



Goal Umpires Optional Extras

MOBILITY

CHOOSE 1

[Option A](#)

[Option B](#)

+

GENERAL WARMUP

5-10' Jog

+

COD DRILLS

CHOOSE 1

[3 Way Shuffle](#)

[Star Run](#)

[Side Square](#)

x4 e/s

ACCEL/DECEL DRILLS

CHOOSE 1

[Back 5m / Fwd 10m](#)

[Ac/Dc](#)

[45 Degree Cuts](#)

x4

SPEED WORK

CHOOSE 1

[Run Thru](#)

[18's](#)

[10's to 18's](#)

x6 w 45" b/w

45" b/w ea rep

1-3 reps ea w 45" b/w

**DON'T CONFUSE 'TIRED' WITH 'EFFORT'
FATIGUE IS THE ENEMY OF SPEED.
USE THE LONGER RESTS.**

