

Referee Training Drills

This is a series of refereeing training drills based around simulated game situations. IT'S NOT INTENDED AS A SIT-DOWN CLASSROOM STYLE PRESENTATION. This document is for briefing the organizer.

It is supposed to be fun and help build practical refereeing experience away from games. It is intended as a starting point to encourage groups of refs to change and expand on them. They will work best with repetition (i.e. incorporate drills in physical training sessions throughout the season).

When trialing the drills, we found there were some great discussions stimulated, it is important that these discussions are encouraged, but that they don't lead to long periods of stranding and talking

Make your own session plans based on some or all this document and be well prepared. Encourage use of whistles, signals, communication to make it as realistic as possible. Do the drill on appropriate parts of a proper rugby field if possible.

Footage included with this resource is not intended as demonstrations of good refereeing or good drill execution. It is merely there to demonstrate the drills.

Referee Training Drills (Recommendations)

- Drills based on working in 3's with minimum number of 9 and are scalable (can do with less but not as realistic)
- Suggested approach is to focus on one drill as part of a physical training session (vs trying to do all of them in the 1st session). I.e. do walk throughs of the drill during warmup and go back to the drill 2-3 times through the session as increasing intensities. Do hard physical work between drills.
- **Minimize time standing and talking.** Get clear during warmup (walk through), so everyone knows their roles
- Aim to rotate through the drill as many times as possible in a short period to maximize practice
- Within the 3's, one will be ref while the other 2 will be in positions to challenge the ref (i.e. offside/onside)
Encourage challenging each other and feedback within groups
- Start simple but then try different variables/progressions within the drill. This is merely a starting point
- If you have good numbers, have some doing physical training while others are doing the drills then rotate
- Involve coaches who can provide ongoing feedback to refs

- After each rotation of the drill, in 3's, have a quick discussion and share with group 1 thing they learned/noticed

Phase Play Drill

Process

- Yellow group rotate between D and ref
- Red and blue form 2 pods of forwards + 9 & 10
- 9 passes back and forward between pods, with D players setting target
- After 4-6 phases 10 calls for ball to backs
- Ref to use combination of positioning options
- Ref to keep D players on side
- Once yellow group have all been ref then the groups rotate
- D players must hold width

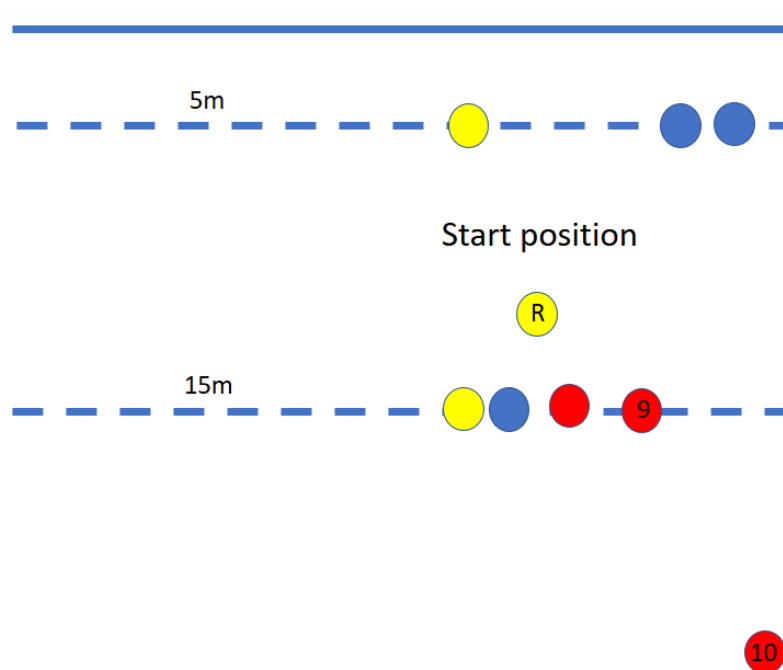
Objectives

- Practice for ref to operate in play structure with congested space
- Try not to just sit in chariot/jockey or D line
- Practice smooth transition between phases and then out wide when ball goes to backs
- Opportunity for ref to try different positions

Progression

- More players involved to increase traffic

- D players to hold up fingers at different times and ref calls out how many



Lineout Drill

Process

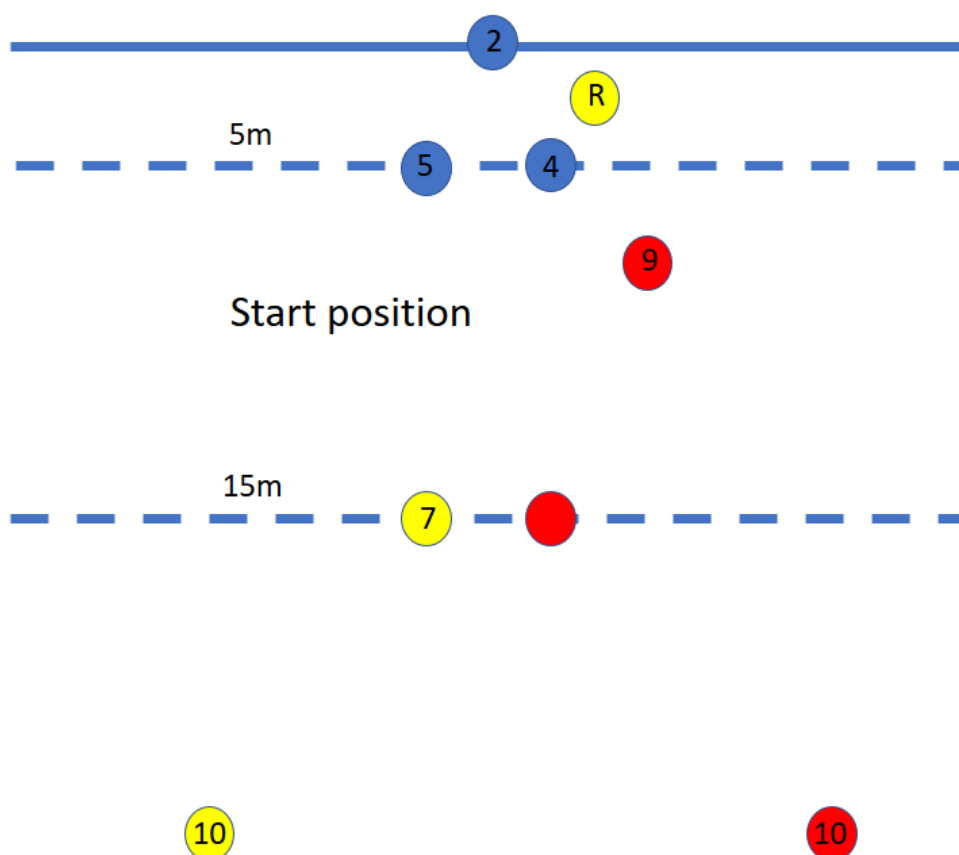
- Yellow group rotate between D and ref
- Red and blue form LO as in diagram
- 2 throws to 4, who passes to 9, then on to 10
- Defending 7 & 10 rush up (sometimes offside)
- 5 holds hand up high or down low showing a number of fingers (so ref must focus here as well)
- Ref needs to be able to call how many fingers from 5, ensure D are onside and move with play

Objectives

- Practice difficult scenario with split ref focus (LO contest and backs)
- Ref can't take shortcut though LO (in game there are players there)

Progression

- More players involved to increase traffic
- 4 can move back/forward and mix up OT, maul etc.



Kick Chase Drill

Process

- Yellow rotate between 14, 11, and ref roles
- Red form ruck setup as shown, ref calls use it
- 9 passes to 10, who kicks to 14
- 11 chases kick either onside or offside
- Blue defenders might rush up on kicker, be onside/offside or obstruct chasers and ref can either manage or PK
- Ref to chase kick to be close to where ball lands
- Rotate roles as follows. R->14, 14->11, 11->R
- Run back to start drill quickly

Objectives

- Practice difficult scenario with a lot of variables
- 11 must chase a kick, run back quickly and be ref to create a bit of fatigue.
- Aim to get through the drill several times in quick succession to introduce more fatigue

Progression

- 10 holds up fingers after kick where ref must call out how many (simulates watching for late charge)
- More chasers for ref to watch
- AR's with comms gear to practice making calls

