



# WHO IS A GOOD REFEREE?



# WHO IS A GOOD REFEREE?

- 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 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!