



## Goal Umpires Week 3

### CONDITIONING

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

[COD 2a – Easy Z](#)  
[COD 2b – Cutting Z](#)

(x4 reps alternating direction, walk recovery)  
+

[10-12-14 Drill](#)  
(Approx. 10')  
+

[A B C Drill](#)  
(Approx. 10')

### SKILLS

[Close Focus – Tennis Balls](#)

[Angled Shots Across The Face](#)

[High Ball Post Positioning](#)

[Rapid Fire](#)

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

