



Goal Umpires Week 6

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 Reps

[T-Drill](#) x5 Reps

[Y-Drill](#) x5 Reps

[3 Way Shuffle](#) x5 Reps

[M-Shuffle Drill](#) x5 Reps

SKILLS

(10 minutes per drill)

[Bread & Butters - Static](#)

[Bread & Butters – On The Run](#)

[Communication & Control](#)

[Protect Goals Or Assist](#)

[Boundary Umpire Communication](#)

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

