

SELF PASS – My Thoughts & Experiences

Fitness & Concentration

The Self-Pass (SP) now places an additional level of fitness upon both players AND umpires.

Concentration is continuous throughout the match, we no longer have those short periods to regain position & breath whilst the player taking a free hit ponders on who to pass to.

As you become tired concentration levels drop significantly and this **will** cause you problems - all over the pitch!

Your movement throughout the match will increase both up & down the pitch (from your goal-line to your colleagues 23) and into the pitch.

Positioning & Ball Movement

Positioning.

Set your control of ball position early.

Do not allow players to take a Self-Pass from a position too far from the infringement. The ball may move 8/10 metres from the infringement spot, players will be tempted to take the Self-Pass from there & gain an unfair advantage!

Do not get 'sucked in' to allowing a quick Self-Pass & not wanting to stop the flow of the game. Players will try to gain advantage. If you let them get away with too much positional gain at a self-pass this **WILL** cause you very serve problems as the match progresses.

Ball Movement

The player taking the SP must make a reasonable attempt to bring the ball to a stop/under control.

Initially, the first couple of games, be a little lenient in the early minutes of the match. Call the play back to the required position and allow the team to retake. If either of the teams still do not get the message then reverse decision.

Shadowing at Self-Pass

This is a difficult area to manage consistently and will require a high level judgement and personal movement.

The defender should be 5m or be moving away as the self-pass is taken. However, if the self-pass is taken quickly it is not possible for the infringer to be 5m distant. In this situation the close defender must not make any attempt to play the ball OR influence the play.

If the close defender makes an attempt to play at the ball within the 5m area strong action **MUST** be taken. A **Green** card for first offence (by either team), **Yellow** there after. Do not let the player con you by saying "Oh I forgot! I'm not used to the new rules".

If the close defender simply runs alongside (shadows) the attacker who has taken the self-pass this should be no problem. However, if that shadowing adversely influences the direction of the play (i.e. moves the attacker away from the goal or their intent path or into another defender) this must be penalised.

Your positioning is going to be important factor in handling these situations. You have to move early & possibly further into the pitch to obtain a good view.

Play on the far side of your 23

You & your colleague must work very closely together in this area of the pitch. I suggest that your colleague controls self-pass actions & ball positioning & 5m. For you to attempt to judge all of these elements from your side of the pitch is very difficult if not impossible. Again it comes back to fitness as you will probably need to cover more ground and adopt a forward position of on or close to your colleagues 23.