



Goal Umpires Round 14

CONDITIONING

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

+

QUICKNESS

| | |
|--|------------------------|
| <u>COD 2a – Easy Z</u> | x2 e/s w walk recovery |
| <u>COD 2b – Cutting Z</u> | x2 e/s w walk recovery |
| <u>Triangle Drill</u> | x4 sets |
| <u>T-Drill</u> | x4 sets |
| <u>Nail The Straddle</u> | x4 sets |
| <u>10's to 18's</u> | |
| <u>Tight Cutting Drill</u> | 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.

