



Goal Umpires Round 10

CONDITIONING

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

QUICKNESS

<u>COD 2a – Easy Z</u>	x4e/s w Walk Recovery
<u>COD 2b – Cutting Z</u>	x4e/s w Walk Recovery
<u>V-Drill</u>	x5 Reps
<u>T-Drill</u>	x5 Reps
<u>Y-Drill</u>	x5 Reps
<u>3 Way Shuffle</u>	x5 Reps
<u>M-Shuffle Drill</u>	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

