



WHO IS A GOOD REFEREE?



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- The trouble with the referees is that they know the rules, but they don't know the tactics and strategies!



Who is a good referee?

- Personality:
 - To be able to communicate
 - Leadership, serving the game
 - Character, courage, style- a lot of aspects
 - Social situation
 - Self-control, self-confidence
 - Respect to the „others” and from the „others”
 - Team spirit
 - Understanding the rules, tactics
 - Behaviour on the court and in private life



Who is a good referee?

- Characteristics of a good referee:
 - Honesty
 - Staying calm, focusing on problems
 - Patience
 - Good role-models
 - To study the style of the best
 - More challenging and realistic goals!
 - Family and job background
 - To learn and set-up!
 - Body language, eyes, voices, gestures



Who is a good referee?

- Physical ability:
 - Preparation like the teams
 - Running style and paths
 - Visual ability and position on court, cooperation
 - Sportsmanlike body shape



Who is a good referee?

- Mental preparation:
 - Nomination, think about his/her next match
 - Respect and working for respect
 - „I choose a positive mind”
 - Rituals before, during the matches
 - Mental training on last minutes



Who is a good referee?

- Improve the handball knowledge:
 - Training, video or DVD
 - Defence, attack systems
 - Harmony with the speed and with the „heat” of the match



Who is a good referee?

- Control the match:
 - Clear signals, clear information
 - Neutrality and acceptance
 - Decision competence, cooperation
(selling your decision)
 - Adapt to the situation
 - Use body language, pedagogy
 - To be calm, smile
 - Correct contact with all people involved



Who is a good referee?

- What do the referees find most difficult?
 - Social isolation after „bad” performance
 - Negative report from delegates
 - Media feedback
 - Spectators



Who is a good referee?

- Tips:
 - Practice makes perfect
 - To live with your mistakes
 - Referee- job is enjoyable
 - Be open and suggestive
 - Special fitness programme
 - Take care on your private life
 - Be professional in every situation



THANK YOU FOR YOUR ATTENTION!