

AFL Umpire Coach Development – Activity Manual

Title: Boundary Throw In Positioning



Field



Boundary



Goal

Focus Area: Trigger point after ruck contest.

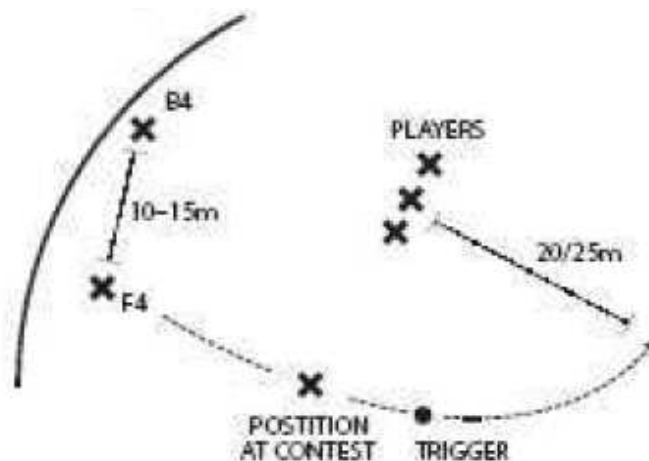
Equipment Required: Oval near boundary line
Cones
Football
Whistle

Description:

1. Introduce the activity with brief discussion on positioning for boundary throw-ins with particular focus on trigger point after the ruck contest.
2. Explain activity.
3. Explain position before, during and after throw in.
4. Set cones for boundary umpire position, field umpire initial position and path to follow.
5. Walk through the drill explaining key points.
6. Starting 5 metres inside boundary line and 10-15 metres sideways from the contest moving in with the flight of the ball.
7. Umpire to be almost side on when ball is contested and 'triggering' after contest to arc around behind to get back inside of play.
8. Run drill with boundary throw in to 2 ruckmen contesting ruck contest.
9. Demonstrate activity.
10. Umpires undertake activity.
11. Feedback and discussion.

Note: Monitor each field umpire as they go through drill focussing on position and trigger point.

Diagram:



Prepared By: Victoria Country