



MANAGING FATIGUE & COPING UNDER PRESSURE

G.J. Gardner.
HOMES



FAILING TO PREPARE IS PREPARING TO FAIL

So, how prepared are you?

- Umpiring in the weekend in-between a fulltime job, the basics apply.
- Preparing for a tournament or more days on your feet? This has and can happen to any of us – whether it's a local or NZC appointment.

Here are some thoughts...



BEING FIT WILL ENABLE YOU TO COPE BETTER WITH
MENTAL FATIGUE

How fit do I need to be?

- “Fit for purpose” approach.
- Find out what works best for you
- Will help with both *Mental Fatigue* and *Coping Under Pressure*, as it allows you to stay alert and concentrate at higher levels for longer.



PRE-BALL ROUTINES WILL HELP WITH MENTAL FATIGUE

How Do I Concentrate all day?

In golf, a pre-shot routine is defined something along the lines of:

“a consistent and systematic procedure (a sequence of thoughts, checkpoints, movements, or details) that is executed by a golfer prior to hitting a shot.”

Apply this to your umpiring as a pre-ball routine – switching up and down concentration levels is absolute key to managing mental fatigue – and improving results.



PRE-BALL ROUTINES SHOULD BE A CONTINUAL WORK-ON

What Does a Pre-ball Routine look like?

- Everyone is different
- Trigger points – physical, thought, or verbal or other?
- Talk to others about what they do
- Don't be afraid to tweak or try new things when you feel it's not working as well anymore

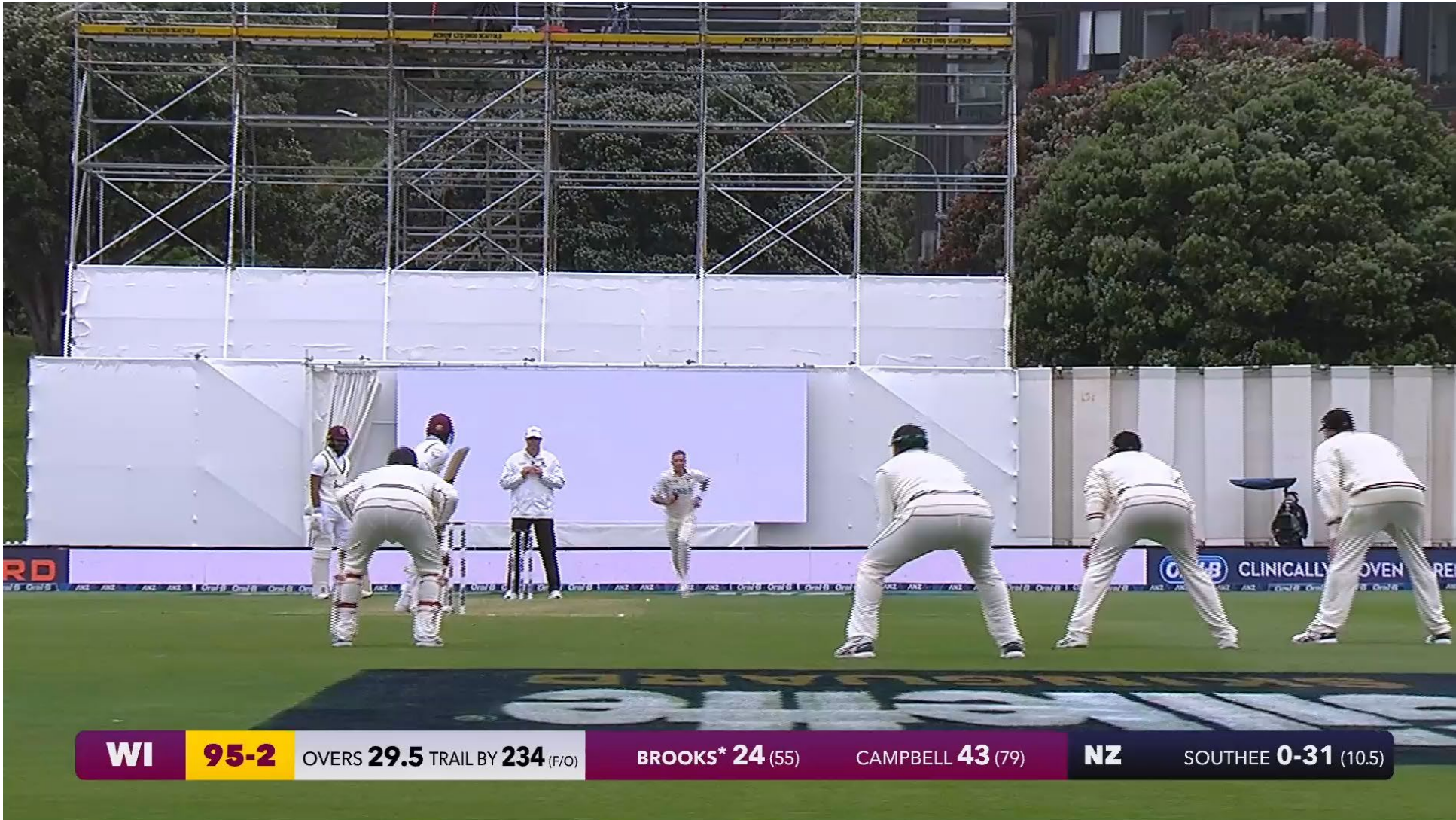


COPING UNDER PRESSURE – KNOWLEDGE IS KEY

Basic preparation sorted – what else?

- Visualisation
- Player research
- Match situation awareness
- Your partner

COPING UNDER PRESSURE – LET'S PUT IT TO THE TEST



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MATCH DAY PRESSURES – DECISIONS, DECISIONS, DECISIONS

How do get the best result?

- Preparation
- Trust Your Process!
- Trust Your Instinct!



MATCH DAY PRESSURES – WHEN THE \$^!# HITS THE FAN

What went wrong?

- WIN = **W**hat's Important **N**ow
- Self Assess? – YES
 - Concentration
 - Process
 - Too Good For Me
 - Park It
 - Looking Forward



MATCH DAY PRESSURES – CONFLICT

How are you going to react?

- Each Situation is different
- Player versus Player - react according to the situation
- Player versus Umpire



MATCH DAY PRESSURES – OTHER PRESSURES

Where do they come from?

- Anyone involved in the match
- Calmness & Teamwork required
- Time is (hopefully) your friend
- Ground, Weather, Light



CLOSING THOUGHTS

- Create a bank of knowledge through learning and experience
- Making mistakes – the first step of a learning process
- Don't be afraid to ask questions
- ENJOY YOUR SEASON!