



BETTER ATHLETES
BETTER PEOPLE

Mastery Approach for Officials: During 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.

Once a competition is underway, your effort (the "E" in ELM) and ability to bounce back from mistakes (the "M" in ELM) are important parts of your job as an official.

1. Project confidence as an official.

You can't control if people are yelling; just remember they are yelling at the uniform, not at you. The mastery approach is to focus on things you *can* control, like being confident and decisive in your calls and gestures during a game.

You will have a much better percentage of correct calls if you hustle to be in the proper position, work to maintain "open looks," call only what you can see, and know your areas of responsibility.

It may seem silly, but practice blowing your whistle! It's critical that people can clearly understand your signaling!

2. Bounce back to focus forward after questionable calls.

For officials, this best applies around controversial or questionable calls. The most talented officials don't get distracted during these challenging times, but maintain their focus.

For an official, part of moving on after questionable calls is avoiding the danger of getting into "make-up calls." If you truly allow yourself to move on, your memory won't be there to influence subsequent calls.

Consider pointing your index finger (casually, so no one can see you) to signal to yourself to stop replaying the call in your mind and focus on the current play!