



Goal Umpires Round 5

CONDITIONING

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

+

QUICKNESS

[Lateral 5m Out n Back to 10m Run](#) x4 w Walk Recovery

[Nail The Straddle](#) x10 Reps as Runner & Goal Umpire

[Y-Drill](#) (Approx 5')

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

[10's to 18's](#) (15 *total* sprints w 3x at each distance)

[Ps & Qs](#) (Approx 5')

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

SKILLS

(10' Per Drill)

[Rapid Fire](#)

[Low Ball Post Positioning](#)

[Low Ball Wide Angles](#)

[Defender Traffic](#)

[Bread & Butters – On The Run](#)

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

