



GOAL UMPIRES

ROUND 10

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)

[ABC Drill](#) x2 of each

Rest 45" b/w efforts

SPEED/ACCELERATION (5 min)

4 x 5m Sprints w/ 20" rest in b/w

4 x 5m Up + 5m Back w/ 30" rest in b/w

2 x each way Lateral Shuffle 5m Up + 5m Lateral Shuffle Back w/ 30" rest in b/w

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.

[Angled Shots Across the Face](#) x3 from each angle

[Dribble and Tight Angle Kicks](#) x3 each angle

CONDITIONING (15 min)

[Goal Square & Arc](#) Drill

X6 e/s (12 efforts total)