

## Polocrosse Umpiring – Possible Agenda

**Date**

Time	Content	Activities
Issues	<p><b>Introduction</b></p> <ul style="list-style-type: none"> <li>▪ ascertain background of attendees</li> <li>▪ blank sheet – name, years of experience</li> <li>▪ overview/approach to session</li> </ul>	<p>On a sticky! Record 1 challenge for you as a polocrosse umpire Display on wall – we will come back to those!</p>
Attitude Fitness Dress Punctuality	<p><b>The Polocrosse Umpire</b></p> <ul style="list-style-type: none"> <li>▪ What is the role/s of the Polocrosse umpire? What does the umpire DO?</li> <li>▪ What does the sport expect from umpires?</li> <li>▪ What do players expect of umpires in Polocrosse?</li> </ul> <p>Legal responsibilities</p> <ul style="list-style-type: none"> <li>▪ Cover safety risks – identify &amp; manage</li> </ul>	<p>Session Can be done in small group work Can keep same groups Or Change groups for different questions list expectations of players and Prioritise these Briefly do a recap</p> <p>Again can be done in small groups - depending on numbers and diversity of participants What are the umpire’s legal responsibilities? How are they implemented? Discuss</p>
	<p><b>Umpiring Skills - Communication</b></p> <p>Communication</p> <ul style="list-style-type: none"> <li>▪ Effective communication involves people verbal/non verbal officiating examples</li> <li>▪ Barriers Attitudes, values, beliefs, Feelings, Past experiences (age), Power, Status, Background, Self-esteem, Emotional state, Social environment Assumptions, Expectations, Degree of familiarity Physical environment How to improve communication</li> </ul>	<ul style="list-style-type: none"> <li>▪ What is communication? (Imparting or exchanging information)</li> </ul> <p>Can be done in group or pairs Record on whiteboard, discuss. How do we do that effectively in a game? Verbal Non verbal Discuss / Seek examples What are some barriers to communication? What is the potential impact on umpiring? What are some strategies to improve communication for the umpire? List, discuss</p>

	<p><b>Umpiring Skills - Conflict Resolution</b></p> <ul style="list-style-type: none"> <li>▪ What is conflict? Disagreement, argument, difference of opinion</li> <li>▪ Signs Verbal or physical</li> <li>▪ Causes needs – personal, lack of information, ineffective communication frustration, pressure/stress, conflicting aims, conflicting values provocation, sledging</li> <li>▪ Managing/Resolving Conflict <b>avoiding</b> - a combination of uncooperativeness and unassertiveness lead to this style. Problems do not get resolved in this manner and this could cause long term negative effects</li> <li><b>compromising</b> - this style strives for partial satisfaction for both parties by seeking a middle ground</li> <li><b>confronting</b> - this style attempts to overwhelm the other party with formal authority, threats or the use of power. The objective here is to get one's own way</li> <li><b>collaborating</b> - the emphasis on this style is on problem solving and honest communication</li> <li><b>accommodating</b> - this style involves simply choosing to give in to the other's wishes.</li> <li>▪ Judicial procedures</li> </ul>	<p>Can be group / Individually or pairs Record on whiteboard, discuss.</p> <p>In groups When is it most likely to occur?</p> <p>What causes it? Impact on umpires? Discuss</p> <p>Process Seek examples Activity – scenarios</p> <p>Discuss – examples of experience and how resolved, with hindsight how could have handled the situation better.</p> <p>( ie learn form each other , no right answer, how individuals respond to conflict can often depend upon level of self awareness)</p> <p>What is your role at a judicial hearing?</p>
	<p><b>The Umpire in Action</b></p> <ul style="list-style-type: none"> <li>▪ Communication</li> <li>▪ Penalties</li> <li>▪ Positioning</li> <li>▪ Control</li> </ul>	<ul style="list-style-type: none"> <li>▪ What does the umpire <b>need</b> to be able to do the job/perform the role effectively? Knowledge &amp; skills</li> </ul> <p>Group them/prioritise them</p>

	<p><b>Umpiring Knowledge</b> Rules</p> <p><b>Umpiring Skills</b> Communication Control Positioning</p> <p><b>Umpiring Environment</b></p> <p><b>Player/sport expectations</b> (From this morning)</p>	<ul style="list-style-type: none"> <li>▪ What knowledge does he require? List key areas</li> <li>▪ What skills are required to do the job well?</li> </ul> <p>Share with whole group</p> <ul style="list-style-type: none"> <li>▪ How would you describe the umpiring environment in Polocrosse? What is it like out there for the umpire?</li> <li>▪ What can umpires do to cope with the umpiring environment?</li> </ul> <p>Have we covered those????? Yes, what is important in our approach to umpiring a game?</p> <p>If not! <b>How</b> do we/can we meet those expectations? Small groups address Report back - Discuss</p>
	<p><b>Umpire Challenges</b></p>	<p>Small groups address individual challenges listed this morning Brainstorm and record possible actions</p> <p>Discuss</p>
	<p><b>Summary</b></p> <ul style="list-style-type: none"> <li>▪ Recap session</li> </ul> <p><b>Final Thought/Next step!</b></p>	<p><b>List an Action</b></p> <p><b>Record one thing you will take away and do in your future umpiring!</b></p>