



## GOAL UMPIRES – SEASON 8, 2023

### ROUND 4 - Week of 18<sup>th</sup> 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](#)

+

### CHANGE OF DIRECTION

6 x 5m Hard Backward Run into ¼ squat position – focus on stable stance

4 x each side - Hard 5m Lateral Shuffle up & Back

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

4 x each side – [Goal Post COD Drill 2](#)

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

3 x SETS

60" jog : 60" walk

45" jog : 45" walk

30" jog : 30" walk

15" jog : 15" walk

Walk 2' b/w sets



## GOAL UMPIRES – SEASON 8, 2023

### ROUND 5 - Week of 25<sup>th</sup> 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

6 x 5m Hard Backward Run into ¼ squat position – focus on stable stance

4 x each side - Hard 5m Lateral Shuffle up & Back

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

4 x each side – [Goal Post COD Drill 2](#)

Rest 20-30" b/w efforts

### ACCELERATION

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