



Goal Umpires Week 2

CONDITIONING

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

+

QUICKNESS

<u>COD 2a – Easy Z</u>	x4 w walk recovery
<u>COD 2b – Cutting Z</u>	x4 w walk recovery
<u>10-12-14 Drill</u>	@80%
<u>M-Shuffle Drill</u>	@80% w 60" recovery
<u>T-Drill</u>	@80% w 60" recovery
<u>V-Drill</u>	@80% w 60" recovery
<u>Sixers and Sevens</u>	@80% w 60" recovery b/w each effort

SKILLS

(10 minutes per drill)

[Bread & Butters - Static](#)

[Bread & Butters – On The Run](#)

[Low Ball Post Positioning](#)

[Dribble and Tight Angle Kicks](#)

[Stevie J Set Shots](#)

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

