



Goal Umpires Round 9

CONDITIONING

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

[COD 1 - Off-line Running](#) 50-60m x4 w 30" rest b/w

[Lateral 5m Out n Back to 10m Run](#) x4 w slow walk recovery

[Manhattan](#) (Approx 5')

[DRun](#) (Approx 5')

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

[Mountain Climb Drill](#) (Approx 5')

SKILLS

(10 minutes per drill)

[Rapid Fire](#)

[Angled Shots Across The Face](#)

[Protect Goals Or Assist](#)

[Defender Traffic](#)

[High Ball Post Positioning](#)

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

