



GOAL UMPIRES – SEASON 8, 2023

ROUND 9 - Week of 23rd 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 2.0](#) + [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 [COD 5](#) @ 100% intensity

Rest 20-30" b/w efforts

ACCELERATION

4 x 5m Accel :15" Rest

4 x 10m Accel : 20" Rest

CONDITIONING

3 x 4 min Jog : 1 min Walk



GOAL UMPIRES – SEASON 8, 2023

ROUND 10 - Week of 30th 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 2.0](#) + [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 [COD 5](#) @ 100% intensity

Rest 20-30" b/w efforts

ACCELERATION

6 x 5m Accel :15" Rest

6 x 10m Accel : 20" Rest

CONDITIONING

3 x 5 min Jog : 1 min Walk