



REFEREE GRIDS & DRILLS

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1. ANTICIPATING THE TOUCH

1.1 Reason

Many Referees use the **physical Touch/contact** as the visual cue to commence movement back to the next 7m defensive Line, thus they are moving backwards, taking the defence backwards whilst the attack is now on their forward trajectory. The attack is essentially getting free territory until the defence manages to get Onside.

If Referees can find a **visual trigger** in advance of the physical Touch/contact, then their next movement to the new 7m position should put them ahead of the game and then we link in pre-loading verbal communications to this early movement and the 7m control should be enhanced and the outcome is a freer flowing Match.

1.2 Problem

Referee is late to move to new 7m position. The Defence is still being pulled back from play and attack has free reign. This affords the attacking team an **unfair Advantage** to gain ground in the new attacking set.

1.3 Remedy

Referees identify a visual trigger for when the Touch is imminent and move towards the 7m defensive Line position and as they do so verbally control the defence.

- Players who are **Onside**, should be allowed to defend the play immediately - verbalising their Onside status to both teams.
- Players who are **Offside**, should be nominated early and if they do not respond, the Referee should play Advantage and allow the attacking team to play through the Touch.

1.4 Outcome

Early nomination of **Onside** and **Offside** players will provide effective 7m control and the Referee will be up with or in advance of the play.

1.5 Drill

1. This grid can be established anywhere large enough for the grid and some space beyond for safety. Set the cones as per dimensions labelled on the drawing.
2. Identify the evolving attack direction just for some context.
3. Referee starts at **Blue cone**.
4. Defensive Player stands at **Brown cone** (Onside) and has a hanky or other piece of material/flag in their outside hand.
5. Referee says "**Hold**", "**Go**".
6. Referee and Defensive Player move forward with the Defensive Player moving to make the "Touch" on the **Green (Player) cone**.
7. The Referee must verbally pre-load the priority "Loose Player" **Yellow/Purple cone** (Yellow and/or Purple, on the Touch, look for me) before the hanky/flag is dropped.
8. When the Defensive Player gets to the 6m point (Touch is imminent - Star) they drop the hanky/flag and then make the Touch on the **Green cone**.
9. When the Referee identifies the hanky/flag being dropped they immediately commence their movement (chest to ball) back to their new defensive Line position.
10. The Defensive Player, having Touched the **Green cone**, turns, picks up the hanky/flag and as fast as possible, runs around the **Grey cone** into the Half position and must Touch the ball.
11. The Referee must be on the 7m defensive Line, square and be ready to move forward or to next position, as the ball is Touched or before if possible.

1.6 People

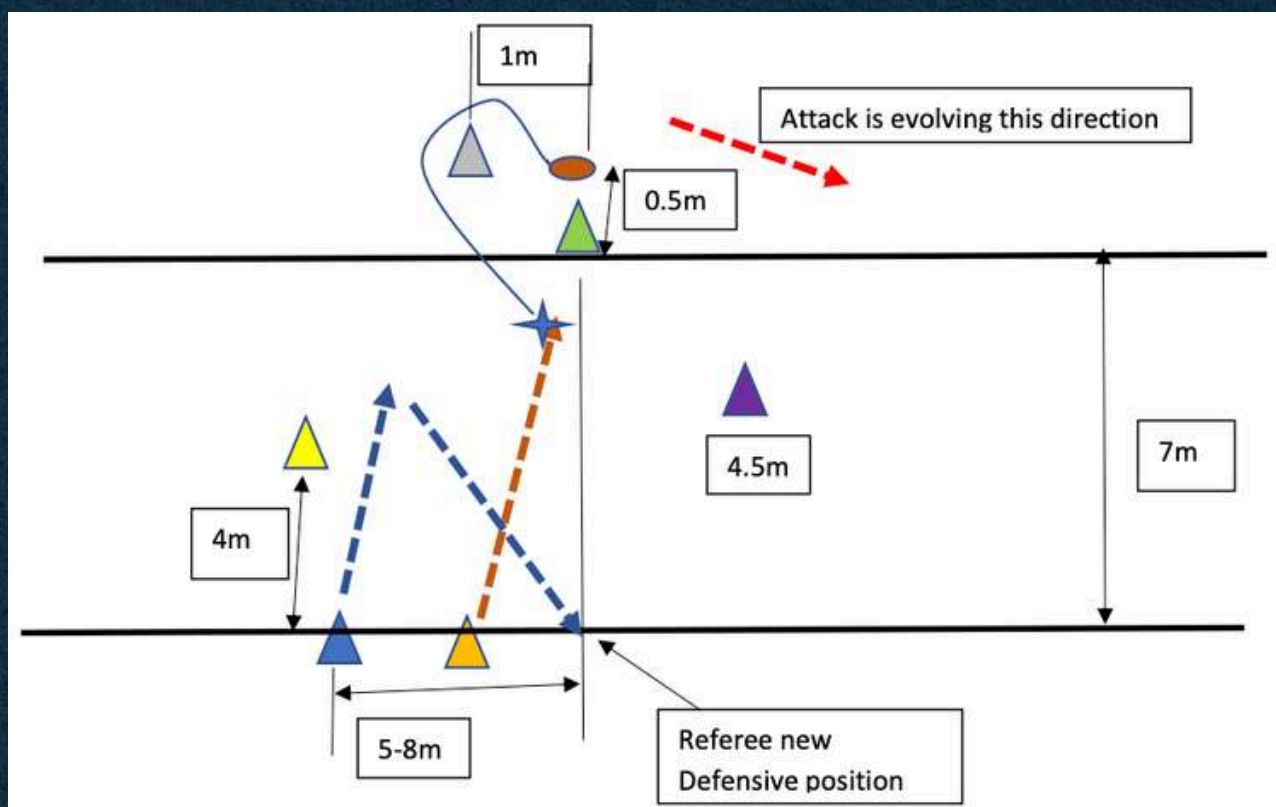
Two (2) people required for this drill.



1.7 Skill Development

- A series of coloured cones/markers and balls (or item to represent such) could be set up across the grid to represent attacking play moving laterally and forward and each time the Referee must move across the grid as the Touches occur.
- In a drill such as this, there should be at least two (2) Defensive Players so the Referee is made to work hard at each point. The Referee must still control the 7m with verbal commands “**Hold**” and “**Go**”.
- Defensive Player varies when the hanky/flag is dropped as the “imminent” trigger will vary depending on the Match Division being played i.e. MO vs M50.
- **Yellow and Purple cone** distances can be varied.
- In this grid example the Purple cone is the priority “Loose Player” due to the attack direction, so initial player management here then back to Yellow cone.

1.8 Training Layout



2. 7M CONSISTENCY

2.1 Reason

Referee is required to set a consistent 7m from off the head of the Rollball. The further the Referee moves to the flank of the Rollball, the harder it is to judge a 7m. The drill is aimed to assist building the Referee's ability to judge the 7m whilst moving down field.

The Referee must always maintain their chest to the ball.

2.2 Grid

Yellow 1st cone is for the location of the **Change of Possession**. This grid can be established anywhere on the field. Using the Try Line to start allows the Referee to get confident in what the 7m looks like.

Blue is cone for the **Referee**:

- 1 = Start/End cone.
- 2 = 14m forward of the Try Line.
- 3 = 21m forward of the Try Line.
- 4 = 28m forward of the Try Line.
- 5 = 52m forward of the Try Line.
- 6 = 59m (Green or alt colour) forward of the Try Line.
- 7 = 45m forward of the Try Line.

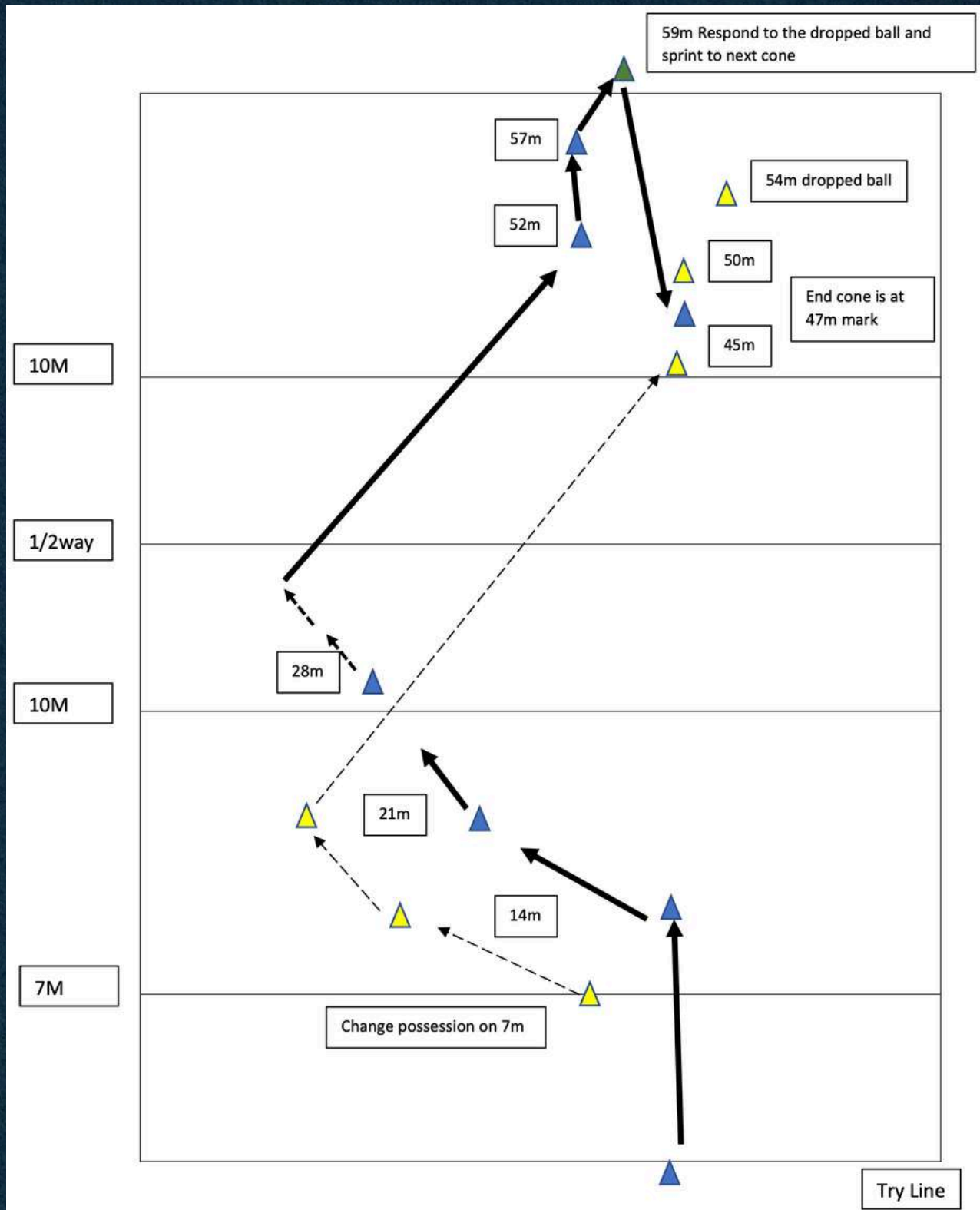
Blue cones are 5-8m to the flank of the head of the yellow cone (Rollball).

2.3 Drill

1. Player stands with ball on ground at **5m mark**.
2. Referee stands 1m behind Try Line.
3. The drill commences when the Player bends to retrieve the ball.
4. Player retrieves the ball and walks forward to **7m mark**.

5. Referee starting behind Try Line, sprints **14m forward** and as the Referee passes the **7m Line** (COP Mark) verbalise "**Rollball there on 7m**", "**defence** (use a position Link, Middle) **offside, push back**". Referee pivots to keep the Rollball action in sight and complete the movement backwards to 7m position. Aim here is to get Referee used to owning the 7m on the change.
6. Player places the ball on the ground and releases it and then regathers the ball and jogs to next Touch (**yellow cone**).
7. The visual cue for the Referee to move is the regather of the ball each time.
8. The Referee is to step forward then turn and run to the next cone without looking for the **blue cone**, so remain aware of the attacking Player. Verbalise the Touch count and the management of defence to the 7m and be looking to keep the chest to the ball whilst moving and be square on the **7m Line**.
9. When the 2nd Touch occurs (**21m yellow cone**), the Player is to then jog to **45m yellow cone**. The Referee is expected to be at the **28m blue cone** for the 2nd Touch call.
10. As the player now switches direction to run back across the field, the Referee must take two (2) quick but deliberate steps backwards at almost 90 degrees to the Player Line, then Turn and Run to **mirror the Player Line**. This stepping back will allow the Referee to gain space and more importantly, get into a position where they can keep their eyes on the Player and chest to the ball at all times.
11. The Player plays the ball at the **45m point** and the Referee is expected to be on the **7m mark** at the **52m blue cone**.
12. Run backwards to the **57m mark**.
13. Turn and Run to the **59m blue cone** and as the Player reaches the top of their grid (**54m yellow cone**) they are to drop the ball.
14. The visual cue for the Referee to turn and sprint to the new defensive Line is the dropped ball.
15. The Referee must maintain visual and verbal control in this sprint to the end.
16. The Referee has completed the drill when they reach the last **blue cone (47m)** and has turned and set the new defensive Line.
17. Swap roles, rotate.
18. Alternate from jog, to run, to faster pace.

2.4 Training Layout



2.5 People

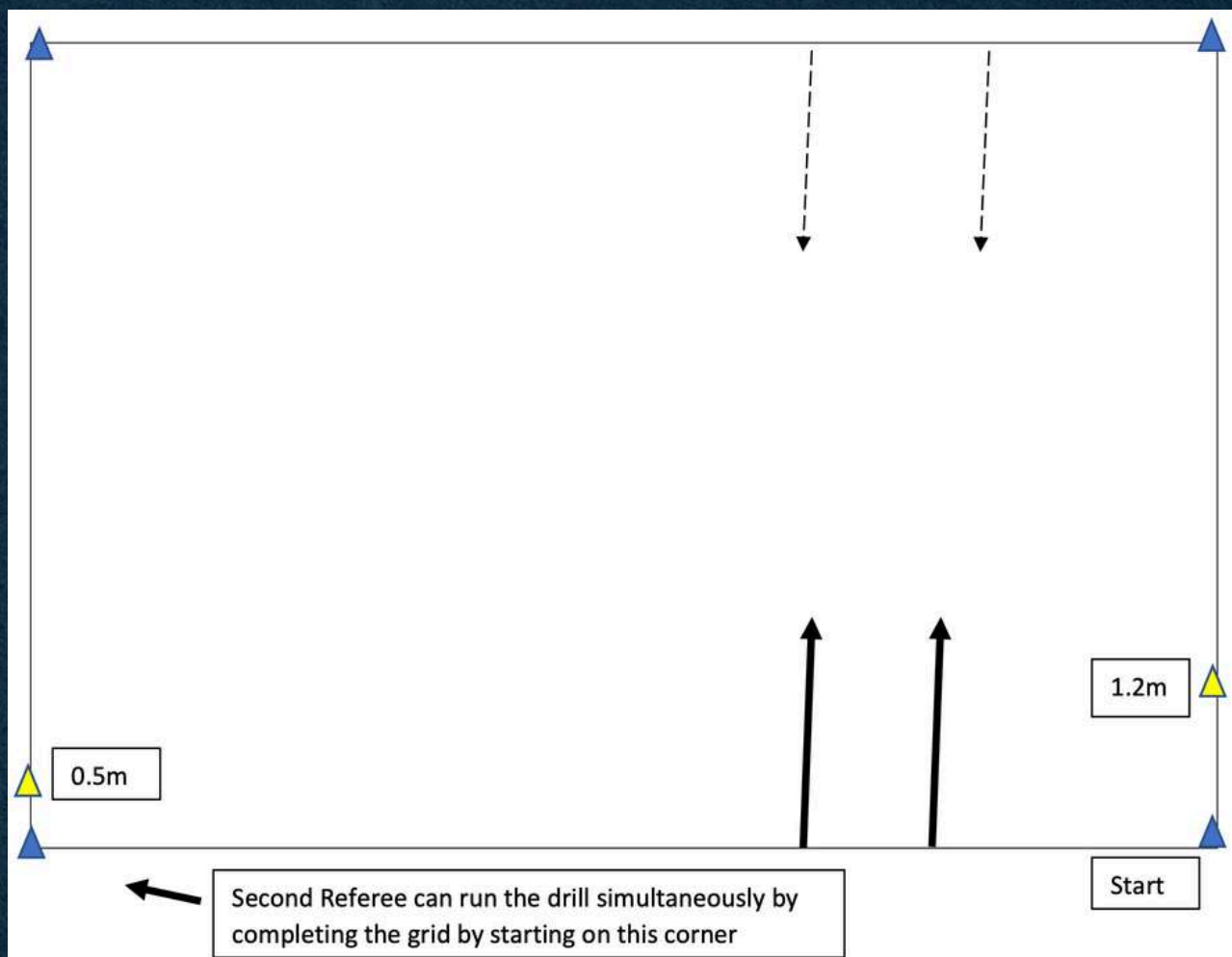
Player with ball, Referee and possible to include **Buddy Referees** to work straight up the outside of the grid (no interchanges) so they get used to verbal communications to the control Referee and assist ensuring the 7m blue cones are achieved without the Referee looking down.

3. AGILITY PYRAMID

3.1 Reason

Referee is required to be able to move forward, run backwards to move between defensive positions, control the **Change of Possession** (COP) Rollball and establish the new 7m defensive Line (verbally control through pre-loading and other communications) as fast as possible.

3.2 Training Layout



3.3 Grid

Set up a 7m grid using blue cones.

3.4 Drill

1. Start along one side of the grid.
2. Decide a number of Touches (example 5).
3. On “**Go**”, sprint across the grid and touch the grid line on the other side (7m away, each lap, switch hands for variety, breaking the running motion and balance coordination).
4. Run backwards to starting line and call “**Hold**” have five (5) second rest.
5. Call “**Go**” then complete two (2) laps with no rest between laps.
6. After the two (2) laps are completed call “**Hold**” have 10 seconds rest.
7. Then complete three (3) laps with no rest between laps.
8. After the three (3) laps are completed call “**Hold**” have 15 seconds rest.
9. Call “**Go**” then complete four (4) laps with no rest between laps.
10. After the four (4) laps are completed call “**Hold**” have 20 seconds rest.
11. Call “**Go**” then complete five (5) laps with no rest between laps.
12. After the five (5) laps are completed call “**Hold**” have 25 seconds rest.
13. Reverse the drill so 5 laps, 4 laps, 3 laps, 2 laps, 1 lap with same rest periods.

During rest periods, Referees should insert various **verbal communications/pre-loads** to simulate managing loose Players and Players offside at the 7m line (**yellow cones**).

Verbal communications must include either a **Player number** or **position** to enhance concise/direct communication practices.

As fitness improves the rest times can/should be reduced.

3.5 People

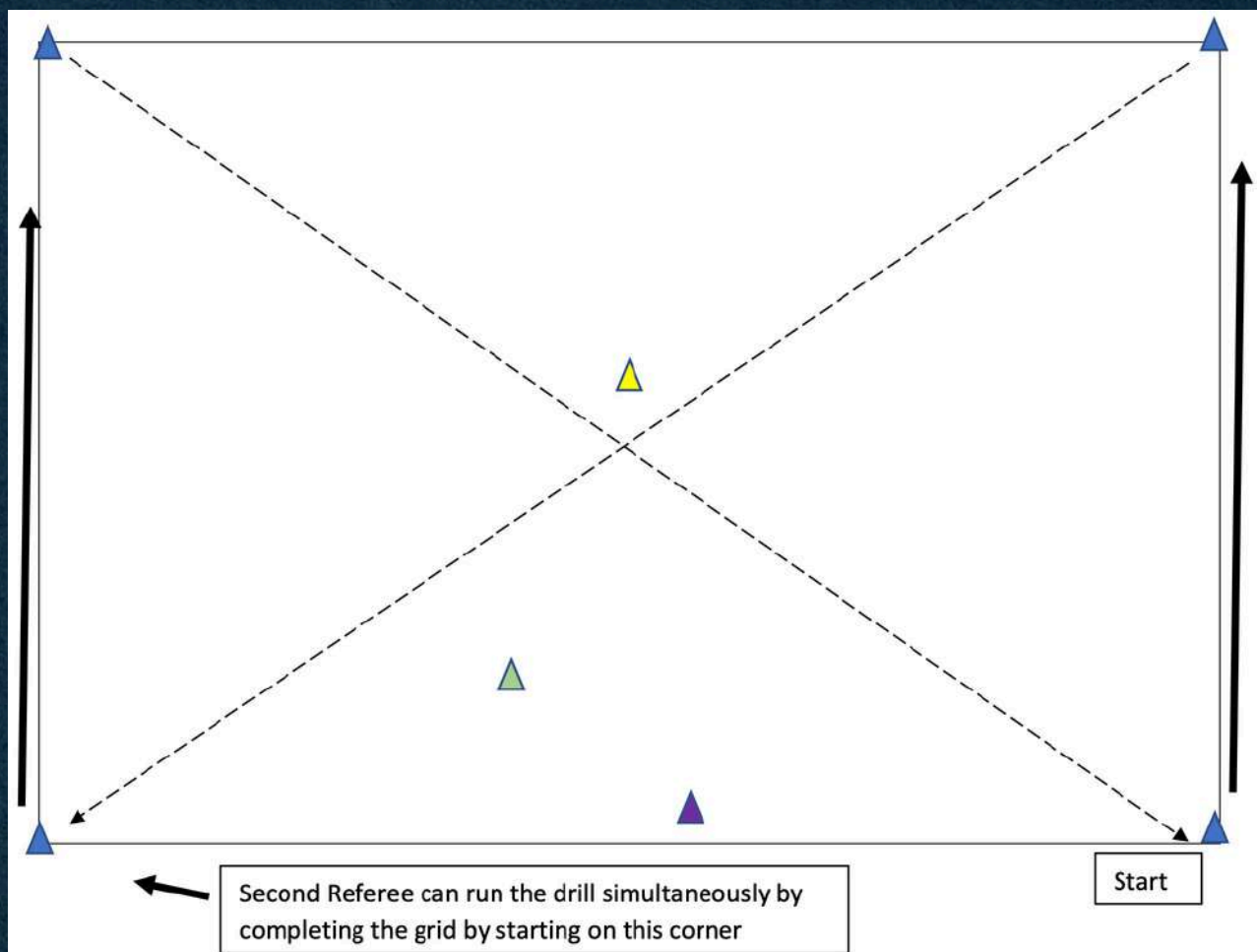
Timekeeper required. Solo drill possible. Multiple people can be involved simultaneously and this allows inherent competitive nature to push each other.

4. AGILITY RELAY

4.1 Reason

Referee is required to be able to move forward, pivot and run backwards to move between defensive positions, control the **Change of Possession** (COP) Rollball and establish the new 7m defensive Line (verbally control through pre-loading and other communications) as fast as possible.

4.2 Training Layout by Craig Thomas-Schumacher



4.3 Grid

Set up a 7m grid using blue cones and a yellow cone at approximately the centre point of the grid.

4.4 Drill

1. Start at corner, sprint forward to the **blue cone**, pass around the blue cone and then Turn and Run so chest is toward the ball (**yellow cone** indicates the side the Player with the ball is).
2. The Referee is to pivot once past the **yellow cone** and continue to the **blue cone**. During the run backwards phase of the drill, the Referee is to “**Manage/Pre-load**” the offside Player(s) “**Green cone**”.
3. At the **blue cone** pause and verbalise “**the 7m management** (use a position Link, Middle - purple cone) **offside, step back or hold**”.
4. Referee then verbalises “**Go**” (means the defence can move forward).
5. Referee then sprints to **next blue cone** and repeats the drill back to the starting cone.

4.5 People

Solo drill possible. Multiple people can be involved by:

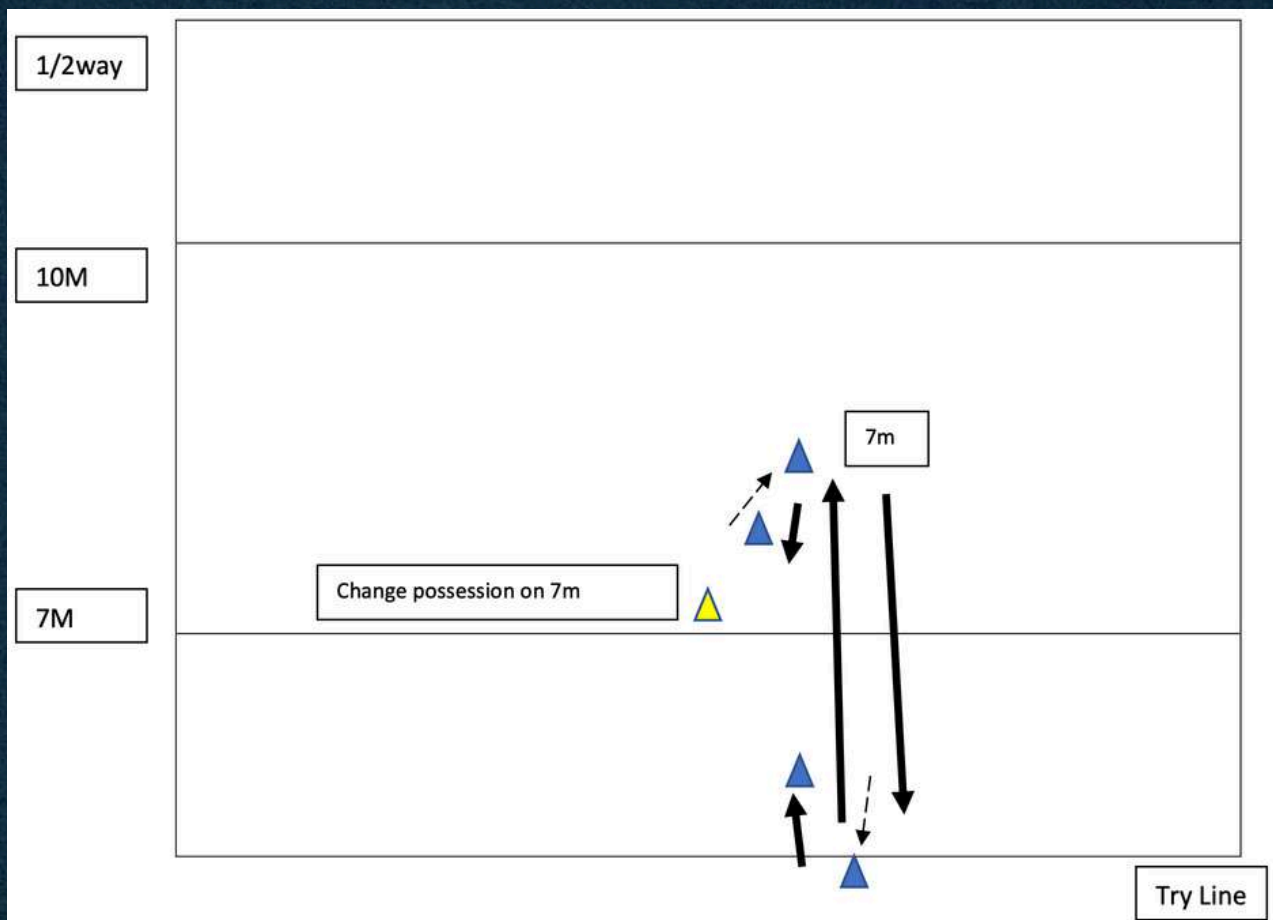
- **Two (2)** - take turns to run the drill, rest period is the duration of the drill run by the other person.
- **Multiple people** can run the drill in the opposite directions simultaneously. Referees set off from the opposite side corners and run down opposite sides of the grid.

5. CHANGE OF POSSESSION

5.1 Reason

Referee is on the 7m defensive Line and the **ball is dropped**. Referee needs to transition between 7m defensive Line, control the Change of Possession (COP) Rollball and establish the new 7m defensive Line as fast as possible.

5.2 Training Layout



5.3 Grid

Yellow 1st cone is for the location of the Change of Possession. This grid can be established anywhere on the field. Using the **Try Line** to start allows the Referee to get confident in what the 7m looks like.

Blue is cone for the Referee:

- 1 = Start/End cone.
- 2 = 3m forward of the Try Line.
- 3 = 14m forward of the Try Line.
- 4 = 4m forward of the 7m line.

5.4 Drill

1. Start behind Try Line and jog forward to **3m cone**.
2. Touch occurs move back to Try Line, ball is dropped on **7m Line**.
3. Sprint 14m forward and as the Referee passes the **7m Line (COP Mark)** verbalise "**Rollball there on 7m**", "**defence** (use a position Link, Middle) **offside, push back**". Referee pivots to keep the Rollball action in sight and complete the movement backwards to 7m position. Aim here is to get Referee used to owning the 7m on the change.
4. Repeat drill back opposite way.
5. Run continually for 40 seconds, then rest 20 seconds. Repeat this **cycle four times**, then rest one minute, reset and repeat the drill.

5.5 People

Solo drill possible.

- If a Player is involved, then the Player places the ball on the ground and releases it and then regathers the ball.
- The **visual cue** for the Referee to move is the regather of the ball each time.

6. CHANGE OF POSSESSION 7M

6.1 Reason

The action of moving control of the ball from one team to the other (**Change of Possession**), is possibly one of the most important aspects of the Game, as it impacts the following set.

If the attacking team wins the Change of Possession, they will normally find themselves in a position to attack the Try Line on the 5th Touch. If the defending team win the Change of Possession, then the attacking team is unlikely to be able to attack the Try Line on the 5th Touch.

Referees must be capable of **controlling the play** to ensure each team has equal opportunity to win the changeover play.

6.2 Problem

Offside players get an unfair opportunity to shut down the new attacking structure and momentum. Conversely, **late nominations** tend to allow Offside defensive players to move forward only to be called back, generally beyond the original 7m defensive Line. This affords the new attacking team an unfair Advantage to gain ground in the new attacking set.

6.3 Remedy

Referees are to prioritise setting the new defensive Line and **informing players** whether they are Onside or Offside accordingly.

- Players who are **Onside**, should be allowed to defend the play immediately - verbalising their Onside status to both teams.
- Players who are **Offside**, should be nominated early and if they do not respond, the Referee should play Advantage and allow the attacking team to play through the Touch.

6.4 Outcome

Early nomination of **Onside** and **Offside** players will provide effective 7m control and ensure both teams have equal opportunity to win the changeover play.

6.5 Drill

1. This grid can be established anywhere large enough for the grid and some space beyond for safety. Set the cones as per dimensions labelled on the drawing.
2. The Referee starts at **cone A**.
3. Referee moves at half speed in a smooth arc around **cone B** and **cone C** and then sets the 7m line at **cone D**.
4. Referee calls "**One**" (Referee turns at **cone C** and runs backwards into **cone D**).
5. Referee then moves forward and returns to **cone A** in a smooth arc.
6. Repeat the smooth arc between **cone A** and **cone D** where Referee calls "**Two**" (Referee should turn at **cone B** and run backward into **cone A**).
7. Repeat this movement until 5th Touch is called at **cone D**.
8. After 5th Touch is called at **cone D**, Referee sprints from **cone D** to **cone H**.
9. Whilst moving through to new 7m line (from **cone D** to **cone H**) the Referee is to point and verbalise (nominate) **cone F** as an **Offside** player.
10. Repeat the grid around **cone E**, **cone F**, **cone G** and **cone H** until 5th Touch is called at **cone H**.
11. On 5th Touch Referee sprints to **cone A** where the rep finishes.

6.6 Cycle

One cycle consists of the Referee moving from **cone A** and returning to **cone A** (Two (2) x six (6) Touch sets).

- Do **three (3) cycles** with a two (2) minute break in between cycles.
- Each cycle should take one (1) minute to complete.

6.7 People

Can be done as a solo or multiple-person drill.

6.8 Skill Development

As Referee skill develops, have the Referee **verbalise** (nominate) **cone G** as an **Offside** player and **cone H** as an **Onside** player whilst sprinting the 7 to 7 Change of Possession (i.e. cone D to cone E and cone H to cone A).

As Referee skill continues to develop the aim to build a “**muscle memory**” Change of Possession sequence which has as:

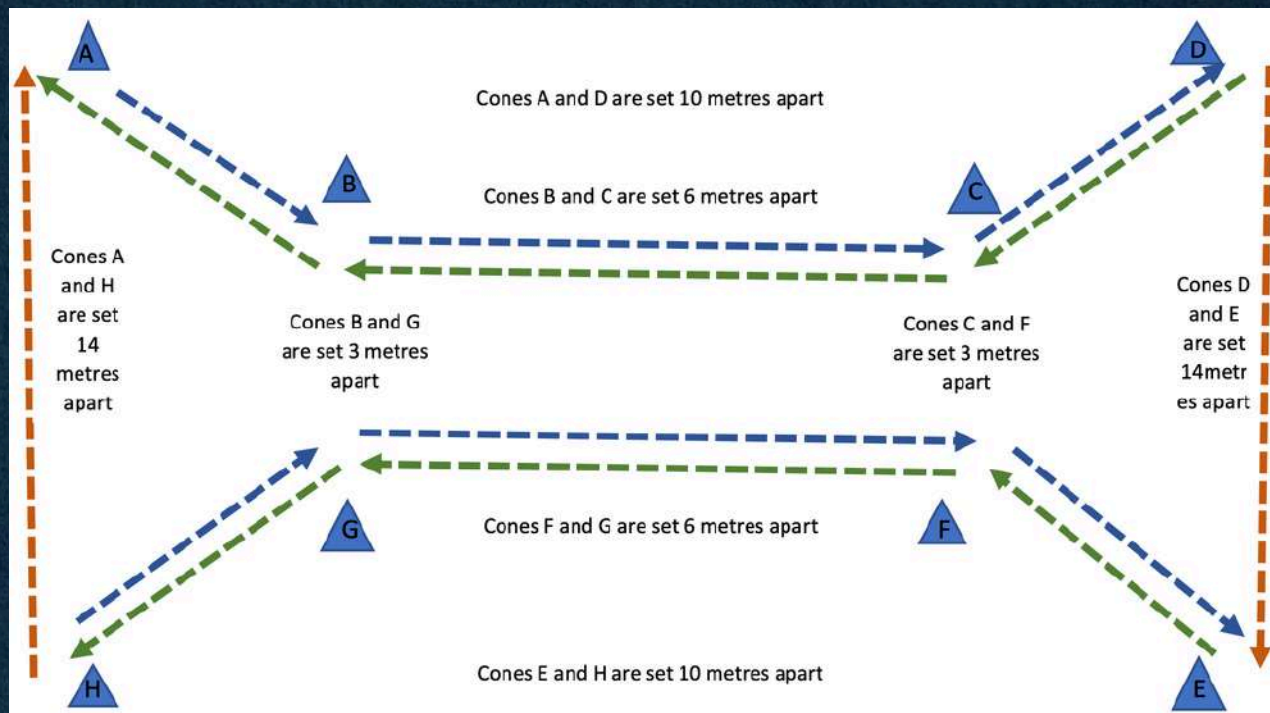
- **Priority 1:** The new 7m control;
- **Priority 2:** The Mark for the Rollball; and
- **Priority 3:** The signal for the reason for the changeover.

As skill of 7m Change of Possession becomes embedded, include general 7m management skills by having the Referee verbalising to **cone C** that they are **Offside** and need to move back to the 7m line (in line with **cones A - cone D** or **cone E - cone H**).

6.9 Variations

- Second person can call “**ball down**” at irregular intervals during the grid and the Referee is to respond with immediate 7 to 7 Change of Possession movement demonstrating verbalisation and control.
- Second participant can start the cycle at **cone E** and the two (2) participants should mirror their movements.

6.10 Training Layout by Rob Cooper

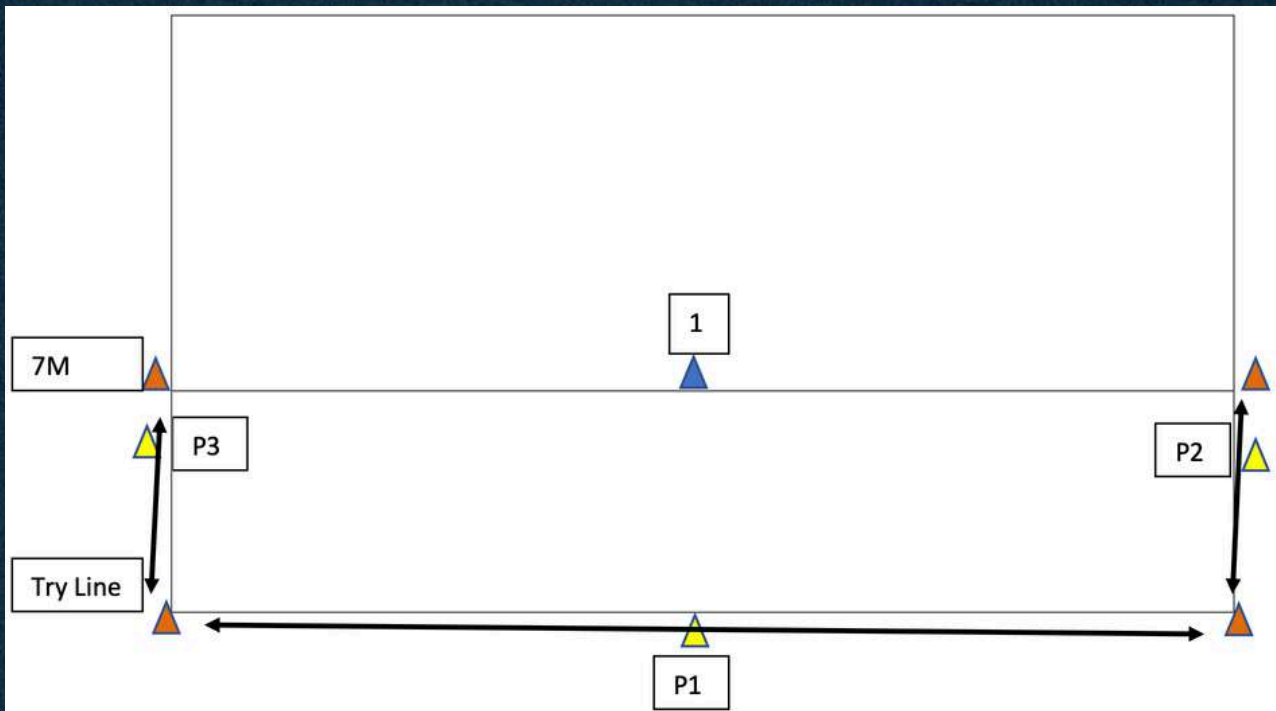


7. PERIPHERAL VISION

7.1 Reason

Referee is required to maintain a consistent 7m whilst play evolves. This means that while watching the Rollball the Referee must also be able to control the 7m and this can be achieved using the “*peripheral vision*” rather than a full head turn.

7.2 Training Layout



7.3 Grid

- The grid is 10m wide and 7m deep, **Orange cones**.
- Width of grid can be increased as skill levels improve.
- **Blue** is cone 1 for the Referee.
- **Yellow cone(s)** (1, 2 and 3) represent Others/Players involved (cones not necessary on the grid, used for drawing representation only).

7.4 Drill

1. Player stands in **centre of the grid** on the Try Line and jogs in any direction back and forth between the cones.
2. The Referee facing the **P1**, mirrors P1 movements.
3. Once the Referee is maintaining good proximity to **P1**, introduce **P2**, who moves up and down between the **Try Line** and the **7m line**.
4. **P1 & P2** can move in either direction and should vary their pace, in order to make the Referee track their movements.
5. The key is to ensure that the Referee is always **as square as possible/facing the Try Line**, thus the peripheral vision is the key to tracking the movements of **P2**.
6. Once the Referee has mastered this skill of tracking **P1** and **P2**, introduce **P3** and have the Referee maintain a line parallel to the Player (2 or 3) whoever is furthest from the Try Line.
7. The Referee is to use their **verbal communications** to bring the other "**P**" back to them.
8. Rotate participants through the three (3) positions/roles after approx. 2 minutes.
9. You might find on the first through runs, you only get to introduce **P2** into the drill. As skill improves you may wish to start with both **P1 & P2** already in position.

7.5 People

- **Player 1 initially** and as skills improve add in Player 2 and Player 3.
- Additional Grids could be established for larger groups.

8. ***RUNNING BACKWARDS***

8.1 The benefits of backwards running

Enthusiasts claim there are endless advantages to the approach, not least that it entails less of the pounding associated with regular jogging and, unsurprisingly, gobbles up 20 per cent more calories than running forwards. Your balance improves and so does your peripheral vision and even your hearing as you become more attuned to what's happening around you, it also gives you incredibly well-toned calf and thigh muscles, but it doesn't strain the Achilles tendon like regular running.

Physiotherapists approve because running backwards entails less movement of the hips, reducing impact on the joints. It is often recommended for rehabilitation from knee and back problems because you land and push off from the forefoot, your toes are strengthened, which aids good posture.

Running one lap of an athletics track backwards provides the fitness equivalent of running four to six laps forwards and that 100 steps in reverse produces the same benefits as 1000 steps straight ahead.

8.2 Watch Your Step

There are, of course, drawbacks to running backwards. The fear of being blindsided means you are constantly twisting to see where you are going. Backwards running also requires more focus. "***You can't switch off***".

8.3 Exercising in Reverse

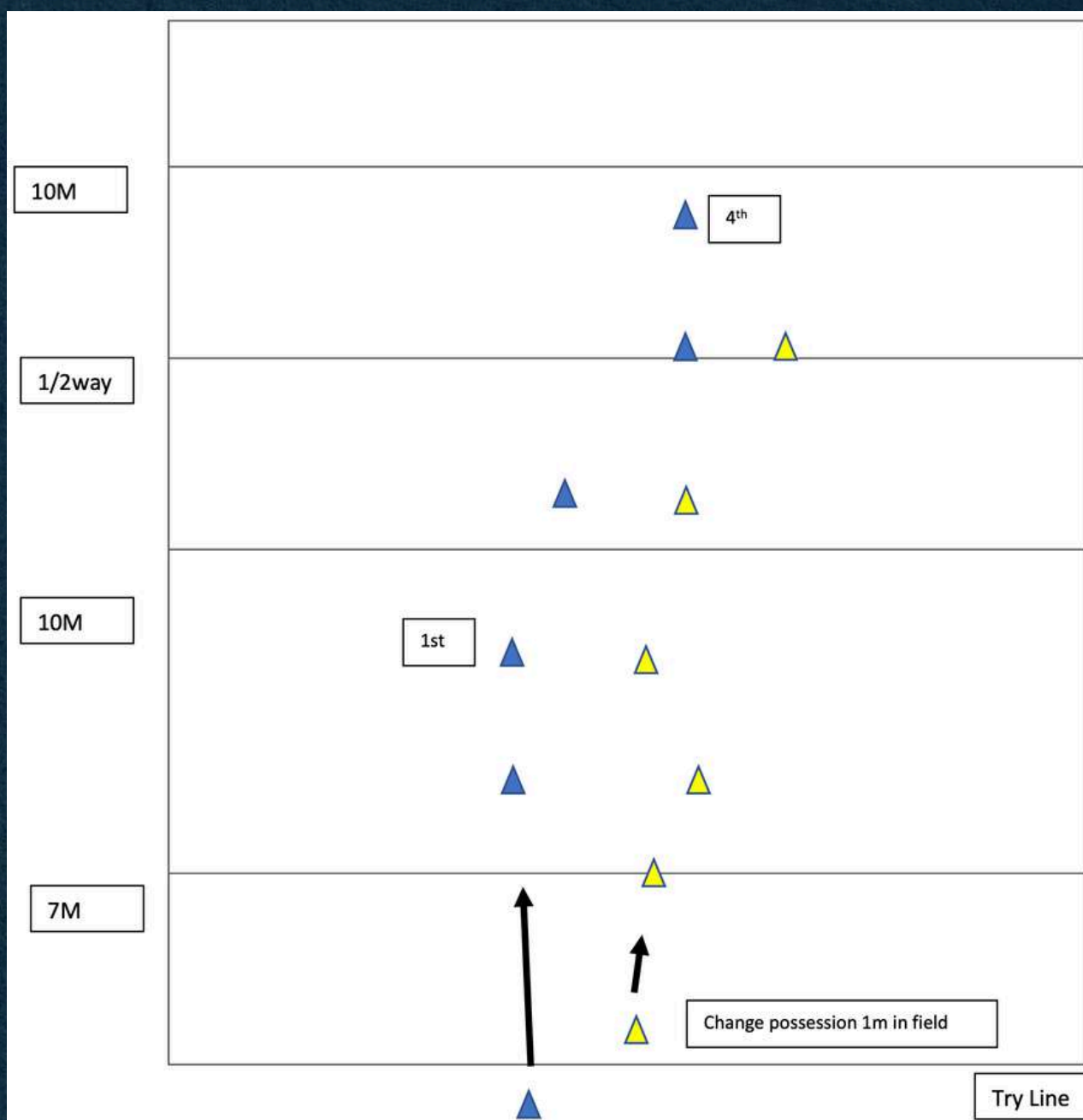
Choose a ***flat, wide running surface*** that is free of potholes and obstacles.

- Identify a distance of 50 to 100 metres and walk it to check for any dips or rocks.
- Begin by incorporating some **backward running** into your warm-up. Gradually increase the time and distance.

8.4 Technique

- Lean back slightly as you run, **pushing off from your forefoot** to drive backwards.
- Let the **ball of the foot** contact first, then allow the heel to touch just briefly.
- Try not to look behind too often. Take a glance every six to eight paces to start.
- Run with a partner who will act as your "**eyes**". As one person runs backwards, the other runs forwards.

8.5 Training Layout



8.6 Grid

- **Yellow** is cone for a Player to run to at pace (**Drive Play**), 7m apart, offset 2-3m.
- **Blue** is cone for the Referee, 7m apart.

8.7 Drill

1. Player stands with ball on ground at **5m mark**.
2. Referee stands **1m behind Try Line**.
3. The drill commences when the Player bends to retrieve the ball.
4. Player retrieves the ball and walks forward to **7m mark**.
5. Referee starting behind Try Line, sprints 15m forward and as the Referee passes the **7m Line (COP Mark)** verbalise "**Rollball there on 7m**", "**defence** (use a position Link, Middle) **offside, push back**". Referee pivots to keep the Rollball action in sight and complete the movement backwards to **7m position**. Aim here is to get Referee used to owning the 7m on the change.
6. Sprint backwards to remaining cones and pause briefly at each to set the 7m, remembering this is about a "**Drive play or Dynamic Rollball**" so the 7m is managed with verbalisation of requirements.
7. Player to place the ball on the ground and release it at each cone and regather before sprinting to next cone.
8. Player picking up ball is **visual trigger** for Referee to go.
9. Aim is for the Referee to be at their cone and manage the 7m as the Player reaches the **yellow cone**.

8.8 People

Multiple involved to rotate as Referee and Player.

9. TURN AND RUN TECHNIQUE

9.1 Grid

- **Yellow** is cone for a Player to run to at pace (**Drive Play**), 7m apart, offset 2-3m.
- **Blue** is cone for the Referee, 7m apart.

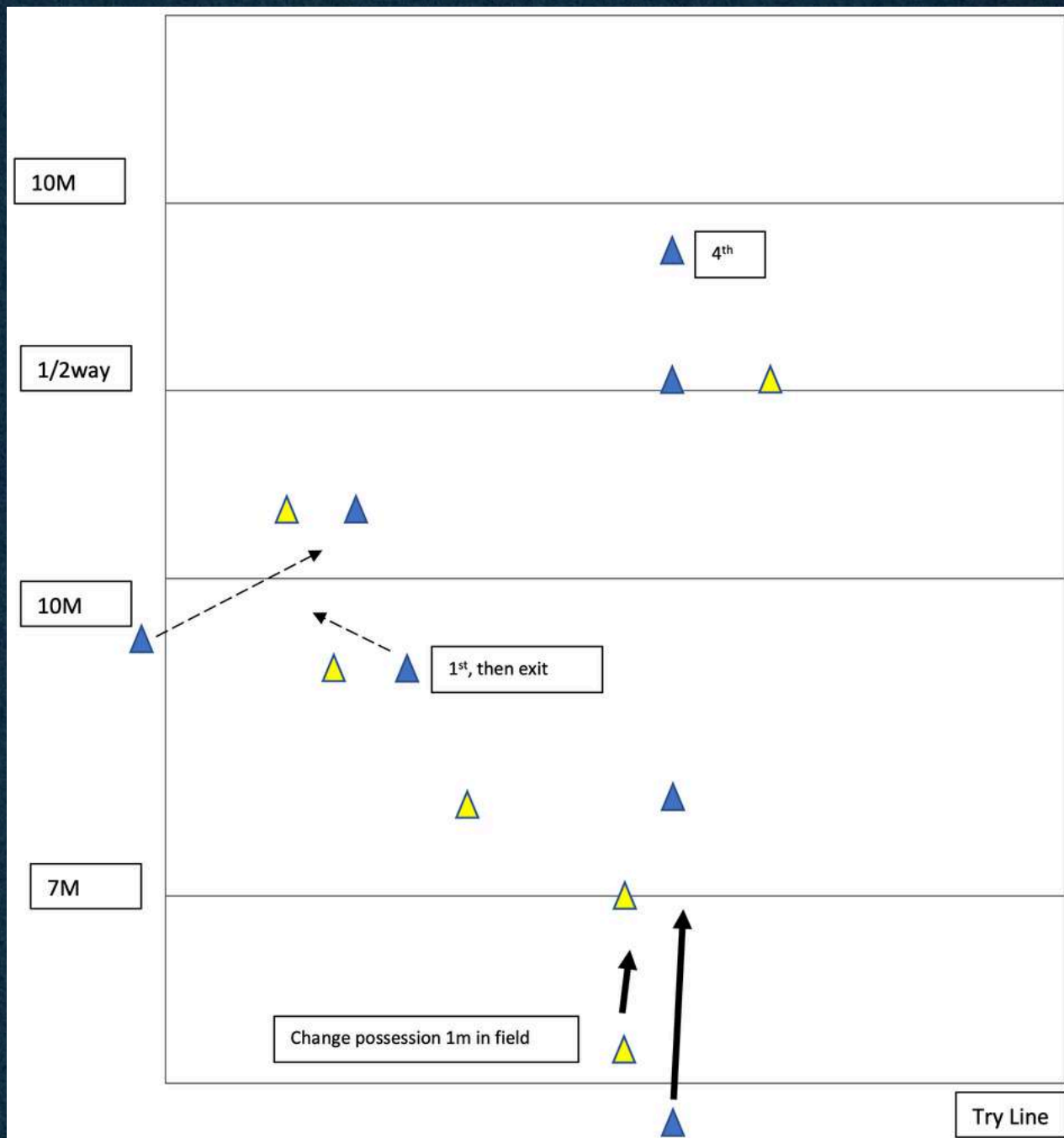
9.2 Drill

1. Player stands with ball on ground at **2m mark**.
2. Referee stands **1m behind Try Line**.
3. The drill commences when the Player bends to retrieve the ball.
4. Player retrieves the ball and walks forward to **7m Line**.
5. Referee starting behind Try Line, sprints 15m forward and as the Referee passes the **7m Line (COP Mark)** verbalise "**Rollball there on 7m**", "**defence** (use a position Link, Middle) **offside, push back**". Referee pivots to keep the Rollball action in sight and complete the movement backwards to **7m position**. Aim here is to get Referee used to owning the 7m on the change.
6. At each **blue cone**, the Referee must be square on the defensive Line and **verbalise** the requirements for managing loose players to be onside.
7. After 1st Touch, **sprint interchange**.
8. Referee must pause briefly at each **blue cone** to indicate the 7m.
9. Player to place ball on the ground and release it at each **yellow cone** and regather before sprinting to next cone. Player picking up ball is **visual trigger** to go.
10. Aim is for the Referee to be at their cone and manage the 7m.

9.3 People

Multiple involved to rotate as Referee, Referee Interchange and Player.

9.4 Training Layout



10. SIGNAL AND WHISTLE

10.1 Reason

Referee communication is both **verbal** and **non-verbal**. Referees must be capable of delivering a signal, the appropriate whistle and verbal explanation when required in a Match to ensure appropriate control.

10.2 Grid

This grid can be established anywhere on the field and the degree of complexity of signals adjusted to suit the level of the Referee.

- Cones are 7m apart - make **laminated signs** to place at each cone.
- For variation, move signals around the ladder to change the order.

10.3 Signals By Cone

1. Start the Match.
2. Ball to ground.
3. Play On.
4. Incorrect Rollball - ball outside the feet.
5. Incorrect Rollball - Player not facing the Try Line.
6. Rollball more than one metre.
7. 5th Touch.
8. 6th Touch.
9. Half caught.
10. Try.
11. Ball touched in flight/Zero Touch/6 Again.
12. Penalty sequence and Penalty - Offside 7m/10m.
13. Penalty sequence and Penalty - Forward Pass.
14. Penalty sequence and Penalty - Late Pass.

15. Penalty sequence and Penalty - Heavy Touch.
16. Penalty sequence and Penalty - Over the Mark/Rollball off the Mark.
17. Penalty sequence and Penalty - Obstruction.
18. Penalty sequence and Penalty - Disputed Decision/Verbal Abuse.
19. Penalty sequence and Penalty - Claimed Touch (Phantom Touch).
20. Penalty sequence and Penalty - Voluntary Rollball.
21. Penalty sequence and Penalty - Throwing/Kicking Ball Away/Delay Play.
22. Penalty Try.
23. Penalty sequence and Penalty - 7 players on the field.
24. Sequence for a Force Substitution.
25. Player Dismissed for a Sin Bin.
26. Player dismissed for the remainder of the Match.
27. End of Play (Half Time/Full Time).

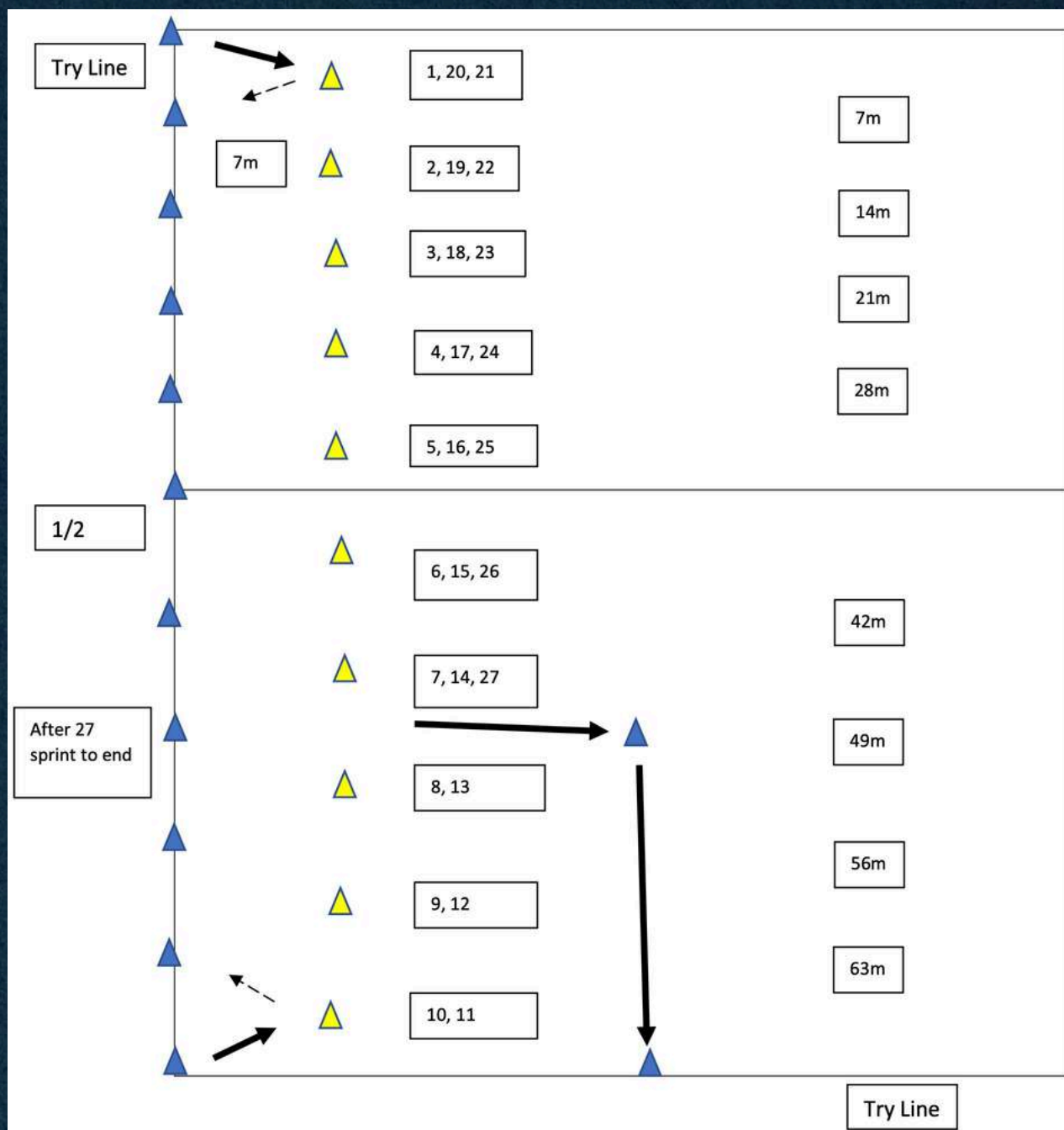
10.4 Drill

1. Start at the Try Line and jog forward to **yellow cone** and identify the signal to be given.
2. Run backwards to next **blue cone** and deliver signal, verbals and appropriate whistle.
3. Repeat the process down the ladder.
4. When you reach the Try Line, return back up the ladder and complete the **2nd signal** identified at the **yellow cone**.
5. When you reach the Try Line, return back down the ladder and complete the **3rd signal** identified at the **yellow cone**.
6. After completing **signal 27** at the blue cone, run three-quarter-pace 21m across the grid to **blue cone**, then turn and then 100% max sprint to Try Line.
7. 2-minute rest, repeat.
8. Distance run is 420m.

10.5 Requirements

Solo drill possible.

10.6 Training Layout



11. SPRINT TECHNIQUE

11.1 Why it Matters

Running - and sprinting in particular - is a fundamental skill that supports a multitude of other activities. If you know how to sprint properly, you're more likely to enjoy a wide range of sports and activities that emphasize this form of running.

Have you ever gone to or watched amateur athletics or sports day for your kids? Have you noticed some people/kids are clearly better sprinters? They're not just faster, they look better when they run. Same thing when you watch a Touch game. Meanwhile, some people look like a randomized mass of flailing arms and legs and their heads seem to waggle in the wind like dashboard bobbleheads.

11.2 Why the difference?

The people with decent technique are not "natural born" sprinters. They have simply developed some good running mechanics at some point in their lives, whereas the other people haven't. Most kids are never taught how to run properly and when they come to refereeing, they struggle to keep up with the game.

11.3 Basic Mechanics

Here are the basic elements of correct sprinting technique:

1. Hold your **torso straight and vertical**.
2. Hold your **head still**, but ***relax your face and neck***.
3. Bend your elbows at 90 degrees.
4. Pretend you are lightly gripping a small bird in each hand.
5. Pump your arms so your hands travel from "***hip to lip***", keeping your arms close to your sides.
6. As you pump your arms, keep your shoulders steady but relaxed.

7. With each stride, lift your front knee high ("**knee drive**") and straighten your back leg completely to deliver full power.
8. At the start of your sprint, keep your strides short and quick; lengthen them as you gain speed and momentum.

11.4 How to Teach the Basics

You can teach these basic mechanics to people at any age and kids aged 7 years and older without lecturing them on human anatomy. Simply coach them through the movements **while they run**:

1. Stand opposite your athlete and explain that you will run together on the spot to practise fast running.
2. Begin by jogging slowly with them on-the-spot and make sure they are facing you.
3. Point out that your elbows are bent at 90 degrees. Make sure their **elbows** are also bent at **90 degrees**.
4. Talk to them about lightly gripping a small bird in each hand. Their hands should be more or less "**closed**" but not tight.
5. Tell them to pump their hands from "**hip to lip**" (see mechanics above). Demonstrate the movement and make sure they are doing the same.
6. Start to speed up your movements slightly and bring your knees up high. Ask them to bring their knees up high as well.
7. Finally, ask them to run very fast on-the-spot for **five seconds** (as if they are running a race).
8. **Watch their movements** as they speed up and give them reminders where needed (e.g., keep your head still, bend your elbows, pump hip-to-lip, lift your knees more).

If you teach the athlete in this manner, their eyes will see **how it looks** to sprint correctly, their bodies will learn **how it feels** and their ears will hear verbal cues for remembering key elements of technique.

11.5 Grid

All cones 7m apart, except to green is 10m.

11.6 Drill

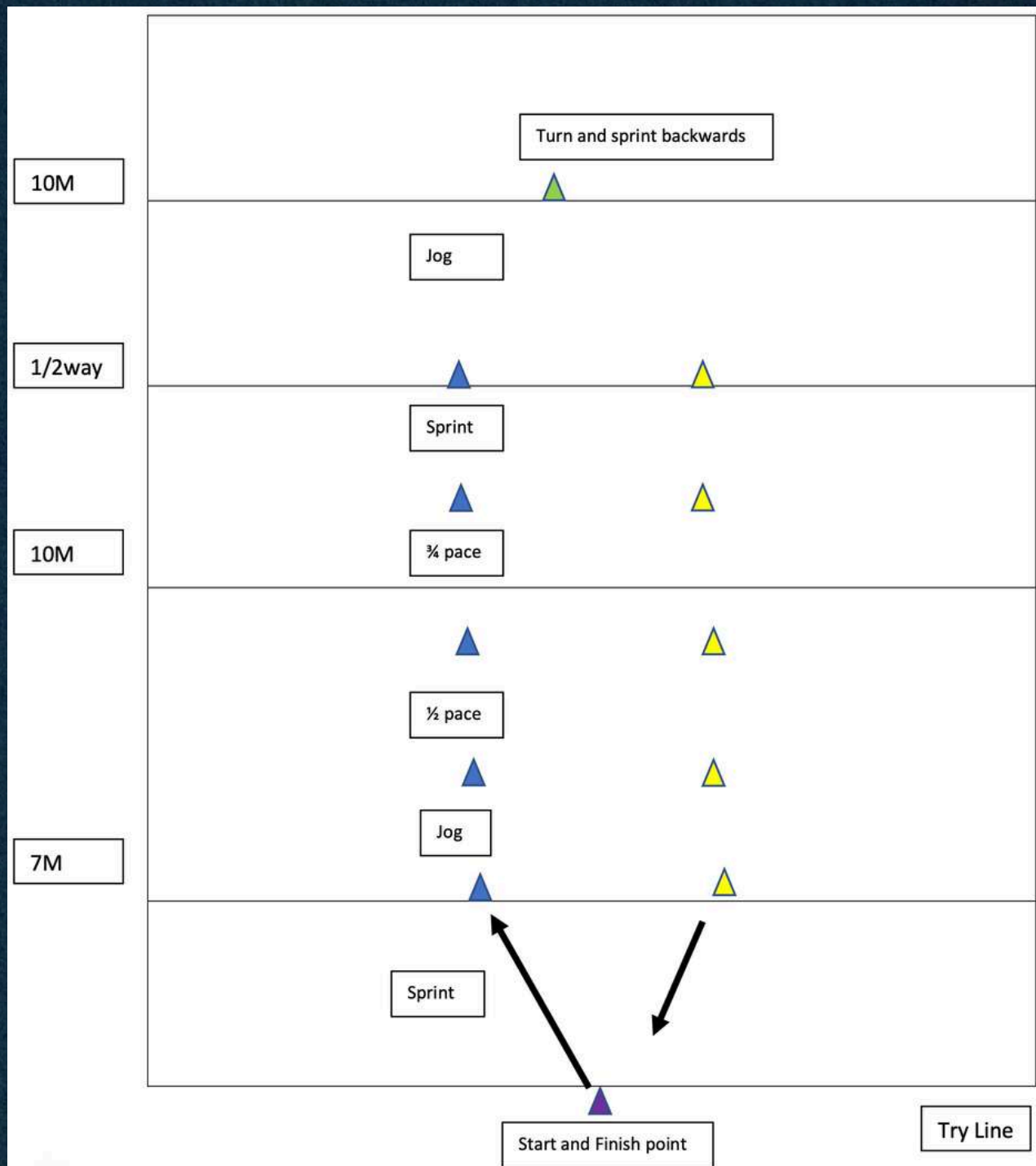
1. Start at the **blue cone** and sprint to the **next blue cone**; stop and count "**1, 2**".
2. Jog to the **next blue cone**; stop and count "**1, 2**".
3. Half-pace run to the next; stop and count "**1, 2**".
4. Three-quarter-pace run to the next; stop and count "**1, 2**".
5. Sprint to the **end green cone**; stop and count "**1, 2, 3, 4**".
6. Run backwards to each **yellow cone**, stopping at each to count "**1, 2**".
7. Return to the start point.

11.7 People

Solo drill possible however to ensure correct technique best to have two (2) partners:

- **One to watch and correct technique**, other to be the **next runner**, then rotate jobs after two (2) circuits, then rotate again.

11.8 Training Layout



12. TRY LINE OPTIONS

12.1 Reason

The Referee is caught on Try Line and is distracted by lowering eyes to watch defence and **misses** or **responds late** to attack movement. Referee needs to have eyes on attack the whole time, **stay mobile** or on their toes and communicating with the defence.

When Rollball is imminent/made, the Referee retires quickly to 2m behind the Try Line, setting reference for defence with communication.

If the **attack is straight** at the Try Line, the Referee is in good position, keeping defence and Try Line in peripheral vision whilst focussing on attack. If attack sets up to **pass wide**, the Referee pivots towards ball direction, 2m or so deep from the Try Line and ready to sprint to **mirror the ball movement** using peripheral vision.

12.2 Grid

Set up a grid using **green and blue cones** (Referee) and a **yellow cone** (Rollball).

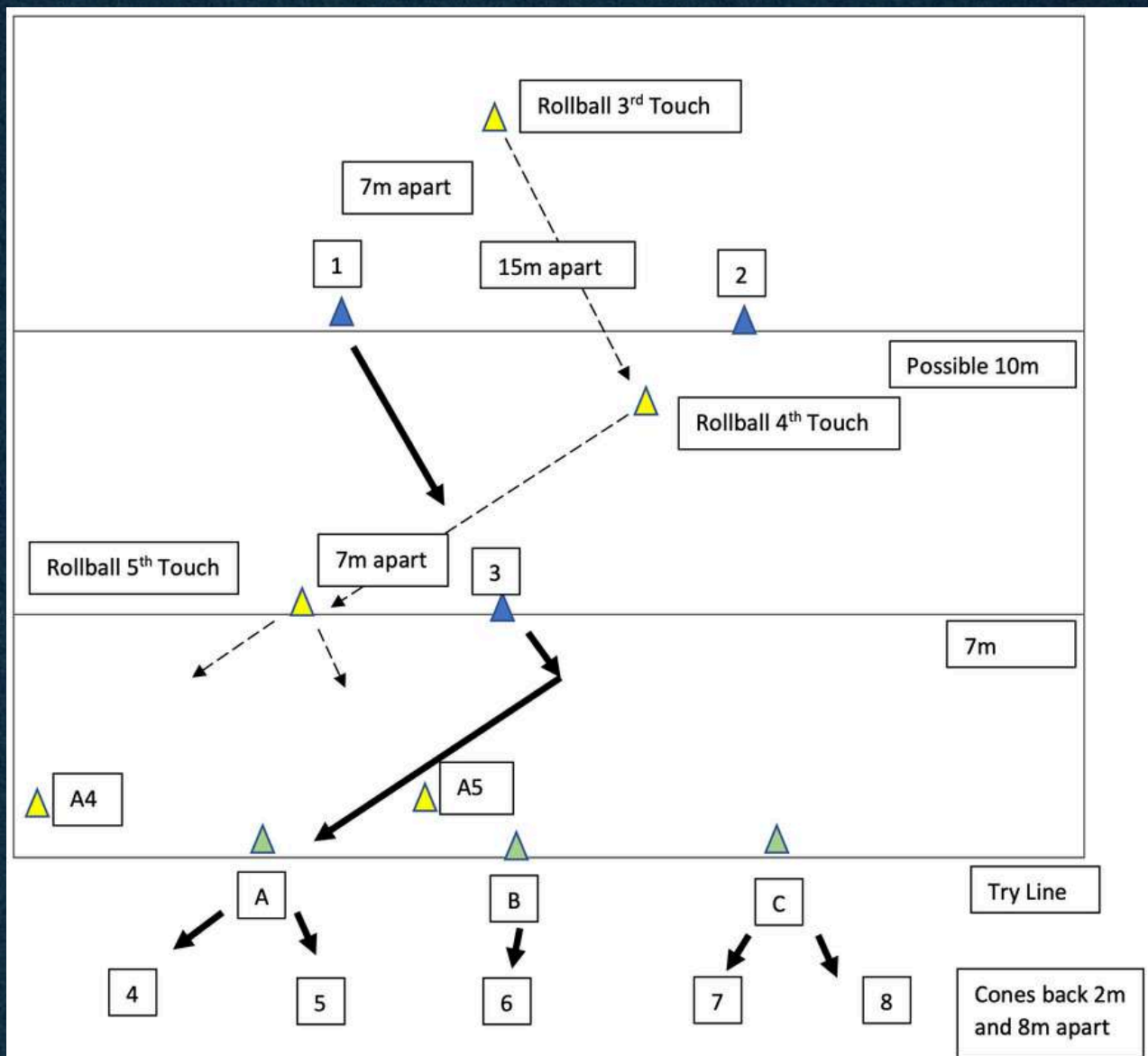
- **Cone B** is at the middle of the grid; **cones A and C** are 10m either side of cone B.

12.3 Drill

Set 1

- The Referee starts at cone 1 (**verbalise and assume 3rd Touch**), pivots, turns and runs, following the ball to **cone 3 (verbalise 4th Touch and control the 7m line)**.
- Step back two (2) paces so the chest remains toward the ball carrier, then pivot, turn and run towards **cone A** for the 5th Touch (**verbalise and control the 7m**), then to **cone 4** or **cone 5** depending on ball direction (practice both directions).
- Then sprint 20m, simulating a ball chase: if at **cone 4**, sprint to the corner on the same side; if at **cone 5**, sprint to the corner past cone 8.

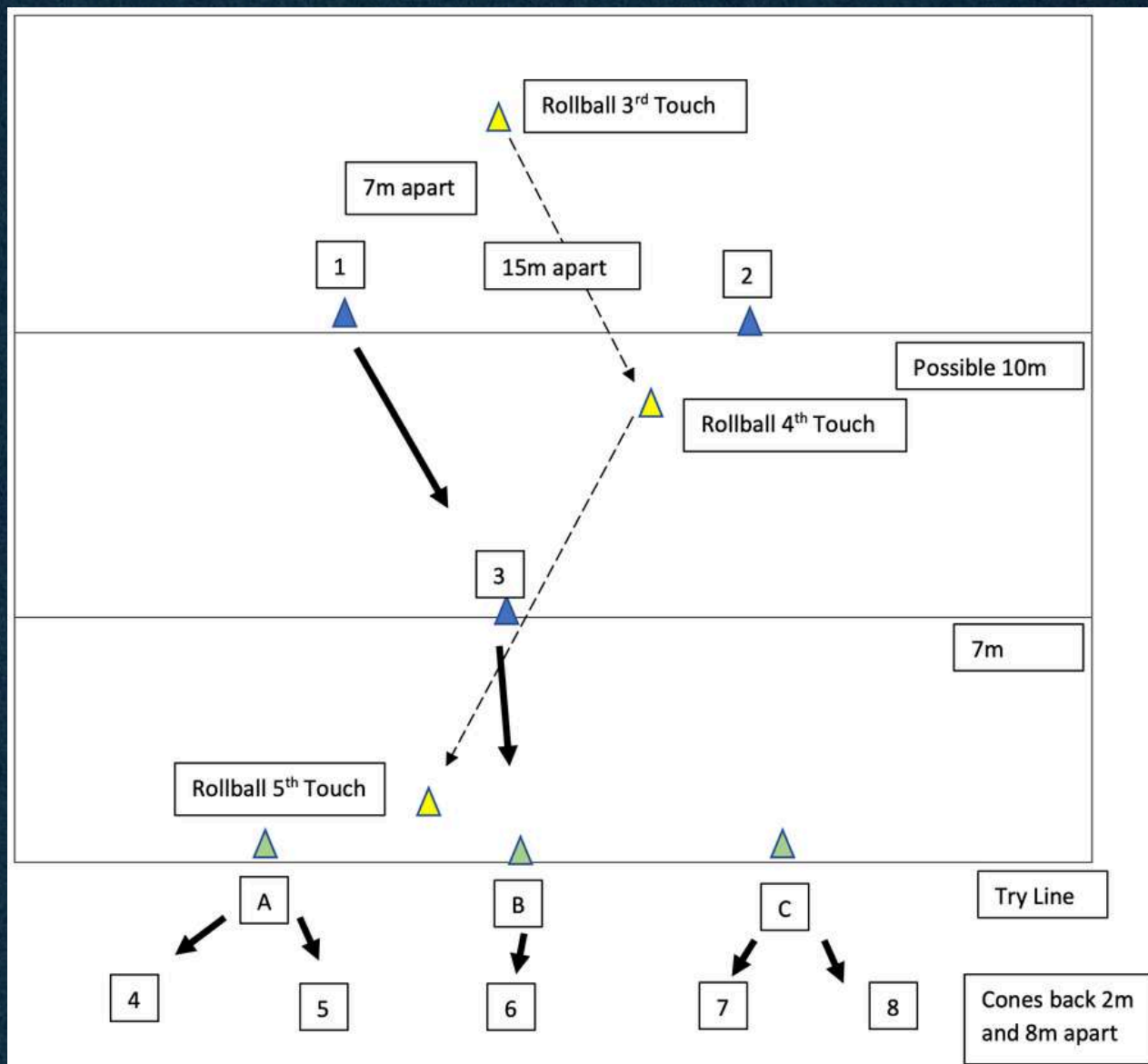
Training Layout (Set 1) by Peter Cramp



Set 2

- Repeat from **cone 1** to **cone 3**, then run backwards to **cone B** and run backward to **cone 6**.

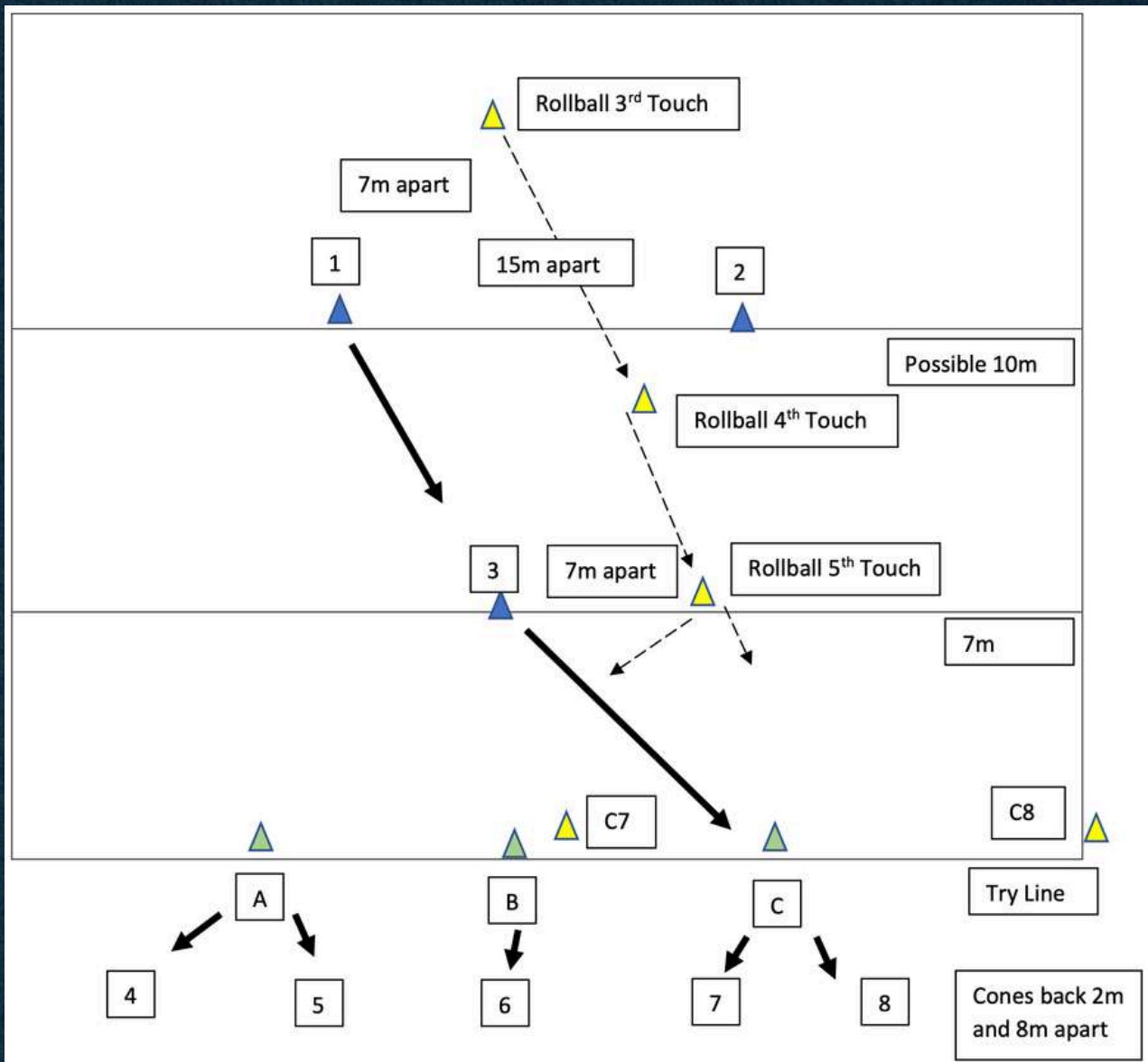
Training Layout (Set 2) by Peter Cramp



Set 3

- Repeat **cone 1** to **cone 3**, then pivot and run to **cone C** and practice both directions to **cone 7** or **cone 8**.
- Then sprint 20m, simulating ball chase. If at **cone 8**, sprint to corner on same side, if at **cone 7** sprint to corner past cone 4.

Training Layout (Set 3) by Peter Cramp



Set 4

- Referee then mirrors the same movement patterns by starting on **cone 2** then to **cone 3**, then **cone C**, **cone B** and **cone A** etc.
- Then sprint 20m, simulating ball chase. If at **cone 8**, sprint to corner on same side, if at **cone 7** sprint to corner past cone 4.

This drill provides **10 different movement pattern options** to rehearse. Referee must always maintain chest to ball.

12.4 People

Solo drill possible. Multiple people can be involved by:

- **Two (2)** - take turns to run the drill, rest period is the duration of the drill run by the other person.
- A person can run the drill as the Player with the ball to **assist with 7m judgement**, verbalisation and options. The Player must ground the ball at the Touch points, release, regather. This simulates the time of the Rollball for the Referee.