



# **COMMUNITY UMPIRE DEVELOPMENT DAYS 2025**

## **Session plan**

**Umpiring Recruitment & Retention Lead**

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# UMPIRE DEVELOPMENT

Program designed to upskill umpires in their 2<sup>nd</sup> to 4<sup>th</sup> year of Community Football

## FIELD - BOUNDARY - GOAL

Delievered by AFL/SL&TP listed Umpires



### Vision Session

Discipline specific vision focusing on:

- Assessment areas targeted within SportsGauge Platform
  - Decision making
  - Positioning
  - Anticipation of play
- Generate discussion with AFL Umpires and Community Umpires in these topics to create shared learnings based on experiences



### Skills Sessions

Discipline specific skill sessions to support topics covered in vision:

- Assist Umpires develop a better understanding of
  - Positioning
  - Anticipation of play



### Self driven learning/Pathways discussion

Discussion between all disciplines addressing:

- How to drive your own development
- What being “coachable” looks like
- Introduction to Community Umpire Pathway



# VENUES

## 3 venues in metro Melbourne

### **Kilsyth Recreation Reserve**

Address: 95 Colchester Road, Kilsyth

Date: Monday 7<sup>th</sup> July

Time: 12:30pm - 2:50pm

### **Latrobe University - Bundoora**

Address: Latrobe Uni Sports Park Bundoora,  
meeting out front of basketball stadium

Date: Wednesday 9<sup>th</sup> July

Time: 12:30pm - 2:50pm

### **RSEA Park**

Address: 3 Linton Street, Moorabbin

Date: Thursday 10<sup>th</sup> July

Time: 12:30pm - 2:50pm



# SESSION OVERVIEW

**12:30pm**


















## Umpire group introduction

Quick introduction to Umpiring Group  
Introducing:

- Umpire backgrounds
- Session breakdown

**12:30pm - 2:50pm**

	12:30 PM	1:10 PM	1:50 PM	2:30 PM	2:50 PM
Field					
Boundary					
Goal					



## SKILL SESSION

- See pages 6 onwards for on-field skill drills
- Facilitating umpires to deliver 8x skill drills
  - Split Umpires across the 4 drills (numbers permitting)
    - Ideally 10 per group
- Each drill to run for 10mins



## VISION SESSION

Facilitating umpires to provide coaching via discipline specific coaching vision contained within HUDL.

Please see next slide re outline of vision session

# VISION SESSION



## Field Umpire

Discussion topics:

- Skills and movement - [link here](#)
- Decision making - [link here](#)
- Match Management - [link here](#)
- Positioning - [link here](#)



## Boundary Umpire

Discussion topics:

- Safe working distance - [link here](#)
- Positioning around marking contests - [link here](#)
- Positioning at the point post - [link here](#)
- Throw ins - [link here](#)



## Goal Umpire

Discussion topics:

- Straddling the line - [link here](#)
- Getting under the flight - [link here](#)
- Positioning at the point post - [link here](#)
- TBC - [link here](#)

**Clips should be played in a fashion which allows discussion and feedback from umpires**

# SELF DRIVEN LEARNER



## Feedback

Discussion topics:

- How to navigate feedback
- Articulating your development areas
- Understanding written feedback



## Generating your own learning

Discussion topics:

- Reviewing vision
- Self reflection
- Seeking mentorship
- Focusing on your successes as much as challenges



## Contributing to your environment

Discussion topics:

- Demonstrating leadership
- Supporting the development of others
- Contributing to your umpire group's culture

## Victorian Umpire Talent pathway

**AFL**

**State League and Talent Pathways Program**

**Community Umpire Accelerator Program**

**Community Senior Football Competitions**

**Community Junior Football Competitions**

## #1 ANGLE TOWARDS BOUNDARY

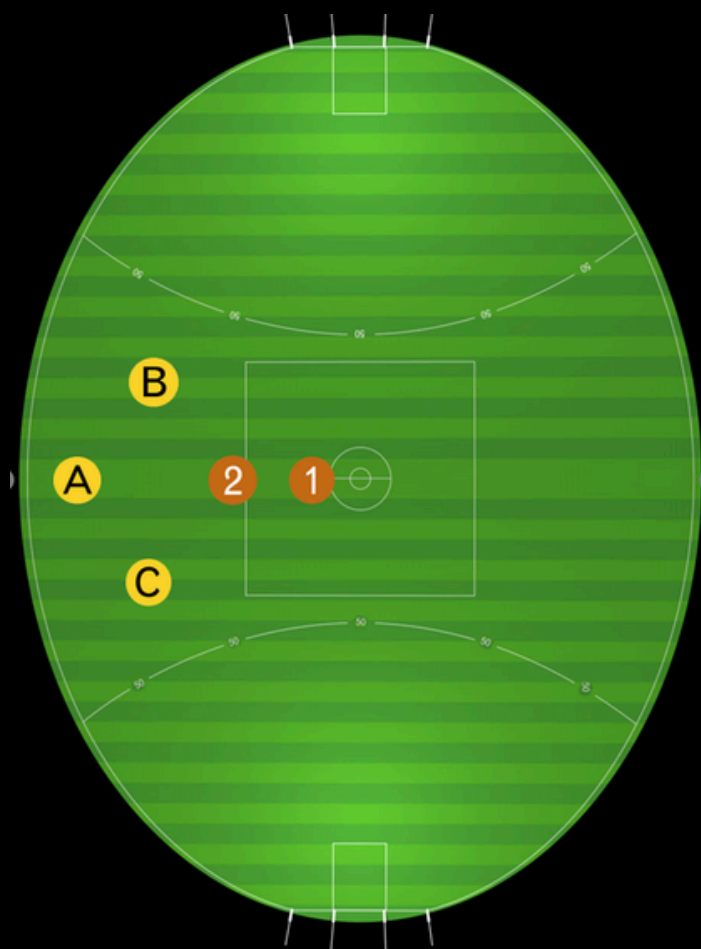
**Focus** – Running an angle as the ball moves towards the boundary line

**Setup** – Cones of the same colour set up at 1, 2 and A (as shown on diagram). Colours of a different colour set up at B & C (as shown on diagram).

**Method** – Umpire starts at cone 1 and runs to cone 2. There is then a ‘kick’ to cone A and the umpire needs to cut an angle to cone B or C so they have an angle as the ball goes towards the boundary line. Repeat this twice to each of the cones (B & C).

**Change It Up**

- As the umpire gets to cone 2 the coach or the next umpire in line calls which cone they want them to run to so they have to react.
- Remove the cones and add in a football with the ball being kicked towards the boundary line and the umpire having to adjust to the kick.



## #2 DISTANCE

Focus - ensuring both umpires maintain an appropriate distance from each other and play

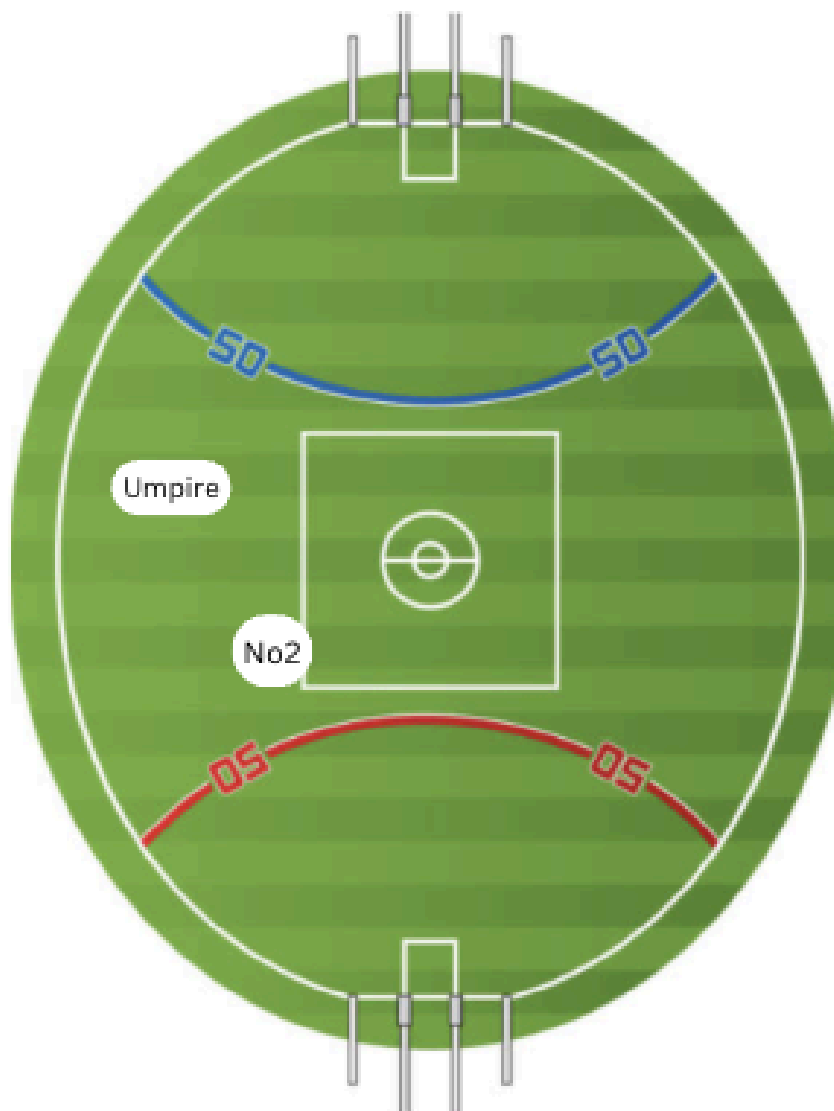
Method - FU's to work in pairs and rotate task of The Umpire and No2 umpire.

The umpire takes up a position on the field and No2 positions him/herself accordingly.

Umpires must have an awareness of other umpires on the ground.

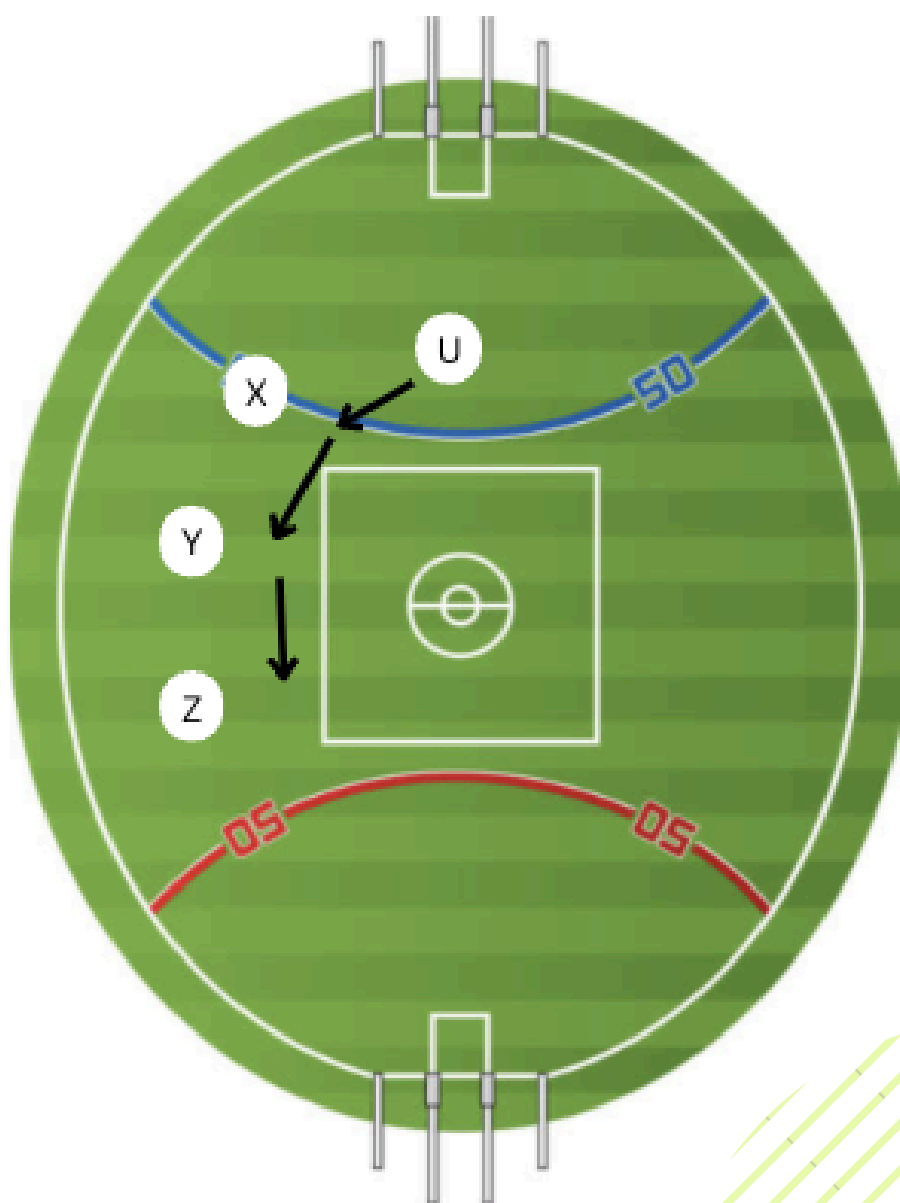
The umpire runs into various positions across oval for a period of 5 minutes, No2 must adjust position according to where The umpire runs, incorporating trigger point running, boundary throw-ins, running backwards, giving all clears, field ball ups etc.

After 5 minutes, umpires come together for group debrief and drill is repeated with roles reversed.



## #3 CHANGE OF CONTROL

Method - Players kicks the ball into play after a behind has been scored and the ball is marked near the 50m arc, (X) Short kick to teammate, (Y) the umpire retains control and triggers to position to set the mark, player moves ball on quickly and umpire must be decisive with 'play on' call and triggers to next contest a further 40m up the ground, (Z)

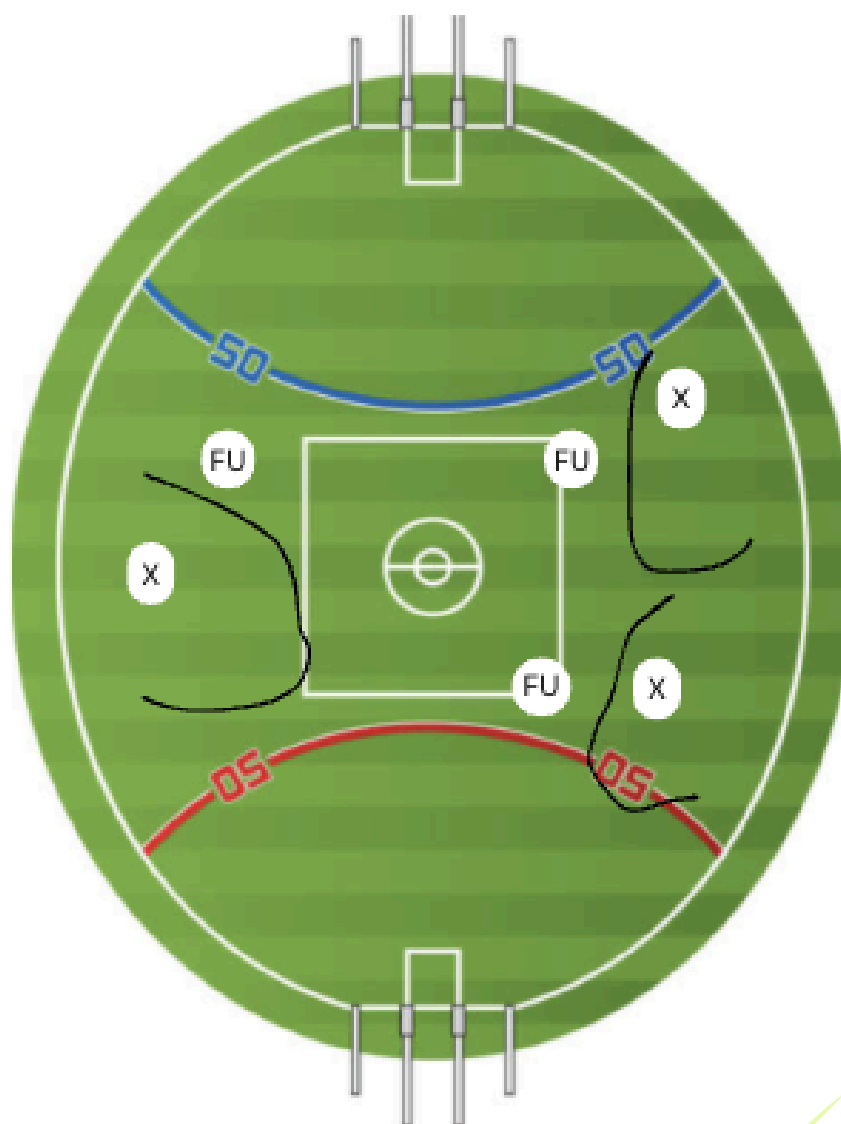


# FIELD SKILLS

## #4 SKIRTING THE PACK

Focus - maintaining good vision of the contest and ball when ball is in pack situation

Method - Set up two or three players in various spots around ground (position X) who are ready to contest the football, keeping the ball in a pack formation. Place a set number of umpires, 4 to 6, who will adjudicate the contest. Activity can be completed as a single umpire or in pairs. The aim is for umpires to remain 20-25m from contest, altering position to ensure a changing view of the players, the ball and those attempting to gain possession of the football.



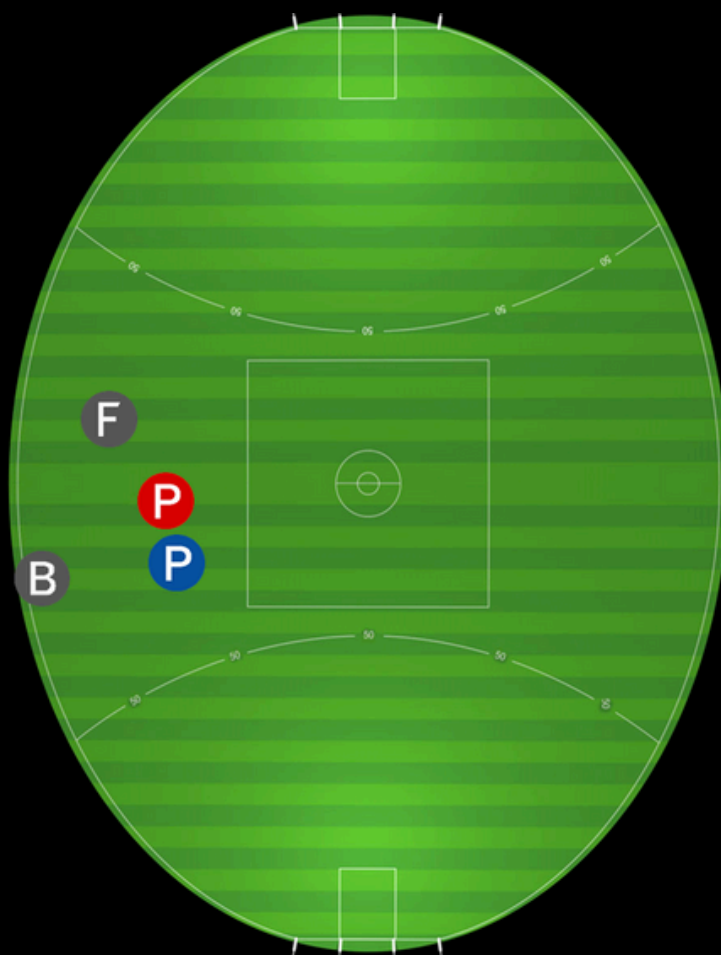
## #5 BTI RUCK CONTESTS

Focus – BTI setup, movement and positioning

Method – There will be one person umpiring at a time and two people who will be the rucks. Ball has gone out of bounds, and the boundary umpire is getting ready to throw the ball into play. Umpire is required to get the ruck nominations before the boundary umpire throws the ball into play. Umpire is aiming to be just short of side on, stationary or near stationary and roughly 15-20m from the contest. After the contest the umpire must work back inside play to be in position to adjust to the next act of play.

Change It Up

- Rucks add in some free kicks that the umpire is required to pay
- There will be some variation with different boundary umpires throwing in different distances
- Change from 2-ump to 3-ump systems
- Complete at different locations on the ground.





# FIELD SKILLS

## #6 UMPIRE THE RUCK CONTEST

Focus – Accurately prepare for and adjudicate ruck contests

Method - In small groups (5 is probably ideal) there will be one person umpiring and the remaining people will be players with at least one player on each team. The umpire will need to call for a ball up (can be from a tackle, putting the ball on the ground, etc.). The umpire will need to get the ruck nominations from each team and also ensure that the rucks are 1m apart. From there, the rucks will contest a ruck contest with the umpire having to adjudicate the contest whilst backing out after the ball up. After umpiring two contests, the umpire will swap with one of the players who will become the umpire.

Free kicks – Block, High Contact, Holding, PITB, Push, Non-designated ruck, etc.



## #7 ANGLE TO MARKING CONTEST

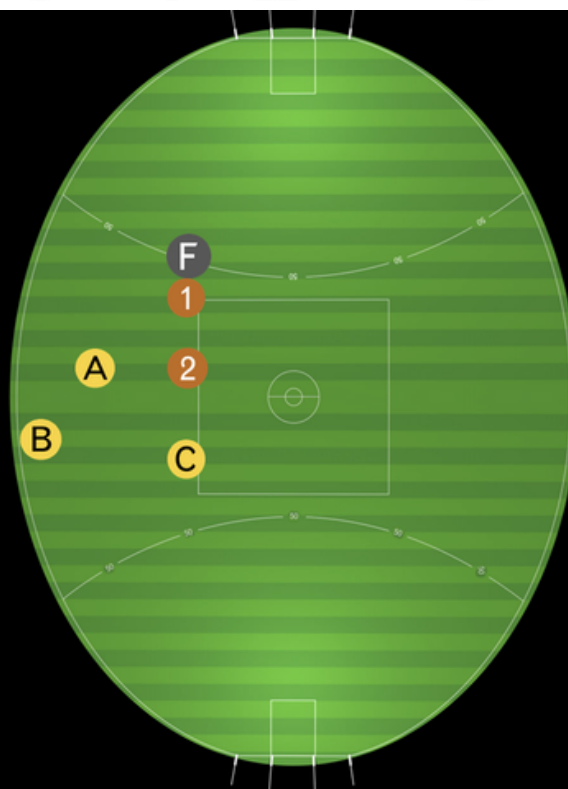
Focus – achieving 20-25m just short of side-on position for marking contests

Set up – Two cones set up roughly 10m apart on the edge of the centre square (1 & 2 in diagram). Also three different coloured cones set up along the wing at different positions and angles from the cones set up on the centre square (A, B & C on diagram).

Method – The umpire completing the activity will start by completing a shuttle run from cone 1 to cone 2 and back. The remaining participants will line up behind cone 1 in the direction of the letter F. When the umpire has nearly completed the shuttle run, the next umpire in line will call out one of the different coloured cones (A, B or C). The umpire completing the activity will then need to run on an angle to get themselves to a position that is 20-25m from the assigned cone and just short of side on.

Change it up

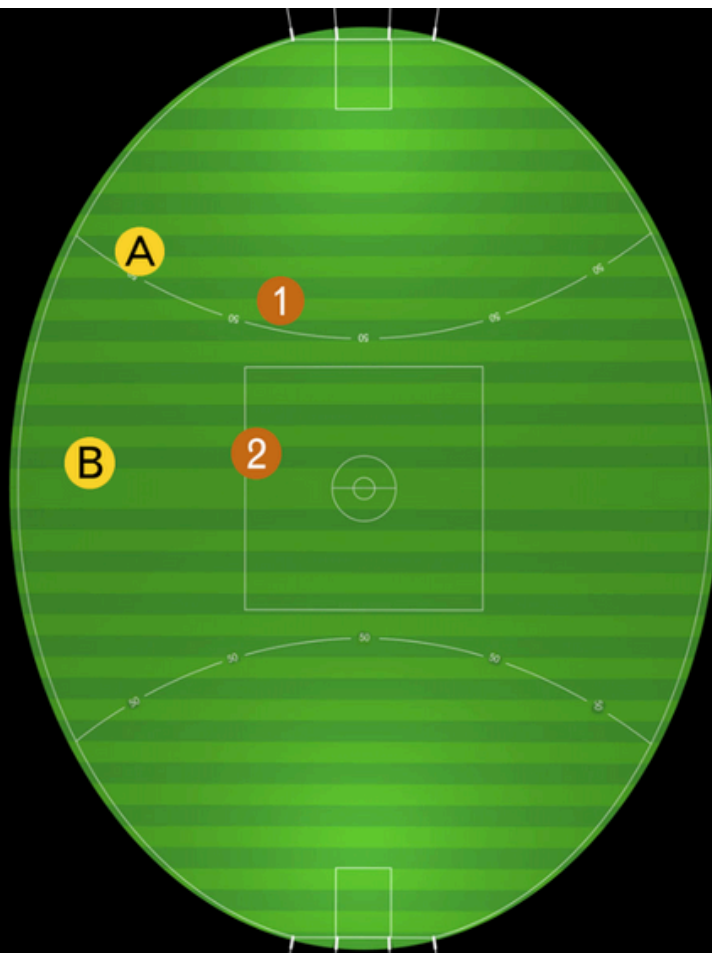
- Umpire be required to pay a mark or free kick
- If numbers permit, add in a player on the mark to introduce set kick control.
- It can also be adapted so that it is a kick into the forward 50 and the umpire then needs to line up for a set shot on goal.
- Multiple sets can be set up to ensure that umpires are constantly moving and umpires can swap between, so they get different angles to work through.



## #8 REPEAT MARKING CONTESTS

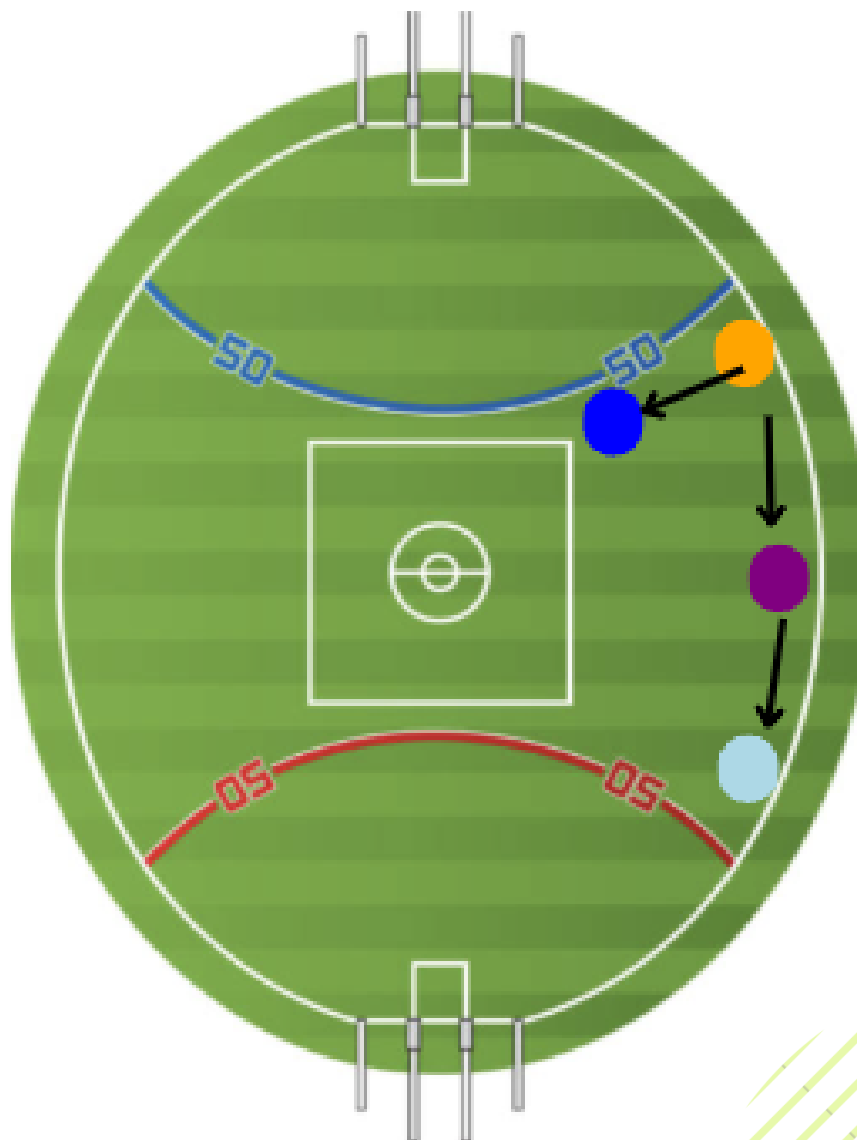
Focus – Positioning for marking contests as well as adjudicating marking contests

Method – The activity works best with groups of six. There will be two as players at points A and B. There will be an umpire who will start around point 1 and the remaining person will be the next umpire. The activity will start with one of the players at point A with the ball and the other player on the mark. The umpire will need to call stand before there is a 'kick' (can be an actual kick if there is appropriate footballing ability in the group) to the players at point B. The umpire will need to move into a position to umpire the contest at point B and ideally pay a mark or free kick before calling stand. This will then be repeated with a kick back to point A where the umpire will umpire another contest. To finish up the umpire will need to practice lining up players for a shot on goal from point A. The umpire will then swap with one of the players who will become the next person to umpire and the person who was the next umpire will become the umpire.



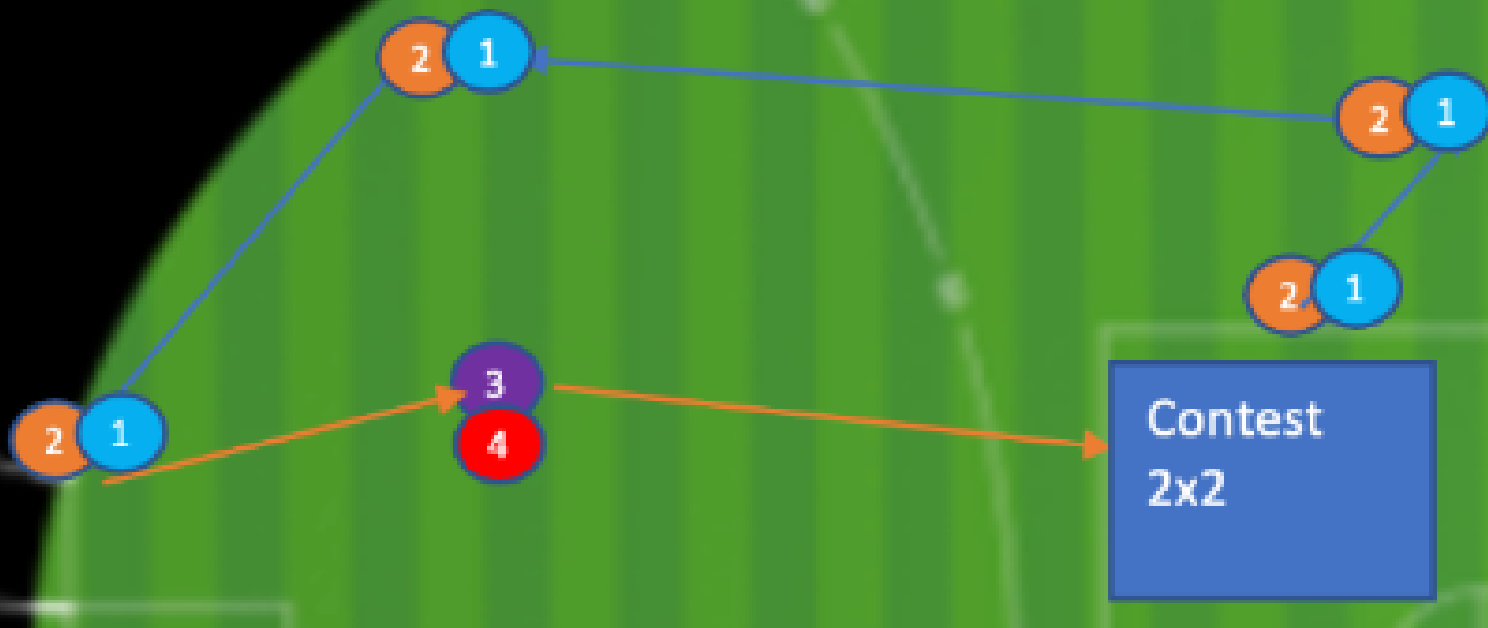
## #1 RUNNING THROWS

1. Umpires split into 2 teams
2. Each umpire throws towards the target
3. Where the throw lands then dictates the following effort
4. 3 points for hitting the target, 2 points for landing within the drop zone, 0 points for landing outside
5. Landing on the cone = no run effort, Landing in drop zone = run to purple cone, landing outside drop zone = effort to blue



## #2 WORKING OFF SQUARE

- Coach balls up Players contest ball. Umpires (blue/orange) work off square
- Players in contest kick to lead (#3/4)
- Umpires (blue/orange) respond and trigger to b/line
- #3/4 either have a set shot or running shot, Umpires blue/orange trigger to post
- Once umpires reach goals, they move to #3/4
- #3/4 then move to centre square contest
- 2x umpires are chosen from contest to move to #1/2

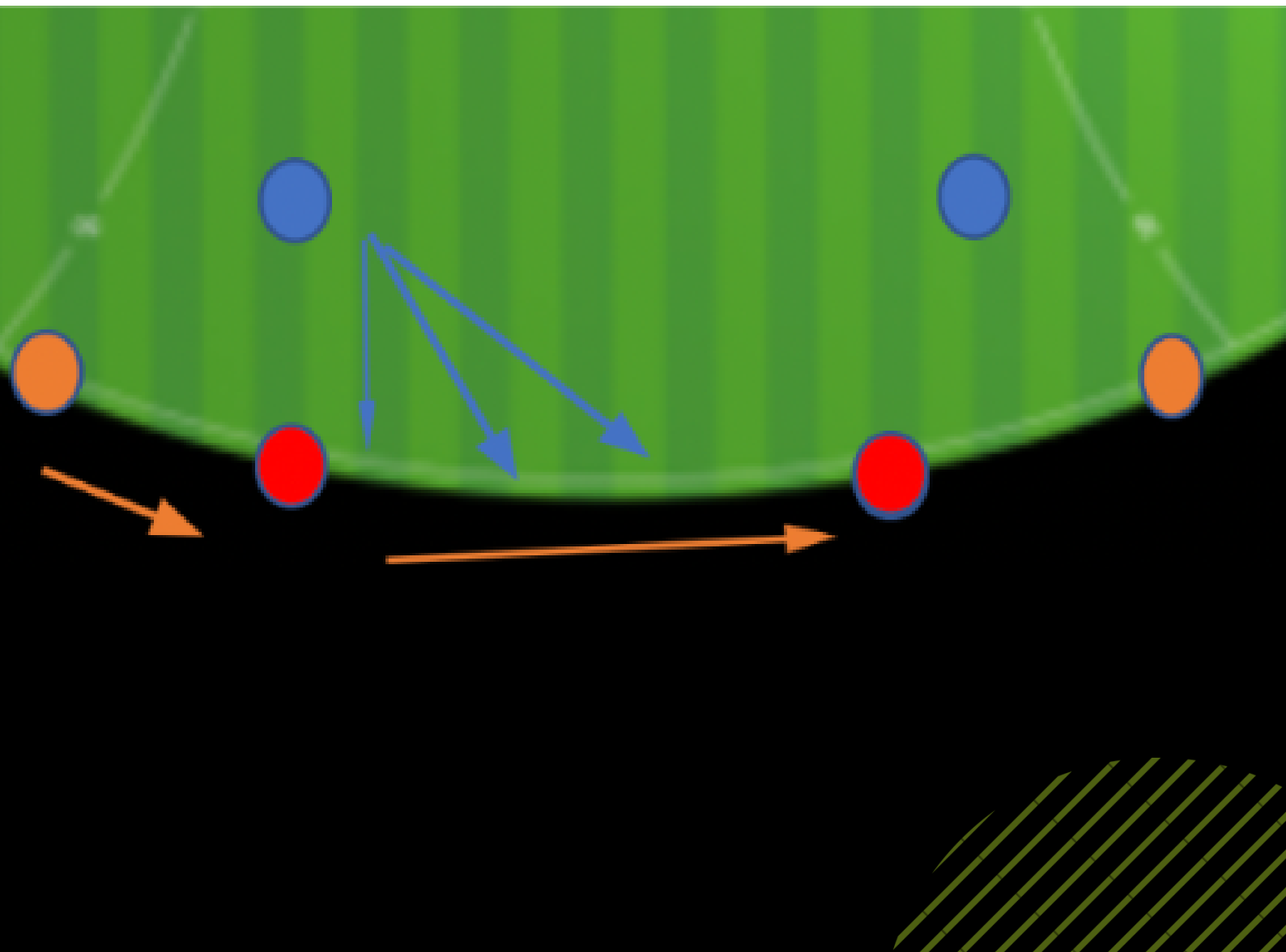




# BOUNDARY SKILLS

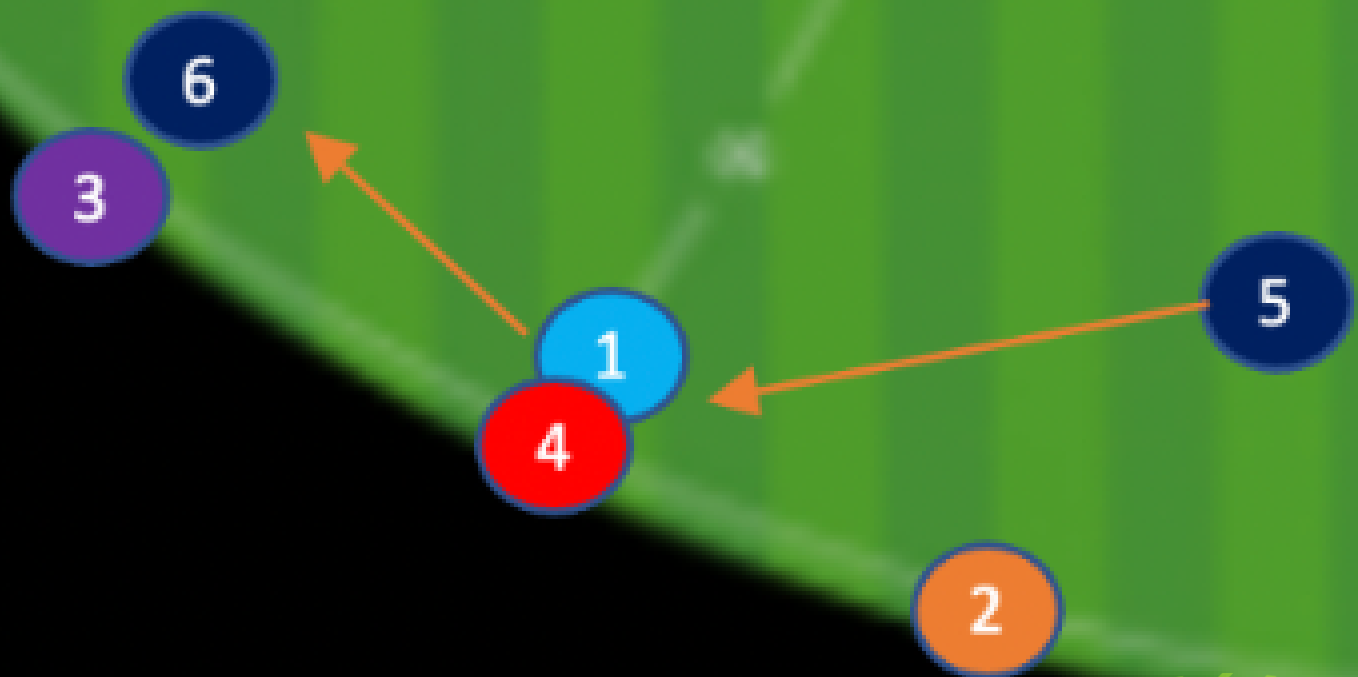
## #3 SAFE WORKING DISTANCE

- Umpire (orange) is running down bline managing distance from play (blue)
- Umpire has decision to either stay short or run past play (Red points)
- Once run through umpires/players rotate



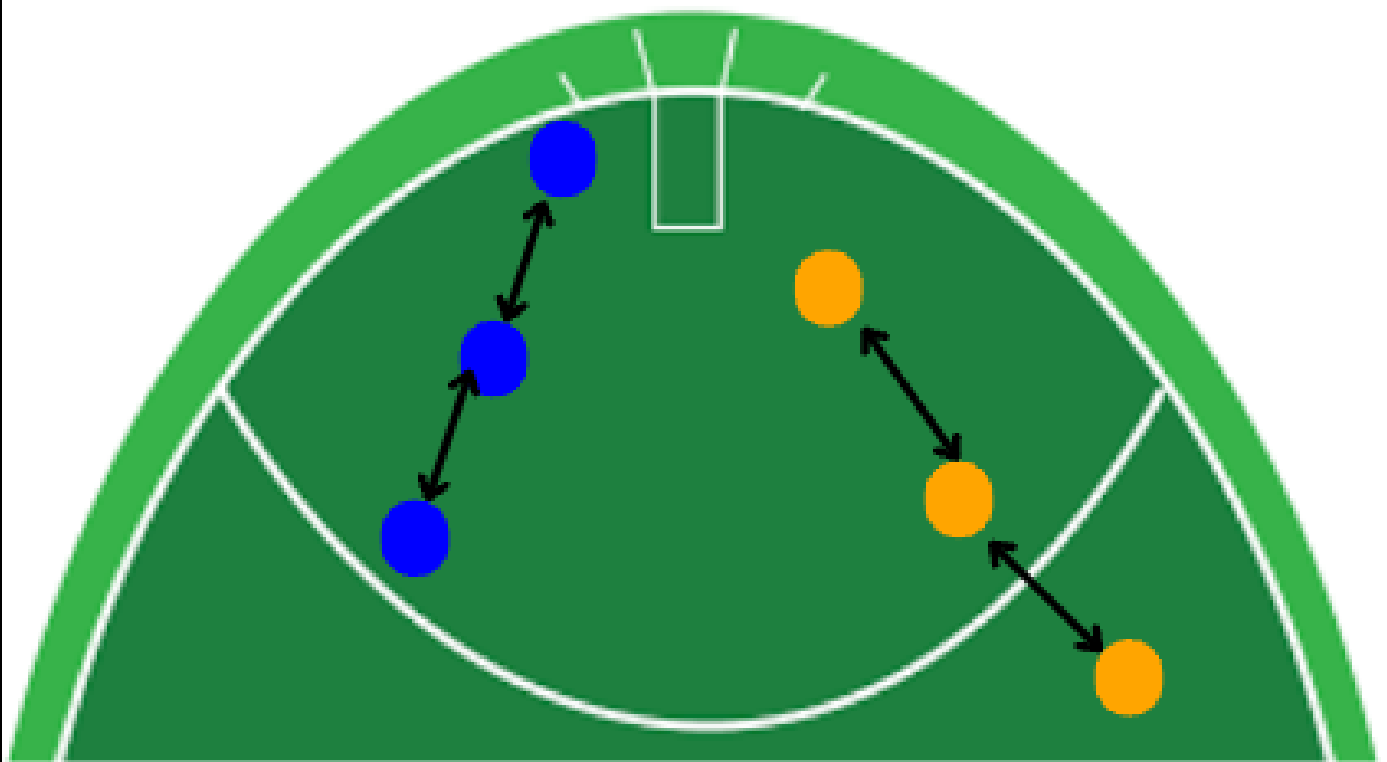
## #4 KICK TO CONTEST

- #5 kicks ball to contest near line players #1/4 Umpires #2/3 Must communicate who's decision it is and respond accordingly, either OOB, OOF or mark
- #2/3 either throw in or run past mark
- If OOF/Mark occurs #1/4 kick down field to #6
- Drill then repeats umps/players rotate
- Drill duplicated on both sides/mid wing
- 6 Umpires per drill, close to 1x mentor group per drill



## #5 MOVEMENT TO POST

1. Umpire (blue) works in/out of the post
2. Player (orange) runs to different markers
3. Idea being umpire will respond to where play is positioned. If play is outside 60m, umpire should position 40 out.  
Play = 40-50 umpire = 15  
Play = 40-30 umpire = post
4. Once umpires reach goals, they complete a run through
5. Drill completed in pairs, and side swapped once completed





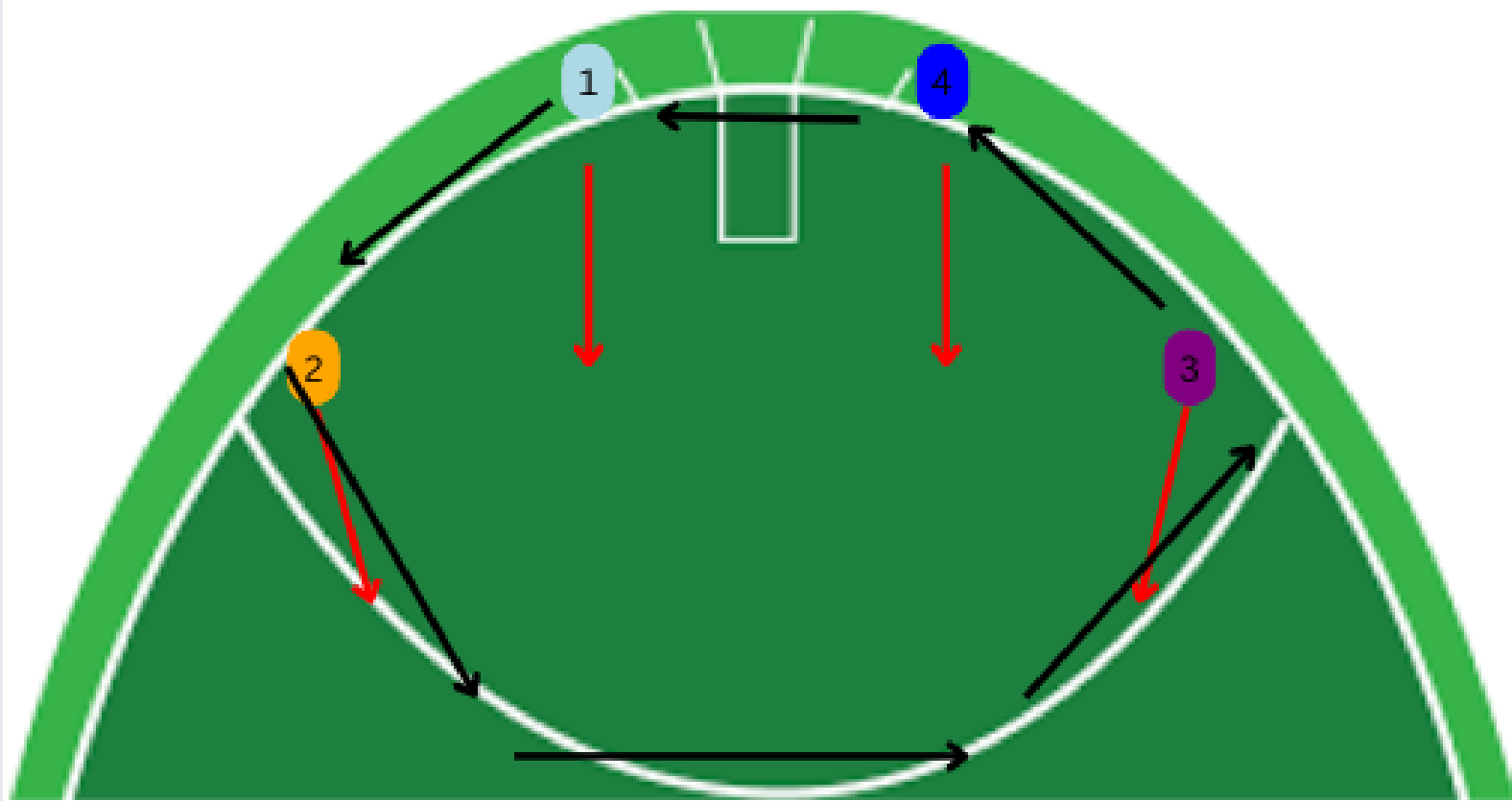
# #6 RUNNING PAST KICKER

- Starting from behind or equal to the kicker, the umpire (yellow) runs past the kicker
- The kicker (blue) is kicking the ball to another player (2<sup>nd</sup> blue)
- Umpire (orange) must then decide to stop prior to/run past the player on the boundary line (2<sup>nd</sup> blue)
- By getting to either 2<sup>nd</sup> orange or 3<sup>rd</sup> orange, when the player marks the ball, the umpire has created "Safe working distance"
- Variations - Kicker can use a high ball, wide kick, narrow kick, dribble kick all to alter the movement of the marking player



## #7 ROUND THE WORLD THROWS

- Throwing in pairs from points 1-4
- Sharp effort between each cone
- Rotating anti clockwise
- 1x umpire throws and 1x umpire catches on each cycle, this rotates after each cycle





# BOUNDARY SKILLS

## #8 STATIONARY THROWS

- Throwing in pairs
- Umpires distance 16m apart
- Repeat throws between each pair

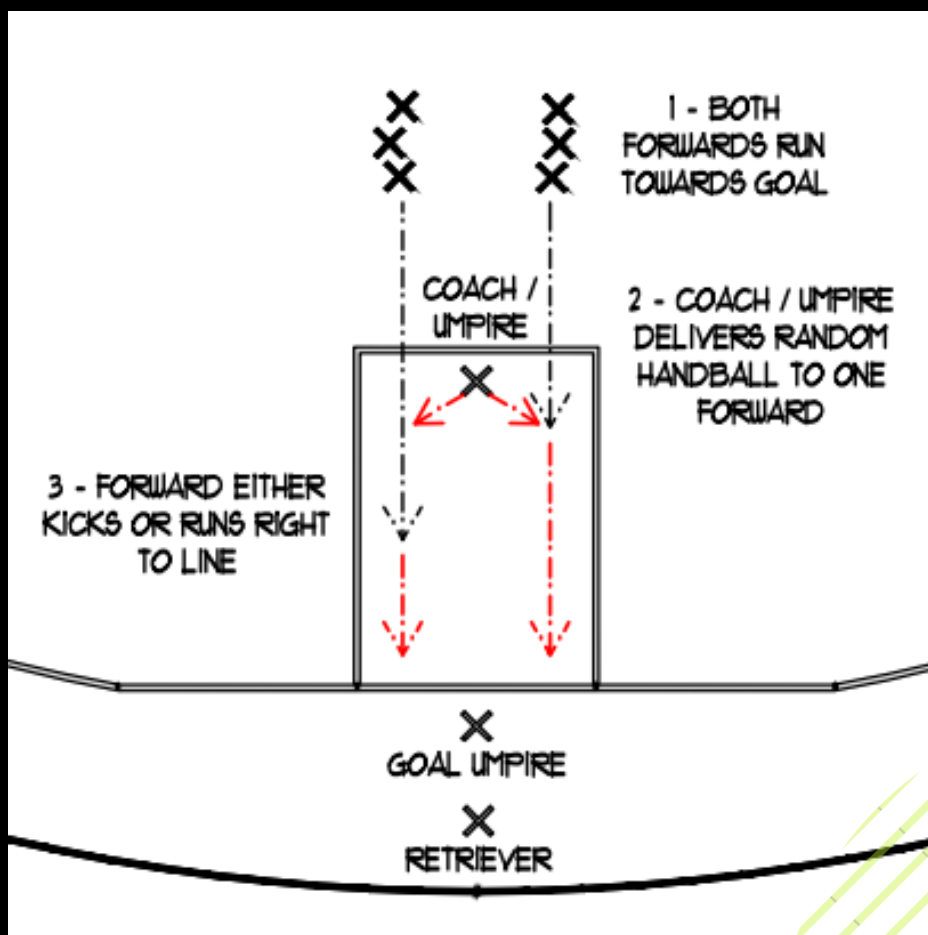
## #1 TIMING TO POST

### Drill Explanation:

- Umpires are split into 2 lines (both forwards) ~15m out from goal line
- One person from both lines, sprint together, towards the goal line
- Coach/Umpire with footy at about 8m handball to one of the sprinters
- Forward who takes possession of ball, either kicks or runs through over the line
- Goal umpire has 5 decisions, then rotate

### Drill outcomes:

- Goal umpire to determine if on-line or behind flight position is required
- Drill helps umpires
  - With timing to line
  - Working closer to the line, but not necessarily positioning ON the line, if ball greater than 2m from line when forward disperses ball, and no threat of defender intercept
  - Attack the ball, if ball is kicked greater than 2m from score line, attempt for post side



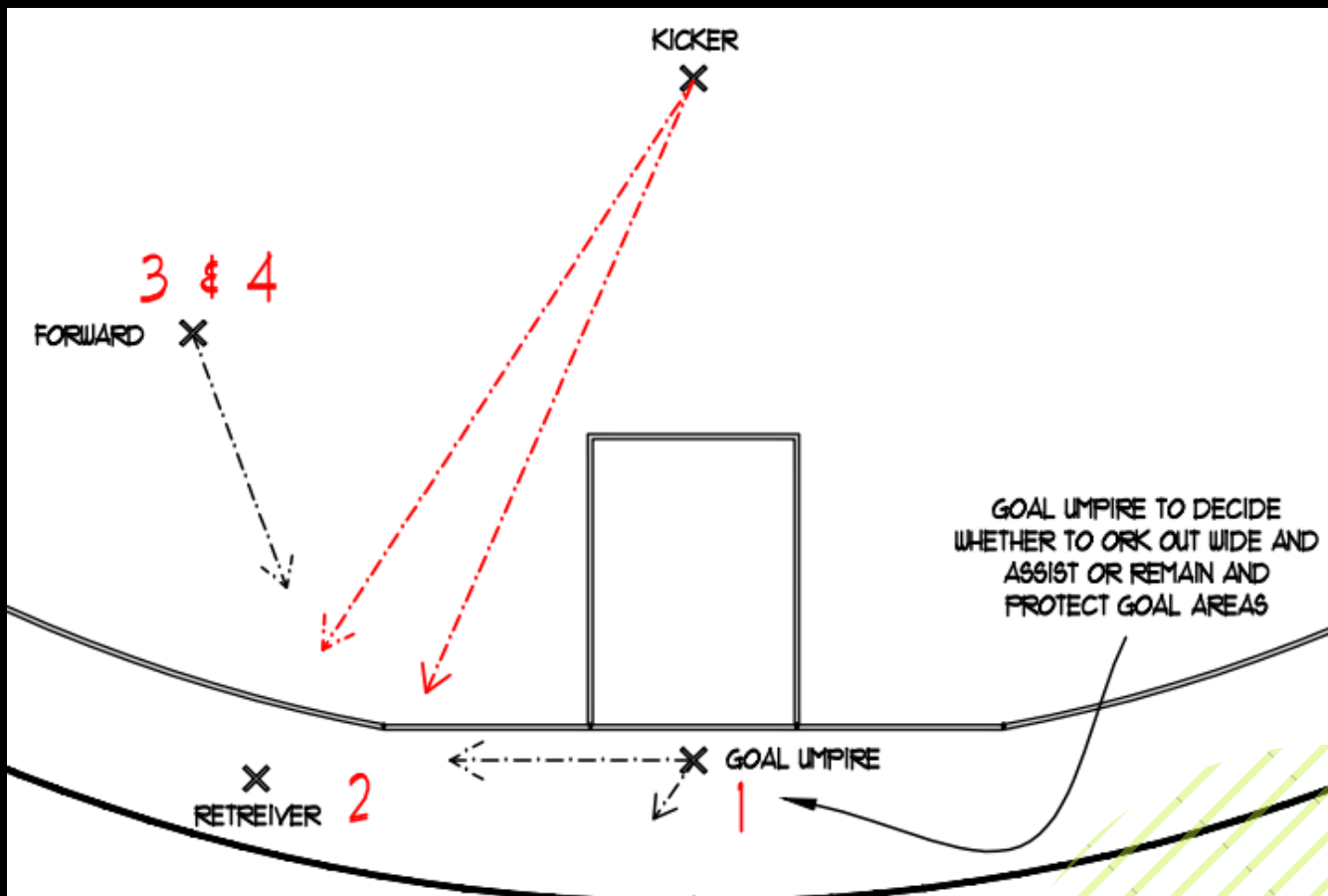
## #2 PROTECT GOALS OR ASSIST

### Drill Explanation:

- Kicker setup about 20m out directly in front
- Kicker kicks towards behind post, at varying heights and speed.
- Forward setup on 45-degree angle about 15m out
- Forward to sprint and attempt to mark ball as kicker kicks the ball, near the score/boundary line. If takes possession, kick through for a score on the run.
- Goal umpire has 5 decisions, then rotate

### Drill outcomes:

- Goal umpire to determine whether to work out wide and assist, or remain and protect goal area
- Drill helps umpires
  - Assess trajectory & height of ball, and threat of attacker taking possession near score/boundary line



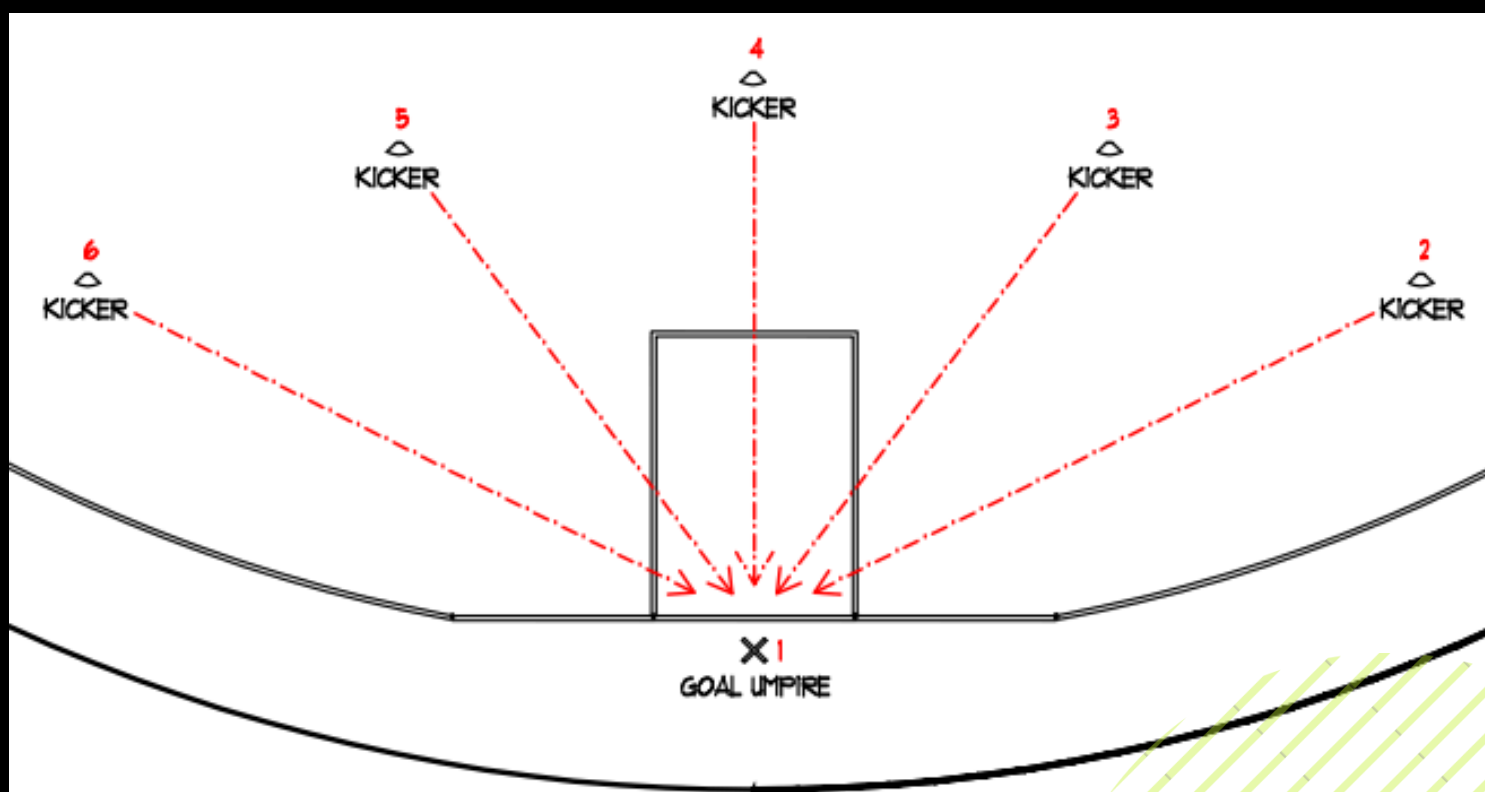
## #3 RAPID FIRE

### Drill Explanation:

- 5 kicker stations setup, around a 20m arc as per diagram
- One kicker at a time, to kick hard/fast shots at goal
- Quickly move through the drill, so goal umpire is under pressure
- Goal umpire has 5 decisions, then everyone rotates one position

### Drill outcomes:

- Goal umpire to work behind or under flight of ball, which could be out wide or front on
- Drill helps umpires
  - Assess speed, height and trajectory of ball
  - Attack ball out wide, to ensure true under flight (even if that means going beyond the behind post) given no boundary umpires on post
  - Attack the ball, attempt for post side of the ball
  - Attempt a set and settled position under/behind flight of the ball, when ball is near a goal post



## #4 DEFENDER TRAFFIC

### Drill Explanation:

- 3 kickers setup; 1 front on at 30m, 2 others at opposite 45-degree angles from 30m
- One kicker at a time, to kick at goal and attempt for drop on/near the score line
- Goal umpire has 5 decisions, then everyone rotates one position

### Drill outcomes:

- Goal umpire to work on awareness skills, to allow effective navigation around/through traffic
- Drill helps umpires
  - With awareness and navigation skills
  - Protection of personal space, use voice, put arm out, let players know you are there
  - Set and steady on the score line, or out wide under flight, even though there is traffic in the way

