



Goal Umpires Round 13

CONDITIONING

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

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QUICKNESS

COD 2a – Easy Z	x2 e/s w walk recovery
COD 2b – Cutting Z	x2 e/s w walk recovery
A, B, C Drill	(Approx 5')
Sixers and Sevens	(Approx 5')
Zig Zag 1 Drill	(Approx 5')
Star Run	(Approx 5')

SKILLS

(10 minutes per drill)

[Boundary Umpire Communication](#)

[Communication & Control](#)

[Protect Goals Or Assist](#)

[Stevie J Set Shots](#)

[Dribble and Tight Angle Kicks](#)

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

