



You Are The Ref: A Guide to Good Refereeing

Paul Trevillion, Keith Hackett

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Based on the well-known, long-running You Are the Ref football feature, illustrated by legendary artist Paul Trevillion and written by former international referee Keith Hackett, this guide is aimed at established, trainee, and newly qualified football referees. This is an accessible, easy-to-digest coaching manual and includes a Foreword by top referee Howard Webb. The mysteries of refereeing are explained clearly, and brought to life with Paul Trevillion's images and Keith Hackett's incisive text.

You are the Ref covers all aspects of Refereeing and Assistant Referee training: Movement and Positioning; Recognition of offences; Viewing angles; Whistle and Flag Technique; Management of Mass Confrontation; Sports Psychology; Managing Conflict; Teamwork; Law 11 (offside) explained; Goal and target setting; How to deal with Assessments; Warming up; Warming Down; Polar Heart Monitors; Pre- Match preparation; Fit to play Ref?; Mentor programme; Coaching Referees; Body Language; Self Assessment; and much much more...



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