



# OFF THE POST

Welcome to the second edition, we now have a name!

VOLUME 1, ISSUE 2

JUNE EDITION

## REMINDERS:

- The GHFRA Trivia Night ! Saturday June 19, 7:30pm at North Epping Bowling Club. Tickets are only \$10 per person with many prizes on offer. There will be a free BBQ and salad provided. RSVP: 11th June 2010 to [Matthew Colquhoun: matthewcolquhoun@optusnet.com.au](mailto:MatthewColquhoun@optusnet.com.au) or 0433373260
- Remember to record scores online after appointments to avoid not being paid.

## TIP-OF-THE-MONTH:

- "Play On!" for accidental hand balls. These are NOT indirect free kicks!

## The JVP's(U21) Report

Dear Members,

Welcome to the second edition of the newsletter. Another exciting month has passed and lots has been happening in GHFRA... well maybe not as the weather has dampened our capacity to referee games the last few weeks.

Firstly, it was great to hear that many of you had a chance to read the first edition last month. Please keep reading as there are plenty of useful tips and insights to improve your refe-

reeing and communicate what is going on in the association.

Remember that the Management Committee is here to help so feel free to email if you have any questions or feedback.

As you can see the newsletter has officially been named "Off the Post". Congratulations to Craig Black for suggesting the name. Thank you to all those who entered into the competition, it was a great success with over 57 responses. As promised those who entered are in

the running to win a prize which will be drawn during the GHFRA trivia night held on the 19th of June.

Hopefully you have been watching the world cup and some of the performances of the referees. See a decision you don't agree with? Start a thread on the GHFRA website and get some discussion going.

Keep those whistles blowing. Cheers,

Brad

## Interview with President— Kevin Lolback

This month I had the pleasure of interviewing the President of GHFRA, Kevin Lolback, who answered questions about his refereeing experiences.

**How long have you refereed with GHFRA?**

I have been an active referee for 23 years, and a member of GHFRA for 13 years.

**What have you enjoyed the most?**

Having played football for 30 years, refereeing offered an opportunity to put something back into the game. I have met many interesting people, some of whom will be life-long friends.

**What have you not enjoyed?**

The change in attitude of councils where they close football grounds when it rains. There wouldn't be many football games played in England if the same

approach was adopted there.

**What have you found challenging?**

A couple things:- Firstly, trying to convince more members to attend the monthly technical sessions, and hopefully stay for the administrative meeting that follows. The technical sessions are run by our senior, technically qualified officials, and provide members an opportunity to improve their knowledge of the LOTG and ask any question(s) they desire.

Secondly, striving to engage members in the activities of the association which is run by a small band of volunteers. The old adage "many hands makes light work" applies to us, so if you want to offer assistance or if you are thinking about it but want to find out more, contact a member of the Management Committee. Apart from the personal satisfaction of doing voluntary work, it always looks good as a line on your resumé.

**What does being President involve?**

The main task is to oversee all functions of the association and ensure we operate according to our Rules and By-Laws. To assist me in this role, I have a Management Committee, each member of which is responsible for various activities eg. secretarial, treasury, technical, appointments etc.

**What have you achieved?**

Being president is not about personal achievements; everything done or achieved by the officials of all our committees is the result of a team approach for the benefit of all members. However, I am proud to say that during the 5 years I have been a member of the Management Committee, our association has been transformed from just another referee branch to the point that we are now recognized by Football NSW as the benchmark referee association in this state.

# Ten-Minute-Refereeing



*"The "Ten-Minute Refereeing" method used by top-level referees is a more structured and conscious way to gain initial control of a game when it matters"*

## Ten-Minute-Refereeing

Referees adjust the way that they control the game, in response to the way that the game is being played by the participants. As the players "heat up" during periods of the game, the referee will need to amend or "fine tune" the way the game is officiated. This is not being inconsistent, rather merely changing the level of control in tandem with the players.

The consistency is in the way that the referee always manages to keep control, by bending his authority to encourage the flow of the game. For referees to manage a game in a flexible and efficient way, they need to constantly vary their degree of involvement, based on the fluctuating temperature of the game, and the allowance of leniency given to players.

There will be periods in most games when teams are in their most heightened state of battle, when the referee must be authoritative. This can be achieved by applying laws strictly in the game; for example:

- (a) Work much harder at identifying and being near the confrontation areas.
- (b) Warn players in a

more open and public way.

(c) Discipline players in strict accordance of the Laws.

(d) Deal swiftly with acts of dissent.

Conversely, during less confrontational periods, the referee may relax control by being more lenient (such as applying greater use of the advantage clause, and being more openly friendly towards the players), thus increasing the flow and enjoyment of the game for all.

There are important 10-minute periods in each game of football; these periods often require stricter policing by the referee. These period are:

- the first 10 minutes of a game;
- the five minute period immediately before and immediately after half time; and
- the last ten minutes of the game.

It was found that a large proportion of problems occurred within these periods. In addition to this, further variable ten-minute periods (for example, following an incident trouble flash-point or the scoring of an important goal) were also identified as periods where confrontation and trouble abounded.

In general, referees already adjust the level of control they use in a game, but this is normally done in a random manner. The "Ten-Minute Refereeing" method used by top-level referees is a more structured and conscious way to gain initial control of a game when it matters, and to adjust the level of control following "flash-point" incidents. This allows referees to maximise their capability by focusing (fitness and mental) resources into gaining proper control of the game in those periods of the game identified as being more troublesome than others. It then becomes easier to relax to rebuild resources during the quieter periods of the game.

Try breaking down your game into ten-minute segments and see how this reflects itself on your match control.

Sourced from: <http://www.footballreferee.org>



THE REFEREE