



HOW TO WORK WITH AN UMPIRE COACH

Whether you've requested, or have been appointed, a coach, the following pointers can help you plan for getting the best out of working with your umpire coach, and take ownership of the coaching session.

Remember that the coach is there for you and to help – not to catch you out or trip you up! You will not be assessed, or given a mark, at a coaching.

Pre-Match

- Do you have ambitions to progress to a higher level, or are you looking to consolidate?
 - A coach can help you achieve this if you work with them.
- Look again at your previous assessment and coaching reports to help you plan
 - Reflect on recent games and note areas of performance
 - Which are going well
 - Which need 'tweaking'
 - Weaker areas which you need to work on
 - **BE REALISTIC and HONEST**
- Communicate with the coach prior to the game (telephone and/or email)
 - What aspects would you like the coach to look at – good and not so good.
 - Try and keep to a short list
 - It's better not to overload any one session
 - **PLEASE DON'T ASK FOR A "GENERAL LOOK"**
 - This won't help you or the coach to focus or give you the most benefit from the session.
 - Confirm your availability for the post match review

On the Day

- Be prepared to meet up with the coach on the day, prior to your pre-match chat.
- Confirm what you want from the session
 - With the coach
 - Talk to your colleague in your pre-match chat the areas raised.
- Agree when the match review can take place
 - Eg. Directly after the game or when you've showered/eaten tea

The Post Match Review

DON'T EXPECT THE COACH TO DO ALL THE TALKING!

It's your coaching session – make the most of it

- Have the review in a quiet area if possible and timed as agreed pre-match.
- Between the end of the match and the review reflect on the game and the aspects you discussed with the coach pre-match
 - Be realistic on how the game went
 - You may be asked “how do you think that went” – you should be able to give a view
- Be positive and **involved** in the discussions
 - Listen to the coach
 - You may, or may not, agree, but you never know when you might call upon the advice given.
- You may already have found ‘solutions’ – so share them with the coach
- It is OK to discuss whatever is raised
 - You won't be judged, or assessed, on this session
- Consider keeping a Personal Development Plan, to focus the mind going forwards
 - This help prepare for future matches, coachings and assessment
 - A record of key aspects which arise from your coaching
 - A record of key areas you wish to develop/improve on.

The Coaching Report

- In the week following your match, the coach should provide your coaching report
 - This may be by email, or more likely online.
- Read the report carefully
 - It should reflect only the Post Match Review
- Feedback to the coach
 - Have they included areas not discussed – what and why?
 - Do you understand the report
 - Does it offer solutions and advice for future actions
 - You may wish to re-read it at a later date, so it needs to be able to jog your memory
- How was the coach's performance
- Coaches look to develop also
 - What areas went well or not so well
 - How could the coach have improved the session

CONSIDER – DID YOU GET THE MOST OUT OF YOUR COACHING SESSION?

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**Sarah Chapman
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