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# Mastery Approach for Officials: Off-Season

*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.*

You've put in your best effort all season, and now the competitions have come to an end. Think again about the "L" in ELM, which stands for Learning. Just as with student-athletes and coaches, the off-season is a time to learn and improve so that you can come back next year stronger both mentally and physically.

## **1. Set specific goals for yourself.**

- Stay up-to-speed on rules and best-practices
- Take advantage of resources like summer camps through state associations
- Maintain your physical fitness
- Evaluate video from your past competition

## **2. Mentor a newer official.**

One of the toughest challenges we face with officials is early drop-out.

## **3. Attend off-season practices.**

Offer to help educate players and coaches about rule changes and to assist with their off-season competitions.

For more Resources, visit: [www.PCDevZone.org](http://www.PCDevZone.org)  
For more information on Positive Coaching Alliance, visit: [www.PositiveCoach.org](http://www.PositiveCoach.org)