



New Referee Field Training – 4 Hour Session

Guidance In-Person Sessions

The online materials provide a good foundation for refereeing, covering much of what we have traditionally covered in the in-person classroom portions of the clinic. However, we must emphasize topics that often get glossed over or ignored. The in-person session is designed to provide an overview of many of the most important aspects of refereeing, specifically referee mechanics and restarts.

For the foreseeable future, our in-person sessions will be four-hour field training sessions outdoors, or five hours (5) if we can get a local club to provide a game for the new referees to observe with the Ref coach/instructor. We will not use classroom or indoor settings, unless we have inclement weather.

We will limit the size of field training sessions to 15 participants with one Ref Coach/instructor. The minimum number of participants should be seven (7) unless there are special circumstances when more than 15 participants are in the class, two (2) Ref Coaches/instructors will be assigned to have effective communications and conduct meaningful referee instruction.

Encourage the participants to bring their own flags, whistles, flipping coins, and balls—hence, the new referees should purchase their uniforms and equipment before coming to the clinic.

Suggest an email requiring the students to acknowledge they have read the email. Failure to receive acknowledgment should be followed by communications from the Ref coach/instructor, including telephone calls, if necessary. Instructors should be aware that emails from OMS often end up in spam. It may be necessary to use the instructor's personal email address to ensure that spam filters are avoided.

During the 4-hour session, at a field marked for soccer, we will cover the following:

It is important that we invite parents of under-aged participants to stay for the first 30-45 minutes of the course so that they understand what is expected of their kids as a referee.

- Pregame (including inspection of player equipment and the field) (20 minutes)
- Coin toss (many young people have never tossed a coin in their life (5 minutes)
- Philosophy of referee positioning during the run of play, angle, proximity to play, see AR, read and predict play, weigh risk (20 minutes)
- Restarts (each one needs to address where the ball is placed when the ball is in play, where the players need to be, where the referee should be, where the ARs should be, what happens if the restart is not conducted properly)
 - Kickoff



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- Dropped Ball – emphasize recent changes in the laws
- Direct Free Kick – include quick review of fouls
- Indirect Free
- Corner Kick
- Goal Kick – emphasize recent changes in the laws
- Throw In
- Misconduct – carding procedures
- Interacting with team officials and spectators
- Post Game Activities – include reflection of performance and reporting
- How to get assignments and referee responsibilities to assignor – (this should be followed up by an email from the instructor providing contact information for the sponsoring club assignor)

1. Sample Outline for conducting the 4-hour field training session

2. Sample Table with details for conducting the 4-hour field training session

Introductions / Admin 20 mins.

Preparation / Authority 60 mins.

- What's in my bag?
Arrival at the pitch
- Pre-game discussions (hand-out) / coach introductions
- Field walk / equipment inspection
- Player equipment inspection
- Game balls
- Coin Toss / Captains' Mtg

Positioning / Signals / Restarts – where / when / why 90 mins.

- Diagonal System of Control
- AR - flags / discreet signals
- CR - whistle / hand / discreet signals
- KO / TI / CK / GK / DFK / IFK / PK / DB
- OFFSIDE (scenarios)
- PK / KFTM



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BREAK 5 mins.

Game Management 40 mins.

- Fouls & Misconduct / Cards (including team officials and spectators)
- Punishment Progression (handout)
- Injuries / Head hits / Concussion protocols
- Build-Out Lines U-10/U-9 (handout)
- No Headers U-11 & below

Game Reports

Wrap Up 15-30 mins.

- Uniforms (handout)
- Contact local club / assignor to get games
Last chance Q's & A's
- Site clean up

BADGES!!

If we can get a local club to schedule a 30-40 min scrimmage with 3 officials, we should allow of an additional hour.

Sample Table with details for conducting the 4-hour field training session

1st Hour of Field Training – Greeting, Introductions, & Agenda

1: Pre/Pre-Game	Activity	Demo	Practice		Activity	Demo	Practice
	Fitness Maintenance	Discuss			Referee Gear/Kit Check	Discuss	
	Nutrition & Hydration	Discuss			• Clean Uniform – Ref Jersey's, Black Shorts, Black T-shirt, Black 2 Stripe Socks, Predominantly Black turf shoes or cleats	Discuss	
	Weather Check	Discuss			• Badge	Discuss	
	LOTG Review/League Rules of Competition Review	Discuss			• Flags, Whistle, Book, Pen/Pencil, 1-2 Watches	Discuss	



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	Coordination with Center	Discuss			• Black Hat and/or Sunscreen	Discuss
	Map & Travel Time Review	Discuss			• Hydration and/or Energy bar	Discuss
	Arrive at Field 30 minutes before Start	Discuss			• Plastic Bag to Waterproof gear	Discuss
	Remind Parents of Schedule	Discuss			• Warm-up pants, Jacket, Gloves, Cold-Weather Gear	Discuss
					• COVID-19 Mask	Discuss
					•	

Misc	Activity	Demo	Practice		Activity	Demo	Practice
	Field Safety – Goals	√			AR Position CK – PK – KFTM	√	√
	Field Safety – Flags	√			In play – Kicked and clearly moves	√	
	Field Markings	√			Build out lines	√	
	Player Inspection / jewelry	Discuss			No header U-11 and below	Discuss	
	Throw In - feet	√	√		Home Team Provides Game Balls; if not, can use Visiting Team	Discuss	
	CK Placement – Wall	√	√		Laws vs. Local League Rules of Competition	Discuss	
	GK Placement	√			Dealing w/spectators/team officials	Discuss	
	Free Kick Restart Exception	√			Keeping time	Discuss	
	Home Coach Fixes Things	Discuss			Blowing the Whistle	Discuss	√
	Assignor Notification and Accepting Games	Discuss			Return Game Balls	Discuss	
	Rehearse AR Mechanics in Mirror	Discuss			Assessor or Referee Coach/Mentor Awareness -- Considerations	Discuss	
	On-Time is 30 mins before 1 st Game	Discuss			LOTG – Study 2-3 pages when you can	Discuss	
					Field Departure – Dress Down: Look professional		

2: Pre-Game	Activity	Demo	Practice		Activity	Demo	Practice
	Arrive at Field/Pitch in a Professional manner	Discuss			Field Inspection	Discuss	
	Dress-Down at Arrival (Black Shoes, 2-Stripe Socks, Jacket)	Discuss			• Field Safety – Goals Anchored	Discuss	



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	Meet Referee Crew	Discuss			• Field Safety -- Flags	Discuss	
	Pre-Game Discussions: Focus Areas & Tm Mechanics; Duties /Reports/TLC/Focus Ask Center Questions to clarify	Discuss			• Field Safety – Rocks, glass, metal, goose poop, potholes, divot's	Discuss	
	Communications – Verbal/Non-Verbal	Discuss			• Technical Area – Benches and team gear in safe location	Discuss	
	Team Check-in and Player Inspection/Jewelry	Discuss			• Spectator Area – Safe Distance	Discuss	
	Build out lines	Discuss			• Goals in Proper Location	Discuss	
	No header for U11 and below	Discuss			• Multi-Colored Lines and Markers	Discuss	
	Home Team Provides Game Balls	Discuss			• Build out lines	Discuss	
	Laws vs. Rules of Competition	Discuss					
	Dealing w/spectators/team officials	Discuss					
	Keeping time	Discuss					
	Home Coach Fixes Field issues	Discuss					
	Handball	Discuss					
	Return Game Balls	Discuss					



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Hours 2-3 of Field Training – AR Mechanics & Practical Exercises/Drills

3: AR Mechanics	Activity	Demo	Practice		Activity	Demo	Practice
	Pre-game/Half/End Duties: Referee Crew Enter Field Together; Rally (jog) at CR location at Half & End; Crew departs field together	√			Signaling	Discuss	
	Field Knowledge – Defending/Middle/Attacking 3 rd s; Quadrant Responsibility. Penalty Area & Goal Area Responsibility	Discuss			• I Have Information (IHI) & Mirroring – Straight up	√	√
	Ceremonial Check of Goals, Count Players, Check GK Jersey	√	√		• Substitute & Mirroring	√	√
	Flag Furled/Unfurled – Ready Not Ready	√	√		• Switching Hands	√	√
	Flag Grip (Pointing Finger & Left Hand) & Side during standing & running & transition – Flag Straight up & Down	√	√		• Throw-In -- 45 degrees up (Left or Right Hand)	√	√
	AR Proper Stance & Position on Touchline – Shoulders Square to Pitch (STP). No Signaling during Run	√	√		• Corner Kick – 45 degrees' down (Right Hand)	√	√
	AR Running Techniques – Run, Sprint, Side-step;	√	√		• Goal Kick – 90 degrees (Right Hand)	√	√
	Movement During Play	√	√		• Offside – Near, Middle, Far (Right Hand)	√	√
	Offside Positioning	√	√		• In & Out of Play	√	√
	Offside Recognition	√	√		• Goal & No Goal	√	√
	Kick-off Positioning	√	√		• Penalty Kick – Review with CR	√	√
	Goal Kick Positioning	√	√		• Foul & Direction (Left or Right Hand)	√	√
	Corner Kick Positioning– Near & Far	√	√				
	Position for PK, KFTM & Return to Line – Review with CR	√	√				



1hr or Remaining Time for AR Practical Exercise/Drills/Set Plays at ¼ Speed

Remaining time walking through Set Plays for CR & AR Practical Exercises



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