



Goal Umpires Round 5

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>Triangle Drill</u>	x4 Reps
<u>T-Drill</u>	x4 Reps
<u>Nail The Straddle</u>	x4 Reps
<u>10's to 18's</u>	x4 Reps
<u>Tight Cutting Drill</u>	x4 Reps

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.

