



Goal Umpires Week 6

CONDITIONING

Group Warmup
(10-15' Activation/Run)

+

SKILLS
(10' Per Drill)

[Communication & Control](#)

[Dribble and Tight Angle Kicks](#)

[Timing To The Line](#)

[Bread & Butters - Static](#)

AGILITY

[Back 5m To Forward 10m x3](#)

(x4 reps increasing effort each rep and with 45" rest b/w)

+

[Pick A Colour](#)

(Approx. 5')

+

[A, B, C Drill](#)

(Approx. 5')

+

[20m Shuttles](#)

(Approx. 10')

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

