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# Pre-game: Introductions

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Go ahead. Skip the first two chapters, if you like. It's ok to come back later. We're all busy people with no time to spare. The nitty gritty advice starts with the chapter called "Jam 1: Before you read the rules."

If you didn't skip ahead, let's grab our water bottles and start things off.

## KEY TAKEAWAYS

- *Concepts & philosophies spotlight: Derby vocabulary*
- *What local resources C2HR assumes are available*
- *Suggested sequencing for study and experience*

C2HR is geared at flat track roller derby league Skater trainers, new on-skates Officials (in particular those without local mentors), and new on-skates Officials at leagues where there aren't experienced on-skate Officials with the capacity to help craft individualized growth plans for others. If you can identify local, experienced on-skates Officials who mentor, that is always the best option. Good mentors are worth their weight in track tape. If your league has a solid circle of experienced Officials who train newbies, consider yourself among the lucky few. Those mentors can do more for you in two months than I can ever do for you in this little book of mine. You also don't have to be working towards Head Refing as a goal. Maybe you're looking for more resources to help you increase your confidence as a Ref. My goal is for C2HR to be useful to help any new skating Official progress towards excellence or help anyone who wants insight into how derby Officials think about penalties and the game.

## TRAINER / SKATERS

If you're a Skater for your league, and you're the one responsible for training Officials, look for the call-out boxes like this throughout this document. The advice and tips are especially applicable to what Skaters can do to help their league's Officials.

Experienced Non-skating Officials can help train on-skates Officials, too!

When a league has people interested in officiating, but there's a lack of willing and local officiating trainers, then new Officials can turn to things like travel to obtain training. However, travel takes time and money that maybe the league or individual don't have. Or maybe the Official is so new that the travel experiences don't result in growth, and instead result only in frustration and wasted time and money.

Then, how do you train? Do you just jump right in not knowing anything? In particular if the Skaters are new, too, inaccurately calling the game penalties and procedures can impact their training and knowledge. There are training video clips of penalties circulating around, but clips of illegal actions are just clips of illegal actions out of context. Derby actions happen FAST! What are the steps to actually recognize it in the moment, live, when it's happening in front of you? How does everything fit together? How can you help yourself or your league's Officials level up their reffing skills?

Where does someone start? The published *Rules of Flat Track Roller Derby* might not be the best starting point for everyone, depending on their learning style. It lists the rules and includes some example game actions, but reading the rules on day one can be overwhelming and confusing if you don't have any background to get you started.

If you run across an unfamiliar word I haven't defined, it's probably because it's used commonly enough in the derby community that I believe any experienced Skater at your league can help you define it. Likely the word is also defined or discussed in the published *Rules of Flat Track Roller Derby*.

Occasionally, I'll point out the key derby concepts or philosophies to take away and apply to your development. If my suggested concepts to grasp doesn't make sense to you after you've finished the chapter and put it into practice, I want you to ask the most experienced derby person you know how they feel about the concept, what their experience is, and what their advice to a new Official is. Explore with them the "why" behind how the game works and what we typically do.

### **WFTDA** (Women's Flat Track Roller Derby Association)

One of the organizations who governs various parts of our roller derby community. Most other governing bodies in roller derby base their rules on WFTDA. **MRDA** (Men's Roller Derby Association) and **JRDA** (Junior Roller Derby Association) are two additional governing bodies.

### **Derby**

When I use the word "derby" on its own, I'm nearly always using this as shorthand for "flat track roller derby that primarily uses the WFTDA rules and procedures." There's other kinds of roller derby, like banked track, which use their own rules and procedures.

Before the 2000s, there was a televised version of roller derby that didn't much have rules at all. Similar to WWE pro wrestling, that scripted version of roller derby was theater and not a true competitive sport. In comparison, modern flat track derby is a full-contact, competitive sport played on quad-style roller skates using a track on a flat surface and strict safety rules regarding what you can and cannot do.

Nearly everyone in derby you run into will want new Officials to feel appreciated, welcome, and valid. Sometimes it's just all of us veteran Officials might get caught up in our own goals and drama. As a new Official, be polite, be enthusiastic, be respectful, and maybe be conscious of when and where you ask your questions. If you do, then any experienced derby enthusiast will likely share wisdom with you. Veteran Officials are STILL HERE because we LOVE DERBY. Unfortunately, we have seen maybe 100+ new Officials come and go, especially in juniors where the skaters age out after a few years, and the parents stop volunteering. Sometimes those of us that stick around longer term forget that the new person in front of us right now might be working Champs five years from now, and we forget that right now this moment is our chance to help guide them to excellence.

## Why We Officiate

Individuals start derby for different reasons. The person next to you in a scrimmage might be there for completely different reasons from you. Respect their choice. If someone is there to have fun and get a little exercise and never wants to put extra time into training, they probably won't necessarily progress far as an Official, and that's ok. It's still valid that they're there at practice and at games. They should still feel welcome and like there's a home for them with a derby league. They deserve league resources as much as the next person. Don't spoil their fun.

Also, it's similar for the Skaters we Officiate. Some Skaters are seeking athletic excellence. Some are there mainly to have pizza after practice with their friends. As Officials, we should be professional enough to support their goals, but not so cold and robotic that we lose sight of the humans around us.

Here's some examples of why people officiate.

- Supporting loved ones
- Community outreach and volunteer opportunities
- Hobby or leisure
- Chance to set challenging goals
- Chance to excel
- Exercise
- Socializing
- Family of choice

### ANECDOTE

From 2003–2008 I lost 100 lbs. I maintained the loss for a couple years, but had regained 10 lbs or so by early 2011. That's winter in North America, and that time of year it is typically below freezing where I lived at the time in Michigan. I decided to choose something new and fun to do to stay active. I'm not necessarily highly self-motivated to go to a gym on my own and run on a treadmill. Things like Pelaton didn't exist yet, so I was brainstorming ideas with a friend about what sports or active hobbies I could do that would be easy enough to do indoors

during long, dark Michigan Winters. We tossed ideas back and forth. Tennis. Badminton. Fencing. Indoor field soccer. Curling.

“Roller derby,” he said.

I said “Sure! Roller derby. I used to know how to skate. How about Salsa dancing? .... Wait, what? ... ROLLER derby?... roller derby, yeah... I COULD do roller derby...”

A couple months later I had joined one of the local leagues, and I'd already broken my collarbone at a Skater practice. By then I was already in love with the sport and the community.

## Where to Start

Some people start as Skater players and then later switch to reffing. Some are Skaters who want to also ref in addition to playing. Maybe you're primarily a coach, and you're the only person available to blow whistles during practice. Others start as fans or non-skating officials (NSO). Some start reffing from the ground floor with no experience with derby or skating. No starting point is correct or better than the others.

If you do come to officiating on skates as a Skater or off skates as an NSO or Coach, these all give you an excellent head start regarding the concepts and game flow of roller derby. Even if you've been coaching for years, the skill and experience needed to recognize and administer penalties in a live game as a skating Official is not something you'll pick up overnight. Reaching the point where the game stops feeling like constant chaos takes additional practice. Lots of practice. Maybe years of practice. Once it starts to feel like you can begin to anticipate and predict game actions before they happen, that's when you begin to notice potential penalties more and can make better penalty calls.

## Local Resources Assumptions

For the purposes here, I will assume

1. Official will practice on-skates officiating four or more times per month
2. Official has access to a local league's practice scrimmages to practice officiating skills full time during the scrimmage
3. Local skater and league resources are available to teach a beginner ref on basic fundamentals of roller skating itself
4. Local skater and league resources are available to teach the basics of derby from a fan or skater perspective (i.e. this is what a Jam is, this is what a Jammer is, this is what a Pivot is, this is how many points you get, Lead Jammer is special and can do X, etc.)
5. Official will gain enough experience on skates after two to four weeks to safely officiate in the middle track at practice scrimmages under supervision
6. Local leagues use the seven-person ref crew configuration — when we're lucky enough to have seven refs present, that is

### TRAINER / SKATERS

Things leagues can do at practice to help Officials

- Have regular, reliable scrimmages.
  - Once a week, once a month, etc., so the Officials can plan ahead for it and put it on their calendars. Regular predictable scrimmages also allow your Officials to invite other potential Officials to come and learn, too
  - In the least, loosely structure the scrimmage like a game with complete jams, Skaters leaving the track for penalties, Jam-Starting Whistles, and imaginary or real Scorekeepers. This will help the Skaters get used to the sounds and rhythm of a game as much as it will help the Officials
- Allow some dedicated time and space once a week or once a practice for Officials to practice their own skills and drills on the practice space floor without Skaters present
- Allow Officials to safely participate in non-contact exercises at practice, like footwork or speed skating training
- Be welcoming. A lonely Official is an ex-Official. Encourage an officiating culture that includes interactions with Skaters as well as Officials-only activities. Gameboard night, drinks with snacks after practice, volunteering for local community events, etc.

# Talking like an Official

## Vocabulary

When talking about derby rules and concepts during a game or outside of a game, Officials typically use standardized words and phrases. One benefit of this is it helps make our in-game communication efficient with each other and the teams. We also use common vocabulary to make sure our understanding is aligned with other Officials' understanding and that we're all maintaining a certain level of professionalism. For instance, Officials don't ever refer to the penalty box as the "Sin Bin" or other nicknames. The skaters might. The announcers might. Not the Officials.

Some words and phrases have very specific meanings when we use them to talk about derby actions and procedures. For instance, "**No Impact**" doesn't mean the action has literally zero effect on anything. We use it to refer to when an action of a participant is a violation of the rules, but ultimately causes only limited, if any, effect on the game. If an action is determined to have "No Impact," we typically don't penalize the action. Any time you touch an opponent, that's technically always illegal, but most of the time incidental touching doesn't give either team an advantage. In that case we'd say it has "No Impact." Shoving with our hands hard enough that an opponent falls down is an example of an action that has game impact, since causing an upright opponent to become a downed opponent gives your team an advantage. Shoving in this case will most likely result in a penalty or expulsion for the Skater who used their hands illegally.

Since these first sets of words below are specifically defined in the Glossary of the *WFTDA Rules*, I won't define them here. Most anyone in the league can explain them, too. Use your league's internal resources and the published public WFTDA resources to investigate these topics if they're unfamiliar to you ([see the Appendix](#) for a list of additional resources). Your league may have an online forum or beginner Skater manual. Maybe your league is more casual and these topics are taught on the track during training.

Ask to join in on your league's new Skater introduction classes as an Official. Reach out to the Skaters, trainers, or other Officials and ask questions. If someone has been involved in derby for more than a couple years, they're still here because they love derby and likely love talking about

it. Be mindful of the times and places you ask, though. “Right now” may not be the best time or place. Maybe reach out before or after practice.

If nobody can explain or define something, then refer to the Glossary listed in *The Rules of Flat Track Roller Derby* published by the WFTDA. (I use *WFTDA Rules* as shorthand for the full title of the publication). I’m including them here because they are important vocabulary to understand their specific definition we use in discussing derby later on in this book.

CONCEPTS & PHILOSOPHIES SPOTLIGHT	
<b><i>Derby vocabulary</i></b>	
<u>Refers to a specific game participant or groups of participants</u>	<u>Skater status and game structure references</u>
Blocker	Down
Captain	Engagement Zone
Initiator	In bounds
Jammer	In play
Lead Jammer	Jam
Pack	Lapping
Pivot / Pivot Blocker	Relative position
	Trip
	Upright / Up
<u>Actions</u>	<u>Infraction-related vocabulary</u>
Engaging	Blocking zone
Pass	Immediately
Re-pass	No Impact
Star pass	Penalty
	Target zone
	Warning
Here's some additional vocabulary that isn't specifically defined in the <i>WFTDA Rules</i> glossary. Some of these are more-or-less defined elsewhere in the context of the <i>WFTDA Rules</i> or <i>Casebook</i> . Some of these are my personal definition and may not be what’s used for the same concept in your specific location/region. There’s more words I could include. These are	

some of the words I use in this book, and I think it will help you if I define them in one convenient spot.

### Call / No-Call

When we assess a penalty, we may also refer to that as a penalty Call. If there was an illegal action on the track that we saw and decided did not rise to the level of a penalty, we might decide to determine it is a “No-Call.” A No-Call is considered a type of Call.

### Call Off

[WFTDA Rules 2.2.2 and 5.2,]

When we end a Jam, we may refer to that action as “calling off the Jam.” An on-skates Official might call a Jam for safety reasons by blowing the appropriate whistle sound. The Jam Timer calls off a Jam that has reached the 2:00 maximum time limit. Lead Jammers have a special mid-Jam ability to signal for an early Jam Call Off. Sometimes instead of Call Off we’ll just say Call. The bench might yell “call the Jam!” to the Jammer.

### Helmet cover

Jammers and Pivots have special covers they wear over their helmets. There’s many rules and procedures regarding properly wearing the cover and what happens if it falls off, is removed, or is absent. These rules are discussed in the *WFTDA Rules and Casebook* and discussed in “Jam 1: Before you read the rules” and “Jam 9: IPR at a game.”

### Impact spectrum

There’s many illegal actions in derby. Incidental touching of an opponent is illegal, but isn’t automatically a penalty. Pushing an opponent down to the ground is generally a penalty. Impact spectrum is the gradient scale between what is a penalty and what is not a penalty.

### Lineups

The period between Jams is called the Lineup period, or Lineups. During Lineups, the group of Skaters from the previous Jam are leaving the track and a new group of Skaters enter the track. Officials have a number of responsibilities during this period between jams. These responsibilities are discussed in further chapters.

### Official consensus

Consensus is a slightly nebulous term in derby that refers to the generally accepted opinion of Officials. Informally, we use the term to refer to the opinion of the global derby community of Officials who debate and discuss nuances of rules and procedures that aren't necessarily specifically detailed anywhere in writing. We also might refer to the decision of the Officials in a specific game as the Official consensus.

### Official Review (OR)

This is a special kind of timeout a team can call. They typically use ORs to request the Officials make a change to the game status or paperwork.

### Pack definition

This is one of the important game duties on-skates Officials manage. Generally, Skaters can only take actions on the track if they're considered in play. At the same time, the area on the track considered "in play" is constantly shifting based on where the skaters are located. The skating Officials are responsible for communicating to all participants where the in play area of the track is located — one part of that communication is indicating the location of the pack. We call this defining the Pack, or Pack definition. Pack definition is discussed more in the chapter called "Jam 8."

### Penalty cue

This is the verbal announcement included when we assess a penalty. Also "verbal cue." The official penalty cues are published in the *WFTDA Cues* document. That document also contains the official verbal cues, warnings, and hand signals used by officials. Additional officiating procedure guidance is found in the *WFTDA Officiating Procedures for the Rules of Flat Track Roller Derby* document. Every crew of Officials may also use additional unofficial cues in certain game situations that aren't covered by published guidance.

### Position

Position might be used for multiple things in derby. Make sure to clarify if there's a chance someone will be confused when you use the word, and if possible use the preferred terms listed in the *WFTDA Rules and Glossary*.

- Position may refer to someone's location on the track (as in someone starts the jam "out of position")
- It may refer to the arrangement of someone's body parts or posture (as in "the position of the skaters' linked arms created a potential multiplayer penalty" or "the position of the jammer's head resulted in a head block penalty").
- The word is also used to refer to a specific kind of blocking where there's no physical contact (as in "the blocker positionally blocked the jammer by adopting a wide stance").
- Position may also sometimes be used to describe what is more accurately referred to as a Skater or other participant's role in the jam. See the *WFTDA Glossary* entry for "Role."

### Procedures

Specifically these refer to the sequence of verbal cues, hand gestures, and/or actions the Officials perform in response to game events. Examples are the procedure to start a Jam or the procedure to issue a penalty. Many procedures are listed in the *WFTDA Cues* document. Additional common procedures are located in the *WFTDA Officiating Procedures for the Rules of Flat Track Roller Derby* document.

### Quad-style skates

In derby, most Officials use skates that have a 2x2 wheel configuration. As of 2024, inline skates are allowed for skating Officials (however, Skaters may not wear them). I definitely recommend starting off in quads. I discuss some information on skates and safety gear in the chapter called **"Jam 1: Before you read the rules."**

### Reforming the Pack

Most derby actions can only occur in the part of the track referred to as the Engagement Zone. Skating Officials use pack definition to determine the boundaries of the Engagement Zone. There are times Skater actions during the game cause there to be no Pack available to use to define the Engagement Zone. If there is no Pack, it becomes the responsibility of all the Blockers to begin to stop what they're doing and relocate themselves. We refer to this as reforming the Pack. Details on the responsibilities Skaters have to reform the pack **are discussed in chapter "Jam 6."**

### Scoring Trip (Initial Trip)

After the Jam-Starting Whistles, Jammers skate around the track, lapping the Blockers. The first Trip through the Blockers before the Jammer exits the Engagement Zone for the first time is referred to as the Initial Trip. Lead can only be earned in the Initial Trip. Subsequent Trips are referred to as a Scoring Trip.

In addition to the roles I mentioned above from the *WFTDA Rules* glossary, below are the names of some other roles people might serve in a game, including the words we use to describe ourselves and other participants at a game. I did not include all of the game roles, and instead focused on the ones with specific game duties mentioned in the *WFTDA Rules* or *Officiating Procedures*, which are also discussed in this book.

### Alternate

In addition to a Captain (sometimes called “the C”), teams can designate an Alternate (sometimes called “the A”). The A can be a rostered skater or a non-skating member of the bench staff. The HR, Head NSO, and the JT should all be able to identify the C and A for each team. The A must display an A written or printed visibly on themselves. The C must also display the letter C somewhere visible.

### Bench Staff

Also called off-skates Team Staff. These participants are associated with one of the teams, and they typically remain in their bench area. There are a number of rules regarding what bench staff can and cannot do.

### Box staff / Box Officials

These are the NSOs responsible for ensuring skaters serve the correct amount of penalty time.

### Head NSO (HNSO)

The game HNSO oversees the NSOs and the paperwork for the game. A league may also have a league HNSO that performs league administrative duties.

### Head Referee (HR)

Also shortened to Head Ref. The game HR is responsible for a number of specific duties during a game, according to the rules. Some of these duties include deciding the outcome of Official Reviews and making the final decision regarding ejecting a participant from the game. A league may also have a league HR that performs league administrative duties.

### Inside Pack Ref (IPR)

These are Pack refs who skate on the inside of the track in the infield. Pack definition is one of their primary responsibilities. Often there are two, a Front IPR and a Back IPR. I might abbreviate these as FIPR and BIPR. The HR is often also the BIPR.

### Jam Timer (JT)

This is the NSO responsible for blowing the Jam-Starting Whistle and ending the Jam if the Jam extends to the 2:00 limit. They are typically stationed in the infield during a game.

### Jammer Ref (JR)

There's two JRs per game. Each JR is assigned to one team's Jammer for one half of the game. Then JRs switch teams at the half.

### Medic / EMTs

WFTDA games in North America must adhere to the *WFTDA Risk Management Guidelines*. These guidelines include staffing two people to watch the game who can attend to injuries and perform potential concussion assessment. These individuals should not otherwise be involved in the game as Officials, Skaters, Coaches, etc. They are Medics full time for the game. Officials need to be aware of who the Medics are and where they're located. To serve as a Medic in a derby game, the individual must meet specific requirements listed in the safety guidelines.

### Non-Skating Officials (NSO)

These Officials perform a variety of required game duties off skates. SOs interact with NSOs throughout the game.

### Outside Pack Ref (OPR)

These Pack refs skate around the outside of the play area outside of the track itself. We often call their designated lane on the game area as the OPR lane. Often there are three OPRs: front, middle and back.

#### Pack Ref

All SOs who aren't JRs are Pack refs. Instead of watching one Jammer, these SOs watch the pack as a whole.

#### Penalty Box Manager (PBM)

This is one of the box staff. They oversee the penalty box to ensure all procedures are followed properly. They also time the Jammer penalties and are in charge of the Penalty Box Queue Board. There are some extremely detailed rules surrounding the box, and the PBM is typically the person to defer to regarding the precise, correct execution of these rules and procedures.

#### Penalty Tracking (PT)

NSOs track skater statistics like who gets a penalty, what kind of penalty it is, and when it occurred. Someone tracking penalties is often located inside the infield track where the SOs and JTs are located. During a Jam and during the Lineup periods, refs interact with the tracker(s) to ensure paperwork is captured accurately. They may also be referred to as Penalty/Lineup Tracker (PLT) if they're also performing the Lineup paperwork duties. Some leagues also may use a Penalty Wrangler (PW), who usually does not have paperwork to fill out or may instead be using a tablet to act as an electronic PLT (ePLT).

#### Risk Coordinator

For games using WFTDA insurance, the host league is responsible for designating a Risk Coordinator. They ensure the *WFTDA Risk Management Guidelines* are followed during the game. Head Officials should be aware of who is ultimately responsible for safety.

#### Score Table

Typically staffed by two Scorekeepers plus a Scoreboard Operator, who runs the computer that controls the displayed scoreboard. The Score Table is usually accessible from the track because JRs often interact with the Score Table during a game.

### Scorekeeper (SK)

This is the specific NSO position that would be assigned to keep the score paperwork and Jammer actions for a single team. These duties may all be done using the scoreboard software instead of pen and paper. A JR interacts directly with the SK responsible for tracking the Jammer the JR is assigned with. An SK is typically paired with one JR for the entire game (meaning that at halftime, the SK switches which team they track, like the JR does).

### Skating Official (SO)

In roller derby, the officials in stripes and skates are often called skating officials, SOs, on-skates Officials, referees, or refs.

### Track crew / track repair

A game may have one or more people responsible for maintaining the rope and tape that makes up the physical track boundary. Track maintenance is an important safety duty. Officials maintain awareness of the track crew during the game. If the track integrity has degraded and become a safety hazard, all participants are obliged to cease play until it's fixed. If the track disrepair becomes a hazard during an active jam, officials may even end a jam early to correct the safety hazard.

You don't need to memorize all of this vocabulary right now. They will be referred to throughout this document, and I wanted you to have all of them in one spot. Refer to this whenever you run across a word that seems unfamiliar in context.

## (An Example) Path to Excellence

There are many paths to follow. No specific path is correct. This sequence I outline in this book is just an example of a general path a full time skating Official could follow to level up their officiating on skates over their first year and what to focus on for each of those steps. Each step is sequenced to build on foundations discussed in previous steps.

No specific timeline is correct. An example development sequence might look like this. The orange indicates when to introduce this step. The light yellow indicates how that skill (and all skills) are continuously applied once introduced.

	MONTHS											
STEPS	1	2	3	4	5	6	7	8	9	10	11	12+
1 - Before you read the rules	Orange											
2 - Reading the rules		Orange	Light Yellow	Light Yellow	Light Yellow	Light Yellow	Light Yellow	Light Yellow	Light Yellow	Light Yellow	Light Yellow	Light Yellow
3 - First scrimmage (as JR)			Orange	Orange	Light Yellow	Light Yellow	Light Yellow	Light Yellow	Light Yellow	Light Yellow	Light Yellow	Light Yellow
4 - OPR at scrimmage					Orange	Orange	Light Yellow	Light Yellow	Light Yellow	Light Yellow	Light Yellow	Light Yellow
5 - First game as OPR or JR							Orange	Light Yellow	Light Yellow	Light Yellow	Light Yellow	Light Yellow
6 - Classroom/Clinic								Orange	Light Yellow	Light Yellow	Light Yellow	Light Yellow
7 - FIPR at scrimmage									Orange	Light Yellow	Light Yellow	Light Yellow
8 - BIPR at scrimmage										Orange	Light Yellow	Light Yellow
9 - IPR at a game											Orange	Light Yellow
10 - HR your first game												Orange
11 - More steps												Orange
12 - Ongoing advice	Orange	Light Yellow	Light Yellow	Light Yellow	Light Yellow	Light Yellow	Light Yellow	Light Yellow	Light Yellow	Light Yellow	Light Yellow	Light Yellow

Instead of 12 months, the above steps could take some individuals as little as six months, given an ideal situation of available games and excellent mentors. For most of us, instead it will easily take up to two years or more to ultimately build the necessary skills and confidence. That's normal. That's expected. Some people you see in stripes never learn all the skills. The speed that one grasps the nuances and subtleties of refing can depend on:

- Practice frequency (someone who practices officiating 3x per week will learn faster than if they practiced 1x per week or less)
- Skill level of other Officials you work with
- Time spent reading, learning, discussing rules, procedures, and philosophy
- Time spent practicing skating outside of scrimmage and how much physical activity is participated in
- Innate learning style/capacity of the learner
- Access to games and mentors
- Teaching style and skill level of the mentors
- Goals and ultimate motivation of the learner

#### TRAINER / SKATERS

If you see yourself or your league's Official stagnating or having difficulty with a concept or rule or skill, what can you do to help them make the next breakthrough?

- Review the relevant parts of the *WFTDA Rules* and *Casebook*
- Review previous steps outlined in this book
- Break down skills into more manageable chunks
- Search online for tips or videos for that skill
- Identify clinics, scrimmages, and other games to attend
- Recommend mentors
- Recommend physical cross-training activities