



ADM



AMERICAN DEVELOPMENT MODEL

for UMPIRES

Umpires play a key part in the on-field experience for players, coaches, parents and fans. Use these recommendations to help maximize your impact and keep the game safe, fun and fair for all involved:

1. Safety first! Make sure you and your fellow coaches and program leaders have appropriate background checks and SafeSport training and certification to provide safe learning environments.
2. Continue to work on your game. Know the rules and be prepared. Study, watch and take advantage of professional development opportunities to keep up to date on the game. Network with and mentor others.
3. Create an environment that allows you to work on your umpiring without the pressure and scrutinization of highly competitive events.
4. Create a pathway for advancement that works for your goals. Be available, prepared and driven to success.
5. Be physically fit for umpiring. You are an athlete, not just a figure on the field. You must move, run and be agile to be successful.
6. Umpiring is a lifestyle. Treat others as you want to be treated on the field, with respect, acceptance and fairness.
7. Balance training, number of matches and rest time to cut down on overuse injuries and burnout.
8. Umpiring field hockey is a year-round proposition. Keep your game at its peak by umpiring and being active all year long, not just in season.
9. Welcome and provide feedback with the intent to improve.
10. Always be willing to learn. Field hockey is an ever-changing game. Be open to new concepts and strategies to keep up with today's game. USA Field Hockey provides tools and resources to support umpires of all levels.