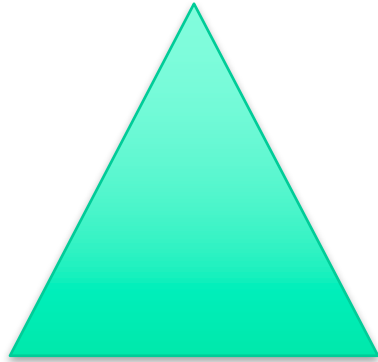




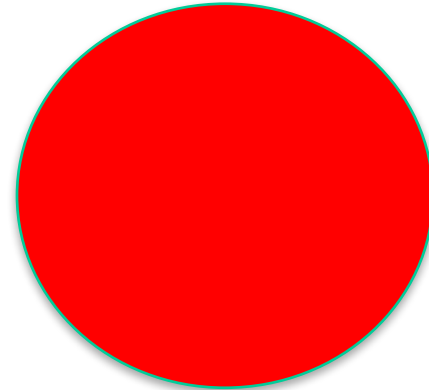
# **USA Rugby Referees Deliberate Practice**



# Which do you relate to?



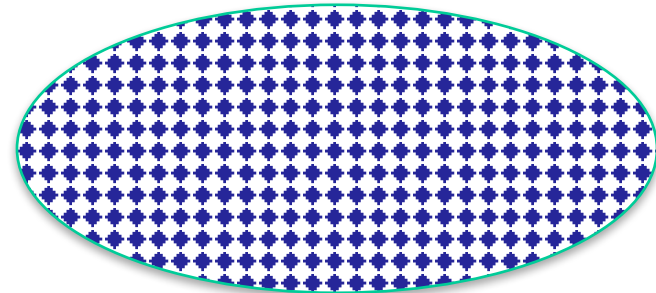
**Calm**



**Excitable**



**Brilliant**



**Sex Crazy Maniac**



# How do you get better?

**After a match, I receive feedback from my Coach, Performance Reviewer, Teams, etc. I then.....**

- **Chat with my coach about what to change for next week**
- **And develop some goals around that item**
- **And develop a practice plan around that item**
- **And practice that item mid-week**
- **And practice that item mid-week in an arc of learning with feedback about my progress.**



# How do we practice

- **Naïve Practice**
- **Purposeful Practice**
- **Deliberate Practice**



# Arc of learning

**Installation:** Learning and perfecting a new idea, technique, or item for rugby refereeing.

**Practice:** repetition of proper technique under controlled circumstances.

**Practice + Pressure:** Practicing under increasing amounts of pressure and pace, while still focusing on proper technique.

**Match Pace:** Performing the technique in a scrum or a team's drill to replicate match pace. Solidify skill.

**Feedback Loop:** Using film, a coach, or peer feedback to tweak and improve practice.



# Lets put it into action

**Saturday's Match:** Gain feedback about a 'work-on'

**Sunday:** Find the proposed solution to the problem, or correct technique to perfect. Craft a deliberate practice plan for the week

**Monday:** Installation. Watch video, discuss with coach, etc. Practice walking through it, in a mirror, etc.

**Tuesday:** Practice + Pressure. Go to a team's practice and work on the item on your own, then hop in to a drill, etc. Film your session

**Wednesday:** Feedback loop, final installation.

**Thursday:** Practice + Pressure, Match Pace work to hone/solidify the skill.

**Friday:** Final polish in walk through, visualization, etc.

**Saturday:** Match with measurables around new skill

**Your Turn!**