



Goal Umpires Round 6

CONDITIONING

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

+

QUICKNESS

[COD 2a – Easy Z](#) x2e/s w Walk Recovery

[COD 2b – Cutting Z](#) x2e/s w Walk Recovery

[A, B, C Drill](#) (Approx 5')

[Sixers and Sevens](#) (Approx 5')

SKILLS

[Rapid Fire](#)

[Bread & Butters – On The Run](#)

[Bread & Butters - Static](#)

JOINT BOUNDARY/GOAL UMPIRE SKILLS

3 Stations – 3 Groups – 10' Per Station

Station 1 & 2 Explained [Here](#)

Station 3 = [Zig Zag 1 Drill](#) + [Star Run](#)

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

