

# **PREPARATION**

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**Why do we prepare? To gain confidence and be successful!**  
**Can we be over-prepared? It's easier to be under-prepared!**  
**What do we prepare for? 150 plays per game, 4-5 money calls. Sounds easy!**  
**How do we prepare? That's the test!**

## **PHYSICAL PREPARATION.**

- 1. Year round conditioning program - stay in shape.**
- 2. Try to maintain set weight goals.**
- 3. Perception is reality in officiating.**

## **MENTAL PREPARATION**

- 1. Yogi Berra said baseball is 90% mental and the other half physical. The math is off, but you get the point. Know the game!**
- 2. Attend study groups in the off season.**
- 3. Watch film - preferably games you have worked. Learn from your mistakes. Everyone else does!**
- 4. Visualize situations that pose problems - know how you would handle them.**

## **SEASON PREPARATION**

- 1. Most of us can't control who we work with on a crew. But we can control how we work within that crew. Leave the ego/attitude in the parking lot.**
- 2. Don't complain about your schedule. Each game gives you the opportunity to become a better official.**

## **GAME PREPARATION**

- 1. Always be early. If you are on time - you are late!**
- 2. Be ready to work.**
- 3. Remember first impression is key - both off the field and on!**
- 4. Be prepared to participate in pre-game discussion.**
- 5. Know your position well.**
- 6. Be active in team's pre-game warm-ups.**

## **THE THREE C's**

- 1. CONCENTRATION - expect the unexpected every down. Stay focused. Have a pre-snap concentration routine. Some things to tell yourself.**  
**- Every running play will result in a fumble.**

- Every passing play will be incomplete or catch/fumble.
- Every kicking down will have something weird happen.
- Every TD will be at my pylon.

**2. CONSISTENCY - Know what is a foul and what isn't. Don't guess!**

- False starts
- Motion
- Line-ups
- Holding
- Pass interference
- Personal and unsportsmanlike fouls
- Always be a good dead ball official
- Your philosophy should remain constant throughout the game.

**3. COMMON SENSE - Manage the game - be efficient!**

- Time outs, quarter changes and half times should be timed and enforced.
- Always answer questions for the head coach - time permitting.
- Always use cross field mechanics.
- You will be criticized for giving less forward progress rather than more.
- Thank the chain crew, ball boys - everyone that makes your job easier.

**REMEMBER - IF IT WAS EASY - YOU WOULDN'T BE DOING IT!**

**ENJOY THE SEASON & GOOD LUCK**