



## Goal Umpires Week 2

### CONDITIONING

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

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### QUICKNESS

<a href="#"><u>COD 2a – Easy Z</u></a>	x2e/s w walk recovery
<a href="#"><u>COD 2b – Cutting Z</u></a>	x2e/s w walk recovery
<a href="#"><u>H Drill</u></a>	x6 efforts
<a href="#"><u>M-Shuffle Drill</u></a>	x6 efforts
<a href="#"><u>Triangle Drill</u></a>	x6 efforts
<a href="#"><u>10-12-14 Drill</u></a>	Repeat x4

### SKILLS

(10 minutes per drill)

[Rapid Fire](#)

[Dribble and Tight Angle Kicks](#)

[Stevie J Set Shots](#)

[Protect Goals Or Assist](#)

[Boundary Umpire Communication](#)

[Bread & Butters - Static](#)

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

