



GOAL UMPIRES

ROUND 5

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)

[H Drill](#) x2 e/s

[K Drill](#) x2 e/s

Rest 45" b/w efforts

SPEED (5 min)

[18's](#) x10

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](#) x6 from each angle

[Bread and Butters on the Run](#) x2 each angle

CONDITIONING (14 min)

X2 Sets, [RPE](#) for all efforts = 6-7, rest 2' b/w sets

40" : 20" x3

30" : 30" x3

20" : 40" x2