



Goal Umpires Week 5

CONDITIONING

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

+

QUICKNESS

[COD 2b – Cutting Z](#) x2e/s w walk recovery

[COD 2b – Cutting Z](#) x2e/s w walk recovery

[Triangle Drill](#) x4 sets

[Nail The Straddle](#) x4 sets

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

[Tight Cutting Drill](#) x4 sets

SKILLS

(10 minutes per drill)

[Ball Tapped Back Into Play](#)

[Protect Goals Or Assist](#)

[High Ball Post Positioning](#)

[Rapid Fire](#)

[Timing To The Line](#)

[Stay Or Go Drill](#)

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

