



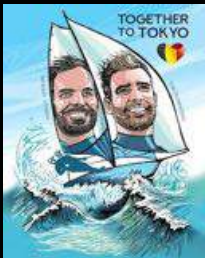
Attitudes raise talent.



HIGH PERFORMING ATTITUDES FOR REFEREES



Smart Mind



BECOME A REFEREE ? MUST BE CRAZY!

"When I am right, no one remembers. When I am wrong, no one forgets."
Doug Harvey, Hall of Fame Umpire

Hilariteit in de NBA: zoon vraagt technische fout voor zijn vader



Met het bekende T-gebaar elist Austin Rivers een technische fout voor zijn vader.

Q&A: Are things h for basketball ref

Kyle Neddenriep | IndyStar
Published 6:35 PM EDT Mar 24, 2016



"Zonder scheidsrechters is er geen basketbal." Een stelling die je al langer als vandaag hoort en meteen ook de reden waarom de Vlaamse Basketballiga al haar clubs oproept om deel te nemen aan de Week van de Official.

500 scheidsrechters te weinig in Vlaanderen



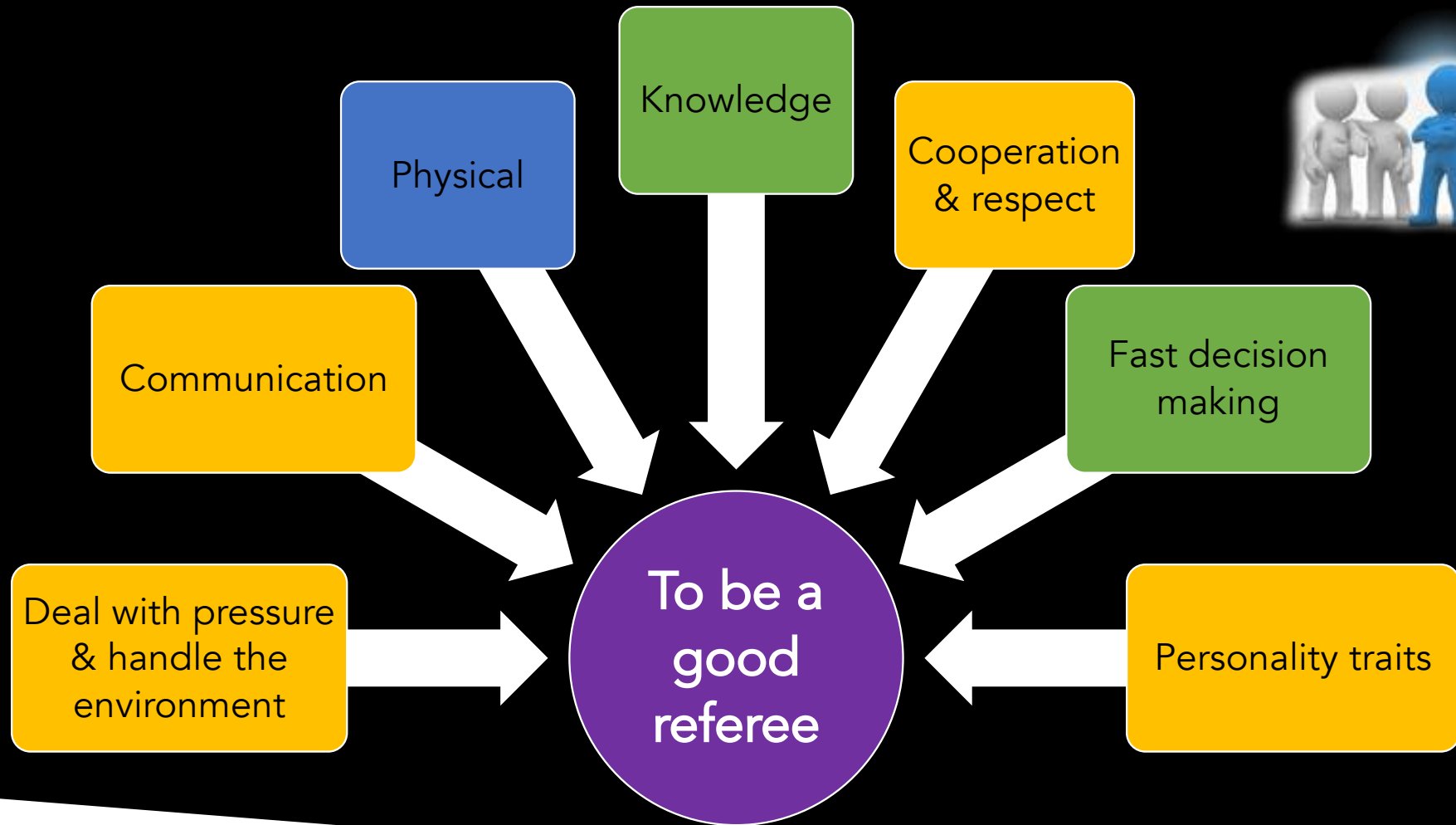
Groot tekort aan scheidsrechters: "Je moet goed gek zijn om ref te worden"



WHAT ARE THE QUALITIES OF A GOOD REFEREE?



WHAT ARE THE QUALITIES OF A GOOD REFEREE?



WHAT ARE ATTITUDES SHOWN BY HIGH PERFORMERS?





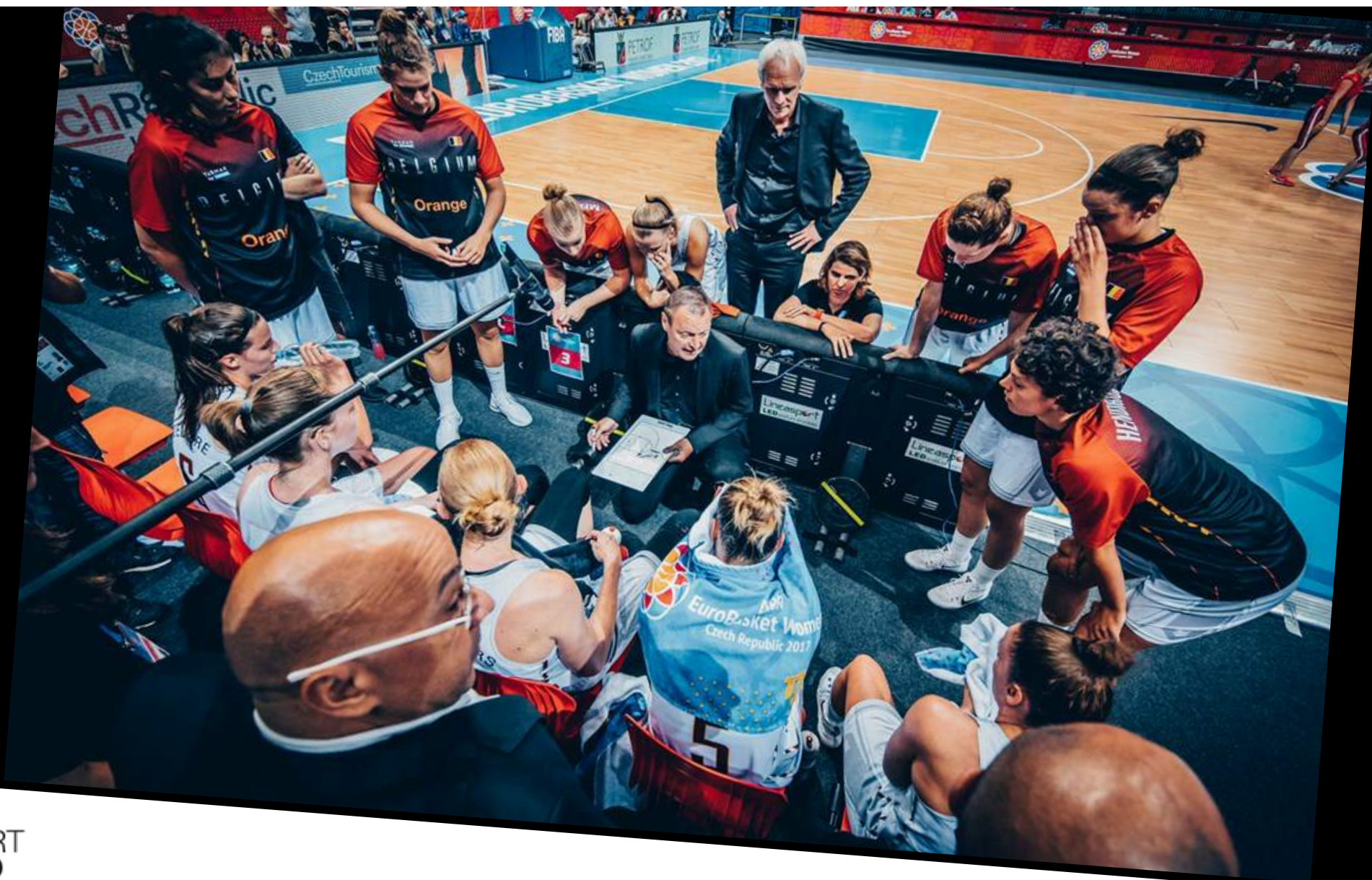
TALENT + ATTITUDE = HIGH PERFORMING TEAM

BELGIAN CATS' HISTORY









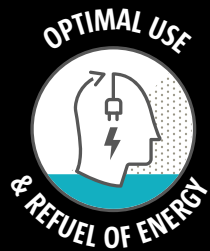


BE RESILIENT



& BOUNCE BACK

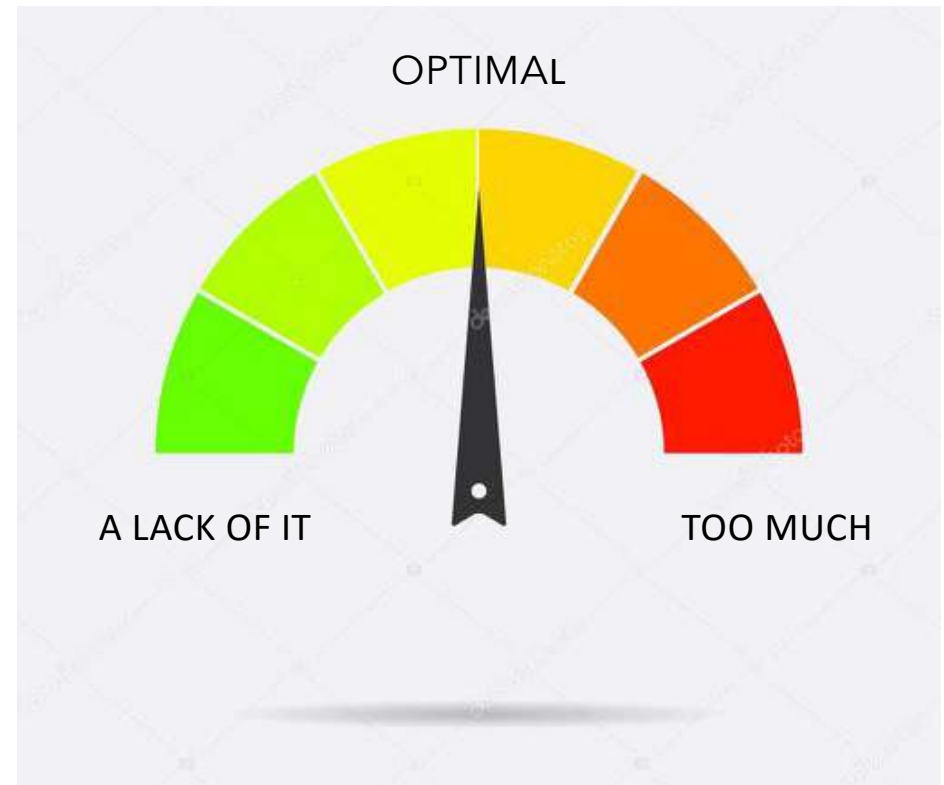






HIGH PERFORMING ATTITUDES

- ✓ Not "1" attitude leading to top performances
- ✓ Every one can develop high performing attitudes!



REFEREES & HIGH PERFORMING ATTITUDES



How do we translate this attitude to your occupation?

A lack of ,...



Too much of,...







IDENTIFY YOUR WHY !

Simon Sinek

- ☐ Why did you once start?
- ☐ Why do you continue?





WORK SMART = GOOD "GAME MANAGAMENT"

What is good "game management"?

Is it to make the call OR to prevent making the call?

!!! "Feel" & understand the game !!!

Before the game starts
Beginning of the game
During the game
End of the game







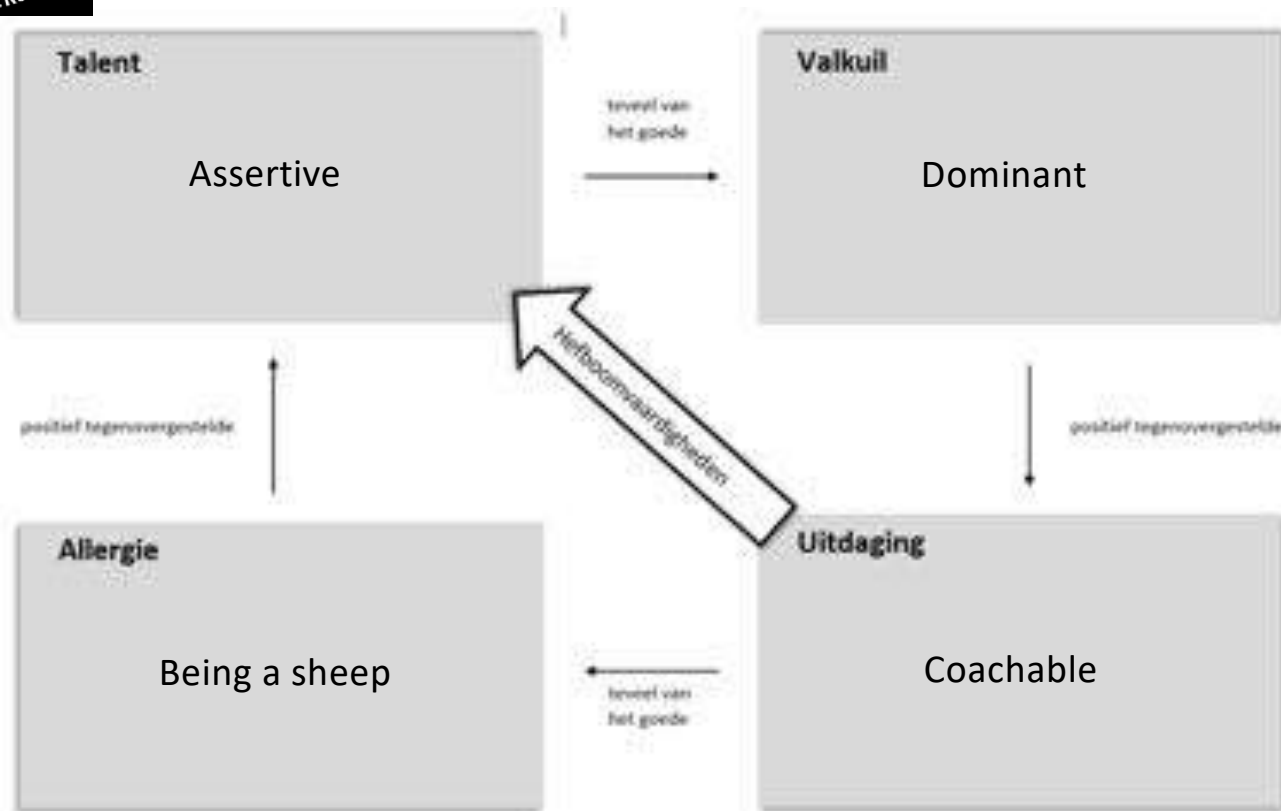
LEAD YOURSELF (FIRST) → TO LEAD OTHERS





KNOW YOURSELF & YOUR ENVIRONMENT

Identify your
talents &
your allergies!



MAKE OTHERS BETTER & COURT PRESENCE

INFORM & EXPLAIN



**BE AWARE OF YOUR
BODY LANGUAGE**

BE "ONE" TEAM



**DARE TO GIVE
FEEDBACK**

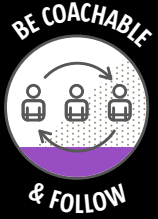


BE COACHABLE
& FOLLOW



SMART
MIND





KNOW YOURSELF & PEAK IN CONFIDENCE

THUMB:

- Where are you good at?
- What have you done well so far?
- What do you appreciate about yourself (today)?

PINK:

- When do you feel small?

INDEX:

- What are your goals (today)?
- Where are you heading to (future)?
- What's the direction you want to follow?

MIDDLE:

- What do you dislike/hate about it (today)?
- What are you allergic to?

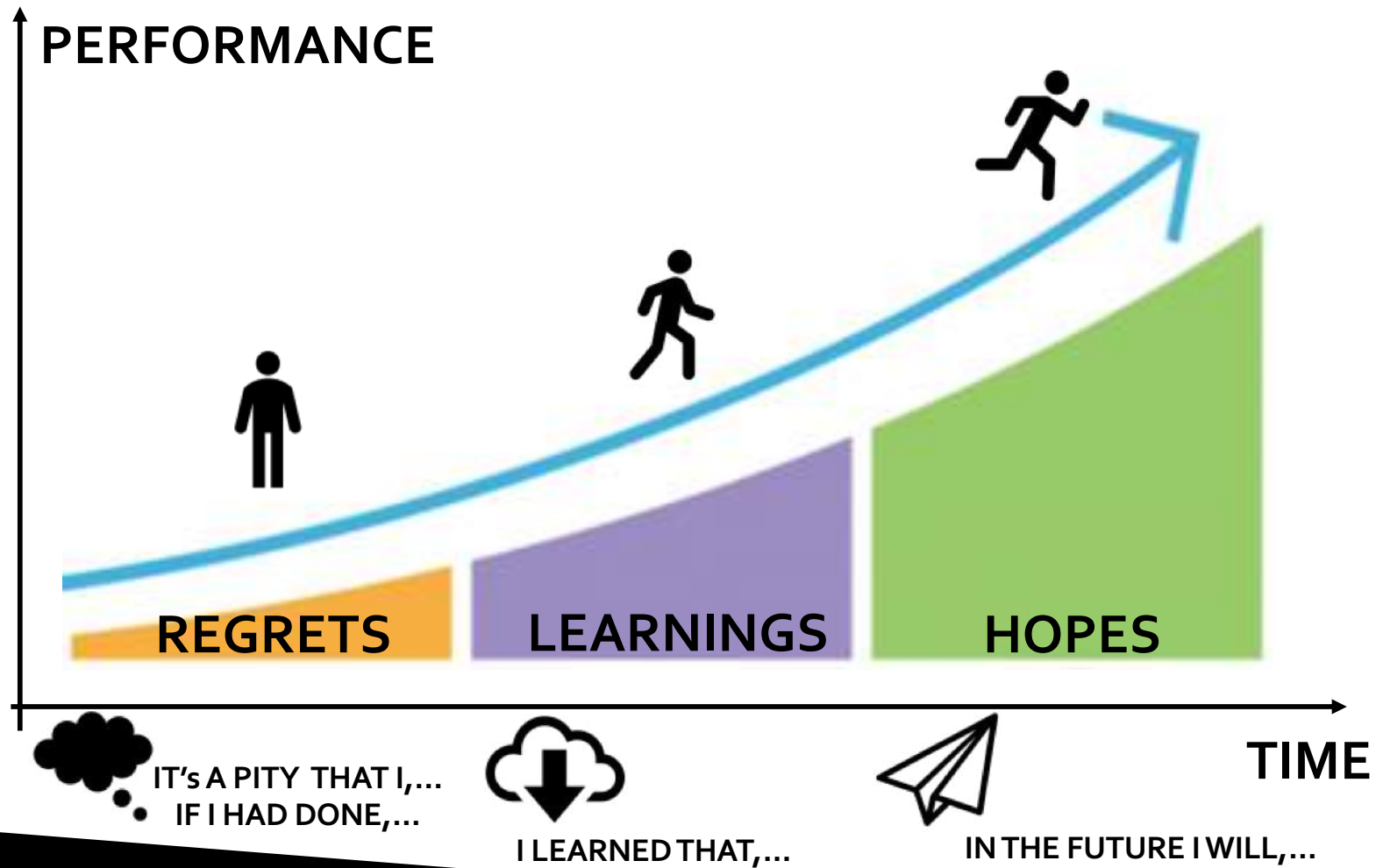
RINGFINGER:

- What matters most to you?
- What are values you will always stay true to in life/ sports?





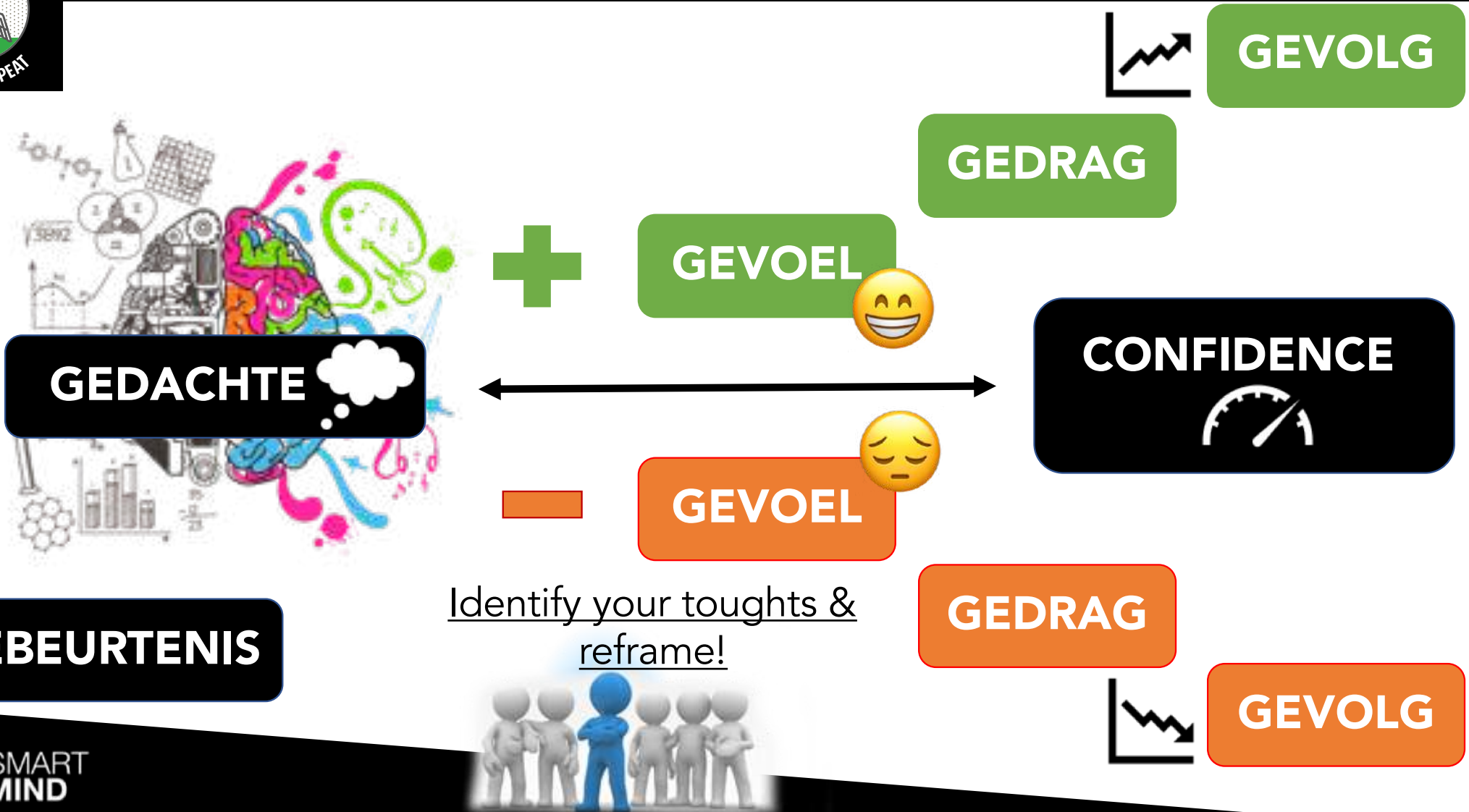
HOW DO WE GROW? → AFTER GAME ANALYSIS







POWER OF YOUR THOUGHTS (5G)





BE RESILIENT



& BOUNCE BACK

SMART
MIND

SPORT IS A GAME FULL OF ERRORS



**DON'T EXPECT PERFECTION
TOO MANY THINGS OUT OF OUR CONTROL**





MENTAL STRENGTH = STIMULUS → RESPONSE

How much time do you need to bounce back?



WHAT IF @ the end of the game we make a 3p shot on the buzzer & we go into extra time

THE SITUATION		
THE CHALLENGE	OPPORTUNITIES	DIFFICULTIES
<ul style="list-style-type: none"> ✓ Mentally & physically tired ✓ We WANT the win so badly 	<ul style="list-style-type: none"> ✓ A win = a big step towards qualif. ✓ We created the overtime = is mentally difficult for our opponent 	<ul style="list-style-type: none"> ✓ Manage stress & emotions ✓ Start all over again, score: 0-0

OUR BB-PLAN	OUR MENTAL PLAN
<ul style="list-style-type: none"> ✓ We use the momentum. ✓ We play what worked so far & continue to use the "right set plays" ✓ We search for & play for the key players of this game ✓ We manage the time, especially in the last possession 	<ul style="list-style-type: none"> ✓ We control our positive emotions, calm down & focus on the 3th time ✓ Leaders stand up & take initiatives ✓ We keep on communicating & if possible even more! ✓ We accept to win as a team, even if this means less playtime, points,... for some of us

Belgian Cats

1. Ik en mijn taak
2. Directe afleidingen
3. Wat is - hoe het zou moeten zijn
4. + 5. Winst/verlies + consequenties
6. Zinvraag: wat doe ik hier?

CATS

WHAT IF SCENARIO'S

1. IDENTIFY THE "KEY MOMENTS" FOR THE UPCOMING GAME(S)
2. CHOOSE THE 6 SCENARIO'S WE WILL WORK ON
3. SPLIT UP IN 3 SUB-TEAMS TO WORK ON A FIRST SCENRIO (10') & A SECOND SCENARIO (10')
4. PRESENT TO OTHER TEAMS (3')





What if..

You made a call on the court.

A player comes up to you to ask you why you made that call.

You explain him calmly why you did it. The crowd is yelling because they don't agree with your decision. The player gets really mad after you told him what you saw.

You don't understand why he is mad and get irritated yourself.





What if..

A coach is yelling at you and won't calm down.

With every call you make he keeps getting more and more angry.

You already told him to calm down twice. Now you are getting more and more frustrated.

The crowd is also yelling at you because they stand behind their coach and their team. T

he players feel the anger of their coach and react more frustrated with every second that goes by.

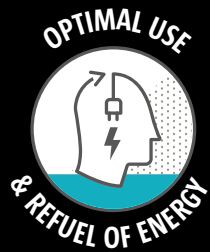




KEEP YOUR FOCUS INTO THE GAME

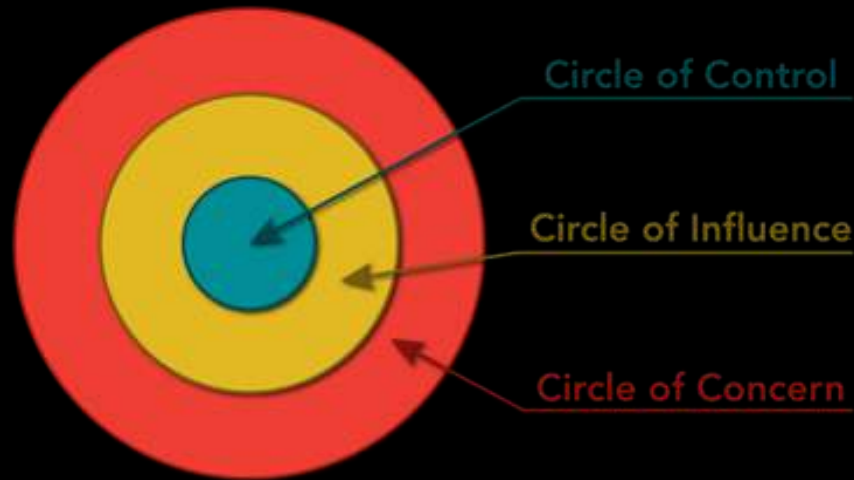
How to deal with

- ❑ Coaches & Players
 - answer questions, not statements
 - speak in calm tones, be aware of your body language
 - don't ignore them
- ❑ Mistakes
 - Accept they happen
 - Refocus on the game
 - Take key learning with you in the next game
- ❑ Emotions
 - Don't take things personal



IDENTIFY: ENERGY GIVERS & ENERGY DRAINERS

WHAT GIVES YOU ENERGY?



WHAT COST YOU ENERGY?





EMOTIONS = POWERFUL & CONTAGIOUS





LEARN TO BE THE LEADER OF YOUR EMOTIONS MATRIX & TRAFFIC LIGHT

BEFORE A GAME CREATE SELF AWARENESS

ALL MY EMOTIONS	"+" or "-" IMPACT → PERFORMANCE	SHORT / LONG TERM EFFECT ON...
Tensed		
Angry		
Fear for failure		
Frustrated		
Impatient		
Happy		
Irritated		
Desire for revenge		
...		

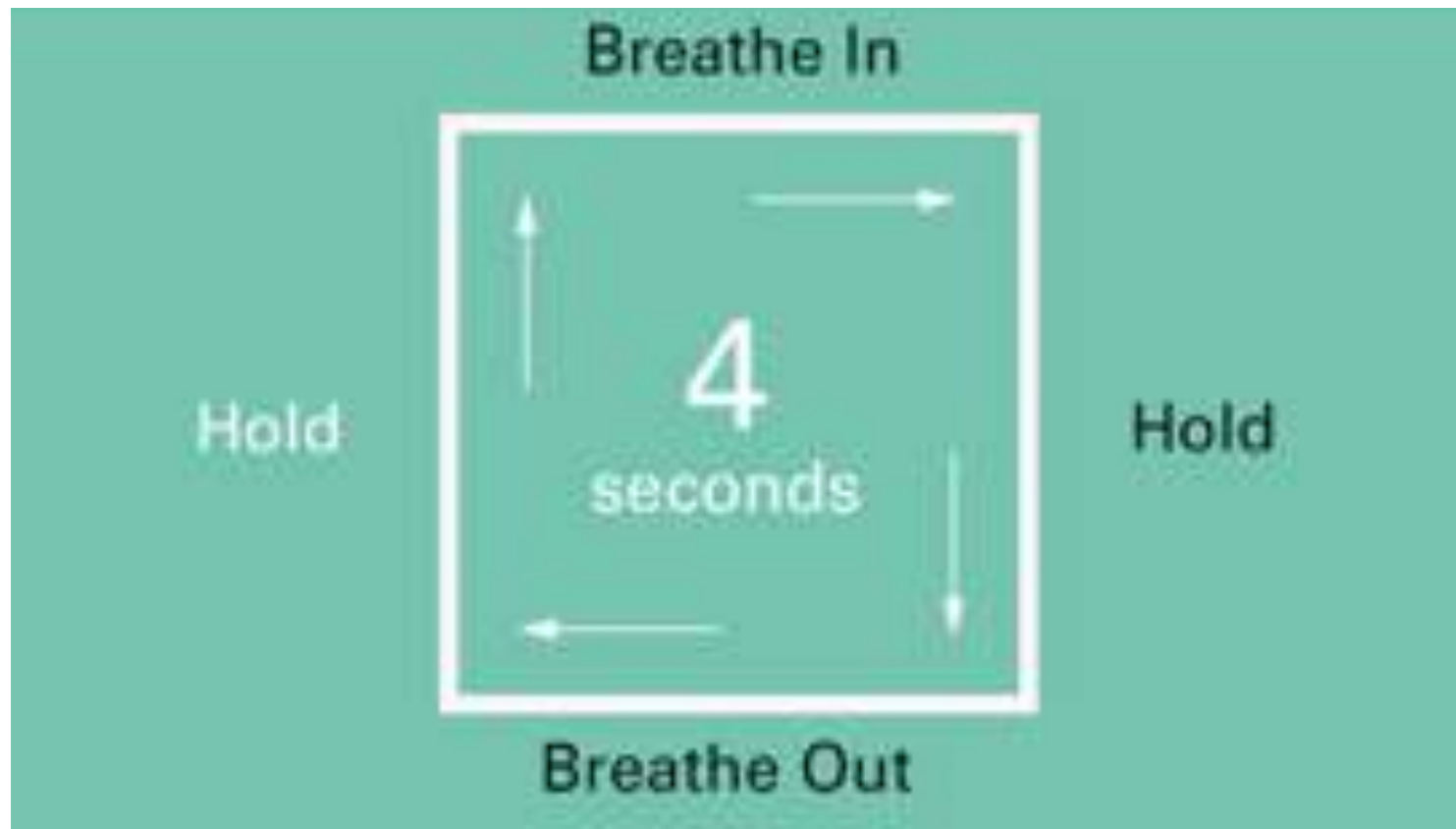


DURING THE GAME STAY IN TOUCH WITH YOUR EMOTIONS



1. What's my state of mind? Green/Yellow/ Red
2. Breathe in & out (3x), deeply → change mood
3. Use breaks → to take a minute and distance
4. Release negativity → in box & throw away
5. Find a focal point → focus on your "why?"
6. Positive & confident body posture

CONTROL YOUR EMOTIONS & PRESSURE



HIGH PERFORMING ATTITUDES FOR REFEREES



EQUILIBRIUM OF THE REFEREE



Be STRONG, but not rude

Be KIND, but not weak

Be COURAGEOUS, but not bully

Be THOUGHTFUL, but not slow

Be HUMBLE, but not timid

Be PROUD, but not arrogant

Have HUMOR, but without folly.



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