

# Pittsburgh Dynamo Referee Exercises

## ***Referee Micro Soccer Exercises***

Because our club uses referees for all micro games, these exercises are designed to help introduce the referees and the young players to each other. They also help the players learn the important parts of the field that will be used during the micro soccer game.

Reasons for doing Referee Micro Soccer exercises:

- Build a relationship between the players and the referee
- Teach the players the parts of the field
- Point out the layout of the field
- Practice referee skills such as speaking loudly, blowing the whistle, and using hand signals

General instructions:

- Do the exercise immediately after check-in for 4-5 minutes. Depending on the exercise and newness of the players, the exercise can be done with each team individually or with the teams divided on the field
- Inform both team coaches that you will be doing exercises with the players before starting the game.
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## ***Referee Says***

If you don't know the game Simon Says, or even if you do know it, check out the entry on [Wikipedia](http://en.wikipedia.org/wiki/Simon_Says) for some interesting facts. The idea is to get the kids to learn the parts of the field, to learn to listen to the referee, and to learn to listen to the whistle. It is also an exercise for the referee to speak and blow the whistle loud and clear. The idea is to get them moving and begin to learn the parts of the field.

After the check-in, explain the rules to the players (1 minute)

Do about 10 'Referee Says' by voice (2 minutes)

Say: The referee says to go to the "part of the field"

Do about 10 'Referee Says' by whistle (2 minutes)

Blow whistle once and say: go to the "part of the field"

Depending on the knowledge and maturity of the players you can optionally try to 'trick' the players.

Part of the field options:

- Goal kick
- Corner kick
- Kick off / Center kick
- Throw in / either side line
- Playing field / in between center and goal

## ***Referee Says Plus***

The second week we will play the same game but then we will add more options. This game uses only the whistle. Blow the whistle and then give the 'Referee Says' instruction. In addition to last week's options, add some of the following:

- When in the corner or goal area, "stand on one foot" (like a kick)
- When on the side line, "put your hands behind your head" (like a throw-in)
- When standing in the kick off, "spread out in a line" (lining up for the kickoff)

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## ***Stop/Playon***

This is a version of red light/green light called 'Stop/Play On'. Line everyone up on one touchline and you stand on the other. Every time you blow the whistle one time they start running toward the other side. You blow the whistle two times and they stop. If they don't stop you send them back to the line. First one to the other side wins. Do this a few times and then set them up the from goal line to goal line and do a few more times.

## ***Stop/Playon Plus***

This is a more complicated version of Stop/Playon . Check out the [Wikipedia entry](#). This game is designed to be played especilly after the coaches divide them for the two fields. Make sure everyone does this exercise (the substitutes should be on the field). Select the direction each team is going and make sure they are the same on both fields. Line them up in front of their own goal. Tell them that this is the goal they are defending. Blow (LOUDLY) the whistle once to go and twice to stop just like last week. Everyone should be running towards the goal that they are going to score in. After they reach the end, turn them around and tell them they are standing in front of the goal they are scoring in and they have to run (based on the whistle) to the goal they are defending. If there are collisions in the middle of the field, then both players have to go back. Do it a few more times and this time, you should run around the field so they get used to listening for the whistle from different directions.

## ***Tag***

For the micro exercise this week let us do another version of tag. Last week, we played freeze tag and they were unfrozen by players on their team and both players then had to run to the spot on the field indicated by the referee (Goal kick area, corner kick area, center kick area). This week let's play tag but this time the only way they can be unfrozen is by the referee. The referee points at them, blows the whistle and then tells them to run to a spot on the field. After that they are back in the game. Some hints:

- Make sure they stay inside the field. If they go out, they are frozen
- If the player who is it can't tag anyone, then add multiple players to tag people
- Blow the whistle loud, give directions loud!!!

For the U10 and Senior games, I would like to add something to checkin. During team checkin, I would like the refs to show the players referee signals to look for. This week show the following 2 signals:

- Direction of throw in: Center and AR
- Corner kick: Center and AR

## ***Restart and Spreadout***

Everyone is standing at the center kick area. The referee throws the ball over the touchline or goal line and blows the whistle. The referee selects a player and indicates the restart. The selected player runs and gets the ball and takes it to the appropriate restart place. The other players run to the correct place on the field to receive the restart. If everyone gets to the appropriate place within 10 seconds, the kids get a point. If not, then the referee gets a point. First one to 5 wins.

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## ***Offside Exercise for a Large Field***

- Large Field Games: We have been asked to explain 'Offsides'. I would like to try the following exercise:
  - o Select one half of the field and assign a team defense and the other offense.
  - o Both teams then start moving slowly between the center line and the goal. No ball.
  - o The Line Referees are on both sides (not the normal diagonal since everyone is on the same half) following the next to last defender.
  - o The Center Referee moves between the players making sure the players are being safe. Also make sure that line refs are following the offside line.
  - o After 20-30 seconds, the center ref blows the whistle and announces that the ball was passed to a player in an offside position. Then asks each offensive player in an offside position to kneel down.
  - o The ref then checks the location of assistant refs and verifies that the correct players are kneeling.
  - o Do this a few more times and then switch teams between offense and defense and do a few more times.
  - o We will do this each week with variations by adding the ball.