



GOAL UMPIRES

FINALS WEEK 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)

[M-Shuffle 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 [Run Through's](#) 20m Speed Up – 20m Maintain Speed – 20m Slow Down

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.

[High Ball Positioning](#) x6 from each angle

[Low Ball Post Position](#) x6 each angle

CONDITIONING (15 min)

[Simple Square Drill](#) x3 laps

+

20" Hard Run : 40" walk x4