

GOAL UMPIRE WEEKLY TURNAROUND TEMPLATES

	WED	THUR	FRI	SAT	SUN	MON	TUE	WED	THUR	FRI	SAT	SUN	MON	
#1	Pre-Game Protocol	GAME	RECOVERY OPTION	Off-Legs Session + Body Armour Series	REST	Optional Extra Con Session + Body Armour Series	COACHING	Pre-Game Protocol	GAME	RECOVERY OPTION				THURSDAY GAMES
#2		Pre-Game Protocol	GAME	RECOVERY OPTION	Off-Legs Session + Body Armour Series	REST	COACHING + OPTIONAL EXTRA SESSION	Pre-Game Protocol	GAME	RECOVERY OPTION				
#3			Pre-Game Protocol	GAME	RECOVERY OPTION	Off-Legs Session + Body Armour Series	COACHING + OPTIONAL EXTRA SESSION	Pre-Game Protocol	GAME	RECOVERY OPTION				
#4				Pre-Game Protocol	GAME	RECOVERY OPTION	COACHING + OPTIONAL EXTRA SESSION	Pre-Game Protocol	GAME	RECOVERY OPTION				
	WED	THUR	FRI	SAT	SUN	MON	TUE	WED	THUR	FRI	SAT	SUN	MON	
#5	Pre-Game Protocol	GAME	RECOVERY OPTION	Off-Legs Session + Body Armour Series	REST	Optional Extra Con Session	COACHING	Off-Legs Session + Body Armour Series	Pre-Game Protocol	GAME	RECOVERY OPTION			FRIDAY GAMES
#6		Pre-Game Protocol	GAME	RECOVERY OPTION	Off-Legs Session + Body Armour Series	Optional Extra Con Session	COACHING	Off-Legs Session + Body Armour Series	Pre-Game Protocol	GAME	RECOVERY OPTION			
#7			Pre-Game Protocol	GAME	RECOVERY OPTION	Optional Extra Con Session + Body Armour Series	COACHING	Off-Legs Session + Body Armour Series	Pre-Game Protocol	GAME	RECOVERY OPTION			
#8				Pre-Game Protocol	GAME	RECOVERY OPTION	COACHING + OPTIONAL EXTRA SESSION	Off-Legs Session + Body Armour Series	Pre-Game Protocol	GAME	RECOVERY OPTION			
	WED	THUR	FRI	SAT	SUN	MON	TUE	WED	THUR	FRI	SAT	SUN	MON	
#9	Pre-Game Protocol	GAME	RECOVERY OPTION	Off-Legs Session + Body Armour Series	REST	Optional Extra Con Session + Body Armour Series	COACHING	REST	SKILLS	Pre-Game Protocol	GAME	RECOVERY OPTION		SATURDAY GAMES
#10		Pre-Game Protocol	GAME	RECOVERY OPTION	Off-Legs Session + Body Armour Series	REST	Coaching+ Optional Extra Session + Body Armour Series	REST	SKILLS	Pre-Game Protocol	GAME	RECOVERY OPTION		
#11			Pre-Game Protocol	GAME	RECOVERY OPTION	Off-Legs Session + Body Armour Series	COACHING + OPTIONAL EXTRA SESSION	REST	SKILLS + Body Armour Series	Pre-Game Protocol	GAME	RECOVERY OPTION		
#12				Pre-Game Protocol	GAME	RECOVERY OPTION	COACHING + OffLegs + Body Armour Series	REST	SKILLS + Body Armour Series	Pre-Game Protocol	GAME	RECOVERY OPTION		
	WED	THUR	FRI	SAT	SUN	MON	TUE	WED	THUR	FRI	SAT	SUN	MON	
#13	Pre-Game Protocol	GAME	RECOVERY OPTION	Off-Legs Session	REST	Optional Extra Con Session + Body Armour Series	COACHING	REST	SKILLS + Body Armour Series	Off-Legs Session	Pre-Game Protocol	GAME	RECOVERY OPTION	SUNDAY GAMES
#14		Pre-Game Protocol	GAME	RECOVERY OPTION	Off-Legs Session	REST	Coaching+ Optional Extra Session + Body Armour Series	REST	SKILLS	Off-Legs Session + Body Armour Series	Pre-Game Protocol	GAME	RECOVERY OPTION	
#15			Pre-Game Protocol	GAME	RECOVERY OPTION	Off-Legs Session + Body Armour Series	COACHING + OPTIONAL EXTRA SESSION	REST	SKILLS	Off-Legs Session + Body Armour Series	Pre-Game Protocol	GAME	RECOVERY OPTION	
#16				Pre-Game Protocol	GAME	RECOVERY OPTION	Coaching+ Optional Extra Session + Body Armour Series	REST	SKILLS	Off-Legs Session + Body Armour Series	Pre-Game Protocol	GAME	RECOVERY OPTION	