



## Goal Umpires Round 11

### CONDITIONING

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

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### QUICKNESS

<a href="#"><u>Lateral 5m Out n Back to 10m Run</u></a>	x4 w Walk Recovery
<a href="#"><u>Nail The Straddle</u></a>	x10 Reps as Runner & Goal Umpire
<a href="#"><u>Y-Drill</u></a>	(Approx 5')
<a href="#"><u>Triangle Drill</u></a>	(Approx 5')
<a href="#"><u>10's to 18's</u></a>	(15x Total Sprints w 3x @ Each Distance)
<a href="#"><u>Ps &amp; Qs</u></a>	(Approx 5')
<a href="#"><u>T-Drill</u></a>	(Approx 5')

### SKILLS

(10 minutes per drill)

[Stay Or Go Drill](#)

[Low Ball Post Positioning](#)

[Low Ball Wide Angles](#)

[Defender Traffic](#)

[Bread & Butters – On The Run](#)

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

