



Performance1

Canoe Slalom International Official Training



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Why this matters

Performance under Pressure



Programme

1. Why this matters
2. Working at your best individually and as a team
3. Identifying problems
Coffee
4. Developing your skills
5. “What if’s” – Judging scenarios
6. Questions

Close by 1.30



When were you most proud of your performance as an individual gate judge?

What approach did you use?

What routines?



When did you work best as a part of a judging team?

What approach did you use?

What interpersonal skills really mattered?



When did it go less well?

“I should have shown Nigel de Jong a red card”, says Howard Webb





When did it go less well?



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Tea and Coffee



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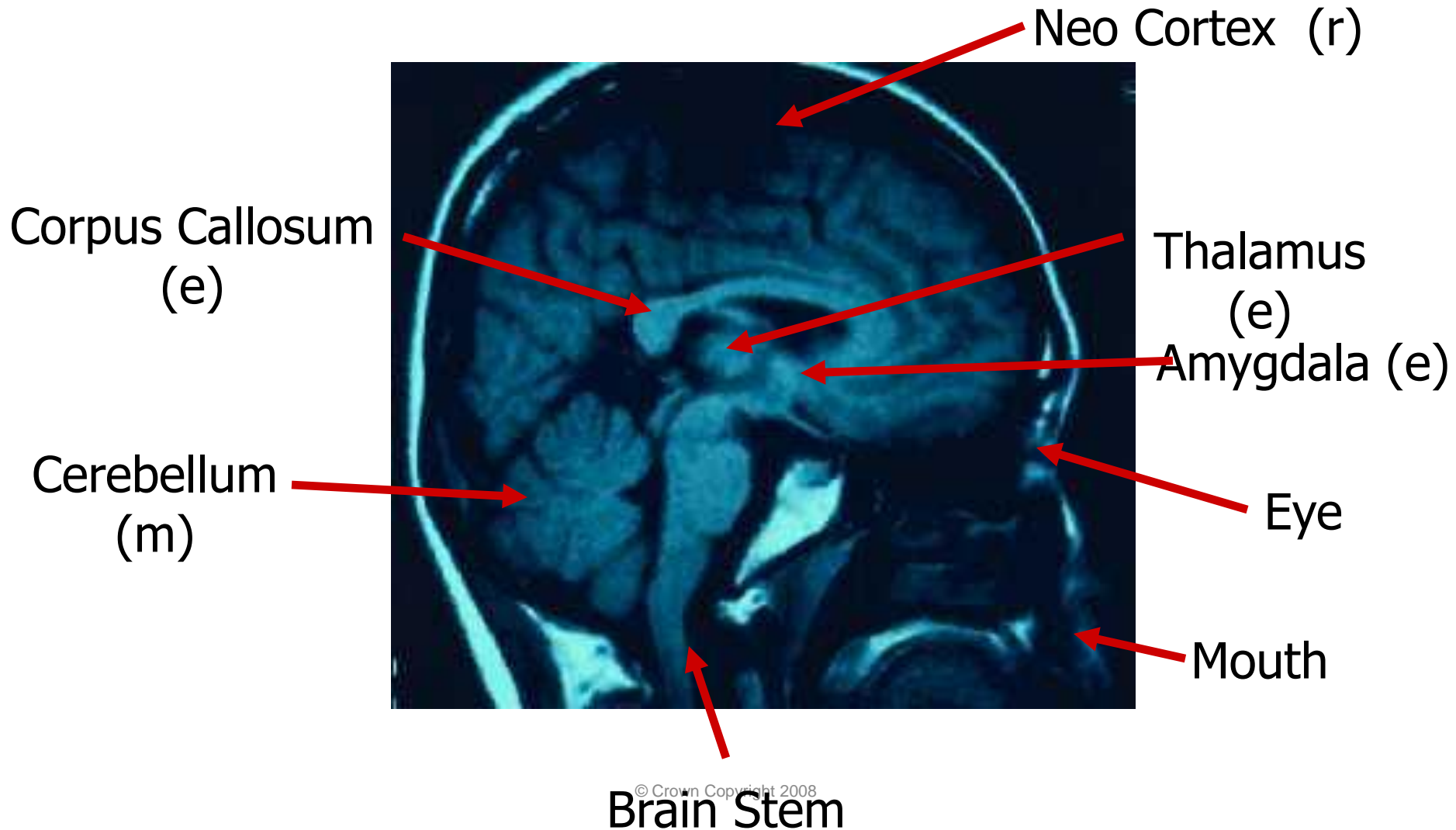
Developing your performance under pressure

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The Human Brain – New Learning



What do you see?

Emotion may help the visual system jump the gun
to predict what the brain will see

What do you see?

Emotion may help the visual system jump the gun to predict what the brain will see



ANSWER: Without context, many will conclude that the fuzzy image is the gun — the most emotionally evocative object shown.

Concentration

“The athlete who can focus on the task at hand and avoid distraction enjoys the greatest possibility of success.”



Possible Distractions:



"Sometimes the reaction of a crowd can be unjust. You learn not to let that bother you," he said. "It would be great to get a round of applause now and then, but you have to accept that sometimes the job makes you unpopular"

What can you do?

1. Actively manage your ***emotional*** mental and physical state
 - I. How you talk to yourself
 - II. Your posture



What can you do?

2. Know your concentration plan and routine
 - I. Having a plan is calming
 - II. Helps you focus on the right things

What's your concentration plan/routine?

Stage	My Focus	Distractions
Night before		
60 minutes before		
Gate 1		
Gate 2		
Review		
Recovery		

Include

Sleep, Nutrition, Travel and Logistics, briefings and team communication

Others???

Manage your own emotional and mental and physical state

Know your concentration plan and routine

Make and record your initial decision without eye contact from other gate judges

What can you do?



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Judging Scenarios

Scenario Instructions

YOU ARE THE REF



by Keith Hackett and Paul Trevillion



1 With the keeper stranded, a striker hammers the ball past him. A defender raises his hand in an attempt to block the ball - but only manages to deflect it towards a team-mate on the line. He also uses his hand and tips the ball round the post to safety. Both players clearly denied a certain goal. What now?



2 Before a league match you see one of the home players, who scored a hat-trick in midweek for his country, wearing his national shirt in the tunnel. He says it is lucky and he will take it off just before kick-off, but not before. Do you intervene?



3 A sprinting striker sticks his arm out to point where he wants a through-ball played. But the midfielder behind him decides to shoot instead. The shot hits the striker's arm and deflects past the keeper into the net. The striker was onside and had his back to the midfielder. What do you give?



Scenario Instructions

You will be put into small groups, and given a worksheet with 2 judging scenarios.

Each situation will be read out to confirm understanding.

1. On your own, write down your initial response (In English or your own language) – Max 1 minute
2. Then discuss with your small group colleagues – Max 4 minutes
3. When both have been completed in your small group we will discuss as a big group. – Max 10 minutes



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Questions



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What will you do differently?