



VISION

ACTIVITY OBJECTIVE

To provide umpires with practical exercises to improve their peripheral vision.

AREA REQUIRED

Your choice of indoor or outdoor playing area.

EQUIPMENT REQUIRED

1 x Set of coloured cards per umpire

10-15 MINUTES DURATION

WHAT TO DO

- Divide the umpires into groups of three.
- Two umpires are provided with a pack of coloured cards and stand approximately 2-3 metres to the left and right sides of the third umpire, at about a 45 degree angle.
- The umpire stands facing forward ready to make their call.
- Each umpire takes it in turn to 'flash' their coloured card and the umpire needs to call out what colour it is. It is important that the umpire does not turn their head to see the coloured card - they need to remain facing forward.
- After approximately 6-8 successful calls, the two umpires with the cards move to narrow the angle to around 60 degrees, making it harder for the umpire to see.
- Repeat the process and have the umpire's step back again if all the calls are correct.
- Keep going until the calling umpire cannot make any successful calls.
- Swap turns.
- Use the **Ask the Umpires** questions to promote further discussion and reinforce the most important aspects of the learning by referencing the **Umpire Coaching Tips**.

UMPIRE COACHING TIPS

- Working on your peripheral vision is one of the most important techniques an umpire can develop.

ASK THE UMPIRES

- Why is it important to practise developing your peripheral vision?
- What other ways can you think of to help develop your peripheral vision?