



GOAL UMPIRES

ROUND 1

MAIN SESSION

The optimal day to complete this session is the day right in the middle of your previous game and next game

WARM UP (15 min)

[Pre-Training Mobility](#) + [Warm Up Drills](#)

+

CHANGE OF DIRECTION (5 min)

[COD 4](#) x2 e/s

Rest 45" b/w efforts

SPEED (5 min)

[10 to 18s](#)

Complete one effort per distance w/ 45" rest in b/w each

SKILLS (15 min)

This drill requires a goal kicker. If you don't have access to a kicker, then repeat the Change of Direction section.

[Dribble and Tight Angle Kicks](#) x6 from each angle

[Bread and Butters - Static](#) x4 each angle

CONDITIONING (8 min)

8 x 30" Easy Jog : 15" Moderate Run : 15" Walk