



Goal Umpires Round 13

CONDITIONING

Group Warmup

(10-15' Activation/Run/Mobility)

+

QUICKNESS

[COD 2a – Easy Z](#)

x2 e/s w Walk Recovery

[COD 2b – Cutting Z](#)

x2 e/s w Walk Recovery

[H Drill](#)

(Approx. 5min)

[Nail The Straddle](#)

(Approx. 5min)

[K Drill](#)

(Approx. 5min)

[T-Drill](#)

(Approx. 5min)

[Y-Drill](#)

(Approx. 5min)

SKILLS

(10 minutes per drill)

[Rapid Fire](#)

[Boundary Umpire Communication](#)

[Dribble and Tight Angle Kicks](#)

[Bread & Butters – On The Run](#)

[Bread & Butters - Static](#)

[Communication & Control](#)

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

