



CRDA 2

MODULE 2 - MATCH PREPARATION & PRDP

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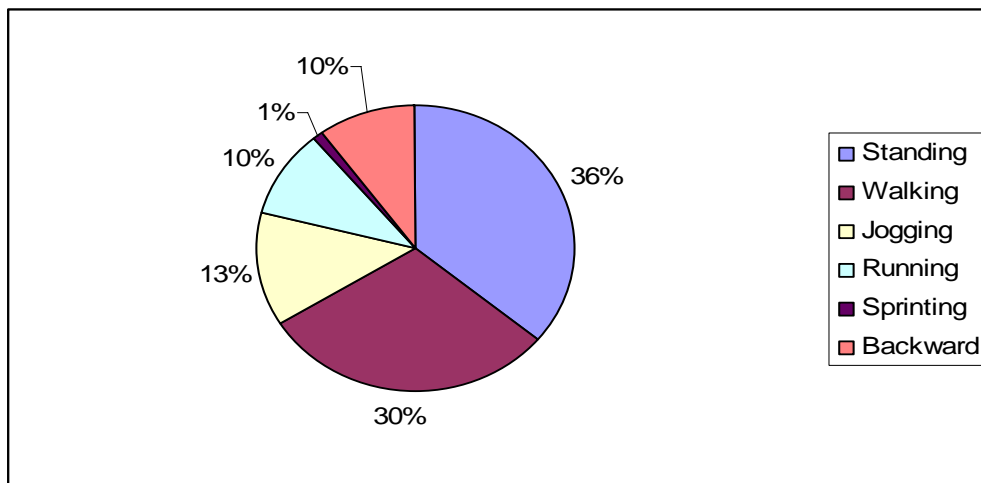
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MODULE 2 – MATCH PREPARATION & PRDP

2.1 Physical Preparation

2.1.1 Referee match activity



What do these figures suggest to you?

.....

2.1.2 Fitness Tests

There are several tests you could use to assess your fitness:-

- (a) The Cooper Run – where you complete six laps of a 400m track in a specified time
- (b) The Bleep Test – a 20 metre shuttle run which gets progressively faster
- (c) The JAM Test – a triangular run which gets progressively faster

2.1.3 My Physical Fitness

Date of my last fitness test Result/score

What I intend to do about my fitness

.....

2.2 Mental Preparation

Write down the top 10 qualities of a good referee:-

Now go back and tick all of those that are Mental qualities as opposed to Physical. What does this suggest to you?

.....

My Mental Fitness

My Mental Weaknesses	My Mental Strengths
<p>List three</p> <p>1.</p> <p>2.</p> <p>3.</p>	<p>List three</p> <p>1.</p> <p>2.</p> <p>3.</p>
<p>Describe what happens when you exhibit these characteristics</p> <p>1.</p> <p>2.</p> <p>3.</p>	<p>Describe what happens when you exhibit these characteristics</p> <p>1.</p> <p>2.</p> <p>3.</p>
<p>How can you improve on them?</p> <p>1.</p> <p>2.</p> <p>3.</p>	<p>How can you reinforce them?</p> <p>1.</p> <p>2.</p> <p>3.</p>

2.3 Personal Referee Development Plan - PRDP

Referees have different needs in terms of development, which is why this session deals with a Personal Referee Development Plan. A referee can develop simply by gaining more refereeing experience. However, more rapid progress can be assisted when needs are identified, solutions sort and implemented, and then progress measured in a structured way. That is why this session deals with a Plan.

Remember, if you have an aspect of your refereeing that you are finding difficult, be honest and admit it. It is likely that someone else is experiencing the same problem and someone else has come up with a solution that might suit you. Although some many find the formalising of a plan not easy, the benefits are valued by the majority that undertake this process. The act of writing crystallises and formalises their achievements and aspirations rather than just leaving them in their heads. The process helps the Referee visualise and realise his goals.

The PRDP is relevant to any Referee who wants to improve, regardless of whether they seek promotion or not. It may also be relevant to a Referee who feels he may be coming to the end of his active career and can plan his next step - Dual Career, Assessor, Referee Coach or Society Administrator.

A SWOT analysis i.e. Strengths, Weaknesses, Opportunities, Threats is a useful tool.

Identifying OPPORTUNITIES will help you build on your STRENGTHS and improve on your WEAKNESSES. Consider your STRENGTHS carefully - you have many. They may not be the obvious ones such as fitness, rugby experience and so on, but less apparent ones like a supportive family or your job. Consider your WEAKNESSES also - you must have some. Again, don't just consider the obvious. OPPORTUNITIES will help you build on your STRENGTHS and improve on your WEAKNESSES. You should consider that THREATS might prevent you from exploiting your opportunities. OPPORTUNITIES might be an assessment, a video, a local match or coaching session. THREATS might be work commitments, family and so on. You will be able to BEEF these up by Building, Eliminating, Expanding and Facing up to these. You should be aware that your goals in the PRDP may be short and long term - short term e.g. referee the tackle better by next month; long term e.g. reduce my weight to 80 kilos by 12 months time. You may find it useful to redefine your long term goals as a series of short term goals. You may feel a greater sense of achievement as you work through the short term objectives on the way to gaining your long term goal.

Your goals should be SMART. i.e. Specific, Measurable, Achievable, Relevant and Time related. Your goals also need to be flexible to cater for changed circumstances e.g. a change of job.

ACTION PLANNING should help you identify the strategies for maximising OPPORTUNITIES and minimising THREATS. OPPORTUNITIES need to be sought out. Don't just sit back and wait but go out and be proactive. Who can help you improve your performance? Make a list. Dates are important in your plans. "Improve my refereeing of offside by two weeks time" is a clear and measurable goal against which real progress can be checked. "Improve my refereeing of offside" is much less satisfactory

The Assessor/coach is a means of building on strengths and improving on weaknesses. As well as verbal feedback, they will provide you with a written report. The Assessor/Coach feedback form is an integral part of Referee Development and the reports should be filed within your PRDP. These reports will allow you to measure improvements and, possibly, redefine goals.

SECTION ONE - INTRODUCTION

The purpose of this folder is to provide you with the opportunity to produce your own refereeing development plan. This should not be seen as something just for this course, but to be a 'live' document with which you can develop your plans as a referee, monitor your progress and review your plans accordingly.

You will be able to use this as a basis for discussion with your coach, educator or mentor, you can keep your Adviser reports and fitness results/plans in this file. It is yours to keep and use as you require.

The PRDP works on the principle of identifying:-

Where are you?

Where do you want to be?

How you will get there?

SECTION TWO – SWOT and BEEF ANALYSIS

A **SWOT** – Strengths, Weaknesses, Opportunities and Threats – analysis is a good way of answering the **Where are you?** question.

Spend some time and fill in the sections below. You may have to refer to any Assessor/coach reports you have. It can be worth sharing the points you make with your coach/mentor, a refereeing colleague or someone you trust outside of rugby.

Remember that these may change through time and they will need review and amending

Once you have completed the left hand column you can then **BEEF up your SWOT**

You can apply the following to your SWOT analysis outcomes by describing how you will

Build on your - Strengths	Eliminate your - Weaknesses
Expand your – Opportunities	Face your - Threats

S Strengths – list yours	B How will you Build on your Strengths?

W Weaknesses – where can you improve?	E How will you Eliminate these Weaknesses?

O What Opportunities exist for you?	E How will you Expand on these Opportunities?

T What Threats might hinder your progress?	F How will you Face up to these Threats

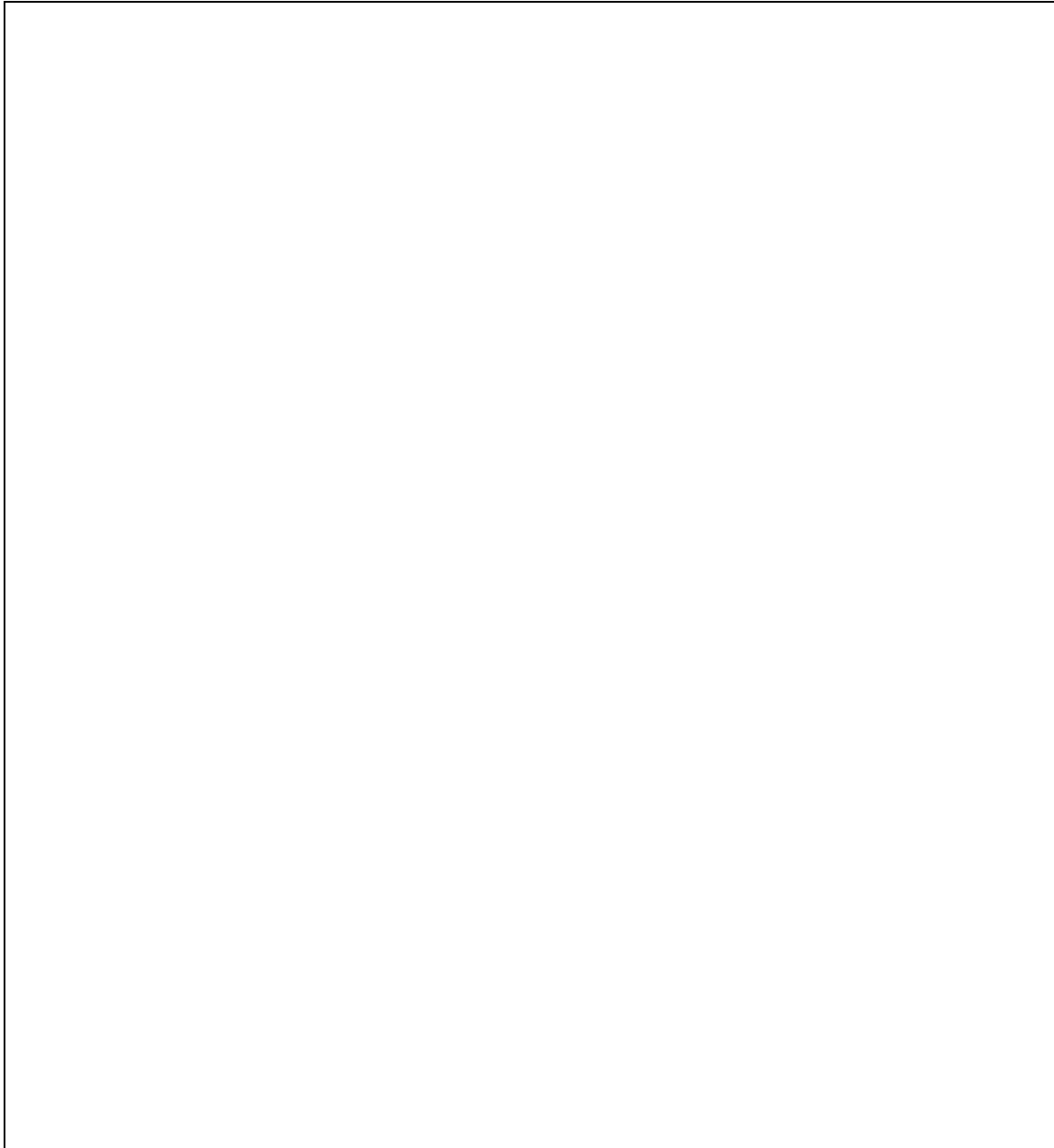


SWOT and BEEF REVIEW

What do they tell you about **Where you are now?**

What impression would outsiders have of the person who has written them?

Make notes below and discuss with your coach/mentor or someone you trust.



SECTION THREE - PERSONAL REFEREEING GOALS

Based on your work on the SWOT Analysis outline your realistic refereeing goals/ambitions including target dates. This will help you identify **Where do you want to be?**

State your goals/.ambitions using the **SMART** process – Specific, Measurable, Achievable, Relevant and Time related.

Again, you will find that you will need to amend these through time.

GOALS/AMBITIONS	TARGET DATES

SECTION FOUR - ACTION PLANNING

Now transfer your Aims and Ambitions along with the Target Dates into the table below and then describe the Actions and progress you have made against them. You must be very **honest** with yourself here. Share what you have written. Again, this will be part of an ongoing review.

AIMS/AMBITIONS	TARGET DATE	ACTIONS AND PROGRESS

SECTION FIVE – EVIDENCE OF PROGRESS

1. MENTOR/ COACH/ EDUCATOR

With whom are you going to discuss the personal refereeing plan?

What qualifies them for the role of mentor: - “elder statesman”? Another referee? Club coach? A work colleague? A good listener?

If your Society does not have a mentor/ coach or educator system ask your Training Officer to suggest one for you.

2. CLUBS

Clubs may train and/or play at the same mental or physical pace at least three times a week. What clubs **will** you visit to ensure that you are operating at the same pace?

CLUB VISITED	DATES	WHAT I LEARNED

3. FITNESS PLANS

AREAS OF FITNESS	PRESENT	TARGET	ACTION PLAN
ENDURANCE VO2 MAX			
SPRINT SPEED 15M SPRINT SPEED 30M			
BODY FAT			
FLEXIBILITY Upper Calf Lower Calf Hamstrings Hip Flexors			
OTHERS			

4. MATCH REPORTS

Match	
Date	Score
3 Development Areas	
1	
2	
3	
3 Area of Strength	
1	
2	
3	
Action Plan	