Ref training drills

We suggest the training drills are not a one-off session but should be spread over a number of sessions/season. Trying to get through everything in the first go probably won't work that well!

Keys to success

- Make sure it stays fun
- Brief, focussed and immediate feedback
- Everyone has a lot of turns
- Minimise time standing and talking

Beforehand

- Share patterns of play clip with refs so they can watch in their own time
- Be well prepared around how your drills are going to work based on number and skill level of people you have (both ball skills and referee experience)
- Organise a process using ref coaches so you can cycle through the drills and give immediate feedback without standing round too much
- What is your focus for the particular session you are planning? Examples...

  - Positioning (i.e. trying all of the options)
  - Space (i.e. everyone is trying to get offside)
  - Peripheral vision (i.e. people holding up fingers/signs etc)
  - Handling pressure (i.e. people yelling and trying to put you off)
  - Split focus (i.e. answering questions while having to referee)

At training

- Start with walkthroughs of drills to get clear before adding intensity. Suggest walkthroughs could be part of warmup
- Might be best to just focus on using 1-2 of the drills per session when they are new otherwise you could be standing and talking too much
- Mix drills in with conditioning blocks or games to make it fun and get HR's up
- Aim to get as many refs through each drill as many times as possible. People will get more value if they get a more turns

Drill progression

- Start simple (i.e. just around positioning) and introduce other variables later
- Play with size/scale of drill (i.e. wider and narrower, more and less people involved)
- Think of ways to introduce other skills (decision making, listening etc)
- Start with ref only having to have a narrow field of view (i.e. only have to watch one area) and widen the view he/she needs to have as competence improves
- Make it more physical (i.e. add shuttle runs in between reps to get HR up)