

Refereeing Psychology

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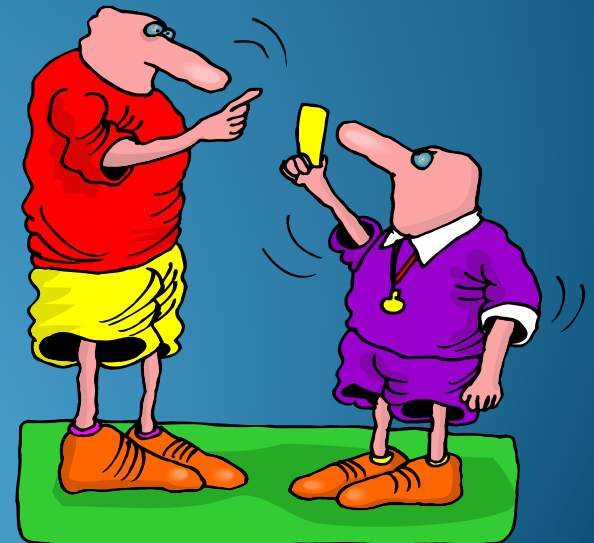
THE PSYCHOLOGICAL ASSETS OF A QUALIFIED REFEREE

1. **Constancy**
2. Cooperation
3. Determination
4. Sobriety
5. Incorruptibility
6. Discretion
7. Self-confidence
8. Refereeing enjoyment/Impulsion

1. Constancy

The referee should

- Keep up constancy in his whistles
- Be unbiased between the teams
- Be fair with everyone
- Private zone



1. 1. Constancy

Usual problems of delinquency wrong decisions

- The players protest
- The coaches lose their trust to the referee
- The referees try to recompense any previous wrong whistles attributing a decision to the opponent team without having existed any infraction.
- In general, wrong whistles cause stress, anger and irritation.

1.1. Constancy

Achieving constancy and exactitude

- Excellent knowledge of the rules and a great deal of experience
- High level of natural and intellectual qualifications and abilities
- Terms for a good performance



1. Constancy
2. **Cooperation**
3. Determination
4. Sobriety
5. Incorruptibility
6. Discretion
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2. Good cooperation

A referee should:

- Communicate with the players and the coaches
- Not to create public relations so as to gain in popularity
- Behave with respect to everyone
- Keep the distances and not allow the course of the game to be influenced through continuous complaints and protests.

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3. Determination



- Decisions are taken during the game that's why many times referees should be able to consider and estimate the phase they have just seen before they whistle. However, they shouldn't be late at their whistles because they give the impression that they aren't certain.
- Many times many possible disagreements can be avoided through fast and determined whistles so that they can give to the others the impression of certainty and sureness.

1. Constancy
2. Cooperation
3. Determination
4. **Sobriety**
5. Incorruptibility
6. Discretion
7. Self- confidence
8. Refereeing enjoyment / Impulsion

4. Sobriety

- The referees should:
- be and stay calm
- not be afraid of whistling something that he sees



1. Constancy
2. Cooperation
3. Determination
4. Sobriety
5. **Incorruptibility**
6. Discretion
7. Self-confidence
8. Refereeing enjoyment / Impulsion

5. Incorruptibility

- Idea for the fair play.
- 50-50
- A referee should protect his honesty and his incorruptible character not only during the game but also after that.
- He should never express his opinion for a player or a coach or any other notable no matter how inconsiderable a game may be as well as his decisions should never be influenced if a relative or a friend of his own takes part in it.

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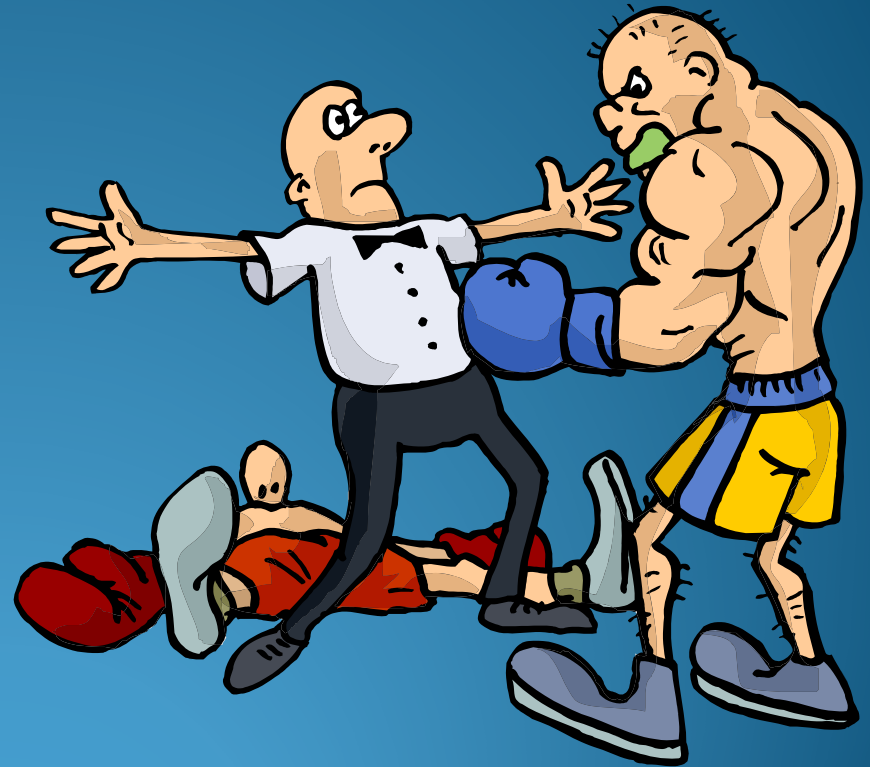
6. Discretion

- The accurate and proper discretion as well as the self-confidence come as long as a referee knows perfectly the rules of the game. But the discretion needs continuous practice to be improved. There should continually be practice and training in a game's refereeing so that he can improve his appreciation.

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7. Self- confidence

- A referee should feel confident and seem certain for what he whistles. Otherwise he will give the impression that he hesitates or that he isn't certain for something and as a result someone may try to get benefit from this situation. He should always ignore what happens beyond the field or what the others tell him.



1. Constancy
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3. Determination
4. Sobriety
5. Incorruptibility
6. Discretion
7. Self - confidence
8. **Refereeing enjoyment / Impulsion**

8. Refereeing enjoyment/Impulsion

Enjoyment's feeling of what a referee does results to have positive and proper conduct as well as good psychology.

If the refereeing enjoyment dies out then impulsion and spur to continue to be trained and become better , will also die out. That's what usually happens when the efforts he does aren't acknowledged.

PREPARATION BEFORE THE GAME

- Physical preparation (fitness, quite enough, enough sleep , relaxation, diet) .
- Mental-intellectual preparation[concentration, interior monologue, redo of various possible phases of the game in the referee's mind (self-suggestion)
- Plan and tactic

Physical – Body preparation

- Cardiovascular strength
- Power
- Flexibility - elasticity
- Proper diet and nutrition
- Adequate relaxation and sleep.



Warm up before the game

- It prepares the organism for the activities that are required at the duration of the game.
- Relaxed run, distention, changes of direction, sprint.

Psychological preparation

- Strategy of the game
- Course of the game

*Ways of comprehension of
the course of the game*

- Self- suggestion
- Discretionary
attention
- Prejudices

Evaluation after the game

- The evaluation – assessment after the game helps the referees to become more experienced and to improve their performance for the next game.

- Refereeing demands physical, corporal and intellectual skills before, during and after the game.
- It is always necessary enough time to be devoted as well as effort before the game and for the assessment after the game.
- Physical and psychological preparation is necessary for the effective refereeing.
- The assessment which takes place after the game through reconsideration is particularly important so that a referee can improve his performance for future games.

THANK YOU !

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