



Goal Umpires Week 5

CONDITIONING

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

SKILLATHON (10' Per Drill)

[Bread & Butters - Static](#)

[Timing To The Line](#)

[Protect Goals Or Assist](#)

[Dribble & Tight Angle Kicks](#)

[Boundary Umpire Communication](#)

[Bread & Butters – On The Run](#)

SELF PACED SESSION

[C.O.D Drill 4](#) (x2 reps each direction w walk back recovery)

[Sixers & Sevens](#)

[Lateral Shuffle / Points of the Compass](#)

[T-Drill](#) (x3 reps each direction with 20" recovery b/w reps)

[10-12-14 Drill](#)

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

