



GOAL UMPIRES – SEASON 8, 2023

ROUND 6 - Week of 2nd October

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

[Tall to Short](#) + 2m Lateral Shuffle x3 e/s

[Lateral 5m Out n Back](#) + [10m Acceleration](#)

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

4 x each side – [Goal Post COD Drill 3](#)

Rest 20-30" b/w efforts

CONDITIONING

5' Easy Jog : 1' Walk

4x cycles of 30" Easy Jog / 20" Moderate Run / 10" Hard Run



GOAL UMPIRES – SEASON 8, 2023

ROUND 7 - Week of 9th October

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

[Tall to Short](#) + 2m Lateral Shuffle x3 e/s

[Lateral 5m Out n Back](#) + [10m Acceleration](#)

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

4 x each side – [Goal Post COD Drill 3](#)

Rest 20-30" b/w efforts

CONDITIONING

5' Easy Jog : 1' Walk

5x cycles of 30" Easy Jog / 20" Moderate Run / 10" Hard Run



GOAL UMPIRES – SEASON 8, 2023

ROUND 8 - Week of 10th October

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

[Tall to Short](#) + 2m Lateral Shuffle x3 e/s

[Lateral 5m Out n Back + 10m Acceleration](#)

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

4 x each side – [Goal Post COD Drill 3](#)

Rest 20-30" b/w efforts

CONDITIONING

5' Easy Jog : 1' Walk

6x cycles of 30" Easy Jog / 20" Moderate Run / 10" Hard Run