



Goal Umpires Week 1

CONDITIONING

Group Warmup
(10-15' Activation/Run/Mobility)

+

QUICKNESS

<u>COD 1 - Off-line Running</u>	x4 w walk recovery
<u>COD 4 - Multidirectional</u>	x2e/s w walk recovery
<u>V-Drill</u>	(x4 @90%)
<u>Y-Drill</u>	(x4 @90%)
<u>10's to 18's</u>	(@90%)

SKILLS

(10 minutes per drill)

[Defender Kick Across The Face](#)

[Timing To The Line](#)

[Stevie J Set Shots](#)

[Online Defenders Chasing Back](#)

[Bread & Butters – On The Run](#)

[Bread & Butters - Static](#)

Skills coaches to collaborate with state HPM to arrange sessions based off this template

