

REFEREE - MENTAL TOUGHNESS CHECKLIST



COMMON TRAITS OF AN EFFECTIVE REFEREE:

1. Assess your style: What is your current demeanor on the field situation? How do you introduce yourself to coaches, players and peers? Do you blow the whistle loud enough, have your coin toss, red/yellow card and documents ready?
2. Explore your emotions, pressures and conflicts and how that affects how you deal with on field situations. Leave family and personal relationships at home.
3. Discover alternatives: Do you have a mentor? Are you afraid to ask for help?
4. Learn and practice new skills: Listen and include experiences from seasoned referees, field managers and online chat rooms.
5. Gain insight: Into result (s) of past event (s) and experience.
6. Remain calm throughout the entire game if you are confronted with an upset/angry parent or coach. Remind yourself that the audience is angry at the outcome of the game not you as an individual.
7. Empathize. Sincerity is the key. We all make mistakes on the field. Instead of arguing or disagreeing with what has been said. Acknowledge the complaint(s) with simple replies.
8. "Think outside the box" and seek quick solutions. Be adaptable.
9. Take action. Look for every opportunity to control the game. Show that you addressed the situation on the field professionally and promptly.
10. Check back/verify. Express appreciation for addressing complaints so that you had the opportunity to fix the problem.
11. Worrying will never change the outcome.

Your **CONFIDENCE** is important when creating a positive experience on the soccer field.

- C** ~ consistent (be steadfast)
- O** ~ open (make yourself available)
- N** ~ noble (be professional and polite)
- F** ~ fun (have fun)
- I** ~ integrity (show you are reliable)
- D** ~ decisiveness (be clear in your instructions)
- E** ~ energetic (show hustle)
- N** ~ you are not stuck (collaborate your resources)
- C** ~ control (be in charge of the game)
- E** ~ emphasize (focus on your game/AR crew)

Check your anger index periodically.

1. Remember, anger is an emotion that carries energy.
2. Your anger is either negative or positive.
3. You have to decide whether YOU are going to present a constructive or destructive behavior/action on the soccer field.
4. Pay attention to your conduct on the soccer field

Stay professional and positive for the good of the game!

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