



Goal Umpires Week 1

CONDITIONING

Group Warmup
(10-15' Activation/Run/Mobility)

+

QUICKNESS

<u>COD 2a – Easy Z</u>	x2e/s w walk recovery
<u>COD 2b – Cutting Z</u>	x2e/s w walk recovery
<u>A, B, C Drill</u>	(Approx. 5')
<u>Sixers and Sevens</u>	(Approx. 5')
<u>Zig Zag 1 Drill</u>	(Approx. 5')
<u>Star Run</u>	(Approx. 5')

SKILLS

(10 minutes per drill)

[Online Defenders Chasing Back](#)

[High Ball Post Positioning](#)

[Timing To The Line](#)

[Angled Shots Across The Face](#)

[Low Ball Post Positioning](#)

Skills coaches to collaborate with state HPM to arrange sessions based off this template

