



GOAL UMPIRES – SEASON 8, 2023

ROUND 1 - Week of 28th August

MAIN SESSION

The optimal day to complete this session is the day right in the middle of your previous game and next game.

WARM UP

[Pre-Training Mobility](#) + [Warm Up Drills](#)

+

CHANGE OF DIRECTION

4 x each side - Hard 5m Lateral Shuffle

Focus on footwork and good positioning to make a decision on the goal line

4 x each side – [Goal Post COD Drill 1](#)

Rest 20-30" b/w efforts

ACCELERATION

4 x 5m : rest 20" / 4 x 10m : rest 30" / 4 x 20m : rest 45" / 2 x 30m : rest 60"

CONDITIONING

1 x 2' Jog : 60" Walk

5 x 60" Jog : 60" Walk

5 x 30" Jog : 30" Walk



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ROUND 2 - Week of 4th September

MAIN SESSION

The optimal day to complete this session is the day right in the middle of your previous game and next game.

WARM UP

[Pre-Training Mobility](#) + [Warm Up Drills](#)

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CHANGE OF DIRECTION

4 x each side - Hard 5m Lateral Shuffle

Focus on footwork and good positioning to make a decision on the goal line

4 x each side – [Goal Post COD Drill 1](#)

Rest 20-30" b/w efforts

ACCELERATION

6 x 5m : rest 30" / 6 x 10m : rest 30" / 6 x 20m : rest 60" / 2 x 30m : rest 90"

CONDITIONING

1 x 2' Jog : 60" Walk

6 x 60" Jog : 60" Walk

6 x 30" Jog : 30" Walk



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ROUND 3 - Week of 11th September

MAIN SESSION

The optimal day to complete this session is the day right in the middle of your previous game and next game.

WARM UP

[Pre-Training Mobility](#) + [Warm Up Drills](#)

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CHANGE OF DIRECTION

4 x each side - Hard 5m Lateral Shuffle

Focus on footwork and good positioning to make a decision on the goal line

4 x each side – [Goal Post COD Drill 1](#)

Rest 20-30" b/w efforts

ACCELERATION

6 x 5m : rest 30" / 6 x 10m : rest 30" / 6 x 20m : rest 60" / 2 x 30m : rest 90"

CONDITIONING

2 x 2' Jog : 60" Walk

6 x 60" Jog : 60" Walk

6 x 30" Jog : 30" Walk