



FITNESS

ACTIVITY OBJECTIVE

To deliver a practical fitness session relevant to the skills of umpiring.

AREA REQUIRED

Your choice of indoor or outdoor playing area.

EQUIPMENT REQUIRED

1 x Whistle per umpire

1 x Stopwatch

1 x Skipping ropes

15-20 Coloured cones

20-25 MINUTES DURATION

WHAT TO DO

- Set up the umpire interval training circuit as indicated.
- All stations are to be completed in numerical order.
- Each session involves three (3) laps of the circuit.
- Use the **Ask the Umpires** questions to promote further discussion and reinforce the most important aspects of the learning by referencing the **Umpire Coaching Tips**.

UMPIRE COACHING TIPS

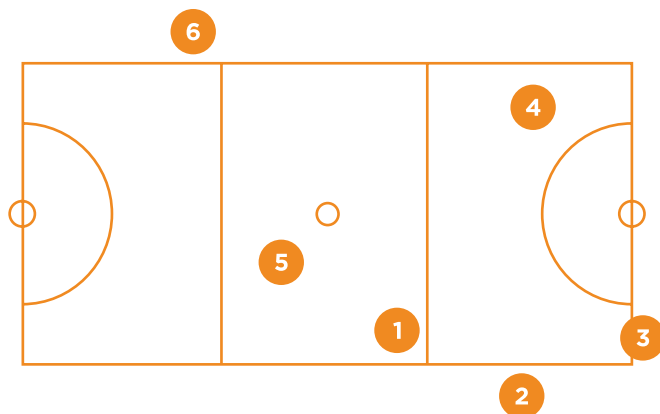
- Umpiring netball requires sufficient physical fitness to keep up with the play, achieve correct positioning and make good decisions.
- Physical qualities that are required include aerobic fitness, speed, agility, and flexibility.
- An umpire's physical preparation should be like that of a player, and attention to diet and nutrition will also assist in meeting the physical requirements of umpiring netball.

ASK THE UMPIRES

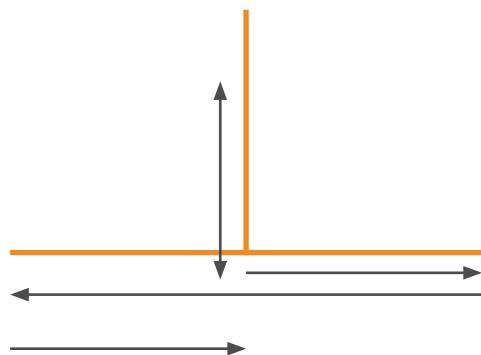
- Why is it important to have a good level of fitness for umpiring?
- What other ways can you improve your fitness?

UMPIRE INTERVALS AND TRAINING CIRCUIT

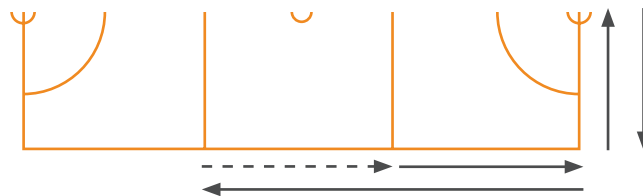
Set up the interval circuit as indicated. Stations are to be completed in numerical order. Each session involves three laps of the circuit.



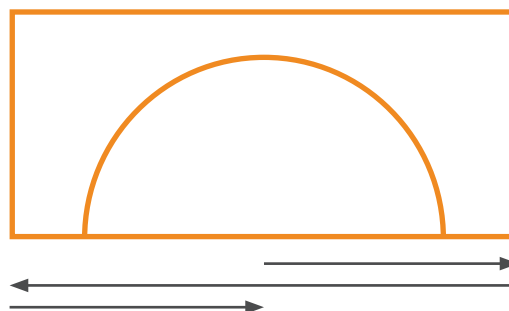
Station 1
Set up in a 'T' formation. Run forward five meters then back to starting point, then five meters to the left, then five meters to the right. Repeat five times. To make it harder, blow the whistle after each five meter run.



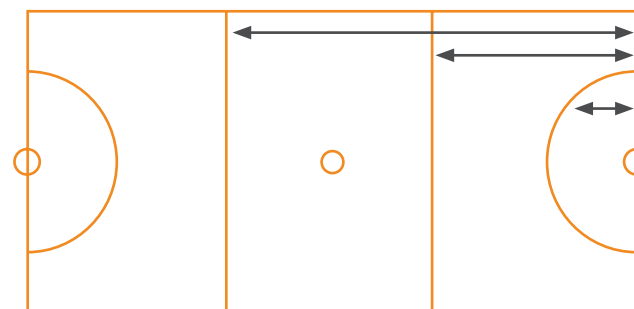
Station 2
Start by blowing the whistle, then side stepping just forward of the Centre Circle. Sprint from just beyond the transverse line around to the goal post and indicate a goal is scored. Sprint back to the starting point. Keep the body open to the court, eyes up and looking forward. Repeat 5 times.



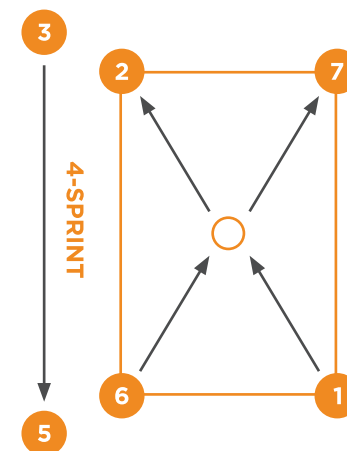
Station 3
Start behind the Goal Line at the Goalpost. Sidestep to the right midway to the edge of the goal circle. Sidestep back to the left midway to the other side of the goal circle. Repeat 5 times.



Station 4
Shuttle run as per diagram. Repeat 5 times



Station 5
Complete the following as per the diagram and repeat five times (in centre third if available).



1. Sidestep
2. Sprint
3. Three dodges (change direction)
4. Sprint
5. Three dodges (change direction)
6. Sidestep
7. Sprint