

SIGNALS FOR PENALTIES

Remember that players around you probably know why you have blown the whistle, but the rest of the teams also need to know, so make your signals are both definite and simple. The basic object of the signal for the players is to let them know what happens next, do they go back in defence or up in attack? Limiting yourself to the basic signals helps in this and makes them more authoritative.

The basic signals are:



Free hit: one arm raised slightly above the shoulder level, to right or left. Try and train yourself to use the left arm for signals going left and the right for those going right



Penalty Corner: both arms pointed firmly to the goal line



Penalty Stroke: one arm raised vertically above the head and the other pointing to the penalty stroke spot



Goal: both arms pointed firmly towards the centre spot



16 yards hit: both arms extended side ways



Hit in from sideline: one extended arm in direction one pointing downwards.



Long Corner: extended arm in the direction of corner flag



Five meters: Extend one arm straight up in the air showing an open hand with all fingers extended