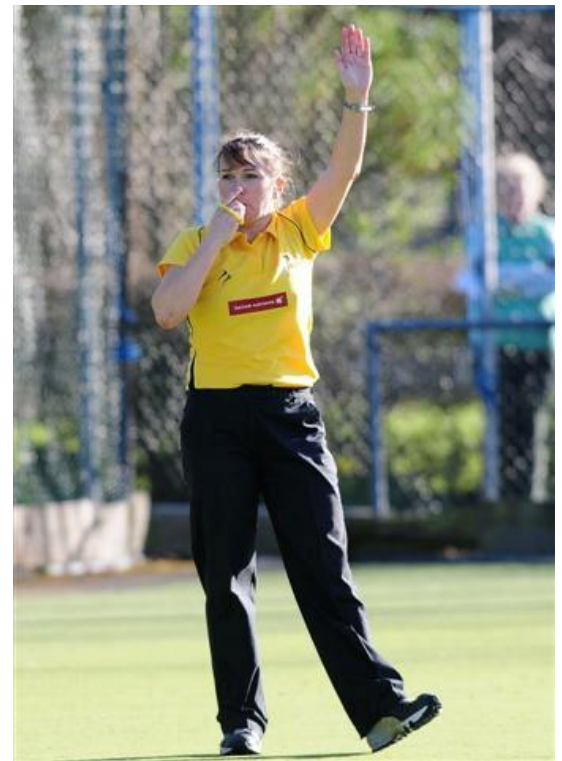


Carol Metchette's Top Ten Tips for Umpires

Carol Metchette is one of Ireland's most successful umpires. Based in Leinster, Carol was recently promoted to the Ladies' FIH World Panel. That's as high as you can go in umpiring and comes on the back of some excellent performances at the Beijing Olympics 2008 and World Cup 2010 in Argentina.

Carol's fantastic achievement proves that there is an umpiring development path for all umpires in Ireland right up to the very top level of the game worldwide.



- 1. Be yourself!**
- 2. Communicate effectively (talk, whistle, body language, cards) to the players. Sell your decisions well.**
- 3. Focus on what is essential; don't interfere with things that do not matter.**
- 4. Protect skill. Penalise physical play and breaking down.**
- 5. Try to understand what the players are trying to do.**
- 6. Be open to feedback. We all can improve - be open to players, coaches and managers.**
- 7. Umpire proactively – make sure the players are aware of the consequences when they break the rules. Yellow cards must never be a surprise.**
- 8. Be consistent. If players break the rules, use the appropriate punishment – always.**
- 9. Keep up your physical and mental fitness. The game is evolving – are you developing with the game or is the game overtaking you?**
- 10. Enjoy it!**