

MODULE 1 - TECHNIQUE

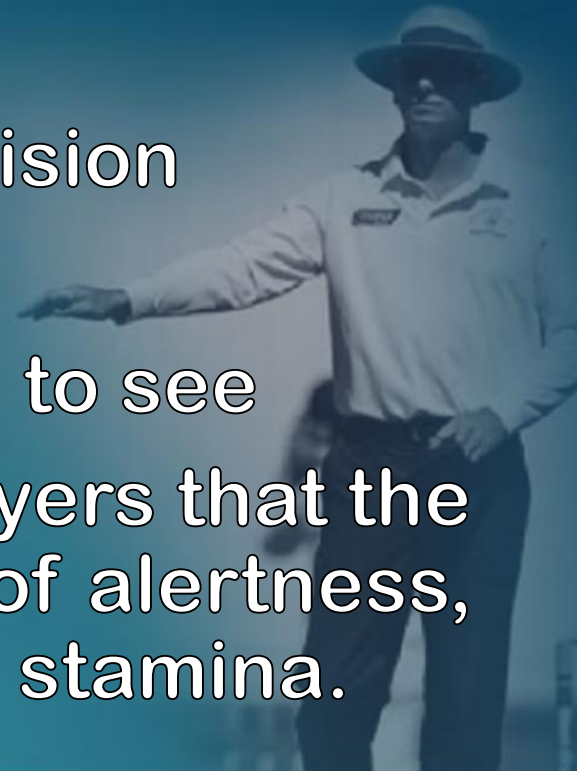
SEPTEMBER 2017



1.1 POSITIONING & MOVEMENT

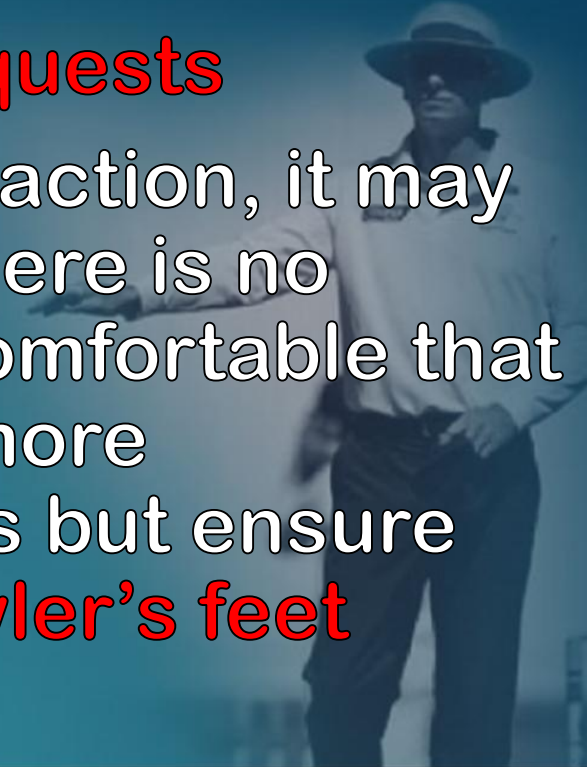
Positioning is important for a number of reasons:-

1. To be in the best possible position to make a decision
2. To **avoid being in the way** of the fielding side
3. To be in the best position to see all that you need to see
4. To give the **perception and confidence** to the players that the decision made is the correct one. It is an indicator of alertness, concentration, **ability to read the game**, fitness and stamina.



Bowlers' end umpire positioning technique

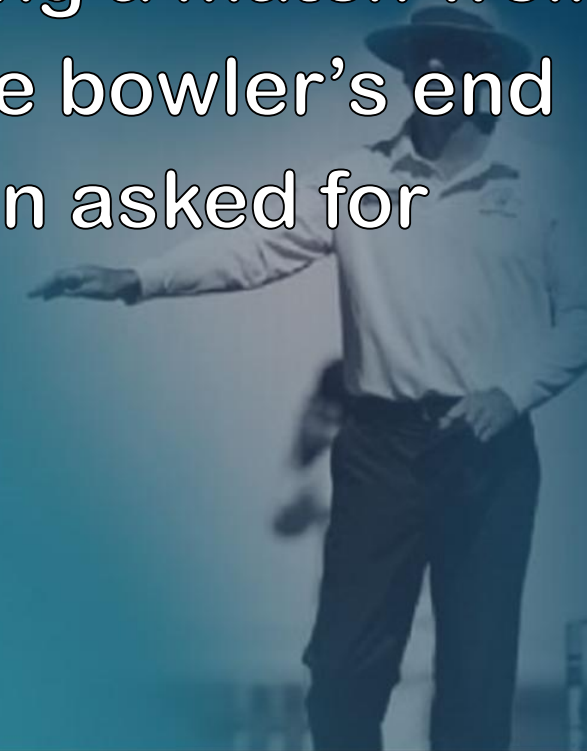
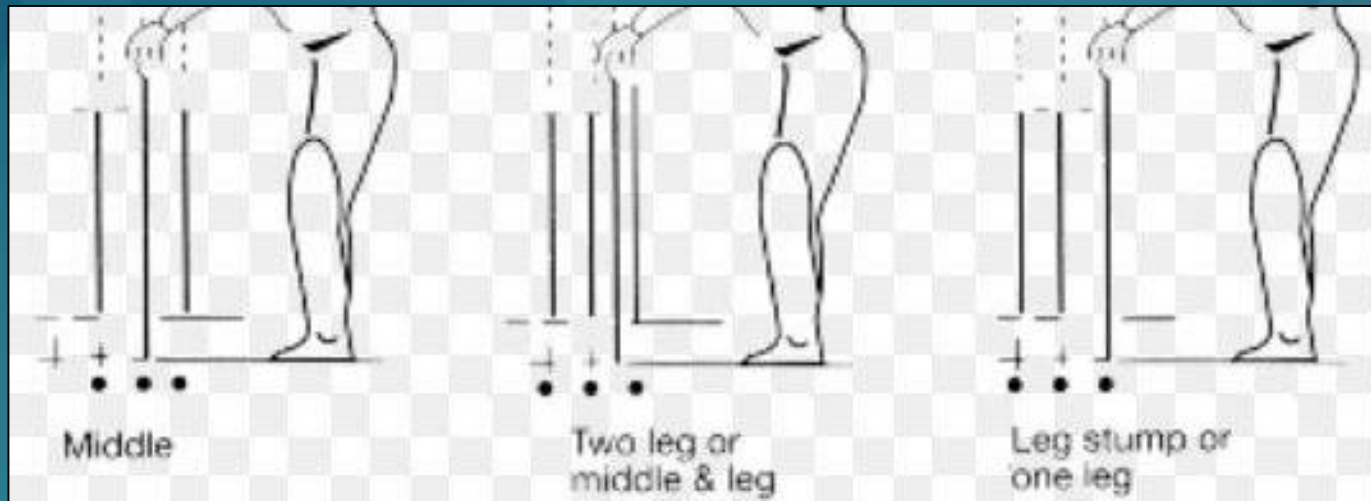
- Mark your position behind middle-stump before the day's play
- Your **positioning depth may vary** for fast and slow bowlers
- Work with the bowler on where to stand **if he requests**
- If you are not familiar with the bowler's delivery action, it may be best to stand a little further back to ensure there is no infringement with the back foot. Once you are comfortable that this is not an issue for consideration, it may be more comfortable to move a pace closer to the stumps but ensure that you can still **see the landing of both the bowler's feet without having to move your head**



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Bowlers' end umpire positioning technique

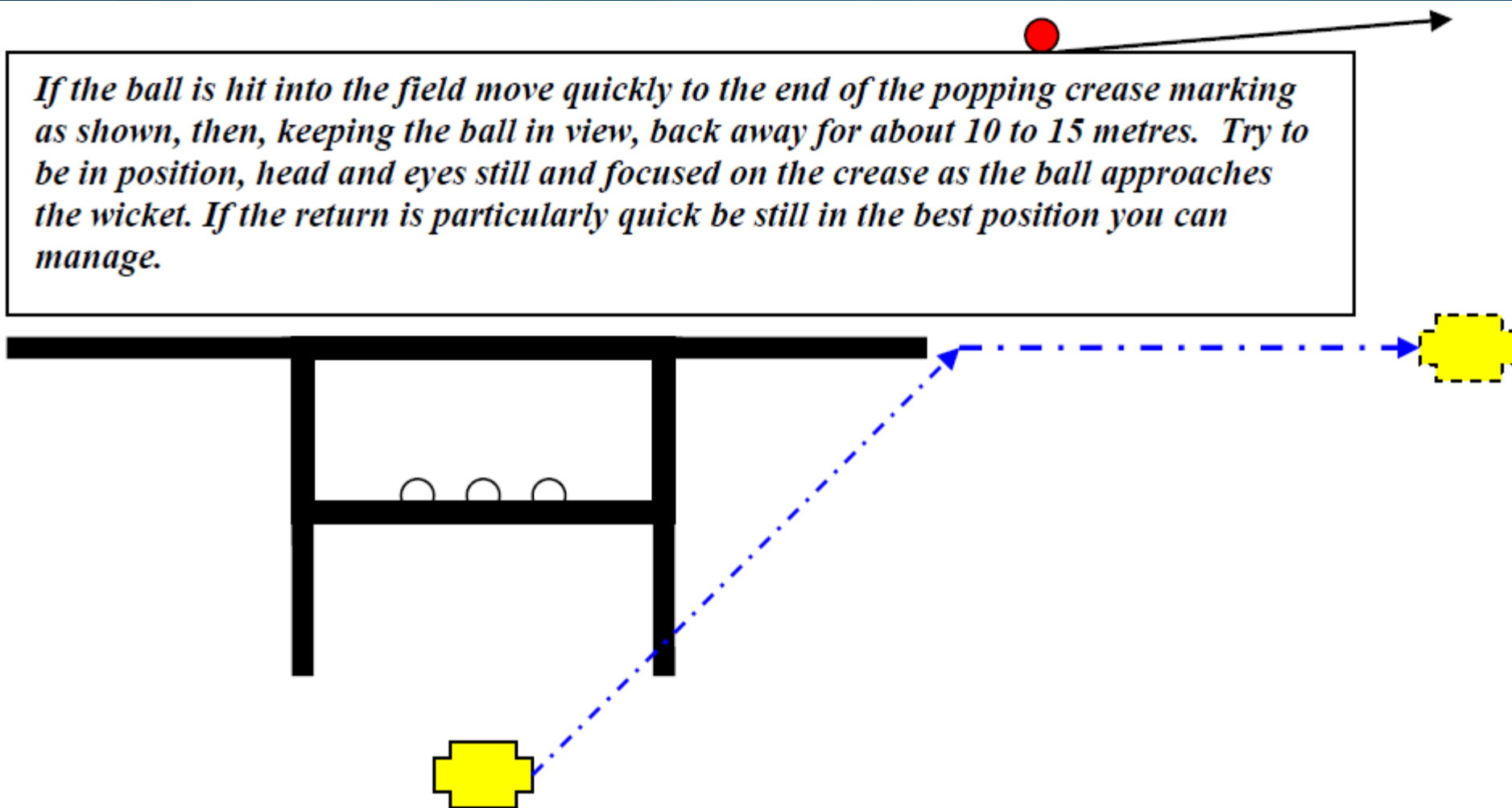
- Work with the bowler **if he wishes to know** where his feet land
- Be proactive if he is gradually creeping on the line
- Rapport with bowlers is NB for an umpire handling a match well
- Give guard from **over the top of the stumps** at the bowler's end
- Know the terminology & repeat what the batsman asked for



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Getting into position after the ball is struck square of the wicket

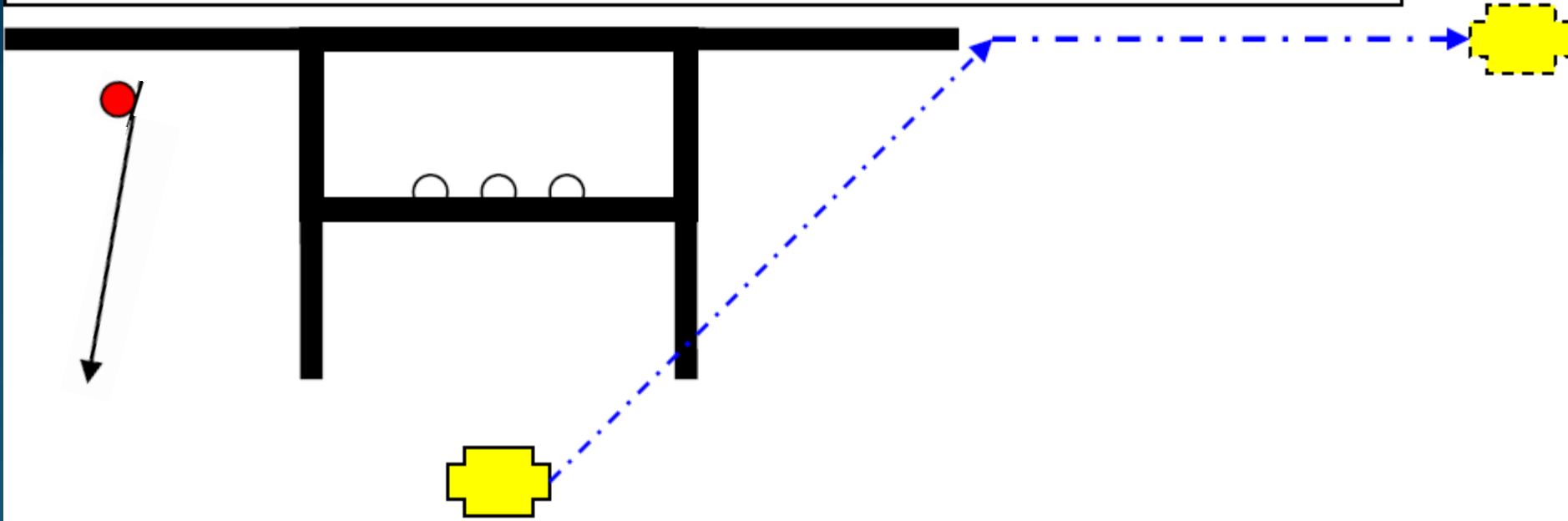
If the ball is hit into the field move quickly to the end of the popping crease marking as shown, then, keeping the ball in view, back away for about 10 to 15 metres. Try to be in position, head and eyes still and focused on the crease as the ball approaches the wicket. If the return is particularly quick be still in the best position you can manage.



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Getting into position after the ball is struck in “the V”

If the ball is hit into the field move quickly to the end of the popping crease marking as shown, then, keeping the ball in view, back away for about 10 to 15 metres. Try to be in position, head and eyes still and focused on the crease as the ball approaches the wicket. If the return is particularly quick be still in the best position you can manage.



Strikers' end umpire positioning technique

- In time cricket, stand no more than 20m deep
- Move back if there is a fielder but try never to be >30m deep
- In **limited overs cricket, stand on the 30 yard circle at all times**
- Stand in line with the popping crease splitting your stance
- When the keeper is standing back, watch the bowler deliver
- When the keeper is standing up to the stumps, watch the **batsman's back foot** in relation to the popping crease **& listen for the breaking of the stumps** on a stumping appeal



Strikers' end umpire positioning technique

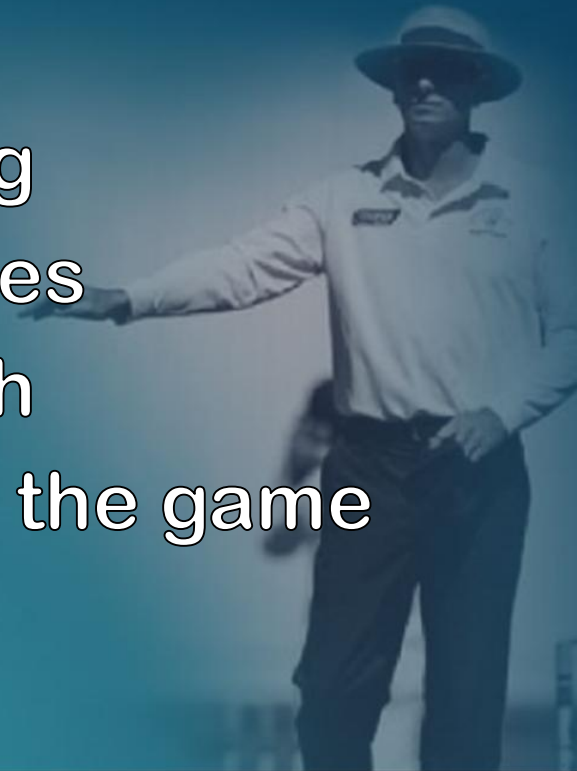
- Move to off-side if the sun, glare, or fielders obstruct your view
- When crossing for left/right handers, **begin walking in briskly while the ball is still in play** so you don't have to end up running
- After crossing the pitch, **walk backwards & check the field**
- Use stationary objects outside of the field to judge how high full tosses & short pitched deliveries pass the popping crease
- Help the bowler's end umpire by **discretely signalling your opinion** on leg-bye, bat-pad, caught behind & LBW height calls
- Never turn your back on the ball behind you in the outfield

1.2 EFFECTIVE COMMUNICATION

For verbal communication (NB at the toss) remember the 6 Cs:

1. Present information **clearly**
2. Be **concise** and not long winded
3. Provide **correct** information that is not misleading
4. Give **complete** information, not just bits and pieces
5. Be **courteous** to who you are communicating with
6. Provide **constructive criticism** to stakeholders in the game

Use “we” and “us” rather than “I” or “my partner”



Building rapport with players

- Make an effort to know & **address players by their first names**
- Try find common ground with players you meet for the 1st time
- Take a genuine interest in the person you communicate with
- Speak when spoken to – **don't go looking for conversation**
- At square-leg, if asked about partner's decision: **"not sure"**
- **Don't make any negative comments** about any players / teams
- Give a reason for your decision rather than ignoring a player's query. But **don't spoil a good decision with a bad reason / tone**
- Communicate over-rates with captain, keeper & vocal players

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Communicating with captains

Dealing with Captains prior to the match

- Introduce yourself, your partner and reacquaint prior to the match
- Ask a question or two about their world
- Clarify any necessary playing conditions / facilities
- Ask them for any queries
- Let them know that the umpires are approachable at all times

Dealing with Captains post match / end of day

- Bowler's actions to review?
- Player behaviour issues?
- Clarify starting time for the next day if necessary
- Post match meeting
- Player feedback if necessary



Communicating with your partner

- Before taking the field, **agree on non-verbal signals**
- Signal 3, 2 & 1 ball remaining & after a wide, no-ball / dead-ball
- Show when a batsman stands on / outside the popping crease
- Indicate when a delivery is **close to or over** waist height for a full toss or shoulder or head height for a short pitched delivery
- Try always to communicate to a captain together. If not possible or practical, relay the message to your partner ASAP
- For ground, weather & light, communicate non-verbally from your positions **until 1 umpire feels that it's time to go off.**

1.3 SIGNALLING



- **Stand still** when signalling
- Keep signals short and simple
- No Billy Bowdens!
- Wait for scorers to acknowledge
- Keep a **neutral facial expression**
- Signal 5 runs by showing the **back of the hand** to the scorers
- Do we signal PowerPlay in T20s?

1.4 MAN AND PLAYER MANAGEMENT

- Bowler giving batsman send-off
- Fast bowler intimidating batsman in follow-through
- Spin bowler and non-striker in each other's way
- Batsman throws bat at bowler
- Samuels vs Warne & Hussey



1.4 MAN AND PLAYER MANAGEMENT

- Intervene quickly & assertively to the **first instant** of unfair play
- **Both umpires** to speak to the captain with the offending player(s) in attendance, telling captain to control his player(s)
- Suggest that the troublesome fielder **field on the boundary**
- **If the players are on opposing teams, speak to them separately**
- Inform the captain that the umpires will handle the opponents. Therefore any retaliation will also be punished. **No debate.**
- Authoritative body language is NB when addressing unfair play

1.6 COPING WITH PRESSURE

- Meditation – reduce stimulation to the brain to help **switch down**
- Progressive muscle relaxation – after exercise or before bed
- Imagery & visualisation – mentally escape to your happy place
- Focussing on breathing helps to **shut out distractions**
- REST (Restricted Environment Stimulation Therapy) & flotation
- Music
- Emotional recovery (**down time**)

1.7 CONCENTRATION

- Improve your focus by simulating match situations - net practices
- Switch up and down, not on and off
- Develop and execute pre-match & pre-ball routines consistently
- Mentally prepare for tricky situations:
 - What happens if I make a mistake early in the game – what am I going to do to get my focus and concentration back?
 - What if it rains – do I know how to confidently recalculate the match parameters?
 - What if I get stuck in traffic – is there enough time to still get to the ground and prepare?
 - What if that captain or player gives me a hard time – how will I react and what will I do?

Practice does not make perfect. Practice makes permanent.
PERFECT PRACTICE MAKES PERFECT

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1.8 BODY LANGUAGE

- Take the same time to make every decision – out or not out
- **Stand still** during and for a bit after giving your decision
- When addressing players for unfair play, **remove sunglasses**
- **Never point** at players & always keep hands below chest height



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POSITIVE ATTITUDE

- Attitude is the state of mind which you approach a situation
- It is how you feel and how you make others feel
- It is demonstrated by how you act and react
- **ATTITUDE AFFECTS PERFORMANCE**
- It can be perceived as positive or negative



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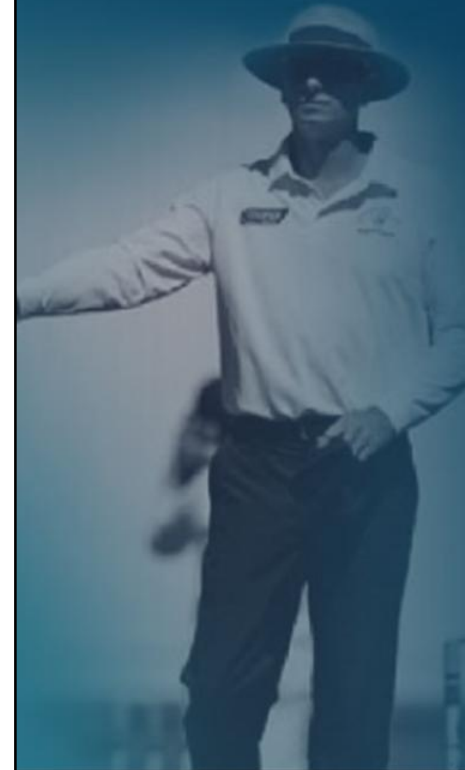
POSITIVE ATTITUDE

Success characteristics

1. expects a good performance
2. positive attitude
3. optimistic outlook
4. positive personal belief
5. excellent people skills
6. seizes opportunity
7. sense of urgency
8. proactive creator
9. knowledgeable
10. anticipates challenge

Limiting characteristics

1. fears failure
2. negative attitude
3. pessimistic outlook
4. negative personal belief
5. poor people skills
6. procrastinates
7. risk avoidance
8. reactive complainer
9. uninformed
10. denies challenges



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POSITIVE AFFIRMATIONS

- I AM DOING MY BEST
- I AM IN CHARGE OF MY LIFE
- I CAN CREATE POSITIVE CHANGE

- CHALLENGES HELP ME GROW
- I WILL STAY CALM UNDER PRESSURE
- I CAN SEE STRESSFUL SITUATIONS AS CHALLENGES
- CHALLENGES BRING OPPORTUNITIES
- I CHOOSE SUCCESS OVER FAILURE
- I CAN CHOOSE A POSITIVE FRAME OF MIND
- I AM STRONG



- I CAN HANDLE WHATEVER COMES
- I HAVE MANY OPTIONS
- TODAY HAS LIMITLESS POSSIBILITIES
- I CAN ACCOMPLISH ANYTHING
- I CAN HANDLE WHATEVER COMES
- MY INTENTIONS CREATE MY REALITY
- STRESS IS LEAVING MY BODY

2.1 PLANNING & GOAL SETTING

- Dreams without goals are just dreams
- If you fail to plan, you're planning to fail
- Focus on processes & the results will follow
- Apply **discipline & consistency**
- Apply the SMART tool for goal-setting:
 - **S**pecific
 - **M**easurable
 - **A**ppropriate
 - **R**ealistic
 - **T**imely



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QUESTIONS / COMMENTS

