

# MATCH OFFICIAL COACHING SCHEME – LEVEL 1



## Level 1

### *Entry Criteria*

Endorsed by Association on the formal application form downloadable from the ARLRA website.

A Level 1 CMO candidate must have held Level 2 NRAS accreditation for a minimum of two (2) years.

Level 1 may be granted on the basis of Prior Learning and/or Advanced Standing.

Payment of the prescribed fee for courses attended after 1 November 2002. That fee is currently set at \$30 for the Level 1 course.

### *Content*

This is the basic level that should give the applicant a broad understanding of the structure of the game as well as the role that the coach should play. Some practical examples of how a coach may educate the match official in the most fundamental areas will be covered.

### **Headings to be covered in this 2 - 2.5 day course.**

- Structure of the game in Australia - includes career path of match officials. Note: this is an important aspect of the game because the coach should be capable of assisting the match official with areas such as goal setting. This topic is subject to change from year to year. Also included in this section should be a brief discussion on the evolution of match officials and their coaches.
- The role of the coach. This session assists the applicant to observe his own role in the development of those under his care. Deals with knowledge base, expertise that can be used to assist the match official with advice, encouragement and listening skills. These aspects are vital if we are to encourage the coach to become something more to the match official than a critic. Note: additional readings re positive self-talk.
- What the match officials' coach looks for. This is very much a philosophical session in which we concentrate on analysing the "person" who is the match official. We look at type, the approach and context of the game; a match official's style and personal characteristics, non verbal communication psychology (body language), and performance objectives (on field objectives).
- Goal setting. Providing basic principles of goal setting to the coach to enable him to assist match officials in planning their future career.
- Critically analysing a match official's performance. Basic principles and factors affecting performance.
- Recommended fitness tests. Class room and on the field.....
- Basic drills theory. Includes workshop component to develop their own drills.
- Role play - referee's counselling session.

**NOTE:** Participants of the former Level 1 course will be granted registration on provision of a document satisfactorily demonstrating the benefits gained from attending the course. They should include any changes in techniques which they learnt or changes in their style of reviewing performance. The document should be accompanied by an endorsement from their local Association indicating the degree of coaching undertaken in the previous twelve months.