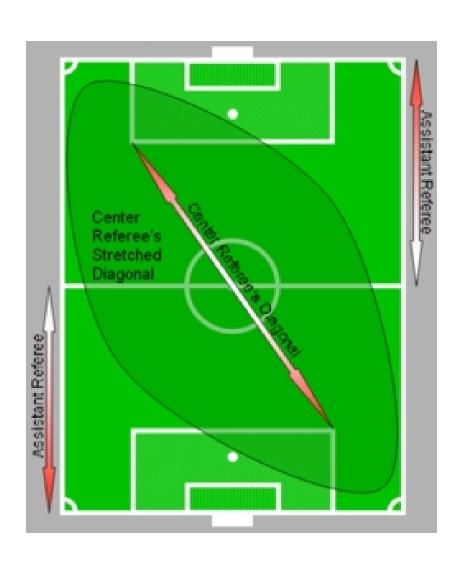
### **Beyond Positioning**

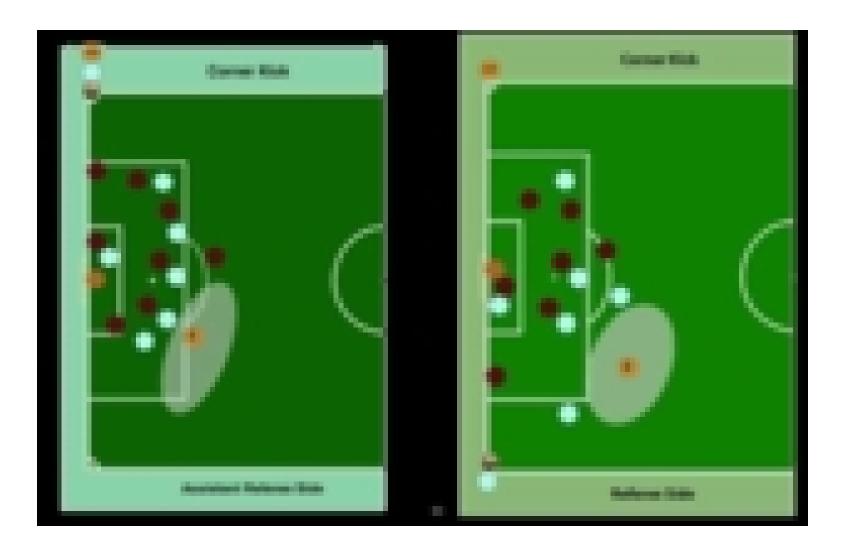
Yuya Kiuchi

 How many of you have told by an assessor or a mentor that you had a good or bad positioning?  How many of you have told by an assessor or a mentor that you had a good or bad positioning?

What kind of positioning tips have you received?

# In Theory





# In Reality





• Why do we end up in a "wrong" position?

- Why do we end up in a "wrong" position?
  - Not knowing where to be.
  - Reading the play wrong.
  - Lack of fitness.
  - Poor dynamic movement.

- Why do we end up in a "wrong" position?
  - Not knowing where to be.
  - Reading the play wrong.
  - Lack of fitness.
  - Poor dynamic movement.

- Review 3 examples
  - Pay attention to the dynamic movement
  - Our focus here is NOT player management, foul recognition, etc.

#### Example 1

- How often is he stationary while the ball is in play?
- How often is he walking while the ball is in play?
- How many directions does he move?
- How often does he change directions?
- How many "gears" does he have?

#### • Example 2

- How often is he stationary while the ball is in play?
- How often is he walking while the ball is in play?
- How many directions does he move?
- How often does he change directions?
- How many "gears" does he have?

- What did you notice between the two referees?
  - Amount of movement
  - Directional changes
  - Directions
  - Gears
  - Adjustments

- Example 3
  - What can we learn from this referee?

- Example 3
  - Advanced technique at 1:34
  - S shape (<u>Example</u>)

### Lessons

- A good positioning comes from
  - Constantly moving while the ball is in play
  - Having multiple gears
  - Changing directions frequently
  - Small adjustments
  - (Following while thinking about next play)

- Start your new practice with your <u>warm-up</u>.
- Another <u>example</u>.