

BOUNDARY UMPIRE

Top Up Your Tank Throw-In Drills

Need to have a someone that can give you instant feedback – works well with another ump

- 3 Rounds
- Scoring to be tallied and used for comparison later (Max is 270)
- Warm up including mobility exercises and soft throws
- Prior to Sets 2 & 3 complete 2* 400m effort at 80%

TUYT– Throw in – Round 1

10 throws from near behind post This is skill execution after throw turn around and go back to post. No time limit

Scoring Each element out of 3 Distance Height Accuracy

Distance – caught at 18-20m = 3 points Short is 1 point Long is 1 point

Height

Below 5m = point Above 5 lower than 8m = 2 points Greater than 8m = 3 points

Accuracy

Greater than 3m offline = 0 points Between 1-3m offline = 2 points Within a metre of online = 3 points Set up a marker at 20m parallel to the behind post you are throwing from.

TUYT– Throw in – Round 2

10 throws under match simulated conditions

Scoring Each element out of 3 Distance Height Accuracy

Distance – caught at 18-20m = 3 points Short is 1 point Long is 1 point

Height

Below 5m = point Above 5 lower than 8m = 2 points Greater than 8m = 3 points

Accuracy

Greater than 3m offline = 0 points Between 1-3m offline = 2 points Within a metre of online = 3 points

Timed throw and deduct 1 point for every second over 15 seconds – verbally count time for ump to hear Set up 5 throw in markers between the 50m arcs. Throw from a station and score the throw. Move towards another station after throw. Retriever to roll ball OOB for next throw. Looking for urgency in throw. Retriever is to count out loud from when ump signals OOB. If over 15 seconds deduct 1 point from score

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TUYT– Throw in – Round 3

10 throws wide of the behind post3-5m off post. Lined up with the scoring line. Looking to see line and height of throw.

This is skill execution after throw turn around and go back to post. No time limit

Scoring Each element out of 3 Distance Height Accuracy

Distance – caught at 18-20m = 3 points Short is 1 point Long is 1 point

Height

Below 5m = point Above 5 lower than 8m = 2 points Greater than 8m = 3 points

Accuracy

Greater than 3m offline = 0 points Between 1-3m offline = 2 points Within a metre of online = 3 points Throw from outside behind post 3-5m in direct line with the scoring line. Throw aiming for the top of or to go over the 2nd goal post. Retrieve ball and change sides.

TUYT– Backwards Running Drills - 1

Commencing at A Run towards B at 70%, turn and run backwards hard for 15-20m. Turn and run forwards at 70% to C. At C visualise a mark inside 50 at run backwards hard to behind post.

Recovery is to walk out to 60m out on same side at the near end and repeat in reverse – ensuring turning both directions.

Repeat for 8 reps

В Α С Once at post can do throw in near post if want to add throw element.

TUYT– Backwards Running Drills – 2 & 3

Drill 2

Commencing at A backwards hard to B. Hold for a moment and quick return to post. Walk across to other side and repeat. Total of 6 reps.

Drill 3

Commencing at 1 from standing start hard backwards to 2. Turn and run at 70% to 3 (approx. 5 - 10m out and then finish off hard backwards into post (4).

Jog up the middle to the other side of the ground and repeat. Alternate sides for total of 8 reps.

