



Goal Umpires Week 4

CONDITIONING

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

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

[Triangle Drill](#)
(Approx. 5')
+

[M-Shuffle Drill](#)
(Approx. 5')
+

[T-Drill](#)
(Approx. 5')
+

[Zig Zag 1 Drill](#)
(Approx. 5')

SKILLS

[Bread & Butters – On The Run](#)

[Lone Defender Chasing Back](#)

[Online Defenders Chasing Back](#)

[Rapid Fire](#)

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

