



Goal Umpires Round 3

CONDITIONING

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

+

QUICKNESS

COD 1 - Off-line Running

50-60m x4 w 30" rest b/w

COD 3 - T-Drill

x3 w 30" b/w

Side Square (Approx 5')

Manhattan (Approx 5')

3 Way Shuffle (Approx 5')

Race Your Mate 3 (8x Races Each)

90" rest b/w races

SKILLS

(10' Per Drill)

Rapid Fire

Angled Shots Across The Face

Protect Goals Or Assist

Defender Traffic

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

