



## **Whistle While You Work**

December 18, 2018

Team A serves a speedy jump-float to Team B. The Team B libero makes a fantastic attempt to pass the ball, but the resulting pass has a slight shank to position 4. The setter for Team B is entering from position 1 and needs to make a speedy course correction to get to the ball. The setter gets there and puts up a great back set to position 2, but Team A's blockers are ready and setting up a triple block for Team B's right-side hitter.

The ball is set a little close to the net. The play is going to be tight to and fast. As you do a slight lean towards Team B's side of the net to get a better angle on the action, something catches your attention out of the corner of your eye.

You notice a stray ball rolling into your court. Where did that come from? It's headed right to the players at the net as they are getting ready to attack / defend. You **NEED** to stop the play immediately for their safety.

Your whistle blowing technique is a very important part of your officiating skill set. There are correct and incorrect ways to whistle during your match. Your technique could be the deciding factor between a season ending sprained ankle and continued participation.

The following video demonstrates the difference between poor and good techniques in blowing your whistle.

As an added bonus, do your mouth a favor and clean your whistle regularly.