

Preparation during the Week

There are certain things we need to know before we hit the field: positioning, rules, philosophies, and enforcements. Each official needs to know these before game day. What can we do during the week to best prepare for game day? Here are some suggestions:

Video Analysis

Film study is a key component to officiating success and is one of the best methods of game preparation. Start reviewing film on a regular basis and you will be a better official.

If possible, review film of yourself during the week. Get a friend to video you during a game. There is no better feedback than watching film of your work on the field. Be sure to critique your calls and no-calls. Does the film verify what you saw on the field or court? If not, ask yourself why you saw something different during the game.

Also review tight plays out of your area. Would you have called something different if the play occurred in your area of responsibility? Visualise the play, your reaction, and your call. By doing that, you will have gained some experience even though you didn't see the play in the game. You will be better prepared when you see similar play in live action.

You will also benefit from watching your positioning and demeanour. We almost always look different on film than we imagined. What we thought was a crisp signal may look sloppy on tape. We may think we are in a better position for a call than we actually are. Watching your films will expose aspects of your officiating that need improving.

You should also regularly review training tapes. Hopefully, your sport or club provides tapes. Spend time watching the types of plays you are likely to see in the game. Sky TV has round the clock sport so chances are you'll find your code on at some stage. When watching the game study the referee closely to pick up on their communication with players and other officials, and importantly, their positioning during play.

Rules Study

Officials should review rules every day. There are several ways to review rules and you should find the method that works best for you. Some officials methodically work through the rules, reading one rule at a time, section by section. Others look at a particular topic, for example – restarts, indirect free kicks, penalties, or injury breaks. The key is not how you review the rules, but that you are looking at them for at least some time every day. Officials should know the rules and know them well. The more you have to think on the field, the less you will see.

Self Assessment Study

Review your own summary of your performance from the previous week. What areas did you do well, and what areas need improvement. Make sure these areas are the focus of your study for the following week. Use the Self-Reflection form to help you record your performance.