



Goal Umpires Round 10

CONDITIONING

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

+

QUICKNESS

COD 2a – Easy Z	x2e/s w walk recovery
COD 2b – Cutting Z	x2e/s w walk recovery
Triangle Drill	(x4 sets)
T-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.

