



Goal Umpires Week 7

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>18's</u>	Walk back w 60" Recovery
<u>DRun</u>	x8 Reps, 4 in ea. direction, 60" Recovery
<u>3 Way Shuffle</u>	x4 Reps w 60" Recovery
<u>T-Drill</u>	x6 Reps w 60" Recovery

SKILLS

(10 minutes per drill)

[Dribble and Tight Angle Kicks](#)

[Stevie J Set Shots](#)

[Rapid Fire](#)

[Defender Kick Across The Face](#)

[Defender Traffic](#)

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

