

Focus

The NCAA is filled with good football officials with good judgment. The ability to focus and concentrate can separate the great officials from the good ones.

Perfect Focus

- Must be able to filter out internal distractions and irrelevant external distractions
- Live completely for the moment, without conscious thought
- No Surprises
- Slow Motion
- Automatic and effortless performance
- Complete control of self
- Be “*In the zone*”

Maintaining Focus during the game

- Every play is important
- Dedicate 100% to officiating for the time we are on the field
- Acknowledge distractions
- Promise yourself to address distractions later
- Establish a preplay routine “*Triggers*”
- Physical *Trigger*
- Verbal *Trigger*

Getting it back after you’ve lost it

Causes

- Wandering minds
- Daydreaming
- No Concentration
- When you missed a call

Getting it back

- Bring yourself immediately into the present
- Take a deep breath
- Use all your senses
- Make yourself a promise
- Use your *triggers*

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