



## FIELD UMPIRE COACHING NOTES – ACCELERATION POINTS

Good umpires simply keep up with the play but great umpires regularly use acceleration points to find perfect position and display their fitness and control of a match. The following table lists instances where acceleration points are necessary and why.

When	What to do and why
Running in for a ball-up	Trigger in for the ball-up to have a presence and ensure the players are separating quickly
Set kick likely to score	Trigger in to set the player up on the correct angle and set the mark
Ball moved towards boundary line	Trigger on an angle to remain side on to the contest and to avoid looking at the back of players.
Out of bounds	Trigger to get in position for the boundary throw in or set the mark if the ball went out on the full
Boundary throw in	Trigger back to the major axis to avoid getting caught in the play
Player takes off	Trigger to stay with the running player to display your fitness to keep up with the play at all times
General play	Trigger to get side on to every contest and use angles for a better view
Long kick towards goal	Trigger out to the pocket to get side on to the contest in the goal square. Even if the kick is a sure goal do not give up your sprint
Pushing up to control the mark (2 umpire system)	Trigger to control the mark and relinquish your partner. This will assist your #2 in achieving the best position for the next act of play
50m penalty	Trigger in to control the situation if necessary then quickly bring forward the mark to avoid further retaliation from players
Malicious or controversial free kick	Trigger in to control the situation, explain to players what the free kick is for and set up the mark. This'll help prevent any retaliation from players
Reportable offence	Trigger in to control the situation, quickly send off the reported player and take note of the player's numbers. This'll help prevent any retaliation from players

### Trigger points will:

- Make you look sharp
- Help you gain control
- Give you the best position at contests
- Ensure set kicks are set up correctly
- Give you the confidence that you are doing your job well.

### Absence of trigger points will:

- Make you look lazy
- Let some situations get out of control
- Give the players the impression that nobody is running the show
- Prevent you from getting what you want out of umpiring.