



Goal Umpires Week 1

CONDITIONING

Group Warmup
(10-15' Activation/Run)
+

[C.O.D Drill 4](#)
(x2 reps each direction)
+

[Slalom Quick Feet Drill](#)
(Approx. 10')
+

[Lateral Shuffle Points of Compass](#)
(Approx. 10')

SKILLS

[Bread & Butters – Static](#)

[Bread & Butters – On The Run](#)

[Rapid Fire](#)

Skills coaches to collaborate with state HPM to arrange sessions based off this template

