



Goal Umpires Week 2

CONDITIONING

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

Lateral 5m Out n Back to 10m Run
(x4 reps alternating starting direction)
+

Race Your Mate / Y Drill
(Approx. 10')
+

Side Square
(Approx. 5')

SKILLS

Rapid Fire (1st Set)

Angled Shots Across The Face

High Ball Post Positioning

Rapid Fire (2nd Set)

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

