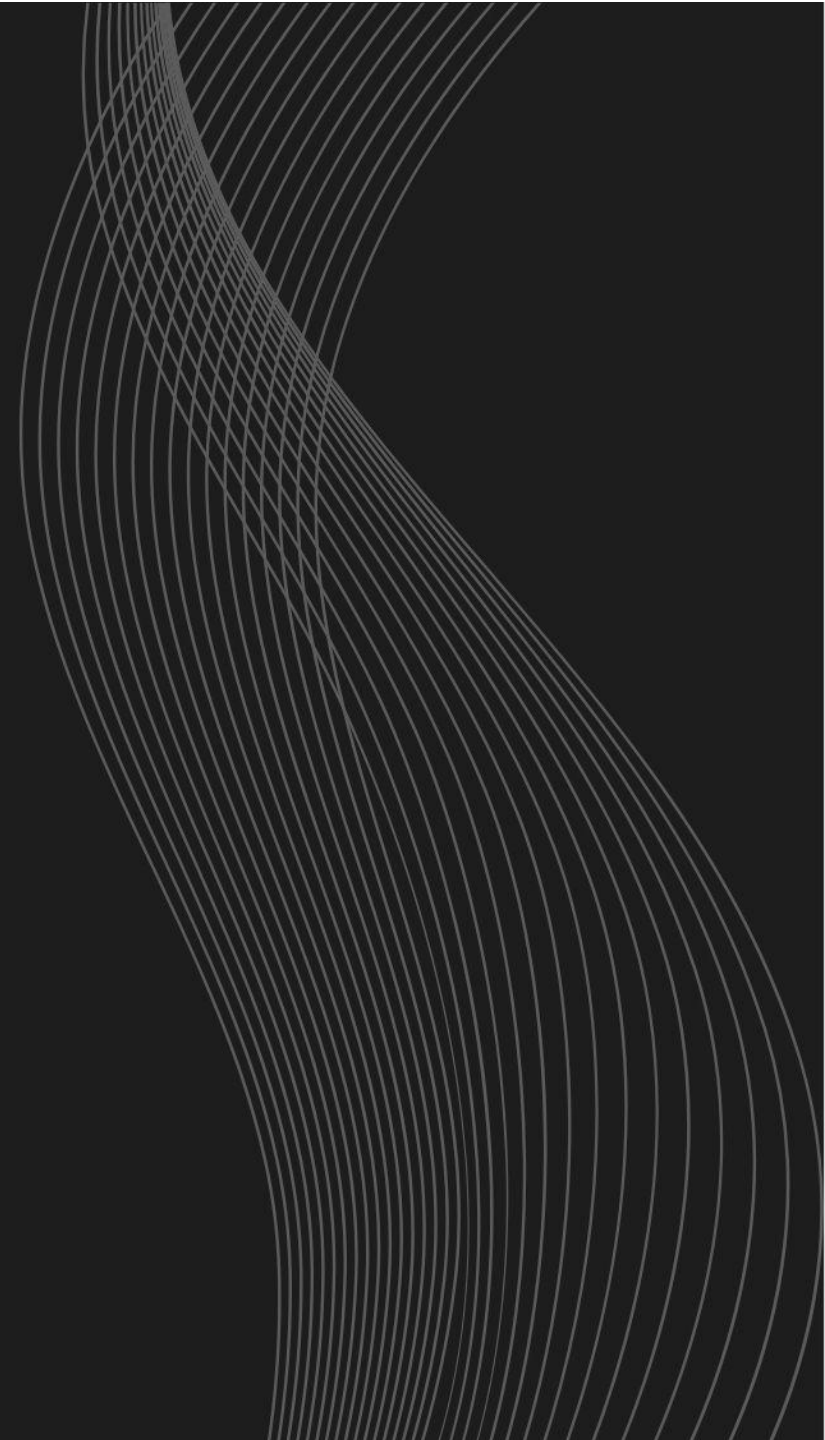# How to Set Up a Training Session

How to set up a training session

When setting up a training session it is important to consider the following questions:

- **What is the overall aim for this session? What would you like the umpires to learn in this session?**
  - Coaching/education, skills, conditioning, fun/connection
- **How does this session build upon the previous session?**
- **How are you going to connect with the umpires, involve all the umpires in activities, show that you believe in the umpires and/or inspire the umpires?**
- **Who will be attending?** (age, umpire discipline, number of umpires)
- **What space/facilities/equipment/technology is available to use?**
- **How will I engage the umpires in the learning?**
  - Asking questions to gauge their understanding
  - Think – Pair – Share (asking the umpires to consider a question individually, then as a pair & then sharing with the group)
  - Using ICT, for example Kahoot to practice decision making (https://kahoot.com/) or Slido to gain feedback or short-answer responses (https://www.slido.com/)

How to set up a training session

The Coaching Curriculum recommends the below session structure for training sessions (junior, youth and senior) …

	Duration	Focus	
PRE-GAME	Up to 15min	Fun, Play & Exploration (no coaching!)	Unstructured play is important for skill acquisition, particularly with regards to developing creativity
QUARTER 1	10min	Energizer (Warm-Up)	The aim is to have a fun warm-up with an emphasis on fundamental movements
QUARTER 2 (2 Rotations)	10min	Fundamental Skills (High Repetition)	The aim is to practice the fundamentals skills of football with lots of repetition
	10min	Decision Making Task	
QUARTER 3	15min	Team Task	Opportunity to practice applying the fundamental skills to game situations when working as a team
QUARTER 4	10min	Game	Opportunity to play the game, whilst rules are applied to emphasise specific skills

TOTAL DURATION 70 MINUTES

How to set up a training session

The Coaches Role is to...

- Determine how to create practice that allows umpires to learn by themselves

- Guide and Shape rather than Dictate

- Use a questioning style of instruction

- "More hands off" – skillful observation

- **Let the drill / game outcomes teach the umpire**

Maximize Practice Time

- Minimize waiting time

- Small groups / pairs

- Lots of balls / opportunities to throw / position / judge

- Minimal instruction – 1 key point / Question

MAKE THEM BUSY SOLVING PROBLEMS, RATHER THAN REPEATING SOLUTIONS

3 Key Points on Instructions

► The best instructions are short cuts that guides umpires' attention & helps them evaluate their own performance

► Easy to create a dependency

► Usually not available in the performance context

How to set up a training session

What percentage of time do you spend on each of the following enablers?

FIELD	GOAL	BOUNDARY
Conditioning	Conditioning	Conditioning
Rule Book Knowledge/Interpretation	Rule Book Knowledge/Interpretation	Rule Book Knowledge/Interpretation
Decision Making (Player Protection, Holding The Ball, Marking Contests, Other)	Decision Making	Decision Making
Movement & Positioning	Movement & Positioning	Movement & Positioning
Communication / Game Management	Communication	Communication
Skills	Skills	Skills
Set Kick Control		Throw Ins

- Decision making, movement & positioning and skill practice is difficult to do outside of umpiring training, so should be included in the majority of training sessions.
- Fun and connection ensure your umpires keep attending training and develop meaningful relationships with each other and the coaches – this leads to a more enjoyable training and matchday environment. You might consider including fun games or "get to know you" games in the warm up. This could be led by senior umpires.

How to set up a training session
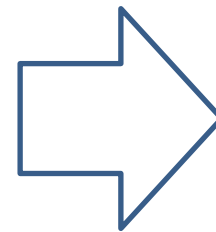

Prioritize the key enablers in your program

- Volume
- Frequency
- Intensity
- Overload

Constraints Coaching:

> **How can you change or adapt a skill drill to change the purpose/outcome or increase motivation/fun?**

"CHANGE IT"

C	Coaching style
H	How you score/win
A	Area
N	Numbers
G	Game rules
E	Equipment

The ART of coaching

Manipulating a drill to best suit the needs of the umpires in front of you

I Inclusion

T Time