

PHYSICAL FITNESS

WHY IS IT IMPORTANT TO HAVE A GOOD LEVEL OF FITNESS?
HOW CAN YOU IMPROVE YOUR FITNESS?

All umpires require a basic level of fitness in order to maintain good positioning and concentration throughout the game. To keep fit you should be involved in fitness sessions or train regularly.

A GOOD UMPIRE REQUIRES:

SPEED

Be able to cope with the changing pace of the game — sprint, stop, start

MOBILITY

Is an important injury prevention attribute

ENDURANCE

Be able to maintain all the above skills to optimum level regardless of conditions

A good umpire should always warm up before the game and cool down after the game to prevent injury and maximize recovery.

ALWAYS WARM UP & COOL DOWN AFTER EACH TRAINING SESSION & EVERY MATCH

DO NOT TRAIN IF YOU HAVE A HEAVY COLD/FLU, ILLNESS OR IF INJURED

REST IS VITAL TO ASSIST YOUR MIND & BODY RECOVERY

ORGANISE YOUR TRAINING PROGRAMME TO MEET THE REQUIREMENTS OF YOUR WEEK

RUNNING

Run at a pace where you are breathing fairly hard but can still hold a conversation. Wear good quality running shoes and run on grass/treadmill when possible to reduce heavy impact.

SKIPPING

This will improve your footwork and sharpen your movement. Any footwork pattern is acceptable but keep skips rhythmical and skip on a sprung floor when possible. Change rhythm - see session sample:

Min 1 Steady pace
Min 2 10 sec s teady /10 sec fast
Min 3 20 sec s teady/20 sec fast
Min 4 30 sec s teady /30 sec fast

REST 1 MINUTE

Min 5 10 sec s teady/10 sec fast
Min 6 20 sec s teady/20 sec fast
Min 7 30 sec s teady/30 sec fast

REST 1 MINUTE

Min 8 Steady
Min 9 10 sec s teady/10 sec fast
Min 10 Steady

REST FOR APPROX 2 MINUTES



UMPIRING

DRILLS

PYRAMIDS

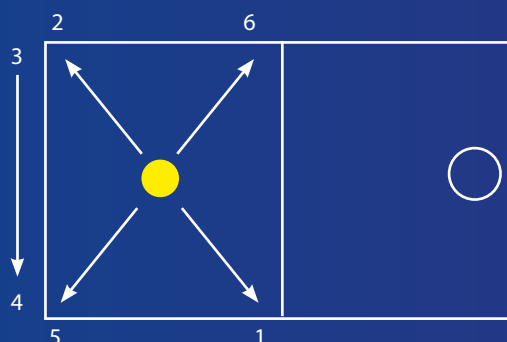
● →	● slow	5 x slow – 2 fast
● ←	● slow	4 x slow – 3 x fast
● →	● slow	3 x slow – 4 x fast
● ←	● slow	2 x slow – 5 x fast
● →	● slow	1 x slow – 6 x fast
● ←	● fast	

COURT DRILL

These will improve your speed around the court. You should work these at 100% as there is plenty of rest.

STAR DRILL X 5:

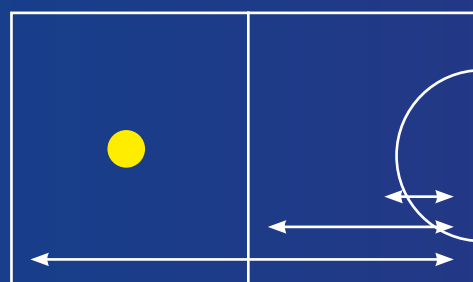
1. SIDESTEP
2. SPRINT
3. SIDESTEP
4. CHANGE DIRECTION LEFT & RIGHT
5. SPRINT
6. SIDESTEP



SHUTTLE DRILL X 5:

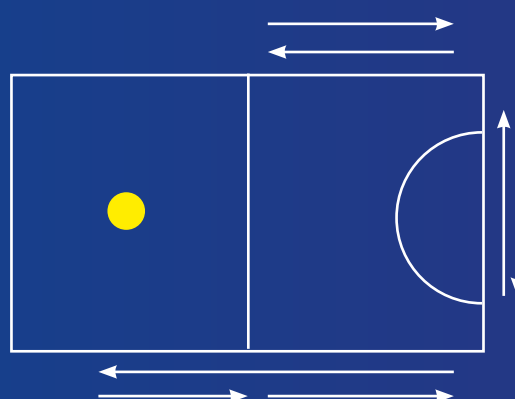
SHUTTLE RUNS

GOAL LINE- TOP OF
CIRCLE/GOAL LINE –
TRANSVERSE/GOAL LINE -
TRANSVERSE



SHUTTLE DRILL X 5:

SIDESTEP & RUN
MOVEMENTS ALONG
LINES TOWARDS THE
RIGHT – BACK TO
CENTRE PASS



STRETCHING & COOL DOWN

THESE SHOULD INCLUDE: UPPER BODY – HEAD, NECK,
ARMS, SHOULDERS
MID BODY – WAIST, BACK, HIPS
LOWER BODY – LEGS, GLUTES, ANKLES



UMPIRING