



GOAL UMPIRES – SEASON 8, 2023

FINALS WEEK 1 - Week of 6th November

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

[M-Shuffle Drill](#) x2 of each

Rest 45" b/w efforts

SPEED/ACCELERATION

4 x 5m Sprints w/ 20" rest in b/w

4 x [Run Through's](#) 20m Speed Up – 20m Maintain Speed – 20m Slow Down

CONDITIONING

[Simple Square Drill](#) x3 laps

+

20" Hard Run : 40" walk x4



GOAL UMPIRES – SEASON 8, 2023

FINALS WEEK 2 - Week of 13th November

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

[M-Shuffle Drill](#) x2 of each

Rest 45" b/w efforts

SPEED/ACCELERATION

4 x 5m Sprints w/ 20" rest in b/w

4 x [Run Through's](#) 20m Speed Up – 20m Maintain Speed – 20m Slow Down

CONDITIONING

[Simple Square Drill](#) x4 laps

+

20" Hard Run : 40" walk x4



GOAL UMPIRES – SEASON 8, 2023

FINALS WEEK 3 - Week of 20th November

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

[M-Shuffle Drill](#) x2 of each

Rest 45" b/w efforts

SPEED/ACCELERATION

4 x 5m Sprints w/ 20" rest in b/w

4 x [Run Through's](#) 20m Speed Up – 20m Maintain Speed – 20m Slow Down

CONDITIONING

[Simple Square Drill](#) x4 laps

+

20" Hard Run : 40" walk x6



GOAL UMPIRES – SEASON 8, 2023

FINALS WEEK 4 - Week of 27th November

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

[M-Shuffle Drill](#) x2 of each

Rest 45" b/w efforts

SPEED/ACCELERATION

4 x 5m Sprints w/ 20" rest in b/w

4 x [Run Through's](#) 20m Speed Up – 20m Maintain Speed – 20m Slow Down

CONDITIONING

[Simple Square Drill](#) x2-4 laps

+

20" Hard Run : 40" walk x4-6