



Goal Umpires Round 5

CONDITIONING

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

QUICKNESS

<u>COD 2a – Easy Z</u>	x2 e/s w Walk Recovery
<u>COD 2b – Cutting Z</u>	x2 e/s w Walk Recovery
<u>Zig Zag 1 Drill</u>	x6 Efforts
<u>M-Shuffle Drill</u>	x6 Efforts
<u>Triangle Drill</u>	x6 Efforts
<u>10-12-14 Drill</u>	Repeat x4

SKILLS

(10 minutes per drill)

[Rapid Fire](#)

[Dribble and Tight Angle Kicks](#)

[Online Defenders Chasing Back](#)

[Angled Shots Across The Face](#)

[Timing To The Line](#)

[Bread & Butters - Static](#)

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

