



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

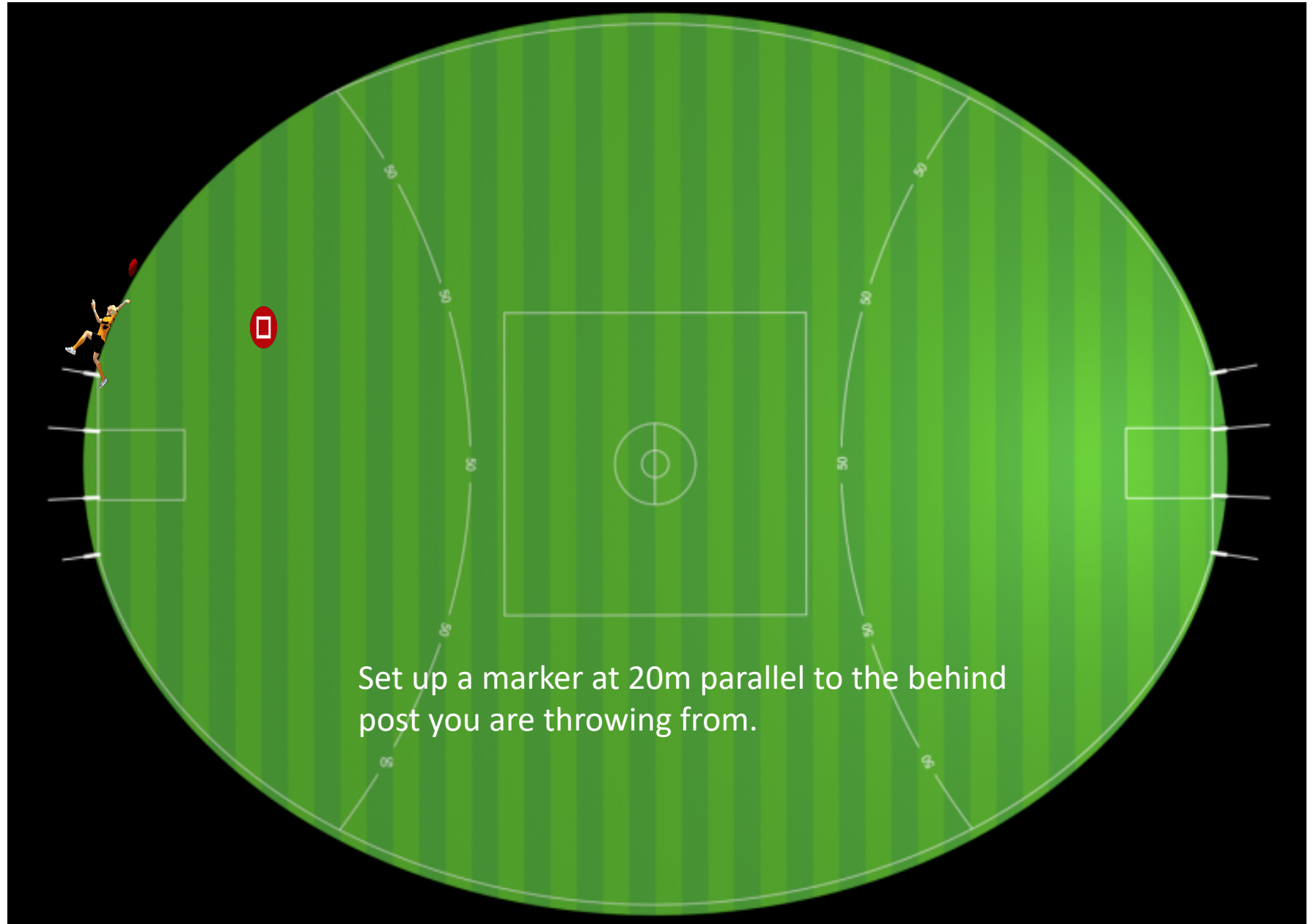
Greater than 8m = 3 points

Accuracy

Greater than 3m offline = 0 points

Between 1-3m offline = 2 points

Within a metre of online = 3 points



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

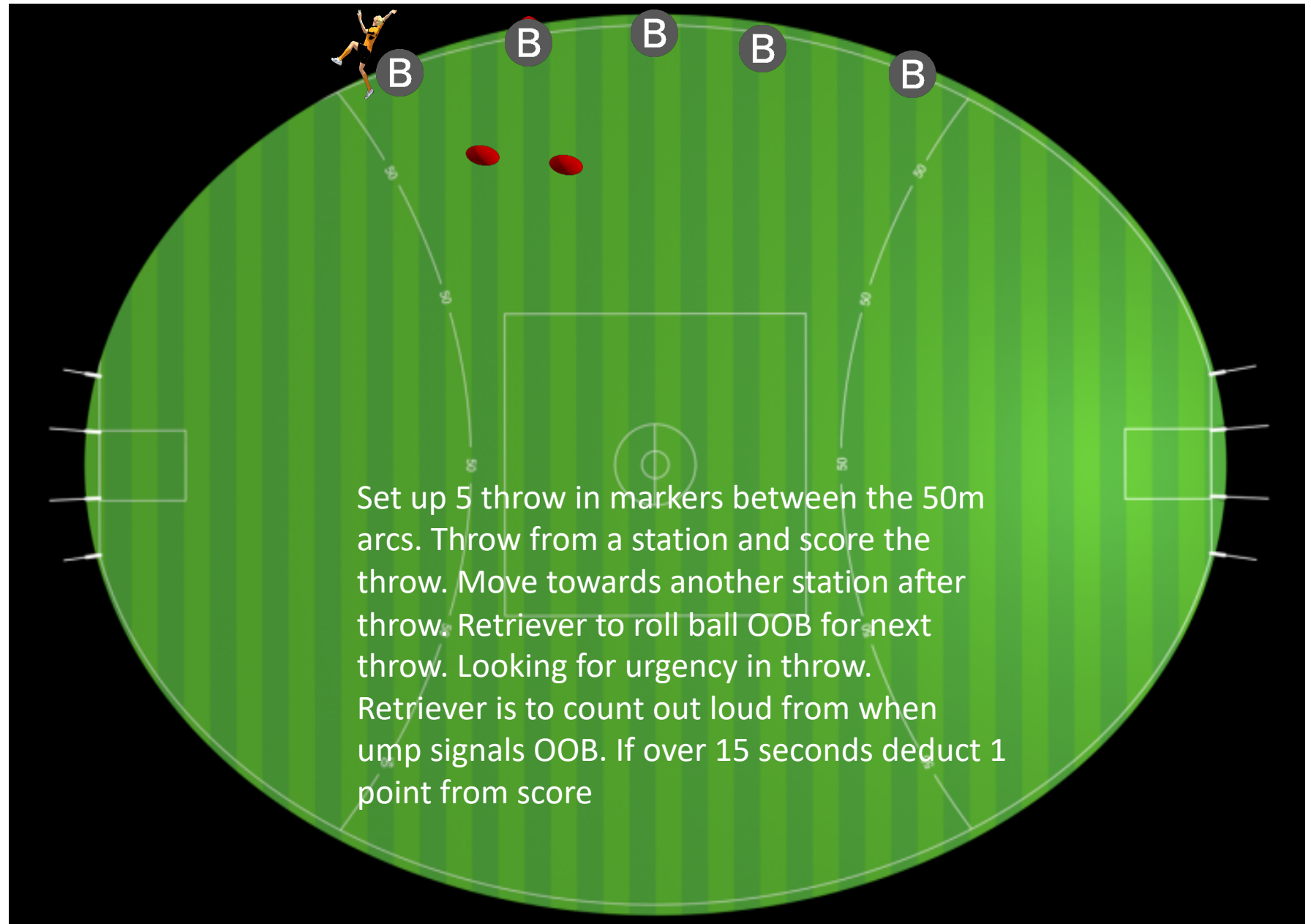
Accuracy

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



TUYYT– Throw in – Round 3

10 throws wide of the behind post 3-5m off post. Lined up with the scoring line. Looking to see line and height of throw.

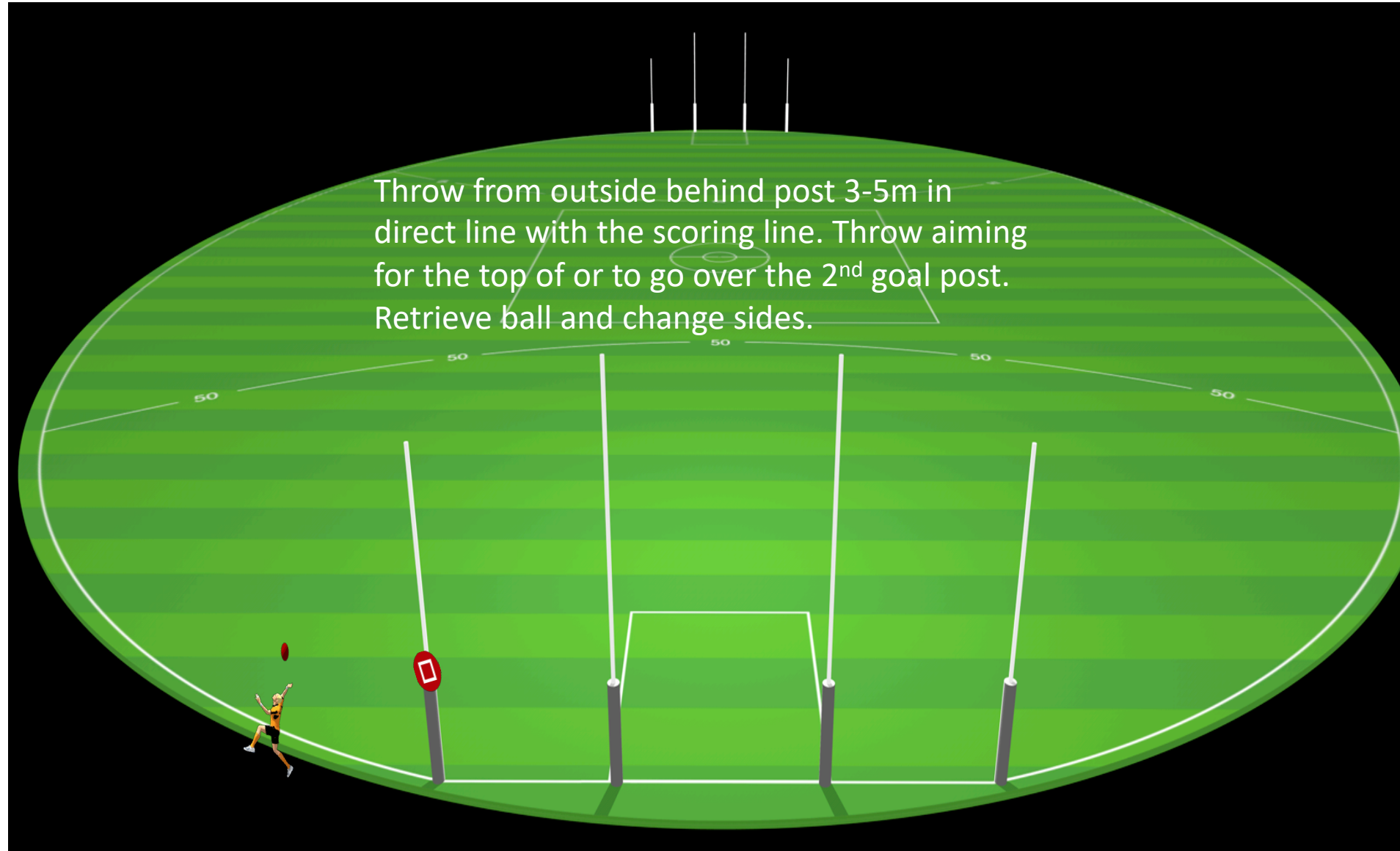
This is skill execution after throw turn around and go back to post. No time limit

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 = 1 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

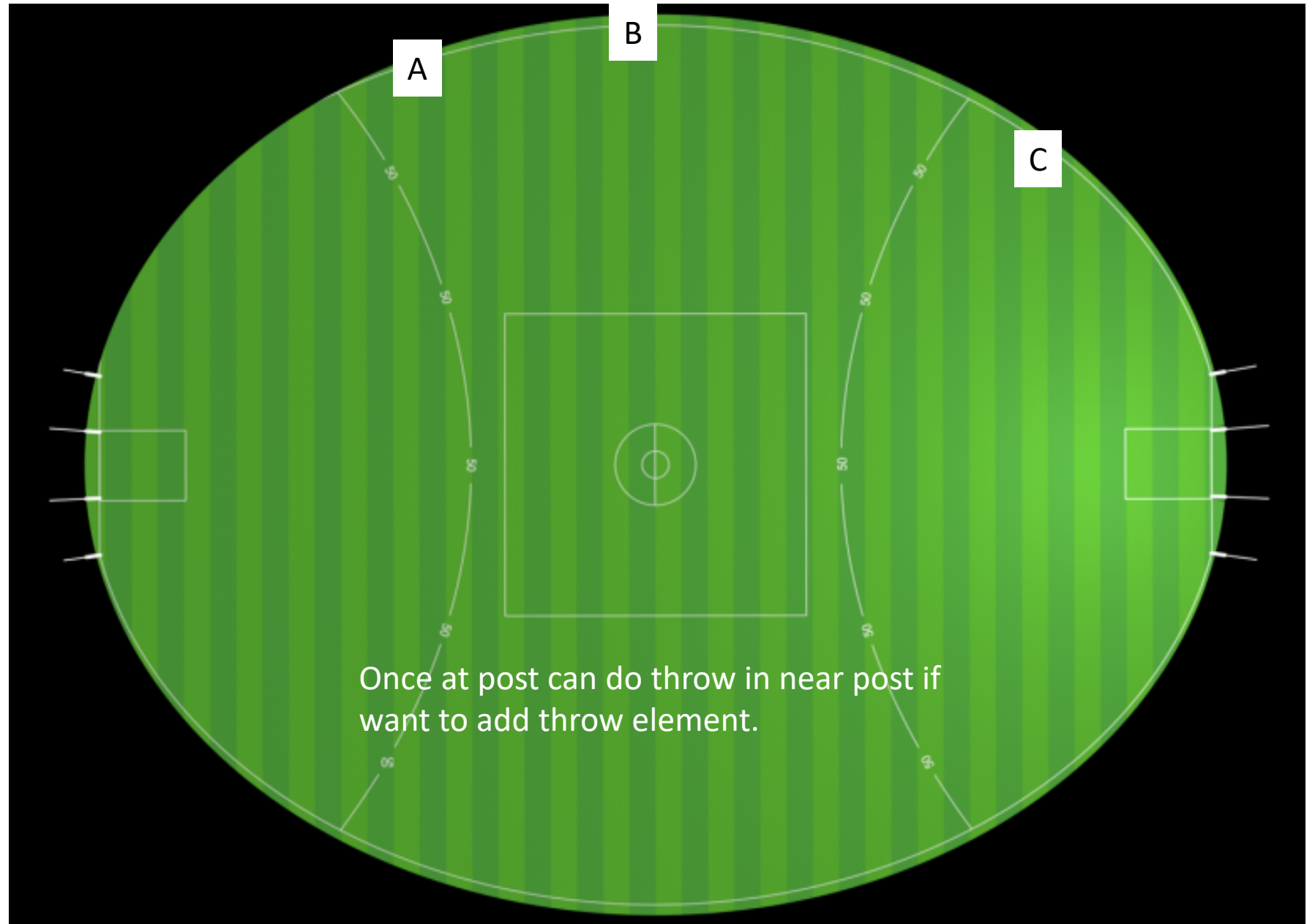


TUYT– Backwards Running Drills - 1

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



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.

