



Goal Umpires Round 22

CONDITIONING

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

+

QUICKNESS

Lateral 5m Out n Back to 10m Run	x4 w Walk Recovery
Nail The Straddle	x10 reps as Runner & Goal Umpire
Triangle Drill	(Approx 5')
10's to 18's	(15x total sprints w 3x at each distance)
Ps & Qs	(Approx 5')
T-Drill	(Approx 5')

SKILLS

(10 minutes per drill)

[Ball Tapped Back Into Play](#) **NEW!**

[Low Ball Post Positioning](#)

[Low Ball Wide Angles](#)

[Defender Traffic](#)

[Bread & Butters – On The Run](#)

[Bread & Butters - Static](#)

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

