



GOAL UMPIRES

ROUND 7

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

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 (9 min)

[Simple Square](#)

2 x 6 laps w/ 3' rest in b/w

*Swap direction in your second set.