



Goal Umpires Week 7

CONDITIONING

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

QUICKNESS

[COD 3 - T-Drill](#) x4 reps (2x e/s)

[COD 4 - Multidirectional](#) x4 reps (2x e/s)

[20m Shuttles](#)

[A, B, C Drill](#)

[Y-Drill](#)

SKILLS

(10 minutes per drill)
[Protect Goals Or Assist](#)

[Dribble and Tight Angle Kicks](#)

[Ball Tapped Back Into Play](#)

[Stay Or Go Drill](#)

[Bread & Butters – On The Run](#)

[Bread & Butters - Static](#)

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

