



Goal Umpires Finals Prep

With limited access to grounds, training numbers and certain periods of isolation/quarantine – this is the best we can plan for with any skills work requiring your own best judgement weighing up those same limitations.

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.

