



## Goal Umpires Week 4

### CONDITIONING

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

<a href="#"><u>COD 2b – Cutting Z</u></a>	x4 w walk recovery
<a href="#"><u>Star Run</u></a>	4x efforts w 60" recovery
<a href="#"><u>Triangle Drill</u></a>	6x efforts w 60" recovery
<a href="#"><u>Y-Drill</u></a>	6x efforts w 60" recovery
<a href="#"><u>T-Drill</u></a>	6x efforts w 60" recovery
<a href="#"><u>M-Shuffle Drill</u></a>	4x efforts w 60" recovery

### 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*

