



BETTER ATHLETES
BETTER PEOPLE

Mastery Approach for Officials: After Competition

A mastery approach helps you focus on things that you as an official can control: your effort, your willingness to learn new things and your reaction when you think you might have made a mistake. When you have control, your anxiety goes down and your self-confidence goes up. PCA's shorthand for mastery is ELM, which stands for Effort, Learning and bouncing back from Mistakes.

The best officials are constantly trying to improve. We call that having a teachable spirit. After the competition is done, it's time to activate your teachable spirit.

1. Debrief the game with your officiating team.

We call this Crew Management. Discuss the game with your officiating crew, taking turns discussing important times in the competition from which you can all learn. If you're able to work with officials who are senior to you and whom you respect, study what they do and try to emulate those things that worked for you. As a senior official, initiate this discussion and make it a positive learning session. Constantly try to expand your officials' "tool box" and sharpen the tools in it!

2. Allow time for self-reflection too.

Be honest with yourself about your performance. Always do a self-assessment and use it to establish goals for next time.

One tool you can use to improve your officiating is to review tapes of games that you have officiated to see where you can improve. This is a great tool for officials, and one that professional organizations often require their officials to do. Work with fellow officials to video each other's games. This may be your single most effective tool for evaluating and educating yourself so that you can improve as an official.

For more Resources, visit: www.PCDevZone.org
For more information on Positive Coaching Alliance, visit: www.PositiveCoach.org