



# 8<sup>th</sup> EHF REFEREE CANDIDATES COURSE



14<sup>th</sup> – 20<sup>th</sup> JUNE 2010 IN NICOSIA, CYPRUS

WHAT DO WE EXPECT FROM THE REFEREES ?



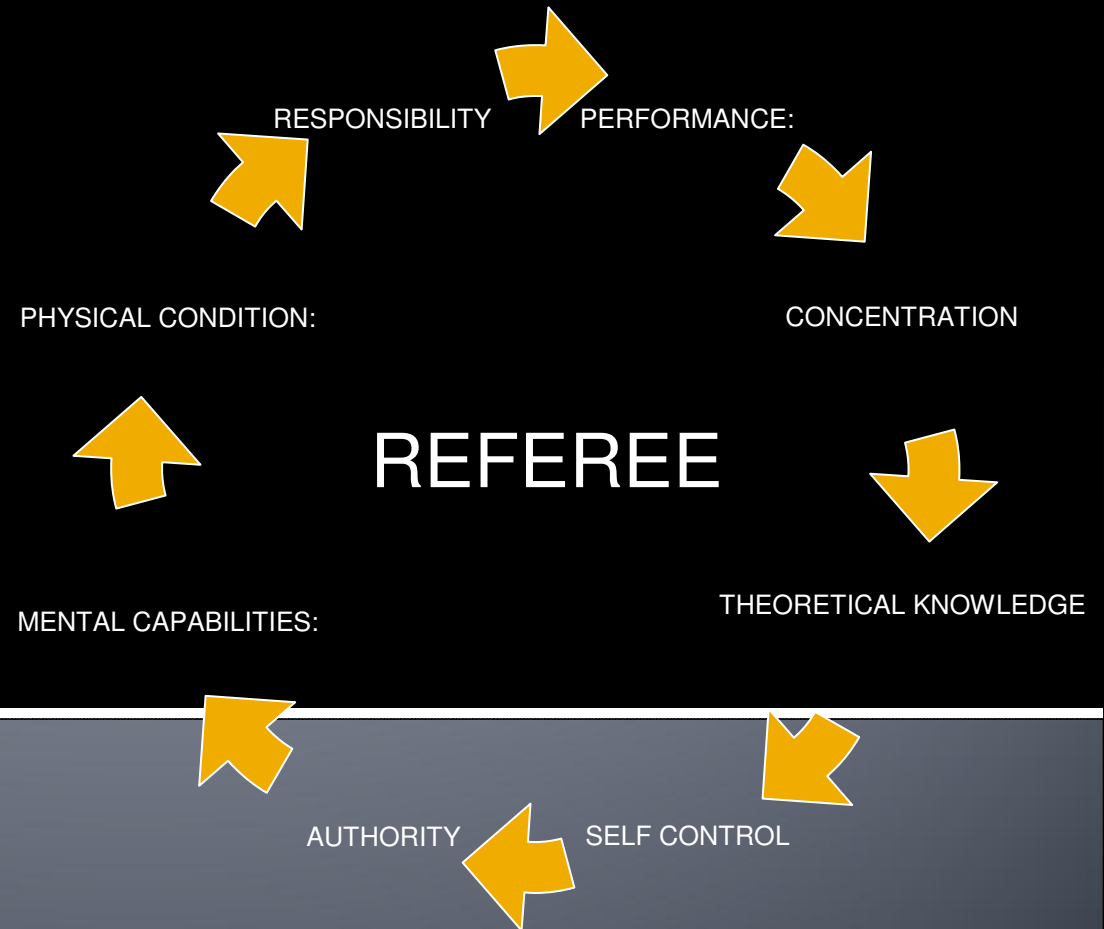


# REFEREES :

For the duration of 60 eventful minutes, referees are making decisions that directly affect players', coaches', clubs', and national teams' destinies in the blink of an eye.

For the referee is important:

- Theoretical Knowledge
- Mental capabilities
- Physical condition





## RESPONSIBILITY :

Handball referees have a lot of responsibility. They are not only responsible for conducting matches in accordance with the Rules of the Game but also play a big part in the game themselves.

- Integrity,
- Prudence,
- Composure
- Good physical fitness



FINAL RESULT OF THE GAME



## PERFORMANCE:

A referee's performance depends on his:

- Knowledge of the Rules
- Mental and physical capabilities.



- Concentration
- Responsiveness,
- Appearance on court

REFEREES THEREFORE HAVE TO PREPARE THEMSELVES JUST AS THOROUGHLY FOR THEIR ASSIGNMENTS AS THE PLAYERS!

## PHYSICAL CONDITION:



Handball has changed significantly in recent years. Matches have become:

- faster
- more dynamic
- more attractive



REFEREES MUST  
TO ENABLE THIS



Today, the main focus is on developing:

- strength
- speed
- speed endurance
- aerobic endurance



PHYSICAL CONDITION  
OF REFEREES



REFEREES CANNOT BE EXCHANGED WITH SUBSTITUTES LIKE PLAYERS  
AND THEREFORE REFEREES CANNOT TAKE A REST DURING A MATCH !

## MENTAL CAPABILITIES:



Referees must count on basic psychological and emotional characteristics like addition to the physical and the technical aspects.

- **Emotional control**
- **Security**
- **Level of attention and concentration**
- **Self-criticism**
- **Mind is open to learning**
- **Tolerating frustration**
- **Perseverance**
- **Self-discipline**



The referees are exposed to the pressure by spectators, trainers and athletes. Sometimes even to political and economic interests, but the referee cannot lose his head, he needs to show **authority**, **respect**, **good communication** and **self control**. These attributes are the embodiment of a referee.

THE REFEREES JOB DEMANDS A MENTAL STRENGTH AND AN EXTRA DOSE OF DEDICATION TOWARDS THIS ACTIVITY !



## EMOTIONAL CONTROL :

In all sporting environments the competition itself generates a wealth of emotion:

- anxiety
- doubt
- anger
- exertion



However, it is possible to control all of these emotions and improve its influence in regards to sport benefits

How ?

With training including relaxation techniques, breathing, visualisation and working with negative thoughts .



## SECURITY :



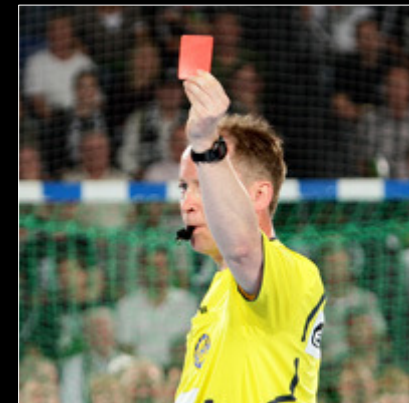
Security or self-confidence - is the conviction that someone will be able to successfully execute the task and to produce the expected result.

- Pressure → Doubt      If referees are not prepared

- The high number of decisions taken in a game → Possibility of error      When the decision is taken there is no point of return

-If we continue to think about that decision , → Possibility of new error

→ it would not be possible to continue in the rest of the game, as all thoughts would be centred upon the decision in question.



The referee must be able to feel secure that the decision taken was in accordance with the action observed at that moment, from the angle where the action took place and with the certainty that the concentration was here and now.



## LEVEL ATTENTION AND CONCENTRATION :



This is why the **level attention and concentration** are fundamental characteristics.

By improving concentration



more security will be obtained in relation to where the attention was focused at the moment the decision was taken.

If at the moment of the decision the attention was elsewhere,



doubt will be cast upon the sanctioned situation



And when this doubt occurs, the actions of the person who took the decision also come under scrutiny: communication signals, tone of voice, style of whistle; others will detect this and thus problems are generated therefore.

Closely related to this issue is the correct physical training, since fatigue generates problems of attention and concentration.







## SELF-CRITICISM:

Self-criticism is related to the possibility of seeing yourselves and being able to detect the errors and the successes of the performance.

Self-criticism means also being able to recognise the **errors** in order to **emphasise them** and to be able to **work on them**, in order to **improve in areas where for instance the referee lacks training** and is not confident enough to engage with more experienced referees with the aim of facing these doubts.

## OPEN TO LEARNING:

Another advantage is to be open to learning, to continue with the **referee education**, by becoming **qualified** and **looking for new experiences** that leads to **better performances every time**.



Sometimes believing that one already knows everything, all has been learned, written and/or said can close the **possibilities for growth**. There is always room for improvement.



## TOLERATING FRUSTRATION:

By simply being human, **the possibility of error exists**. The important thing is **not to focus on the error**. Bad feeling after making a mistake should not be the primary thought for the entire week. Once a mistake occurs the important thing is to think that **“in the next match it will not happen”**. To be able to face adversity also requires a mental strength.

## PERSEVERANCE AND SELF -DISCIPLINE

Go hand in hand, since to complete something with the necessary motivation

- motivation
- discipline
- constancy



- physical training
- technical training
- mental training



It is essential that in spite of errors made that perseverance in the task and best performances remain fundamental as this is what the exigencies of the sport demands today.