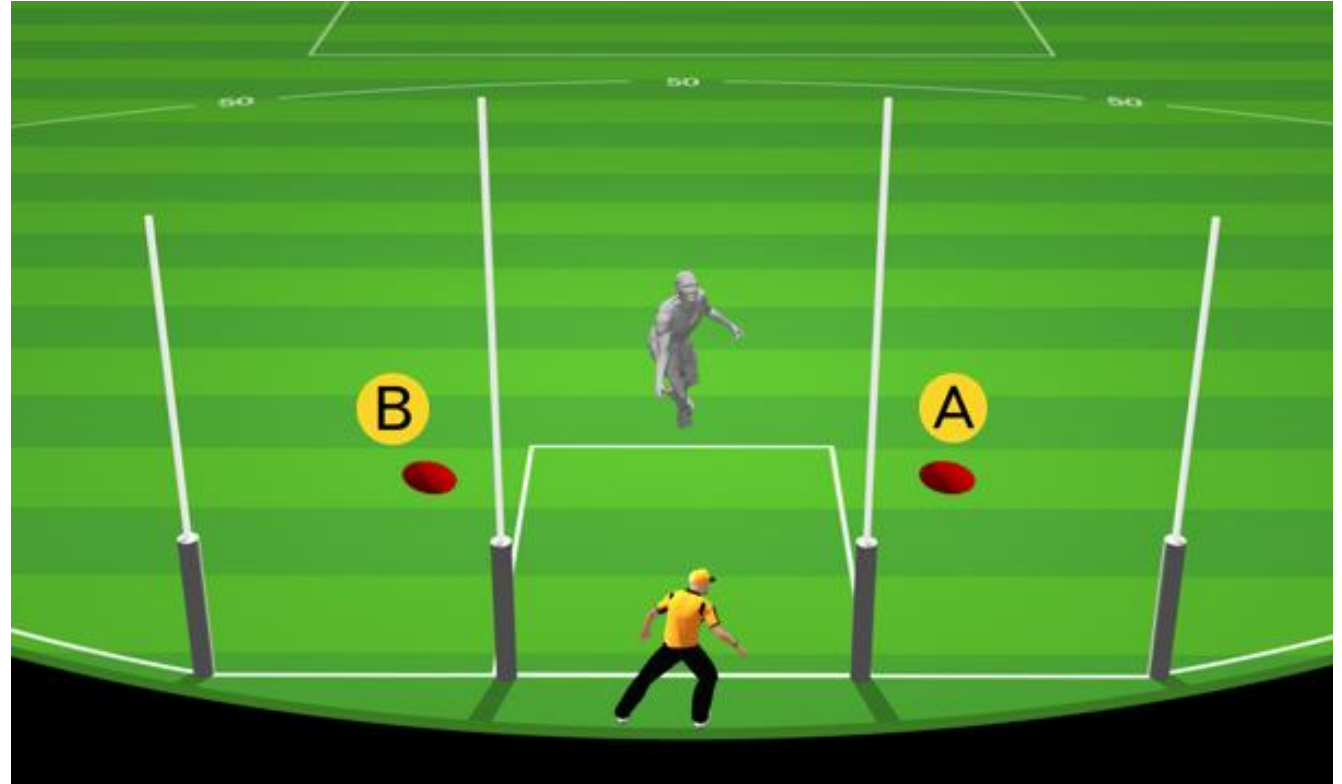
A and B Kickers

Top of Goal Square, lone defender chasing

Alternating kicks from A and B Group

Solo defender runs in from front on to attempt to touch the football before passing the score line

Goal Umpire to react and either stay Behind the Flight, or move to the Goal Line straddle



Behind Line Straddle

If Confident enough and a contest is right next to the Behind Post (Lone defender is safer as well).

3 groups

Goal Umpires / Retrievers

Kickers

Players on Behind Line contest

Goal Umpire to weigh up safest option to straddle on Goal Line, or room to get on Behind Line straddle

Building confidence in certain situations to position here. ONLY if you are certain of it.



Reverse Goal Line Straddle (or the Switch)

Angle shots, work on timing to move from set up on one angle, to get to the Goal Line straddle on the other

3 groups

Goal Umpires / Retrievers

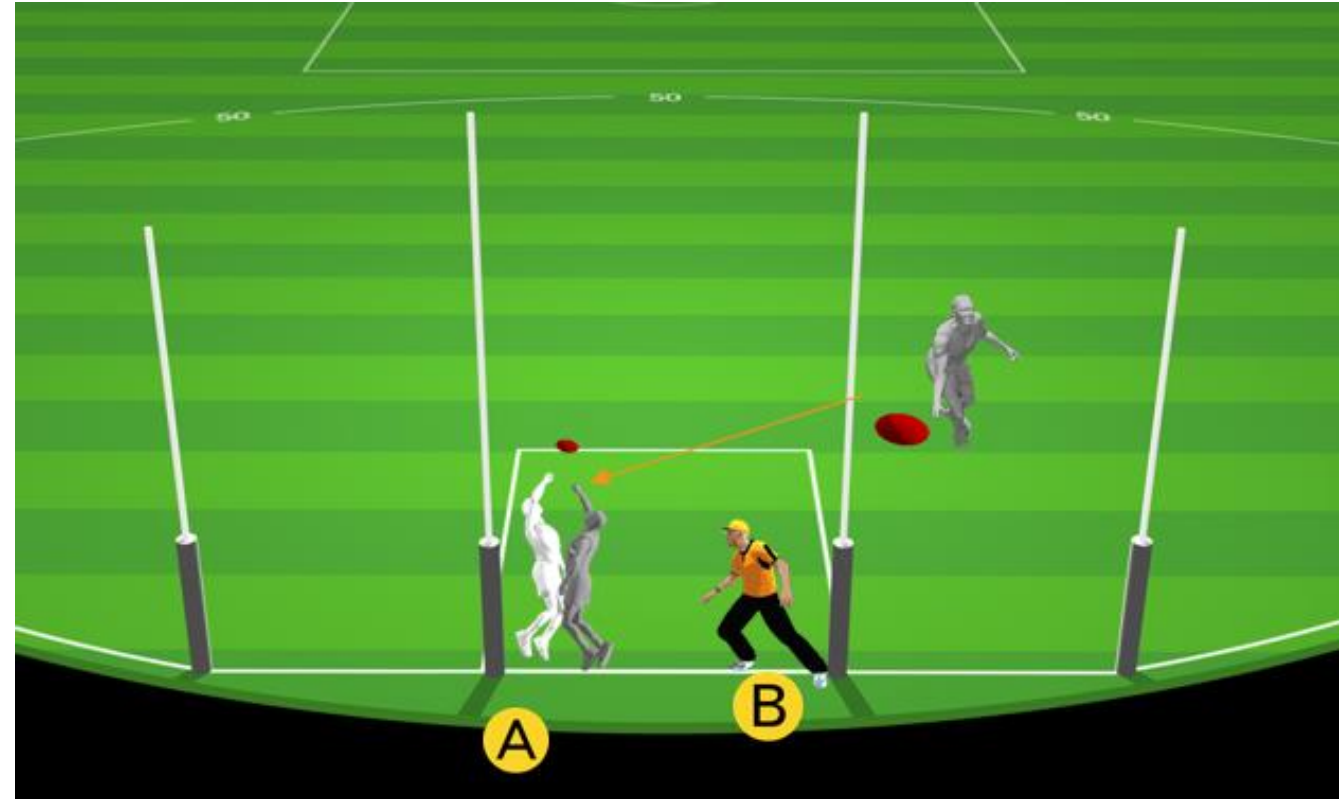
Kickers – 15 to 25m out on an angle

Players on Goal Line contest

Simple to execute drill, the Goal Umpire is the one who must work hard to find their timing right.

Kick from 15-20m on angle to near opposite Goal Post, contest on Goal Line. Goal Umpire to move to Goal Line straddle on the reverse side, ensuring their move, turn, and timing to the line is settled.

For the one shown on right, the Goal Umpire would have set up at (A) and require a move to (B).



When you can't get there

If the angle is too tight, or the kick is from short distance, Goal Umpires may need to move into the “alternate” position up against the “same side” Goal Post, as there is no time to get around without being caught up in the play, or not being able to get to the opposite side in time.

Longer kicks provide more time to be able to execute the reverse Goal Line straddle better, but it is up to the Goal Umpire to learn how to time themselves. Everyone is different – speed, agility, and how they go about it. Do what works for you, but the result needs to be the same.

Triple Dribble

Dribble Kicks coming in hot

4 groups

3 kickers – 2 on angle (1 tighter angle), 1 in front

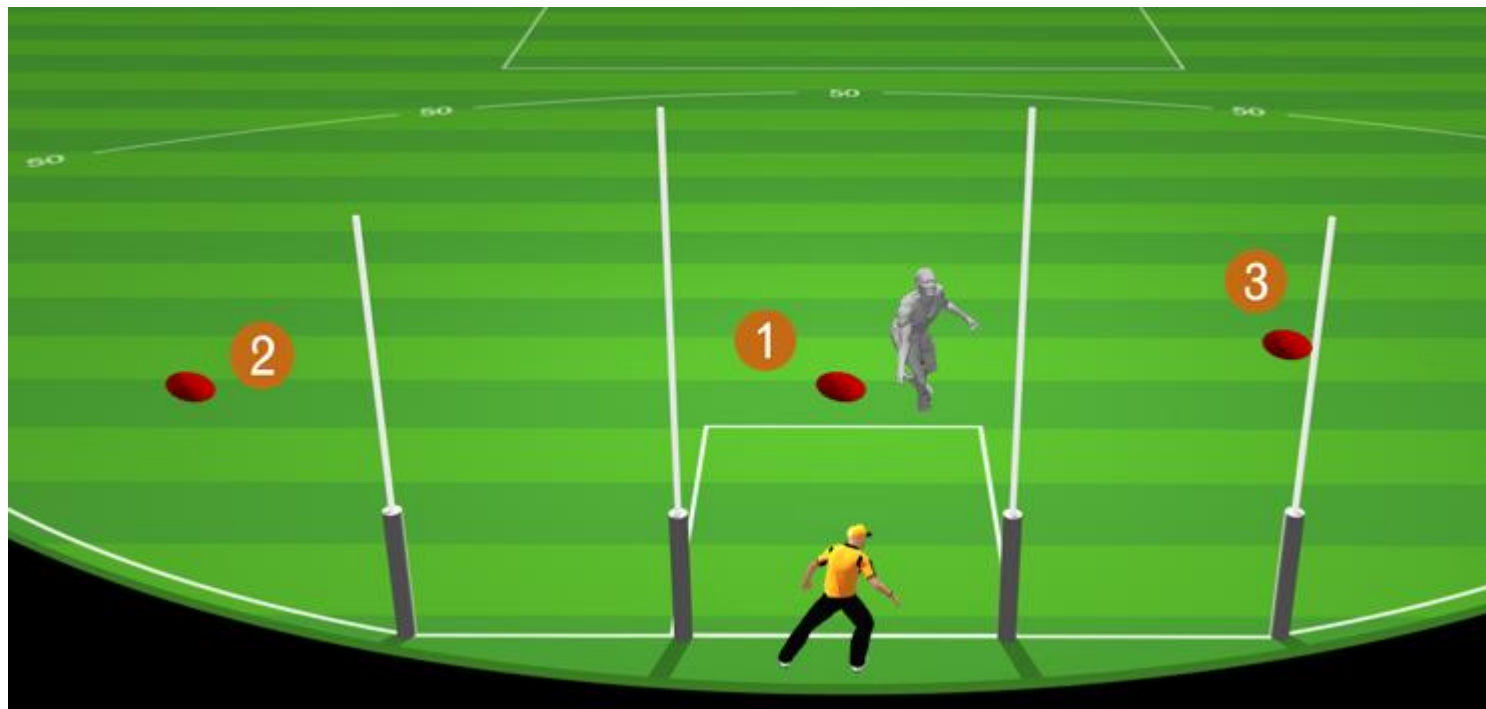
Angles – 15m, in front top goal square

Goal Umpires / Retrievers

Goal Umpire to set up as per required.

Kick from in front must be quick and sharp. Goal Umpire to adjust quickly behind the ball as best as possible, or if not, on top of to ensure best possible view.

Kicker in front then becomes a defender, and angle dribble kicks from the other 2 at slightly longer distances. Lone defender to run in from top Goal Square. Goal Umpire to adjust behind flight or online as required.



Going Backwards

Defence turns into Attack

5 Groups

3 Kicker groups

1 Field Umpire

Goal Umpires / Retrievers

(A) Defender kick back to Goal Square/opposite Behind Line

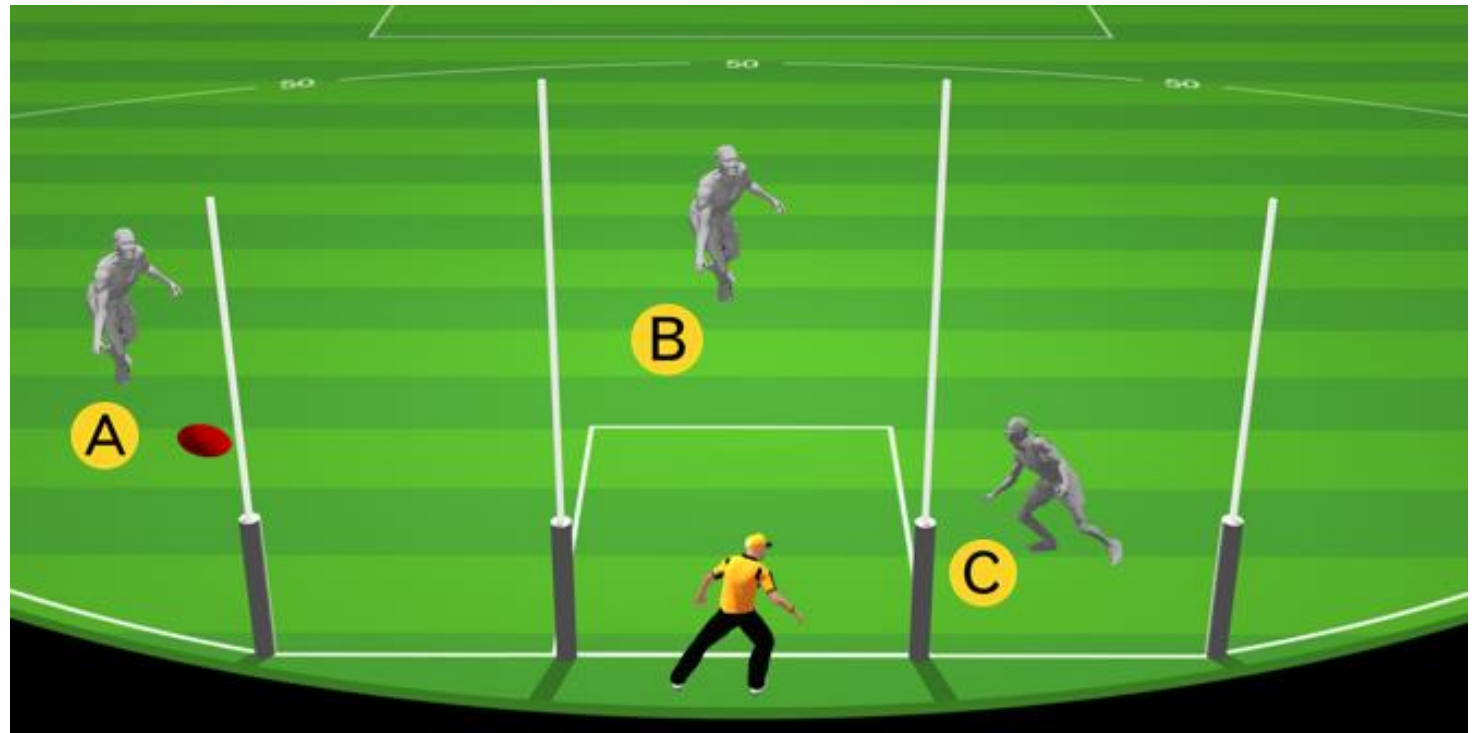
(C) Defender to collect and run, poor kick to the attacker 20m in front

(B) Attacker to collect and snap, (B) second defender near Behind Line to attempt to contest the ball

Goal Umpire to adjust position for no score, ball back out, and quick snap for Goal, being mindful of the second defender. Get online if they need to.

Watch out as the kick from Defender 1 may go through for a score 😊

Rotation, A to B to C to Goal then back to A.



Boundary Umpire Communication

Call or Signal

4 Groups

1 Kicker 15m in front

2 Boundary Umpire groups 15m around on Boundary line

Goal Umpires / Retrievers

Kicker to vary the kicks towards the Boundary Line/Behind Post (height, ground ball low).

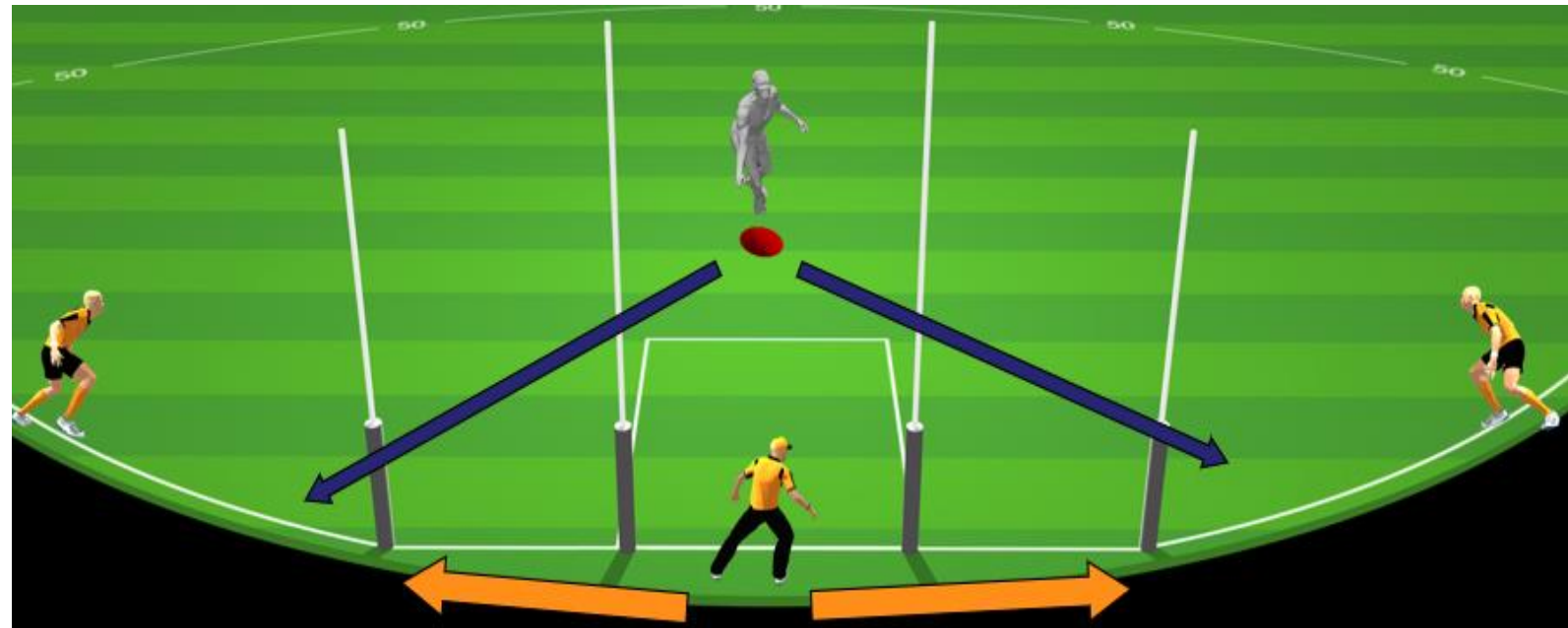
Once ball is kicked, both Boundary Umpires to run in as per match type scenario.

Goal Umpire to cover and assist if required or use voice "Mine", "You", then reset.

If a Behind, Goal Umpire to follow procedure, Boundary Umpires to run backwards to 15m.

Rotation Goal, Kicker, Boundary Umpire.

Best way is to have equal groups and rotate the groups rather than 1 by 1. Have 2 or 3 goes each then rotate.



Across the face

Going across the face, cover or online?

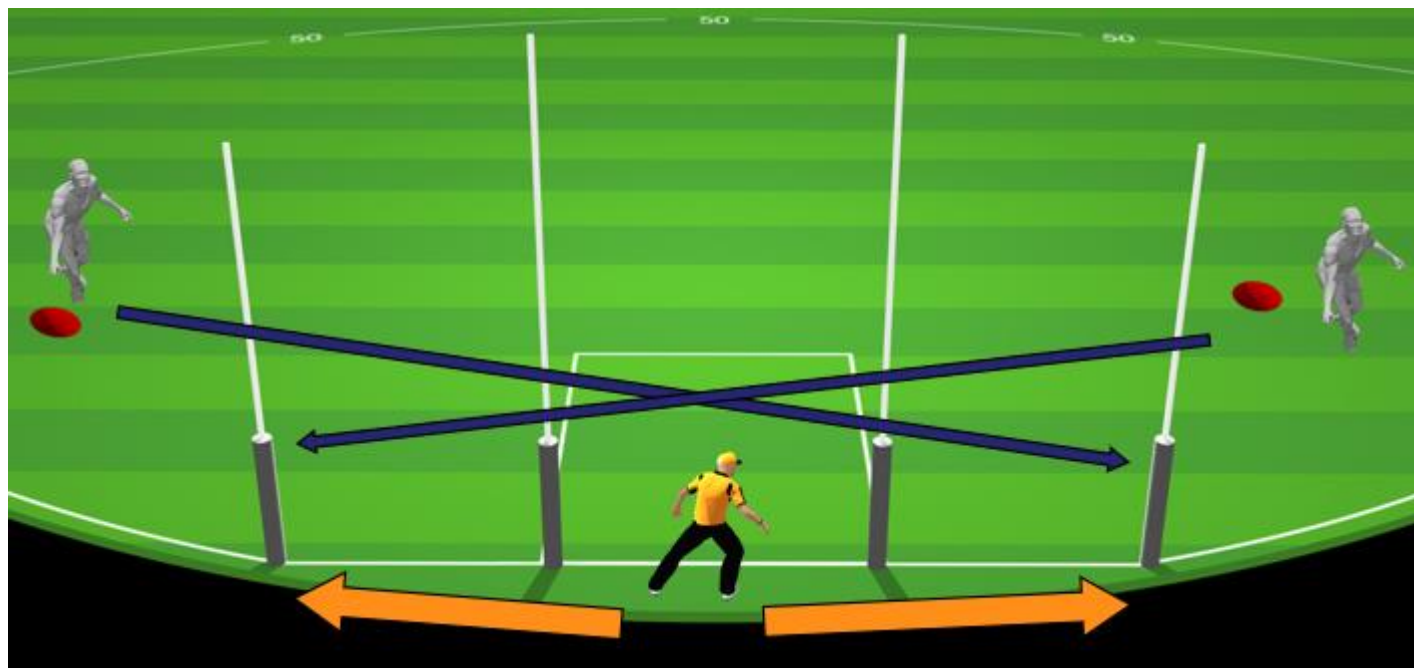
- 2 kickers on angles
- 1 defender near left Behind Post
- 2 defenders on right Behind Line/Post

Kicker to drop ball towards the defender/s on opposite side.

Goal Umpire to weigh up covering across or get on Goal/Behind Line straddle.

You can also throw in a Boundary Umpire on each post to produce match day scenario set shot. This practices distance to cover if a Boundary Umpire is there who can assist with a tight angled shot.

Best to have groups of minimum 1 kicker either side, 3 online, and the rest Goal Umpire / Retriever.



Watch out for traffic

Be mindful of the players around you

4 Groups

2 Kickers, 1 per angle

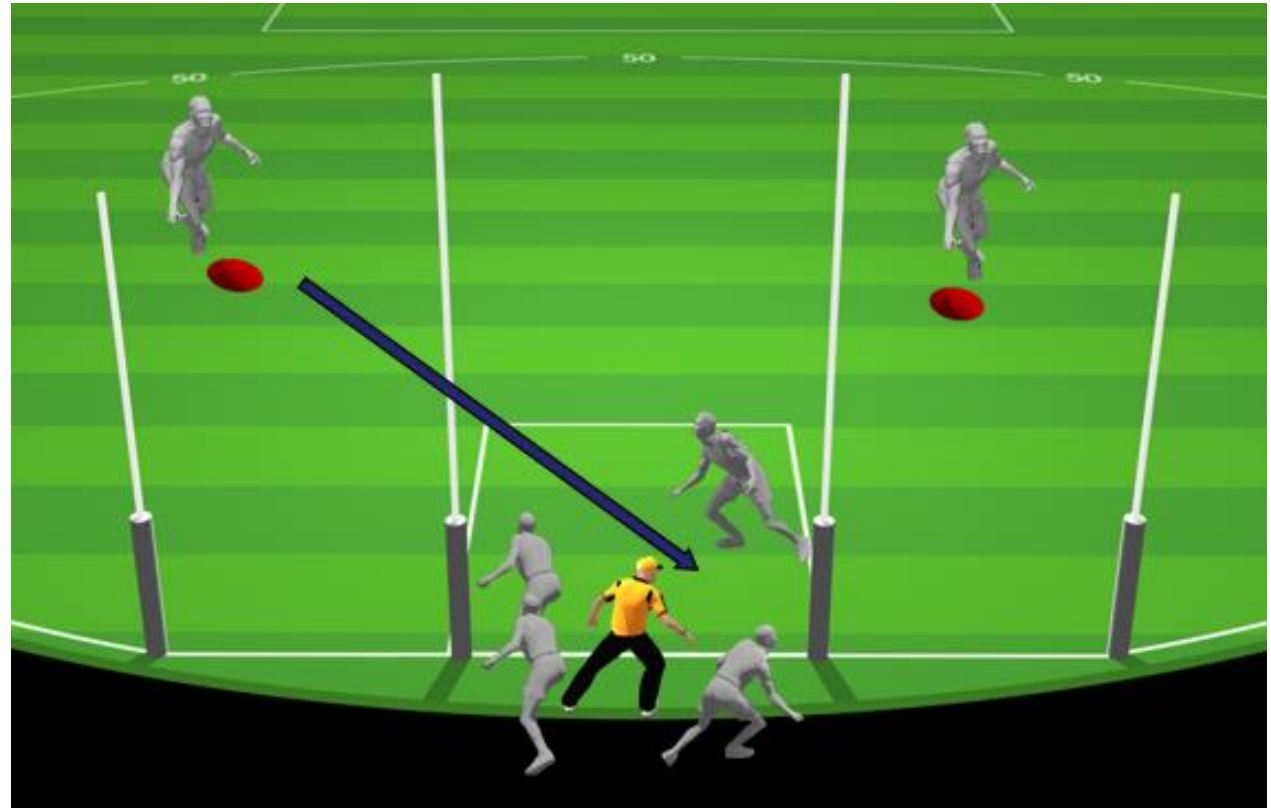
Group around Scoring Area / Goal Square

Goal Umpires / Retrievers

Kicker to kick ball towards the Goal Line

Goal Umpire has to be mindful of the players around them and position accordingly.

Best to have groups of minimum 1 kicker either side, 4 online, and the rest Goal Umpire / Retriever.



Bread & Butters – On The Run

Basic game day on the run

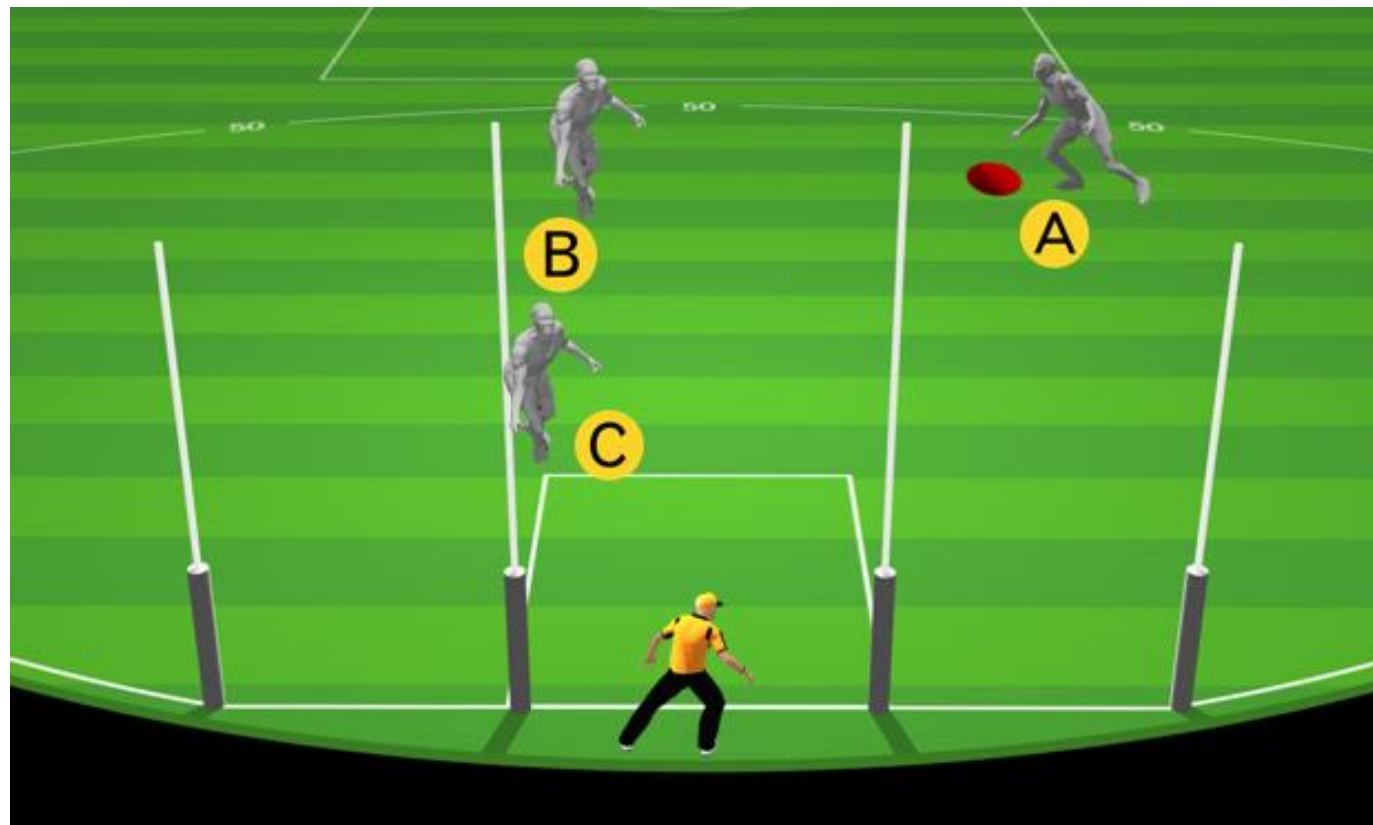
Be aware of what goes on

4 groups

- (A) Run with ball and handpass to group
- (B) Collect ball and kick on the run
- (C) Lone Defender attempt to chase the ball to the Score Line
- (D) After Goal process completed

Goal Umpire to position and signal (no flag wave), collect ball and take back with them to A (run), DO NOT KICK the ball. Quick movement is part of the program, and concentration on what you need to do in each part.

Rotation 1 by 1, Goal to A to B to C to Goal.



Close Stoppage

Stoppage near the scoring area

Be alert and ready

4 groups

1 x Field Umpire

1 x Ruck Contest – 2 players

2 x 1 attack, 1 defend in Goal Square for contest

Goal Umpires / Retrievers

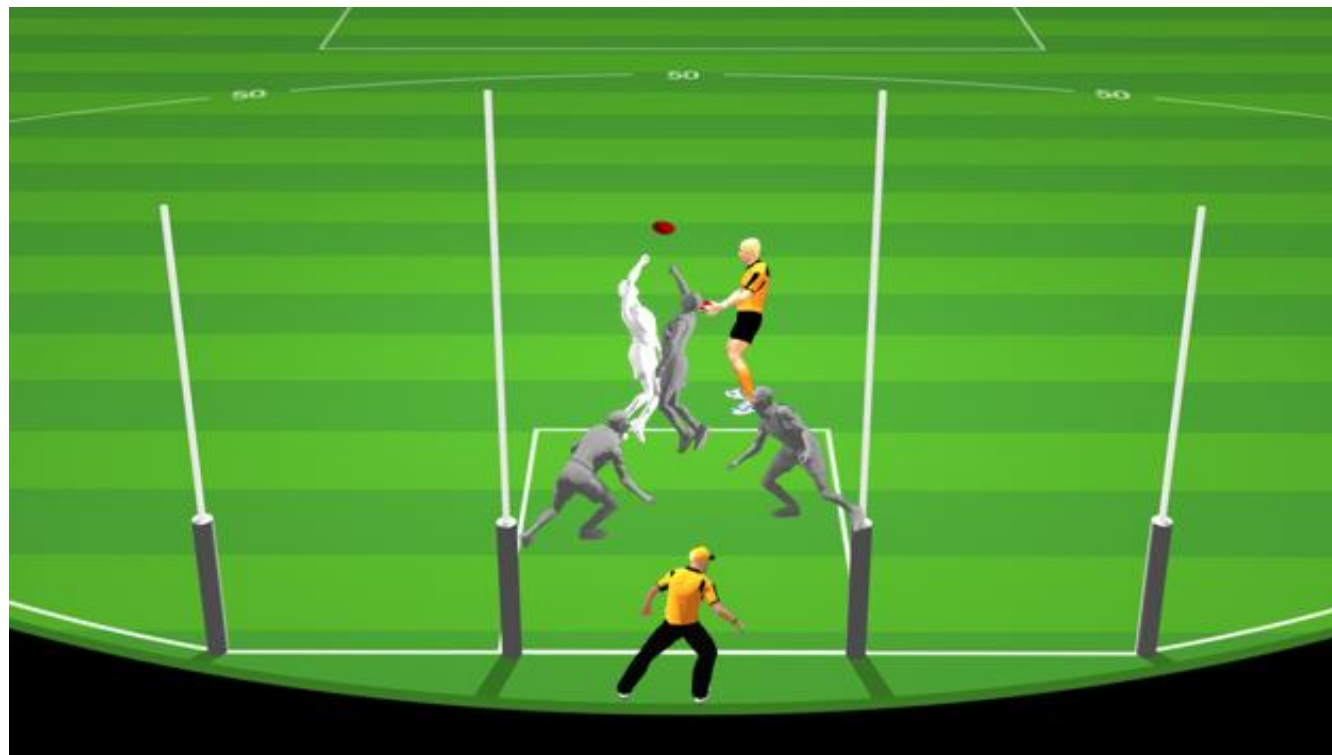
Field Umpire to throw up at top Goal Square for ruck contest, knock down, 2 other players contest as well and score to result.

Goal Umpire to ensure all clear from Field Umpire (free kick may be paid). If no all clear after short time, call out to receive.

Rotation by groups

Ruck and contest players

Goal Umpires and Retrievers



“On the Post....”

**Set shot with Boundary Umpires positioned
Then on the run with Boundary Umpires coming
in**

Set Shot

4 groups

2 x Boundary Umpires on Behind Post

1 x Kicker and 1 x Person on mark (Stand)

Goal Umpires / Retrievers

Can have contest online as well

Set shot, Goal Umpire to go through full process,
Boundary Umpires to either back away (behind)
or run ball back to middle (goal).

Then kickers on the run from same A and B
Boundary Umpires to start 15-25m around

