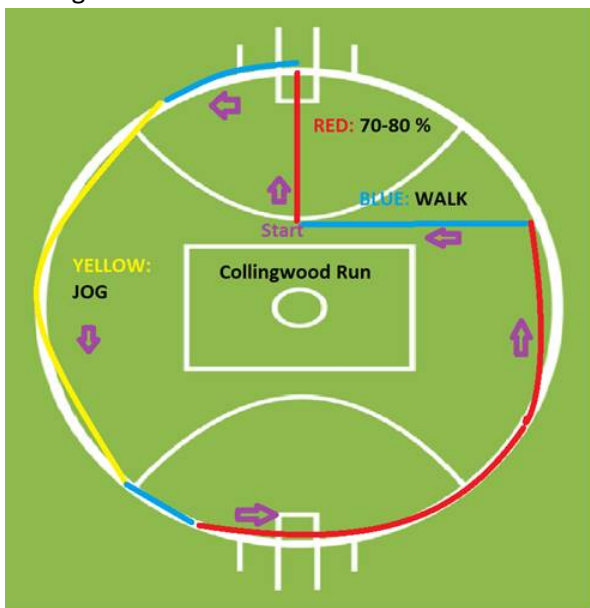


Hi All

Hope you are enjoying the long weekend. This week we have no training tonight, given the public holiday with training recommencing, at Hanmer, on Wednesday night. Field and boundary umpires start at 5.45pm and the goal umpires are on the track at 5.30pm with a goal umpires coaching session commencing at 6.30pm. Just a reminder that all field and boundary umpires are to bring their whistles to training on every Wednesday night.

With practice matches commencing please ensure that you arrived changed and ready to umpire, given COVID restrictions. In that, you need to arrive 30mins prior to the start. This will provide enough time to prepare for the game.

All field and boundary umpires please find the running session for Wednesday 10 March, know as the Collingwood Run.



All field umpires below is the link to the AFL explainer on the new standing the mark rule.

<https://www.afl.com.au/video/555300/explainer-how-the-new-standing-the-mark-rule-works?videoId=555300&modal=true&type=video&publishFrom=1614711600001>

I have included the links to the boundary umpires coaching session last Wednesday, so if you missed the session or are new to boundary umpiring, please have a look at the vision. If you have any questions or need clarification, please contact Maree.

<https://youtu.be/P-9DRwvKN4c>

Boundary Coaching Session 1

<https://youtu.be/D3DTJkle2xw>

Boundary Warm up skill

<https://youtu.be/OJCsRgXrn6c>

Intro to skill drill - Ball hits behind post on the full

<https://youtu.be/5aHt9rzvprY>

Demo of complete drill - Ball hits behind post on the full

<https://youtu.be/n1Y-88Zx0Cs>

Ball hits behind post on the full skill

<https://youtu.be/-xOfP9WMj2U>

Recap of the skill drill

<https://youtu.be/tq-Kct-wFOA>

Ball relay skill drill

See you on the track

Mark