

Advice for Norfolk Referees...

...from Norfolk Referees



1. BE PREPARED

First impressions count – Introduce yourself to the teams – Look the part – Warm up – Know Law & Competition Rules

2. BE CONFIDENT, NOT ARROGANT

Communicate clearly – Be approachable – Firm, fair & friendly – Trust in yourself – Positive body language – Strong whistle

3. COMPLETE YOUR ADMIN

Update Pitchside Refs – Confirm your games – Submit your discipline – Be Proactive

4. GIVE WHAT YOU SEE

If you think you saw it, you probably did – Be bold – Control dissent – Give positive signals - Take your time

5. MAINTAIN YOUR CONCENTRATION

Stay focussed – Block out the noise - Maintain your fitness – Use your whistle efficiently

6. DON'T TAKE IT PERSONALLY

Take advice as a positive, not a criticism – Do what is right, not what is popular – Don't take anything that happens to heart

7. DON'T DWELL ON PREVIOUS DECISIONS

Don't be afraid to make mistakes – Park it and move on

8. REVIEW YOUR PERFORMANCE

Set yourself targets – Be honest with yourself – What went well? What can you improve on?

9. ENGAGE WITH OTHER REFEREES

Learn from other Referees – Proactively seek support from experienced colleagues or County FA – Join your local RA

10. ENJOY THE GAME!

Be Positive – Relax and smile – Remain calm – Respect the game

