



## Goal Umpires Optional Extras

### MOBILITY

CHOOSE 1

[Option A](#)

[Option B](#)

+

### GENERAL WARMUP

5-10' Jog

+

### COD DRILLS

CHOOSE 1

[Y-Drill](#)

x2 e/s

[V-Drill](#)

x2 e/s

[COD 4](#)

x2 e/s

+

### ACCEL/DECEL DRILLS

CHOOSE 1

[Back 5m/Fwd 10m](#)

x4

[Ac/Dc](#)

x4

[45 Degree Cuts](#)

x2 e/s

+

### SPEED WORK

CHOOSE 1

[Run Thru](#)

x6 w 45" b/w

[18's](#)

45" b/w ea. rep

[10's to 18's](#)

1-3 reps ea w 45" b/w

**DON'T CONFUSE 'TIRED' WITH 'EFFORT'  
FATIGUE IS THE ENEMY OF SPEED.  
USE THE LONGER RESTS.**

