



# BULLS J1/J2 Umpiring Development

LEARNING EXPERIENCES	CONTENT	LEARNING EXPERIENCES
FIH App (phone)	Rules & Signals: Revision of rules and signals they already know	10 question mini quizzes - FIH rule book + revision Rules Coverage: <i>See below</i>
Clubhouse Sessions/Guest speakers	<ol style="list-style-type: none"> <li>1. Umpire Preparation</li> <li>2. Tech bench duty</li> <li>3. Rules: Shoot out(competition)</li> <li>4. Advantage &amp; Disadvantage</li> <li>5. Common mistakes/myths</li> <li>6. Open book rules test</li> </ol>	After/between training sessions or info sent home
Mentored umpiring	3-4+ sessions with a mentor - on-field and off-field	Shadow an umpire (no whistle) - learning where to stand; communication; working with officials; Disengaged mentor (stands on the sideline).
BWHA workshops <b>20 April 2024</b>	Introduction to Umpiring Downey Pk	Free - facilitated by BWHA umpiring officials
At training - Coach led	Being Game Smart: Rules around penalties - creating/denying time & space	Being game smart - what are the rules and misunderstandings? Sportsmanship, conduct & dissent; Hockey specific fitness/safety; BWHA training activities
Senior Game Observation	Attend two senior games with a mentor or coach	Watching the umpire rather than the players: Positioning; Focus on a specific rule - eg. How to umpire obstruction; umpiring overheads; Advantage; conducting penalties
Tech bench duty	Scoring	Learn to fill out the Match book - rostered to a tech bench with a mentor/without a mentor
Online Accreditation	HQ website: Foundation Support Umpire	Online accreditation; prac test
Online resources	BWHA online video discussions	2-3 min video discussions and clips around rule interpretation

## BULLS J1/J2 Umpiring Development Program

<b>Rule of the Week &amp; Umpire's signals</b>	<b>Sportsmanship</b>	<b>Safety</b>	<b>Learning experiences</b>
<i>Rules around the taking of penalties</i>	<i>Appealing</i>	<i>Fitness &amp; intensity</i>	<i>FIH rule book research</i>
<i>Communication &amp; resilience</i>	<i>The Captain</i>	<i>Warmup/ Stretching</i>	<i>Clubhouse sessions</i>
<i>Manufactured breaches: deliberate vs accidental</i>	<i>Time wasting</i>	<i>Fast flow drills</i>	<i>Guest speakers - umpire trainers</i>
<i>Cards &amp; suspensions</i>	<i>Arrogance</i>	<i>Awareness of others</i>	<i>Foundation Support online Accreditation</i>
<i>Shielding the ball</i>	<i>Team support</i>	<i>Overtraining</i>	<i>Tech bench duty - learning to score</i>
<i>Overheads</i>	<i>Inclusion of GK</i>	<i>Hydration &amp; fuel</i>	<i>Umpiring junior games with mentor</i>
<i>Shoot-outs</i>	<i>Influences on rep selection</i>		<i>Senior umpire game observation &amp; Game mentor debriefs</i>
<i>Advantage; Time &amp; space</i>	<i>Setting an example</i>		<i>Attend Assoc workshop BHA/BWHA</i>
<i>Game management; tempo; consistency; bias</i>	<i>Spectator conduct</i>		<i>Prac sessions with an umpire - rule clarification</i>