**Successful Refereeing**

**10-Point Plans**

**Assistant Referee**

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| No. | Point | √ |
|  | Honesty - do you assess your own performance and honestly discuss your game with the Assessor, Referee and Mentor.Do you ask yourself, “What do I need to do to make myself better”? Do you own up to mistakes that you have made, or try to cover them up? |  |
|  | Dedication - are you willing to make the necessary sacrifices to achieve your dreams and goals?Will you give up Friday nights with your friends and prepare properly? Will you dedicate yourself to have a good diet and to train regularly, not just when the weather is favourable or when your fitness test is due? |  |
|  | Fitness - ensure you tailor your training to meet the demands of the job.Gone are the days when 30 minutes steady jogging is suitable training. You need to include speed work, sideways movement, etc. into your training to replicate match situations. |  |
|  | Concentration - your role as an Assistant is like that of a Goalkeeper. You may have spells when not directly involved in the game but, when needed, you may well be making a decision where a goal is the outcome.Being fully focused and ready is, therefore, vital. Develop techniques to keep focus. This may be breaking the game up in ten minute blocks, constantly talking to yourself, reminding yourself which players are on yellow cards, etc. |  |
|  | Teamwork - remember that as an Assistant you are there to support and aid the referee, not to try and run the show.Be clear about your duties within the Laws of the game and to fully understand what the referee is asking of you in each particular match. Ensure that you understand what areas of the field of play the referee is expecting your involvement.Your role is to support the referee in getting as many decisions correct as possible. |  |
|  | Technique - the way in which you move along the touchline and the way you deliver your signals goes a long way to selling the decisions you make and the confidence the referee, players, officials and spectators will have in your ability.Practice your technique in front of the mirror and don’t dismiss feedback on technique as petty or of little value. |  |
|  | Match Preparation - ensure that your preparation leaves nothing to chance.Have you packed your kit in good time?Have you double checked that you have everything?Are you clear where you are meeting the other officials, and at what time?Have you considered any travel difficulties and allowed time to overcome them?Have you researched the teams involved and the potential styles of play, which may influence your game, such as offside decisions, corner kick routines, etc? |  |
|  | Offside - probably the main area where the Assistant’s performance is judged. Ensure you always remain level with the second rear-most defender, utilising sideways movement where possible.Fairly obvious, but lose position for a second and you will be unable to accurately judge the offside.Ensure that you are fully conversant with the requirements for an offence, rather than just an offside position.Attend training sessions to practice offside situations with video playback.Remember that the benefit of doubt should be given with the attacker. |  |
|  | Confidence - any top sportsman will tell you that they perform at their best when they are fully confident in what they are doing. The same applies to us and whilst a few butterflies are fine, you should enter the field of play believing that you fully deserve to be on this match. The appointment officer has given you that game because you merit it, so walk tall and keep that in mind.Appearing confident, even if you don’t feel it, is vital. Think about your body language and how you can look calm and confident, even when making big, potentially difficult decisions.Controlling your breathing is a good way of remaining calm and composed.A word of caution though, please ensure that confidence is never mistaken as arrogance. |  |
|  | Support / Constant learning - the person who thinks they can reach the top on their own is sadly destined to fall.There will always be support available and the skill sometimes is to recognise that you need some help or support and to ask for it.Look at how your colleagues perform.What can you can learn from the things they do well? The RA, The FA, families and friends are all there for you.Use them, but also remember that there will be times when you need to support others. |  |