



Goal Umpires Round 9

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>18's</u>	Approx. 10'
<u>4 B 2</u>	Approx. 5'
<u>T-Drill</u>	Approx. 5'
<u>Star Run</u>	Approx. 5'

SKILLS

(10 minutes per drill)

[Rapid Fire](#)

[Defender Kick Across The Face](#)

[Angled Shots Across The Face](#)

[Forward Chasing Back](#)

[Boundary Umpire Communication](#)

[Bread & Butters – On The Run](#)

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

