



## Goal Umpires Week 1

### CONDITIONING

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

+

### QUICKNESS

[COD 2a – Easy Z](#) x4 w walk recovery

[COD 2b – Cutting Z](#) x4 w walk recovery

[V-Drill](#) x5 @75%

[T-Drill](#) x5 @75%

[Y-Drill](#) x5 @75%

[3 Way Shuffle](#) x5 @75%

[M-Shuffle Drill](#) x5 @75%

### SKILLS

(10 minutes per drill)

[Rapid Fire](#)

[Timing To The Line](#)

[High Ball Post Positioning](#)

[Bread & Butters - Static](#)

[Bread & Butters – On The Run](#)

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

